

WRANGLER NEWS

January 11 - 24, 2020
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Fostering support

As more and more of us become foster care providers for our grandchildren, a local organization is helping remove barriers and ease the transition.

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WRANGLER NEWS

THE PLACE WE CALL HOME



Teen Court volunteers: Making a difference

From left, Desiree Valenzuela, Marisa Guisto, Michelle Valdez, Anthony Valenzuela, Maia Gonzales, Christi Pino, Madison Gonzales, Amanda Guisto, Borislava Panayotova, Violeta Panayotova, Judge Lilia Alvarez, Elle Sauls, Taylor Conley.

Photo courtesy Michelle Hirsch

Peers serve as judge, jury for young offenders

By Michelle Hirsch

A jury of one's peers takes on significant results in the award-winning Guadalupe Teen Court program, where teen defendants agree to face a courtroom of their peers who will hear their case and decide consequences for their crime.

The teen court program recently celebrated a milestone 5-year anniversary with a gratitude celebration event that included community leaders, elected officials and industry professionals, along with teen court volunteer members and their families.

U.S. Congressman Ruben Gallego presented the court with a Special Certificate of Congressional Recognition in observance of what was termed outstanding and invaluable service to the

community.

One of the many successes that makes the court program outstanding, say officials, is the impressive commitment of the teen volunteers who meet each week, year-round, to learn the law and court procedures, consult with community leaders and other professionals, participate in lessons and activities to increase their knowledge and leadership skills, and serve in teen court positions to adjudicate cases.

Court members are youth ages 12-18 who volunteer their time after school to participate in weekly meetings and serve as jurors, attorneys, victim advocates, bailiffs and judge/forepersons to adjudicate actual cases of teen offenders who've committed crimes such as shoplifting, assault, trespassing, vandalism and other offenses.

Cases are referred from the Maricopa County Superior Court, Juvenile Division, for teen offenders from Tempe, Chandler, Guadalupe and Phoenix.

The non-profit program, which is based at Guadalupe Town Library, is not affiliated with a specific school or district. Therefore, teen members come from different local high schools including Corona del Sol, Marcos de Niza, Desert Vista, Mountain Pointe, ASU Preparatory Academy, Tempe Preparatory Academy and Aprende Middle School.

Teen court members work together to conduct court proceedings by first questioning a teen defendant, then deliberating while considering the aggravating and mitigating circumstances of each case to decide consequences for those brought before

COURT — Page 12

Kids in foster care nearly equal to schools' total enrollment

By Lee Shappell

You've scraped by but you've given your children a good, stable home. You've done your best to raise them with values that they'll need to be successful in life.

Unfortunately, your adult children had difficulty finding the way, and suddenly your grandchildren are being removed from their parents.

You're on a fixed income now. You didn't see this coming.

Social-service agencies can place the kids in a group or foster home, but they're your grandkids. It's

going to be a challenge and a financial burden, but what are you going to do?

They're family. You take them in.

This scenario plays out across Arizona, even in affluent areas like West Chandler and South Tempe. As of July 2019, there were more than 13,400 children in foster care in Arizona. To give that figure perspective, it nearly equals the total enrollment of the 25 schools in the Kyrene K-8 school district.

Alice Burba, 56, a West Chandler resident—who for more than three decades was a social worker training adoptive and foster parents—has seen it all. Burba now is vice president and a member of

the board of directors of Boost a Foster Family, a Southeast Valley-based organization that removes barriers to people becoming foster parents.

"It's just a field that grabs your heart and doesn't let go," Burba said.

Boost a Foster Family was founded by Michelle Noe, a teacher and foster mom, to meet the needs of low-income kinship families applying for foster-care licensure. (According to the Arizona Department of Child Safety's website, the term kinship foster caregiver refers to "an adult relative or person who

FOSTER — Page 13

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Feline friends like this cuddly calico have drawn the attention of a South Tempe woman who seeks to provide humane care to feral cats.

**Fur flies as opinions shed
light on roaming cat issue**

Story & photo by Joyce Coronel

You've seen them scurrying down the street, leaping on walls and darting behind hedges. According to a national pet owners' survey, there are some 95.6 million cats living in households in the U.S.

But not all cats are so lucky.

Feral cats, the offspring of stray or abandoned pets, also number in the millions—about 70 million in the U.S., according to *National Geographic*. The city of Tempe is attempting to deal with the kitty crisis through a practice known as Trap-Neuter-Return.

Tempe resident Nancy Folweiler is a cat lover who contacted *Wrangler News* after reading a letter to the editor from a representative of People for the Ethical Treatment of Animals. The communique excoriated the practice of TNR, claiming that it was ineffective and "inhumane." (See letter on facing page).

Folweiler disagrees.

She says she believes in TNR and has a trap. The cat she took in some years ago was an indoor-outdoor feline. "He came to me that way. I let him in and out," Folweiler said. Unfortunately, the kitty was spotted by a four-legged wild animal on the hunt.

"A coyote killed him. It's been absolute torture for me."

With a soft spot for furry pals, Folweiler is haunted by the incident. She says she's always had pets, including dogs and a horse when she lived in Pennsylvania. She feeds the stray and feral cats that frequent her yard.

"I worry about them constantly," she says. Coyotes have killed several cats in the neighborhood, "but there's nothing you can do about it."

She's been told that cats are fair prey and that they should be kept inside, but that's not always easy. "If they are an outdoor cat, they drive you crazy."

Folweiler says she witnessed a motorist abandon a cat in her neighborhood about a year ago.

"It was at night. After they drove away, there was a cat in the street. Obvious they had dropped it off. It's terribly frustrating."

Feral cat discussion

Commentary from Warner Ranch resident leads to follow-up

Editor's note: After publishing an article in our Nov. 16 edition regarding the city of Tempe's efforts to control the population of feral cats, we received and published a letter from a representative of People for the Ethical Treatment of Animals. The letter was highly critical of TNR (Trap, Neuter and Return), one of the methods employed by Tempe and other cities to reduce feral cat populations. Wrangler News also received phone calls from a Tempe resident who feeds and traps feral cats. The caller pointed us to Alley Cat Rescue, a national organization, to seek comment on the use of TNR. Below is the response we received from Louis Holton, president and founder of that organization.

Alley Cat Rescue is a strong proponent of TNR, as we believe it is the most effective and humane method for controlling feral cat populations. TNR acknowledges that feral cats are unsuitable for indoor living and at the same time, helps shelters reduce their intake and euthanasia rates.

Furthermore, the number of cats living in outdoor colonies will decrease over time because the cats can no longer reproduce. TNR is humane for a number of reasons – first, the cats are trapped using humane traps, and are well taken care of while in human care. Second, and importantly, sterilizing feral cats helps

reduce the cycle of kittens being born on the streets and adding to the feral cat population.

We have our own survey data that show TNR is effective, as well as have first-hand knowledge with the 12 feral cat colonies we manage in Maryland. A 2017 ACR survey of 204 responding programs determined that they TNR'd at least 1.3 million cats, at approximately 100,000 cats a year.

Trap-and-kill plans have proven to be ineffective because these plans do not address the root problem of reproduction.

Furthermore, additional cats will move in to replace those that have been killed. A 13-month study conducted in Australia showed that culling feral cats resulted in a 75% to 211% increase in feral cat populations.

Additionally, there is no evidence that TNR encourages dumping. ACR's response is that if cats are dumped, then the caretakers will be able to identify them through the lack of an ear tip. Then, catch them and remove tame cats for adoption.

Most cities today are embracing TNR as decades of catch-and-kill have not worked.

Currently, TNR is successfully practiced in hundreds of cities and communities across the country. TNR's effectiveness is shown by a number of comprehensive studies.

The Stanford University Cat Network reduced its feral population from 1500 cats down to 300 over a 10-year period by implementing a campus TNR program.

During an 11-year study at the University of Florida, the number of cats on campus declined by 66% after implementing TNR with no kittens being born after the first four years.

These are just two of many studies conducted that show the efficacy of TNR.

There has been a court-ordered injunction that prevents the city of Los Angeles from supporting TNR since 2009. Last year, the city of Los Angeles released an environmental impact report that the 10-year ban on TNR had negatively affected 38% of the city in areas where TNR was needed the most. There are currently an estimated three million feral cats in Los Angeles, and only private citizens are permitted to conduct TNR efforts.

Ultimately, ACR is confident that TNR saves cats' lives, improves their quality of life, reduces the number of neighborhood complaints, and stops the breeding cycle.

TNR is the proven and humane method for managing feral cat colonies, and ACR promotes the practice across the United States and worldwide.



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Tempe branch, staff to remain in Boys & Girls Clubs merger

Boys & Girls Clubs of the East Valley and Boys & Girls Clubs of Metro Phoenix have merged as of Jan. 1. Existing staff will remain in the group's current location, according to a press release issued Jan. 2.

