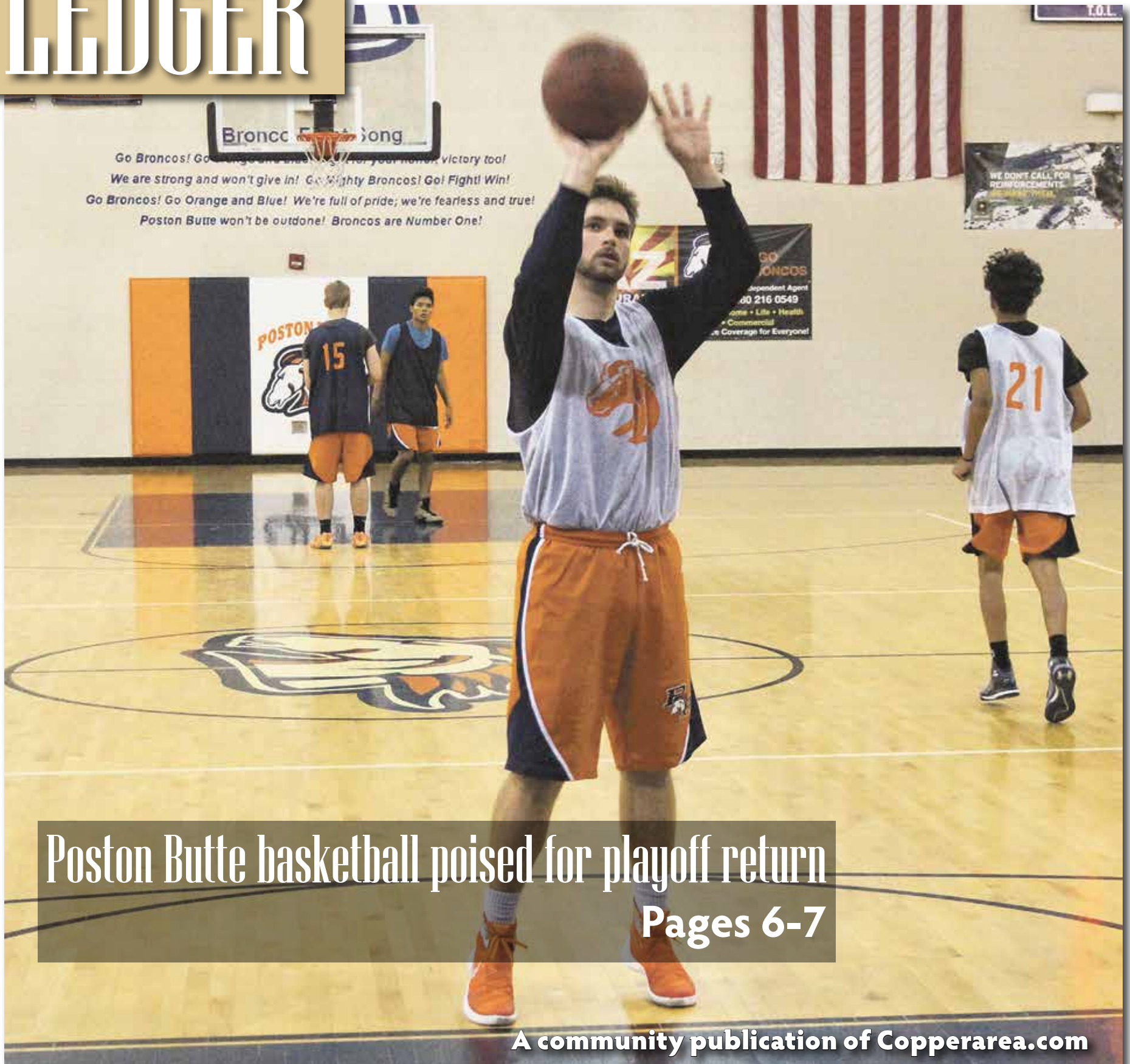


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Kelli Luberdia | Ledger



## Poston Butte basketball poised for playoff return Pages 6-7

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"There are numerous countries in the world where the politicians have seized absolute power and muzzled the press. There is no country in the world where the press has seized absolute power and muzzled the politicians"

David Brinkley

# CAC student receives Frank Lanza Memorial Scholarship

PINAL COUNTY, AZ – Central Arizona College student, Tigest Maru, is one of 20 community college healthcare students nationwide who will receive a \$2,500 Frank Lanza Memorial Scholarship.

