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Andrew Luberdal | Ledger

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Published each Wednesday by Copper Area News Publishers. Mailing address is Southeast Valley Ledger, c/o Copper Area News Publishers, PO Box 579, Kearny, AZ 85137.

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The Ledger is distributed via stands and mailed free to subscribers. Subscriptions are free to those with a Queen Creek or San Tan Valley address.

"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

# Lean Into It – But Don't Stay There!

**M**y wise Vietnam vet mentor kept telling me that it is OK to have emotions, to be human, to fume when I was angry, or to cry when I was sad, or to laugh when I was happy. "Lean into it," he used to say. He believed that experiencing the feelings was healthy and that it helped to keep the emotional equilibrium.

Karol Kuhn Truman believes the same thing in her book "Feeling Buried Alive Never Die." She claims that we only have two basic feelings: love and fear. Every other feeling is a derivative of these two. The "negative feelings" are especially the ones Kuhn says we should not bury: anger, hate, guilt, resentment, rejection/abandonment, need for approval and overwhelmed burden.

When I got divorced, I felt awful about myself. For years I felt that somehow I should have and could have done something different so that the marriage would have been saved. I blamed myself.



## GET AWESOME-ATED!

By Dr. Irene Lebedies  
Confidence Point Coaching

I made myself a martyr. The thoughts and feelings I had about myself went round and round in my head and I was never the wiser for it. Instead of leaning into these feelings, feeling them fully and then letting

Continued on page 4

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Resolution Copper will be hosting bi-weekly tours on Fridays from 9 a.m. to noon in Superior, Arizona.

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## IT'S THE WEEKEND

### AUGUST



### 22 Fourth Annual Prickly Pear Festival

The Superior Chamber of Commerce is planning its fourth annual Prickly Pear Festival for Saturday, Aug. 22, 2015 in the mining community of Superior. A fun filled day awaits those attending with desert hikes on the mountainside at dawn; a pancake breakfast with prickly pear syrup; vendors selling prickly pear food and wares at the old high school; the Cactus Lounge with art and entertainment and prickly pear beer, wine and margaritas; talks and demonstrations on how to use the ubiquitous prickly pear; lunchtime menus in the local restaurants featuring the fruit or the pad; food trucks with more delicacies; topped off by an evening Edible Desert Dinner and entertainment. Admission is free. Tickets for the dinner and entertainment are \$25 and are being sold by the Chamber of Commerce 520-689-0200. For more information please visit [bit.ly/1JIPoJv](http://bit.ly/1JIPoJv).



### 22 Butterfly Walk at the Arboretum

Adriane Grimaldi is the education director at Butterfly Wonderland in Scottsdale - and Saturday Aug. 22 she's the Arboretum's special guest tour guide leading a walk to see butterflies ranging from Empress Leilia to Queen, Spring Azure and more. This relaxed and slow-moving walk that explores the BTA's Hummingbird-Butterfly Garden, Demonstration Garden and Children's Garden collections. Tour start time is 8:30 a.m. For more information, go online to <http://bit.ly/1eNDENj>.

### SEPTEMBER

### 7 Labor Day Grill at the Mill With Music & Food

Join the Queen Creek Olive Mill for its Annual Labor Day Grill at the Mill. The Pit will be serving up grilled gourmet goodies featuring Chicago Style Hot Dogs along with regular Pit menu items. Music by blues band sensation the Rocket 88's. Enjoy the park like atmosphere out in the grove under the olive trees while sitting back and enjoying the music, great food, beer and wine too! Lawn chairs are welcomed. For more information please visit: [bit.ly/1SB8N5S](http://bit.ly/1SB8N5S).



### 19-20 Annual Garlic Festival

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# Free family court clinic to be held at CAC-San Tan Campus

FLORENCE - The Family Services of Conciliation Court will be hosting a free workshop for those who are looking for information regarding issues related to divorce and separation.

The free Family Court Clinic will be held on Thursday, August 20 at Central Arizona College's San Tan Valley Campus, located at 3736 E. Bella Vista Rd., 6-7:30 p.m.

Conciliation Court Director Billie Jo Garcia said that the workshop will be held in a group format, taught by an attorney and counselor with participants being able to pose questions to the presenters.

"Our presenters will not be able to offer any legal advice regarding personal cases of the participants," Garcia said.