The Tempe-based Ladmo Branch, at 1555 N. Bridalwreath St., will also remain open, officials said. The site offers an after-school program, youth sports leagues, teen leadership initiatives, homework and tutoring assistance.

The two organizations have regularly coordinated efforts and have long considered a merger, according to the new group's announcement. Approximately 15 months ago, the two boards of directors began meeting, along with support from Boys & Girls Clubs of America, to assess the organizations' health and plans for growth.

A new name is due to be announced in the near future, said a spokeswoman.

The boards were reported to have agreed that merging two successful organizations would benefit club members, families, partners, donors and the organizations themselves.

"Our boards were guided by two principles, 'Can we serve more kids? Can we serve them better, together?'"

Consolidating some of the operations will allow the organization to continue to expand and will allow us to deliver enhanced, proven programs for our

members. It's a win-win," said Kevin McHolland, partner of Ernst & Young and board chairman for Boys & Girls Clubs of East Valley-Metro Phoenix.

"The organization will continue to focus on leading the conversation around youth development, educational enrichment, and the critical importance of out-of-school time programming for youth and families," he said.

"We will be able to effectively demonstrate the impact of out-of-school programs on students' reading, math and technology efficacy. Similarly, BGCEVMP will research and report the true economic impact of BGCs as a major employer, as well as the impact of programs on youth and their parents."

Boys & Girls Clubs of the East Valley-Metro Phoenix will announce a new name in the coming weeks, following approval from Boys & Girls Clubs of America.

Annual youth membership (June 1-May 31) is \$30; annual teen membership is \$15.

The club was established in 1963 as the first Branch of Boys & Girls Clubs of the East Valley. It is now part of Westside Community Center, which opened its doors on Sept. 4, 2001 in the same location as the original club in Jaycee Park at 857 W. Fifth St., also in Tempe.

Along with 11 other partners in the building, club officials work to address the needs of the community

and residents of all ages.

The Ladmo Branch, for which Tempe assumed responsibility in 2003, has been called a visionary partnership with city of Tempe, serving what it calls an extremely mobile population and an ethnically diverse membership.

Its programs serve youth and teens and support programming for preschoolers, adults and seniors.

Additionally, Tempe, in partnership with the club's Tempe Branch of Boys & Girls Clubs, was named one of 100 Best Communities for Young People by America's Promise to Youth.

In 2005 the club became a designated "SAFE PLACE" for kids on behalf of Homebase Youth Services. It also is home to the 2002-03 National Youth of the Year, Donald Smith, and 2010 National Youth of the Year, Mona Dixon.

According to organization officials, the newly combined unit will serve more than 16,000 members across the Valley and an additional 35,000 other youth in 27 clubs, making it one of the largest Boys & Girls Clubs organizations in the nation.

The organization will also be one of the largest hot-meal providers for youth in the state, according to the Jan. 1 announcement.

Officials said the organization will continue to employ the its Formula for Impact, described as an evidence-based curriculum that includes a focus on academic success, good character and leadership, healthy choices, career pathways and workforce readiness.

The merger is the result of a two-year process that was collectively designed by the boards of each organization. The goal, officials said, was to enable the newly formed organization to serve more youth in areas most in need and achieve efficiencies through the elimination of duplicated processes and systems.

"As...it grows, the new organization will be able to demonstrate scale and efficacy at the regional and state level, with proven results with those who need us most," said Marcia Mintz, CEO of the new organization.

"The merger will create additional We can deepen our partnerships with school districts, better measure outcomes and pilot initiatives to help our youth succeed in life. We can also bring our collaborations with other nonprofits and partners to scale, and work toward meaningful and lasting change in the lives of the families we serve."

She said the changes will enhance professional opportunities for our staff, including initiatives that evolve through expansion of a workforce program, AZYouthforce, into the East Valley and working with more companies to help develop a pipeline of talent for the future through supported, paid internships for teens.



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Pollack generosity again evident in cash gifts to area's deserving

Most everyone has been awed in recent years by the display of holiday lights at shopping centers around town, many of them the handiwork of crews dispatched in recent years by developer Michael Pollack.

But Pollack's idea to brighten

the lives of area residents seemingly doesn't end with visual spectacle.

On Dec. 23, Pollack treated each of 20 needy families to \$500 holiday shopping sprees, amassing a total gift of \$10,000, to buy clothes, furniture, toys, Christmas presents, gift cards for groceries,

gas and bus passes.

In addition to the \$10,000 donations, Pollack donated \$100,000 to Goodwill Industries to put more people back to work during the holiday season.

An event celebrating the gifts was held at the Goodwill location at Priest Drive and Elliot Road,

featuring store officials, Santa and Pollack himself.

Many agreed: A bright idea and a much-appreciated way to light up the season.



Local influential real estate investment exec Michael Pollack presented a \$10,000 check for \$500 each to needy families to finance a shopping spree at a Tempe Goodwill just before the holidays.

— Photo courtesy Eric Daniels

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New chair, board members elected by Chandler Chamber



MOLLY BELL
— Photo courtesy Chandler Chamber of Commerce

She succeeds **Lori Gallegos** of First Credit Union in the post.

Bell's role involves overseeing the efforts of approximately 350 employees in the organization's Tempe and Gilbert operations. She previously worked with such companies as PayPal, MCI Telecommunications and Thompson NETg as well as startups KnowledgeNET and PCA SKIN. She holds a Bachelor of Arts degree in Human Resource Management with an emphasis in Marketing from Briar Cliff University. She completed her marketing certification at Harvard University.

Chamber President and CEO **Terri Kimble** welcomed Bell to the position.

"Molly inspires others through example with her passion for excellence and her ability to create a culture of success through accountability and clarity of vision. We look forward to her leadership in 2020."

Other new board members include:

Jackson Armstrong, Ginger Monkey; **Hilen Cruz**, Salt River Project; **Jason Dawson**, Local Listing Pro; **Kurt Johansen**, Western State Bank; **Justin John**, Great Western Bank; **Mahes Prasad**, Juncture Wealth Strategies; **David Ralls**, Commit Agency; **Judge Jay Tibshraeny**, Maricopa County Justice Court, San Marcos District; **Farah Tuten**, NXP Semiconductors; and **Jessie Vaca**, Compass Christian Church.

Board of Directors Executive Committee members include, in addition to Bell, Kimble and Gallegos:

Jane Poston, J2 Media (2021 Board Chair); **Richard Amoroso**, Squire Patton Boggs; **Dea Cobos**, Toyota Financial Services; **Ralph Guariglio**, Arizona Residential & Commercial Realty; **Rick Heumann**, CMA; **Steve Murphy**, Horseshoe Bend Energy; and **Deliah Rose**, Gila River Hotels & Casinos.

Returning Board of Directors members are:

Michael Brienza, Earnhardt Auto Centers; **James Christensen**, KCA Event Management; **Greg Fontaine**, Air Products & Chemicals; **Kate Ford**, PayPal; **Michael Garza**, Payroll Control Systems;

Dr. Craig Gilbert, Chandler Unified School District; **Warde Nichols**, Arizona State University; **Dr. Greg Peterson**, Chandler Gilbert Community College; **Sally Putnam**, NOW Financial; **Laura Robertson**, Banner Desert & Cardon Children's Medical Center; **Joan Saba**, Saba's Western Wear; **Jerry Sanniec**, Laser Creations; **Rustyn Sherer**, Arizona Public Service; **Dunston Simpson**, Cox Business Solutions; **Mark Slyter**, Dignity Health Chandler Regional Medical Center; **Merlin Smith**, Garmin International; and **Delaney Starks**, Bell Bank Mortgage.

The chamber represents over 1,400 businesses with more than 170,000 employees and is the third largest organization of its kind Arizona.

Information: ChandlerChamber.com; 480-963-4571; or info@chandlerchamber.com.

Molly Bell, head of the Customer Development Team at two East Valley sites of tech-services provider GoDaddy, will chair the Chandler Chamber of Commerce's Board of Directors during 2020.

