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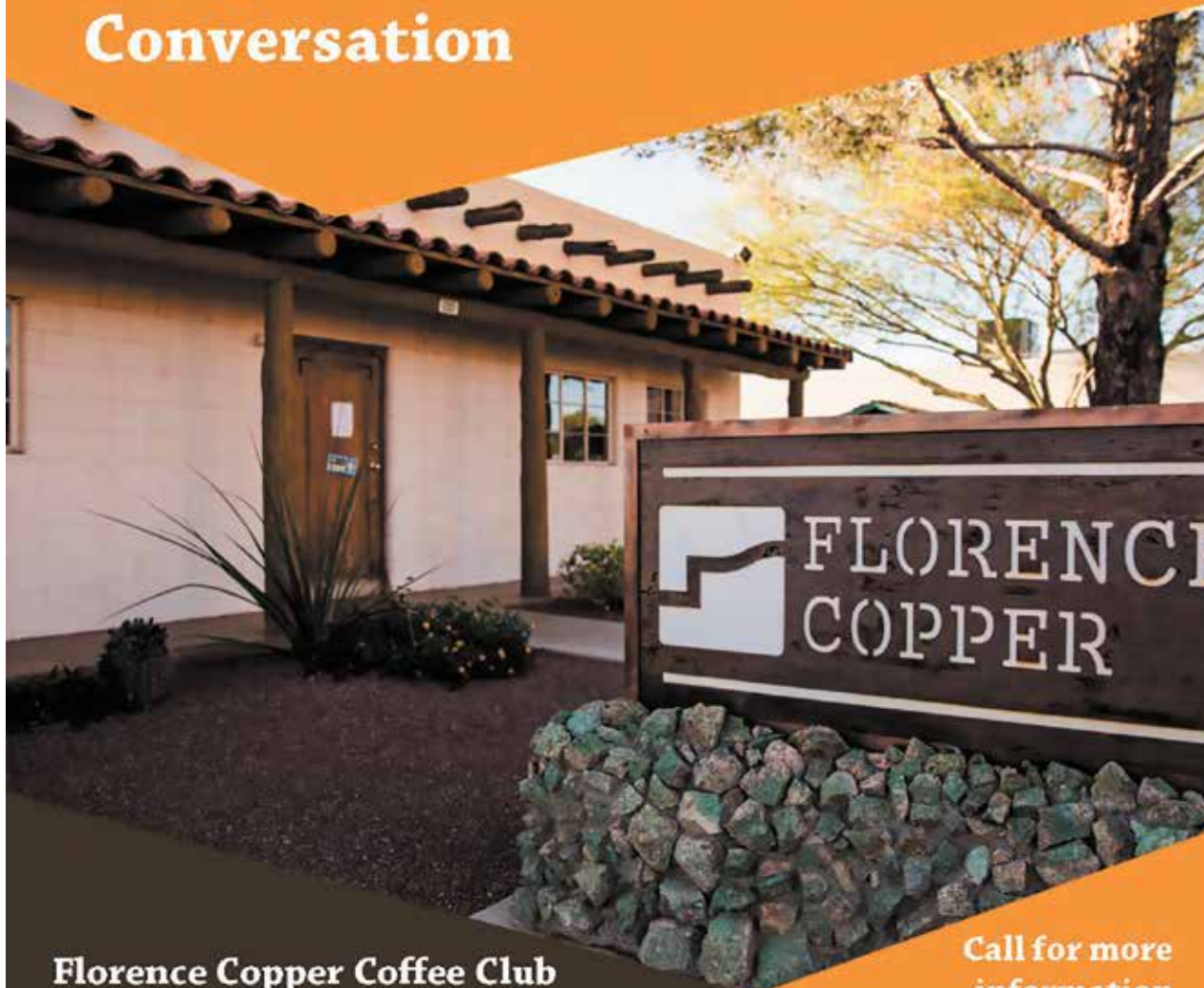
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Jenny Kaufman | Ledger

Celebrating the Arts in Anthem Page 6

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Camaro is a big handsome guy who is said to be about 1-1/2 years old. He's a Shepherd/Ridgeback blend. Camaro currently weighs around 60 pounds but does need to gain a little weight. Camaro recently went to a foster home and where his foster parents are learning so much about him. He's housetrained, he's very respectful, he doesn't chew on things, and he's a very friendly guy and loves to go for walks as many times a day as offered. If you're looking for a jogging or a hiking buddy, he's your guy! Camaro doesn't seem to want to share his food with other dogs, so his ideal home will have him as the only dog. He is a big, strong guy, and we think a home with no young children will be best. He is neutered, up to date on vaccinations, and microchipped. If interested in meeting him, email Friends for Life in Gilbert at FFLDogs@azfriends.org, call 480-497-8296 or visit www.azfriends.org. His adoption fee is \$150 but reduced to \$95 for the month of November.

