



YOUNGTOWN VILLAGE Reporter

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VOLUME 5 NUMBER 8

youngtownaz.org

August 2011

Council approves fiscal year 2011-12 budget

At a Special Town Council Meeting on June 23, the Town Council adopted the Fiscal Year 2011-12 Budget for the Town by Resolution No. 11-21 in the amount of \$4,717,550.

The road to the final budget for Fiscal Year 2011-12 was a long and arduous one, with many challenges for the Town Council, Town Manager and Staff. The Town Manager and Staff began working on this bud-

get in January, 2011 with proposals from Staff for the operations and maintenance, and capitol improvements for their departments for the upcoming year. Numerous meetings were held between the Town Manager and Staff, and then between Council and Staff before arriving at the Final Budget numbers.

The Town has faced continued losses from year to year in State Shared Rev-

enues, and this year was no exception. Since Fiscal Year 2006-07 the Town has lost the following amounts in State Shared Revenues: Urban Revenue Sharing (\$180,128.00), Vehicle License Tax (\$47,910.00), State Sales Tax (\$120,033.00) and Highway Users Revenue Fund (\$100,644.00). Youngtown has been trying to maintain services to its residents, but with almost a one half million dollar loss

in revenue, it has become increasingly difficult. All cities and towns in Arizona face the same issues, but many of them have much more locally controlled revenue than Youngtown has. Due to the minimum amount of locally controlled revenue that we have, we will continue to face the same issues in future years. From the best sources we have, Town Officials are being told that the trend by the State Legislature, to reduce State Shared Revenues to cities and towns, will continue.

In previous fiscal years, the Town has restructured staffing, had a reduction in work force and postponed the replacement of aging equipment to balance the budget. The employees have received no cost of living increases for three



The town of Youngtown approves fiscal year 2011-12 budget after many meetings were held between the Town Manager and Staff; and between Council and Staff.

Explore and shop Youngtown: Business license renewals

Did you know Youngtown... welcomes
• two online sales businesses, one restaurant and a chiropractic/health care business during June and July.

Administrative Assistant Cecilia Casillas is busy collecting business license renewals and is the most informative Town Staff to give insight on new businesses and even those that have vanished.

The Town of Youngtown maintains the Youngtown Business Directory. Hard

copies are available at the Town Offices, Library and online at www.youngtownaz.org/businesses. If you have any question about a particular business or category, please contact the Town Administrative Office 623-933-8286.

Explore and support Youngtown's business community by shopping local.



MORE BUDGET ON 3

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Registration	Distance	Location	For More Info
Day of event 7:00 am Mail In & Online Soon to come	Races will Start @ 8:00 am 10K Run ~ 5K Run/Walk 1 Mile Fun Run/Walk	113th Ave. & Alabama Youngtown, AZ	<ul style="list-style-type: none"> Mary: 623-974-2321, mdickinson@suncityfire.com Peggy: 623-362-8438, mmaggie3@cox.net

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What is the purpose of government?

By HONORABLE
MICHAEL LeVAULT
 MAYOR
 TOWN OF YOUNGTOWN

The following commentary is a reprint from September 2010

What should we, as citizens, expect and demand of our government? More importantly, what

should we allow our government to do? Generally, I subscribe to the view held by Thomas Paine: "That government is best which governs least."

I am amazed when I look around and see how intrusive our government (Federal, State and Local) has become. Our legislatures (Federal and State) measure their success according to the number and scope of new laws they churn out year after year. Towns and cities have incrementally inserted themselves into virtually every aspect of our daily lives.

Benjamin Franklin said, "...the purpose of government is to enable the people...to live in safety and happiness..." He went on to say: "In free governments the rulers are the servants and the people their superiors and sovereigns."

Notice, he said the purpose of government is to enable us to live in safety and happiness, not to guarantee it. If government provides the environment for us to live in relative safety and to be able to pursue happiness, the individual must assume responsibility for actually achieving it.

National security and the building, maintenance and regulation of certain infrastructures (streets, policing, utility systems, etc.) are clearly and properly the domain of government. These functions are beyond the reach and ability (physical or financial) of the individual but are inherently and vitally important to the common good. They must be performed or regulated by government.

