



Pet Adoption: Big boy seeks new forever home

Duckie is a big handsome hunk of a dog. He's estimated to be a little more than a year old, and he's a big guy (around 70 pounds now). He is still growing so could end up at 80+ pounds.

Duckie is a Lab blend, and he LOVES to play, so much so that not many dogs can handle how



much he wants to play with them, therefore, his ideal home may be one where he is the only dog. Once he grows up a little, settles down, and matures some, other dogs will be ready for him!

Duckie had been adopted but returned. His adoptive family said it was because Duckie was too much for their other dog. The family was heartbroken to bring him back but said he was an awesome dog.

Duckie likes to play keep-away with "high value" treats, so a home with no young children would probably be best. He'll happily trade his high value treat for another treat though!

Duckie is living at the Friends for Life adoption center in downtown Gilbert and is eager to meet anyone interested in adopting him. He is neutered, microchipped, vaccinated, licensed, and heartworm-tested (negative). His adoption fee is \$150.

For more information on Duckie contact Friends for Life at 480-497-8296 or visit them on line at www.azfriends.org.



SOUTHEAST VALLEY LEDGER

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Andrew Luberda	Reporter
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Submission of News and Opinions, please email: News@SEVLedger.com To Advertise, please email: Mila@SEVLedger.com

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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

Obituaries

Randy Wilson

Randy Wilson (1973-2015) of San Tan Valley, AZ, passed away on Dec. 24, 2015. What can you say about Randy? For starters, he was larger than life itself! Standing 6'8", you knew when he was in the room. He loved life and tried to make everyone else around him smile. He lived by "Family, Friends and Fun", and also "Live, Laugh and Love"! Even with his health struggles from the age of 16, he never let it get him down or let anyone else feel sorry for him. His smile would light up a room and his voice could be heard for miles.

Randy loved his family and friends, making new friends wherever he went. He was always so supportive of everyone, especially his two girls, Claudia and Jada. As a father, he went to every school event, whether it was to have lunch with your child, award banquets, or sporting events. He was truly their biggest supporter in everything they did, and he wanted to make sure they knew how proud of them he was and how much he loved them. Randy never missed one of their sporting events, even if it meant flying to another state just to watch and cheer them on, even if it was just for one day.

As a son, you couldn't get any better. He was always there, no matter the situation. Even if it meant driving back and forth from Arizona to California to build his mom a new house or calling her every morning just to see how she was doing. He would

always just walk through the door and say, "I'm here".

As a younger brother, Randy had to deal with a lot of different obstacles, from dealing with the legacy his older brother left behind, to the teasing and tormenting he received from his brother. However, none of



that affected him, he would just smile and keep going, because he knew he was loved and that they were truly best friends.

As a friend, there was nothing he wouldn't do for you if he could. He would try to make any situation easier or better, even if all it took was a joke (usually about himself). He couldn't have been a better father, son, brother or friend, and he will be truly missed, never forgotten, and always loved. Even though Randy was taken from us way to early, we know God got one big and amazing angel to help watch over us ALL!

Randy is survived by his daughters, Claudia and Jada; his mom, Suzette; his brother, Burnie (Wil); his nephews, Jon-Jon and Dakotah; his niece, Lelani; his cousin, Tammy; and hundreds of amazing and wonderful friends. He is preceded in death by his Paw-Paw, Robert; his Maw-Maw, Anita; and his Uncle Steve.

RIP Randy "Big Daddy" a.k.a. Ticker! We love and miss you!

George 'Pepe' Grant

George 'Pepe' Grant, 78, passed away Jan. 13, 2016. He was born July 24, 1937.

George is survived by his five children, Garnell, Buddy, Teresa, Alicia, and Renee, as well as 11 grandchildren and five greatgrandchildren. The world lost an amazing voice and talent.

Though he made his home in Phoenix since 1984, his singing career started when he was a young teen in west Philadelphia, and flourished from there. His high tenor silky voice lead doo-wop and classic groups like George Grant and the Castelles, The Red Caps, The Orioles,

and the world famous Ink Spots, taking him on tours all over the world. George was such a gentleman and gentle soul; he will be missed by many!

Services will be held at San Tan Mountain View Funeral Home on



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.

George Ira Herfel

George Ira Herfel entered into rest on Jan. 9, 2016.

George was born in South Sioux City, Nebraska on November 11th, 1939, where he grew up.

He moved to Arizona in 1961 where he became a Crane Operator. In 1971 he became a member of Local 428 Operating Engineers Union and worked on many large projects in Arizona and California including Palo Verde Nuclear Power Plant and Bank One Ball Park.

George was preceded to heaven by his parents, Lois and Ray Herfel; his son, Steven Herfel; and his brothers, Donald Waddell and Jack Herfel. He is survived by his beloved son, Jesse Herfel; daughter, Lori Sorrells; and sisters, Janice Akins of Phoenix AZ, and Helen Koskovich of South Sioux City NE; along with 6 grandchildren, one great- granddaughter, and numerous nieces and nephews.



Along with our family, George will be missed by many friends and neighbors whom he cherished.

Graveside funeral services were held on Thursday, Jan. 14, 2016 at 1:30 p.m. at San Tan Memorial Gardens at Schnepf Farms, located at 22425 E. Cloud Rd. in Queen Creek, AZ. A reception followed at the home of Jesse and Karen Herfel.



