

Welcome to our Community News Bulletin.

**This Week's Issues:**

**The Majority has spoken. The Sorchych Slate has won the Recall Election**



**The Minority Responds:**

**March 10, 2015**

**Editorial- John B. Vannucci**

**Requiem for a Small, Sad Town**

The people (1073 majority) have spoken and the Asylum has won its battle to discredit and unseat the recalled candidates. They have chosen to return the town back to the old ways of governing. They will return to biased favoritism, pre-determined decisions, choosing winners and losers, cronyism politics, and hidden agendas. A town swayed by the partisan, biased dictates of the local tabloid and its editor, who successfully pulled the wool over the eyes of his trusting and emotional followers. Through the power of his press, he has sustained a 20 month onslaught of fabrication, false hysteria, sensationalism and outright lies in order to defeat a group of councilmen solely for revenge and self-gratification. His appetite for power says it all.

We have heard Mr. Sorchych constantly lamenting and portraying his perceived enemies for supposedly using New Jersey or Chicago style political tactics. However, NOTHING compares to Cave Creek style politics: where the loudest, lowest and most underhanded political campaigning, emanated directly from his bitter tabloid.

Over the past twenty years that I have lived in this town, I have participated in all the previous elections. Over these many years, I am always astounded at how many people do not bother to vote. With some 3600 registered voters in Cave Creek, a little more than half that number voted. The amount of apathy in this town and nationwide is absolutely frustrating and is indicative of a divided town and a divided country.

I can't wait to see how the new Sorchych slate will deal with all the problems they campaigned on. The many problems they campaigned/complained about are now '**Their**' problems, they now own all the towns problems. We will be watching with great interest to see:

- how many roads '**they**' repair,
- how well '**they**' will maintain the waste water/water infrastructure,
- how much Open Space '**they**' will purchase from State Land Dept.,
- how '**they**' will preserve rural zoning,
- how '**they**' will pay down our \$60 +/-million dollar debt,
- how '**they**' will reduce our bloated \$17 million dollar budget,
- how '**they**' will repair damaged washes after the next flood season,
- how '**they**' will deal with the many law suits the town is involved in, with more to come.

These and many other issues were highlighted by these challengers; however, they never once proposed any solutions during their campaigns.

So, we will be interested to see how the new Sorchych Slate will solve these problems, and what 'path' they will take this town down. I doubt that we'll be skipping down the yellow brick road with smiles on our faces. The next election cycle will begin in less than 18 months, the same amount of time wasted on this recall.

John Vannucci

The Fiscal Conservative Creeker

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### **First General Plan Meeting is at Planning & Zoning Commission on March 19, 2015**

- **Chronicle's Comments on the Election Results – John B. Vannucci, Editor**
- **Editorial by Sara Vannucci in tandem with Mayor Francia's Comments**
- **Editorial by John Vannucci – The West Side's Ugly Stepchildren?**
- **Letter to the Editor : Anna Marsolo – The General Plan**
- **Guest Editorial – Pam DiPietro, Executive Director, Foothills Food Bank**
- **Guest Editorial – Howard Myers – Plant Salvage House Bill**
- **Soroptimist Meeting- An Evening with Cinthia Hiatt**
- **Cave Creek Museum "Homes Through Time Tour /Sunday March 15**
- **Sherlock Holmes – Desert Foothills Theater**
- **ATHA – 7<sup>TH</sup> Inning Homestretch Barbecue /Friday March 27, 2015 5:30-7:00PM**  
**Scottsdale Airpark**
- **Gold Mine Thrift Shop**
- **Bobbie Friedman – Public Information Announcement**
- **Photo by Herbert Hitchon, Carefree**

## Letter to the Residents from Mayor Francia - Traffic Corridors in Town

At the Council meeting of March 2, an agenda item was presented having to do with Morning Star Road, or what is known as Annexation Area 96-1. The matter was a straightforward consideration of whether or not to extend an agreement another 10 years.

Residents from Area 96-1 favored the extension. Citizens from the west side, however, spoke against adding years to the existing timeline which still had seven years remaining of the agreement.

Westside citizens used to have access to Town via New River Road. An act of nature – the Great Rains of '93 – changed all that when after 15 days of non-stop downpour, the Cave Creek Wash was, well, re-designed. West to east access via New River Road was no longer possible.

That left Morning Star as a possible corridor. However, a component to acquiring Spur Cross in 2000 was annexing what was then a county island, Area 96-1. In return for allowing annexation the Town offered a 25-year arrangement whereby Morning Star Road would be left basically in its native state. Morning Star would not be an east-west corridor. Morning Star citizens feel their rural lifestyle is threatened. Westside citizens feel cut off, like they're "stepchildren" of the community. Both sides have valid points.

Government cannot solve all issues by vote that arise in the public arena, and Council should never play the role of Solomon with its citizens. But what government can do is create the environment for discussion and dialogue among citizens to listen to their different points of view. That's the purpose a forum serves: hearing others' voices.