Other, more intrusive, governmental functions, while often necessary, must

be looked at with suspicion and examined carefully. It is too often too easy to abdicate personal responsibility, common sense and action in favor of a passivity that says, "...let the government do it..."

Someone once said "...your rights end where mine begin..." In other words you have the right to freely pursue your interests as long as your pursuit of those interests doesn't infringe on the rights and freedoms of others.

Whatever happened to the concept of common courtesy and common sense? People used to care about their neighbors' quiet enjoyment of their lives and were loathe to infringe upon it.

Unfortunately, this loss of common courtesy and common sense has led to more and more government intrusion and an environment where people often brazenly inflict themselves on their neighbors. The neighbors then resort to demanding that government get involved in forcing or regulating what used to be handled with common sense, courtesy and human interaction.

When Benjamin Franklin said "...In free governments the rulers are the servants and the people their superiors and sovereigns..." he assumed large numbers of people would pay attention, get involved and directly hold their government accountable. Too often today government is looked upon as surrogate parent, referee and umpire. I fear we have lost our way in terms of what we expect, demand and allow our government to do. I pray we find it again before it is too late.



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 Michael LeVault



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TOWN OF YOUNGTOWN COUNCIL ACTIONS REGULAR MEETINGS

Disclaimer: This document does not contain the complete official meeting minutes but is intended to provide information about meeting activity. To obtain

official meeting minutes, please contact the Youngtown Clerk's Office.

DATE: JULY 21
TIME: 7:18 p.m.

PLACE: TOWN CLUBHOUSE, 12033 CLUBHOUSE SQUARE

Approved Resolution 11-25 Intent to Form the North

Youngtown Street Lighting Improvement District (NYT SLID).

Approved Ordinance 11-10 amending Title 17 restricting parking of large commercial vehicles in residential districts.

Approved Ordinance 11-11 amending Title 10 restricting parking of large commercial vehicles on streets in residential districts.

FEMA encourages Americans to participate in September's National Preparedness Month

Eighth Annual National Preparedness Month in September: "A Time to Remember. A Time to Prepare." Encourages Americans to Take Simple Steps to Prepare for Emergencies.

Washington - The Federal Emergency Management Agency's (FEMA) Ready Campaign, in partnership with Citizen Corps and the Ad Council, today announced the launch of new web tools that will make it easier for individuals and organizations throughout the nation to join the 2011 National Preparedness Month (NPM) coalition and pledge their support to help prepare their families, businesses and communities for emergencies of all kinds.

The eighth annual NPM will kickoff this September, using the slogan: "A Time to Remember. A Time to Prepare." The campaign seeks to transform awareness into action by encouraging all Americans to take the necessary steps to ensure that their homes, workplaces and communities are prepared for disasters and emergencies of all kinds.

"As we move forward with planning for this year's events and activities, we also recognize that this September marks the ten year anniversary of the 9/11 terrorist attacks," said FEMA Administrator Craig Fugate. "By doing what we can to ensure that our communities, and our nation, are prepared to respond and recover from all types of disasters and hazards, we honor the memory of those who were lost that day."

Individuals and groups can now register to become NPM coalition members by visiting <http://community.fema.gov>. Once registered, members have access to a toolkit

that includes suggestions for activities and events, templates, articles, banners and customizable materials. Coalition members also have access to an events calendar allowing them to post and promote preparedness events, share success stories, and participate in national and regional discussion forums to engage with fellow coalition members and FEMA representatives.

By hosting events, promoting volunteer programs and sharing emergency preparedness information, coalition members can help ensure that their communities are prepared for emergencies. Becoming a coalition member is easy and free, so register now to get started. Nearly 2,000 coalition members have already joined this year's campaign.

While NPM is held each September, FEMA's Ready Campaign promotes individual emergency preparedness at home, in the workplace, and throughout America's communities throughout the year. Ready is a national campaign, produced in partnership with The Ad Council, designed to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

The Ready Campaign's websites (ready.gov and listo.gov) and toll-free numbers (1-800-BE-READY and 1-888-SE-LISTO) provide free emergency preparedness information and resources available in English and Spanish. Additionally, through FEMA's partnership with the Ad Council, public service announcements are available to increase the American public's involvement in preparedness.

