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Campus security under scrutiny

PVCC committee updating emergency procedures

By Janice L. Semmel
Community Editor

Over the last few months, Mesa Community College experienced a lockdown on campus for a suspected armed man, Chandler-Gilbert Community College evacuated two buildings due to a bomb threat and ASU evacuated the Memorial Union during a fire.

In any of these situations, how would PVCC students, faculty and

staff react? Are there procedures to handle these types of emergencies on campus?

College Safety Director Scott Meek says, "The college has formed a committee to review the crisis communication plan, so this is a topic that is receiving a lot of attention both here at PVCC and at the district level."

—Continued on page 3

Student chooses success



**'I didn't
think I
was a
school
person,
only an
artist and
a singer'**

—Rebecca
Martos

Photo by Brian Hermann

Rebecca Martos achieves dreams at PVCC.

By Janice L. Semmel
Community Editor

Rebecca Martos, PVCC's latest All USA Academic team member, moves around campus like the Energizer Bunny, sporting her pink backpack, and looking like a model in a charmeuse, magenta halter top, a multi-layer, large-link golden necklace, black leggings, black ballet slippers and a wide smile. She's a woman on a mission, but she slows down long enough to chat with her many friends and with faculty members.

Martos says she decided to make a difference at PVCC, excel academically, become a mentor and leave a legacy. Martos says, "This is my year and my time."

In the spring of 2008, Martos will graduate with two associate degrees in audio production and music business. She then plans to continue on to ASU West to earn an interdisciplinary arts degree with a focus on media technologies and performance.

—See 'Martos' page 4

College Safety officers to carry firearms, Tasers

By Kenneth Lesinski
Editor-in-chief

Before the end of the year, College Safety officers and directors certified by the Arizona Peace Officer Standards and Training Board will begin to carry both lethal and less-than-lethal weapons. This change is the result of a new state law that requires MCCCDC to abandon a former policy that prohibited safety officers from carrying firearms.

To comply with the new law, MCCCDC has revised its public safety policy and has also developed a new policy to govern the safety officers' "use of force."

"When the state law was enacted, it overrode district policy," says Chris Chesrown, director of public information for the office of the chancellor. "It was incumbent upon the governing board to make the necessary changes to district policy to reflect the new state law."

Additionally, the district created the new position of district director of public safety. In this position, Ernie Bakin, former chief of police in Sunnyvale, California, will oversee implementation of the new policies, as well as develop a weapons training program.

"The change in policy to allow officers to carry a firearm is a significant departure from the history of public safety at the 10 colleges," says Bakin.

In recent years there have been disagreements between College Safety directors and college and district administrators about the use of firearms by College Safety officers. Despite the disagreement, Bakin says that administrators have been cooperative and supportive toward the implementation of the policy changes and training requirements.

"The legislation that precipitated the carrying of weapons settled

the question," says Bakin. "The debate is over."

PVCC College Safety director, Scott Meek, says the new policy is important because now safety officers are equipped to intervene to save lives.

"AZPOST-certified officers will be equipped to provide for their own safety and that of faculty, staff and students on campus," says Meek. "Before this, if an incident on campus involved the use of a firearm, AZ POST-certified officers not equipped with a firearm would not be able to respond. Instead, they would need to call 9-1-1 and wait for the Phoenix Police Dept. to respond."

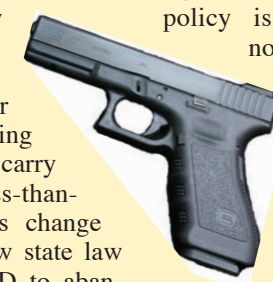
Moreover, because there were no weapons allowed before, there were no rules for how they were to be used. "So the district created a 'use of force' policy that generally follows the model seen at many municipal or university public safety agencies around the country," says Bakin.

Since most "use of force" decisions are made under varied scenarios and often under intense stress, the policy dictates the appropriate level of force to be used to "affect an arrest or maintain control over the situation" when reacting to specific threats.

No other district public safety policy changes are expected.

On Dec. 10 the district will begin weapons training for its 32 AZPOST-certified officers and directors. The training will be held in two sessions, 16 officers in each session, and will be conducted by AZPOST instructors. The second and final training session will be completed on Dec. 17.

The district has chosen to use the Glock model 22 .40 caliber handgun.



—See 'FIREARMS' page 3

Fed. to overhaul financial aid, benefit more students

By Kenneth Lesinski
Editor-in-chief

This fall, the U.S. Congress and President George W. Bush enacted the College Cost Reduction and Access Act, which will increase the maximum individual Pell Grant award, reduce interest on subsidized student loans and provide a new income-based repayment program to help millions of low-income Americans afford a college education.

The 58,536 Arizona students who receive the Pell Grant each year will see an immediate increase of \$490 in their maximum award, up from \$4,310 to \$4,800. The stepped increases over the next

five years will continue until the maximum individual Pell Grant award reaches \$5,400.

Additionally, changes to the Pell Grant program will expand eligibility to include more students with financial need.

Equally important, the CCRAA will cut the interest rates on subsidized federal student loans from 6.8 percent to 3.4 percent.

Also, student loan payments will become more manageable for borrowers with a new income-based repayment program that ensures loan payments will not exceed 15 percent of the borrower's discretionary income.

Discretionary income refers to an individual's income that is not

used for purchases such as food and shelter.

Besides the benefits for students receiving financial aid, the CCRAA provides loan forgiveness after 10 years for first responders, law enforcement officers, firefighters, nurses, public defenders, prosecutors, early childhood educators and librarians.

At the same time, the CCRAA offers up front tuition assistance to students who are completing coursework and other requirements necessary to begin a career in teaching and also commit to teaching mathematics, science, a foreign language, bilingual education or special education in public schools.

Through the Teacher Education Assistance for College and Higher Education Grant, undergraduate students receive up to \$4,000 for each academic year, but not more than the cost of tuition, until completion of their undergraduate baccalaureate.

Students receiving the TEACH Grant must begin teaching within eight years after graduation and spend a minimum of four years teaching in high-poverty communities.

Funding for the expanded aid program will not involve increased taxes. Instead, the money will come from cutting subsidies paid by the government to lenders that provide federal student loans.

Pres. campaign should focus on security

Congratulations, students. December has finally arrived and the semester, as well as the year, is drawing to a close. With the exception of preparing for finals, now is the time that we can allow ourselves to relax, and dare I say, enter into the traditional year-end contemplations of things that have been and things that are yet to be.

In my own contemplations, I have already been thinking about the continuing saga of the presidential election and the fact that, with some exceptions, I have yet to observe a candidate addressing any substantial issue; such as the issue of the security of our nation.

Benjamin Franklin wrote, "Protection is as truly due from the government to the people, as obedience from the people (is due) to the government." But for all the efforts of the government since 2001, the protection due Americans is woefully inadequate, especially at our borders.

The responsibility for the protection of America's borders fall upon the U.S. Customs and Border Protection. This agency is charged with keeping dangerous people from entering the country while also facilitating the movement of millions of legitimate travelers.

Yet, in its report issued to Congress last month, the Government Accountability Office concluded that despite action taken by CBP to correct weaknesses identified in 2004, the potential for "terrorists and inadmissible travelers" to enter the country remains.

Clearly, border security persists as an issue. In fiscal year 2006, CBP estimates that several thousand "inadmissible aliens and other violators" entered the country through ports of entry. Adding to this, the GAO report focused simply on operation at established ports of entry. What about securing the rest of the boarder?

In 2006, Congress and the President enacted the Secure Fence Act, requiring 854 miles of double-layered fencing to be erected on the Southwestern border. The SFA also authorizes vehicle barriers, checkpoints and lighting to prevent people from entering the country illegally.



By Kenneth Lesinski
Editor-in-chief

But according to the GAO, in the year following the signing of SFA, only 70 miles of border fencing, at an average cost of \$2.9 million per mile, has been completed. The American people aren't expecting the entire expanse of the southern border to be fenced overnight, but at this rate, it will take 12.2 years until the project is completed.

On the other hand, the non-profit organization, Grassfire.org, reports that their aerial survey of the entire Southwestern border reveals that only five miles of the newly constructed 70 miles of fence is the double-layered fencing required by the new public law. Add another 170 years to that completion date.

Additionally, the SFA authorizes the Department of Homeland Security to increase the use of advanced technology, to reinforce the infrastructure at the border.

In response to the SFA, Department of Homeland Security established the Secure Border Initiative to secure the borders. One element of SBI is SBInet; a program responsible for developing surveillance and communication technologies, such as radar, sensors, cameras and unmanned aerial drones.

Again, the GAO progress report on the implementation of SBInet indicates significant delays. The report points out that the \$20 million project to secure 28 miles of border near Tucson is more than four months behind schedule. The primary contractor, Boeing, states the delays are due to problems with software integration and could not specify when the system would become operational.

Admittedly, the security at the border will have to include additional measures than simply building fences or using advanced technology. And at least in this area of border security there has been some progress. The Department of Homeland Security reports that it has increased the size of the Border Patrol to 14,900. Next year the agency anticipates that number will grow to 18,300.

The concern over America's security, whether it's on the border, at the sea ports or in the air, should be one of the top two issues in the continuing presidential race. Nevertheless, while considering the need for security, we Americans would do well to remember the words spoken by Benjamin Franklin, "Any society that would give up a little liberty to gain a little security will deserve neither and lose both."