Phi Theta Kappa Honor Society and the American Association of Community Colleges (AACCC), with the generous support of CAE Healthcare and L-3 Communications, Inc., have awarded \$50,000 in scholarships to the 2015 Frank Lanza Memorial Scholars.

The Lanza Scholarship Program targets part-time, full-time and international students who have completed 50 percent of their course work toward an associate degree in nursing, emergency medical services or respiratory care programs offered by regionally accredited community colleges. A panel of independent judges selected the recipients by application based on academic and leadership endeavors as well as community service.

Due to health reasons, Maru was forced to put off college for a brief time. She stated, "When I was sick, I was impressed with my health care team. It confirmed what I wanted to do and it was time to stop putting it off."

In January 2014, Maru was on her way to achieving her goal of becoming a nurse. She was accepted into and began the registered nurse associate degree program at CAC.

Just prior to her finals for block one, Maru received a call that her father had passed away. She struggled through her finals, knowing the he was with her. "This



**Tigest Maru**

was a large life changing moment for me," she states. "He encouraged me and I plan to finish my degree in his memory." Her anticipated graduation date is December 2016.

As a student at CAC, Maru has served as secretary of the San Tan Campus Phi Theta Kappa Chapter and is a member of the Central Arizona Student Nurses' Association (CASNA). Recently, she joined the Student Nurses' Association of Arizona (SNAAz). Within each of these organizations she has been active in a variety of community service projects, conferences, and enjoys promoting opportunities to other students. Maru was recognized as the San Tan Campus Phi Theta Kappa Distinguished Officer for 2014-2015 and received a certificate in recognition of "Exemplary Leadership at Central Arizona College and

Continued on page 4

## IT'S THE WEEKEND

### DECEMBER



#### Queen Creek Farmers Market

Every Sunday from Oct. 4- March 27 at the Queen Creek Library from 9 a.m. - 1 p.m., patrons of the Queen Creek Farmers Market will have the opportunity to purchase Arizona grown fruits and vegetables while browsing goods from local vendors. There will be occasional entertainment, games (Chess, Tic-Tac-Toe, Jenga, Checkers, Cornhole, ect.) and food trucks. For more information please visit on.fb.me/1Lvn2pF.



#### 5 San Tan Valley Polarfest at Combs Middle School

Get ready to celebrate Polarfest this year with food, rides, shopping and much more at a brand new location! This year, Polarfest will be at J.O. Combs Middle School, 37611 N. Pecan Creek Dr., San Tan Valley, on Saturday, Dec. 5. The annual event brings together vendors from around the area, as well as attractions such as carnival rides, petting zoo, train rides, over 70 local vendors, 7 tons of snow, and so much more!! For more information please visit [www.Polarfest.net](http://www.Polarfest.net).

### NOVEMBER

#### 19 Florence Copper Coffee Club to Meet

Join Florence Copper on Thursdays at 10 a.m. for the weekly Coffee Club. Enjoy a hot beverage and pastry with other residents of the community as you chat about the Florence Copper Project, the future of Florence, or anything else. Coffee Club meets at the Florence Copper Community Center, located at 130 N. Main St. in Florence.



#### 20 Mexican Gray Wolves at San Tan Mtn. Park

Controversy surrounds the re-introduction efforts of the Mexican gray wolf into areas that they were once eliminated from. It's one of the oldest love-hate relationships in the U.S. but certainly an investigative story worth appreciating. Meet inside the San Tan Mountain Regional Park's Nature Center on Friday, Nov. 20, from 6-7 p.m. for an introduction into the life and the recovery effort of the Mexican gray wolf. Registration is not needed and the program is included with the \$6 per vehicle park entry fee. For more information, go online to: [www.maricopa.gov/parks/santan/](http://www.maricopa.gov/parks/santan/)



#### 5 Queen Creek Holiday Festival & Parade

The Queen Creek Holiday Festival & Parade is hosted by the Kiwanis Club of Queen Creek and the Queen Creek Chamber of Commerce. The festival begins at noon and the parade starts at 3:30 p.m. The parade will run north on Ellsworth Rd. and will end at the Recreation Annex/Library where attendees will continue to enjoy the fabulous holiday festival until 9 p.m. Attendees will enjoy craft vendors, food vendors, live local entertainment, activities, photos with Santa and so much more. Be sure to stay for the Tree Lighting Ceremony in the Library area at 6:30 p.m. For complete information, visit <http://www.queencreekparade.org>.