BUDGET: Fiscal year 2011-12, From 1

fiscal years, and no merit increases for two fiscal years, and Fiscal Year 2011-12 is no exception in this area. In order to balance the budget for Fiscal Year 2011-12, the Town Manager had to propose using \$583,103.00 from the Town's savings account. At this rate the Town would deplete its savings account in approximately three years. Town Staff continues to try to do more, or as much, with less by looking for innovative ways to

do things and by applying for grants, but grants are becoming increasingly difficult to get.

To summarize, \$4,717,550.00 is the total Fiscal Year 2011-12 budget that is balanced by using \$583,103.00 (one-third of the savings account). This savings account, based on expected future lack of revenue, will be depleted (zero balance) in Fiscal Year 2013-14.

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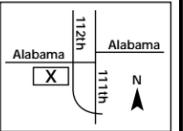
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NEWS FROM THE COMMUNITY
 To submit your article, e-mail it to:
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 The right to accept or reject material rests with the publication editor

Plastic, paper, aluminum equals 'La Rita Recycler'

Along came an opportunity to design a creature of such stunning form and fashion that Finance Officer Jacquelyn Hoffman

could not resist the urge to fulfill a creative urge. Balancing bank accounts, writing payroll checks and reconciling invoices, can be more numbers than an imaginative person can tolerate. La Rita Recycler is the result of Jackie's thirst for something out of the routine.

The Surprise Regional Chamber, as one of their July event fundraisers, offered this opportunity to all Chamber members to participate. As a strong supporter of this organization, the Town of Youngtown threw their sponsorship on the drawing board and Jackie assumed full responsibility to design, cut, paste and deliver La Rita on behalf of the Town. La Rita was a stunning Youngtown femme fatale!

As a strong advocate of recycling materials, La Rita wears cuffed slacks fashioned from the Youngtown Village Reporter

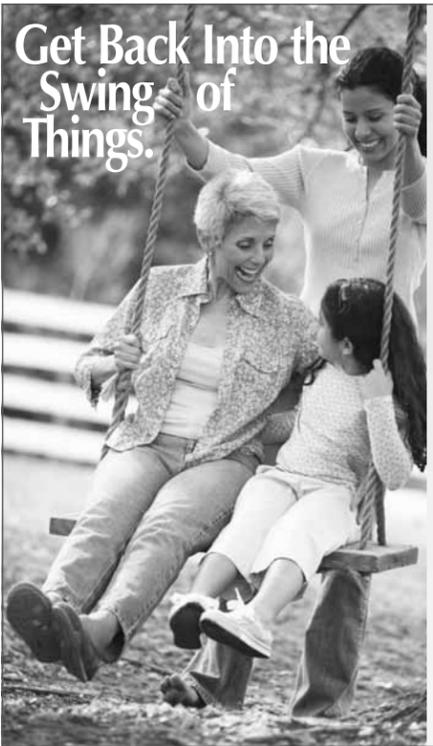


with the Council's pictures displayed prominently. A dishwasher bottle top became her visor and as every fashionable pink flamingo knows, carrying a purse (former beverage carrier) and a bottle of wa-

ter (discarded pill bottle) is vital in Arizona's Sonoran Desert.

Stop by the Youngtown Library and feast your eyes on this lovely creature, La Rita, before she heads to the beaches of California.

Let's Get Ready!
St. Joachim & St. Anne Catholic Parish in Sun City will be enrolling returning and new students for 2011-2012 Religious Education in St. Anne's Hall after the 4 & 5:30pm Saturday Masses on Aug. 6, 13 & 20.
 Parents may also register students Mon. through Fri. at the parish office.
 Classes are Wednesday's 6:30-8pm in St. Anne's Hall beginning Sept. 14.
 There will be a Parent-Teacher meeting Wed., Aug. 31 @ 7pm in St. Anne's Hall.
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Special transportation services assists Youngtown residents get to medical centers

Did you know there is a transportation service available which can help you get to local dialysis and medical centers and pharmacies? The Town Council recently approved an Inter-Governmental Agreement (IGA) with Phoenix-based Valley Metro, also known as the RPTA or Regional Public Transportation Authority, whereby Valley Metro will provide On-Demand non-emergency shared-ride medical transportation services to ADA-qualified town residents, in some cases billing the Town for the service if the resident is unable to pay.

