

Wrangler NEWS

THINK LOCAL. READ LOCAL.

June 17 - 30, 2017 • Volume 28, No. 12

WHAT'S INSIDE



Flagstaff's Hullabaloo celebration tempted Valley residents, including photographer Billy Hardiman, to head north to the cool country. We're thinking you may want to do the same. Page 9



Marcos de Niza High School's Padres scored with eight qualifying runners at the state Division II track and field championships. See Sports starting on Page 14



It may look a lot like the bank that's just steps away on McClintock Drive, but it's actually an above-ground high tech control center for Tempe's water system. More details on Page 19

Lovin' it

Advice to fellow dads: Teaching kids is never a chore



Antonio Hernandez Sr. lends a watchful eye as his 14-year-old son goes through a vigorous training regimen designed to get him into shape for the coming football season at Marcos de Niza High School.

— Wrangler News photo

By Jonathan Coronel

Tonio Hernandez Jr. jumps into the air, grabbing onto the pull-up bar, as his father, Antonio Sr., catches and steadies his body in place.

Helping just enough, the elder Hernandez pushes his son upward to perform a pull-up. Then he lets go, instructing Tonio to slowly descend back into the starting position.

Tonio's sister Haille takes a breath and pushes down on the treadmill harder with each step, her dad lowering the speed on the moving platform so that she has to power it manually, and gives her a minimum time to walk. He then walks back to check on how Tonio is doing.

It's all part of a vigorous exercise regimen Hernandez performs with his kids three to four times each week.

Hernandez and his children—Tonio, 14, and Haille, 12—have been working out at BR Fitness for eight months now, as Tonio prepares to play football at Marcos de Niza High School and Haille gets ready for softball.

"You have to make it enjoyable for them; it's not punishment; it's supposed to be fun," Hernandez says as he sits next to the two kids.

For Hernandez Sr., working out is never a chore—far from it in fact. He started exercising around age 14 to help with his training for football and wrestling. Even though his playing days are behind him, his workout habits have stuck with him and are trickling down to his kids as well.

"I love it. It's a great way to get your mind off things like work and to stay productive and off the couch."

Though some parents may be worried about introducing their kids to weightlifting for fear of injury, Hernandez is careful in crafting workouts for both Tonio and Haille.

"For Tonio, he started weightlifting this year, when he turned 14, and I just made sure to keep the weight low and have him focus on perfecting the movement first," Hernandez says.

Hernandez watched Tonio closely when the boy previously worked out with a trainer and implements that

A hands-on approach to opioid misuse

By Deborah Hilcove

Imagine the pain. It's chronic, ongoing and governs every waking moment.

Maybe it's a result of cancer, arthritis or surgery. Perhaps it's from a sports or recreational injury, a car or home improvement accident, a fall. Most likely, it's lower back pain, a challenge to treat and one of the most common reasons for doctor visits in the U.S., according to the American College of Physicians.

A February 2017 report notes:

"Approximately one quarter of U.S. adults reported having low back

— DAD, Page 21

— OPIOIDS, Page 22

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911 update good news for hearing impaired, victims of violence

The Maricopa Association of Governments Regional Council has unanimously approved a motion to fund "text-to-9-1-1" capability in Tempe, Chandler and other cities throughout Maricopa County.

Text-to-9-1-1 represents a new service for those who cannot safely call 9-1-1 due to the nature of their emergency, or because they have a speech disability, are hard of hearing or deaf.

The new software will be installed at local dispatch centers in law enforcement agencies throughout the region within the next year.

Advances in technology are making this option available now, but few places in the country have implemented the new service.

In Arizona, only Lake Havasu City currently has text-to-911 service.

Phil Pangrazio, who is president and CEO of Ability 360, a local nonprofit agency with a national reputation for serving people with disabilities, said the added capability will be an important step forward for his group's constituency.

"We are removing a very real barrier to people getting emergency services. We are giving people peace of mind and help when they need it the most."

Allie Bones, CEO of the Arizona Coalition to End Sexual and Domestic Violence, represents another group likely to see benefit from the newly expanded service.

"For victims for whom summoning 9-1-1 is an option, having the ability to text may remove significant barriers to them doing so and may create greater opportunity to summon the help they need discreetly," said Bones.

Since 1985, MAG has administered the Maricopa Region 9-1-1 system with the city of Phoenix. Cities, towns and counties work cooperatively to coordinate 9-1-1 services, including plans to enhance the system.

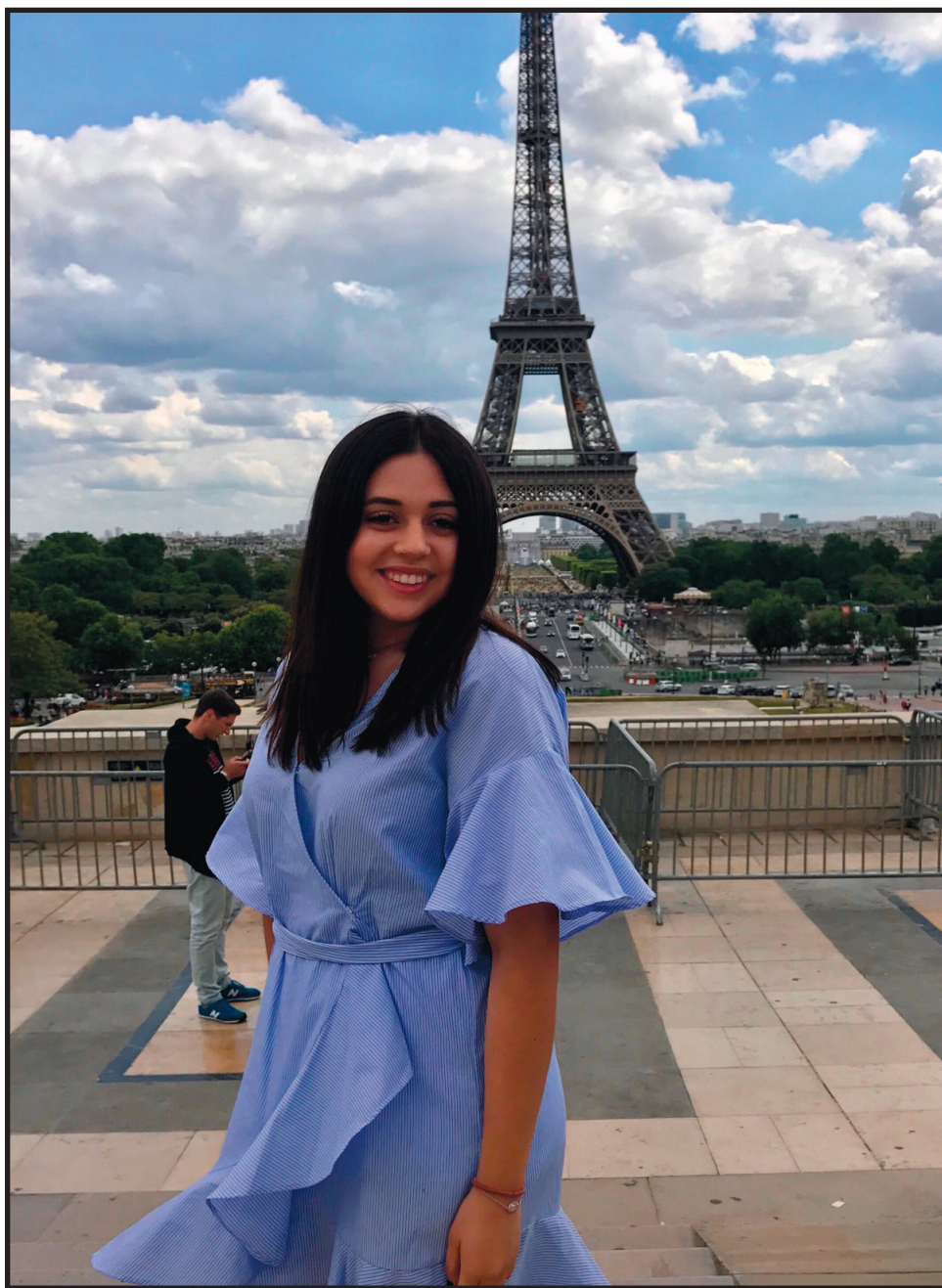
For more than 40 years, the 911 system has served the needs of the public in emergencies. Next Generation 911, or NG911, is designed to enhance the 911 system to create a faster, more flexible, resilient and scalable system that allows 911 to keep up with communication technology used by the public.

Put simply, said a MAG spokeswoman, NG911 is an Internet Protocol-based system that allows digital information—voice, photos, videos, text messages—to flow seamlessly from the public through the 911 network and on to emergency responders.

While the technology to implement NG911 systems is available now, the transition to NG911 involves much more than just new computers, said MAG.

The National 911 Program supports the effort of jurisdictions at all levels of government as they consider the transition to NG911. Visit the links below for more information about NG911 as well as tools and resources for improving 911 systems.

As to who will pay for the newly approved text-to-911 system, the approval of MAG's recommendation will pass the \$150,000 cost along to the member cities and towns as part of their annual assessments.



Bella Aguilar was among dozens of Corona graduates touring Europe during recent terror attacks.

Area teens' European visit opens a frightening window to terror

By Jonathan Coronel

In a globalized world of increasing inter-connectedness, the ripple effect caused by what once might have been considered distant events grows wider each day.

When London, England, suffered a brutal terrorist attack late last week, just on the heels of the deadly Manchester bombing, Americans looked to their TVs in horror as our closest ally dealt with yet another in a stream of seemingly never-ending attacks.

Just a few days later, on June 6, an Algerian man attacked a police officer outside of the Notre Dame Cathedral in Paris. Attacking him with a hammer and a backpack full of knives, the man reportedly yelled, "This is for Syria!" before being shot by fellow officers on the scene.