This matter is important to citizens, therefore it's important to Council. A Council makes best decisions after all citizens' voices have been heard.



***Mayor Vincent Francia***

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### Editor's Comments:

The Mayor's response to the many individuals who gave testimony to the transportation problems in town was very thoughtful. His remarks were right on target that this issue, with all of the ramifications to different communities, was bigger than any one group or even any one Council could completely resolve.

The placement and maintenance of roads, to the extent that one community's issues are favored over another, is the core cause of most of the disharmony in this town. To that end, the Mayor proposed that a series of workshops, open to all, will be scheduled. The concept of workshops where all citizens can speak or send comments is a very positive start, and the town must avoid the creation of just another committee that will die from neglect or control from town officials, including the Planning Department. The Mayor and the Councilmen that supported this initiative, are to be congratulated on looking at the big picture.

One last observation: Cave Creek is not a town torn in half. The problem for a long time has been that there are four Cave Creeks: East side with more new urban citizens from the east, West Side with ranchers and agriculture, Walmart corner residents, and the South-siders, mostly urban folks and retired families. It is time that we stop benefiting one part of town at the detriment of the others. We are all different **cultures**. We all bring different outlooks and skills. **ALL CREEKERS MUST COME TOGETHER!** *Sara Vannucci, Editor*

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**March 10, 2015 – Editorial**



## **The West Side's Ugly Stepchildren?**

The issue of accessibility to the Town of Cave Creek's core businesses from the West side (West of the Cave Creek wash) has been a festering wound for more than a decade. The East-West connectivity over these many years has been focused on the Morning Star Road expansion and improvement. This contentious proposal to improve this alignment has been fought against by the area residents who do not want or need an improved road. There is no valuable benefit to these residents. The primary beneficiary for this expensive, expanded roadway would be for the developer of the Cahava Spring project.

During the many years of this controversy, there has always been an alternative for the East-West connection. That alternative is (was) the New River Road alignment. Historically, New River Road was the access to the west side until the great flood of 1993 that cut off this access.

A logical proposal for this issue would be to consider an initiative to make the repairs needed to re-open this roadway. I suspect that the cost of repairing New River Road as compared to the cost of building an entirely new road for Morning Star Road would be substantially less. Hopefully someone on the Council and the engineering department might consider looking into this possibility. It is unfortunate that a portion of this town is cut off and feels isolated. I would also like to remind former Councilman Terry Smith, who lamented that the West side residents have been neglected for more than nine years; it was his pal Usama Abujbarah who ignored them for nine years, Terry should know this, since he was on council during the 'neglected' years.

**John Vannucci, The Fiscal Conservative Creeker**

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## **Letter to the Editor : Anna Marsolo – The General Plan**

### **Fellow Creekers,**

You may know our Town is beginning the process of creating our General Plan for 2015. Do you want to go back to our Vision to maintain Cave Creek's unique Sonoran Desert setting, rural character and individual participation in government?

A rural character demonstrated through small scale commercial development, low residential housing densities and land uses which do not impose on our landscape and neighborhoods.

We have lost much of these attributes in the previous Town management and previous council actions. Our huge Debt has dictated our existing General Plan Vision instead of development intended to be compatible with our remarkable landscape and low density and low intensity rural themes.

Attached is the staff recommendation for a "proposed" new General Plan, compiled from the 2005 General Plan. I urge you to review this "proposed" plan and attend the first public meeting March 19, at 6 pm at Town Hall and share your thoughts and concerns.

This proposed Plan has many flaws/ many destructive characteristics, and does not provide a good future Guide to protect and enhance our current high quality of life for all of the town citizens.

Come and make your voices heard. Please consider:

- \* Come support rural, low density housing patterns as the predominant land use--under previous regime, we had intense multi-family apartments/condos and big box style commercial.
  - \* Come support and encourage design that is sensitive to the environment and reflects a unique interpretation of rural western styles. (the building in front of Wal Mart and the Tractor Company-- do you really want more of that?)
  - \* Come support the town's quality of life and contribute to its sales tax base with small, independent businesses which complement the town's quality of life and contribute to its sales tax base.
  - \* Come support and encourage low-rise, low intensity retail, office, cultural neighborhood retail and neighborhood service uses that will complement a primary tourist specialty market in the Historic Town Core.
  - \* Come support commercial development that reflects the historic context of a town settled in the 1880's.
  - \* Come support to maintain what's left of the low density residential character adjacent to Carefree Hwy. We are all citizens and all deserve the same quality of life that our General Plan should reflect.
  - \* Come support Desert Rural n(DR) Zoning categories like DR 190; DR 89 and DR 70! As now defined in this new "proposed" 2015 General Plan, those definitions were taken out of our General Plan in 2005 and have been carried forward into this "proposed" GP. Only DR-1 acre remains. There is no language in the 2005 Plan or on the official Town land use map that supports DR-190,Dr-89, and DR 70 land use categories.
- So the concerns are that these important land use designations were obliterated and annihilated in 2005 and this action is now being carried forward in this "proposed" 2015 General Plan. This will ultimately do damage to our community as it sets the policy stage for busting large parcel DR 190 zoning throughout the community via a series of rezoning requests to higher rezoning densities( for apartments/condos) on the basis those requests are in conformance with the 1 acre Desert Rural standard specified in the "proposed" General Plan.
- \* Come support our current Mayor and Council members and help them to make good decisions that will shape the Town that you truly want now and in the Future. They desire your input!