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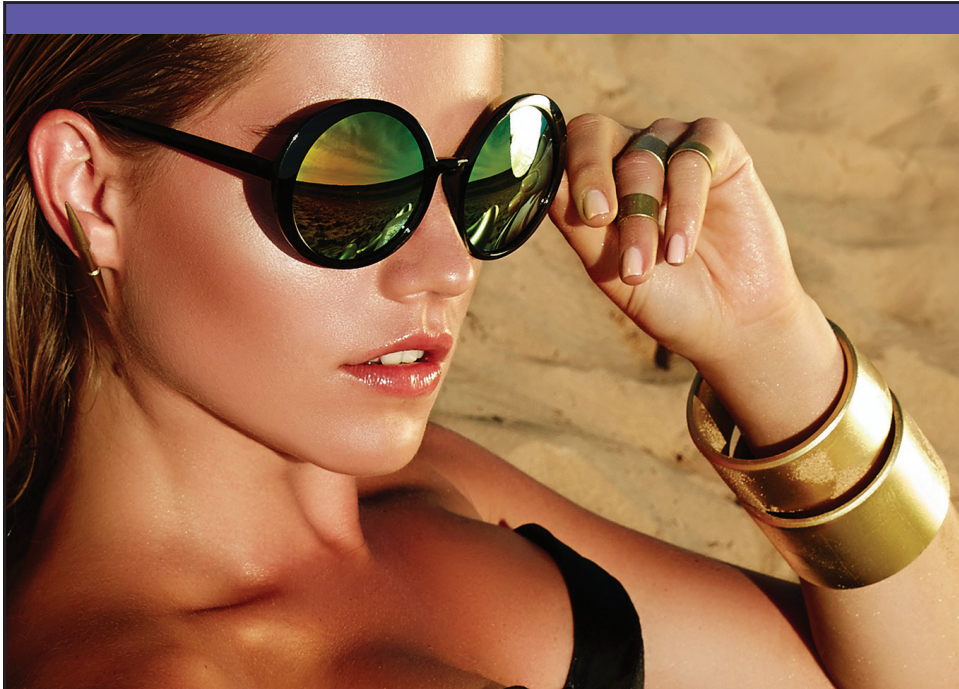
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Human services grants program seeking vols to help with agency review

Volunteers are being sought as part of a citywide initiative to allocate and administer approximately \$1.2 million in grants to area human services organizations.

The program, shared jointly by Tempe City Council and Tempe Community Council, supports agencies that deliver needed programs and services for children, families, homeless individuals, seniors and deserving others.

Volunteers are needed in varying capacities.

To serve on TCC's agency review process, in which applications from local nonprofits are appraised,

interviews conducted and recommendations forwarded to the City Council for a funding decision.

Agency-review volunteers will be trained in January and serve approximately 20 hours from January through March. Volunteers must be 18 or older and live or work in Tempe. To apply, visit www.tempecommunitycouncil.org/agency-review.

Interested residents also are being invited to take a Human Services Community Survey, input from which is designed to help the agency review volunteers to prioritize funding decisions and recommendations.

The survey is available at surveymonkey.com/r/R68FF2W

Tempe is said to allocate more money for human services per capita than any other community in the East Valley.

Funding for human services-based nonprofits aims at strengthening the community by ending homelessness, keeping youth safe, supporting seniors and more.

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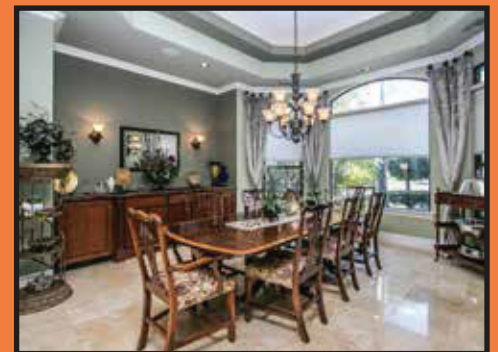
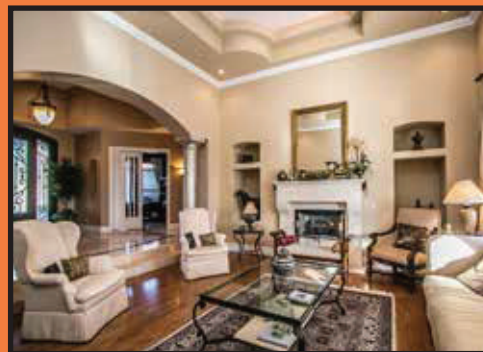
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PROMOTE SAFETY

Court

From Page 3

them.

The goal, say officials, is to implement restorative justice, a concept designed to repair the victim and the community, and to educate the offender.

Research shows teen courts significantly reduce recidivism compared to traditional juvenile court systems.

“I feel [Guadalupe Teen Court] makes a positive difference all around,” said Teen Court member Marisa Guisto, a sophomore at ASU Preparatory Academy. “I get education about the legal system that I may need to be a successful adult; the teen offenders are able to look back and realize the mistakes they made; and society benefits as a whole because most of these people do not become repeat offenders.”

Consequences assigned to teen offenders vary with each case but can include community service hours, teen court jury duty, educational classes that teach coping skills, positive decision-making, ways to deal with peer pressure or drug and alcohol issues, building healthy relationships, or tutoring to help offenders improve grades.

Writing an essay or apology letter can provide additional consequences for teen offenders to help them take responsibility for their offense and better understand the ways their crime affects others.

Probation officers oversee teen offender cases to ensure they satisfy their assigned consequences within two months.

“Guadalupe Teen Court means so much more than just restorative justice, although that is our key role. It means building connections and helping others who have committed a

mistake understand the consequences that affect not only them but their community and family,” said Michelle Valdez, a four-year member of the court and a senior at Marcos de Niza High School.

“I love giving people second chances because no one is perfect and we all make mistakes,” added Violeta Panayotova, a junior at Tempe Preparatory Academy.

“Instead of giving teens a criminal record that will follow them forever and prevent them from getting some jobs, Guadalupe Teen Court is helping them continue their life but also take responsibility for their actions and learn a valuable lesson.”

While teen court members’ dedicated participation makes the program successful for young offenders, the teen volunteers share views that they and the community benefit, too.


Amanda Guisto, a seventh grader at Aprende Middle School said:

“I feel that Guadalupe Teen Court has made me more confident to speak up and say what I feel about a situation because I was very nervous the first case, but as I saw how it works, it made me more confident to say something.

“It’s fun to learn about the law and more about the judicial system, but I also really love the friends I’ve made and that I’m able to help teens who committed a crime.

“In Guadalupe Teen Court, I am surrounded by people with goals and determination. All of us make an effort to help other teens while building a connection together through our passion for the judicial system.”

Interested teens are welcome to inquire about the the program on Instagram or Facebook, or email guteencourt@gmail.com.



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Foster

From Page 3

has a significant relationship with a child whom DCS has placed in their home.”)

Boost a Foster Family receives referrals from DCS and Arizona licensing agencies that are working with families experiencing financial difficulties. The organization provides in-kind donations for such required in-home items as fire extinguishers, smoke alarms, fees for CPR classes and assistance with pool fences, with the goal of removing obstacles that slow the licensing process and making a home safe for these children while avoiding lengthy stays for them in shelters and group homes.

“I became aware of families, especially kinship, who were unexpectedly approached to take in minors who, through no fault of their own, found themselves wards of the state,” Noe said on the organization’s website, boostafosterfamily.org.

“These families often had hearts much bigger than their bank accounts and were now welcoming children into their home while struggling to make ends meet. My eyes have been opened and I cannot turn a blind eye on innocent children,” Noe added.

“Seeing the needs of these foster families in Arizona inspired me to create Boost a Foster Family...I believe that no family should face delays in getting licensed to care for their relatives due to a lack of finances.”

The state and social-service agencies usually look

to a family member first to place children who are being removed from their parents. The burden can be heavy for these kinship families, especially the grandparents.

“This really wasn’t what you expected to be doing in your retirement, raising another set of kids when your financial situation is different,” Burba said. “But you feel obligated to take these kids to keep them safe.”

Placing kids with family members isn’t always the answer. There is a need for more people to step up and become foster parents, even in west Chandler and south Tempe, and it isn’t easy, Burba said.



Alice Burba

“The thing about being in an affluent area, there are still a lot of children being mistreated,” Burba said. “People just assume those families are stable. Sometimes they just don’t get reported as often.”

Prospective foster parents must go through training and have their house pass a safety inspection. They must provide references, including medical references.

There are intensive interview sessions “to make sure you really want to do this and you’re in it for the right reasons,” she said, “because it is really devastating to a child to be placed and then have to be moved because the foster family didn’t realize it can be that difficult.”

Foster parents work with a team of people: social workers, courts personnel, psychologists, attorneys and advocates. There also is a high expectation that foster parents will work with the child’s family.

“You’re not just taking in a child, you’re helping a whole family,” Burba said. “It can be very stressful.”

Then the child, having been through a difficult environment, doesn’t know and might not trust or like the foster family. That can lead to acting out or other behavior issues.

Boost a Foster Family, as a qualified foster-care agency in Arizona, is eligible to receive tax-credit donations, which Burba said “has been a boon for our agency.”

“People are always looking at the end of the year to make donations, but with the Arizona tax credit, you can give up until April 15 and count it for the prior year on your income-tax returns.”

The Parish of St. Benedict in Ahwatukee conducted a drive for Boost a Foster Family that netted about \$7,000, which the agency applied to fire extinguishers and smoke alarms to give to families.

Boost a Foster Family also received specifically granted money for car seats from the Chandler Compadres.