Phase 3 of Hunt Highway Improvement Project underway



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ANTWHERE

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FLORENCE -- Pinal County Public Works is alerting drivers along Hunt Highway that several Public Utilities will be working on relocations required for the upcoming widening project between Stone Creek Drive and Bella Vista Road.

The work is expected the next three months with the road construction work to start in the summer.

Drivers should expect speed reductions and temporary shoulder/lane closures

during the relocation construction.

"This is in preparation for Phase Three of the Hunt Highway Improvement Project," Stated Public Works Director Louis Andersen. "We are asking drivers to slow down and watch for work crews during this time. We also want to thank them for their patience and conscientious driving during Phases One and Two of the Hunt Highway Improvement Project."



HUNT HWY.

Pinal County will begin the next phase of construction on Hunt Hwy. Beware of delays when traveling in the construction Zone

LEDGER CHURCH DIRECTORY

St. Michael the Archangel Church

25394 N. Poseidon Rd., Florence

Rev. Fr. Dale A. Branson, Pastor 520-723-6570

Weekend Masses (held at Copper Basin K-8 School), Saturday 4 p.m., Sunday 8 & 10:30 a.m. CCD Classes Sunday 9:15 a.m.

www.stmichaels77.org • pastor@stmichaels77.org

Call Mila Besich-Lira at 520-827-0676 or email at mila@sevledger.com to be included in the directory!



Happy New Year!

Maria's Tailor Shop

in Queen Creek

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NEW YEAR'S SPECIAL

16% off any single alteration

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calendar JAN. - FEB. 2016

FLORENCE COPPER COFFEE

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. Event repeats Jan. 28.



POWWOW FARMERS MKT.

On Saturday, Feb. 13, 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.



KIDS PHOTOGRAPHY

Just for Kids: Photography at San Tan Mountain Regional Park: C'mon, kiddos! Bring your iPhones, SLRs and Grandma's old Polaroid camera for this super fun photography class just for kids. You'll learn some simple techniques that will have you shooting like a pro. Dress comfortably, bring water, and wear closed-toed shoes. Bring a squirt bottle for cool effects. Meet at the picnic area. Event is Jan. 30, 2016 from 10-11 a.m. Event is free with \$6 per vehicle park entry fee. For more information, please visit www.maricopa.gov/parks/santan. The park is located at 6533 W. Phillips Rd., Queen Creek.



ARCHERY 101

If you are curious about archery and would like to give it a try, then Archery 101 is just for you. Come out to San Tan Mountain Park on Feb. 13 to find out what you've been missing. Participants must at least 8-years of age. Please bring water, hats, chair and closed-toe shoes. Registration required. Limited to 20 participants. Meet at the south end of the overflow parking area. Class time is 10-11 a.m. Event is free with \$6 per vehicle park entry fee. For more information, please visit www.maricopa.gov/parks/santan. The park is located at 6533 W. Phillips Rd., Queen Creek.



HOMESCHOOL ARCHAEOLOGY

Be an archaeologist! Imagine Hohokam children playing in the hills and washes near the Visitor Center. We are going to explore the lives of the Hohokam people who lived in and around the Valley. Then you will be introduced to basket weaving. Meet inside the Nature Center Feb. 10, 10-11:30 a.m. Registration required. Class limit is 25. Ages 7 - up. Event is free with \$6 per vehicle park entry fee. For more information, please visit www. maricopa.gov/parks/santan. The park is located at 6533 W. Phillips Rd., Queen Creek.



FULL 'SNOW' MOON HIKE

According to the Farmer's Alamanac: Usually the heaviest snows fall in February. Head over to the San Tan Mountain Regional Park on Saturday, Feb. 20, 7:30-8:30 p.m. for the full moon hike along the 2.2-mile Stargazer loop trail. Guaranteed to keep you satisfied. Wear closed-toed shoes, dress comfortably, and bring water then meet at the main trailhead area. No registration required. Event is free with \$6 per vehicle park entry fee. For more information, please visit www. maricopa.gov/parks/santan. The park is located at 6533 W. Phillips Rd., Queen Creek.



Queen Creek

KINDERGARTEN
REGISTRATION

Do you have a child starting kindergarten this July 2016?

If so, make plans to join us

Wednesday, January 20

at 6pm to register your

child for kindergarten at

your child's elementary school.



If your child will be five years of age by August 31, 2016 this is a wonderful opportunity for you and your kindergartener to visit the school, meet teachers and classmates, and hear about the kindergarten learning standards.

This informational meeting will also provide an overview of kindergarten routines, instructional practices and readiness expectations.

What to Bring for Registration:

Original Birth CertificateCurrent Immunization Record

Proof of Residency (one of the following:
 Electric, Gas, Water, Purchase Contract, or Lease Agreement)
 Parent/Guardian Photo ID

If your child will be five years of age between
Sept 1, 2016 and Dec 31, 2016
you may consider having your child tested to see
if he/she will qualify for early entrance kindergarten.
We are currently accepting applications for early entrance.
There is a fee of \$30.00 to cover the assessment.

This can be done at the District Office at 20217 E. Chandler Heights Rd. in Queen Creek. Students who qualify for early entrance through the assessment may then enroll.

We look forward to seeing you on January 20th!



Athletes of the week

KADE PARKS JUNIOR: QUEEN CREEK HIGH SCHOOL SPORTS: BASKETBALL

You currently lead the team in points, made three-point shots, and are second in rebounds. To what do you attribute your success in those categories?