Committee names All-USA Team reps



Rebecca Martos and Michael Bouey, Jr. are named as PVCC representatives to the All-USA Academic Team for 07-08, Nov. 2007.

Rebecca Martos and Michael J. Bouey, Jr. represent PVCC as 2007-2008 All-USA Academic Team members.

They will initially receive full tuition scholarships for two years to Arizona State University, Northern Arizona University or University of Arizona. Depending on their rankings at the state and national levels, they receive additional scholarship funds and awards. Mesa Community College hosts a ceremony on Feb. 21, 2008 at noon to recognize the All-Arizona Academic Team.

Each year Phi Theta Kappa, *USA Today* and the American Association of Community Colleges sponsor the All-USA Academic Team for students who maintain a minimum, cumulative GPA of 3.25 while eligible to graduate with an associate's degree. The PVCC Honors Faculty Committee chooses two students for the All-USA Academic Team, and these students automatically become members of the All-State Academic Team.

The students' applications are submitted to the national level for judging, and scores from national judging determine state ranking. Three teams of 20 members each make up the national team recognized in *USA Today*.

Both Team members graduate in spring 2008 with dual associate degrees. Martos graduates with associate degrees in audio production and music business, and Bouey graduates with associate degrees in science and art.

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District strives to keep campuses safe

Cont. from 'EMERGENCY' page 1

In the wake of the 33 murders at a Virginia university last April, the Maricopa County Community College District is taking action.

The problem hit home this fall.

In September, a suspect, believed to be armed, ran through the MCC campus. Lynn Bray, certified police officer and MCC acting director of College Safety at the time of the incident, says the suspect was arrested but not armed at the time of arrest. In the course of this incident, MCC became aware of procedures that worked well and problems that needed correcting with its system.

"Many students and faculty had no idea how to react in this situation," Bray says. "The college has never had a lockdown policy, and this was the first emergency notification we ever issued."

On the positive side, Bray says, "College Safety officers, dispatchers and police officers worked well with the Mesa Police Department and resulted in finding and arresting the suspect. Our camera system was excellent, which led to locating the suspect and directing the police to his location."

Bray says the following problems surfaced during the lockdown.

- Faculty members could not lock doors from the inside of the classrooms to keep the gunman out.
- Communications problems kept students and faculty from being warned of danger.
- Campus police officers were unable to communicate with responding Mesa police officers.
- Building identification became difficult to see or find.
- The need for the development of lockdown

down procedures became evident.

Bray says, "We had identified many of the problems stated before this situation occurred and were already working on them. This incident and a second one a few weeks after put those plans in high gear."

Since the incidents, Bray says the following actions have been taken.

- College Safety gave keys to faculty and changed locks and added thumb turns to the classroom and office doors so they can be locked from the inside.
- Safety verified that the campus' Voice over Internet Protocol voice announcement system, which failed when used to send out warnings to faculty and students on campus about danger, now works. A text messaging backup system works, too.
- Safety is installing 60 new Alertus systems, wall-mounted emergency warning systems that use strobes, sirens and a text display to alert individuals of an emergency and how to respond, in common areas with no phones.
- They are also installing speakers in the cafeteria, library, student services areas, labs and outside areas to alert people of emergencies.
- They have ordered Mesa police radios in order to communicate directly with the police department as needed.
- They made building identification easier by painting both the building number and letter on all four sides of each building and on the roof in reflective paint. This helps students, visitors, police, fire and helicopters to identify buildings.
- They are working with all of department heads and employees to develop a lockdown procedure for the Mesa campus.

If an armed suspect, a bomb threat or a fire occurred at PVCC, College Safety Director Scott Meek says College Safety

would first notify the Phoenix Police Department by calling 9-1-1.

Armed Suspect—With an armed suspect on campus, Meek says officers would then notify the entire campus by telephoning offices, e-mailing alerts, sending Web page announcements and physically going to buildings, if safe, since campus officers are not yet armed. Campus administration and the crisis management team would be called in to assist, if that was considered safe. If the suspect's location is known, campus officers would avoid the area, but notify other campus areas and lock down buildings if safe to do so.

Finally, Meek says, "Barricades may be used to close all campus entrances."

Bomb Threat—If a bomb threat were received, Meek says the notification procedure would be made, but officers would "immediately evacuate the area if the location and time of detonation is known."

"If the place and time of detonation are not known, (we would) consult with Phoenix PD," he says.

Fire—If a fire broke out on campus, Meek says the campus fire alarm would automatically activate, alerting an evacuation of the area, and the campus notification system would begin. College Safety or fire fighters would respond to the second floors of the KSC and M buildings to evacuate any disabled people.

Chris Chesrown, M.Ed., director of the public information office of the chancellor MCCC, says, "There are many components to an emergency plan, yet the primary and common goal is the safety of students, faculty and staff."

According to Chesrown, MCCC works with the 10 colleges and two skill centers to serve as a resource to proactively plan and respond to risk management, communication and public safety

issues, but the responsibility of enacting the proper evacuation procedures for an event lies with each institution.

In addition, Chesrown says the District constantly strives to keep campuses safe by improving procedures and re-evaluating programs because of local and national events.

"As a district, we are networked with law enforcement and other authorities to monitor and implement best practices," she says. "We have invested in technology that helps us maintain our premises in a reasonably safe manner, such as upgrading video monitoring, telephone notification systems and wireless modes of communication."

To obtain a "Guide for Handling On-Campus Emergencies," college safety director, Meek, says, "The information is easiest to obtain at our Web site <http://www.pvc.maricopa.edu/safety/> and click on Guide for Campus Emergencies or a copy of the plan can be picked up at college safety."

The guide defines Relevant Terms including Fire Exit Maps, Disabled Rescue Assistance Areas and Evacuation Assembly Areas. The guide lists steps to take in the cases of medical emergencies, fires, gas leaks, bomb threats and suspicious packages, explosions, earthquakes, hostage situations, armed persons, power outages, flooding or water leaks, chemical spills or leaks, student deaths or catastrophic accidents, sexual assaults, disruptive persons. It also includes an evacuation plan. A map of campus shows locations of emergency telephones, disabled evacuation points, auto external defibrillators and evacuation areas.

Officers to carry arms, Tasers

—Cont. from 'FIREARMS' page 1

Besides firearms, the policy also includes the option of equipping officers with additional less-than-lethal options such as the Taser.

In short, less-than-lethal force is defined in the district's policy as "the use of a technique, weapon or equipment to stun, temporarily incapacitate or cause temporary discomfort to a person's body."

Taser is the brand name for an electroshock weapon used

Taser is the brand name for an electroshock weapon used to subdue an assailant with an electric shock that disrupts muscle functions. Using this weapon, the officer is able to fire small dart-like electrodes with attached metal wires connected to the gun and that are propelled by a gas charge. To

date, College Safety officers have been carrying less-than-lethal weapons, such as the expandable baton and oleoresin capicum (pepper) spray for some time.

Unlike sidearm requirements that include re-qualification every year, the less-than-lethal weapons only require recertification every three years.

The Phoenix Police Department reported in January 2007 that officer shootings had dropped as a result of using the Taser as an alternative to deadly force.

According to Meek, PVCC has one AZPOST-certified college safety officer and one AZPOST-certified director. Both have completed police academy training, and the officer has 28 years experience with a city police agency.

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AJS degree offers multiple specialties

By Irene A. Harkleroad
Staff Writer

Eighteen months after PVCC's official launch of an associate's of arts and sciences in administration of justice studies, the program boasts six graduates, a spring semester enrollment increase of 60 students, 299 possible courses and an impressive list of adjunct instructors with close to 200 years combined experience.

The list of career choices fills two pages with two single-spaced columns. Fields include forensic science, law enforcement, the courts/judiciary system, corrections and private security. The degree requires 10 specific core courses, but the electives are customized according to an individual student's goals.

Thomas Powell developed the degree program and serves as its lone, full-time faculty member. He holds a master's degree in Criminal Justice and has completed partial doctoral studies in criminology at Kansas State University in Manhattan, Kan. His experience spans 23 years in law enforcement, social services and corrections as well as 20 years of related teaching.

"The program grew in response to local demand," says Powell. "The need for professionals in the justice system is expanding rapidly. Baby boomers are retiring, leaving hundreds of open positions in Phoenix alone. This program equips students to enter the field or advance quickly if they are already working in one of the disciplines. This is a terminal degree qualifying students for immediate employment

in positions with above-average salaries."

Graduating students find work through internships and cooperative education agreements with local law enforcement, social service agencies, corrections facilities and courts. Powell says, "The degree program transfers to ASU and NAU. This enables participants to accept employment in their chosen specialty while pursuing an advanced degree."

PVCC's AJS degree program focuses on social and behavioral aspects of the justice system. Classes include Serial Killers and Mass Murderers, Forensic Psychology, Criminal Investigation, Evidence Processing, Criminology, Victimology and Crisis Management, Substance Abuse and Behavior, Criminal Law and Reporting. Some courses are offered online. The program is designed to allow students to complete the degree requirements within two years, no matter which semester they begin.

Powell has amassed a team of nearly 20 experts as instructors. Adjuncts include Dr. Ann L. Bucholtz, Medical Examiner for Maricopa County. Bucholtz has performed more than 4,000 autopsies, including one on Carol Ann Gotbaum, the woman who recently died in police custody at Sky Harbor Airport. Bucholtz teaches survey courses in both biological and physical evidence processing as well as death investigation.