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# SCHOLARSHIP

Continued from page 3

Pinal County In Celebration of Women's HERstory 2015." In her spare time, Maru enjoys cooking and helping others by tutoring them in various academic subjects. She also is a huge fan of college football, specifically the Alabama Crimson Tide.

**About the Frank Lanza Memorial Scholarship:** Frank Lanza served in the U.S. Coast Guard during the Korean War. He was a member of the board of directors for the Coast Guard Foundation and received the 2003 Distinguished Corporate Leadership award from the Soldiers', Sailors', Marines' and Airmen's Club. Lanza was also a member of the board of governors for the Aerospace Industries Association and the American Italian Cancer Foundation. A philanthropist, he and his wife supported a variety of charities through a family foundation.

Lanza founded L-3 Communications in 1997, a global aerospace and defense company that has

grown to \$15 billion in annual revenues and employs approximately 66,000 people worldwide. With its corporate headquarters in New York City, L-3 is a leader in C3ISR systems (command, control, communications, intelligence, surveillance and reconnaissance), aircraft modernization and maintenance, government services and specialized products that serve the military, homeland security, aviation and other commercial markets. L-3 customers include the U.S. Department of Defense, other U.S. government agencies, allied foreign governments and commercial customers. Under his leadership as chairman and CEO, L-3 became the nation's sixth largest defense contractor – comprised of more than 73 operating units, among them Medical Education Technologies, Inc. (METI), now known as CAE Healthcare.

This will be the last year the Lanza Scholarships will be awarded as the funding for the program has been completed. Over the past six years, 130 students have received \$250,000 in scholarships through this program.

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# What Causes Abdominal Pain? When to Worry

Some of the most common concerns I see in my everyday practice have to do with abdominal pain. This is a very complex problem since there are so many different things that can cause it. The list sometimes feels endless, however, there are many factors and predictors that can narrow down the likely cause of it. Even so, as providers, we first have to ask several different questions, do a very detailed physical exam, we sometimes have to run several tests and/or imaging before we can figure out what is wrong.

The first thing to keep in mind is if the abdominal pain is something acute or chronic. A new severe pain may be an indication of a life-threatening problem. The most common surgical cause in pediatrics is appendicitis. The most common medical cause of acute pain is the one that accompanies vomiting and diarrhea (which we call gastroenteritis). A dull pain on and off that has been there for several days is also not to be taken lightly. A chronic pain, on and off, and present for several weeks or months can be caused by many different things as well—although one of the most common ones that I see in my practice is

constipation.

It is very important to capture as much information as you can to tell your doctor about the pain: how long has it been there, where is it exactly located (ask your child/teen to point with ONE finger at the exact location where it hurts the most), the timing (before eating? After eating? Not related to food? After a sore throat started?) The severity: on a scale of 1-10 how much does it hurt? Is it there constantly or does it go on and off, does it feel like a burning sensation? Or like someone squeezing? How long does it last? Minutes, hours? Does it move somewhere else? How does it get better if it does? Every piece of information you can give us will be useful!

### Acute Abdominal Pain

Acute gastroenteritis – which means vomiting and diarrhea – is a very common cause of acute (sudden, new) pain. The most common cause of this is viruses. Some few times it can be the presentation of a bacterial infection though. Antibiotics kill bacteria, so they will only be helpful in that last scenario. For vomiting, diarrhea and abdominal pain from cramping, if it is a viral process causing the issue, then

the treatment is supportive: meaning we make sure we keep our young ones hydrated, pushing fluids (mostly water and an oral rehydrating solution). Important other measures to take into account are avoiding juices – juices will make the stool more profuse! If the patient is a very little one still in diapers, it is very important to be aggressive with applying some kind of protective cream or gel in the diaper area to prevent diaper rash. Making sure that they have at least 3 urinations in 24 hours is also very important—that ensures that they are not getting dehydrated.