“I would also say that there is a lot of joy in this work,” Burba said. “A lot of families have done well and really done a beautiful thing. It really does take a person dedicated to helping families, as opposed to wanting to rescue a child, and provide that stability while a family gets its act together.”

Information: boostafosterfamily.org



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Focus your 2020 resolutions on consistency, discipline

By Janie Magruder

How's this for a 2020 resolution? Rather than vowing to step onto the dreaded treadmill for 30 minutes a day, hating every moment and quitting by the time February arrives, why not pledge a lifestyle change that can put spring in your step and a smile on your face and in this new year?

Gerry Lee, a fitness trainer and Warner Ranch resident, says doing something you love—yoga, hiking, bicycling, weight-training at the gym, working out at home, to name a few options—can generate health benefits and actual fun.

“And don't beat yourself up if one day you just can't,” cautioned Lee, owner of MegaFit, a Lagree Fitness studio in West Chandler.

“Get back to it the next day.”

In fact, going hard seven days a week doesn't let your body rest and recover, so he suggested exercising three to four days a week. It doesn't matter if you set up a home gym with a yoga mat, free weights and a YouTube exercise how-to list or join a gym with trainers and equipment. If you're more gym-inclined, check out ClassPass (classpass.com), a monthly membership to more than 30,000 fitness studios and gyms around the world. It has a 30-day free trial.

“Some people aren't gym people, but working at home means discipline,” said Lee, who recommended incorporating tension (weights) into whatever you're doing because that helps build muscle and lose fat. And try to burn more calories than you eat every day.

Lee knows the benefits of positive attitude,



MegaFit Total Conditioning Studio owner Gerry Lee alongside studio manager Michelle Candrea, right, and trainer Veronica Rodriguez.

— Photo courtesy MegaFit

willpower and consistency, having been diagnosed with multiple sclerosis about 35 years ago (and told by doctors that he wouldn't walk again). He didn't listen, instead setting goals to set himself on a path to wellness.

Lee offers these fitness tips for a new decade:

- Get proper rest so that your body can recover and repair.
- Eat a simple diet with little processing between you and the food.
- Check out apps like MyFitnessPal, a free online calorie counter, and scour the Internet for free exercise videos to use at home.
- Work your entire body. Lee's MegaFit routines work six body parts every time.
- Breathe while exercising.

- Avoid prolonged high impact, which may cause injury and damage.
- Grab a partner to make exercise more fun (and accountable).
- Finally, “celebrate...always in moderation, unless you are having a kale party.”

Lee and studio manager Michelle Candrea advise consulting your physician before beginning any exercise program, especially if you have health issues. But with that green light, in this new year, you can multiply the benefits of your workout, four days a week with these five exercises.

Challenge yourself to do as many as you can, of course, without pain. Check YouTube or your favorite online fitness resource for comprehensive instructions.

Planks strengthen your back, chest, shoulders, neck and abdominal muscles.

Lunges help with balance, flexibility and core stability.

Squats build leg muscles and strengthen your core.

Pushups build upper-body strength and strengthen the lower back and core.

Bicycle crunches are the king of ab exercises. And once you learn to pedal a bicycle, you never forget, right? Even if you're on your back, and it's an imaginary bicycle.

Information: MegaFit, 940 N. 54th St., Suite 200, offers one free week of classes to new students. megafitaz.com. Phone: 480-940-7587.

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More ideas for a better 2020: Make your goals part of a SMART plan for success

By Kelli Shallal

I have a confession. Every year I share an update on last year's new year's resolution on my blog as well as my new goal for the new year.

For a few years now, I've had to write the same thing. I say that "I forgot all about setting that goal, and I didn't make that much progress."

Ugh. Not exactly something a dietitian wants to admit about her healthy-living goals.

After some thought this year, I realized that I was making a mistake that I keep my clients from making all the time, but was conveniently forgetting myself. I forgot to make my goals SMART goals. I was sharing grand schemes, hopes, and beliefs with my blog readers without a plan of action. You know what they say, failing to plan is planning to fail.

What is a SMART goal? It stands for Specific Measurable Attainable Realistic and Timely. When it comes to our aspiring healthy living goals for the

new year, framing what we want using the SMART acronym just might be the key to actually achieve your new year's resolutions.

So, if you want to lose weight this year, the smart goal version of that would be I want to lose 50lbs by Jan 1st 2021, by working out three times a week and meal prepping once a week.



Now, that's a smart goal, a goal with a plan to get there!

Another common issue with new year's resolutions is picking too many things you want to achieve.

For instance, I often say I want to get

stronger, drink more water, and spend more time with family. First of all, none of those are smart goals. Second, it's too many things to focus on, and if you are like me, you run the risk of not achieving anything on your list.

It's better to be laser-focused on one thing, especially into today's highly distractible world.

In fact, the world is SO distractible that one emerging trend is to pick a word instead of setting any kind of goal.

The problem with this is that it's general, vague, and quickly forgotten. It's also short, sweet, and potentially easier to remember.

Different strokes for different folks, but if you've struggled with new year's resolutions before it's worth a shot. Potential healthy living "words of the year" could be: intentional, active, green, mindful, positive, nourished, and relationships.

Also, remember that healthy living goals can go beyond losing weight, which is a massive goal in of itself because so much is required to make it happen (meal prep, working out, schedule changes, social changes, etc.)

Instead, maybe think of one thing that might contribute to weight loss and focus on that. For instance, maybe focus on meal prepping your lunches this year.

As a result, you may lose weight, but you will also master a skill that you can use for years to come.

The last tip I have is the most important one: to make sure you keep your new year's resolution, tell someone or partner up with someone.

Accountability is a real motivator to get your butt in gear and make your goals happen.

Plus, a partner will help motivate you and keep you accountable for your goals.

If you can't find a friend to partner with, consider hiring a coach, trainer, neighbor, whoever you want.

Investing money is always another significant motivator to remember and achieve your new year's resolutions—assuming the investment is large enough.

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CRUNCH TIME

An Air Force Falcons fan, top left, sports a Cheez-It hat in a nod to the crispy cracker's sponsorship of the game that pitted the Air Force Academy's team against the Washington State Cougars. Chase Field was the setting for the bruising competition that ended 31-21 with the Falcons victorious; team members stand in solidarity on the sidelines; a Washington State Cougar takes in the action.



— Photo feature by
Billy Hardiman for Wrangler News





SPORTS

With Alex Zener

Aztec hoopsters start strong with 11-3 record

Corona's boys basketball team, led by two senior guards, started the season strong with an 11-3 record and is currently ranked No. 3 in the 6A Division after winning all four of their games at the Visit Mesa Tournament held Dec. 26-30 at Mountain View High School.

"We are happy to be 11-3," said coach **Neil MacDonald**. "Our guys are working hard and we are getting better each week."

The Aztecs defeated Rancho Solano (basketball prep school in Scottsdale), 76-52, Serra (Calif.), 60-56. Red Mountain, 79-70 and Mercer Island (Wash.), 52-50.

Seniors **Eric Blackwell** and

Anthony Irvin have been impressive on the offensive end of the ball.

"Anthony, averaging around 19 points per game, and Eric, with an average of 15 points per game, are leading the way for us this season," said MacDonald. "Eric hit the 1,000 mark for his career at Corona in our 61-51 win at Chandler Dec. 12.

Both Blackwell and Irvin have committed to play basketball in college next year.

"Eric will be playing DII at Cal State East Bay University in Hayward, Calif., while Anthony has committed to play DII at Purdue Northwest University in Indiana," said MacDonald.

The Aztecs have several other

players who have stepped up this season to help Corona win on and off the court.

"We have gotten solid performances from a lot of guys on different nights, including seniors **Max Faeth** and **DeMarco Smith**, as well as juniors **Roberto Yellowman** and **Donavon Ocasio**," said MacDonald. "We have also gotten good minutes from junior **RJ Richey**, who moved in from Illinois earlier this semester."

The Aztecs will soon have two transfer students able to play.



Alex Zener

"We will add some depth to the lineup when sophomore transfers **Quinn Thorne** and **Brandon Lee** become eligible in two weeks," said MacDonald.

Additional players on the team include seniors **Micah Raegan**, **Aric Urban**, **Osman Ogress**, juniors **Elijah McDaniel**, **Talal Hasan** and **Jeffrey Maurer** and sophomore **Peyton Bauer**.

The Aztecs have 12 regular season

games, 10 in their Central Region section, left to continue to improve their ranking before the playoffs.

"Right now, we are going to continue to focus on the process of getting better and staying competitive in an extremely tough Central Region," said MacDonald.

The Aztecs were scheduled to play at Cibola, in Yuma, on Jan. 7 then a game against Central Region foe Desert Ridge at home on Jan. 10.

Up next Corona was scheduled to play another region opponent on Jan. 14 at Queen Creek. This game against the Bulldogs will be broadcast live on the NFHS Network.