Obituaries are published free of charge in the Southeast Valley Ledger. If you have an obituary you would like us to print, please email it to info@SEVLedger.com or submit it online at www.copperarea.com. You can also request our newspaper through the mortuary or funeral home.



Follow These Tips to Keep Injuries Out of Your Favorite Activities

As an orthopedic surgeon, I frequently see patients who were injured on the weekends while they were attempting to have fun. Exercise is important for overall health, and it's great if you can do something you enjoy. But so many of us spend the majority of our work week sitting at a desk, it can also put you at greater risk of injury.

Here are some tips for keeping yourself healthy while enjoying your favorite activities:

Exercise for at least 30 minutes nearly every day. A brisk walk, a short run, a hike or time on a bicycle can help condition your body for more intense weekend activities. Cross-training exercises also build strength and endurance.

When trying a new sport, give yourself time to learn the proper technique and form before going full speed.

Work with a trainer or coach who can give you safe strategies to master your sport or activity of interest.

Overuse injuries are most common among runners, swimmers and tennis enthusiasts. Listen to your body and lower your intensity or duration if you feel tired or sore.

Mix things up by doing frequent and varied workouts of shorter duration rather than hours doing the same thing. This gives individual muscle groups more time to recover.



BANNER SPECIALISTS

By **Dr. David Nilsen, DO**
Special to the Ledger

Consult your physician before starting any new physical activity, and ask how diet and nutrition can enhance your performance.

Stay hydrated. Drinking enough water before, during and after physical activity helps you avoid cramping and other discomfort, and keeps your brain sharp.

Use the proper equipment. If you're a runner, for example, get fitted for shoes that support your stride.

Warm up. Spend at least 10 minutes doing gentle stretching before any strenuous activity, and make sure to cool down and stretch again when you've

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SOUTHEAST VALLEY LEDGER

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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

IT'S THE WEEKEND



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/1Lvnp2pF.



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>.

DECEMBER

3 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.



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.



12 POWWOW comes to Farmers Market

On Saturday, Dec. 12, Produce on Wheels Without Waste will return to the San Tan Valley Farmers Market. Buy 60 pounds of produce for just \$10. And you get to pick it out! Artisan breads will also be available for purchase. The Farmers Market is located at Combs High School, 2505 E. Germann Rd., San Tan Valley. For more information please call 602-684-5489.

Choice Chiropractic sponsors Toys for Tots drive

Choice Chiropractic will be holding a Holiday Toy Drive again this year, in exchange for Chiropractic services. All of the toys received will be donated to the Marine Corps Toys for Tots campaign.

"We are very honored to be collecting donations on behalf of Toys for Tots again this year. Our patients have been so giving in years' past and we look forward

to donating even more toys this holiday season. Please come in and help those kids that need it the most," stated Dr. Jeffrey P. Shiflet D.C., of Choice Chiropractic.

The toy drive will be held from Nov. 30th through Dec. 11th at their office located at 36359 N. Gantzel Road, Suite 102 in San Tan Valley, Arizona. Any new patient

can receive their initial visit (including consultation and exam) in exchange for a new, unwrapped toy. On Saturday Dec. 12th the office will be open from 9am-12pm offering adjustments to any existing patient in exchange for a toy donation.

Please contact the staff of Choice Chiropractic to schedule your appointment at (480) 888-7383.



Queen Creek High School DECA, HOSA's Night Without a Home

QUEEN CREEK, AZ – November 17, 2015 – Queen Creek High School's DECA and HOSA members participated in an event called Night without a Home on Nov. 20. The event's purpose is to raise awareness for homelessness by having students sleep outside the front of the school all night in cardboard boxes.

QCHS DECA has organized this event since 2012, scheduling it during the National Hunger and Homelessness Awareness Week. In the weeks leading up to the event, the students participate in a food and clothing drives, where proceeds go to local charities, this year being the Family Resource Center in Queen Creek. They have invited fellow high school club HOSA to join them this year in hopes of the event having a bigger impact.

Resources can be hard to come by for those suffering from poverty and homelessness. According to the National Coalition for the Homeless, "Difficult choices

must be made when limited resources cover only some necessities." Queen Creek hopes that the food and clothing donated to the Family Resource Center will have a positive impact on those who need it.