Starting a probiotic is also helpful in many cases. Certain foods will also help: bananas, rice, apples, toast are known to cause constipation that can be encouraged more during this illness. Avoiding fried food that can make vomiting worse is also important. So push fluids, avoid juices though, watch for signs of dehydration, and start things in their diet that can make the stool more solid. It may sound incredibly long but all medical literature supports that we should be concerned with diarrhea only if it goes past 15 days. The exception to this will be diarrhea with blood,



## ALL ABOUT KIDS

By Dr. Emilia Gomez  
Special to the Ledger

fever, severe abdominal pain or vomiting so bad that it is impossible to keep anything you drink in your stomach – for which you should look for medical attention immediately.

*Dr. Gomez practices medicine at Pediatrics of Queen Creek, PLLC, 22709 S. Ellsworth Rd, Ste F104, Queen Creek, 480-792-9200; Dr.Gomez@bethesdapeds.com; www.BethesdaPeds.com.*

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# Poston Butte cagers poised for return to playoffs

By Andrew Luberda  
Southeast Valley Ledger

The Poston Butte boys' basketball team made three-straight playoff appearances from 2010-12 before being on the outside-looking-in at the end of each of the last two seasons.

The return of seniors Josh Zaker and Preston Anderson as well as the emergence of 6-foot-7 junior center Tyson Berringer has the Broncos poised to end their two-year playoff absence.

Head coach Noel Nafziger, now in his sixth year leading the Broncos' program, watched his team finish 13 - 4 during the summer season and believes his team has the pieces to have a special season,

but knows it comes down to the players' executing in games.

"They're all good kids," Nafziger said about his team. "I feel really good (that) they know what we expect and how we want to play, so that's the best thing for me right now."

Three Broncos entered preseason practice with the opportunity to earn the starting point-guard position, including sophomore Kevin Johnson, junior Tyrik Mayberry, and Zaker - a 6-foot-3 power forward a year ago.

Nafziger conceded all three will see time at the position, but announced Johnson will be the starter heading into the season.

"He's the most ready right now," Nafziger said about the sophomore.

"It's not that the other two won't play it because they can play too, but he's the one who understands, as a sophomore, what I want."

"The bottom line is (the players) will determine who's going to play now," he continued. "I'll put them in a position and if they respond they'll continue to play. If not, then we'll have to do something else."

Zaker, who missed almost half of last season due to a leg injury, averaged more than seven points per game and shot 25 percent from the three-point arc as a junior. He's prepared to run the Broncos'

offense if he's called upon.

"I've been working at it all summer," said Zaker, who looks like he's in the best shape of his three-year varsity career. "I've been pretty strong with it, so far."

Theoretically, the Broncos figure to be an offensive team that will challenge opposing defenses.

Zaker and 6-foot-2 shooting guard Preston Anderson, who averaged almost 11 points per game as a junior, give the Broncos a consistent perimeter scoring threat, which will force teams to come

Continued on page 7



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Broncos senior swingman Josh Zaker works on his free throws during practice.

Kelli Luberda | Ledger

# PBHS BASKETBALL

Continued from page 6

out and defend the sharp-shooting duo, leaving room for Berringer to work in the post.

Defensively, the Broncos have some height with Berringer and others, giving them a dimension they haven't had in recent seasons.

"I'm very excited about the prospect of having kids that can go get rebounds," Nafziger told the *Ledger* in July.

The Broncos will find out soon enough how all the pieces will fit together as they open their season on Nov. 23 as the host team of the Poston Butte Thanksgiving Classic, which features eight teams that will each play four games in five days.

Poston Butte, Apache Junction – the Broncos' first opponent – along with Fountain Hills and Santa Cruz make up Pool A. Walden Grove, Florence, American Leadership Academy, and 2015

Division III State Runner-Up Combs make up Pool B.

The tournament championship and consolation games will be played on Friday, Nov. 27, beginning at 1 p.m.

Preseason tournaments such as the Thanksgiving Classic do not help or hinder teams in the power-point standings, but they do help coaches evaluate their teams before the regular season begins.

"What we want to try to do is get a rotation and find how we're going to play consistently," Nafziger said. "We have four games to get an idea of the shots we're going get when we run (certain plays) and find the things we need to work on defensively."

Tipoff for the Broncos' season opener versus Apache Junction is scheduled for 7:30 p.m.



Poston Butte head coach Noel Nafziger gives instruction during a recent practice.  
Kelli Lubberda | Ledger



The Broncos working in practice in preparation for their season opener versus Apache Junction on Nov. 23.  
Kelli Lubberda | Ledger

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# Saguaro ends Queen Creek's season, again

By Andrew Luberda  
Southeast Valley Ledger

For the fifth time in six seasons the Queen Creek football team had its season ended by a Saguaro team that has now won nine-straight games against the Bulldogs.