My success in scoring mostly comes from my teammates. They know when and where I like to get the ball. My success in made three-point shots comes from the offseason. We worked a lot on our shooting, along with quickness. My success in rebounding is from hustle. Rebounding has always been a category in which our team has struggled, and if we had rebounded better in a few of our earlier games we could have had a better chance at winning. Learning from those games, I have hustled more on the rebounding.

Last week, the team has won threestraight games for the second time this season and reached the .500 mark for the first time. What's been different recently when compared to the results earlier in the season?

In the past we have always struggled coming out into the 3rd quarter. We have been trying to eliminate that, and to play strong the entire game. The last few games we have accomplished that, and we were able to win very important games that could put us on a streak to get into the state tournament.

Thursday's game is against No. 1-ranked Higley, one of the Bulldogs' biggest rivals. What are a couple of keys to your team dealing the Knights their first sectional loss?

I think one of the major keys to getting the win will be our defense. They have three or four

pretty good players, and if we are able to defend all of them the way we are capable of, we have a good chance of coming out with a win.

Finish this sentence: "My favorite athletic memory so far at Queen Creek High School is..."

My favorite athletic memory so far at Queen Creek High School is my buzzer beating layup to win by one point against Metairie Park Country Day over our winter tournament. I didn't have a very good overall game that



day, but having a game winner is a fantastic experience. All of my teammates came running onto the court and tackled me and it was just an amazing experience that I won't forget.

What is your favorite sports movie and why?

My favorite sports movie is *Remember the Titans* because it's a serious movie but it's also funny and I don't like movies to be too serious. I think it's a great movie.

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

One person I'd most like to meet would be Russell Westbrook. I really enjoy the way he plays, how he just never stops going as hard as he can, and his stats show it. He really sets an example for others and shows that if you work hard you will be incredibly successful.

NORMAN TOUEY JUNIOR: SAN TAN FOOTHILLS HIGH SCHOOL SPORTS: FOOTBALL & BASKETBALL

Your role on the basketball team has changed significantly since the beginning of the season. What have you enjoyed most about becoming the leader of this team?

Getting to work with the underclassmen and making them better, just like when I was younger I got the same help from the upperclassmen and the coaches.

What message do you want to deliver to your younger teammates; something they'll be able to use even after you are no longer at the school?

Teamwork. Always be a team player, there is no "I" in team. Don't worry about their stats and work hard

In addition to playing basketball, you also played football. If you had to choose, which is your favorite sport and why?

I don't have a favorite. I'm an athlete. Sports are my thing. I love to play them. I love getting better

at everything I do.

Finish this sentence: "My greatest athletic memory so far at STFHS is..."

My first day of summer ball for football and basketball how I was just welcomed into the Sabercats' family.



What is your favorite sports movie and why?

The Sandlot, because it shows great team work and how to stay together no matter how bad the situation is.

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

Cam Newton because he is an amazing athlete. He is very young and had to become a leader. He did and has been an amazing leader.





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COPPER BASIN FAMILY YMCA

www.valleyymca.org/copper-basin 480.882.2242

COMMUNITY

ANNUAL CAMPAIGN

The YMCA raises over \$60,000 per year anually to meet our mission of providing programs to kids and families. Join us this year in February, March, and April and **DONATE NOW!**



SILVER CLUB AGE: 50+

MONTHLY ACTIVITIES

PRICE: VARIES

This program is specially designed for our 50's+ members. Weekly events, get-togethers, field trips, and social options. Some cost applies to specific events/trips. Check our monthly calendar for more information.

Sponsored by Visiting Angels

Teen Programs

It is a great time to be a teenager at your local Copper Basin Family YMCA! We NOW offer Teen Nights! Teen Nights include activities like Lock-Ins, Hikes, Hip Hop Night, and Late Night Pool Parties. We currently offer Teen Night once a week that is included with your membership or at a reduced fee! It doesn't stop there it also includes access to our Teen Leadership Club, that counts as your volunteer hours required for school! Teen Leadership is a fun way to earn your volunteer hours while learning skills in leadership. The Copper Basin Family YMCA offers a "Teen

Membership", Parents/Guardians will need to be present at time of sign up. No joining fee or contracts.

Contact Melissa Hallinan 602-212-5108 mhallinan@vosymca.org or visit the Welcome Center with any questions or comments.

Details:

-Teen Membership

\$17/mo. or \$25/mo. Valley Wide membership Teens age 12–17, w/some





ACTIVITIES

ITTY BITTY SOCCER

AGE: 3-5 YEARS

DAYS: SATURDAY @ 11:30AM

PRICE: \$45FM/\$55PM

Lead players through drills and games that build skills, develop coordination, and enhance a love of the game. We ensure that everyone participates and we emphasize the development of the YMCA's core values: caring, honesty, respect, and responsibility. Registration deadline January 16th. Meet the coach on January 16th! Session 1 runs January 23rd-March 12th. Second session runsMarch 19th-May 14th.

MARTIAL ARTS AGE: 4 AND UP

PRICE: \$35FM/\$70PM

Learn a complete Martial Arts program taught by 4 time Hall of Fame member and Certified 4th degree Master Black Belt, George Shannon Wilhelm. Learn more than fighting, Learn a new lifestyle. Learn to develop your mind, spirit and skills in self-defense and discipline. 4 week sessions with classes offered weekly.