The topics that will be covered in the 90 minute session include:

- Court procedures, time to get a divorce
- Legal issues related to family cases
- Court forms
- Court fees
- Behavior in the courtroom
- Alternatives to divorce
- Counseling resources

- Services Conciliation Court provides
- Ways of separating/divorcing well
- Protecting kids from the harmful effects
- Communication skills

Garcia added that they would appreciate if people would RSVP for this workshop at (520) 866-7349 or email: mediator-pinal@courts.az.gov.

## LEAN INTO IT

Continued from page 3

them go, I allowed them to fester and make me crazy.

Here is the human fear factor: how about if we feel these emotions fully, we will become crazy and we will never recover, never become "normal" again? Actually, it works exactly the opposite way. If we don't lean into them and feel them, we cannot let them go. We just ponder and think and go in circles, and usually it gets worse. When we DO FEEL them, allow ourselves to be human, we CAN let go and move on.

Nor should we bury our "positive" feelings: joy, love, acceptance, gratitude, excitement, surprise. When we are aware of them and feel them, we have a possibility to dream, bond, create, change, and take ownership of our life. I know that in my life, I have been afraid to be totally happy, totally committed, totally excited. There has been a barrier that says, "Don't get overly emotional about that.

It will make you look foolish. It is not real. Nobody's life is that great."

How about letting them go? It seems that letting go of "positive" feelings is contraindicative. But - it works the same way: if we lean into them, we MUST let them go afterwards. Otherwise, we learn to TRUST these feelings and do not see/face reality (the Pollyanna Syndrome).

The truth about feelings is this: they are fickle, totally unreliable. We cannot make them our anchors. So feeling them allows for emotions to be there - because we are programmed/created to have them - and then for letting them go. My mentor was right: whether our emotions are "positive" or "negative" it is wise for us to lean into them, but not to stay there.

Irene Lebedies, PhD, is a Performance Coach for Women in Transition. Contact her for a free consultation at 480-440-3242.

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# Teams Prepare for Season Openers

## COMBS

**Football** – The Yotes are the only area school that does not open its season on Friday. However, they will host Globe in a scrimmage on Thursday before beginning final preparations for their season opener on August 28 at Estrella Foothills. The Wolves are one of seven playoff teams from a year ago the Coyotes will face this season.

**REMINDER:** The Combs's Football Booster Club is organizing the first annual Golf Tournament and Fundraiser Dinner with proceeds benefitting the Coyotes' football program. The event will take place at Encanterra Country Club on September 5, 2015.

Golf check-in starts at 11 a.m. with tee-off scheduled for 1 p.m.

The cost for the event is \$120 per person, which includes entry into all events, 18 holes of golf with a cart, lunch, dinner, and various awards.

An awards presentation and dinner will take place immediately after golf at Mallocra @ Encanterra Country Club.

Dinner is scheduled for 5:30 p.m.



## FOUR CORNERS OF SPORTS

By Andrew Luberda  
Southeast Valley Ledger

Dinner-only packages starting at \$20 are available for those not interested in the golf tournament.

There will be raffles and a silent auction at the event as well as guest speakers to address those in attendance, including head coach Jesse Hart.

For more information visit the Coyotes' football website at [www.combscoyotesfootball.com](http://www.combscoyotesfootball.com).

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# Under the Radar: Queen Creek Bulldogs

This is the fourth and final part of a four-part series, by school, where the *Ledger* will profile football players who you may not know yet but will as the season progresses. For now, they are Under the Radar. Here is a list of Queen Creek players who are poised to have breakout seasons in 2015:

### Chase Thomas (Sr), TE/LB – 6'1" 195

Thomas appeared in 10 games in 2014 and recorded 34 tackles, including nine tackles-for-loss, and four sacks. Now in his second varsity season at Queen Creek, Thomas will fill one of the four starting linebacker positions in the Bulldogs' defense. Thomas' size and speed allows him to pursue plays across the field and he should draw the attention of opposing offenses, which will want to account for him on every play. In addition to starting on defense, Thomas could earn significant time as a tight end on offense, perhaps becoming the latest two-way starter for the Bulldogs.



### Travis Moore (Sr), WR/DB – 5'10" 165

Moore, a cornerback, is one of four returning starters in the Bulldogs' defensive backfield, likely the biggest strength of the Queen Creek defense. He started all thirteen games last season, finishing sixth on the team with 62 tackles, including three tackles-for-loss. With a year's experience under their belt, Moore and his defensive-back teammates will frustrate pass-happy offenses and provide run support for the Bulldogs' front seven, when needed. Moore also returned kicks last year, a duty he's likely to repeat this season.