Richard Solita holds degrees in criminal justice and secondary education. He served 23 years as an officer and detective in gang homicide and robbery with the Chicago PD.

The expanded list of adjuncts includes

attorneys, a judge, social workers, criminologists, psychologists, and specialists in law enforcement, corrections, mental health, domestic violence, and youth services.

"We are proud of the quality of all our adjuncts," says Powell. "The experience and education they bring to the classroom sets the program apart from anything else out there."

Approximately 5 percent of current AJS students are headed for law enforcement careers. The rest intend to pursue positions in probation or parole, the FBI and victim services.

Powell believes in hands-on education. He takes his classes to Tent City and the Estrella Jail, the state women's prison in Goodyear and the federal prison in North Phoenix. Classes combine in an expanded learning community, and students engage in mock trials each semester that try infamous criminals such as serial killer, John Wayne Gacy, Jr.

"We can offer any of the 299 courses approved for the district as part of our program, says Powell. "If a demand arises for a specific course, we will add it to the roster."



Photo courtesy of Tom Powell

Faculty members, Dr. Michael Todd and Thomas Powell, impersonate criminals in a Deviant Behavior class.

Looking to the future, Powell is investigating the possibility for a course in crime scene photography and an internship with the U.S. Marshal's office. He and psychology faculty, Dr. Michael Todd, are developing a certificate program combining criminology and psychology that would focus on profiling the criminal mind.

Whether a student's passion is ignited by TV shows such as *CSI*, *Law and Order*, *Shark*, *Monk*, *NCIS* or *Cops*, PVCC's administration of justice degree offers a start in a challenging and potentially lucrative career.

For more information about the AJS program, call Tom Powell at (602) 787-7188 or Career Services at (601) 787-7073.

Martos encourages students to make ideas happen

—Continued from page 1

Martos not only excels academically by being in the honors program, but she also participates as vice president of Phi Theta Kappa, acts as club representative to Student Leadership Council, recruits students through Student Honors Advisory Board and acts as a facilitator for S.L.I.C.E., an initiative of Service Learning which stands for Serve; Learn; Inspire; Change; Educate. She also sits on the Complaint Free World committee.

She also represented PVCC at this year's Arizona Town Hall. She works both in PVCC's Media Service and as a freelance sound engineer on the weekends. In addition to being a single mother, Martos considers herself an artist, a technician and a business person.

But she hasn't always been so disciplined.

At the age of 16, Martos dropped out of high school in New Mexico. "In high school, I was more focused on the social aspects than my studies," says Martos. "I ditched repeatedly and had some behavioral issues that caused me to be suspended. My mom sent me to live with my uncle, and I never returned to high school."

At 17, Martos earned her GED and at 18, she moved to Phoenix, which she describes as "a place where unique things grow."

Martos obtained her real estate license at 18 and at 19 gave birth to her son. She says this was a very frustrating time because she had no friends, she had no money and she couldn't drive. She sat alone in her room in her mother's house and wrote songs to communicate her ideas to people.

"I wanted to make a positive impact on the world," she says. "My songs were like therapy. I thought they were substantial works of art. They made me believe in myself. Somehow I had to get my mes-

sages out into the world. I came to PVCC originally just so that I could understand how to record myself."

Martos worked out of her house part-time as a real estate agent and started to take a couple of classes at PVCC at age of 20. She says, "I didn't think that I was a school person, only an artist and a singer. I didn't think that school had anything to offer me."

Martos says that the fine arts faculty took her in and embraced her and made her believe in herself. She says that she feels like an ambassador for the fine arts department because she's a veteran of the program and knows everyone.

In an attempt to challenge people to broaden their definition of what art truly is, Martos and Anastasia Pagonas, president of Partners in Art, are working on a collaborative art multi-media production. Martos

says that the group composition brings together artistic ideas into a single performance. Sections include traditional art, which features musicians and dance, vocal performances using advertising jingles and video chaos effect showing people's emotions in the workplace.

Artists will share their art at different areas on campus and hand out fliers to promote X-Fest. Martos explains that X-Fest incorporates dance, theater, music, and visual art into an experimental art festival started by Dr. Chris Scinto and held annually at PVCC in February.

The second of five children, Martos says her family is her support system, but her mother is her inspiration and her partner in caring for her 4-year-old son. While growing up, Martos says about her mother, "She never wanted us kids to feel the burden of life. She felt it was her responsibility to take care of problems and not even let them enter our world."

Martos takes time to go on special dates with her son. She laughs when she says that he doesn't like change and he orders the same thing when they go to his

favorite Mexican restaurant. He attends the Montessori school, which she thinks of as a hippy school, because her son can wander around barefoot, but also learn his sounds, garden, do yoga and play music. She says he loves to go with her step-dad, a contractor, to construction sites. He even has his own work boots.

Martos says that both she and her mother were victims of domestic violence, but she says, "I didn't want to talk about it because I felt ashamed because it happened to me."

As a domestic violence victim and an educated woman, Martos feels a responsibility to other women. An assignment in ENG102 led Martos to an opportunity to work as a liaison with V-Day, an organization aimed at stopping violence against women and girls worldwide, and with Dr. Chris Scinto to arrange for the production of the "The Vagina Monologues" play on campus in February 2008.

The V-Day College Campaign supplies the play royalty free for production on campus. Martos believes that people who see the play written by Eve Ensler will be empowered, and she's arranging counseling services to have a presence at the event.

Local domestic violence shelters receive 90 percent of the funds raised from the production, and the remaining 10 percent go to V-Day international organizations Martos says.

Because of what she learned in her ENG102 class, Martos says, "Ideas come from everywhere. I want to get that out to students on this campus—that if you have ideas, you have the resources as a college student to make them happen. You will not only enrich your community, but also yourself, and if it's relevant to your field, it goes on your resume. It's a win-win situation."

This fall Martos attended the Arizona Town Hall at the Grand Canyon, and she classifies it as "one of the best things I have participated in. I felt very fortunate to represent PVCC, and I took it very seriously."

She was chosen to attend Arizona Town Hall as one of five students from

MCCCD and one of 150 people from the state. The participants focused on "Land Use and Development" and Martos decided to get involved because she holds a real estate license and because she wanted to see the inner workings of this organization.

From Oct. 28 to 31, town hall participants discussed topics and made recommendations. Students, political leaders, citizens, community leaders, lawyers, lobbyists and city managers and planners attended. Martos expected fireworks between land developers and environmentalists and between democrats and republicans, but instead found that "both sides wanted a common good for the community."

Martos helped to break down the stereotype of students and the younger generation. While talking to a city manager, she was told "meeting you has given me hope for the future."

Martos says getting involved in events like these present students limitless opportunities.

At a Nov. 5 meeting, Martos spoke to Chancellor Glasper and others about her Arizona Town Hall experience. She is scheduled to give two more class presentations and wants to let students know how important it is to be passionate and get involved.

Martos encourages people on campus to talk to her. She says that she loves people. She says, "It's never too late. It's never too late. You will have failures, but you can't dwell on those." She continues, "I am passionate and I am passionate about my ideas. They mean more to me than anything. My friends are my... peers at this school. To me my social life is here at this school, and my work is more important to me than anything. I wouldn't go on a vacation to the Bahamas if it interfered with this."

She goes on to say that when she came to PVCC she considered herself a simple singer and songwriter and now that's a small part of what she does. She continues, "These little songs that I wrote in my room on notebook paper pushed me to go to PVCC, and without these little songs, I wouldn't have done what I do today."

'You will have failures, but you can't dwell on those'

—Rebecca Martos
Student

PVCC Instructor Opens Yoga Studio

By Beverly Brewer Karpinski
Staff Writer

Class is in session in the studio. The lights are low; the aqua walls are bare except for a couple of paintings—settings by the sea. The music is soothing but not too mellow—the kind you like listening to in the morning.

Yoga instructor Ali Kamen gives you a warm smile as she brings you a mat and spreads it out on the wood floor. The class is just starting with some easy stretches.

You've made it in time for a workout at Zenergy Yoga.

PVCC instructor Ali Kamen has opened the new yoga studio, in North Scottsdale inside AZ on the Rocks, an indoor rock-climbing facility at 16447 N. 91st Street.

Kamen says, "I never planned on opening a yoga studio; it just sort of happened."

She started Zenergy Yoga in June as a way to bring yoga into corporate environments and schools, with a focus on teaching children.

The owners of AZ on the Rocks saw one of her brochures and encouraged her to open a studio inside the facility.

"I thought: I don't know anything about running a studio!" she says. But after thinking it over, Kamen decided to do it.

Six months later she offers a menu of yoga classes, including Basic, Gentle, Flow, Ashtanga, Family Yoga, Power, Prenatal, Baby and Me, Partner Yoga, Yoga for Athletes, Teen Yoga, Candlelight Yoga.

About 10 minutes into the session you are thinking: *You are really doing okay. You think you can do this!* Another 10 minutes go by...mmm... *this is getting a little harder.* You can't quite straighten your legs. But you manage.

You look over at your neighbor. *How does she do that? That's what you call flexible. You should be able to do that.* Ten minutes more...wow, *it's getting warm in here!*

You look up at Kamen's tiny frame demonstrating in front of the class. She makes it look easy. A few more minutes... *Okay, so it's not as easy. If she has you do one more plank you're going to embarrass yourself.*

You're doing okay, but you're really getting tired. You try to hang on. You've got your leg up in the air. *Please stop.*

You finally topple over. You look around to see if anyone saw you. *Oh, good, another girl is having problems too.* You take a short rest and then you're back. Kamen switches to some lower body work.