Queen Creek's DECA chapter is part of an international organization that helps prepare young people for careers in marketing, finance, business management, and hospitality. The school's HOSA chapter is part of an organization whose mission is to promote opportunities in health care to students and to enhance the quality of health care for all people.

Queen Creek's Family Resource Center is always looking for donations and can be contacted at 480-987-5988 for more information.

To learn more about Queen Creek's local DECA and HOSA chapters, please visit the school's website at (<https://www.qchs.qcusd.org/>).

For more information on this event, or about QC DECA's community service, you can contact Megan Lopenen at 480-298-4555.

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2016 Anti-Drug Poster Contest winners announced



FLORENCE, AZ (11/19/15) – Students from 35 Pinal County schools submitted nearly 1,000 anti-drug posters for this year's contest. County Attorney Lando Voyles recognized the winning artists at an awards ceremony Wednesday night at the Windmill Winery in Florence.

In front of more than 200 parents, teachers, fellow students, community advocates, and top law enforcement, County Attorney Voyles awarded the Grand Prize for the 25th Annual Pinal County Attorney's Office Anti-Drug Poster Contest to Ariza Castillo from Mammoth Elementary School. As Grand Prize winner, Castillo and her 6th grade class win a trip to the Titan Missile Museum in Tucson, courtesy of PCAO's RICO funds.

Anissa Del from Combs Traditional Academy in San Tan Valley won the 'T-Shirt Award' and Markayla Johnson of First Avenue Elementary in San Manuel took home the 'Bookmark Award.' Rounding out the rest of the top ten winners, include Karina Avalos Hidalgo and Aubrie Keeling, both from Cactus Middle School in Casa Grande; Dinay Holmes from Combs Traditional Academy in San Tan Valley; Cade Chapman and Natalie Rodriguez of Eduprize in Queen Creek; Evelyn Abplanalp from Magma Ranch K-8 in Florence; and Jasmyn Herrman from Ranch Elementary in Queen Creek.

The top three prize winners get their posters printed on a bookmark and t-shirt which get distributed to all 60 contest winners. PCAO also designs and produces a master poster featuring all top ten winners' entries. Those posters get distributed to all Pinal County schools as well local substance abuse coalitions.

"Our youth remain the foundation of our community, therefore we must reach out to them at an early age and teach them right from wrong. We continued this contest as a fun activity, while at the same time promoting drug awareness and education. I must thank our educators and parents who work tirelessly to teach our kids how to make proper choices and who instill values in them that benefit all of our Pinal families," said Pinal County Attorney Lando Voyles.

A panel of judges narrowed down the nearly 1,000 posters to the top 60, the top ten, and the top three. This year's judges included, Donna McBride with Pinal County Juvenile Court Services, Pat Griffen with Against Abuse, Breanna Boland with the Casa Grande Alliance and Betty Peterson with Eloy's Robson Ranch community.

A special thanks also goes to our guest speaker, former NFL player, Reverend Drew Anderson of Maricopa and our local chiefs of police, and Sheriff Paul Babeu for their participation and support.

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Celebrating the Arts in Anthem



Residents in San Tan Valley and Florence earlier this month were invited to the 2015 Anthem Celebrates the Arts at the Merrill Ranch Community Park. The family friendly event celebrated the season with regional artists, vendors, children's activities, beer/wine garden and continuous live entertainment in the outdoor amphitheater. The event provided opportunities for vendors and artists to display and sell their work and local businesses sponsored activities. This was the first year for the event.

Jenny Kaufman | Ledger



ALA Warriors. Photo courtesy Rodger Schenks

ALA-Ironwood captures CAA State Football Championship

By Andrew Luberda
Southeast Valley Ledger

The American Leadership Academy-Ironwood football team won the Canyon Athletic Association Division III State Championship last Saturday at Valley Christian High School in Chandler.

The No. 1-seeded Warriors defeated No. 3-seed Canyon State Academy, 31 – 6.

The Warriors finished their season a perfect 12 – 0, capturing their first state championship in their inaugural season.

“We set a goal back in May, when we got here,” head coach Rodger Schenks told the *Ledger*. “Winning a state championship is what we talked about from the get-go. It’s the first (football) state championship in San Tan Valley.”

“The kids who came to our school worked hard,” Schenks added. “And now they’re state champions.”

After going 10 – 0 during the regular season, the Warriors defeated Skyline Prep in the semifinals to earn a spot in the championship game.