YOUTH HIP-HOP DANCE COMPANY FOR BOYS & GIRLS

AGE: 3-13 YEARS DAYS: WED, 12:00-12:45PM PRICE: \$48FM/\$70PM 4:30-5:30 PM

Toddlers to teens will be active and fit while learning hip-hop dance moves and choreography. A performance will be held at the end of each 8 week session. Price includes performance t-shirt.

CHEERLEADING

DAYS: MONDAY, 4:30-5:30PM PRICE: \$48FM/\$70PM Autumn Lord joins our YMCA AGE: 5-12 Years team with over 15 years experience teaching and working with youth including teaching cheer and dance. Participants will build confidence and experience spirit, energy, fitness and fun learning cheer and POM routines with dance choreography. Performance opportunity in the community at the end of each 8 week session! Performance t-shirt included in price.

RECESS FIT

AGE: 5-11 YEARS **DAYS: THURSDAY, 4:30-5:15PM** PRICE: FREE WITH FAMILY MEMBERSHIP Youth 5 and older participate in this instructor led fitness class. Youth will dance, move, and play their way to fitness and have a lot of fun!!

YOUTH START CIRCUIT CLASS DAYS: TUESDAY, 4:30-5:15PM PRICE: FREE WITH FAMILY MEMBERSHIP

Youth 7 and older will participate in this instructor led class utilizing the circuit equipment. They will receive a full body, low impact weight resistance training rotating from station to station.

MIGHTY KIDS

DAYS:TUES & THURS, 9:15-9:45AM PRICE: FREE WITH FAMILY MEMBERSHIP AGE: 1-5 YEARS

This class is designed for our youngest YMCA members. Children participate with a caregiver as they move and stretch and play to the music.



SILVER SNEAKERS CLASSIC

Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated and/or standing support.

SILVER SNEAKERS YOGA

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

SILVER SNEAKERS CIRCUIT

This Class is designed for active older adults who can stand the entire class which runs 50 minutes. Class purpose is to increase strength, range of movement, balance, and coordination and to improve participants' functional capacities, physical fitness level, and sense of well being.

CHILDCARE

Traditional Full Day Camp Ages 5yrs to 11yrs

Our most popular licensed camps, packed with field trips, themed activities, craft, games and so much more – all under the watchful eyes of fully trained staff. *Licensed Program Meeting DHS Standards, **DES accepted. YMCA scholarships available to qualified families.

COPPER BASIN FAMILY YMCA SPRING CAMP

DAYS: March 14th-25th, 2016

TIME: 7AM-7PM

PRICE: FULL TIME: \$125FM/\$150PM

\$35/DAY Drop in fee

COPPER BASIN FAMILY YMCA SUMMER CAMP

DAYS: May 31st-July 25th, 2016

TIME: 7AM-7PM

PRICE: FULL TIME: \$125FM/\$150PM

\$35/DAY Drop in fee

AMAZING KIDS / CLUB 5-11

FREE CHILDCARE WITH FAMILY MEMBERSHIP WHILE YOU ENJOY ALL THE Y HAS TO OFFER!

The Amazing Kids/Child Watch & Club 5-11 are free programs where the Y provides a safe environment and takes care of your children while you work out in the facility. From 3 months old and up we have fun activities for your children. We have designed Amazing Kids/Child Watch Center and Club 5-11 to keep your children engaged with age-appropriate, educational, and fun activities.



AMAZING KIDS MON-THURS 8AM-1PM, 3PM-8PM FRIDAY 8AM-1PM, 3PM-7PM SATURDAY 9AM-1PM, CLOSED SUNDAY



CLUB 5-11 MON thru THURS 4PM-7:30PM Friday, Saturday and Sunday CLOSED

PRESCHOOL

MONDAY-FRIDAY 8AM-12PM (EXCEPT MAJOR HOLIDAYS)

Our Preschool Child Care programs provide excellent care for children, in a nurturing environment. The cirriculum at our early childhood learning centers are designed to offer enrichment child care, catering to families that value education beyond traditional child care. We provide an engaging environment for your child to explore activities in literacy, mathematics, science, social studies, arts, technology, healthy habits, and social, moral & spiritual development. Licensed through AZ DHS. For location information visit www.valleyymca.org and click on Childcare.

AFTER SCHOOL MONDAY-FRIDAY, DISSMISAL-7PM (FOLLOWING FLORENCE UNIFIED SCHOOL SCHEDULE)

The Copper Basin YMCA's After–School program offers quality care for elementary age children, in a safe, secure environment. We offer a curriculum that appeals to kids and at the same time teach confidence, encourage self–expression, and enriche social development all under the watchful eyes of trained and caring staff. Activities include: homework help, healthy lifestyle, arts & crafts, science experiments, snacks and fitness. Our sites are fully state licensed through AZ DHS and accept DES. YMCA scholarships available to qualified families.



CAMPS & MORE

Vendor Options

You have the opportunity to be a YMCA Featured Vendor! Once a month we host events open to the community, and invite vendors to partner with us, and help show support to their community and local YMCA. These events are free to the community and it gives expression to our mission, because we are not just a gym; the Y is SO MUCH MORE! Please contact Angela Noel for details at 602-212-5104 or anoel@vosymca.org.

Smart Start Appointments

The Smart Start Healthy Living Program, only available at the YMCA, uses the latest exercise-motivation tools, and Group Fitness classes designed to keep you motivated! If you have started a program before, but just could not stick with it, stop beating yourself up... you are not alone. Our Smart Start Healthy Living program will keep you on course and get results. Come on... live healthy, feel better and look great! Schedule an appointment today!