That same week, on Jan. 17, the Aztecs have a home game against Highland also broadcast on the NFHS Network.

Marcos de Niza Basketball

The Padres have won 10 games so far this season but will soon start playing against their five other Desert Sky 4A region opponents.

The team is led by two seniors, **Russ Lingruen** and **Tommy Lingruen**, both team captains who have started every game so far this season and are not only the leading scorers on the team but the leading rebounders and shot blockers.

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Senior Anthony Irvin averages 19 points per game and is the leading scorer on Corona's boys basketball team.

— Photo courtesy [kriscartwright .smugmug.com](http://kriscartwright.smugmug.com)

Russ Lingruen leads the team in scoring with 21.4 points, over six rebounds, two assists, one block and two steals per game. He is hitting 68% of his two-point shots and 29% of his three-point attempts to score a total of 363 points along with 105 total rebounds.

Tommy Lingruen, the second leading scorer with over 19 points per game, leads the team in rebounds with an average of close to 10 rebounds a game or 156 total rebounds. Tommy has scored 325 points so far, his senior season, for the Padres, hitting 62 percent of his two-point attempts and 32 percent of his three-point shots.

Tommy Lingruen has blocked 31 shots in the first 17 games while Russ Lingruen has blocked 17 shots. The next closest blockers on the team are seniors **Camrion Bryant**, a team captain, and **Asael Worden**, both with four blocks each.

The third leading scorer on the team is Worden, a senior who averages 11 points and almost five rebounds and over two assists a game. Worden leads

the team in three-point percentage making 36% of the 45 three-point shots he has attempted in the 16 games he has played.

Bryant along with Worden, are the assist leaders on the team with 40 assists each while fellow senior **Ethan Arroyo** has started in all 17 games while hitting 63 percent of his two-point baskets.

Jaden Davis, another one of the nine seniors on the Marcos boys basketball team, has played in 12 games where he leads the team in free throw percentage hitting 75 percent of his free throw attempts.

Senior **Jaden Upshaw** has scored 25 points, 17 rebounds and 24 assists in 16 games while fellow senior **Matt Canada** has played in 12 games scoring 31 points with 24 rebounds. Senior **Garrett Lamb** has played in 13 games for the Padres.

The two junior guards on the team, **Nehemiah Washington** and **Jase Langley**, have played in 17 and 10 games respectively. Washington has

— SPORTS, Page 20

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Sports

From Page 19

scored 55 points, 15 rebounds, 27 assists and 12 steals. Langley is hitting 43 percent of his three-point shots.

Sophomore guard **Aidan Baker** and junior **Brennan Hill** make up the rest of the team who contribute to the success of the Padres on and off the court.

Marcos was scheduled to play at Mesquite on Jan. 10 and then at Arcadia on Jan. 14. Next the Padres have a home game on Jan. 16 against Poston Butte, at Saguaro on Jan. 21 and at home against Seton Catholic on Jan. 24.

McClintock Boys Basketball

The Chargers have played in two tournaments so far this season where they defeated Fairfax, 80-47, and Carl Hayden Community, 63-60, in the PUHSD Coyote Classic but lost to Sunrise Mountain, Arcadia and Paradise Valley in late November.

The Chargers started strong in the McClintock Holiday Shootout, on Dec. 26, when they defeated Central High School 59-45, but then lost their next

two games to Gilbert and Basha.

Sophomore forward and team co-captain **Jaylen Wesley** leads the team in scoring, with an average of 18.4 points per game while playing in 10 games. He also leads the team in rebounds with close to 12 rebounds and two steals a game on average.

Wesley has six blocks and fix steals but senior **Chance Garland** leads the team in blocks with 12 blocks in 10 games.

Two seniors, **Armani Williams** and Garland, are next on the team in scoring, with close to 12 points a game for both players. Both average over five rebounds a game, but Garland, who has 54 rebounds in 10 games, also has 5.4 assists a game to 3.1 assists for Williams.

Williams leads the team in steals with 31 steals in 11 games while Wesley is next with 19 steals in 10 games.

The fourth starter on the team is junior **Darius Ward**, who has played in all 11 games this season, scoring, on average, 10.4 points a game with over three rebounds a game. Ward leads the team in three-point shooting percentage, hitting 34 percent of his three-point shots making 21.

Sophomore shooting guard **Pascal Volz** is the

next best three-point shooter on the team making 32 percent of his three-point attempts or 15 made shots.

Other players for McClintock who have played in at least 10 games are seniors **Aiden Penry**, **Datron Wilson** and co-captain **Isaac McCann**, along with freshman **Ernesto Scroggins**.

Penry averages over four points a game with an average of two rebounds and one steal per game while playing in all 11 games, Wilson averaged close to two points a game.

Other members of the team include senior **Xavier Bentel** and sophomores **Keanu Shelton** and **Javier Bermudez**.

McClintock should have a chance to improve its season record during a scheduled matchup at Paradise Valley on Jan. 7 and at Notre Dame Prep on Jan. 9.

Up next, the Chargers have two home games, Jan. 14 against North Canyon and Jan. 17 against Cactus Shadows.

The following week they will be play away games with a 5:30 p.m. Rivalry Game at Tempe on Jan. 20 and a 7 p.m. game at Horizon on Jan. 21.

All four of those games will be broadcast live on the NFHS Network via maxpreps.com.

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Gililand kids find generosity creates 'gifts' for the giver

By Robyn Martinez

Before departing for Thanksgiving break, Gililand Middle School eighth-graders completed the thoughtful act of putting together baskets for patients at Phoenix Children's Hospital.

The baskets, filled with blankets, stuffed animals and fun activities, were part of a good citizenship project students completed for social studies.

Said Social Studies Teacher Fernando Otero:

"A part of the new standards for social studies includes the idea of citizenship, including what the responsibilities and duties of citizens are, and how citizens can be a positive part of their community."

And what better time to begin learning the tenets of citizenship, thinks Otero, is at a young age.

"As an eighth-grade social studies team, we agreed that a great way to wrap up our citizenship unit would be a community service project putting the content and standards we learned

into action all the while empowering students to get involved in their community."

In preparation, students came to school with items they felt the patients would be happy to receive, with Otero reporting that the hospital staff receiving the baskets said they were beautiful.

"Seeing my students show up to class with items that they spent time, money and energy to gift to others was inspiring," Otero said.

"My students put others before themselves, and I couldn't be prouder of them."

Eighth-grader Mariah Serrano offered her view on how showing kindness and helping others makes the giver a receiver as well.

"It made me feel happy and proud of myself that we donated, because every kid deserves to have the same life as every other kid—happiness, fun, and feeling loved," she said.

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Diversions

Our reviewer's retrospective

Looking back at top filmfare of the 2000s



A scene from *American Animals*, one of the films selected by Wrangler News movie critic Mark Moorhead as noteworthy from the past decade's lineup of film fare.

By M.V. Moorhead

The curtain is now open on all of 2019, providing a rearview look (again...) at that arbitrary annual movie-critic ritual, the Top 10 List. But let's not overlook what I consider the memorable films from 2011 on, which

also comprise a worthy record of modern movie-making.

So here are my Top 10 from that list:



The Tree of Life (2011)

—Terrence Malick takes on *The Meaning of Life* through the

prism of a midcentury Texas family. A strange, difficult symphony of fractured narrative and beautiful acting.

Moneyball (2011) —A superbly re-watchable, improbably touching sports movie, about Billy Beane using "Sabermetrics" to rebuild the Oakland

A's. Brad Pitt and Jonah Hill make a great Don Quixote and Sancho of baseball.

The Act of Killing (2012) — Joshua Oppenheimer's shocking nonfiction film, in which participants in killings during the Indonesian massacres of the mid-'60s re-enact their crimes for the camera, is hard to watch, but probably the film of the decade.

Fruitvale Station (2013) —This heartbreaking, infuriating drama about a police shooting at the title BART station marked a spectacular debut for director Ryan Coogler and potent star turns by Michael B. Jordan and Octavia Spencer.

Get Out (2017) —Jordan Peele's horror comedy-melodrama about race as a hijack-able commodity was a knockout.

November (2017) —This black-and-white Estonian gothic, directed by Rainer Sarnet from a novel by Andrus Kivirahk, has a low-key magic all its own.

The Lovers (2017) —Hardly anyone seemed to pay any attention

to this low-key comedy-drama about adultery turned on its head, so, modest though it may be as a piece of cinema, I'm going to put it on the list. Hope it gets discovered one of these years.

The Other Side of the Wind (2018) —Released four decades belatedly, the final directorial feature of Orson Welles—shot in the '70s, much of it here in the Valley—is a send-up of both old-Hollywood machismo and new-Hollywood artsy posing. Superficially chaotic, it's full of bravura sequences and fine, funny acting.

American Animals (2018) — Bart Layton's docudrama, about four college-age nitwits plotting to rob the rare books room at a Kentucky library, is unforgettable in its depiction of movie-driven criminal fantasy, and of the privileged status of the conspirators.

