

# Families can have fun at Tempe lake this summer

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Imagine enjoying a nice, relaxing sunny afternoon in Tempe Town Lake. Sitting on soft green grass, underneath the shade of a towering tree watching the day pass by.

Many ASU students, in order to get away from the stresses of school and to relish its ambience, use Tempe Town Lake as an escape or refuge. Motorists zooming by on Loop 202 are able to watch the reflective waters below.

The City of Tempe, which brought water to the empty Salt River bed in a project called Rio Salado, organizes, sponsors or supports scores of recreational and other activities on the lake and the adjacent Tempe Beach Park,

Although permits are required, Phoenicians from the entire valley, including many from ASU, enjoy rowing, boating and fishing on the lake's 220 acres of water. Rainbow trout, channel catfish, sunfish and largemouth bass are found in the lake.

The largest Town Lake visitor draws, however, are the large-scale events the City of Tempe lures to the site. Tempe's New Year's Eve Block Party is held at the Beach Park annually, and is invariably considered one of the nation's greatest parties.

The city's July 4 celebration is a similar, large-scale party held at the park. Thousands of thousand valley residents and their family enjoy the party and fireworks show each year.

Other recent Town Lake and Beach Park events



MIRIAM HERNANDEZ / THE DEVILS APPRENTICE

Tempe Town Lake is a summer hotspot for both families and college students.

include a rowing competition, triathlon, sand volleyball tournament, and the Tempe Music Festival, where local and national bands play for an audience.

"I just go when there's a major event," said media production and journalism senior Tammy Souva, who said the lake is a nice addition to Tempe. "It's nice to see water for a change and it's a nice

place to go and relax."

Personal recreation is available with the five-plus miles of path for bicycling, jogging, and skating.

For younger kids, a one-acre splash park will be reopened July 4 in the Beach Park.

This state-of-the-art playground has various water-based toys for children to use for entertainment while cool-

ing off and learning how a drop of rain falling from the sky ends up in the ocean or the water supply.

As visitors enter the park, light, misty drops of water fall from overhead as a simulated waterfall turns into a canal.

Throughout the entire playground, from the sandy beaches to the toy whales, the water never pools more than two inches, making it a safe place

for free family fun.

"It's a fun place to go on a hot day," said Sarah Mickey, a Chandler resident who brought her kids to the park on a recent evening. "It's a nice place to bring small kids."

Many residents consider Town Lake an exceptional addition to the city. It brings fun to the entire family, while at the same time modernizing Tempe.

## Making headlines: The Format kicks off headlining tour in hometown

BY AMI GOSALIA AND  
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Do you ever feel like all the music you listen to sounds EXACTLY the same? Well, so did Nate Ruess and Sam Means.

The two Arizona natives decided to stray from the norm and create a band with their own style of music. The Format, a medley of pop, punk, and rock, started producing music early in 2002.

Later that year, the duo debuted their EP on The Edge, Phoenix's primary modern rock station.

Listeners took an immediate liking to their music, which led to the eventual release of their popular album *Interventions and Lullabies*, Elektra Records.

Ruess and Means, both in their early twenties, were members of a few other bands prior to the start of The Format.

They were tired of other musicians constantly trying to fit a 'pre-conceived notion' of what their music should sound like.

The duo has written many of their own songs and has spent countless late nights

working on lyrics. Cat Stevens, The Beatles and James Taylor are just a few of the many musicians who have influenced their music.

Ruess and Means decided to kick off their first headlining tour in their hometown of Phoenix, Ariz. The Marquee Theatre proved to be a perfect setting for The Format's launch.

Located on Mill Avenue in Tempe, the small venue allowed concertgoers to feel close to the stage with its stadium seating, or standing as many found out.

Like The Format, the concert's two opening bands, The Necronauts and Reuben's Accomplice, are from Arizona as well.

According to the band's Web site, The Necronauts, originally from Springerville and then Mesa, were influenced by bands like Led Zepplin and Nirvana.

Their heavier sound, however, did not charm most Format fans and after more than 45 minutes of intense rock music, many concertgoers had taken a seat on the venue's floor and attempted to boo the Necronauts offstage.