Many residents must travel regularly to dialysis and other medical appointments, but a lack of transportation and limited funds

can make it difficult to meet these life demands, adding unneeded stress along the way. By way of this IGA, the Town has arranged to have these transportation services provided on an as-used fee basis, provided regardless of one's ability to pay.

One of the guiding principles of the RPTA Transit Life Cycle Program is to assist local governments in providing complimentary paratransit services to ADA-qualified residents. In times past, Valley Metro worked with Maricopa County Human Services personnel to provide what was then known as Special Transportation Services; unfortunately this service was discontinued a couple of years ago due to fund-

ing shortfalls. After that, the Town made arrangements with the Sun City Area Transportation service (SCAT) to provide this service, but SCAT has since closed its doors.

Now with this new agreement in place, the Town can once again meet the needs of our residents who might otherwise be at the mercy of family or friends to get them to their medical appointments. In some cases, rides will be provided by cabs under contract to Valley Metro; in most cases, Dial-a-Ride buses will take you to your appointment and return you home.

If you are in need of this service and feel you may qualify, you are invited to contact Arleen Schenck,

Paratransit Program Coordinator at Valley Metro at 480-924-6653 (email: aschenck@valleymetro.org) for details. General questions may be directed to Mark Hannah, Projects, Programs & Grants Manager at 623-933-8286 (email: mhannah@youngtownaz.org).



Youngtown Community Garden update

The Youngtown Community Garden committee presented their vision and mission statement to council at the July 21 work session and will go to council the first scheduled meeting in September for approval.

There are still a lot of ways that you can get involved and be a part of the community garden. If you are

interested in getting involved or want to learn more call Town Hall or e-mail dorena.mello@gmail.com. All residents are welcome and encouraged to get involved.

Youngtown Community Garden Mission Statement: Working together to grow a healthy community one seed at a time.

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News from the Youngtown Library for August

Well, here we are in the heat of the Arizona summer! We notice that we are busy these days here at the Library as our patrons, young and old, seek some refuge in our cool space to read books, magazines, newspapers or work on our computers.

Our Summer Story Time Program is drawing to a close. We have enjoyed the readers provided by

Arky Muscato through the Arrow Head Kiwanis Club and other people that he knows. These folks have been from many walks of life – a high school principal, a caterer and several entrepreneurs – just to name a few. We have learned about dinosaurs, vacations, feelings and celebrated Freedom for the 4th of July topic. The children have taken home

coloring sheets and free books as well as little gifts. We averaged between six – 15 children and parents each week. Thanks to the readers, the parents and the kids for making it a successful Tuesday morning adventure. Tuesday, July 19, 2011 our subject was OUR PETS. Twila Lampe, Library staff member, brought in her dog, Beanie. Beanie is a two

and half year old fox terrier mix “pound puppy” whom Twila and her husband adopted. The kids were thrilled to see Beanie sit up and lie down (for treats!).

The Maricopa County Summer Reading Program ran from May 26 until July 30. We had a total of 60 children participating. In the birth to 5 years old there were 23 children, 6



Library staff member Twila and her dog Beanie joined story time on July 19 while the kids learned about Our Pets.

1st Annual S.A.F.E. Run

Run

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- Family Fun

Town of Youngtown, Sun City Fire Department and Adultcare Assistance Homecare

OCTOBER 8, 2011

Run will benefit the Foundation for Burns and Trauma. Run to Support all burn victims that have been severely or critically burned and help raise awareness and education in the community.



Registration	Distance	Location	For More Info
Day of event 7:00 am Mail In & Online Soon to come	Races will Start @ 8:00 am 10K Run ~ 5K Run/Walk 1 Mile Fun Run/Walk	113th Ave. & Alabama Youngtown, AZ	<ul style="list-style-type: none"> • Mary: 623-974-2321, mdickinson@suncityfire.com • Peggy: 623-362-8438, mmaggie3@cox.net

October 8, 2011 - 1st Annual S.A.F.E. Run

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Make checks payable and mail to: All Arizona Running Events, 5290 W. Melinda Lane, Glendale, AZ 85308

ON-LINE REGISTRATION AVAILABLE AT:

- 11 had 29 children and there were eight in the 12-18 age group. Twila and Nan enjoyed meeting these participants and awarding them their incentives as they completed the levels in each of their respective programs.