Black Panther (2018) —Having debuted with *Fruitvale Station*, Ryan Coogler went on to direct the most fun of the Marvel movies.

Here are 10 more that came close during those years now passed: *The Skin I Live In*, *Moonlight*, *Lincoln*, *Spotlight*, *The Shape of Water*, *Once Upon a Time in Hollywood*, *Inside*

Out, *The Town*, *Attack the Block* and *Ant-Man*.

And here—out of the movies I've caught up with, obviously—are my Top 10 favorites for 2019:

Once Upon a Time in Hollywood; *The Irishman*; *The Farewell*; *One Child Nation*; *The Report*;

Ruben Brandt, Collector; *Knives Out*; *Dolemite is My Name*; *The Two Popes*; and *Linda Ronstadt: The Sound of My Voice*.

Finally, here are a few more movies from the past year that I found worth sitting through: *Godzilla: King of the Monsters*; *The Last Black Man in San Francisco*; *Joker*; *They Shall Not Grow Old*; *Avengers: Endgame*; *Yesterday*; *Ma*; *A Beautiful Day in the Neighborhood*; *Judy*; *The Public*; *Official Secrets*; *Spies in Disguise*; *Downton Abbey*; *Bombshell*; *Ford v Ferrari*; *Blinded by the Light*; *Star Wars: The Rise of Skywalker*; *Abominable*; *The Good Liar*; *Making Waves: The Art of Cinematic Sound*; *Raising Buchanan*; *Fiddler: A Miracle of Miracles*; *The Kid Who Would be King*; *To Dust*, and, for my money maybe the most underrated purely silly movie of the year, *Shazam!*

\$35 to adults and \$17.50 to students with ID. A \$60 Caffe Boa dinner and jazz package also is available at lakeshoremusic.com.

Featuring guitarists Perry Smith of New York City along with John Storie and Will Brahm, both of Los Angeles, they perform jazz standards, exciting originals and recognizable covers that moved *Jazz Times* to describe them as “masters caressing cascading sound, dexterously peppered now and again with Gypsy fire, flamenco zest and steel-string twang.”

The three met while students at the University of Southern California's Thornton School of Music, where they studied Studio/Jazz Guitar Performance.

Tapping into their roots as jazz guitarists, New West Guitar Group puts on a swingin' show that pays tribute to influential artists who shaped the genre. Praised as “sharp and refined,” the group has released seven full-length albums. Each features their unique style of laid-back virtuosity

New West Guitar brings easy-listening jazz sound to Tempe Center for the Arts

By Lee Shappell

The holidays have passed and the New West Guitar Group, which has developed a widespread reputation among the premier jazz-guitar ensembles in the world, brings its easy-listening sound to de-stress those facing one final round of credit-card bills.

The group performs in the Lakeshore Music Concert Series at 7:30 p.m. on Saturday, January 25, at the Tempe Center for the Arts. Tickets are

— JAZZ, Page 24

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Jan 17 - May 16

Artist: Devorah Sperber. Courtesy of Bentley Gallery.

WEAVE, the newest exhibition at the Gallery at TCA, features various artists that intertwine materials, processes and ideas; weaving together the worlds of art and technology.

Sneak Peek Week
Jan 17-23

Free Public Reception
Jan 24
6 - 9 pm

in the



MORE INFO AND PROGRAM EVENT SCHEDULE:
tempecenterforthearts.com/tcagallery

Tempe Center for the Arts

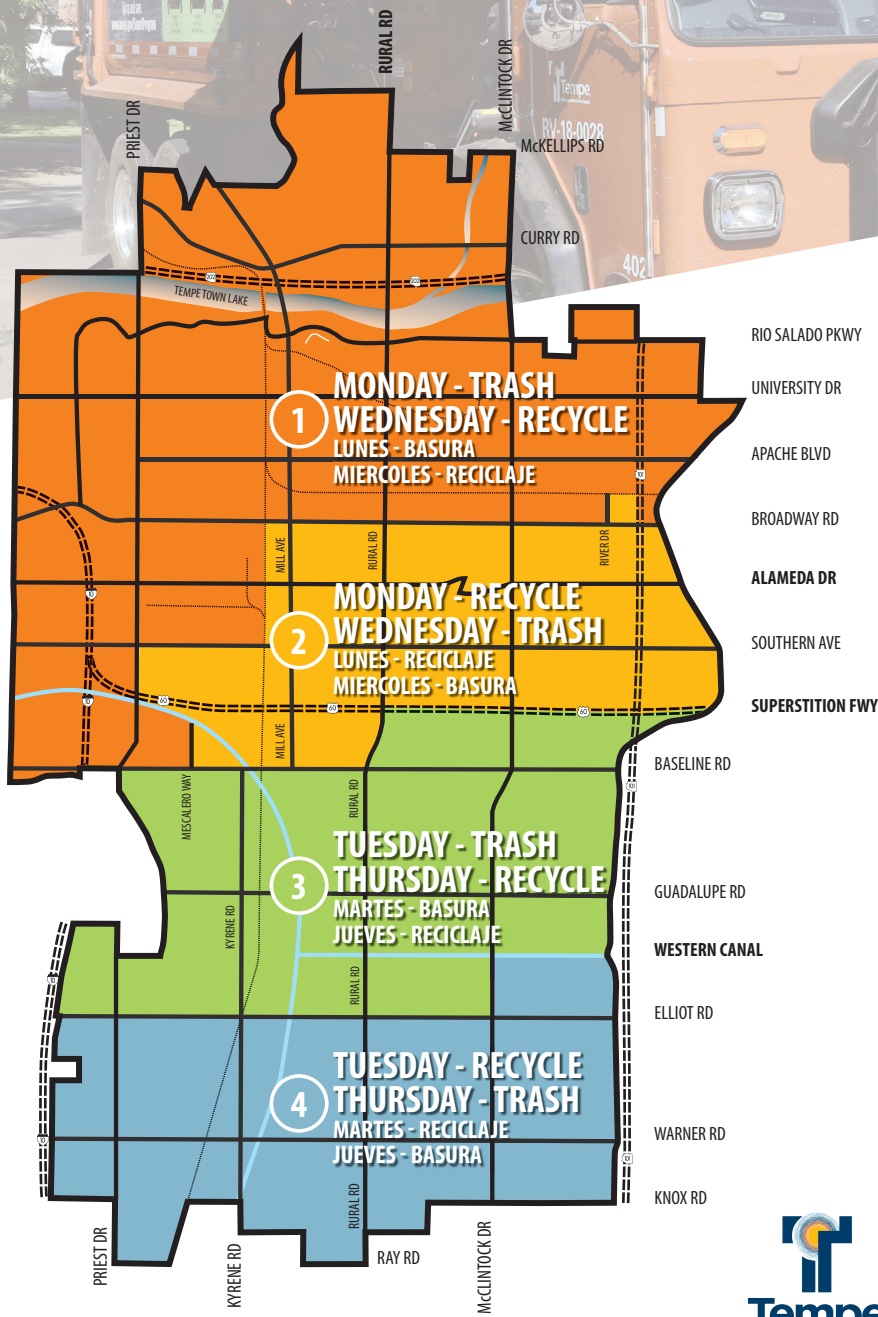


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Easy-listening jazz guitar ensemble New West Guitar Group will perform this month at Tempe Center for the Arts as part of the Lakeshore Music concert series. — Photo courtesy New West Guitar Group

Jazz

From Page 23

through expert arrangements crafted by members of the group.

Their music is regularly featured on NPR and jazz radio stations, while their repertoire is performed throughout the country by college and high school guitar programs.

“The New West Guitar Group is a trio of the finest guitar players on the music scene anywhere today,” said Woody Wilson, founder, president and executive producer of the Lakeshore Music Concert Series.

“The seasoned harmonics and technical proficiency coming from these three musicians is truly breathtaking. Since I first met John Storie more than 10 years ago, I am still in awe of their music and show.”

“I met John and the first incarnation of NWGG back in 2011 at an upscale, live-music venue up in Carefree,” Wilson, of south Tempe, continued. “John’s mom was living in Arizona then and someone had reached out to me and asked that I attend one of the shows. I was blown away by the music and ended up booking them into our series a year later. Our show

with them on January 25 will be the third time in 11 years that we have presented them at the TCA. For jazz-guitar aficionados, this is a show you can’t miss.”

Their signature sound comes from an innovative style that highlights rhythm, beauty and virtuosity, combining acoustic and electric guitars.

The group’s most-recent album, “Live at Mauch Chunk Opera House,” was released in 2017, when the trio recorded and filmed a concert in Jim Thorpe, Pennsylvania, at the legendary opera house built in the 1800s. Each selection showcases the unique chemistry the three have developed over years of performing together.