This was followed by a rude



BRANDAN MARTINEZ/THE EDGE 103.9

**Nate Ruess, of local band, The Format, kicks off his headlining tour at the Marquee Theatre. The band will travel through California, Arizona and the Midwest this summer.**

and unwelcome insult from the band's lead singer.

The next opening band was Reuben's Accomplice, which was founded by two more Arizona natives, Jeff Bufano and Chris Corak. Reuben's Accomplice has toured with big names like Jimmy Eat

World, also from Arizona.

The band's softer, more acoustic sound definitely won over more fans than the previous act.

The Format seemed to really like Reuben's Accomplice as well; they will be on tour together until July 11th as they travel next to Anaheim, Oakland, and other California venues.

It was already past 10:00 pm when Reuben's Accomplice finished their set, and the crowd was anxiously waiting for The Format to take the stage.

Finally, the lights dimmed, the crowd inched closer to the stage, and The Format casually walked on. They started off with one of their more popular songs, "I'm Ready, I Am," off of the CD *Interventions and Lullabies*, Elektra Records.

The Format transitioned quickly from song to song, and it was clear that the energy level was rising in the tightly packed theater.

Suddenly, the crowd went crazy as the band began to play their most popular song, "Tune Out." Lead singer Nate Ruess asked the audience to help sing the chorus, unnecessarily, considering almost

everyone was belting out the lyrics anyway.

After another dozen songs, including a cover of Billy Joel's "Movin' Out," The Format ended the show with another popular song, "The First Single."

However, they could not get away from the crowd's intensifying screams and shouts for them to come back onstage and play more.

The crowd's wish was granted, and The Format came back out and played a few slower, more acoustic songs before exiting for the final time.

The Format is truly living out their dream. As they embark on their first headlining tour, they will travel to California and the rest of the West Coast before they tour the Midwest and return to Tucson and California in early August.

Overall, the concert was a success and the duo is worth checking out, as they definitely do not follow 'the format' typical of many bands.

For more information about the band and upcoming tour dates, check out the official website or the production site [www.elektra.com/theformat](http://www.elektra.com/theformat).

## Got Tofu?

Students ditch cows for carrots, and a vegetarian lifestyle.

BY ALISON CARRUBBA  
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It's a word associated with tree-hugging, Kumbayah-chanting and taking nature walks with your friend, Mr. Raccoon.

Vegetarianism.

But while some meat fans may view vegetarians as extremists, the fact is, vegetarianism is becoming more mainstream every day, especially among young people.

Karen Moses, Assistant Director of the Student Health and Wellness Center Health Promotions said she's noticed a definite increase in the number of "Veggies" (as many wish to be called) on campus.

"The number of students becoming vegetarians or even inquiring about it is outstanding," Moses said.

It's a trend that's being reflected in eating choices on campus.

ASU's Memorial Union is full of veg-friendly choices, including two new food outlets, Cereality and the Mediterranean Café.

Even a traditionally meat-centric restaurant like Chik-Fil-A offers a garden salad, while Burger King has the BK Veggie, its version of the veggie burger.

Some restaurants that do not offer a vegetarian menu are more than happy to comply with the wishes of their patrons and make their dishes meatless. General Manager of Taco Bell at the MU, Zena Martinez, says that about 20 percent of her customers are vegetarians.

"We actually had a sign on our menu that said 'Make it vegetarian friendly,' but unfortunately it got taken down by students," she said.

Many Veggies interviewed at ASU said they became vegetarians for health reasons or because of moral or religious beliefs.

While most said becoming a vegetarian wasn't all that hard, some said they've had a hard time sticking to it.

"I actually was a vegetarian for some years, but had to start eating meat again because I got sick," said Martinez.

Meatless meals can be healthy, but they can also cause nutrition problems.

"The healthiness of a vegetarian diet depends on how well it is executed," Moses said.

"The healthy vegetarian style of eating uses the food pyramid, but uses it in a different way. They still use the protein group but substitute meat with a different type of protein like nuts and soy."

Multi-vitamins can help vegetarians get most of the nutrients they need, but often don't provide the proper amount of calcium.

The best thing a person can do is analyze their own eating habits and decide what vitamins and nutrients are missing and then fill in the gaps where needed, Moses suggested.