Both of these attacks occurred while a contingent of recent Corona del Sol High School graduates were taking a European trip to see all the art and architecture they learned about in their senior humanities course.

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Budget challenges await board, new Kyrene CFO

By Diana Whittle

Sometimes, it has been said, the challenge facing school budgets is more like an out-of-control rollercoaster ride than a paper-and-pencil exercise—at least that analogy can be applied to the upcoming budget cycle for the Kyrene district.

After surviving a dip in home values nearly a decade ago, which led to reductions in property taxes, recovery in real estate has led to steadier footing. Now, the financial culprit on the horizon is declining enrollment resulting from recent trends in demographics.

With fewer students entering kindergarten, more families with grown children who are aging in place and others who choose private or charter schools, Kyrene officials predict that for the 2017-18 year enrollment will be two percent behind the current year, which translates into a dip in revenue of \$1.3 million.

If the pipeline of available students continues to shrink, the following fiscal year, 2018-19, is also projected to be down about one percent, which when combined with rate of inflation, represents about \$1.9 million in reduced revenue.

As a result, the district used reserves to cover current expenses this fiscal year and likely will tap into them again in upcoming years.

“The reality is that we are overspending,” said John King, the current Governing Board president, “and if we continue to borrow from ourselves, our reserves will be depleted in several years.”

The good news is that Kyrene, along with the Chandler district, retains an AA bond rating, which is the highest in the state, according to standards set by agencies such as Moody's and Standard & Poor.

“We also remain a very high-performing district,” added Dr. Jan Vesely, Kyrene superintendent, “because we still offer choices for

families with more pre-kindergarten programs, art, music and dual-language options.”

Another positive, which may contribute to boosting Kyrene's enrollment, is the fact that Arizona is an open enrollment state.

“A premier district like Kyrene will always attract students from beyond its boundaries,” said Nancy Dudenhoefer, Kyrene marketing and communications manager.

“While the Kyrene district does not specifically market to parents outside the district's boundaries, its reputation draws out-of-district parents to enroll,” said Dudenhoefer.

“It is our job, as a district, to help students grow intellectually, emotionally and socially while instilling in them the habits of mind and mastery of skills they'll need to be successful in life,” said Dudenhoefer.



“Dr. Vesely and the members of the Governing Board are committed to fostering a rigorous teaching and learning environment in our classrooms that provides every one of our students with a sense of belonging.”

Former Governing Board President Bernadette Coggins noted that extra efforts to spread the word about the strengths of the Kyrene district must be working well in some neighborhoods, as the number of students appears to have grown in at least one school.

“I was at a recent promotion ceremony at Kyrene Middle School and there were more sixth graders than eighth graders in attendance.”

If enrollment numbers do remain stable and the state legislature allocates more funding to public education, the budget deficit might be minimal. The final budget must be adopted by June 30.

At the helm, to steer the budget process, will be a new Chief Financial Officer, following the Governing Board's acceptance of a recommendation to hire Chris

Hermann, effective June 15.

An Ahwatukee resident and parent of two Kyrene-schooled children, Hermann brings 22 years of professional experience to the position. He holds a Bachelor's degree from Indiana University and earned an MBA from the University of Phoenix.

In addition to new financial leadership internally, Superintendent Vesely recently spearheaded a budget committee whose volunteer members agreed that the district must request voter approval of a bond to finance several projects and on continuation of the existing M&O and Capital overrides.

The current voter-approved overrides for Maintenance and Operations (M&O) and for capital funding will expire soon; and, based on the recommendation from a citizens committee, the Governing Board approved three measures for the Nov. 7 election.

The measures support continuation of the current M&O budget override; call for continuation of the current Capital Outlay budget override; and extend the current bond authorization.

The public is invited to submit their arguments "for and against" each ballot measure. The deadline to submit statements is 5 p.m. Friday, Aug. Information on how to submit your statement, along with an explanation of the overrides and bond measures, can be found at www.kyrene.org

Chandler Chamber hosts women's business advocate

Empowering the next generation of leaders will be the topic of noted women's business advocate Staci Charles when she appears as keynote speaker at the Chandler Chamber of Commerce Women in Leadership's meeting on Tuesday, June 20.

According to chamber marketing director Paulette Pacioni, Charles has dedicated her life to stressing the importance of developing female leadership.

Emphasizing the necessity of supporting and influencing young girls today, Charles strives to help them become the next generation of successful women in leadership.

In her most recent endeavor, Charles works with Girl Scouts-Arizona Cactus-Pine Council to provide young girls and women with opportunities to take healthy risks, develop a strong sense of self and become a strong influential leader.

Her program is designed to help participants learn how they can help toward that goal.

The June 20 meeting starts at 10:30 and is followed from noon to 1:30 by Charles' keynote address and luncheon.

Admission is \$25 for chamber members in advance, \$35 general admission. Add \$5 to walk-in admission.

The event will be held at Soho 63, 63 E. Boston St., Chandler. Information: 480-963-4571.



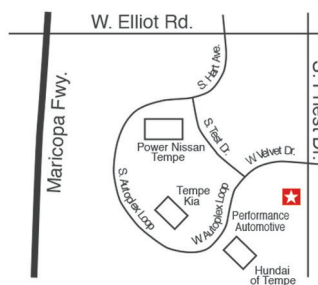
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Students learn a little strumming and picking technique from teacher Ruben Johnson's Star Wars Guitar Class. It's part of the summer fun—and learning—taking place at Kyrene summer academy.
— Photo courtesy Kyrene School District Public Information Office

By Diana Whittle

It's June—the temperatures are sweltering outdoors, so what's a parent to do when the kiddos are already bored?

No worries: Check into the summer classes and activities at both Tempe Elementary and the Kyrene School districts, which are safe, supervised and affordable.

Summer school sizzles with STEM classes at Wood Elementary School

At Wood Elementary School, 727 W. Cornell, two summer camps with an emphasis on STEM learning will keep local kids engaged.

One is operated by the school specifically for Wood Elementary kids, and the other is a City of Tempe Kid

Zone summer camp, which is open to students from across the district.

This is the fifth year that Wood Elementary has provided a month-long STEM summer camp to their students. And, it's the largest year yet, with six teachers and 75 students participating in the program, who are between the first to fifth grade. Second-grader Jaiya Lewis is in the program and says she "loves learning about robotics."

When asked if she would like to be an engineer or a scientist in the future, she said, "Yeah, but only if my mom lets me."

The camp meets Monday through Thursday mornings and focuses specifically on STEM areas of hands-on instruction such as math, coding, robotics, computer applications and technology.

Alex Martinez, a third-grade teacher at Wood for the past decade, is teaching STEM robotics during this summer session for the first time.

"Wood is a very technology-integrated school and the STEM Summer Camp gets our kids prepared and excited about learning before the school year starts."

Principal Marilyn Jackson credits third-grade teacher Brittany Barnes

as being the brains behind the STEM summer camps.

"This is a great program for our students because it provides them with structured math strategies to better prepare them for the school year and they also get to explore their STEM interests in a hands-on, interactive way."

Wood Elementary offers this as a free program for its students, along with a summer food program providing breakfast and lunch at no cost to the students. More information can be found on-line at www.tempeschools.org/summermeals

Tempe residents can enroll their students, who are in kindergarten through the eighth grade, in the city's first STEM focused summer camp through Kid Zone. It is also being held at Woods Elementary.

Flexible schedules are offered, as well as full-day or half-day options and run until July 21. More information can be found online at www.tempe.gov/city-hall/community-services/classes-leagues/summer-camps

Britney Griggs, the site coordinator for Kid Zone STEM Summer Camp,

— CAMPS, Page 13



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It was one Hullabaloo of a celebration...



It's summertime, and photographer Billy Hardiman, like the rest of us, is always glad to have an assignment that involves a trip to Arizona's more temperate climes. What better opportunity, we decided, than this year's Hullabaloo, a wild and crazy — and don't forget cool — celebration that attracts throngs of Tempe and West Chandler residents along with their Valleywide neighbors to spend a day (or more!) in Flagstaff. Among sponsors was our favorite brewmaster Four Peaks, which helped visitors wash away memories of that devilish heat they likely left behind. P.S. No matter what weekend you pick this time of year, our friends in northern Arizona will be glad to see you.



Our Neighbors, Our Faith

A recurring Wrangler News section focusing on our area's faith community

Area churches in a building mode to meet future growth

By Joyce Coronel

Although numbers from the renowned Pew Research Center indicate that, overall, church attendance and religious affiliation are shrinking in the U.S., congregations in Tempe and West Chandler don't seem fazed. On the contrary, they're in growth mode.

First Baptist Church of Tempe and Gethsemane Lutheran Church, also in Tempe, are undergoing major construction projects, and Dayspring United Methodist Church has completed a yearlong effort and major upgrade.

"It's 100 percent brand new in every way, from the foundation to the roof to the new crosses," said the Rev. Roger Ball of First Baptist. The

45-year-old worship center on the site was demolished last November to make room for the new building.

The facility had undergone 10 remodels through the years and Ball said it had "prehistoric electrical and plumbing," plus no fire-sprinkler system and "ancient technology."

The new structure, which should be ready later this fall, will accommodate 600 people, a doubling of what the former building allowed.

Funds for the \$8-million project are mostly raised—donors gave \$6 million about six months following the congregation's vote to expand. In earlier years, there was just one morning worship service. Today there are four.

"Growth has occurred because we



The new sanctuary at First Baptist Church of Tempe is beginning to take shape as the year-long, \$8 million project unfolds on the church campus near McClintock Drive and U.S. 60.

love God and love people," Ball said. "This resonates with most people. Compassion and care for hurting people is doing what God wants. We help any willing person reach their fullest potential to be like Jesus."

At Gethsemane Lutheran, the Rev. Troy Smith presides over a church community amidst its own three-year

capital campaign and construction effort.