Just a reminder that: We are in need of volunteers! There are two shifts available: mornings from 10 a.m. to 1 p.m.; and afternoons from 1 to 4 p.m. Our hours are 10 a.m. to 4 p.m. Monday through Friday. We have four public computers which are available on a first come, first serve basis until 3:45 p.m. the days we are open.

Youngtown Library have an ongoing book sale. They also offer DVD's, VHS tapes and audio books. Come and see – the selection changes all the time.

August is a month which proclaims itself as:

- American Artist Appreciation Month
- National Golf Month
- Foot Health Month

Some dates that are highlighted are:

- Aug. 3 - Columbus set sail on his first voyage
- Aug. 4 - Coast Guard Day

So come on over to the library. Read our newspapers and magazines and keep cool with us for a while.

Nancy, Twila and the Volunteers

Monthly Trivia

1. Who was the month of August named after?
2. August 6, 1926, New Yorker Gertrude Ederle became the first woman to do what?
3. August 8, 1974, what did President Nixon announce he was going to do?
4. August 1, 1976, Elizabeth Taylor divorced again. Who did she divorce this time?
5. In August of 1969, the three day rock festival originally called Woodstock Music and Art Fair was held. How much was the original price for an advance sale 'Three day ticket' for one person?
6. Born on August 14, 1961, actress Susan Olsen is best known as Cindy Brady on the Brady Bunch. What was Cindy's dolls name?

If you have an interesting trivia question that you would like to submit, please send it to Jamie Boyett at jamieboyett@cox.net.

Trivia answers on page 11



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36 month lease. Total due at lease signing, \$6,110, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BPA61808

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DISCOUNT...-\$1,981
FACTORY REBATE.....-\$500
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48 month lease. Total due at lease signing, \$8,406, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #CL189667



NEW 2011 FORD FUSION \$15,503
MSRP..... \$20,420
DISCOUNT...-\$2,417
FACTORY REBATE.....-\$2,500
Or Lease \$129 /Mo.
66 month lease. Total due at lease signing, \$6,403, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #CR137965



NEW 2011 FORD ESCAPE \$17,509
MSRP..... \$21,785
DISCOUNT...-\$2,276
FACTORY REBATE.....-\$2,000
Or Lease \$197 /Mo.
66 month lease. Total due at lease signing, \$2,556, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BKC52076



NEW 2011 FORD F150 \$18,520
MSRP..... \$23,390
DISCOUNT...-\$2,870
FACTORY REBATE.....-\$2,000
Or Lease \$229 /Mo.
66 month lease. Total due at lease signing, \$3,726, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BKD68098



NEW 2012 FORD MUSTANG \$19,425
MSRP..... \$23,105
DISCOUNT...-\$2,180
FACTORY REBATE.....-\$1,500
Or Lease \$159 /Mo.
66 month lease. Total due at lease signing, \$2,664, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #C5234955



NEW 2011 FORD TAURUS \$22,954
MSRP..... \$25,995
DISCOUNT...-\$3,041
Or Lease \$219 /Mo.
72 month lease. Total due at lease signing, \$3,426, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BG172861

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NEW 2011 FORD F250 \$24,638
MSRP..... \$31,900
DISCOUNT...-\$3,762
FACTORY REBATE.....-\$3,500
STK. #BEC70932



NEW 2011 FORD EXPLORER \$24,973
MSRP..... \$29,185
DISCOUNT...-\$3,212
FACTORY REBATE.....-\$1,000
Or Lease \$279 /Mo.
72 month lease. Total due at lease signing, \$3,601, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BGA76939



NEW 2011 FORD FLEX \$25,541
MSRP..... \$30,390
DISCOUNT...-\$2,849
FACTORY REBATE.....-\$2,000
Or Lease \$289 /Mo.
72 month lease. Total due at lease signing, \$3,985, no security deposit required. Lease end termination fee, \$200. Based on 10,000 miles per year. Additional charges may be imposed at end of lease term. On approved credit. Plus tax, title, license and \$399 doc fee. STK. #BBD33668

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Councilmember Margaret Chittenden addresses Youngtown Dog Park

Mission Statement: Building a social network for people and their dogs 4 paws at a time.