### Nico Martin (Sr), OL/DL – 6'0" 225

Originally one of three returning starters along the offensive line, Martin is now the last one standing after injuries to fellow returning starters Dempsey Adams and Jake Bowser. After playing offensive tackles last season, Martin will serve as the Bulldogs' starting center in 2015, replacing Bowser, who is still recovering from an ankle injury suffered in last year's semifinal playoff game. Martin will also start at defensive end on defense this season, making him another two-way starter for the Bulldogs. Martin's athleticism and strength make him a prototypical Queen Creek offensive lineman. Those same attributes figure to make him productive on the other side of the ball this season.



### Dante Coleman (So), RB/LB – 6'0" 185

Coleman's performance as a freshman attracted the attention of Bulldogs' head coach Travis Schureman, who believes the sophomore running back can contribute in his first varsity season and ultimately become a special player at Queen Creek. That's saying something given the list of outstanding running backs to carry the ball for the Bulldogs over the past few seasons. Coleman is following in the footsteps of those other former running backs and current senior teammate Gavin Danielson by debuting at the varsity level as a sophomore. Coleman may not get as many carries as last season, but he's certain to show his potential when his number is called.



Continued on page 8

# New division, same expectations for Queen Creek

By Andrew Luberda  
Southeast Valley Ledger

Queen Creek enters the 2015 football season in a higher division with new sectional opponents and perhaps one of

the most difficult schedules in the state, regardless of division.

Sure, they'll face eight teams that reached the playoffs a year ago, but it's still business as usual for a team that won the state championship in 2012, was the state runner

up in 2013, and reached the semi-finals last season.

Don't expect the leap in divisions, a new section, or a challenging schedule to lessen expectations for the Bulldogs.

"At Queen Creek we have high expectations about being successful every season," head coach Travis Schureman told the *Ledger*. "That will continue to be the same expectation we have this year. We expect to make the playoffs and we'll do everything we can to make that happen."

When the AIA initially announced its projected division realignment earlier this year the Bulldogs had ascended from Division III all the way up to Division I for football. After some reconsideration they eventually landed in Division II, a member

of the newly reformed Section III that includes Ironwood Ridge, Canyon del Oro, Marana Mountain View, and crosstown-rival Poston Butte.

Four of the five teams in the new section reached the playoffs a year ago with Marana Mountain View the lone exception. Although, the Tigers may have qualified if not for some player-eligibility issues early last season.

They also have non-section games versus Hamilton and Williams Field – the respective 2014 state runners up in Divisions I and III – in addition to Higley and Westview, two more playoff teams from a year ago.

"We'll talk a lot this year about taking one

Continued on page 8



Quarterback Kaleb Honea calls out signals versus Brophy Prep during Wednesday's scrimmage.  
Andrew Luberda | Ledger

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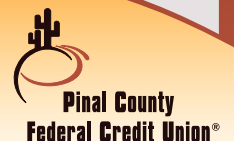
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# QUEEN CREEK FOOTBALL

Continued from page 7

game at time,” Schureman said. “With our schedule we really have to take it one game at a time. We’ll know exactly who we are come playoff time.”

The Bulldogs hosted a three-team scrimmage featuring Division I Brophy Prep – a semi-finalist playoff team last year – and defending state champion Saguaro to help prepare them for the season. Facing two of the best teams in the state provided a good precursor for the regular season.

“I liked what I saw, both offensively and defensively,” Schureman said after the scrimmage. “We were competitive and we got after it.”

“Brophy and Saguaro are two great football teams,” he added. “(They gave us) two different looks (on offense and defense) so it gave our kids some opportunities to have to adjust on the fly. That was good for us.”

Queen Creek’s depth at running back was among the highlights from last week’s scrimmage. One of the state’s

best rushing attacks could have as many as four running backs that make significant contributions this season, beginning with senior starter Gavin Danielson. Jace Koester (Jr), Dante Coleman (So), and Todd Terry (Jr) made Queen Creek coaches take notice during last week’s scrimmage.

“We have three or four guys that we’re proud of,” Schureman said. “It’ll be great for us if we can have multiple kids that we can keep fresh and rotate them in the game.”

Of course, Schureman, who coaches Queen Creek’s linemen, is quick to point out the running backs are only one-half of the equation for a successful running game.

“We like to have good running backs here, obviously,” he said. “But we think it starts up front. We hope whoever we have back there will do a good job if (the offensive line) does its job.”