You're doing better now. You manage to make it through the class after taking a couple of breaks. *Oh*

Yoga carries over into the remainder of your day

—Ali Kamen
Zenergy Yoga



Photo by Beverly Brewer Karpinski

Ali Kamen offers a variety of classes from beginner to advanced ones for athletes at her new studio, Zenergy Yoga. She offers PVCC student and employee discounts.



Photo by Beverly Brewer Karpinski

Ali Kamen has taken a leave of absence from PVCC this semester to open her yoga studio inside AZ on the Rocks. She will return to PVCC for the spring semester.

good, it's time to do the cool down.

You lay on the floor doing your final stretches. Then Kamen really slows it down. She dims the lights some more and brings eye pillows for everyone. You relax.

Eva Cassidy is singing "Somewhere Over the Rainbow" in the background. *Okay, focus on your breathing. . . What was that?*

You feel water misting on your face. *Mmm, it smells like rosewater.* Minutes pass. Now you feel hands massaging your shoulders and neck as Kamen stretches your neck. *You could get used to this.* Just as you think you're going to fall asleep, you hear a light tingling of a bell.

Kamen breaks the silence and everyone gets up. It's over.

As Kamen explains, the calming effect of yoga carries over into the remainder of your day. Going to a yoga studio is not the same as practicing

yoga on your living room floor.

Kamen says, "When you're home, you're distracted by the phone ringing, or your kids or it's too cold." She says being in a studio and using a sticky mat on a hardwood floor just gets you in a better posture.

Kamen offers a variety of yoga classes from beginning basic classes to gentle yoga (which is for those with limitations) to advanced classes for athletes. Kamen says she will match you with the right class and the right teacher.

This semester, Kamen has taken a leave of absence from PVCC, where she teaches healthy living and is wellness committee chair, to open her studio. She says that she will be back next semester. Meanwhile, she offers a 20 percent discount for PVCC students and employees. Call for prices: 480-628-1453.

'Tis the season to be sharing

By Jason Forward
Staff Writer

This season, there will be many among the homeless and economically disadvantaged who will not be having family over for a holiday meal, and they won't be able to get warm under a blanket and watch a holiday movie. Instead, they will be finding their meals at a shelter, along with thousands of others in their situation. If they are lucky, they will get an old worn-down jacket.

According to a 2006 census by the City of Phoenix Human Services Center, there are over 3,000 homeless people in the downtown Phoenix area. According to Janie Perdue, Program Coordinator for Ministry to the Homeless, a branch of St. Vincent de Paul at 420 W. Watkins Rd., Phoenix, the number of homeless has increased this year. Many of them are looking for a way to get on their feet and get a job, a home and a normal life.

Since the Christmas season is just

around the corner, this is the time to start thinking about other people before you think about yourself. Everyone has heard the catch phrase, "Tis the season to be caring." People in the Phoenix area actually have an opportunity to put this into practice. St. Vincent de Paul gives anybody who walks through its doors the opportunity to be part of bettering the lives of the homeless.

"There is a huge need for volunteers, and volunteering at St. Vincent de Paul counts for volunteer hours," says Perdue. "Volunteering gives you a firsthand opportunity to deal with the homeless."

One person who has volunteered with St. Vincent de Paul happens to be a 20-year-old PVCC student named John Kolic. He volunteers through The Element, which is group of college-age and young adults that meets on Thursday nights at Highlands Church, 9050 E. Pinnacle Peak Rd., Scottsdale. Kolic says you don't need special skills to be a volunteer.

"Most of the time, we loaded

bread, set up tables and washed dishes, so I did not get to work directly with the homeless," he says. "I would absolutely recommend volunteering at a shelter. You help the community in a way, and it is very self-fulfilling when you're doing things that are selfless."

St. Vincent de Paul not only needs volunteers to help run its programs; it also needs donations to help clothe those who need a helping hand.

"There is a huge need for blankets and jackets at St. Vincent de Paul, as well as other shelters," says Catherine Sullivan, an on site Program Coordinator.

Although Phoenix does not have cases of extreme medical conditions (frostbite and freezing to death) due to the cold, nights can get very cold in the winter and inadequate protection can make for a miserable winter.

"There is a huge need for jackets in the winter," says Sullivan.

If you are planning on getting new jackets or sweatshirts to keep warm this winter, donate your old ones so

that someone less fortunate can also stay warm. It doesn't take any time at all to drive to a local donation center to drop off the clothes, and it will benefit people who are trying to get back on their feet.

Here is a list of donation centers where you can take your old winter clothes and blankets to donate to people who need them:

St. Vincent De Paul drop off centers: 3220 W. Greenway Rd., Phoenix AZ 85053 and 19644 N. 7th Ave., Phoenix, AZ 85027.

Goodwill drop off centers: 12001 N. Cave Creek Rd., Phoenix, AZ 85020; 1565 W. Happy Valley Rd., Phoenix, AZ 85085; 3202 E. Greenway Rd., Phoenix, AZ 85032 and 1806 W. Bell Rd., Phoenix, AZ 85032.

So this season, when you are bundled up nice and warm, remember that not everyone has that luxury. Be sure to get into the Christmas spirit and help in any way you can.

Men's soccer team remains proud despite playoff loss

By Kevin McGuire
Sports Editor

The PVCC men's soccer team can keep their heads held high as their season comes to an end despite being bounced from the playoffs by the Yavapai team, which went on to become national champions.

The Pumas playoff journey began with a 3-0 victory over Phoenix College, a team PVCC had already beaten twice during the season. Although PVCC got the victory, Coach Marchisotto says it was not a great game for the team as they came out pretty flat.

"It wasn't that we weren't excited for the playoffs or excited for the game; it was that we didn't prepare well enough mentally," says Marchisotto. "We just weren't ready to match them at the intensity that they were. They were playing for revenge; for us it was another game."

Unfortunately, things got a little chippy at the end of the game. Phoenix College started committing a lot of fouls, including a vicious tackle on Captain Cory Norris. The tackle resulted in Norris partially tearing his medial collateral ligament, putting him out of the semi-finals.

PVCC faced off against Yavapai Community College in the Region I Semi-Finals. Yavapai beat the Pumas in both meetings during the season. The Pumas used different strategies in both games against Yavapai and decided to do so again.

The new strategy was to not defend against Yavapai until midfield. Not defending against them early essentially



Photo by Rob Galbraith

Forward John Connors leaps in an effort to head the ball during a game against GCC at Sartoris field in Glendale on Oct. 10, 2007.

"plugged" Yavapai up while allowing the Pumas to play tight defense and gain counter attacks. The plan worked early on as PVCC gained a quick goal scoring opportunity that resulted in Austin Dowd's chip hitting the crossbar.

The Pumas continued to execute and took a 1-0 lead, a rare feat against Yavapai, on a goal that Marchisotto claimed to be "one of the best goals of the year." Dyson Larricq got the ball on the right flank, took it diagonally towards the goal and ripped

a beautiful shot that left the Yavapai goalkeeper helpless.

Yavapai tied the game while the Pumas were penalized. Marchisotto knew a team like Yavapai would capitalize on mistakes, but believed it was a bad call by the official.

"In a game like that, a great team like Yavapai capitalizes on your mistakes," says Marchisotto. "In this particular case we couldn't begrudge the defender; it wasn't a mistake. It was a bad call, and Yavapai converted it."

Without having Norris in the backfield organizing and contributing, the Pumas started showing weakness. Yavapai capitalized on two failed clearing attempts to take a 3-1 lead. Marchisotto says at that point in the game the players' heads came down, and the game was pretty much over. Yavapai scored twice more to take a 5-1 lead into the half.

The Pumas came out and played well at the beginning of the second half, gaining lots of possession and chances to score. PVCC made substitutions midway through the half to ensure its three sophomores, Eric Lespron, Juan Mendez and Josh Beson, were on the field. The game ended with a final score of 7-1. The loss ended a season in which Marchisotto was, overall, satisfied, he says.

"Any time we put ourselves in a position to advance in the postseason, then we've done our job as coaches and a team, and that's what we did," says Marchisotto. "Unfortunately, the team we had to go through was Yavapai, who's the best junior college team probably in history."

Even with their defeat in the semi-

finals, the Pumas have plenty to be happy about. The Pumas made the playoffs for the first time in two years and finished fourth in the conference. In addition, the team had four All-Conference players and two up for All-American.

Freshman Cesar Mexia had a huge season for the Pumas. Mexia led the ACCAC in goals (23) and overall scoring (52 points) for the 2007 season and finished second in goals (26) and fifth in points (59) in the country. He was selected to the First Team All-Arizona Community College Athletic Conference and the NJCAA All-Region I team and is up for the All-American Award. Mexia also set a school record for goals in just eight games.

Freshman Captain Cory Norris was selected to the Second Team All-ACCAC and is also up for the All-American Award. Both Sophomore Captain Eric Lespron and Freshman Roberto De Lima were selected to the All-ACCAC Team, Honorable Mention.

"I'm very happy with my first season here and what our team accomplished," says Marchisotto. "To turn around a 5-11-2 season to what we had this year is a tremendous turnaround."

The Pumas will only lose three players heading into next season, keeping the core group of players intact. Marchisotto says that they are still looking to bring in seven to nine players, including another big time forward that can compliment Mexia.