Purpose: To provide a clean environment for people and their dogs to get healthy exercise and socialize safely.

Three community meetings have been held at the Youngtown United Methodist Church with input from very interested local residents discussing location, specific rules, creation of a mission statement and purpose for the proposed dog park.

On July 21 at the Town Council Work Session an update was presented by Councilmember/Dog Park advocate Chittenden with supportive, active residents in attendance. Some voiced their opinions and/or suggestions, but all spoke in favor of the proposed dog recreational area to the Council.

Oct. 6, 6 p.m., Council Meeting is the next step in the process to seek Council approval for the complete dog park plan including location with site plan, Town

costs, hours of operation, amenities of benches, trees, water fountains, etc. The supporters are confident in-kind donations and sponsorships will be a major portion of securing the success of this project.

Upon Council approval the supporters will organize a campaign to seek donations for necessary features to ensure a pleasant, functional, and low-maintenance dog recreational area for the community.

"I really appreciate the resi-



dents, Councilmembers and staff who have attended the meetings to offer their support and the Youngtown United Methodist Church for opening their doors

to accommodate the meetings and the Compass Bible Church for assistance with organization and flyers", stated Councilmember/Advocate Chittenden.

Future meetings will be important to finalize strategies, design and timing to move this project from vision to reality. Attend and be an important part of this grassroots project: Saturdays at the Youngtown Methodist Church (113th and Alabama Avenues), 9:00 a.m., on Aug. 20, Sept. 17 and Oct. 1.

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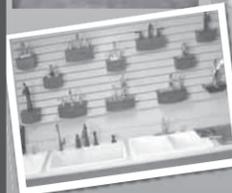
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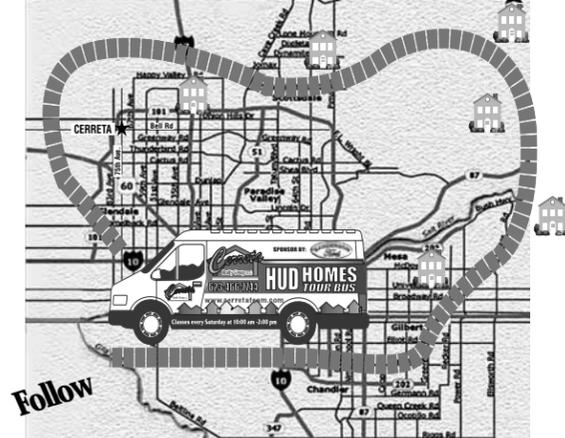
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From the bench...Watercraft chop shop

LESSONS FROM THE BENCH



Lex E. Anderson
Youngtown Magistrate

The noise created by the whipping rotor blades was too far away for the defendant in this case to have any concern that the police were interested in his activities. If he had even noticed at all, it likely had no more significance to him than any private or business helicopter that transverse the sky on a daily basis.

The aircraft circling overhead and at a distance was a light observation helicopter, or "LOACH" as named by the military. Rather than being armed with mini guns and rockets, this law enforcement version was equipped with a high resolution camera and extremely powerful telephoto lens. As the chopper lazily circled in a racetrack pattern, its camera clicked away, documenting in vivid detail the contents stored in the defendants back yard.

The police had evidence to suspect that the defendant was operating a chop shop for watercraft and running an enterprise that defrauded many customers that had entrusted their boats and jet skis to him for repair or storage.

The defendant advertised his business at local lakes including jet skis for rent which attracted quite a few customers over the months he was in operation. The jet

ski rental turned out to be a profitable aspect of the business; however, there was one major problem; the jet skis the defendant rented out to the public did not belong to him.