Member Attendant Appointments

Our Member Attendants are here for you! Need to know how a machine works? Or what specific muscle curtain machines target? Look no further! The YMCA knows that the first day in any new fitness center can be daunting: where do I start, how do some of these machines work, and what machines should you use depending on your fitness needs and abilities? Our Member Attendants are here to help you reach your fitness goals. Schedule an appointment.



FAMILY CAMP YMCA AT CHAUNCEY RANCH

Family Camps are designed for families of all types. From single parent families, grandparents & grandkids, 2 parent families with kids & friends, first timers, old timers & multi generational families. There are several optional activities for the whole family or individuals 9 and up.

WINTER CAMP BOYS & GIRLS AGES 8-16 AT SKY-Y

Campers will make new friends and have a ton of fun at YMCA Winter Camp. Activities include: Climbing tower, Paintball, Crafts, Archery, Giant Swing & Ropes course, Campfires, Crazy Songs & Skits, and a New Years Eve Dance. This camp normally has an attendance of 100 campers, so don't delay we fill up fast! Register now at http://azycamps.org Click on Registration.

PARENT'S NIGHT OUT – Every fourth Friday of the month From 6:00pm-9:30 pm

Member: \$10/first child & \$5/ additional child Non Member: \$15/first child & \$10/additional child Enjoy a night out knowing that your child is having fun at the YMCA. Your children will participate in an exciting evening filled with fun, friends, crafts, games, and snacks! Our experienced and caring Child Care staff provides entertainment for your child in a safe and well-supervised environment.

FITNESS

ZUMBA

Beginners don't be afraid to try this fusion of Latin and international dance. Zumba is a dynamic, fun and effective cardio workout that's fun for all ages!

HIP-HOP

Amazing way to burn calories while having a great time dancing!

JUMP START

"Get a Jump" on that path to a healthier, more fit you! Our Jump Start Circuit Program is the perfect place to begin a realistic workout regimen. Class meets in a group setting, using our unique circuit equipment. Participants move from station to station for a full body workout. FAMILY FUEL nutrition information is also integrated into our Jump Start classes.

TOTAL BODY

This class combines high energy circuit training with total body strength training. It will wake you up and work every muscle- including your heart

INDOOR CYCLE

A class on a stationary bike with intervals of cardio, endurance and strength training. Low impact-high calorie burning workout set to fun motivating music! Choose: Indoor Cycle for 45 min interval workout or 30 Ride which is a shorter duration/higher intensity cycle option.

GROUP CENTERGY

Group Centergy incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core. Emotive music drives the experience as you breath and sweat through this full body fitness journey.

GROUP ACTIVE

Get Active and get more out of life! Group Active gives you all the fitness training you need: cardio, strength, balance and flexibility—in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate your Life with Group Active!

GROUP CORE

Let's get HARD CORE! Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your everyday life- activity performance, prevent back pain and give you sculpted abs! Motivating instructors and music will coach you through functional and integrated exercises using your bodyweight, a weight plate, a towel and a platform - all to challenge you like never before. Reach your peak with Group Core.

GROUP POWER

Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power® combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. Power Up!

GROUP FIGHT

Group Fight is a gripping hour that burns a ton of calories and builds total body strength! Tap into the hottest mixed martial arts movements at a rapid fire pace to smash your cardio fitness. From the boxing ring to the fighting cage, Group Fight combines cutting edge moves with thrilling music—This electric experience is addictive!

BARRE FITNESS

Utilizing the ballet barre to perform small isometric movements set to fantastic music, Barre is a total body workout that, lifts your seat, tones your thighs, abs and arms and burns fat in record breaking time!











PRIVATE SWIM LESSONS AGE: 3YEARS-ADULT

PRICE: CALL ERIN GUERENA FOR PRICING

PRICE: CALL ERIN GUERENA FOR PRICING

PRICE: \$25FM/\$35PM FOR 4 LESSONS

Private swim lessons are for all ages and abilities. Private lessons are scheduled around your availability and needs. Once you learn to swim, you'll never feel unsafe around water!

SEMI PRIVATE SWIM LESSONS

AGE: 3YEARS-ADULT

Semi-Private swim lessons are for all ages and abilities. Semi-Private lessons have one instructor to two or more participants working towards the same goals. (Swimmers are not matched through the YMCA.)

GROUP SWIM LESSONS AGE: 6MONTHS & UP

AGE: 6MONTHS & UP

Children ages 6 mo-3 years old participate with their parents in a fun and safe environment that introduces infants and toddlers to the water and teaches parents safety techniques. Our lessons for 3-5 year olds teach water adjustment and beginner water safety skills while teaching the fundamentals of swimming. Our lessons for 6-12 year olds teach lifesaving skills and stroke development, preparing children for lifelong enjoyment of swimming and water safety.

SWIM TEAM AGE: 5-18YEARS

STARTS: MONTHLY PRICE:\$30FM/\$50PM JAN & FEB due monthly \$40FM/\$60PM MAR-JUL due monthly

Swim team teaches the life lessons of sport and sportsmanship while motivating participants to strive for self improvement. Our swim team participates in the Central Arizona Swim League as well as the Valley of the Sun YMCA Swim Meets.