“For the past couple of years, John has been on the road with Jeff Goldblum, the famous actor turned jazz musician,” Wilson said. “They have played all over the world, sometimes as Jeff’s ensemble, but most notably with Mildred Snitzer’s Orchestra. Several months ago they played London and the royal family, including the queen, showed up.

“It has been a fabulous ride for John as Jeff’s guitar man, but NWGG and the music they play together remains John’s musical grounding.”

More information and tickets: lakeshoremusic.org

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For more information, publication dates, frequency-discounted rates and other details, call us at 480-966-0837 any time M-F. Thank you!

Briefs

Tempe Leadership seeking golf tourney sponsorships

Tempe Leadership Class XXXV has launched plans for its 2020 Putt for P.E.A.C.E. golf tournament, scheduled Feb. 8 at Ken McDonald Golf Course.

Planning is also underway to recruit sponsorships, ranging from Title Level (\$5,000) to Gold (\$2,000) and Silver Levels (\$1,500).

Other types of support also are available.

Tempe Leadership's current class is involved in revitalizing Escalante Park's basketball courts through the use of public art. Class members will work

alongside a professional artist to paint murals as an upgrade to the park facility.

Those wishing to donate, volunteer or obtain more information can call 480-256-9287.

Feb.18 deadline for Tempe Writing Contest

Submissions are now being accepted for the 2020 Tempe Writing Contest. Short fiction, creative nonfiction and poetry, as well as a design for the front cover of the Tempe Writers Forum V. 6 book which will be published with all the winning entries, are also open for submission. Submission are open through Tuesday, Feb 18.

Information:
tempepubliclibrary.org/
WritingContest.

Corona senior to play in Young Artists concert

A senior at Corona del Sol High School is among two teens being featured in the next Young Artists Series concert sponsored by MusicaNova Orchestra.



The 17-year-old featured performers are pianist Jessica Zhang, a senior at Corona, and

violinist Sean Ellis, a junior at Desert Vista High School.

The concert will take place at 4 p.m. Saturday, Feb. 8 at Arizona Piano Co., 4134 E. Wood St. Phoenix.

Tickets are available on site or via musicanovaaz.org. General admission is \$15; students and

seniors pay \$10; under 18 is free.

This will be Jessica's third appearance as a MusicaNova young artist, having also played with the full orchestra in 2017.

A student of the piano since she was 5, she made her Carnegie Hall debut last summer after winning first place in the American Protégé International Music Talent Competition.

She was recognized in 2019 as a National YoungArts winner and won first prize at the 2017 IIYM International Piano Competition. She has won numerous Arizona and local competitions.

She leads Corona's Music for Cure Club, taking student performances into senior homes and hospitals.



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Tempe Chamber Announces Candidate Endorsements



The Tempe Chamber of Commerce has announced its endorsements for the upcoming Tempe City Council and Mayoral Elections. The Tempe Chamber is endorsing Corey Woods for Mayor, and incumbents Randy Keating and Joel Navarro as well as political newcomer Doreen Garlid for City Council.

Candidates were interviewed on a variety of topics directly related to the Chamber's public policy agenda. Candidates who seek endorsement are evaluated on a wide range of issues facing Tempe citizens and businesses, including but not limited to government transparency, homelessness, and traffic congestion. The Good Government Committee determines which candidate holds the strongest positions that align on issues important to Tempe businesses and makes a recommendation to the board of directors for a final decision. Read the full story on our blog.

Emerging Issues Forum: Meet the Candidates

On February 19th the Tempe Chamber will host a special Emerging Issues Forum allowing the community and chamber members to hear from the candidates endorsed by the chamber. This event will take place from 7:30 am to 9:00 am at the Alamo Drafthouse Cinema Tempe. Registration is open at www.tempechamber.org.

Emerging Issues is Sponsored by

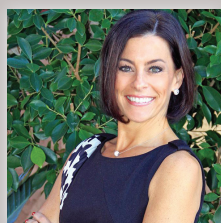


Military Affairs Committee Announces Veteran Scholarship

The Tempe Chamber Military Affairs Committee (MAC) is proud to announce the Merle Fister Veteran Scholarship that will award \$1,000.00 in education assistance for a deserving US Military Veteran within the city of Tempe. This scholarship was created through a generous endowment from the Merle Fister Estate. Mr. Fister was a veteran, community leader and MAC committee member. The online application is open to the public and is due by January 31, 2020. The scholarship recipient will be announced by February 15, 2020 and will be recognized at the Red, White, and Blue Awards Ceremony on March 11, 2020. Registration for the ceremony is available on the home page at www.tempechamber.org. For details on the scholarship call 480-736-4285.



2020 Leadership Speaker Series



Jodi Low
"The Mindset of a Leader"
 Friday, Jan. 24, 2020
 8:00 - 9:30 am
 Alamo Drafthouse Cinema



Olenka Cullinan
"Lead with a Spark"
 Friday, Jan. 31, 2020
 8:00 - 9:30 am
 Alamo Drafthouse Cinema



Joan Jakel
"Embracing Change to Lead"
 Friday, Feb. 7, 2020
 8:00 - 9:30 am
 Tempe Center for the Arts



Adam Lee Brooks
"How to Welcome Millennial Energy"
 Friday, Feb. 14, 2020
 8:00 - 9:30 am
 Tempe Center for the Arts

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Heed 'No Burn Day' warnings

The Arizona Department of Environmental Quality (ADEQ) regularly conducts tests on particulate matter (PM) to ensure our air quality meets federal and state guidelines.

On days when PM is expected to be too high, a health watch or high pollution advisory is issued, resulting in a No Burn Day. Residents are not allowed to burn wood in their fireplaces, stoves, chimneys and fire pits on these days.

Gas or electric fireplaces are fine to use. Check out tempe.gov/AirQuality and visit www.cleanairmakemore.com to sign up for No Burn Day alerts.

Share your views on the city budget

The City of Tempe will hold public meetings and host an online forum to engage community members about projections for the city's operating and capital budgets, and to hear your priorities for the 2020-21 fiscal year and beyond.

Public forums will be held:

- Tuesday, Feb. 11, at 6 p.m., at Kiwanis Recreation Center, 6111 S. All-America Way
- Wednesday, Feb. 19, at 6 p.m., at Tempe Public Library, 3500 S. Rural Road
- Saturday, Feb. 22, at 10 a.m., at North Tempe Multi-Generational Center, 1555 N. Bridalwreath St.

Community members are also invited to submit ideas and feedback via Tempe Forum, the city's online forum tool.

Visit tempe.gov/forum and select the budget question. For updated details on the formulation of budgets for the 2020-21 fiscal year, visit tempe.gov/BudgetPlan.

Free tax preparation for eligible residents

Tempe Community Council offers a free tax preparation service for taxpayers earning \$56,000 or less in 2019. Seniors and those with disabilities also qualify.

IRS-certified volunteer tax preparers will help determine if you are eligible for the Earned Income Tax Credit to maximize your refund or reduce taxes owed.

The Tempe VITA site will be open each Saturday, Wednesday and Thursday from Feb. 1 through April 11 (closed for Spring Break March 7-14).

Schedule your appointment online (available Jan. 15), drop off tax paperwork and return at a later date, or utilize myfreetaxes.com to self-prepare tax returns.

Tempe's tax site will be located again this year at Gracie's Village Community Room, 1540 E. Apache Blvd. For more details, times and what to bring, visit www.tempecommunitycouncil.org or call 480-858-2300.

City plans for future of urban core – next public hearing is Feb. 13

During the next 20 years, the population of Tempe's urban core is predicted to double.

The number of houses and apartments is expected to increase by 80 percent and the amount of office and retail space in the area will go up by about 50 percent.

The city's Urban Core Master Plan will help us plan for this growth. The plan looks at 6 square miles from Loop 202 on the north to the Union Pacific Railroad tracks on the south, and from Hardy Drive on the west to Loop 101/Tempe Canal on the east.

The plan has several elements, including a Development Bonus Program that allows developers to add housing units or commercial office space in exchange for providing community benefits, such as affordable/workforce housing, sustainability elements, public improvements or amenities or preservation of historic resources. Developers would work to protect our historic resources, create affordable housing (on-site or in-lieu fees) or provide extra public open space if they want to exceed the density or building heights identified in the new "Urban Code" zoning districts.

The Urban Core Master Plan was developed through a two-year process that included more than 30 public meetings and online public input opportunities, as well as public hearings by the Development Review Commission and City Council. A second Council public hearing is scheduled for Feb. 13. For more information, visit tempe.gov/UrbanCore.

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2020 United States Census is coming

In mid-March, all households will receive an invitation letter by mail with directions on how to complete the 2020 U.S. Census.

This is a requirement within the U.S. Constitution that every resident must be counted every 10 years.

Participation is easy, secure and important.

In fact, participation has never been easier, thanks to the ability to respond online for the first time!