By now it may be somewhat obvious, but the scheme worked like this. An unsuspecting customer would bring in a jet ski for repair. The person behind the counter would accept the watercraft and assure the customer that the repairs would be made within a specified time. In actuality the repairs were made in a very timely manner, timely enough to get the customers jet ski operational and rent it out to the next person in the door looking to rent one!

A week or two later when the customer would call or show up to claim his "repaired" jet ski, he was often told that they were waiting for parts or that it was out for a test run.

When anyone brought in a jet ski for long term storage, the customer was told that the storage fee included preventative maintenance such as keeping the battery charged up by starting the ski and running water through it on a regular basis. More likely, this translated to "hey thanks for another watercraft to rent out".

As you may suspect, obvious wear and tear as well as occasional damage occurred to the jet skis while they were rented out. On this end of the scheme, the defendant charged made money on security deposits above and beyond the rental fee.

Although many customers that had entrusted their watercraft to the defendant for repair or storage were shocked by the used condition that their property was returned, they had limited recourse until a fraudulent schemes case developed through the local law enforcement agency.

In the end, the defendant became increasingly sloppy with his scam and was renting jet skis out without the required safety equipment and expired registration (a big red flag for getting stopped by the lake patrol). As the investigation continued, more and more victims came forward. The puzzle

came together quickly for law enforcement and I subsequently issued a search warrant. Police raided the defendant's business and found numerous jet skis that had been listed as stolen, or had fictitious identification numbers. This enterprising individual spent many years in prison thinking about his next business venture, hopefully a legitimate one.

Notice of proposed improvements: 'Resolution of Intention' declares street lighting improvements

July 21, the Mayor and Common Council of the Town of Youngtown, Arizona, adopted Resolution No. 11-25 (the "Resolution of Intention") declaring its intention to create a street lighting improvement district to purchase energy for the operation of the Street Lighting System in the proposed district, which will be known as North Youngtown Street Light Improvement District (the "District"). The District boundaries are Peoria Avenue north to Grand Avenue and 111th Avenue west to the Agua Fria River.

In mid-August signs reading "NOTICE

OF PROPOSED IMPROVEMENT" will be posted throughout the proposed district noticing the proposed improvement district.

The work and all proceedings connected therewith shall be known as the North Youngtown Street Light Improvement District (NYT SLID).

For further particulars, reference is hereby made to the Resolution of Intention and to the Improvement District map which is also on file in the offices of the Town

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Laughter: Science confirms good medicine

Medicine has come a long way since Dr. Hans Selye first identified the effects of stress in the late 1950's. Yet, laughter is still noted as one of the best remedies to subdue the ill effects stress has on an individual's health.

With our fast paced lifestyles, more work, increased production in less time, home obligations and extra-curricular activities; not to

forget to mention fast food and the need to keep up with technology, the demands on the average person's life have increased so much in the last several decades that it is no wonder our health is suffering. The ramifications of the exact things meant to make our lives easier and more enjoyable, are taking over quality recovery time our bodies need to stay healthy.

Today we are expected to know more, see more, hear more, say and interact more. Essentially, we are expected to be more. The increased load on our emotions and physical body is overwhelming. Furthermore because of our responsibilities and obligations, we tend to sleep less and worry about keeping up with expectations. We are literally wearing ourselves out.

Stress has been associated with many symptoms such as increased blood pressure, back pain, muscle spasms, headaches, irritable bowel, indigestion, anxiety and insomnia, to name just a few. Even agitation indicates a prolonged state of stress.

In this insane determination to keep up with this world, one thing has stayed the same. The old fashion cliché "laughter is the best medicine," still rings true with modern science. The benefits of laughter are hard to beat.

• Laughter alters hormones. If we enjoy a chuck-

le, our stress hormones such as cortisol and adrenaline are reduced. Endorphins which are the hormones that put us in a calm state are increased. Even specific neurotransmitters are influenced to help us feel peaceful and happy.

• Laughter influences proper immune function. Research in psychoneuro-immunology found that when we laugh natural killer cell activity may improve. This can promote better resistance to disease.

• Laughter gives us exercise. This may seem a little silly, but a good belly laugh actually gives you a little workout. Physically it contracts the abdominal muscles and the diaphragm, including a mini workout for the heart.