Last Friday's loss was the most lopsided of any after the Sabercats took advantage of seven Bulldogs' turnovers, leading to

a 54 – 0 shellacking in the Division II quarterfinals.

"We could never finish drives (on Friday)," Queen Creek head coach Travis Schureman told the *Ledger* after the game. "We just kept shooting ourselves in the foot."

Not much went right for the Bulldogs, beginning with the first play of the game, when quarterback Kaleb Honea connected with junior receiver Armon McGuire on a

75-yard pass completion that was called back on a very questionable call.

McGuire was flagged for going out-of-bounds before being the first player to touch the ball in bounds. It appeared that McGuire was forced out by the Saguaro defender on the play. The resulting penalty nullified the big play and a first-and-goal for the Bulldogs.

"(The game official) said Armon ran out-of-bounds," Schureman said. "We thought

he was pushed out, but we have to be a better team to overcome those situations and still battle back."

It only got worse from there.

Later, during the same possession, Queen Creek threw an interception and followed with another interception and a fumble the next two times it had the ball.

Saguaro capitalized, scoring 21 points off the three turnovers during the first 13-plus

Continued on page 9

## ATHLETE OF THE WEEK

### Todd Goodman-Schweikart

SENIOR: COMBS HIGH SCHOOL

SPORTS: FOOTBALL

**You recently finished your high school football career at Combs as a three-year varsity player and a member of the winningest class in Combs' history. What does all of it mean to you?**

It's honestly been a blessing to be a part of what Coach Hart has done with this program; from going 1 – 9 my freshman year to making the playoffs every year for three years. It's depressing to be ending my high school football career, but also exciting because the future has many possibilities for higher levels of football.

**What are you most proud of: leading the team in tackles or leading the team in pancake blocks? Why?**

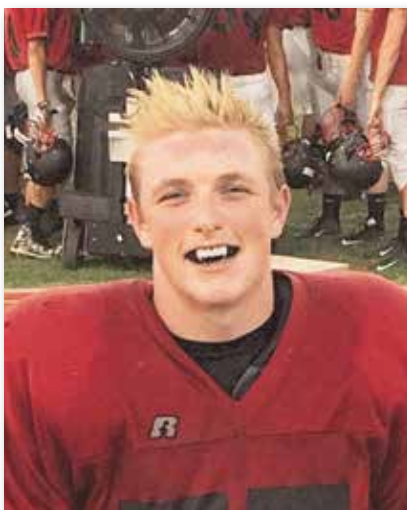
I set a goal for myself to get over 100 tackles my senior year and reaching that is a huge accomplishment for me. Therefore, I'm more proud of myself for leading the team in tackles.

**What are your plans after graduation?**

I'm so excited to start my next chapter in life, proceeding to do what I love (football) all while getting my degree.

**Finish this sentence: "My greatest athletic memory at CHS is..."**

My greatest athletic memory at CHS was in week four, upsetting an undefeated team (Payson) on its homecoming night. We were down in the fourth quarter with a minute and twenty seconds left. We drove 60+ yards to score a game winning pass with eight seconds left.



Todd Goodman-Schweikart

**What is your favorite sports movie and why?**

*When the Game Stands Tall*, because it reminds me of camp my senior year when the team actually started to come together as one. It also showed me being humble speaks more than being cocky.

**Who is one person you'd like to meet and why?**

Brian "The Boz" Bosworth. He is my biggest idol! I've read his book three times, watched his "30 for 30" at least 50 times, and even got "the boz" haircut more than once. I've also been told the attitude I play with is just like his. Play with emotion and have fun.



Bulldogs take the field before last Friday's playoff game versus Saguaro.

Kelli Luberda | Ledger



Armon McGuire hauls in a pass reception during last Friday's game.

Kelli Luberda | Ledger





Queen Creek's Zane Whiting (17) runs through the tackle of a Saguaro defender.  
Kelli Luberda | Ledger

## QUEEN CREEK FOOTBALL

Continued from page 8

minutes of the game.

"Obviously, you can't turn the ball over one time against a team like that, let alone as many times as we did," Schureman said. "They're a good defense, but I'm not sure what happened (on our side)."

Five of the seven takeaways came during the first half that ended with Saguaro leading, 28 - 0.