"While it's true that many churches are seeing a decline in membership and having to scale back on ministry, we at Gethsemane felt like this was just the time to take this step of faith. We are not building a new nicer place for our people to worship in, but have

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Dayspring United Methodist Church in Tempe has updated its Sunday school and preschool classrooms as well as upgraded landscaping on the property. A new digital sign and repaved parking lot are also part of the refurbishing.

— Wrangler News photos



Gethsemane Lutheran's bell tower and part of the sanctuary were knocked down recently to make room for a new worship space.



Christ Life Church in Tempe, a non-denominational congregation, is in the midst of a major construction project.

strategically sought to move in a direction to be even more open and inviting to the community and seek to reach more people with our new facilities,” Smith said.

The congregation had been conducting worship services in its 40-year-old sanctuary as well as an adjacent gym. The \$3.8 million will enlarge the church’s worship space and refresh the entire church and school campus.

“Our goal is to provide a place that is open, welcoming and accepts people just as they are,” Smith said.

A couple of miles away, at Dayspring United Methodist Church, change is also in the air.

The Sunday school and preschool classrooms were refurbished last summer with new paint, flooring, carpet, cabinets and sinks. Additionally, the bathrooms in the two-story building were painted and new fixtures installed. In the fall, a wheelchair-accessible bathroom was constructed in the sanctuary building and a wheelchair accessible drinking fountain replaced the old drinking courtyard and new LED lighting were also added.

The most striking changes of all at Dayspring—at least

as far as passersby are concerned—are the new, state-of-the-art digital sign and an upgrade in landscaping. Kris Kroger, communications manager for the church, said the entire process was years in the making. A complete regrading and paving of the parking lot plus the addition of more handicapped parking spaces and a new drop-off lane were also part of the mix.

“Our aging parking lot was deteriorating so badly it was becoming a safety hazard. We decided to redo the landscaping at the same time, and added a sand volleyball court, community garden and picnic area for the neighborhood as well, said the Rev. Jeff Procter-Murphy.

“Dayspring UMC is a vibrant and growing community that continues to attract progressives with initiatives like refugee resettlement, LGBT outreach and Earth-caring ministries, along with many other opportunities for spiritual formation.”

A major construction project at Christ Life Church in Tempe is also underway. The pastor could not be reached for comment, but a woman who answered the phone said the new building is for youth and children.

Pastor's Corner: Rev. Jeff Procter-Murphy Summer Sabbath

“In the morning, long before dawn, Jesus got up and left the house and went off to a lonely place and prayed there.” Mark 1:35

I remember tent camping with a friend on Mt. Lemmon, just north of Tucson. We were at 8,000 feet. The first day was so cold I couldn’t wait to get into my sleeping bag after dinner.

I returned home from the outing rejuvenated after relaxed conversations with a colleague, exhilarating hikes, and lots of fresh air. I felt as though I was able to catch my breath for the first time in a great while. And as much as I loved the ponderosa, Douglas fir and aspen, along with

picturesque boulders and melodious birdsong, you know what the best part of it was? No cell phone service.

Oh, there were several towers atop the mountain. But evidently – happily – none were for cellphone transmission. For 48 hours. I was blissfully off-grid. Unplugged. Relaxed. How nice it was to catch my breath.

James Adams tells the story of an explorer on an urgent march through the jungles of the upper Amazon in South America. Good progress was made for about two days. Then, on the third morning, he found his native guides sitting solemnly on their haunches, making no preparations for further travel. “Why?” the explorer asked, and their foreman explained: “They are waiting; they cannot move farther until their souls catch up with their bodies.”

I wonder if we too sometimes get ahead of our souls? I wonder if we move so fast from here to there that sometimes we run off and leave our souls behind?

I hope you are able to find time during this summer season, when the pace generally slows a bit anyway, for your soul to have a chance to catch up. Call it summer Sabbath time. May we all find time to pause and catch our breath, and experience the grace and power of the Divine. And every now and then, feel free to power off your cellphone.



Rev. Jeff Procter-Murphy



One of Lakota star Dave Bald Eagle's memorable appearances before he died was in the film 'Neither Wolf Nor Dog' with co-star Christopher Sweeney. It plays in Tempe starting June 23.

Diversions

Edited by M.V. Moorhead

Film adaptation of beloved Native American tale coming here as part of wide U.S. tour

By Chase Kamp

More than 20 years ago, Ken Nerburn published the novel *Neither Wolf Nor Dog*, the tale of a Lakota Indian elder who invites a white writer to the reservation to help record an oral history.

The book was celebrated by audiences and American Indian groups as a trenchant, moving and respectable tome about native life that happened to be written by a white man.

The newly released film version, a modest independent project that was mostly crowdfunded online, opens at the Arizona Mills 25 Theater in Tempe on June 23 amid a groundswell of grassroots enthusiasm that is propelling it into theaters across the country.

That's due in part to ravenous fans of the novel who have waited so long for a film treatment, but also to the incredible on-screen presence of its 95-year-old Lakota star Dave Bald Eagle, who passed away shortly after filming.

A WWII veteran who had also been a semi-pro baseball player and stuntman, Dave Bald Eagle's acting resume includes a role alongside Marilyn Monroe in 1954's *River of No Return*. A fascinating character in his own right, his serene and striking

performance as the pensive Lakota elder is the centerpiece of the film, said director Steven Lewis Simpson.

"I didn't find out until afterwards that he was rather immobile," Simpson said. "He was in a souped-up mobility scooter. But when I gave him directions to get up and walk out of cars, he just did it."

It's this sort of modest triumph that defines the film's character. Shot on one camera with a two-person crew, aided by a weary 1973 Buick that the actors often repaired themselves on the fly, Simpson did little to aggrandize the simple beauty of the Lakota reservation and experience.

He said Nerburn had been approached by numerous Hollywood producers to adapt the novel and was consistently offered over-budgeted and over-blown ideas that warped the story's authenticity, sometimes cringingly so. He described a proposed scene playing up the book's mystical elements that was "almost like playing Quidditch in the sky," he groaned with a laugh.

Nerburn enjoyed Simpson's film *Rez Bomb*, shot on the Pine Ridge Indian Reservation, and trusted him to make a faithful effort. Thus, the

— FILM, Page 31

Music to a girl's ears

By M.V. Moorhead

By the time you read these words, the carriage that took Rebecca Hamby to the ball will have long since turned back into a pumpkin.

The footmen will have turned back into mice, and the Prince will have finished his search for the foot that fits the glass slipper. In short, the ball will be over, and the Happily Ever After part will have started.

Hamby, you see, recently played the title role in *Cinderella*, at Horizon Honors Secondary School. The show ran in the school's multi-purpose room for six performances in late April.

The 16-year-old sophomore landed the lead role early in her career. "It's my second play at Horizon," she notes, having previously appeared in the David Rogers play *Never Mind What Happened, How Did It End?* Hamby also appeared in plays like *The Story of Esther* at her middle school, Hope Christian.

"I auditioned for Cinderella, and we were supposed to have a back-up, so I also auditioned for one of the stepsisters," Hamby recalls. "I auditioned with 'My Own Little Corner.' We had a chair, and we had to make up our own movement."

The *Cinderella* in question is the charming, witty musical version by Rodgers and Hammerstein, originally produced on CBS TV in 1957 as a showcase for the young Julie Andrews. The show was produced again by CBS in 1965 with Lesley Ann Warren in the title role, and then in 1997, starring actress and pop singer Brandy, for Disney. There have been various

— CINDERELLA, Page 12

Camps

From Page 8

says that this camp doesn't feel like school.

"We are living in a society where STEM-related fields will only continue to grow. Getting kids excited about STEM early on can get them excited about the possibility of working in these fields—especially with a greater demand in the workforce for both girls and boys to pursue these careers."

"This is a fantastic specialty camp for students, which is both educational and fun. It's very hands-on and activity-focused."

Students can choose what activity or project that they would like to participate in each day. Some examples include making a solar oven, making a fossil and learning the chemistry behind baking banana bread.

Kids Zone also has access to specific STEM technology to enhance learning, such as 3D printers, 3D pens and computers for children to learn coding.

Kyrene kids of all ages offered summer educational options

The Kyrene district offers many choices for all ages of students including the Summer Academy, Early Learning Centers. New this year is a Sports Camp, with a different sport each week.

Pete Flocken, Program Manager for the summer classes, encourages families to go online for more information or call the district office.

"We'll have all these classes and more available from July 5 through July 20 at Kyrene del Milenio for our second session of Summer Academy. You can register today at www.kyrene.org/communityed or call 480-541-1500 for more information."

Flocken says the most popular Summer Academy classes include LEGO engineering, Kid Chemists, Kids On Canvas, Archery, Morning Master Chef, Minecraft Missions and more.

"Currently, a total of 1,755 kids are enrolled, and 37 of our classes are full this year, which is more than in previous years.

Music is also a very popular subject and students can learn to play the guitar from teacher Ruben Johnson.

"Kyrene Summer Academy is a great method to spark a kid's interest and deliver a foundation, in any subject, to build upon for life," said Johnson.

"Guitar class is, for example, one hour a day, four days a week, and over three, four, or seven well-focused weeks. That equals up to 12, 16, or 28 hours with highly-qualified teachers for a great price."

"I am always impressed by students who recognize how much they have learned in such a short amount of time."

The current Summer Academy session is already underway and receives a rave review from parent Jenna Hancock, whose children Baily and Piper Loham now are enrolled.

"Kyrene makes summer planning so easy by having a wide range of class options at the schools my kids are familiar with and are taught by amazing Kyrene teachers.

"I know my kids love the programs, they are safe, learning new things and having a ton of fun."