"We're recruiting to be able to play with Yavapai; we can play with everybody else," says Marchisotto. "I think we were one of the top two to three teams in the conference."

Women's soccer team disappointed by early departure from 2007 playoffs

By Kevin McGuire
Sports Editor

With high hopes and expectations, the strong season of the PVCC women's soccer team ended abruptly when they were upset in Semi-Finals of the Region I Playoffs.

"It was kind of disappointing for us," says PVCC women's soccer head coach, Kacey Bingham. "We felt we had a great chance to win the playoffs this year."

After earning a bye in the first round of the Region I Playoffs (thanks to a 12-2-1 season), the Pumas faced off against Chandler-Gilbert, a team they beat 2-0 the week before, in the Semi Finals.

Chandler-Gilbert scored an early goal in the first half on a corner kick, the first goal the Pumas had given up on a corner kick all year. The Pumas came out and hammered Chandler-Gilbert in the second half, but unfortunately could not get the ball in the back of the net.

Although their 1-0 loss to Chandler-Gilbert ended a season marked with high hopes and expectations, the women's soccer team has no reason to hang their heads.

"Overall, they had high expectations for themselves and worked hard to get the results they did all year," says Bingham. "Unfortunately, it didn't get them where they deserved to be. They had a fantastic year."

The Pumas achieved their highest National Junior College Athletic Association ranking in the country ever at 6th, a feat that Bingham says is an "amaz-



Photo by Rob Galbraith

Brittney Kozeliski fights for the ball in a game against GCC at Sartoris field in Glendale on Oct. 10, 2007.

ing accomplishment in itself." They only lost one game in conference play and posted eight shutouts during the season.

Individually, the Pumas had five ladies chosen for All-Conference Honors. Sophomore Sam Smith earned First Team All-Arizona Community College Athletic Conference and NJCAA All-Region I Honors after leading the team with 32 points and setting a school record with 10 assists.

Freshman Simone Marshall was selected to Second Team All-ACCAC after posting 18 points. Sophomores Shelby Snyder and Jessica Schartz both were

selected to the Second Team All-ACCAC. Freshman goalkeeper Jessie Walworth was selected to Second Team All-ACCAC after posting a 1.0 GAA with seven shutouts. Walworth also tied a PVCC single season record by letting in only 14 goals during the regular season.

Now that the season is over, the Pumas are beginning to look towards next season. As of now there are 10 ladies returning for next season. In addition to those 10 returning, PVCC has about 10 verbal commitments from recruits.

"We have a very strong freshman team coming in to combine with a very good returning sophomore team," says Bingham.

As outstanding as the women's soccer team was this season, they hope to improve on their success next season. The goals for next season are just as high as this season. The future looks bright for the PVCC women's soccer program.

"We are still definitely pushing to win the region playoffs," says Bingham. "That would be a goal I can see us accomplishing next year, as well as making it to the national tournament."

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Bonds' recent indictment carries power to tarnish baseball

Barry Bonds is a name that anyone who knows anything about baseball has heard of. He is now baseball's home run king after passing Hank Aaron's record of 755 home runs. He is a man that is supposed to be the face of baseball and a man that kids would look up to. Barry Bonds is also the man that could single handedly ruin the great game of baseball.

Bonds was recently indicted for perjury and obstruction of justice for telling a federal grand jury he did not knowingly use performance-enhancing drugs. If convicted he could go to prison for a maximum of 30 years.

The indictment mostly contained excerpts from Bonds' December 2003



Kevin McGuire
Sports Editor

testimony before a federal grand jury investigating the Bay Area supplements lab at the center of a steroid distribution ring. Bonds allegedly lied under oath 19 times. The indictment process is to begin on Dec. 7.

Although Bonds never failed a drug test administered by MLB, a positive test for steroids was found during a search of BALCO facilities. He has repeatedly said that his record is not tainted and that he has never knowingly taken any illegal substances.

We won't know for sure if Bonds is the big fat cheater he is thought to be until sometime in 2008. It is hard to argue in defense of Bonds. He came into the big leagues in 1986 as a scrawny little kid. By the late 90's he had become the muscle

bound watermelon head that he is today. The size difference is remarkable. With his new bulked up size came the power. It is kind of funny that he hit so many home runs after the age of 35, this is usually where players slow down statistically. It's not impossible to do what he did, but very unlikely.

What's so sad is that Bonds would have been elected to MLB's Hall of Fame without the home runs. He was a great player before he allegedly juiced up. Who knows, maybe he didn't cheat and just worked really hard to put on some muscle. It could be true but just so hard to believe.

If Bonds is proven guilty, this would be a crushing blow to baseball. The most famous and perhaps coveted record in all of sports would be tarnished. If he cheated, it's disrespectful to the game and to the fans. Trying to take all his records away would be a mess because then you have to take into account the games his team won

and lost. The entire situation could potentially be a huge mess.

Towards the end of the 2007 season, the San Francisco Giants made it clear they didn't want Bonds back making him a free agent. With his looming battle in court, it doesn't appear that Mr. Bonds will be signing anywhere. That just might be the best thing for baseball. Baseball can concentrate on being baseball. They don't have to worry about Bonds and the media circus that follows him for the time being. The only way Bonds is currently affiliated with the league is through his records. Nothing else.

Time will tell what happens to Bonds. On the plus side, it should only be a few more years before Alex Rodriguez blows by Bonds' records. After that, the Bonds era is nothing more than a footnote in history.

Men's cross country scorches competition, takes 6th at Nationals

By Tory Thompson
Staff Writer

They worked long and hard all season for one moment: the National Junior College Athletic Association championship. Throughout this season, the men's cross country team competed extremely well. Race after race they finished among the top of the field.

"We worked hard this year, and it has paid off. I am very proud of this group of kids," says Coach Barney.

On Nov. 10, the PVCC men's cross

country team traveled to Ina, Illinois, to compete for the national title. There they competed against schools from all around the country for bragging rights.

The men finished 6th overall out of 35 schools with a total time of 2:10:54 in the 8K run.

"The guys put forth great effort," says Barney. "Yes, we were a little disappointed, but still proud of our successful year. We're excited for next year."

National Junior College Athletic Association Championship results: Eric Harasyn—27th at 25:55 minutes,


- Scott Mayberry—28th at 25:59,
- Jeremy Sudbury—29th at 26:01,
- Matthew Rowell—42nd at 26:21,
- Geoff Olson—50th at 26:38,
- Juan Quintero—81st at 27:12,
- Angel Sanchez—118th at 28:07.

The PVCC women's cross country team did a good job this year, but did not qualify for the national championship in Ina, Illinois.

"We had some injuries early in the season on the women's team, and that hurt us," says Barney.

Both the men and women have a

core group of experienced runners returning next year to help the newcomers learn the approach of the PVCC cross country program. The women returning include Janica Pegram, Renon Furr, Marilyn Curley, Fayrene Holden, and Farrin Holden. On the men's team will be Richard Harasyn, Mitchell Moses, Jonathan Abel, Ryan Dirren, Jordan Hunke, Jared Johns, Geoffrey Olson, Adrian Ramirez, Christopher Stanley, and Jeremy Sudbury.



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Beyond nutrition with functional foods

Boost protection against cancer and heart disease with healthy food choices

Hippocrates, the father of modern medicine, once said, “Leave your drugs in the chemist’s pot if you can heal the patient with food.” No doubt, he would be very pleased with the current trend toward functional, therapeutic foods.

By Beverly Brewer Karpinski
Wellness Editor

What exactly is a functional food?

Carol Johnston, PhD., Professor and Chair of the Department of Nutrition at Arizona State University, defines it as food that provides health benefits beyond energy and essential nutrients. Functional food contains antioxidants, phytochemicals and other properties that research is showing to have therapeutic value.

According to the International Food Information Council Foundation, an aging population, health care costs, an interest in wellness through diet and rapid advancement in science and technology are fueling the current interest in functional foods.

However, the trend has its critics. Functional foods promoted by the food industry include so-called “designer” foods or functionally “enhanced,” processed foods. Mike Adams, the Director of the Consumer Wellness Center in Tucson, Arizona, and Editor for Newstarget.com, says, “Food manufacturers have latched onto the functional food bandwagon to try and hype up their foods that are potentially unhealthy.” He says their gimmick is that by adding a tiny amount of some functional item, they make that unhealthy item healthier.

Most functional food experts agree that the functional food trend is a positive trend. However, the consumer needs to be aware that marketing claims can be misleading. The question is, which of these functional foods are most beneficial to health and which ones do not live up to their claims?

Some critics say functional foods are just another name for genetically engineered foods. This isn’t the way Jenna Bell-Wilson, PhD, RD sees it.

Bell-Wilson is a board-certified specialist in sports dietetics, a nutrition communications consultant and a writer and presenter. She says, “I’m not sure this gets to the issue of functional foods as I see it. That is more of a philosophical debate regarding food technology.” She says that there are a variety of natural choices to choose from.



Berries are one of the best food choices to include in a functional diet. Eat a handful every day for the flavonoids that help to prevent cancer.

Johnston has a similar view. “Some genetically engineered foods may be considered ‘functional,’ but not all functional foods are genetically modified.” She says that foods have been fortified for decades and that these fortified foods have virtually eliminated many nutritional deficiencies in the U.S. However, she warns that many companies are using fortified foods as a marketing tactic. She says, “Some of these new ‘designer’ foods will not provide any real benefit in terms of alleviating a deficiency or promoting wellness.”