The domination continued in the second half with the Sabercats outscoring the Bulldogs 26 - 0, which included a pick-six by Byron Murphy, one of the state's top college recruits.

Of all the potential outcomes of Friday's game, a 54-point shutout was perhaps the most unlikely and definitely the most shocking.

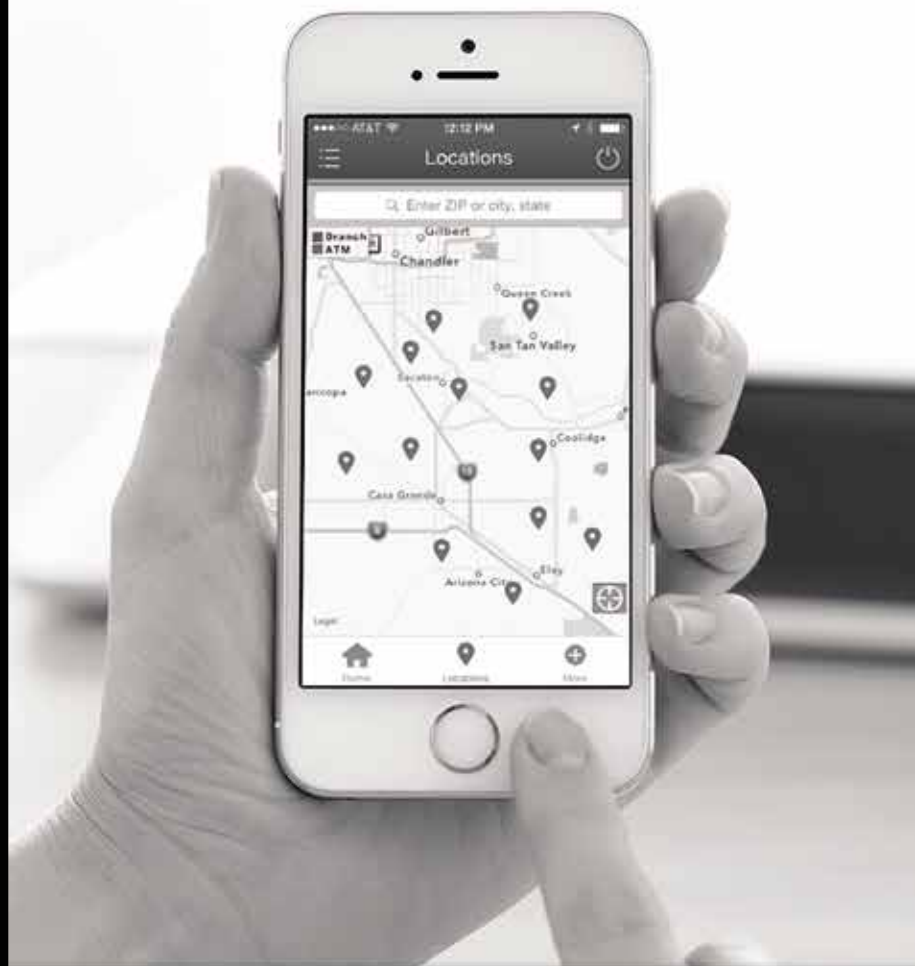
Although difficult now, the Bulldogs' seniors will eventually look back on their four-year career with great pride and realize they left Queen Creek as one of the most successful classes in the football program's history.

During its four years, the senior class lost only six games to three teams - Saguaro, Williams Field, and Hamilton - and was undefeated in its first two seasons at the school.

"This senior class has set the bar high at Queen Creek," Schureman said. "They've always done everything right - everything we've asked them to do - and they've worked hard. They are the example of the type of student-athletes we like to have at Queen Creek."

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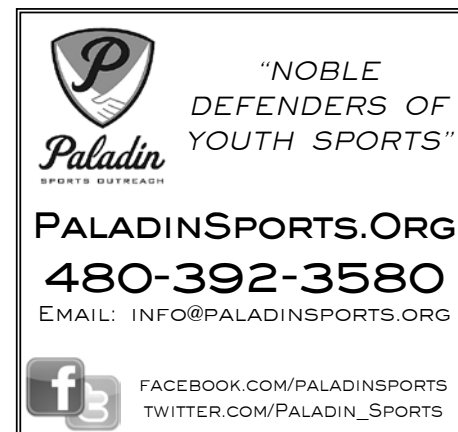
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# The Bubbly Hostess Serves Marinated Goat Cheese