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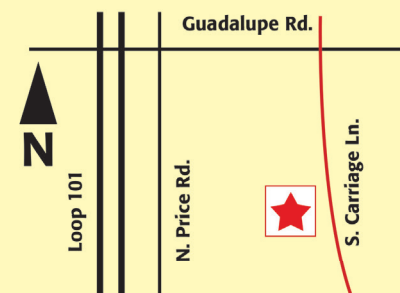
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Sports

With Alex Zener

Lacrosse fever latest to catch on with girls

Girls lacrosse is once again among the choices girls who live in the Kyrene Corridor have if they want to be involved in playing a sport. Until a group of middle schoolers started a junior varsity team in 2106, it had been three years since there was a girls lacrosse team in the Corona area. Under the leadership of coach Katie Dirvonas, 24 seventh and eighth-grade girls formed a junior varsity team playing in the Arizona Girls Lacrosse Association.

"None of the girls had ever picked up a lacrosse stick when we entered our first season," said Dirvonas. "We were by far the youngest program, playing girls that were two to three years older than us with quite a bit more experience in the sport."

Although that first year was a challenge, the team, called Kyrene JV these past two seasons, never gave up.

"During that first season," said Dirvonas, we went the entire season without winning a game and ended up ranked last in our division."

"It was a struggle but the girls persevered and continued to be positive," said Dirvonas. "The team chose to work harder and play better the next season."

That's exactly what the team did in the second season that ended in May of this year.

"We still had the youngest team in the junior varsity division," said Dirvonas, "with our oldest players freshmen in high school and our youngest in the seventh grade. But our girls had more heart out on the field than anyone else."

The team scored 95 goals, compared to 65 the first season, won five games and ended up ranked sixth in their division.

"Five of our players were ranked in the top 20 in our division for overall points scored," said Dirvonas.

Most of the goals were made by five girls playing in the attack or midfielder positions, including Annie Katsiris, Payton Lohn, Lonna Geiser, Evie Espalin and Stephanie Lundine.

"As our freshman midfielder and one of the team captains, Annie scored 24 goals and three assists this season. She averaged 2.25 points a game for a total of 27 overall points, ranking her tied for first in overall points by any other player in our division," said Dirvonas. "Annie was our 2017 Most Valuable Player."

"Payton, in the eighth grade, was an offensive powerhouse as an attack player," said Dirvonas. "She scored 15 goals and had four assists this season."

"Lonna, one of the most intense players on our team, scored 15 goals and had four assists playing midfielder as an eighth grader," said Dirvonas. "She was also one of our team captains."

"Evie and Stephanie, both freshmen, made good

offensive plays for us all season," said Dirvonas. "Evie took some of the trickiest and most challenging shots on our team scoring 12 goals and two assists."

"Stephanie was an integral part of our team with her 13 goals, 5 assists, 32 ground balls and 28 draw possessions, the highest on our team."

One of the main defensive players on a lacrosse team is the goalie. Kyrene had one of the best in Jacqueline O'Connell, also known as "Jack."

"Our eighth-grade goalie, Jack O'Connell, helped our team make huge gains this season with her outstanding play as goalie," said Dirvonas. "She had 81 saves with a 49% save average."

Two freshmen playing the defender position were crucial to Kyrene's improvement in protecting the goal from opponent's attackers over last season.

"Augusta O'Connell, a freshman defender, and Madison Gonzales, our only player from Marcos de Niza, stunned other teams with their teamwork in defending our goal," said Dirvonas. "The two of them were the lifeblood of our defense, and made amazing defensive plays to protect the goal."

Every single player on the young Kyrene team improved and made huge strides in their lacrosse abilities over last season, according Dirvonas, but two girls stood out as most improved: Brooke Preslaski and Cindy Saxon.

"Brooke's confidence allowed her to soar this season," said Dirvonas. "Her four goals were the most celebrated and exciting goals of our whole season."

"Cindy, one of our attack players, helped stop the ball in midfield numerous times per game with her redefending abilities," said Dirvonas. "She was also very good at helping to motivate the team



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through her crazy and creative pre-game speeches as one of our three captains.”

Other players on the 2017 team contributing to the success of the team on and off the field included Madilyn Balmes, Karlee Brown, Zoi Delgado, Lucie Grimes, Shannon Langefels, Lydia Mann, Johnnie Mitchell, Libby Ross and Narcisse Triano.

Everyone who is interested is encouraged to try lacrosse. Team captains are holding free practices over the summer and fall for anyone who is interested in playing. All equipment will be provided free of cost.

The 2018 season runs from January to late April and is run through Corona Aztecs Girls Lacrosse that hopes to have both a varsity and JV team.

There are no cuts on the JV team. Tryouts for varsity will be held during the last week in January.

“Every single one of our players picked up their first stick less than two years ago, said Dirvonas. “We encourage anyone to come try out this sport. No experience is required.”

If you are interested finding out more about the Corona Girls Lacrosse Teams, feel free to contact head coach Katie Dirvonas at kdirvonas@kyrene.org or follow the program on Facebook at CdS Aztecs Girls Lacrosse.

State Track Meet

Corona had 16 boys and nine girls compete at the Division I State Championship Track Meet at Mesa Community College May 3, with the boys team placing third behind Chandler and Desert Vista and the girls team ninth.

Jalen Bryant started the team off in good stride with a first-place finish in the 400 meters.

“Jalen worked very hard for four years and developed into our top sprinter this season,” said head coach Tim Kelly. “He anchored the relays and qualified in the 100, 200 and 400 meters for state.

“He was seeded seventh in the 400 meters but fought the entire race in terribly windy conditions to finish on top. Couldn't have happened to a better kid after all the injuries and other things that he had to battle throughout his high school running career.”

Sophomore Joel Wadsworth ran an awesome 800 meters race, taking second place.

“Joel just kept getting better and better all year,” said Kelly. “Although he was adamant he wanted to run and qualify for state in the 1600 meters, he was making such huge strides in the 800 that we kept him there. He also worked his way onto the 4x800 relay.”

Senior basketball player Josh Onwardi had a very successful state



Aztec girls lacrosse team includes, from left, back row: Madison Gonzales, Annie Katsiris, Cindy Saxton, Karlee Brown, Lonna Geiser, Lucie Grimes, Payton Lohn, Narcisse Triano, Brooke Preslaski, Madi Balmes, Lydia Mann; front Row: Libby Ross, Evie Espalin, Jack O'Connell, Zoi Delgado, Augusta O'Connell, Stephanie Lundine. Not Pictured: Johnnie Mitchell.

— Photo courtesy Bridgette Balmes

championship meet on the track and in the field events taking second place in the high jump and third place in the long jump in addition to running in the 4x400 and 4x100 relay events.

“Josh played basketball and came out for track all four years of high school,” said Kelly. “At state, he came in second in the high jump by one miss. He didn't even start participating in the long jump until late in the season.”

“At the last meet of the regular season, he qualified for state in the long jump. He had to run over from the high jump and immediately start warming up for the long jump,” said Kelly. “On his second jump, he broke the school record and made the finals taking third place.”

Onwardi ran the second leg in 4x400 relay team of Benjamin Miller, Bryant and Daniel Bish that took fifth place in the finals.

Carlos Parra-Cihak qualified and ran in both the 110 meter and 300 meter hurdles taking eighth place in both for the Aztecs.

“Carlos was our ‘comeback athlete of the year’,” said Kelly. “He suffered a terrible injury his junior year and for him to come back and make it into the finals in both hurdles events is a huge attribute to his commitment to working hard to be able to run the hurdles.”

Tyler Black's sixth place in the pole vault and Tyson McLain's sixth place in the high jump events boosted the Aztecs' showing in the field events

“Tyler did an amazing job providing senior leadership not only for the team but the pole vault group,” said Kelly. “For most of the year he jumped the farthest in the long jump and triple jump as well as the pole vault.”

“Tyson is extremely talented. The top freshman high jumper in the state with an unlimited future in track,” said Kelly. “To finish in the top six his first time at state is amazing. He is a great addition to our team. We look forward to seeing how high he can jump.”

Other notable finishes in the running events include Benjamin Miller's ninth place in the 400 meters, Graham Eversden's ninth place in the 800 meters, Liam Kovatch's 12th place and Lincoln Johnston's 16th place in the 3200 meters.

“Ben, only a sophomore, is an amazing worker in practice and in the races. He gives everything he can,” said Kelly. “Even though he battled through some illness at the state meet, he was still able to set a personal record of 49.94 in the 400 meters. He will be a major part of our sprints and relays the next few years.”

“Graham is one of our top two 800 meter runners on the team plus he runs the anchor leg on the 4x800 relay team,” said Kelly. “He and Joel Wadsworth will make a great one-two punch next season.”

“Liam's off-season work was more than evident this year. He came back in amazing shape and had one of the greatest progressions over not only last year but from his freshman year on,” said Kelly. He times dropped so dramatically he earned a spot on our 4x800 team that along with Graham Eversden, Joel Wadsworth and Joshua Whitney took third place in the finals at state.”

“Lincoln is a quite unassuming athlete who works extremely hard,” said Kelly. “He was one of our most improved athletes this year and should have a great senior season. We are looking for him to help lead the

distance group next year.”

“Josh's primary sport is soccer but because of his work ethic we were fortunate to have him be a huge contributor to both the cross country and track teams, as well,” said Kelly. “He solidified his spot on the 4x800 relay team his last race at Horizon in the 800 when he shaved two seconds off his personal best.”

Other athletes who qualified and competed at the state meet include Slade Sumners in the 3200 meters, Adam Knuff in the 300 meter hurdles, Jack Fisher and Kim Hunt in the 4x100 relay team.

Corona's Girls Track

Corona's girls team had a lot of younger athletes who gained a great deal of experience this season that will bode well in 2018 but will lose some outstanding seniors to graduation.

“I'm so proud of our senior girls who are departing our Corona track family,” said Kelly. “They showed up every day, bought into our system, worked hard and supported the team. These seniors include but are not limited to Rame Abu Selah, Caroline Keith, Trinity Pierce, Lauren White and Kristina Phillips.”