Senior center Nico Martin, the lone returning starter

along the offensive line, expects his unit to get better as the season progresses.

“We just have to work on our assignments,” he said. “If the defense shifts we have to learn how to pick it up.”

Schureman acknowledged this is the first time in recent memory that he’s not been able to settle on five starters this late in the preseason. He called it a good problem to have.

“I like the depth we have and the competitiveness in the group,” he said. “We try to do the little things perfect, so we need to get better and we will continue to get better, continue to work hard, and we’ll see if we can get ready before Desert Mountain.”

On the other side of the ball, the defensive secondary figures to be an area of strength this season with return of all four starters from a year ago. Senior Cornerbacks Zach

Continued on page 9

## ATHLETE OF THE WEEK

# Kaleb McCarn

SENIOR – SAN TAN FOOTHILLS HIGH SCHOOL

SPORTS: FOOTBALL & BASEBALL



Kaleb McCarn

**Describe the range of emotions you experienced at the beginning, middle, and finally, the end of the football coaching transition?**

I’ve had mixed emotions throughout the coaching change. Mostly I just tried to stay optimistic about the whole thing. It’s my senior season so I tried to stay as positive as possible.

**What have you seen from Coach Sanders so far that has you and the team optimistic about this season?**

Coach Sanders doesn’t like to lose. He tells us every single day. He knows how to win. He’s a very confident individual and he makes us all want to win even more.

**What are your plans after graduation?**

After graduation I would, of course, like to go to a university to play football or baseball. If that doesn’t work out I would go to a junior/community college, until

I can transfer to a university. (I want to) major in forestry/law enforcement.

**Finish this sentence: “My greatest athletic memory at STFHS is...”**

My first game on varsity as a freshman. It was very intimidating. But I was up for the challenge. And in the end, with now 25+ varsity starts going into my senior season, I feel like I have plenty of experience.

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

*When the Game Stands Tall.* It shows that anybody can lose no matter how good. And anyone can win if you have the heart and drive to do so.

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

I’d like to meet Peyton Manning. Just to ask him his experiences of his career and how he is so knowledgeable about the game of football.



The Bulldogs' defense preps for start of last week's scrimmage.

Andrew Luberda | Ledger

## QC RADAR

Continued from page 6

**Jordan Ackert (Sr), TE/LB – 6’1” 220**

Ackert played on both sides of the ball last season with his biggest contribution coming as a reliable pass-receiving option in the Bulldogs’ power-rushing offense. A strong showing at the 2014 summer-ending passing-league tournament earned the then-junior playing time in his first varsity season, where he finished with 14 receptions for 146 yards and 2 touchdowns on offense. In limited action on defense, he contributed two sacks and an interception.

Ackert has only recently been cleared to return to practice after suffering a knee injury during the summer passing-league season. He should be ready to go when the season kicks off later this week and will make his biggest contribution on offense, where he’ll be a favorite target of the Bulldogs’ quarterbacks.





## QUEEN CREEK FOOTBALL

Continued from page 8

Glaess and Travis Moore along with safeties Kaleb Honea (Sr) and Gavin Danielson provide experience and leadership at key positions.

Only one question remains entering Friday's opener: Who is the starting the quarterback?

It'll be either Kaleb Honea or Tyler Bloom (Sr). How's that for a non-definitive answer?

"I thought both of them did a great job," Schureman said after last week's scrimmage. "They made crisp decisions and had the ball out quick."

Schureman, who said a decision would be made after the coaching staff reviewed film last weekend, likely knows the starter

by now. Although he suggested he won't announce it publicly, instead forcing us to wait until Friday's opener to see who lines up under center.

Whoever is named starter, he will have a stable of receivers that includes Bailey Delozier (Sr), Armon McGuire (Jr), and Zane Whiting (Sr) to throw to.

Even though some will remain skeptical, the Bulldogs have the pieces in place to make their passing game an even bigger threat this season compared to seasons past.

"We're excited to get to play (on Friday)," said Schureman, looking forward to the season opener. "We're excited about the 2015 season and getting ready to play Desert Mountain."