## Marinated Goat Cheese

10-12 servings

Recipe from the Colorado Collage cookbook from the Junior League of Denver

½ pound log mild goat cheese (you can find 10.5 ounce logs in packs of 2 at Costco)

1 tablespoon fennel seeds, crushed  
1 ½ teaspoons crushed red pepper  
8 sprigs fresh rosemary  
1 cup olive oil  
1 thin piece fresh lemon peel

### Garnish:

Fresh lemon slices  
Fresh rosemary sprigs

Place cheese in a small dish with cover. Combine fennel seeds, crushed red pepper, rosemary, olive oil, and lemon peel and pour over cheese. Cover and marinate in refrigerator, at least 3 days or up to 3 weeks. Place cheese on serving dish and drizzle with marinade, discarding rosemary and lemon peel. Garnish with fresh lemon slices and rosemary sprigs. The recipe calls to serve this with water crackers – I always serve with a sliced baguette. Either work great.

Last week I shared one of my favorite appetizers out of the Colorado Collage cookbook from the Junior League of Denver, here's another one. I have been making this one for many, many years and it is always a big hit. Some people may shy away when they hear the words "goat cheese" – but see if they'll just try it. In almost every case, they will love it!

This is another easy, make-ahead dish to serve guests – just in time for the upcoming holidays. It can even be prepared a couple of days in advance. In fact, it's even better if it has been sitting in the marinade that much longer.

I love to hear feedback - please visit my blog at [www.bubblyhostess.com](http://www.bubblyhostess.com). You can also follow The Bubbly Hostess on Facebook, Pinterest, Instagram, and Twitter.



## THE BUBBLY HOSTESS

By Heather Sneed  
Special to the Ledger

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# Queen Creek adds pair to Athletic Hall of Fame

By Andrew Luberd  
Southeast Valley Ledger

The lone member of the Queen Creek Athletics Hall of Fame finally has some company.

Until recently, Justo Bustamante was the only member of the school's hall of fame even though he never attended the high school because it didn't exist.

Bustamante did, however, attend Queen Creek Middle School and was considered a representative of Queen Creek while a student-athlete at Chandler High School at the time; hence his induction into Queen Creek's hall of fame years ago.

During halftime of the Oct. 23 football game versus Westview, Queen Creek hosted an induction ceremony welcoming its two newest hall of fame members – Heather Schroder and Chad Cummard.

“We are hoping to be able to recognize as many of our former Queen Creek athletes as possible,” Queen Creek Athletic Director Paul Reynolds told the school's athletic website of the induction process. “In a way, this is an inaugural event and we're hoping to make it happen on a more consistent basis.”

Schroder, a three-sport athlete – basketball, volleyball, and track – during her high-school career, won the state championship in the 400m and the 800m in track during her junior year. She

was at one time the state record holder in the 800m.

After graduating from Queen Creek, Schroder accepted a basketball scholarship to Central Arizona College. She currently lives in Miles City, Montana, where she teaches fifth grade.

“It's really a great honor,” Schroder told the *Ledger*. “We graduated 25 years ago and that's when Queen Creek first started. We were involved with everything and it's just awesome to see how much it's grown, how big the school is, and the accomplishments of our school.”

Schroder believes participating in athletics at Queen Creek taught her lessons that go beyond the track and court.

“I think it helped me set goals, reach for something, and work really hard to accomplish it,” she said. “I can say there were so many supportive people around us; friends, staff, and parents.”

Cummard, another three-sport athlete – baseball, basketball, and football – from 1987-1990, was a member of Queen Creek's state championship baseball team in 1989. The Bulldogs' then second baseman was an all-conference selection that same year. He also earned All-Arizona honors in basketball and was selected all-conference in football.

“I've had the opportunity to see a ton of



Queen Creek High School Athletics Hall of Fame inductees - Chad Cummard (left) and Heather Schroder (right). Photo courtesy of Queen Creek Athletics.

great athletes, great kids come through this school,” Cummard said. “It's an honor just to be a part of that and be recognized among some of the greats. I'm proud of that.”

Though he experienced great success as a student-athlete during his time

at Queen Creek, Cummard is further impressed with the school's more recent achievements.

“It's crazy,” he said of the athletic department's triumphs. “We were successful back then, but it's not even close to where it is now.”