Corona's girls team top finishers were senior Renee Payne who took second in the 800 meters with a time of 2:13.45 and junior Josephina Wright's third place finish in the Pole Vault.

“Renee is a very talented runner who will leave Corona as the record holder in the 800 meters,” said Kelly. “She was just a second and a half shy of winning the state

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Sports

From Page 15

championship. She will be running at TCU next year.”

“Josie’s pole vault season exploded in January when she hit the 12-foot mark,” said Kelly. “She went on to dominate in meets all season ranked in the top two in Division I most of the season.”

“She came withIN one-half inch of breaking Katie Morgan’s school record, which was a state record for years. Katie was a three-time state champ and NCAA pole vault champ,” said Kelly. “She still has her senior season to best her 12-foot-7 mark.”

Wright also ran on the 4x100 relay and is one of the fastest girls at Corona in the 100 meters according to Kelly. She will be counted on to lead the team next year.

Senior Jackie Martin finished in sixth place in both the 200 and 400 meters and was part of the 4x400 relay team of Cybelle Cozart, Riley Wright and Meg Horvath that finished fourth.

“Jackie is one of the state’s premiere sprinters and is the only one to have won the Tempe City Championships in her events all four

years of her high school career,” said Kelly. “She not only holds the girls frosh records in 100, 200 and 400 meters but the varsity 4x100 relay, 4x400 relay and 200-meter and 400-meter school records.”

“Jackie is one of the hardest workers and maybe most committed to come through in practice I have seen in my 20 years as a track coach,” said Kelly. “It’s remarkable to see her sprinting on the track as she closes gaps and runs away from the other girls.”

Martin has received a scholarship to run at the University of Utah next year according to Kelly.

Other girls who qualified for and competed at the state meet include Kelsy Lum who ran both the 100-meter and 300-meter hurdles, Cozart who not only finished 22nd in the 800 meters but was part of the 4x800 relay team of Mackenzie Burgess, Mia Da Rosa and Riley Wright who placed 10th.

The lack of depth in experienced girls this season may pay off in the future because several younger athletes had to fill in the spaces on both the girls and boys team.

“Due to the fact our girls team

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McClintock High School grad Andrew Weber, above, has recovered from injuries that forced him out of professional soccer and has joined FC Arizona, giving him a chance to return to familiar turf. This year, the team has compiled a winning record and Weber says they'll play one more game at MCC on Saturday, June 17, to await seasonal championships later this summer.

Off the sidelines, back on the field

Story by Kody Acevedo
Photos by Billy Hardiman

It's funny how much can change in only a year. Last summer, Andrew Weber was sidelined. A herniated disk in his back forced him off the field and unable to play soccer, the game he loves.

"It's hard to watch because I want to compete," Weber said last June.

Weber, a former professional goalkeeper who played previously with D.C. United, the San Jose Earthquakes, the Seattle Sounders FC and the Portland Timbers, suddenly found himself in search of a calling.

He eventually found it in coaching. Weber's expertise and experience proved invaluable to young players with a passion for the game as large as his own.

"I care for [my students]. I want what's best for them. There's joys of playing, but there's joys of coaching as well," Weber said.

Now, a year later, Weber is back—back in the goal and back to playing organized soccer.

With the launch of FC Arizona earlier this year, Weber was presented with a chance to return to the field and play locally in front of a hometown crowd.





Weber

From Page 17

Of his initial phone call with the organization, Weber recalls the excitement that rolled over him: “I was in the area doing my coaching...and I said, ‘let’s do it!’ I would love to be part of something at home and build from the ground up.”

A McClintock High School graduate, Weber was the first player to sign with FC Arizona. The organization plays under the auspices of National Premiere Soccer, a team-run league that came into being in 2002.

With the growth of soccer spreading throughout the Valley, Weber said it was always his goal to get involved with that localized movement.

“We’re drawing fans and our organization is doing as best as we can to stay up at the top,” Weber said. “I think things are moving in the right direction. You can see it happening.”

NPSL became the largest national soccer league in the US Soccer development pyramid in 2014. Today, it boasts nearly 100 teams across the country.

FC Arizona plays in the Southwest Conference with teams from California, among others. They play their home matches at John D. Riggs Stadium at Mesa Community College. Weber said the team averages about 1,600-1,800 fans per game.

Their undefeated mark as the regular season draws to a close certainly has caught the attention of the soccer faithful.

“I think people are catching on,” Weber said. “People like winning, too, and it’s not easy to do what

we’ve been doing in any league you play in to have the results that we’ve been having.”

It’s been an eventful year for Weber to say the least. His first task was overcoming his injury to get ready for season.

“The body feels good—the body feels really good,” Weber said. “I do a lot of stuff outside of soccer and coaching to make sure my body can maintain a certain level when it comes to physical stress.”

And even though he’s well past his earlier injury and healthy enough to play again, Weber remains a devoted coach giving private lessons to students throughout the week.

“That’s going well,” he said. “I’m really enjoying that part of it and I love getting out there on the field with the kids.”

As the regular season begins to wind down, Weber received another piece of good news when he learned FC Arizona had signed his twin brother, Elliot, as a forward on May 25.

The two are back playing together again for the first time since 2013 when they played for the now-defunct Phoenix FC Wolves.

“It’s been great,” Weber said. “Any time we can get together and do something that we both love to do and compete is always a great time.”

FC Arizona will host its last home game of the regular season on June 17 against Sports Club Corinthians USA at MCC at 7:30 p.m. before playoffs begin later this summer.

“I’m sure people will keep coming and we hope to keep continuing to grow and push for a championship,” Weber said.

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Mystery solved: it's a water well

No, it isn't an extension to the bank branch that sits only a few steps away, although some say its brick-and-mortar facade has the look of an upscale financial institution. It's not another cellphone store to compete with the one Verizon opened several weeks ago, also within walking distance.

In fact, the likelihood of any nearby residents ever setting foot in this handsome, newly constructed place are about as likely as your best friend being the winner of the recent weekend's \$447 million-plus Powerball jackpot.

So what is it? Tempe spokeswoman Nikki Ripley, who herself had to snoop around a bit to get the details, learned that it's the city's newest water-production well and that it will be formally, though a bit uninspiringly we thought, known as Tempe Well 16. (At least it won't be named after any current or sitting presidents, which seems to have become a popular trend in recent months).

The well, says Ripley, will add new capability for groundwater production to Tempe's municipal water distribution system—for example, to supplement drought supply, enhance the city's

water- quality blending and expand Tempe's preparedness in case of an emergency.

The well was planned as the city of Tempe's first automated production well and will set the standard for future such wells anywhere in the city.

Located at 8690 S. McClintock Drive, near the northwest corner of McClintock Drive and Warner Road, it is somewhat similar to other city of Tempe well sites with the exception of being the largest of its type in the city, said Ripley.

The well is equipped with piping for groundwater recovery, which will be introduced into the municipal water distribution system, Ripley added.

The site is enclosed by a security fence constructed of concrete masonry block and by an access gate to complement the adjacent bank building, along with lighting and other security measures.

The interior block building houses electrical, chlorination and communication rooms, a large back-up generator and other electrical equipment. The site was also graded to provide onsite storm-water retention.

'Spirit of Tempe' winner announced

Tempe Vice Mayor and small-business owner Robin Arredondo-Savage will be recognized by the Tempe Chamber of Commerce when it presents her with its 2017 Spirit of Tempe Award at the Chamber's Annual Luncheon, which takes place June 29 at the Tempe Mission Palms Hotel.

The award is based on a lifetime achievement of service, dedication and contribution to the community, honoring hard work and strong commitment to the city toward improving its quality of life.

Arredondo-Savage has done just about everything there is to do in the city, according to chamber spokesman Chris Samuels. Before her appointment to the City Council and being selected as vice mayor, she served on the Tempe Union High School District Governing Board.

An Arizona State University graduate, she served in the U.S. Army and has led efforts for Tempe to become the first Veteran Supportive City in the state.

She also played a role in developing Valor on 8th, the first female veterans housing project in Arizona.

Arredondo-Savage was elected to

the council in March 2010 and has been proactive in the city's education and economic development policy. She led efforts to connect Science, Technology, Engineering, Arts and Mathematics, or STEAM, programs with youth, business and community through Geeks' Night Out and has fostered connections between surrounding state and local universities and colleges. She also collaborated with her council colleagues to create an equal pay program for businesses.


In the private sector, she also helps run Arredondo & Arredondo Insurance, a family business that is celebrating its 25th year as chamber members.

"Robin is a remarkable person and personifies everything we love about Tempe," said chamber president and CEO Anne Gill. "She is a shining example for our government, businesses and community engagement in Tempe and is truly deserving of this award."

Said Arredondo-Savage:

"I'm honored to receive the Spirit of Tempe award. I'm grateful for all of the individuals and organizations who've partnered to create positive outcomes for our Tempe community."

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Cinderella

From Page 12

various stage productions over the decades as well, featuring different line-ups of Rodgers and Hammerstein numbers, and actresses ranging from Sally Ann Howes to Debbie Gibson to Keke Palmer to Lea Salonga.

Hamby can now add her name to that list.

Of the experience of working on the Horizon Honors production, she enthuses:

“We had an amazing director, and so many teachers supporting us. All of the kids have been supportive. This is such a great school, the atmosphere is so supportive, the kids really support each other’s extra-curriculars.”

Now that the show and the school year have successfully wrapped, what Happily Ever After presumably means for Hamby, at least in the short term, is a quick break before preparing to resume her busy schedule of academic achievement.

“As of right now,” she says, “my favorite subject is history. I find classical Roman and Greek history very interesting, and also the Renaissance.”

She’ll also resume her musical interests.

“I play the harp,” she notes. “I’ve played it since I was eight years old. My aunt used to play, and I loved to listen to her. It’s such a beautiful instrument to play, and to watch. It just inspired me to learn it.”