What the consumer needs to understand is that a lot of functionally enhanced foods are highly processed. Adams says, “If you actually look at the ingredient list, these foods are still made with refined grains, processed sugars, additives and preservatives.” He says that the best functional foods are the ones that aren’t actually making claims, like fruits and vegetables.

Johnston agrees. She says, “The less processed the better. Choose whole foods, not foods boxed or packaged for convenience.” And the experts all agree that it’s best to stick to the basics. Functional foods do not take the place of good nutrition. Yet many of the best functional foods come from the basics.

Okay, so you ask: What are the best food choices? Here are some suggestions to help get you started on a healthier, more functional diet:

Berries—Berries are one of the best food choices to include in a functional diet, especially blueberries, blackberries and cranberries. They have antioxidant properties that help protect us from free radical damage. They also may contribute to brain function.

Adams says, “Black raspberries help in the prevention of colon cancer. We know that blueberries lower cholesterol and protect the brain.” He also says that blueberries are an internal sunscreen.

Citrus Fruit—Citrus fruit has flavonoids that help strengthen our defense systems, which protects us from diseases like cancer and may contribute to healthy vision and heart health.

Cruciferous Vegetables—These include cauliflower, broccoli, cabbage, brussel sprouts and broccoli sprouts. This group of vegetables helps with detoxification, bolsters our immune system and protects against breast cancer.

Nuts—Make sure you buy raw, unsalted nuts. Walnuts and almonds are good choices. Eating about a dozen a day will provide you with monounsaturated fats that may reduce cholesterol and protect against heart disease.

Plain low-fat yogurt—Some yogurts have beneficial bacteria that may improve gastrointestinal health and boost immunity. But be careful. Many yogurts

are not healthy. Adams says, “Most yogurt is just candied up milk. It’s loaded with sugar.” You’re better off buying plain low-fat yogurt and adding your own fruit, such as berries. Add some slivered almonds, rolled oats and a dab of honey, and you’ve got a delicious and healthy breakfast.

Dark green leafy vegetables—Include a variety of green leafy lettuces such as, spinach, kale and collard greens. These are important for healthy vision and are rich in folate, which has been shown to reduce a woman’s risk of having a child with neural tube defects.

Omega-3 fatty acids—These fatty acids have many functions that protect health. They contribute to maintaining heart health, a healthy immune system, mental and visual function, and may contribute to maintaining a desirable body composition. The best choice for these fatty acids is salmon, preferably wild salmon. Tuna and fish oil supplements are other good choices.

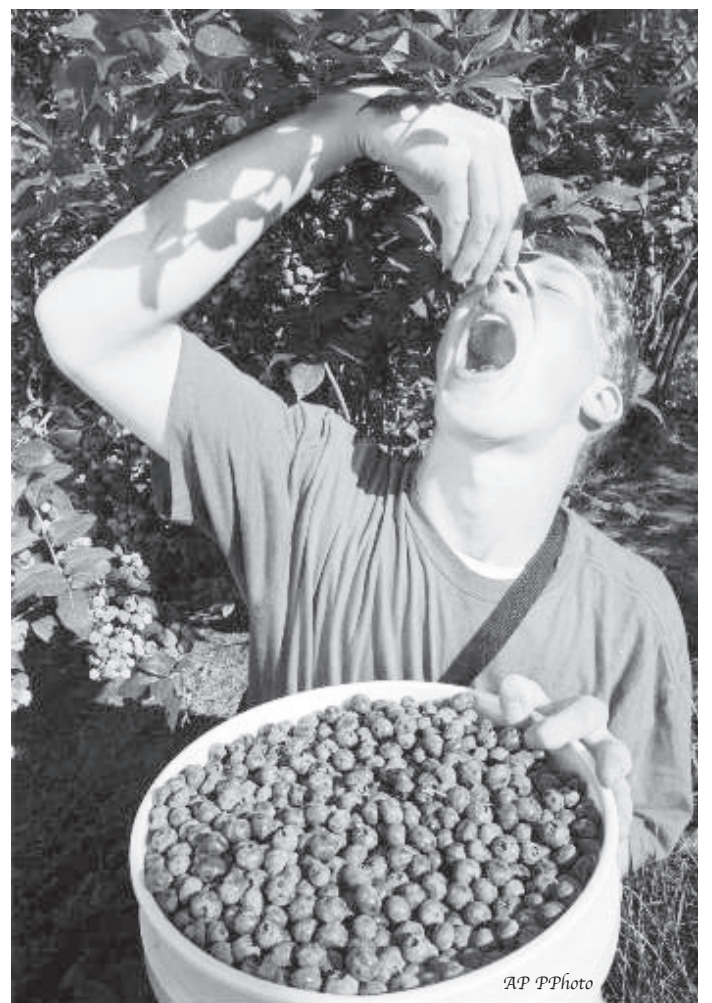
Dark Chocolate—Dark chocolate has flavonoids, which may contribute to heart health. But keep your servings small. You also want to buy a quality chocolate. Adams says, “Cacao’s good for you but there’s a lot of junk bars out there.” He recommends *Endangered Species* chocolate bars.

Garlic and Onions—Garlic and onions contain sulfides that are believed to enhance detoxification and help maintain a strong immune system.

Green Tea—The flavonoids in green tea neutralize free radicals and strengthen our antioxidant defenses. Some black teas are also beneficial.

Fiber—Fiber, especially oats, helps in lowering cholesterol and may reduce the risk of heart disease. Wheat bran helps in maintaining a healthy digestive tract.

Tomatoes—Tomatoes contain flavonoids and processed tomato products also contain folate in addition to a component called lycopene. It is believed that lycopene may help maintain prostate health. But to reap the benefits, the tomatoes need to be cooked and should include a little



Blueberries have antioxidant properties that help protect against disease-causing damage to cells and may also lower cholesterol and protect the brain.

fat.

Michael Roizen and Mehmet Oz recommend in their book, *You: The Owner’s Manual*, to include about 10 tablespoons of spaghetti sauce per week in your diet. They say an added benefit is that it has been shown to reduce arterial aging.

According to Patti Milligan, the Director of Nutrition and Public Relations for Sprouts Farmers Market, the important thing to remember when shopping is to select a wide variety of colorful produce. Bell-Wilson agrees, stressing that any fruit or vegetable is a good choice. One concern is getting too much of a good thing. Milligan says, “Add up all your sources... to make sure you’re not overdosing in one.”

There are many other choices besides what’s been listed here, but these should get you started in the right direction.

Adams says don’t stop at just removing junk food from your diet; take your nutrition a step further by eating natural functional foods. He says, “You should go right to nature. Stop buying your food from a factory and start buying it from the earth. That’s where you’re going to get, by far, the best health benefits.”

Arizona lights up the holidays

Cities celebrate with annual lights events

At holiday time, light shows around the Valley and the surrounding areas display luminarias along desert trails, on ancient American Indian ruins, and around fountains while holiday lights twinkle on cactuses, palm trees, boats, trains and animal sculptures. In addition to these spectacles, residents and their holiday visitors have opportunities to view fireworks and illuminated hot air balloons. Following are a few of the light shows available throughout this holiday season.

By Janice L. Semmel
Community Editor

Fountain Hills

Holiday Luminarias—Visit downtown Fountain Hills and Fountain Lake at 6 p.m. on Dec. 22, 23 and 24. Volunteers will light approximately 5,000 luminarias that line the streets and the lake's shore for the Holiday Luminarias event. For more information on events, telephone (480) 837-1654 or visit <http://www.fountainhillschamber.com/Home.aspx>.

Glendale

Glendale Glitters Spectacular—Glendale kicks off the annual Glendale Glitters Spectacular light display on Nov. 23-24 from 5 p.m. to 10 p.m. Located in a Glendale 12-block historical downtown area at 59th and Glendale avenues, the event features 1.5 million lights. American Idol winner Jordin Sparks helped to switch on the lights on Nov. 23 and read "Twas the Night Before Christmas." Activities include a children's wonderland, multiple stages of music and dance, horse-drawn carriages, shopping, food and a visit from Santa. Visitors benefit from free admission and parking. The holiday light display continues nightly from 6 p.m. to 10 p.m. through Jan. 19, 2008.

