

RECYCLE YOUR BICYCLE

For a Kid in Foster Care

Scott Light
12 NEWS

Many children in foster care have never had their very own bike. You can help by donating a new bicycle or a bike that's gathering dust.

Bikes in need of repair will be refurbished by the Boy Scouts of America and community volunteers and distributed to children in foster care in December.

Drop off your bike at any Earnhardt Auto Center through Saturday, October 26.

For more information, go to children.azcentral.com

A project of Arizona Association for Foster and Adoptive Parents and Boy Scouts of America—Grandy Canyon Council.



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NEWS BY YOU

Mayor's Day of Play joins charity in child-obesity fight

Submitted by Jyl Steinback, president of Shape Up US.

The Centers for Disease Control and Prevention reports that in the last 30 years the percentage of obese children ages 6 to 11 has doubled and the percentage of obese adolescents ages 12 to 19 has tripled. In Arizona, more than 30 percent of youth ages 10 to 17 are overweight or obese.

Childhood obesity is increasing at an alarming rate, but the statistics tell only part of the story. Sadly, children often suffer the heartache of social and psychological problems associated with obesity, and the long-term effects can be even more devastating. The American Society for Nutrition and the CDC report that children who are obese are more likely to develop type 2 diabetes, cardiovascular illness and certain cancers as adults.

As parents, we want our kids to live long, healthy and happy lives, but we must act now to give them that opportunity.

The non-profit organization Shape Up US was created in 2009 to combat the growing epidemic of childhood obesity by providing educational tools that help children, their families and the community develop lifestyle skills that prevent obesity.

Shape Up US healthful lifestyle events, offered at no admission charge, help families, teachers and schools assess and address personal and community wellness needs in an engaging way. Participants take part in such activities as fitness contests, hands-on kids' cooking and giveaways.

Our next event is the Chandler May-

FOAM FUN RUN

» What: Foam Fun Run, a family-friendly 5K, features five colorful foam stations, a 30-foot-long inflatable water slide, a human car wash and numerous other obstacles. It is the opening event of the Chandler Mayor's Day of Play. A percentage of proceeds benefits Shape Up US' ongoing efforts to reverse the trend of childhood obesity.

» When: Saturday, Oct. 26. Registration begins at 8 a.m. and the first flight begins at 9 a.m.

» Where: Tumbleweed Park, 745 E. Germann Road, Chandler.

» Registration: \$25 with promo code SHAPEUPUS.

or's Day of Play, presented by Cardon Children's Medical Center, from 9 a.m. to 1 p.m. on Saturday, Oct. 26, at Tumbleweed Park, 745 E. Germann Road.

It begins with the Foam Fun Run, a non-competitive 5K race featuring five colorful foam stations, a 30-foot-long inflatable water slide, a human car wash and numerous other outrageous obstacles. Registration is \$25 with promo code SHAPEUPUS, and proceeds benefit Shape Up US efforts to end childhood obesity. Kids 7 and younger are free with a paying adult.

The Foam Fun Run is an opportunity for the entire family to exercise together while having fun. Such events are at the heart of Shape Up US' commitment to improving the fitness and well being of children and their families.

Information or to register: foamfun.run.com, www.shapeupus.org.

3 activists portrayed in free movie

Doors open at 6:30 p.m. Oct. 23, for a free showing of the award-winning film "Elemental" at Harkins Valley Art Theater, 509 S. Mill Ave., Tempe.

Filmmaker Emmanuel Vaughan-Lee will host a post-film discussion. Free parking, with validated ticket, is available at the Brickyard Parking Garage.

The film profiles three activists from three continents. According to the *New York Times*, the documentary "is more about environmentalists than about environmentalism. Following an indige-

nous Canadian activist, a crusading government official in India and a struggling inventor, this sensitively scored film complicates the typical missionary's progress arc by acknowledging its would-be heroes' weaknesses and the day-to-day obstacles to doing good."

This screening is co-sponsored by ASU's Institute for Humanities Research, ASU Art Museum and Herberger Institute for Design and the Arts.

Information or to RSVP: sustainability.asu.edu/events/rsvp/elemental.