“Our players bought into the leadership program we have at ALA,” Schenks said. “It’s something we’ve installed where ever we’ve been as coaches and it works. We hold the players accountable and they love being a part of it. Hats off to the players for their work ethic and coming together as a big family.”

Congratulations, Warriors.

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Current Yotes ready to walk in big footsteps

By Andrew Luberd
Southeast Valley Ledger

Not many will soon forget last year's magical ride that the "Fauske Five" and the rest of the Coyotes' basketball team took us all on.

The last-second three-point game-winning shot in the Globe Holiday Tournament.

The 27-game winning streak, the state's longest of the season.

A school record 29 wins.

And, of course, the state tournament, where the Yotes ended their season as the 2015 Division III State Runner-Up.

But next year is here and while the 2015-16 edition of Combs' basketball recalls fondly last year's results, they're ready to increase the Yotes' basketball tradition.

"When you're a player, you kind of get tired of

it," Yotes' head coach Kirk Fauske said about the constant reminders of last year's team.

"I try to catch myself and not talk about (last year), but (that team) did so many good things for the school that it's hard not to recognize it. The "Fauske Five" is going to be missed."

Nine seniors, including five of the top seven players, have graduated. Only returning juniors Clayten McCarthy and Josh Allen were in the starting lineup last season, albeit not the entire season.

Skyler Johnson, Jisiah Hudson, and Cory Pearson were other underclassmen on last year's roster who figure to play bigger roles this season, teaching the new varsity players what it takes to have great success at this level.

"What we can learn from the Fauske Five is buying in," Fauske said. "By them buying in, from what I was trying to teach them, they

found success. They worked harder than anybody they played against."

McCarthy, the Yotes' leading returner in points, rebounds, blocks, steals, and field goal percentage, had a coming-out party of sorts in last year's state semifinal game. He is the only returning player who averaged double-digit scoring (10.2 ppg) a year ago.

So far, he says, the Yotes are work-in-progress, but they are trending in the right direction.

"The first couple of weeks were kind of rough," McCarthy said. "But the last couple days of practice we've really come together as a family and practice has been great."

The Yotes understand they're going from being the hunter to being the hunted and that's fine by them. They know they're going to get

every team's best shot.

"Teams are out for us," shooting guard Josh Allen said. "But we're going to fight every game and every single player is a part of that."

Fauske, last year's Section Coach of the Year, knows this type of transition is all part of the process. Every once-in-a-while a coach gets an opportunity like the one he had last season. Only the really good coaches are anxious to see what they can do with a new group.

"It's going to be a ride," Fauske told the *Ledger*. "This is a different group, but that's the reason we go into coaching; we don't coach the same kids and it's about trying develop kids through the program to do what we want them to do."

Fasten your seat belts, Coyotes' fans.



The Coyotes scrimmaged Camelback last Wednesday in preparation of the 2015 season, which started Monday versus Florence in the Poston Butte Thanksgiving Classic.

Kelli Luberd | Ledger

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Local schools begin basketball seasons

A number of local area schools started their seasons earlier this week with most participating in one of many preseason tournaments around the state. Below is a list of the schools and the known tournaments each is participating in:

POSTON BUTTE BOYS

The Broncos host the eight-team Poston Butte Thanksgiving Classic, which includes Combs, Florence, Walden Grove, Fountain Hills, Santa Cruz Valley, Apache Junction, and Queen Creek American Leadership Academy.

Nov. 23 vs. Apache Junction, 7:30 p.m.

Nov. 24 vs. Santa Cruz Valley, 7:30 p.m.

Nov. 25 vs. Fountain Hills, 7:30 p.m.

Nov. 27 vs. TBA, TBA

POSTON BUTTE GIRLS

The Broncos are one of 16 teams participating in the Queen Creek Turkey Shootout.

COMBS BOYS

The Yotes, last year's Division III State Runners-Up, are one of eight teams participating in the Poston Butte Thanksgiving Classic.

Nov. 23 vs. Florence, 4:30 p.m.

Nov. 24 vs. Walden Grove, 6 p.m.

Nov. 25 vs. QC ALA, 4:30 p.m.

Continued on page 9

Queen Creek's Nichols signs with U of A

By Andrew Luberda
Southeast Valley Ledger

Queen Creek senior Austin Nichols signed his National Letter of Intent last Tuesday, confirming his earlier announcement that he will attend the University of Arizona after graduation.