Glendale Glitter & Glow Block Party—This event runs from 3 p.m. to 10 p.m. on Jan. 19. The illumination of three dozen tethered hot air balloons will light up the downtown streets. A dozen bands will perform

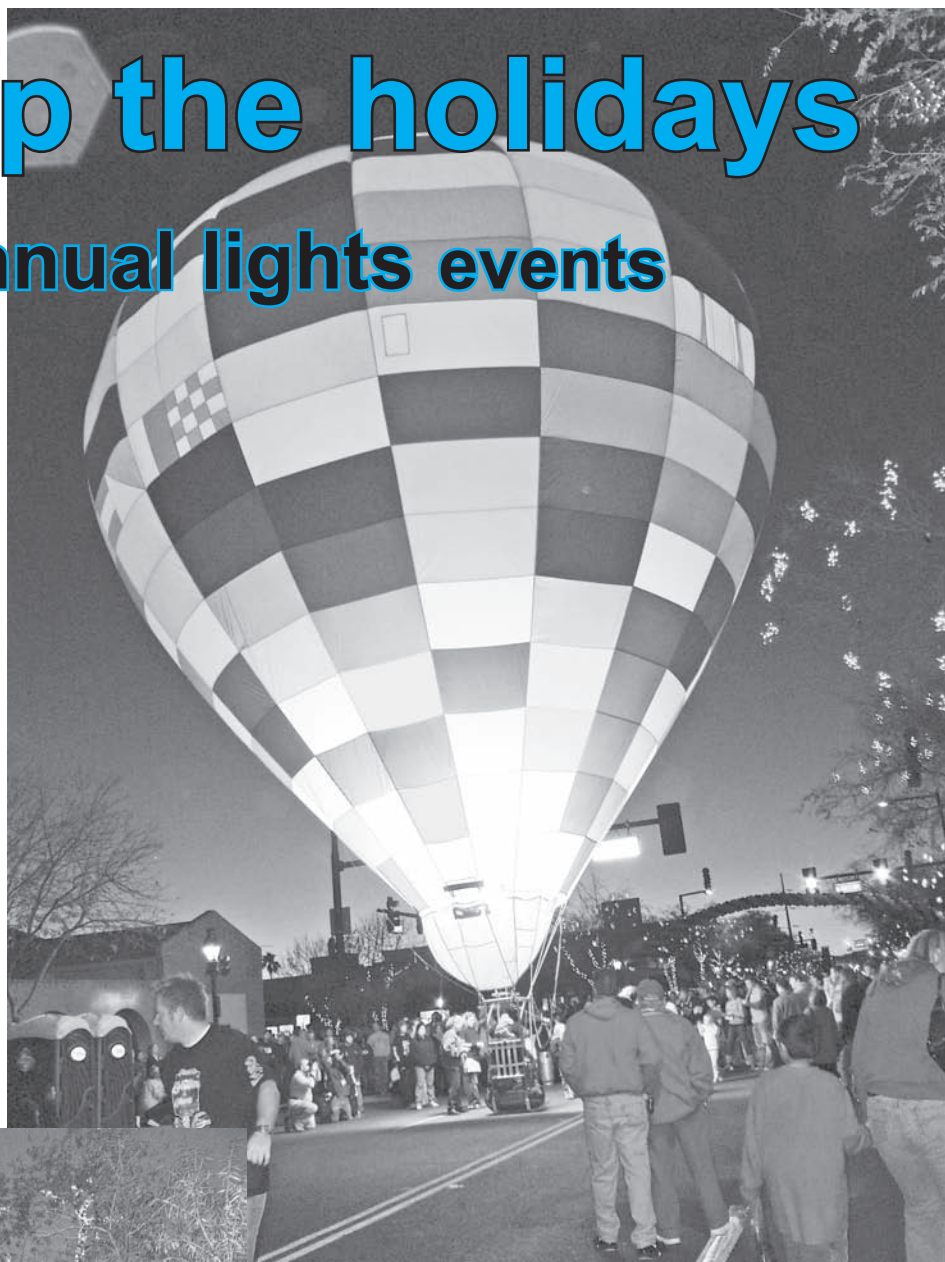
and street vendors will sell their wares. Admission and parking remain free, but because of street closures, parking will be limited.

For more information call (623) 930-2299 or visit www.glendaleaz.com/events.

Globe

Festival of Lights—For an out-of-town holiday experience, drive to Globe to their 12th century Salado Indian pueblo, Besh Ba Gowah Archaeological Park, on Dec. 23 and experience their free annual Festival of Lights. At 5 p.m., volunteers light 1,600 luminarias placed atop the ancient pueblo walls and along the pathways. Entertainment begins at 5:30 p.m. by the bonfire in the central plaza, weather permitting. Entertainment includes flute solos by Nobert Allen, a Native American flutist; traditional stories by Herb Stevens, Apache Culture Center director; singing by a local group; and a visit from Santa. Guests stay warm around the bonfire while enjoying hot cider, coffee, tea and cookies. The park closes at 8:30 p.m. and is located at Jess Hayes Road, Globe, AZ 85501. For additional information call (928) 425-0320.

The Valley celebrates the holidays with luminarias and holiday lights in the desert



At the Glendale Glitter & Glow Block Party, three dozen hot air balloons illuminate the streets of Glendale as spectators attend the celebration.

Phoenix

Las Noches de las Luminarias—The Desert Botanical Garden presents the 30th anniversary version of Las Noches de las Luminarias. From 5:30 p.m. to 9:30 p.m. on Nov. 23-25, Dec. 6-9, 13-16 and 20-23, visitors

stroll the Garden paths while enjoying the illumination from twinkling lights and luminarias. Purchase tickets for a buffet meal at \$16 per adult or \$8.95 for children 12 and under or stroll the Garden pathways and purchase beverages and cookies along the way.

Live entertainment performs in buildings and desert spots. Wolfe's Robe plays Native American flute, James Linton plays flamenco guitar and handbell choirs perform classic holiday music just to name a few.

Tickets sell for \$25 for adults, \$12.50 for children 3-12 and are free for children younger than 3. To purchase tickets call (480) 481-8188 between 9 a.m. and 4 p.m. daily, visit www.dbg.org or stop by the admissions box office at 1201 N. Galvin Parkway, Phoenix, AZ 85008 between 8 a.m. and 8 p.m. daily.

Nature All A-Glow—From Nov. 22, 2007 through Jan. 6, 2008, the Phoenix Zoo presents their 16th annual ZooLights, *Nature All A-Glow*. From 6 p.m. to 10 p.m. nightly, over 2.5 million lights and 400 light sculptures illuminate the way along the zoo paths.

Entertainment includes Jengo, the talking giraffe, Stingray Bay, storytelling, a carousel and wagon and camel rides.

Non-members pay \$8 at the gate or \$7 in advance while children 2 and under attend free. Purchase tickets online at <http://www.phoenixzoo.org>, at (602) 273-1341, at the ZooLights front gate or during regular hours at 455 N. Galvin Parkway, Phoenix, AZ 85008.

Scottsdale

McCormick-Stillman Railroad Park—From Dec. 14, 2007 through Jan. 5, 2008, excluding Dec. 24, 25 and 31, this Scottsdale park will glow with over 100,000 lights and will feature holiday displays. From 6:30 p.m. to 9 p.m. nightly, visitors can ride the train for \$2 or the carousel for \$1 with each child under 3 riding free when accompanied by a paying adult.

Opening night festivities include tree lighting, entertainment and Santa, who will appear at the Park through Dec. 23. For information call (480) 312-2312, visit <http://www.therailroadpark.com/index.html> or stop by 7301 E. Indian Bend Road, Scottsdale, AZ 85250.

Tempe

APS Fantasy of Lights Boat Parade—This holiday parade takes place at Tempe Town Lake on Saturday, Dec. 8 from 4 p.m. to 9 p.m. Tempe Beach Park offers kids old and young exhibits, musical entertainment, activities and 50 tons of snow. The boat parade consisting of approximately 50 decorated boats starts at 7 p.m., and LED lights twinkle on the Tempe Town Lake Bridge. The evening wraps up with a spectacular fireworks display. For more information on these free events, visit <http://www.millavenu.com/>.



Photos by Janice Semmel

Quoth the Raven

'Nevermore' use stereotypes for this bird

Throughout history, animals have been painted on rock walls, praised as gods, described in fables and myths, used in important ceremonies and revered—either as good luck charms or bad omens of upcoming doom.

Too often, deep-rooted cultural beliefs cloud our feelings toward a particular animal, and we fail to see it for what it truly is. One example of an animal so maligned by folklore is the raven. For example, here's what culture tells us about this bird:

By Victoria Sutton
Special

In Shakespeare's *Macbeth* the raven "cloaks the evil entrance," and in *Othello* the raven flies "o'er the infected house";

In Scotland, a raven circling a house is said to predict the death of someone within;

The American Heritage Dictionary defines "raven" as a verb that means the following: (1) To consume greedily; devour, and (2) To seek or seize prey or plunder;

Ravens in Sweden are known as the "ghosts of murdered persons," and in Germany they are known as the "souls of the damned."

It's no wonder we see this creature as something other than what it is. Perhaps it is time for us to explore and appreciate the real lives of these amazing birds.

Arizona has two species of raven: the common raven and the Chihuahuan raven. These birds are members of the Corvid family, which also includes crows, magpies and jays. The common raven is exactly that—common and the most frequently seen.

Common ravens are large, hawk-sized birds with wingspans of up to 4 feet. They are all black in color, including their beaks, legs and feet.

Their plumage is quite remarkable and has iridescent variations of green and purple throughout. They have very large beaks, wedge-shaped tails and a very loud cackling call.

Males and females look alike, although males tend to be slightly larger. Common ravens have a large global distribution and can be found in all habitats, except rainforest. They are found all over Arizona, including Phoenix. They are not considered endangered, but they are protected as native wildlife.

Chihuahuan ravens, on the other hand, are smaller and local to southern Arizona only.

Ravens nest from February through May and raise three to five offspring once a year. The babies are on their own at about 8 weeks of age and will be mature at 3-years old. In the wild, they can live 10–15 years and up to 40 years in captivity. They are omnivores, and their diets vary greatly.

They will consume rodents, insects, berries, eggs, crustaceans and carrion. Carrion is a very important part of their diets, especially in the winter when other choices are scarce, and they can often be found eating it along

roadways.

They will hunt, forage and even steal meals and often hide food for another time. Because of their diverse diets and habits, they have diverse locomotion and are able to fly, glide, walk and run.