WATER FITNESS AGE: 12 AND UP

DAYS: MON, WED, & FRI @ 9:00AM
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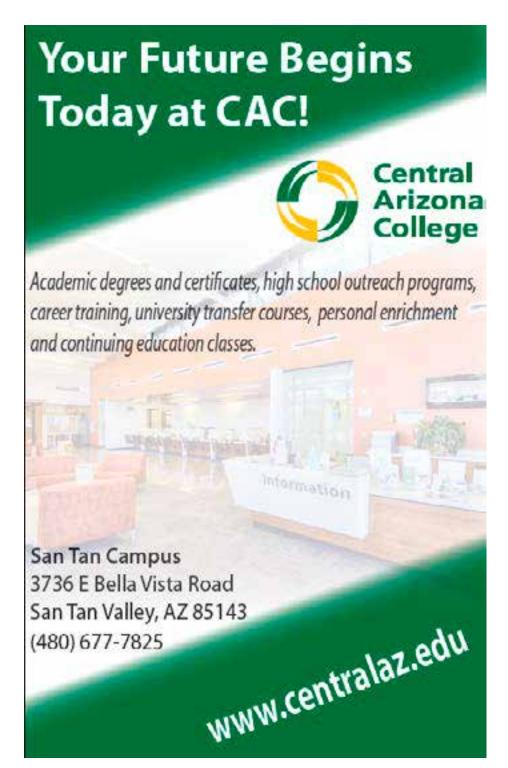
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4 Corners of Sports winter sports in full swing

QUEEN CREEK

Boys' Basketball – For the second time this season the Bulldogs have won three-straight games after defeating Alhambra, Williams Field, and Mesquite last week. Now at the .500 mark (9 – 9), their best so far this season, the Bulldogs had a chance earlier this week, against Westwood, to extend their winning streak to a season-best four games.

Senior Malik Cobbins scored a game-high 14 points and grabbed seven rebounds in last Monday's 52 – 32 victory at Alhambra. Zane Whiting, a senior, contributed with eight points and seven rebounds while junior Kade Parks added seven points and a teamhigh nine rebounds. Connor Morris, another junior, finished with nine points after shooting 3-for-5 from the three-point arc.

After Tuesday's game at Westwood the Bulldogs return home to take on rival and top-ranked Higley. Tipoff is scheduled for 7 p.m.

Girls' Basketball – The Lady Bulldogs dropped games to rival Williams Field and No. 11-ranked Maricopa last week.

Jayden Kartchner once again led Queen Creek in its 61-37 loss to Williams Field last Wednesday, scoring a team-high 14 points and pulling down a team-high eight rebounds. She also recorded four steals. Sophomore Torri Gillespie added eight points in defeat.

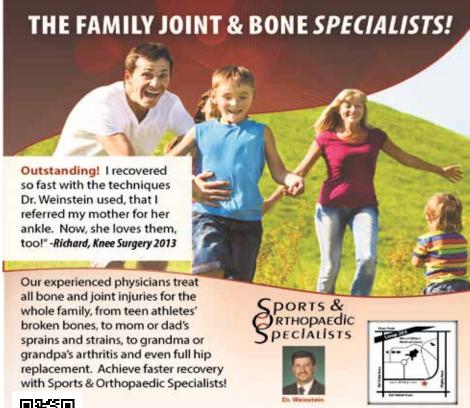
Upcoming schedule: Jan. 19 vs. Westwood, Jan. 22 at Skyline, and Jan. 26 vs. McClintock. All games are scheduled for 7 p.m.

SAN TAN FOOTHILLS

Boys' Basketball – The Sabercats lost both games last week – to Benjamin Franklin and Miami – and now have lost six games ina-row. Their last win came against Odyssey Institute on Dec. 15, 62 - 41.

The issues the Cats are currently dealing with have been well documented, but the youngsters playing at the varsity level – many for the first time – have no choice but to go out and put out their best effort while gaining valuable experience that will pay dividends down the road.

Upcoming schedule: Jan. 19 at Ray, Continued on page 17





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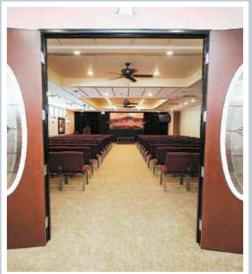
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Students, faculty digging new behavioral program





DIGIT

Florence High School Principal Thad Gates

By Andrew Luberda Southeast Valley Ledger

Gophers are well-equipped to support their tunneling lifestyle. That fact and a popular catchphrase helped Florence High School administrators create an acronym for the school's new national research-based behavior program.

D.I.G.I.T. is Florence's new schoolwide student behavioral and expectations framework outlined by Positive Behavioral Intervention and Supports.

D.I.G.I.T, funded through a grant in conjunction with the state, defines what staff and faculty want students to do and focuses on the most important behavioral expectations across members.

"What do we want our students to be able to demonstrate on campus on a daily basis," Florence Principal Thad Gates said was the question answered by the DIG IT team. "We came up with the acronym D.I.G.I.T. "Can you Dig It" has always been a big thing on our campus."

The acronym is described as follows: Diversity.

Integrity, Green, Independent, and Tradition.

"A well-rounded good Florence High School student can demonstrate on a daily basis here," Gates said. "If a student is taking care of these things on campus, then you're doing what we're asking you to do and you're going to be successful; behaviorally as well as academically, athletically and other activities."

Committee members identify the Independent part as perhaps the most important because they want students to be more responsible for their learning. For example, checking email is a big part of displaying independence and is something students are not typically the habit of doing, especially when it concerns school or academics.

Email is the most likely way students can learn about scholarships and awards they are eligible for in addition to homework assignments or upcoming school events.