## FOUR CORNERS

Continued from page 5

### QUEEN CREEK

**Football** – The Bulldogs open the 2015 season this Friday at Desert Mountain, where former Arizona Cardinals quarterback and Super Bowl XXXIV MVP Kurt Warner serves as an assistant coach. The Bulldogs, on the other hand, have one of Warner's Super Bowl teammates and former Big Ten Conference Player of Year on their sideline in assistant coach Joe Germaine. The two award winning quarterbacks already have drawn some attention to the game (it's the AIA Game of the Week) but ultimately it's about the players on the field, not the coaches on the sidelines. And recently, the Bulldogs have been one of the state's most successful programs. Queen Creek, which finished 10 – 3 and reached the semi-finals of the state playoffs a year ago, will be looking for its eighth-straight season-opening victory. The Wolves, who have a new head coach and staff, went 1 – 9 last season. The game will be streamed online at [www.azpreps365.com](http://www.azpreps365.com) and broadcast on NBC Sports Radio AM 1060. Kickoff for Friday's game is scheduled for 7 p.m.

### POSTON BUTTE

**Football** – The Broncos start year two of the Paul Moro era this Friday at Tolleson with the legendary head coach only six victories away from becoming the all-time winningest coach in Arizona high school football history. The Broncos exceeded expectations in the eyes of some in 2014, reaching the state playoffs in Moro's first season and following a 7 – 3 regular-season record. The Broncos were

defeated in the first round of the playoffs by Cienega, which advanced as far as the semi-finals before losing. Poston Butte will be looking for its first season-opening victory since 2012 when it defeated Flagstaff, 34 – 7. Tolleson went 6 – 4 in 2014 after going 8 – 3 and reaching the playoffs in 2013. Kickoff for Friday's game is scheduled for 7 p.m.

### SAN TAN FOOTHILLS

**Football** – The John Sanders' coaching era at San Tan Foothills starts this Friday as the Sabercats host North Pointe Prep in the season opener for both teams. Sanders has inspired optimism in a group of players who were essentially abandoned at one point this summer. It's been a whirlwind for both coaches and players since Sanders' hiring in July, but the season's start is upon us and the Sabercats figure to enter the season with a chip on their shoulder. The Cats will be looking for their sixth-straight season-opening victory versus a Falcons' team that was winless (0 – 10) a year ago. The Cats finished with an 8 – 2 record in 2014 and made a second-consecutive playoff appearance. The Falcons have not had nearly the same success, going 1 – 19 over the last two seasons. Kickoff for Friday's game is scheduled for 7 p.m.

### OTHER SCHOOLS

**Football** – Here is list of other area schools that are in action this week:

- Benjamin Franklin @ Tonopah Valley, 7 p.m.

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## NON-PROFIT

**San Tan Valley Substance Abuse Coalition**

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Find us online at: [stvsac.weebly.com](http://stvsac.weebly.com)  
 Or for more information, email: [stvcoalition@santanvalley.com](mailto:stvcoalition@santanvalley.com)

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## SERVICE ORGANIZATION



**San Tan Valley Lions Club**

Meetings Are Held:

- 2nd Monday, 7 p.m.  
 Copper Basin YMCA  
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# The Bubbly Hostess Serves Tangy Shrimp Appetizer Skewers

## Tangy Shrimp Appetizer Skewers Makes 3 dozen Adapted from "Cooking in Style The Costco Way"

36 cooked medium shrimp with tails intact  
36 cherry tomatoes  
36 ripe olives, drained  
1 tablespoon prepared light Caesar salad dressing  
8 ounces fresh mozzarella cheese, cut into 36 pieces  
36 small basil leaves  
36 4-inch-long cocktail picks

In a large bowl, combine shrimp, tomatoes, olives, and dressing, tossing well. At this point, the mixture can be covered and refrigerated for up to 24 hours.

Skewer 1 shrimp, 1 tomato, 1 basil leaf, 1 piece of cheese, and 1 olive on each cocktail pick.

Arrange on a serving platter.

Serve immediately or cover and refrigerate for up to 2 hours.



**W**e recently hosted our monthly Couples Euchre game at our home and I needed an easy appetizer that I could prepare ahead. If you have read my recent posts, I've been making a lot of dishes out of my Costco cookbooks - this one was no different. I found this in my "Cooking in Style The Costco Way" cookbook and made just a few modifications before serving on game night.

I would recommend that whenever you are serving shrimp, that you either serve it on a bed of ice or in some sort of chillable serving platter - or - you only put out a few and keep the rest in the refrigerator to replenish what's being served.

I love to hear feedback! Please visit my blog at [www.thebubblyhostess.com](http://www.thebubblyhostess.com). You can also follow The



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By Heather Sneed  
Special to the Ledger

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*-Amelia's Mom*

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