Ravens have few predators. Hawks and other birds of prey may attempt to attack nestlings; however they are often met with aggression from raven parents. Ravens are excellent at driving off predators from their young and from their territory in general, and will often chase threats out of an area. One problem ravens do face is that they, along with other corvids, are very susceptible to West Nile Virus.

Ravens are considered gregarious birds. They are fearless, with a complex social structure and a well-defined



A raven pecks at his reflection in the back window of a pickup truck in Great Falls, Mont., Thursday, March 1, 2007. Ravens are considered by some to be the smartest of all birds.

other animals by eliminating sources. They also eat crayfish, which are devastating to stream and lake environments.

They play an active role in rodent control, insect control and seed dispersal. Their stealthy nature has become a problem for some species, such as tortoises which they prey on when the babies hatch, but again, tortoises have other predators as well.

Probably the most notable feature of ravens is their intelligence. Studies have been carried out to produce evidence of cognitive intelligence in these birds. PBS reports that after one study, zoologist Bernd Heinrich of the University of Vermont stated that "the raven not only had thought ahead, but also had acted on that thought and shown intelligence."

In *The Audubon Society Encyclopedia of North American Birds*, ornithologist John Terres states, "Corvids have probably achieved the highest degree of intelligence to be found in any birds."

In captivity, they can learn to talk; that same ability to mimic helps them find food in the wild. They mimic sounds to draw predators away from a kill so that they can dine on it themselves.

Hopefully some knowledge of these amazing birds will help dispel the negative connotations surrounding them. They are beautiful, playful, important and one of the most brilliant creatures in nature.

The most notable feature of ravens is their intelligence. In fact, the Audubon Society's John Terres says the raven is the most intelligent of any bird



One raven chases another trying to steal a morning catch at Hart Park in Bakersfield, Calif., April 10, 2007. Ravens tend to bully each other in order to define pecking order.

pecking order. They tend to bully each other for alpha rights, but disputes are quickly resolved. They learn quickly from each other, and if food is plentiful, they will congregate in large numbers. Otherwise they group in small numbers. They are also comical, mischievous and playful.

While ravens will eat some crops and small agricultural animals, they are no more damaging than other wildlife species over a large scale. For example, eagles will take out baby antelope, hawks and coyotes will kill chickens and wolves will kill cattle. Rabbits, deer, skunks and bears play a part in crop damage, but all have roles that are needed.

Ravens are very important in the environment. Because they eat carrion, they are directly contributing to ecosystem nutrient cycling and are responsible for preventing disease in

MASH unit places neglected animals in new homes

By Lisa Racz
Staff Writer

Since the seizing of 180 neglected animals by the MASH special unit on May 9, the animals have been treated for malnutrition and various critical medical conditions, and most have been adopted by families across the Valley.

The MASH Unit is a specialized assignment unit of the Maricopa County Sheriff's Office in which officers act on behalf of the welfare of animals. Sgt. Sherry Beckley was one of the first MASH Unit officers to arrive onsite, ready to assist with retrieving the neglected animals.

All these animals were given complete medical attention by the MASH Unit veterinarian to bring them back to health, she says. Along with proper

food according to their diet needs, the animals were given clean sleeping quarters with enough room to move around. The veterinarian bills since the seizing of the 180 animals in May came to approximately \$70,000 for MASH.

After getting the animals back to good health, MASH placed pet adoption ads in the *Arizona Republic* and held an open house Sept. 22 to 23, 2007. The doors opened at 8 a.m., yet people arrived at 2 in the morning, waiting in line to adopt from the MASH care facility.

According to Beckley, "There were approximately 300 people per day in the facility, viewing and adopting the animals. The people were given numbers to be called to view the animals."

"Their numbers were called quickly, and no one got mad or upset

that someone else would adopt the animal they wanted. Most of the animals were adopted to nice individuals and families."

The adoption cost was \$100 per pet. Even the chickens and roosters were adopted by the Arizona Agriculture Group.

It all began last spring, with many complaints of animal neglect by people who came to the Tonopah

home to buy puppies that were listed in a "for sale" ad in the paper. On May 9, Animal Cruelty Investigators and the MASH Unit went into action. They served the homeowners an order for seizure of the 180 neglected animals.

The temperature reached 97 degrees that day, and many of the animals were kept in dirty cages outside for days without proper shelter and running water. They had to drink green stagnant water or none at all. "We had to wear masks to go into the house because of the stench of urine and filth lingering all around us," says Sgt. Beckley.

The investigators were able to save most of the abused animals from the property and take them to the MASH animal care facility located at 1st Avenue and Madison Street. Six of the dogs died, due to catching the parvo virus.

The animals that were recovered from the trailer home consisted of 149 dogs, two large tortoises, three cats, some horses, chickens and roosters, a few guinea pigs and even exotic Macack monkeys. They were all without proper food for their individual dietary needs.

Beckley says, "It was a dirty puppy mill, where the homeowners made part of their income by over-breeding the adult female dogs. That's why there were so many dogs. The city is not sure yet what the other animals were for."

Beckley also says. "None of the animals had ever received any type of

grooming or medical attention from a veterinarian. They had many wounds, sores such as urine burns from having to lay day after day in their own urine, viruses and other deadly illnesses.

"The Macack monkeys were in bad shape with dehydration and depression because of the harsh temperatures they aren't use to and from being fed

dog biscuits instead of fruit that they naturally eat," says Beckley.

The monkeys have been taken to the Valentine Sanctuary for monkeys and other exotic animals, located just outside of Kingman,

Arizona, where there are trees and cooler temperatures for the animals' welfare. This is now their permanent home.

Horses have a longer recovery time from such neglect, so there are still a few horses currently receiving medical care and exercise. They will need to be adopted in the near future.

Civil charges brought against the owners of the home and property are still pending in the courts today, but the portion of finding extreme animal neglect and the assigning of permanent custody of the animals to the city were finalized in mid-September 2007.

To find out more about the Tonopah animals at the MASH Unit, go to the web sight www.mcso.org or visit the MASH Unit directly at the old 1st Avenue Jail on Madison Street and 1st Avenue, downtown Phoenix.



Photo by Lisa Racz

Oscar awaits adoption in Maricopa County's MASH animal care facility, Nov. 2007. Last spring the county rescued 180 animals from a negligent homeowner.

Students review iStart Smart after its debut semester

By Jessica Bisel
Staff Writer

As the iStart Smart program, designed to increase student retention, is coming to the end of its first official semester, students give the program mostly positive reviews.

Fred Wieck, PVCC counseling faculty and Underprepared Student Initiative coach, says that college students are failing at a nationwide rate of 40 percent. PVCC is the first and currently only MCCC college to implement iStart Smart in order to combat this trend.

The iStart Smart program has four basic requirements:

First, all students new to college were required to take mandatory placement tests in reading, English and math before enrolling in classes for the 2007 fall semester;

All new students were scheduled for a mandatory orientation, where they received information on financial aid, the program iGoal, and the PVCC campus;

Those students then met with advisers to select their courses;

Finally, all new students taking at least 12 credit hours, or six or more credit hours and testing into a remedial course, were also required to enroll in and complete a college success course of 1 to 3 credit hours.

PVCC's USI coaches researched schools with high retention rates, such as Moraine Valley Community College in Palos Hills, Illinois and Kalamazoo

College in Kalamazoo, Michigan. These schools then became model programs for iStart Smart.

The faculty membership then also became familiar with educator and author Skip Downing's work

with college student success. With Downing's compelling research and using models such as Kalamazoo College, PVCC launched the iStart Smart program as a requirement beginning the Fall 2007 semester.

With around 1,000 students required to enroll and complete the new College Success Course, some students have expressed their dissatis-

faction to the college about making the course section mandatory.

Grant Packwood, freshman at PVCC says, "I thought it was ridiculous that in college you were still getting classes like this." He explains that he was successful throughout high school without the course and while it is admirable that the college is seeking to help him, he feels, as an adult, he should be able to make his own decisions.

While Wieck regards the class as valuable and emphasizes its importance in helping college students be successful, Packwood says, "It's targeted the wrong audience. I think the kids that needed it (the class) the most are the ones that stopped showing up for class."

A number of students in the course also voiced complaints, saying that it was not the college's responsibility to ensure their success, since they were now paying for their classes.

Freshman Deanna Cunningham, however, feels the course has benefited her in many ways. She says the class may not be for everybody, but for some people it can really help.

Cunningham says, "I think there are a lot of things in here," pointing to Downing's book, "that I can teach my children."

Despite some students' concerns

with the class, the results of an evaluation that students had to complete at the end of the course showed to be around 80 percent positive. When 335 of the students were asked if the class has better prepared them for success in college, 288 students either agreed or strongly agreed while only 47 disagreed or strongly disagreed. When asked if they would recommend this course to other new-to-college students, 261 students agreed or strongly agreed while only 74 either disagreed or strongly disagreed.

Robert Bendotti, vice president of learning says, the school is tracking students who have taken the class and looking at this longitudinally, over time, to see how exactly iStart Smart affects these students throughout their higher education.

PVCC plans on continuing the program, being the innovator among the Maricopa Community Colleges, although some changes are in the works. These include expanding the use of iGoal, integrating more career counseling and academic advising, as well as, improving orientation for both students and parents.

Bendotti says, "We want students to be successful."

College students
are failing at a
nationwide
average of 40
percent

—Fred Wieck

Counseling Faculty