Students who demonstrate on of the five behaviors they are awarded Dig It tickets. Faculty members or any other school employee on campus can issue the tickets to students, who then turn in tickets at front office for a chance to win prizes at monthly-to-quarterly drawings.

Prizes include, \$25 gift cards, free parking for students in staff parking lot, 15 minutes extra lunch time with a friend, or free admission for student and a friend with a \$5 concession credit at a sporting event.

Faculty members can issue Dig It tickets to each other as well. Prizes include gift cards and classroom coverage, when needed.

According to Gates, the next evolution includes students issuing tickets to faculty.

D.I.G.I.T. is also designed to teach faculty members how to address student behaviors in a positive and respectful manner without simply sending them out of class.

"Kids learn when they're in class," Gates said.
"When they are out of class and in trouble, or they're being disruptive in class, that's when it's difficult for learning to take place."

Faculty members can issue a Minor Incident Report (MIR) to formalize any behavior issues. A third MIR results in an office referral, which requires students to meet with school administrators to resolve the recurring behavioral concerns.

Ditching, tardiness, missing re-teach, and academic dishonesty top the list of most the most repetitive issues. There are very few incidents of aggression: fights and that sort of thing.

The program has produced positive results so far. The submission of D.I.G.I.T. tickets and MIR's allows the school to track all types of data that can be used to further assist students who require further intervention and support.

As might be expected, student referrals decrease as students advance through school and become more mature.

According to Gates, there has been a 44 percent decrease in office referrals this year compared to the same time period last year. Additionally, less than one percent of Florence's 800-plus students has accumulated a concerning number of referrals that requires that Gates calls, "the next level of intervention."

He attributes much of those results to D.I.G.I.T. "The program is working for a lot of kids," Gates said. "But there are some we are working on other solutions for."

Some Florence students just need to keep on digging.

Continued from page 15

Jan. 22 at Duncan, and Jan. 26 vs. San Carlos. All games are scheduled for 7 p.m.

Girls' Basketball - The Lady Sabercats picked up their first sectional win last Thursday after defeating Gilbert Classical Academy, 39 – 21. The victory also ended a seasonworst eight-game losing streak.

Upcoming schedule: Jan. 19 vs. Ray (4 p.m.), Jan. 22 at Duncan (5:30 p.m.), and Jan. 25 vs. Santa Cruz Valley (7 p.m.).

POSTON BUTTE

Girls'Basketball – The Lady Broncos suffered consecutive losses last week at Desert Ridge and home against secondranked Valley Christian.

With only seven games remaining in the regular season, Poston Butte will need to get hot to reach the playoffs.

Upcoming schedule: Jan. 19 vs. Payson, Jan. 21 at Tempe, and Jan. 26 vs. Show Low. All games are scheduled for 7 p.m.

COMBS

Boys' Basketball - Losses to second-ranked Estrella Foothills and top-ranked Scottsdale Christian sandwiched the Coyotes' 84 - 32 win against Veritas Prep last week.

The Yotes, whose opportunity to make a third-straight playoff appearance is dwindling, has little room for error in their final six games of the season. Last Wednesday's victory provided a glimpse of what Yotes are capable of and they'll need to show it down the stretch.

Senior Andrew Craven recorded a double-double - 17 points, 10 rebounds - and was one of four Coyotes to score in double figures against the winless Falcons. In addition to his double-double, Craven finished with four assists, three steals, and a block. He was named Player of the Game for his efforts

Justice Davis (16), Clayten McCarthy (12), and Skylar Johnson (19) were the other Yotes to reach double-digit

Johnson, a junior, also posted a double-double, pulling down a game-high 13 rebounds to go along with his gamehigh 19 points. He also had three assists and three steals in

Junior guard Josh Allen led the Coyotes with seven assists. Upcoming schedule: Jan. 19 vs. Valley Christian, Jan. 22 at Poston Butte, and Jan 26 at Payson. All games are scheduled

Girls' Basketball - After a one-point overtime loss to Division III Estrella Foothills last Tuesday, the 10th-ranked Lady Coyotes rebounded with a lopsided 38 – 22 victory at Benjamin Franklin last Friday.

Landry Armstrong (11), Cydnee Colpaert (17), and Ilaria Vesely (10) all scored in double figures in the loss to Estrella Foothills, which is ranked No. 15 in Division III.

Vesely recorded a double-double after grabbing a team-high 10 rebounds to go with her 10 points.

The Lady Yotes had 16 steals in the game, led by Colpaert's

Three of Lady Yotes' final seven games are against teams that would currently make the state playoffs. The first of those three games is versus Gilbert Christian on Wednesday. The Knights are No. 3 in the most recent AIA rankings.

Upcoming schedule: Jan. 20 vs. Gilbert Christian, Jan. 22 at Globe, and Jan. 26 at Payson (6 p.m.). All games are scheduled for 7 p.m. unless otherwise noted.

4 Corners Slow start for Poston Butte

By Andrew Luberda

Southeast Valley Ledger

A lethargic start in last Wednesday's game against top-ranked Scottsdale Christian Academy (SCA) came back to haunt Poston Butte in a game that wasn't decided until Josh Zaker's desperate three-point shot missed at the buzzer.

"We definitely came out flat," Broncos' head coach Noel Nafziger said after the game. "You always ask how different it could have been had we come out a little better but we didn't. We just have to understand that in these types of games we have to come out with fire and urgency so we have the best chance to compete."