Nichols, a four-year varsity player in the Bulldogs' baseball program, chose Arizona based in part for its rich baseball tradition.

"The baseball history," Nichols answered when asked why he chose the University of Arizona. "The national championships, the success they've had over the years, the players that have come out of there – Trevor Hoffman is one of my heroes – and the new coaching staff with Coach Johnson, Coach Brown, and Coach Lawn. I wouldn't want to play for anyone else."

He is happy to have the decision behind before the start of his final season.

"It takes a lot of stress off," Nichols said. "We can really focus on (the season), meshing with the guys, and really getting after it and have a good season without anything on my back to worry

about."

Nichols enters his final season as a Bulldog with a career .342 batting average and a .409 OBP. He's been a staple at shortstop during that time, but he will change positions once he is a member of the Wildcats' program, switching to getting hitters out from the pitching mound.

Former Queen Creek head coach Mike Campbell was asked what about Nichols' game will translate at the next level.

"His work ethic, for sure," Campbell responded. "The kid is relentless. He's always on the field, he's always around the game and that's going to be the number one deal."

Only a few players have gone through the Bulldogs' program and finished as a four-year varsity starter like Nichols. He goes down as one of the best to ever don the Queen Creek uniform.

"It's been a challenge but it's been awesome," Campbell said. "When I say 'challenge' I mean that as a compliment. (Austin) wants to win every day, he wants everyone else to get better, and he wants to get better. He's going to be a guy who'll be missed in the baseball program."

Nichols acknowledged he wouldn't be where he's at without

being a part of the Bulldogs' baseball program.

"I couldn't have done it without Coach Campbell," he said. "He's helped me so much. He helped drive me. My brother came through here and Coach Campbell gave me the drive to be better than my brother and anybody else who came through."

His brother is Heath Nichols, who graduated from Queen Creek in 2007 and was the first Bulldogs' player recognized on the outfield fence of the baseball stadium. Heath held a number of records at the school and was a member of the Los Angeles Angels organization before retiring.

"He's my superman," Austin said about his brother. "He's the person I've always wanted to be like my whole life. Seeing him succeed always made me want to do everything he did one step better."

Big brother helped little brother begin the next step of his baseball career.

"He's always been there for me and helped me through this," Austin said. "He helped me pick a school and was a big part of it."



Former QC baseball head coach Mike Campbell (left) with 4-year varsity baseball player Austin Nichols.

TOURNAMENTS

Continued from page 8

Nov. 27 vs. TBA, TBA

COMBS GIRLS

The Lady Coyotes are one of 16 teams participating in the Queen Creek Turkey Shootout.

QUEEN CREEK BOYS

The Bulldogs are one of nine teams participating in the Gilbert Basketball Classic.

Nov. 23 vs. Gilbert

Nov. 24 vs. Chaparral

Nov. 25 TBA, TBA

Nov. 27 TBA, TBA

QUEEN CREEK GIRLS

The Bulldogs are hosting the 16-team Queen Creek Turkey Shootout, which includes Marana Mountain View, Catalina Foothills, Skyline, Westwood, Mesa, Fountain Hills, Independence, Higley, Poston Butte, Shadow Ridge, Phoenix Christian, Northwest Christian, Benjamin Franklin, Combs, and Coolidge.

Nov. 23 vs. Coolidge, 9 a.m.

Nov. 24 vs. TBD, TBA

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1 baguette, sliced
8 ounce jar of pesto (or make your own!)
Two eight ounce containers of fresh mozzarella – Bocconcini (bite sized), sliced
4 ounces of thinly sliced prosciutto, cut into small strips
Pepper

On each slice of baguette, spoon some pesto and spread across bread. Top with a slice of mozzarella and then with a few pieces of prosciutto. Season with pepper and serve.

It seems that I am on an appetizer kick as these have been the focus of my last three columns – it is the perfect time of year to have easy, go to, recipes for feeding friends and family, right? Here's another one for you!

I recently made this dish to bring to our monthly Euchre game night. This is very easy to put together, is full of flavor, and looks amazing as well! With the holidays quickly approaching, this will make a perfect addition to your festivities. Enjoy!

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



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By Heather Sneed
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finished.
Dr. Nilsen is an orthopedic surgeon serving the communities of San Tan Valley and Queen Creek. For more information on this topic, talk with your

doctor or call Dr. Nilsen's office at (480) 394-4480. Read more about Dr. Nilsen at <http://bit.ly/1PKHGqr>. Learn more about Banner's Ortho Clinic at <http://bit.ly/1PKHJCz>.

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