None of this means, of course, that Hamby wouldn’t like to continue her theatrical pursuits.

“The first professionally performed musical I ever saw was *Phantom of the Opera*,” she recalls.

“My dream would be to play Christine Daaé in that show.”

As for her long-term goals, Hamby, who’s slated for the graduating class of 2019, is less concise, though equally enthusiastic:

“As of right now, I am open to anything.”



“We had an amazing director, and so many teachers supporting us. All of the kids have been supportive. This is such a great school, the atmosphere is so supportive, the kids really support each other’s extra-curriculars.”

Rebecca Hamby, a Horizon Honors student, played the lead role in the musical version of Cinderella after having auditioned to portray one of the stepsisters. The incoming junior also plays the harp and says she plans to continue her theatrical pursuits.



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Dad

From Page 1

with other knowledge he has attained from working out his whole life. For his daughter, Hernandez also has her focus more on lightweight movements with kettlebells or resistance band workouts.

Though he works out with his kids in order to make them better athletes, Hernandez is also instilling valuable habits that can last a lifetime.

"I've been in the fitness industry 12 years and in that time I've seen a lot of kids Tonio Jr.'s and Haille's age who grow up and continue using the gym and living a healthy lifestyle, and that is because their fathers set the precedent.

"Every kid looks up to their father and when a father takes the time to teach his kids about health and fitness, and sets a good example himself, it's a safe bet his children will continue on with that healthy lifestyle," says Dominic Balistriere, owner of BR Fitness.

It's clear his kids appreciate the extra time with dad...well at least Haille does. Tonio smiles sheepishly and shares a laugh with his dad, informing me that he already works out at Marcos de Niza with the football team during the week, but that he also doesn't mind the additional workouts.

"We do different workouts when we come here, more focused on bulking Tonio up for football season," Hernandez tells me.

For Haille, who is not yet in high school, working out with her dad is really important.

"He definitely inspires me and I want to be fit and strong when I grow up, just not as big as my dad," she says with a grin as she glances at her father's arm that's about as big as her torso.

Haille probably doesn't have to worry about waking up one day with her father's arms, but with his time and patience what he does pass to his son and daughter are the values of hard work and physical fitness, values that will serve them for the rest of their lives.



Antonio Hernandez shows his daughter, Haille, the controls on the treadmill. Both Hernandez children are learning fitness techniques and healthy habits from their dedicated dad who says he wants his children to lead active lives.

— Wrangler News photo

Holiday to affect trash pickup

Recycling and trash collection schedules will be affected the week of July 3-8 due to the Independence Day holiday, as no collection will occur Tuesday, July 4.

Regular collection will take place on Monday, July 3. Residents with Monday collection should place their can at the curb prior to 6 a.m.

Since there is no collection on Tuesday, July 4, residents with collection days Tuesday through Friday are asked to place their cans at the curb by 6 a.m. the day after their regular collection day.

For example, if your regular collection day is Tuesday, please place the can at the curb on Wednesday, July 5.

Wednesday collection moves to Thursday, all the way through Saturday, July 8. Collection returns to the regular schedule the following Monday.

The 4th of July is one of only four holidays that the city of Chandler does not collect recycling and trash. The others are Thanksgiving, Christmas and New Year's Day. The city provides collection on all other holidays.

For more information, call 480-782-3510 or visit chandleraz.gov/recycle and download the city's "My Waste" app for reminders on pick-up, recycling and bulk collection schedules.



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Alternative to opioid abuse

The opioid epidemic that's been gripping the country is not without remedies. Massage, says Devena Spears of Physician's Choice Massage, offers a way of treating pain at its source. Other non-addictive solutions include acupuncture and tai chi or yoga.

Opioids

From Page 1

pain lasting at least one day in the past three months."

Although acute and subacute lower back pain usually resolves itself with time, regardless of treatment, sufferers are often impatient and insist on quick relief through medication.

According to a recent government report, more than 189 million pain-reliever pills were dispensed last year in Maricopa County alone. That's enough for two weeks of around-the-clock medication for every Maricopa adult.

The misuse of these drugs can lead to poisoning, the leading cause of hospital emergency visits, where a single visit can cost upwards of \$5,000.

But how does a patient get from pain relief to reliance to addiction? It often starts with low-back pain and a certain amount of opioids prescribed by a doctor for a specific condition.

However, when the pain does not resolve within that time frame, the patient—who may have unrealistic expectations for pain management—might try to get increased and stronger doses of codeine to lessen the pain.

When the doctor, who is governed by strict anti-drug abuse controls through state and federal agencies, restricts or refuses further prescriptions, then a chronic sufferer might turn to illegal street drugs, and perhaps heroin.

But there are alternatives to pharmacological treatment. The Center for Disease Control and Prevention suggests:

"Start low and go slow," meaning the lowest possible effective treatment

should be the first line of pain treatment.

Physicians may initially suggest a multidisciplinary regimen of heat and cold, along with nonsteroidal, over-the-counter, anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen, or pain-relievers, like Tylenol.

Sometimes topical counter-irritating creams and ointments, like those containing capsaicin found in chili peppers, keep the nerves busy and block pain.

Depending on the location of the injury and the patient's physical health, a physician might suggest tai chi or yoga. Other possibilities might include referrals to a pain clinic, an acupuncturist, psychotherapist, "mindfulness meditation" teacher or massage therapist—always with emphasis on utilizing an experienced, licensed professional.

In a University of Kentucky study published in April 2017, William Elder, who is the principal investigator, supports using massage therapy prior to opioids to alleviate lower back pain. Because massage increases blood flow to sore, stiff joints and muscles, the extra circulation warms the muscles. It also releases natural endorphin painkillers, as well as oxytocin, the hormone produced by a woman's body before childbirth.

Rick and Devena Spears, co-owners of Physician's Choice Massage in Tempe, offer medical massage as an alternative to pharmacological treatment, claiming "more than 90% success rate of pain management, increasing or regaining range of motion and helping to improve quality of life."

Although medical massages may be an out-of-pocket expense, Physician's Choice offers introductory and periodic specials.

Says Devena Spears: "Correctly assessing and treating the postural misalignments and dysfunctions are imperative in medical-based massage treatments." She adds, "Our medical massage is a very focused, knowledge-based application that includes anatomy, kinesiology and physiology implements."

"I share my opinion," she says, "that opioids are globally abused more than most can begin to imagine. And opioids don't fix pain, but instead often lead to addiction and destruction of our own body's systems."

A second level of treatment for chronic, ongoing pain might include prescribing skeletal muscle relaxants, like Soma. Other possible treatments include biofeedback, ultrasound waves or a TENS unit to stimulate increased production of the body's own painkilling endorphins.

As a last resort for severe and chronic pain—and before suggesting surgery—the CDCP advocates the careful, supervised prescription of painkillers, such as Percocet, Vicodin or OxyContin—prescribing these powerful opioid pain relievers only after other therapy has failed.

Spears, who has studied massage and sports medicine, says she was drawn to the massage therapy field "largely from growing up with my youngest brother who was born with cerebral palsy, seeing his struggles, his limitations and his pain."

She summarizes, saying: "It gives me great pleasure to help people get out of pain and gain back their mobility. Sometimes helping a person relieve pain or regaining strength in a small body part, such as a finger, is a big deal when it comes to being able to simply grasp an object or opening the lid of a jar."

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City of Chandler NEWS+ Events

chandleraz.gov/newsroom

Small business owners invited to free workshops

The City of Chandler's Economic Development Division and Chandler Library are partnering to host a series of workshops to help small business owners grow their business. Its purpose is to empower small business success to help build a strong local economy. When local businesses succeed, the entire community benefits.

The first of three workshops was held on June 14, with the remaining workshops on June 28 and July 12, from 6-7:30 p.m. at the Basha Library, 5990 S. Val Vista Dr.

- Wednesday, June 28 – Start or Grow Your Business, Part 2: Getting Started with a Business Plan & Structure
The Small Business Development Center will discuss business plans and structures. Chandler

Public Library staff will provide an overview of the Library's free resources, which provide information important to entrepreneurs, particularly in creating a business plan. Also, social media tips for business owners will be highlighted by Out of the Box Marketing.

- Wednesday, July 12 – Start or Grow Your Business, Part 3: Financing Your Business
The Small Business Administration will provide information on business financing.

Mark your calendar and spread the word – you don't want to miss out on these free workshops! Registration is required. Space is limited and available on a first come, first served basis. For more information, call 782-2800, or visit bit.ly/StartorGrowYourBusiness to reserve your spot.

Chandler 4th of July Fireworks Spectacular

Chandler's Tumbleweed Park will once again host one of the largest Independence Day celebrations and fireworks displays in the East Valley on Tuesday, July 4. The park is located at 2250 S. McQueen Road and gates open at 5 p.m., with



fireworks starting at 9 p.m. Admission is free and on-site event parking is \$5 per vehicle. Tumbleweed Park is on the southwest corner of McQueen and Germann roads.

In addition to fireworks, the event will feature live music, food and beverage vendors, laser tag, face painters, balloon artists, trackless train rides and assorted water games and interactive amusements for kids. Live entertainment will include performances by the band People Who Can Fly and performer Blaine Long.

Portable grills, alcoholic beverages and personal fireworks are prohibited within the park, but the public is welcome to bring their own food and non-alcoholic beverages and enjoy the award winning park with all its amenities– Playtopia, sand volleyball, horseshoes and our newest addition, corn hole. Guests can also bring their own fun from home – kites, Frisbees, sports balls, bikes, bubbles, jump ropes and more.

The Chandler 4th of July Fireworks Spectacular is presented by The CW6 and radio stations HOT 97.5 & 103.9, The Oasis 94.9 & 95.1, and Power 98.3 & 101.9. For more information, call the City's special events hotline at 782-2735, or go to chandleraz.gov/4thofjuly.