The 55 - 52 loss was the Broncos second-straight against a No. 1 team - they lost to Division II Higley last Monday - and their second in three games by three points or less.

After falling behind by as many as 10 points midway through the first half, senior guard Preston Anderson scored 12 of the Broncos' 14 points in the second quarter to pull them with two points at halftime, 26 – 24. Anderson finished with a team-high 17 points.

The Broncos scored the first four points of the third quarter, taking a 28 - 26 lead after Qujuan Steward's steal and bucket. They led by as many four points in the third before SCA made a comeback of its own to take a five-point lead, 39 - 34. Zach Merrill's three-pointer at the buzzer left the Broncos' trailing only by two entering the final quarter, 39 - 37.

Since trailing 22 - 12 early in the second quarter, the Broncos outscored SCA 25 - 17 by the end of the third quarter, displaying the urgency Nafziger had been demanded from the sidelines all

For unexplainable reasons, the Broncos lacked intensity at the start of the fourth quarter and trailed 50 - 42 with less than a minute remaining in the game as a result.

"I'm not sure why we couldn't sustain the urgency," Nafziger said.

"SCA likes to play a deliberate pace and doesn't ever force the issue offensively or defensively, so we were allowed to be comfortable."

The Broncos had one final run left in them, scoring five-straight points in less than 20 seconds to cut the Eagles' lead to 50 - 47 with just more than 40 seconds left. SCA's missed free throws and Nafziger's wise use of timeouts allowed the Broncos to close within one point with only 5.5 seconds left, 53 - 52.

SCA called a timeout after making two free throws with 1.3 seconds left in the game, allowing Nafziger a chance to design a play for the final shot.

Despite Zaker's best effort, the shot never had a chance to go in, largely due to difficulty getting the ball inbounded.

Afterwards, Nafziger took the blame for a poorly designed final play, acknowledging he should have had someone other than 5-foot-9 point guard Kevin Johnson inbound the ball.

"I had our smallest guy take it out of bounds with a big defender on him, so I didn't put him in a good position to make the pass,' Nafziger said. "In hindsight, I should have had (6-foot-8) Tyson [Berringer] take it out so he could see over that (taller) defender and it would have been an easier pass for him. So I need to do a better job in the last play situation."

The Broncos' executed the final minute to perfection, the last play notwithstanding, and it wasn't unnoticed by their head coach.

"The last minute we did what we had to do," Nafziger said. "We got some easy shots and they missed some free throws, which gave us a chance. I was happy with how we fought back. We had a chance to tie it and I just wish we would have gotten a little better

Berringer, a junior, recorded another double-double – 15 points, 10 rebounds - in defeat. Johnson dished out a team-high five as-

Upcoming schedule: Jan. 19 at Payson, Jan. 22 vs. Combs, and Jan. 26 at Show Low. All games are scheduled for 7 p.m.





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The Bubbly Hostess

Visits Prescott Winery

By Heather Sneed

The Bubbly Hostess

This column takes us out of the East Valley and up to Prescott, about 2 ½ hours north of our part of town. I was fortunate enough to be in town when Prescott Winery opened in September of 2015. This is Prescott's first wine tasting room and I fell in love with it!

With a quaint, boutique feel, the entire staff makes you feel welcome and at home. During the warmer months, Prescott Winery offers a pet friendly patio as well! This is a must if you have ever visited Prescott – residents take their dogs everywhere!

Along with either wines by the flight, glass, or bottle, you can enjoy a light snack as they offer small and larger cheese trays complete

with nuts, crackers, dried fruit, and of course a nice variety of cheeses. During the weekend following Thanksgiving.

During the weekend following Thanksgiving, we visited Prescott again and spent Saturday in town exploring the shops, walking around, and getting ready for the town's Annual Holiday Light Parade which takes place at night. That was the perfect day for us to make another trip to Prescott Winery. Upon arrival, we once again enjoyed friendly service, delicious wine, and tasty snacks.

My personal favorite is Alias – this is a full bodied Arizona Red Blend that doesn't disappoint. Prescott Winery is also offering classes periodically such as wine pairing and is actively involved in the events that happen around Downtown Prescott.

Prescott Winery is located at 216 North Alarcon Street and offers tasting room hours on the weekend. You can learn more about their winery and specific hours of operation by visiting their website at prescottwinery. com. If you do stop by, I hope you'll tell them The Bubbly Hostess sent you! You can also visit my blog for a few more images from my visits.

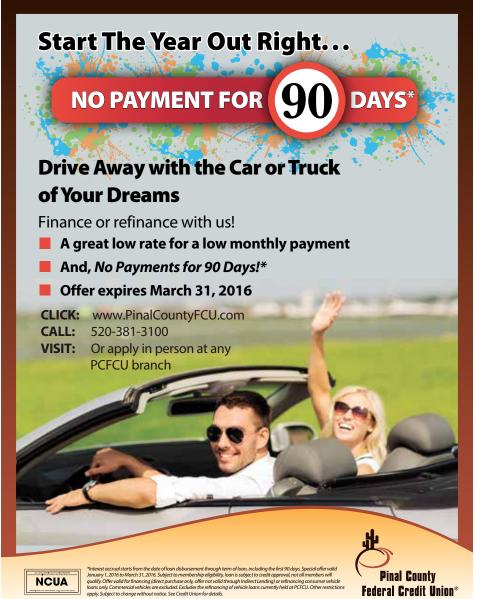
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