• Laughter distracts us from our woes. If we are giving our attention to something comical we are distracted from things that may be bothering us, thus decreasing our focus on negative emotions.

• Laughter benefits us socially. We all have heard that laughter is contagious. If we tend to view things with humor and take a light-hearted approach to stressful events, it elevates the mood of others around us. And pleasure found in the company of others further relaxes us.

So how can we incorporate laughter into our lives intentionally? Spend time with others in which

we enjoy common interests. Watch comedy T.V. shows or movies at least one to two times per week. And finally, "fake it until you make it" has become a popular motto while trying to learn something new. For a while we may have to remind ourselves to laugh. But choosing a positive perspective and laughing in spite of a stressful situation can become a habit. If we make the effort to take things with a grain-of-salt attitude, the events that would have been stressful before will give us less of an emotional threat, thereby changing our minds in a way that will change our bodies to promote good health.

Why did the orange go to the doctor? He didn't peel good.

Even if you just smirked at my attempt to make you laugh, your body chemistry changed in an instant. It's no joke, so enjoy becoming healthy. In this doctor's opinion, good medicine is no laughing matter. Laugh therapy is a serious complimentary adjunct that can influence physiological and psychological well-being!

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NOTICE: Proposed improvements, From 9

Clerk and Public Works Manager located at 12030 and 12024 Clubhouse Square, Youngtown, Arizona 85363.

The owners of property within the District may file written protests against the formation of the proposed District or file written objections against the extent of the District. The protests or objections must be filed with the Clerk of the Town of Youngtown, 12030 Clubhouse Square, Youngtown, AZ 85363, within fifteen (15)

days after the last publication of the Resolution of Intention or the date of the posting of this Notice, whichever date is later. The 15-day period is expected to commence on August 25, 2011 and end on September 8, 2011.

The Town already has a Street Lighting Improvement District in Agua Fria Ranch (AFR SLID) that pays for the energy for street lights in that subdivision south of Peoria Avenue.

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West Valley Genealogical Society 'Genealogy for Juniors' Program

The West Valley Genealogical Society Library, 12222 N. 111th Avenue, Youngtown, invites young people, ages 10 - 16, interested in learning about their family history and finding their ancestors, an opportunity to enroll in a four week Genealogy for Juniors Program. The Classes will include the Scouting requirements for a Genealogy or Family History Badge. Scouting membership is not required. The classes will meet four consecutive Saturdays beginning, Sept. 3 from 10 a.m. to Noon. The classes are free; a \$5 charge for supplies will be required. Class size is

limited to 15 participants so sign up early. The enrollment form and more details are available at the website of the Society: www.azwvgs.org, or by calling 623-933-4945.

Wanita Zarumba,
Publicity, West Valley
Genealogical Society

AARP NEWS

Summer is almost over and it is time to begin planning for the next AARP Chapter #1 meeting. Our next meeting will be held on Friday, September 2 at 5:30 p.m. at the Town of Youngtown council chambers. All national AARP members are welcome to attend and you can become a member of our historic Chapter for a \$5 annual fee. Attendance is not mandatory but always appreciated and encouraged as we socialize, discuss

relevant topics and plan our assistance to the West Valley communities. We will continue our support for the Valley View Community Food Bank so please bring whatever donations may be possible (i.e., canned goods, paper and plastic bags and egg cartons). Our guest speaker will be Dr. Virginia Craeger, presenting the most current information on Medicare, as well as news from the State AARP office.

Trivia answers from page 6

1. Augustus Caesar.
2. Swim the English Channel.
3. Would resign.
4. Richard Burton for the second time.
5. \$18.00.
6. Kitty KarryAll.

Send trivia questions to jamieboyett@cox.net.



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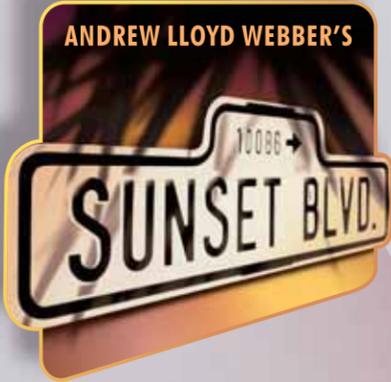
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