July 4 holiday to affect trash, recycling pick up



Recycling and trash collection schedules will be affected the week of July 3-8 due to the Independence Day holiday, as no collection will occur July 4. Regular collection will take place on Monday, July 3. Residents

with Monday collection should place their can at

the curb prior to 6 a.m. Since there is no collection on Tuesday, July 4, residents with collection days Tuesday through Friday are asked to place their cans at the curb by 6 a.m. the day after their regular collection day. For more information, call 782-3510 or visit chandleraz.gov/recycle and download the City's "My Waste" app for reminders on pick-up, recycling and bulk collection schedules.

Know the rules covering fireworks within Chandler City limits

The Chandler Fire, Health & Medical Department is reminding residents that while some types of fireworks are legal to sell and purchase at local businesses, the use and misuse of fireworks can lead to personal injury, injury to others, harm to pets, property and environmental damage. Under Arizona law, the sale of permissible consumer fireworks is allowed from May 20 through July 6, and the use of permissible consumer fireworks is

allowed June 24 through July 6 on private property, with the permission of the property owner.

Chandler prohibits the use of permissible consumer fireworks on any public property, including public parks, public school facilities, public retention basins, and public roads and streets within City limits. Additional firework rules and safety tips are available at chandleraz.gov/fire.

EVENTS

JUNE

- 17 Our Stories Speaker Series: A Brief History of the Gila River Indian Community, Hamilton Library, 782-2800
- 17 Family Luau Party, Hamilton Pool, 782-2733
- 18 Father's Day at the Pool: Free admission for dads at Chandler aquatic centers, 782-2733
- 19 City Council Study Session, Council Chambers, 782-2180
- 19 Future Leaders Fair, Chandler Community Center, 782-2746

- 21 Get Reel: Documentary Film Series, Downtown Library, 782-2800
- 21 Family Night at the TRC, Bugs Galore!, Tumbleweed Rec Center, 782-2900
- 22 City Council Meeting, Council Chambers, 782-2180
- 28 Get Reel: Documentary Film Series, Downtown Library, 782-2800
- 28 Start or Grow Your Small Business Workshop Series, Basha Library, 782-2800

JULY

- 4 Happy Independence Day, Chandler!
- 5 Get Reel: Documentary Film Series, Downtown Library, 782-2800

- 10 City Council Meeting, Council Chambers, 782-2180
- 12 Start or Grow Your Small Business Workshop Series, Basha Library, 782-2800
- 12 Get Reel: Documentary Film Series, Downtown Library, 782-2800
- 13 City Council Meeting, Council Chambers, 782-2180
- 21 Jonny Lang, Center for the Arts, 782-2680
- 22 Operation Back to School Chandler, Chandler High School, 782-2214
- 22 FRANK Talk: Religious Liberty in America, Sunset Library, 782-2800

For event details, visit chandleraz.gov or call the Chandler Special Events Hotline at 782-2735.

Mayor Jay Tibshraeny & City Council



Resealing of West Chandler streets underway Overnight closures scheduled through June 26

The application of a rubberized sealant to the final few miles of selected West Chandler streets will take place through the remainder of this month.

The work began in April and uses a penetrating sealant known as tire rubber modified surface seal made from recycled tires that helps extend the life of city streets by preserving pavement oils contained in the asphalt.

The work will occur overnight from 7 p.m. until 4 a.m. at the following locations and on the following dates, requiring the closure of one travel lane in each direction.

Note that work on some locations already has been completed.

June 7-8 Elliot Road from Price Freeway east to Central Drive

June 11-12 Elliot Road from Central Drive east to just past Arizona Avenue

June 13-14 Arizona Avenue from just north of Elliot Road south to Warner Road

June 15 Outside lanes of Arizona Avenue from Warner Road south to Ray Road and outside lanes of Knox Road from Arizona Avenue east to the RR tracks

June 18 Inside lanes of Arizona Avenue from Warner Road south to Ray Road and inside lanes of Knox Road from Arizona Avenue east to the RR tracks

June 19-20 Ray Road from I-10 east to Kyrene Road

June 21-22 Ray Road from Kyrene Road east to Desert Breeze Boulevard

June 25-26 Ray Road from Desert Breeze Boulevard east to Price Freeway

For more information, call 480-782-3500.

Kyrene kindergarten, preschool programs to be discussed at July 18 session

Parents interested in learning about early education programs at Kyrene schools are being invited to attend a preschool and kindergarten parent meeting at 6 p.m. Tuesday, July 18, at the Kyrene School District office.

Principals and staff will present information about available programs and take questions from parents about registration. Kindergarten is for children who will turn five years old by Sept. 1.

There are 19 elementary and six middle schools in Kyrene with preschool programs for children ages 3-5 offered on 17 of the 19 elementary sites.

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Europe

From Page 5

The students had been in London the day before the London Bridge attack involving three men ramming into pedestrians with a van before running into nearby Borough Market where they proceeded to stab bystanders while screaming, “This is for Allah!” for eight terrifying minutes before British police were able to shoot and kill the terrorists.

The students’ next stop in Europe was Paris, where they would explore sites such as the catacombs, the Eiffel Tower and the Notre Dame Cathedral.

Bella Aguilar, a Corona graduate on the trip, was in Paris at a local cafe when the Notre Dame attack occurred, and kept a journal in which she recorded the event.

“Personally, I was scared because I knew terrorists were attacking big cities and we had just heard about the London attack,” she said. ‘I felt like something was wrong but the group I was with stayed pretty calm.

“We read about what had happened on Twitter so we immediately left the area and went far away from the Notre Dame.

“When we met up with the entire group after free time, everyone seemed to be a little panicked because some had to evacuate tourist places and metro areas.”

Aguilar reports that, although she felt scared in the wake of the attack, she and the group remained calm and became more comfortable once they saw that the city had beefed up security around popular sites, including those even far removed from Notre Dame that day.

Aguilar said that, in light of these events, she feels she needs to stay more aware of her surroundings, people, and events going on, though she and the

'I felt a little scared to go to places such as the Eiffel Tower or the metro because of terrorists attacking popular places.'
— Bella Aguilar

rest of the students were still doing their normal sightseeing as planned, enjoying all Europe has to offer.

“The rest of the time I was in Paris, I felt a little scared to go to places such as the Eiffel Tower or the metro because of terrorists attacking popular places,” Aguilar says.

According to Aguilar their tour guides have advised them to bring a buddy anywhere they went, and preferably to go out in groups whenever they have free time.

The students’ tour continued as they went on to explore Switzerland and conclude their tour—safely, we should add—in Germany.



Corona group managed to stay ahead, in most cases, of the violence that marred the trips of some other Americans who visited during the same period.

— Photo courtesy Bella Aguilar

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PLAY LEARN LIVE GROW



Advises area MD: Keep an eye on fireworks safety

Wearing goggles and following other eye-protection measures will help safeguard against potentially serious injuries when using consumer fireworks.

— Wrangler News photo

Editor's note: Reprinted by reader request from our July 4, 2016 issue.

By Don Kirkland

As a 10-year-old growing up in the Midwest, Jon Konti remembers the anticipation that started weeks before the July 4th holiday—those big industrial-strength skyrockets set off at the hometown stadium, the secretly purchased Chinese firecrackers that some of his buddies somehow mysteriously acquired, even the hand-held sparklers that offered an always exciting, though presumably harmless, thrill.

That was then. In the ensuing 25 years, Konti no longer looks forward to what has emerged as the No. 1 day of the year for fireworks and, as a staggering byproduct, the horrific injuries that increasingly have become associated with them.

Now, as a practicing, board-certified Tempe ophthalmologist, Konti and his medical-practice partners know they'll likely have to face anguished parents and sometimes agonizingly burned children in Valley hospitals where emergency room doctors have sent out an urgent call for an eye specialist.

"You can't believe what we sometimes find when we arrive," said Konti, noting that even something as commonplace as a sparkler set off in the family's front yard can inflict life-altering injuries.

It takes only a quick search through Google's massive collection of eye-injury images to acknowledge Konti's grasp of the severity that comes with our nation's infatuation with fireworks—a search, by the way, that we don't recommend to any with an aversion to viewing, close-up, the damage that can be incurred by something so deceptively

innocuous as store-bought Bangers, Bouquets or Bombettes.

Since he is on call for the recurring July 4th duty that takes him to East Valley hospitals, Konti says he has memories of cases where he was able to save the eyesight of a patient because of his specialized training, along with another, less fortunate case where he had to remove a patient's eye when it was beyond repair.

While indeed life-threatening injuries can result from some of the larger, commercially produced fireworks, Konti says the majority of cases he's called on to treat involve those seemingly innocent sparklers that kids have looked forward to as far back as most adults can remember, and no doubt beyond.

While he doesn't want to—and obviously cannot—put a damper on families' enjoyment of one the 4th of July's mainstays, Konti advises parents to keep kids, who often are bystanders to locally bought fireworks displays, well away from any such activities.

"Some of those can be very dangerous," he warns. To parents who don't want their kids to be deprived of one of the July 4th holiday's biggest attractions, Konti says there's one major safeguard they can keep handy—in addition, that is, to parental common sense: A pair of safety goggles, the kind that are widely available in many local stores.

"Even those inexpensive ones that can be found in almost any hardware store are better than nothing at all," says Konti.

Best bet, however, are the kind that incorporate polycarbonate resin into their lenses, since those typically offer a greater degree of protection.

As to how his position on fireworks-related risks

compares with those of other ophthalmologists around the country, Konti travels in impressive company. The American Academy of Ophthalmology and the U.S. Consumer Product Safety Commission present a unified front in the ongoing battle to reduce fireworks-related eye injuries.

A 2015 poll conducted by the Academy uncovered the not-surprising fact that such injuries increased to 1,300 in 2014 from less than half that number in 2012.