As many as 70 percent of Americans are expected to choose the online response option, but other options will be available as well.

Counting everyone is vitally important for your local community because Census numbers are used to calculate Tempe's proportional share of federal funding for streets, housing, transportation, education and more.

If you have any questions, visit tempe.gov/census. There, you'll find links to local, regional and federal Census information.

If your community organization, faith group or neighborhood would like more details or if you are interested in displaying Census information, please reach out to Nikki Ripley at 480-350-8846 or nikki_ripley@tempe.gov.

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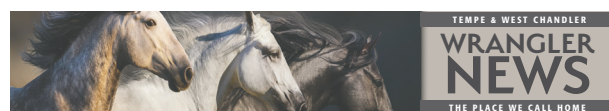
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Kyrene update: Starting off 2020 with hope, success

Editor's note: This column represents the first community message of 2020 from Kyrene schools superintendent Jan Vesely. Her commentaries and a video message also are available at kyrene.org.

Welcome back and Happy New Year! The second semester of 2019-20 gets underway today, and even as students are returning to their classrooms to continue this year's lessons, we are already looking ahead to the 2020-21 school year. Enrollment for 2020-21 begins on January 13, at www.kyrene.org/enrollment. We look forward to welcoming new and returning students next fall.

An Outstanding Achievement

I would like to kick off this new calendar year with a special celebration. Kyrene is proud to have nearly two dozen National Board Certified (NBC) Teachers among our talented educators. Last month, I was pleased to be able to celebrate with one newly-named NBC Teacher and one educator renewing the honor.

Congratulations to Alichia Russ of Kyrene de los Niños, earning her certificate for the first time, and Julie Cleveland of Kyrene de la Estrella, earning her renewal.

National Board Certification is the highest certificate an educator can achieve in the United States. The process to earn or renew the certification is rigorous, and the achievement is highly celebrated.

Winter Wonderland

Also before the break, it was my honor to take part in the annual Winter Wonderland event, organized by the Kyrene Foundation. Each year, the Foundation partners with Kyrene schools to collect clothing and toys for families in need. School and District staff identify families needing support this time of year and invite them to attend the "Winter Wonderland" event in December. There, parents and guardians can "shop" for gifts for their children, while volunteers wrap presents and student musicians provide entertainment.

This year, volunteers distributed 3,200 gifts to more than 700 children. Those gifts included books, toys, bikes and stuffed animals, as well as clothing.

Winter Wonderland is one of my favorite events of the year, and I want to extend my heartfelt gratitude to the Kyrene Foundation for making this commitment, year after year. I also want to thank our Kyrene schools and community members for the overwhelming donations. Your spirit of giving is inspiring and left me awestruck, once again.

A Busy New Year

The first month of 2020 will be a busy one across the Kyrene School District. Here are just a few of the upcoming events to mark on your January calendars:

Monday, January 13: SPARK School Information & Enrollment Night. Learn more about Kyrene's newest educational model, with wide open spaces and project-based learning. Spots in this innovative pilot program are extremely limited. *Kyrene de las Manitas campus, 6:00-7:30 p.m.*

Wednesday, January 15: Positive Parenting Series (Video Games: What Parents Need to Know). Families will learn to make video games a tool rather than a challenge. *Kyrene School District main office, 6:00-8:00 p.m.*

Thursday, January 23: Kyrene District Spelling Bee. Top spellers from every Kyrene school come together to see who will advance to the regional bee. *Kyrene School District main office, 6:00-9:00 p.m.*

Saturday, January 25: Play Day. Kyrene Community Education will host the annual Play Day event for children to learn and explore outdoors. *Kyrene Aprende Middle School campus, 10:00 a.m.-1:00 p.m.*

Saturday, January 25: All-District Job Fair. Kyrene is hiring for all positions! The January job fair is open to potential teachers, bus drivers, groundskeepers, classroom assistants and more. *Kyrene de la Colina campus, 8:00 a.m.-Noon.*

Kyrene School District will hold a second job fair, exclusively for certified staff, on Saturday, February 22, on the Kyrene Traditional Academy campus. Kyrene will be interviewing teachers, psychologists, speech language pathologists and occupational therapists. Due to high demand for these interview spots, educators are encouraged to make an appointment ahead of the event. Visit www.kyrene.org/jobfairs for more information.

Making a Difference

I want to close this month by acknowledging some of the most devoted individuals in Kyrene School District. They dedicate many hours to ensuring responsible governance of our District; they make crucial decisions that impact the education of our children; and they do it all without pay. I am speaking, of course, about our Kyrene Governing Board.

January is national School Board Recognition Month. Kyrene has five Board members, elected by the public, who generously volunteer their time to make a difference for students and schools. The important work of our Governing Board includes management of a multi-million dollar budget, curriculum review, approval of personnel decisions, and policy review and oversight.

Their commitment to our schools extends beyond the boardroom as well. You will often see Kyrene Board members attending school and District events or perhaps judging a spelling bee. For all this time and energy, the only payment they receive is the satisfaction of seeing Kyrene succeed, and I could not be more grateful for their service.

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Commentary

So. Tempe forum ideal opportunity to hear from council, mayoral hopefuls

By Jennifer Adams

Tempe is a vibrant community with a great quality of life and a bright, exciting future. Like any city, there also are challenges to anticipate and manage.

That is why I enjoy serving as one of your seven elected members of the Tempe City Council. Together, we can work with you to make Tempe the best possible community.

One of the ways we can do that is through a robust process to elect our local leaders. We have a city election coming up on March 10 and I want you to have all the information you need.

This time around, the mayor's seat is open and so



are three Council seats. Those who are voted in will start their four-year terms of office in July.

I am a major proponent of participation in local elections and I want it to be as easy as possible for you to stay informed on the issues and to vote. With an all-mail election again, it has never been easier to make your voices heard. Voters can return their ballots by mail, drop off their voted ballots or get replacement ballots at ballot centers in Tempe or at the Maricopa County Recorder's Office in Phoenix or Mesa.

As a proponent of fiscal sustainability as well, I am heartened by the fact that all-mail elections cost the city about \$50,000 less when compared to elections with physical polling places.

Residents from several south Tempe neighborhood associations have organized a candidate forum for Monday, Feb. 3, from 5:30 to 8 p.m., at Arizona Community Church, 9325 S. Rural Road, in Building G, Room G-2.

A meet and greet will be at 5:30 p.m.; candidates for mayor will be featured at 6 p.m.; candidates for Council will be featured at 6:45.

Election details

Here are all the basics you need to know: The City Clerk's Office has election information in one place at tempe.gov/election. You can also call Tempe 311 at 480-350-4311.

For anything related to voter registration, you will want to contact Maricopa County Elections at 602-506-1511 or at www.maricopa.vote. Voter registration concludes Feb. 10 and ballots will mail to every registered voter Feb. 12.

Tempe is televising a limited number of candidate debates/forums. They are happening at the Tempe History Museum, 809 E. Southern Ave., on Jan. 15 (6:30-8 p.m.); Jan. 29 (6-9 p.m.); and Feb. 19 (6-9 p.m.).

Watch these live on Cox Channel 11 and Century Link Channel 8012, or stream them at tempe.gov/tempe11.

They re-air on the channel at designated times, too—to confirm what times they will re-air on TV, check the Tempe 11 program guide at tempe.gov/tempe11.

In addition, Tempe is taping and airing five-minute statements from the candidates. Before each regular Council meeting starting Jan. 16, tune in to Cox Channel 11 or Century Link Channel 8012 at approximately 5 p.m. to watch the statements.

These also are posted to tempe.gov/tempe11.

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No matter whom you support, please take the time to get informed about the issues and candidates—and then make sure your voice is heard for the future of Tempe.

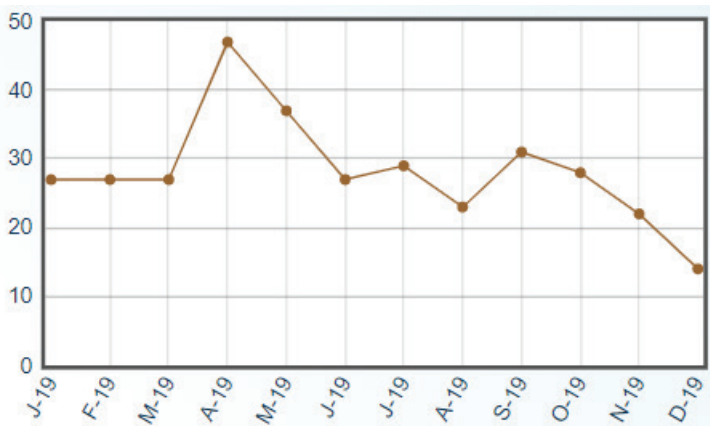
Jennifer Adams is a member of the Tempe City Council.

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Market Update

85284 New Listing Inventory



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