As part of its efforts to minimize the long-term damage should an eye injury occur, Konti and the Academy offer these recommendations:

Seek medical attention immediately; do not rub your eyes; do not rinse your eyes; do not apply pressure; do not remove any objects that are stuck in the eye; do not apply ointments or take any blood-thinning medications such as aspirin or ibuprofen.

Summarizing the advice from Konti and other concerned ophthalmologists nationwide, let professionals produce your family's July 4th entertainment.

Otherwise, should you elect to stage your own home-grown show, maintain a safe distance, use common sense and don't forget the margin of eye-protection that comes with using safety goggles.

Says Konti: A few simple precautions can help prevent a lifetime of regret.

Dr. Jon Konti is board-certified ophthalmologist with Ophthalmic Surgeons and Physicians, a long-established and highly regarded medical practice at 3200 S. Country Club Way, Tempe. Phone: 480-839-0206.

A handy guide for parents to help ensure their family's July 4th safety

While some types of fireworks are legal to sell and purchase at local businesses, Chandler Fire officials say the use and misuse of fireworks can lead to personal injury, injury to others, harm to pets, property damage and destruction of the environment.

Much of the same advice applies to residents of Tempe, as well.

Under Arizona law, the sale of permissible consumer fireworks is allowed from May 20 through July 6 and from Dec. 10 through Jan. 3.

The use of permissible consumer fireworks is allowed June 24 through July 6 and from Dec. 24 through Jan. 3 on private property, with the permission of the property owner.

According to Chandler Battalion Chief Blas Minor, city regulations prohibit the use of permissible consumer fireworks on any public property, including city-owned or managed land, buildings and facilities.

This includes public parks, public school facilities, public retention basins and public roads and streets within Chandler city limits.

If you do decide to purchase and use fireworks in Chandler, it's important that you know the different rules for each of the three types: display, consumer and novelty fireworks.

According to officials, display fireworks shoot into or through the air and may also detonate. These include the aerial devices typically seen at large public Independence Day events.

They are not legal to sell to consumers, and are not legal to use at any time in Chandler without a special event permit.

Similar fireworks, including those that contain a higher percentage of black powder, such as M-80s, firecrackers, Roman candles, bottle rockets, etc., are also illegal.

Consumer fireworks do not go into the air or explode. Some types of consumer fireworks are now legal in Arizona to sell to people age 16 and older.

At retail locations, these must

display either "Consumer Fireworks" or "1.4 G Fireworks" labels; they include ground-based and spinning sparkling devices. Although the sale of consumer fireworks is legal in Chandler, their use is restricted to private property (with owner permission) within the city limits.

The popular novelty items—snappers, snap caps, glow worms, snakes, party poppers, toy smoke devices and sparklers—are not regulated and can be sold and used anywhere in Chandler. At retail locations these must be labeled as "Novelty Fireworks."

It's important to note that even the common "sparkler" burns at a very high temperature and can cause severe burns if mishandled.

Fireworks sales are allowed in certain types of retail locations, including temporary tents or structures.

Chandler fire prevention specialists work with these local businesses to ensure that their fireworks are displayed in the proper manner, have appropriate signage and don't exceed allowable limits.

If Chandler residents see fireworks being sold or used inappropriately, they can report the violations to the non-emergency phone number of the Chandler Police Department at 480-782-4130.

The Police Department can issue citations that could include a civil penalty of \$1,000.

Within the city, there are many potential sources of combustion, such as dry brush, palm trees, and wood fences.

Once a fire starts it can easily extend into a nearby structure. Local officials are also concerned about fireworks being purchased locally and then used in forest or wildland areas.

Additional firework rules and safety tips are available at chandleraz.gov/fire.

Tempe rules largely the same as those in place for Chandler residents

Tempe fire inspector/investigator Brandon Siebert confirms that his city's fireworks rules and regulations are consistent with those in use in Chandler, including the date ranges affecting the sale and use for permissible fireworks with the intention of providing uniformity for consumers as well as retailers regardless of which jurisdiction they happen to be in.

For the purposes of consistency, the city of Tempe has decided to adopt the same date restrictions as the state of Arizona.

The retail sale of consumer fireworks in Tempe requires a

permit from the Fire Medical Rescue Department, according to Siebert.

The permitting process allows fire inspectors from the Community Risk Reduction Division to work with retailers to ensure all applicable laws and standards are being followed for the purposes of fire and life safety, he adds.

The city of Tempe does not allow fireworks to be used on city property with the exception of novelty fireworks and properly permitted and supervised professional fireworks displays. The city also warns of a civil penalty of \$1,000 if any of the fireworks regulations are violated.

Residents who would like to speak with a fire inspector regarding the sale and use of fireworks in Tempe may call the Community Risk Reduction Division at 480-858-7230.

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Wrangler News is distributed every other Saturday throughout the year to 20,000 homes and rack locations in Tempe and Chandler



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Published since 1991 by Newslink LLC
 Don Kirkland, Founder & President

Editor: Joyce Coronel
Photography: Billy Hardiman, Alex J. Walker, Robert Garcia,
Community Relations Director: Ron Walters
Contributors: Alex Zener, M.V. Moorhead
 Diana Whittle, Deborah Hilcove, Jonathan Coronel

Offices: 2145 E. Warner Road, Suite 102,
 Tempe, AZ 85284-3497

(480) 966-0845

www.WranglerNews.com

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Wrangler News is printed on partially recycled newsprint with ink made from 98 percent soy content.

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Sports

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was so young this season, we were forced into putting girls like Meg Horvath, Laurina Beaty, Olivia Nesky, Taylor Daugherty, Katie Carrol, Payton Deer, Aria Jones, Carla Martin and Liseth Lira into competing in events when they may not have been ready," said Kelly. "But they all stepped up and demonstrated great character and commitment that will be the backbone of our program for years to come."

Marcos de Niza Track

The Padres had eight athletes on the boys team qualify and compete at the Division II State track meet held at Mesa Community College May

3, including Kepano Ream, Marcus Naisant, Jordan Johnson, Luis Alvarez, Trey Mason-Peninger, Alec Lindgren, Orion Hunter and Carlan Naisant where the team placed 12th out of 43 teams.

Marcus Naisant was by the far the most prolific and top finisher in his senior season on the Padres team with a first place in the 110 meter hurdles, a third place in the triple jump and a fourth place in both the high jump and long jump.

Lindgren and Hunter, both sophomores, tied for ninth place in the pole vault event while senior Ream was 22 in the 3200 meters.

On the girls team, freshman Jendayi Sells took 10th place in the discus while junior Melahni Washington was 13th in the high jump and senior Gia Keith finished 25th in the 100 meters.

Chandler pools offering free or discounted family swimming through coming weeks of summer

Families looking to cool off in one of Chandler's aquatic facilities this summer can do so for free or at a discounted rate over the next couple of months.

Take advantage of \$1 admission for the entire family and free swim opportunities at any of Chandler's six aquatic facilities during the days and times listed below.

In addition, all facilities, except Folley Pool, which will be closed, offer free admission to dads on Father's Day, June 18.

Nozomi Aquatic Center (through Aug. 6) - Free Swim on Sundays from 4-6 p.m. and \$1 Family Swim on Wednesdays from 6-8 p.m.

Arrowhead Pool (through July 23) - Free Swim on Saturdays from 11 a.m. - 1 p.m. and \$1 Family Swim on Tuesdays from 8-10 p.m.

Desert Oasis Aquatic Center (through Aug. 8) - Free swim on Wednesdays from 3-5 p.m. and \$1 Family Swim on Saturdays from 4-6 p.m.

Folley Pool (through July 22) - Free Swim on Fridays from 3-5 p.m. and \$1 Family Swim on Mondays from 8-10 p.m.

Hamilton Aquatic Center (through July 23) - Free Swim on Tuesdays from 6-8 p.m. and \$1 Family Swim on Thursdays from 6-8 p.m.

Mesquite Groves Aquatic Center (through July 23) - Free Swim on Fridays from 6-8 p.m. and \$1 Family Swim on Sundays from Noon-2 p.m.

Information: 480-782-2750 or visit chandleraz.gov/aquatics.

Film

From Page 12

film is anything but a second-hand adaptation. In fact, during a critical scene at the memorial site of the Wounded Knee massacre, where an estimated 150 Lakota men, women and children were slaughtered in 1890, Simpson had Dave Bald Eagle improvise and speak his own truth.

"I threw away the script and let Dave say what he wanted to say," Simpson said. "At the end of it, Dave turned to [co-star Christopher Sweeney] and said 'I've been holding this in for 95 years.'"

Even at the height of summer blockbuster season, the film is finding screens and filling theaters in a steady regional path.

After a strong showing in Minnesota and the Dakotas, it made its way west to Oregon and Washington, now arriving in Arizona, New Mexico and Oklahoma markets—all without a distributor.

"Distributors won't work a film around [like this]," Simpson said. "They'll put a film out in New York and assume that's America."

"The reason it's been resonating so deeply with people is because no matter your budget, you can't buy heart," Simpson added.



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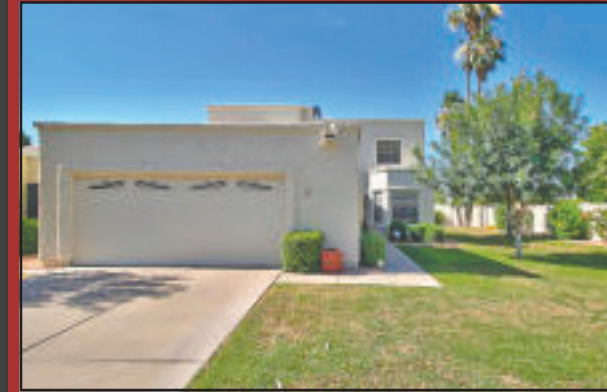
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