**Anna Marsolo, Cave Creek**

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**Guest Editorial – Pam DiPietro, Executive Director, Foothills Food Bank**



**Pam DiPietro, Executive Director**

Dear Patrons, Donors, Volunteers and Sponsors,

“Is there really a need for a food bank in our area?” After 13 years as Executive Director, I am still asked that question. And the answer is still “yes.” In the 180 square mile radius that the food bank serves, there is great need.

I hear the comment that employment is improving, that more people are finding jobs. This is true, but the fact is that people are finding work but earning half of what they had been earning, or the job is only part time. People are still struggling to make ends meet. Thankfully, through your generosity, we can still help these people to survive.

The goal of the Foothills Food Bank is to provide full service to those that have need. What is “full service”? We provide food, our main goal, and we provide vouchers to help with clothing, gas and pharmaceutical services. We provide financial assistance when proof of need is given. And now we are offering to help people to obtain services that give them the step up they need, such as applying for food stamps or health insurance, finding housing, utility assistance, budgeting, and the comfort of knowing that someone cares enough to assist them on this journey.

Food Bank volunteers are mentoring our clients so that they do not feel so overwhelmed when they begin the process of applying for services available to them. There may be very few services directly available in the area that we serve that help people to move forward and out of the “hole” they feel they are in, but providing information about all the services available for them in the broader Valley, and instruction in how to access those services, is an uplifting and potentially life- changing program. Frequently all people need is the information about where and how to find the help they seek. As we continue to implement these programs, more volunteer mentors will be needed.

Thank you for your continued support. Sincerely, **PAM**

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### **Guest Editorial – Howard Myers, Scottsdale – Plant Salvage House Bill**

All House Bill **2570**, the one being pushed by the homebuilders to allow them to blade lots without regard to saving native plants, has resurfaced so we must ask again that you call or e-mail the legislators, particularly our representatives in Scottsdale. The bill would prohibit cities from requiring plants be salvaged when homes are built, something Scottsdale requires in the Environmentally Sensitive Lands. This bill would also have a dramatic impact on some other requirements of the Environmentally Sensitive Lands Ordinance (ESLO) including possibly the requirement for each land owner to set aside a percentage of their property as Natural Area Open Space (NAOS), which is what preserves the desert and animal habitat in North Scottsdale.

The prime arguments that will resonate with them are in the suggested letter below. Note that calls may be more effective than e-mails so please call if you can or e-mail them if you can't call them or don't get through. Both phone numbers and e-mails are provided below for all the legislators.

**Thanks again for your help, I wouldn't ask if it weren't really important. Howard.**

**Phone: 480-473-0109 (home) 480-262-3502 (Cell) E-mail: [howard.myers@cox.net](mailto:howard.myers@cox.net)**

**(Editor: We don't have room for a complete list of legislators. Please email Howard if you care about this issue, and if so, share with your friends.)**

## Supt. Debbi Burdick, re the State Budget.



Dear Parents, Staff and Community,

As a parent, staff member or community member, you should be informed on a late night change to the state budget. How you choose to respond to the information is up to you. The Governor of Arizona, the Speaker of the Arizona House, and the President of the Arizona Senate have come to an agreement on a budget for the State. Reportedly, they are pushing to have both the House and the Senate vote to approve their budget in the next day or two. Since the majority of members in both the House and the Senate belong to the same political party as the leaders referenced above, their budget has a good chance of being approved.

### IMPACT OF BUDGET IN CAVE CREEK UNIFIED

Special programs often require special funding. The proposed budget would phase out funding for many highly successful special programs in CCUSD. The special funding for our district-sponsored charter schools would be completely eliminated and result in a cut of 3.4 million dollars for the upcoming school year. This large a cut all in one year would devastate our small district.

### MORE MONEY FOR CLASSROOMS?

You may have read news reports about the Governor's plan to increase spending in classrooms. Almost all of that "increase" is simply a requirement that schools shift 5% of funding from "non-classroom" expenditures to "classroom expenditures." It is somewhat like to telling someone that he must move \$10 from his left pocket to his right pocket. It doesn't make him any better off. The other problem with this "solution" is that districts have little control over major portions of "non-classroom" expenses. We cannot, of course, call APS, Southwest Gas, or our insurance companies and tell them that we are reducing our payment to them by 5%. Nor can we cut "non-classroom" services for special education students. That means other non-classroom expenses like busing and maintenance must be cut by even more than 5%.

### POLITICS — YOUR CALL

The Governor recently stated that his top two priorities were economic development and education. He went on to explain his position that economic development must occur before funding for education can be increased. I wish success for both our new Governor and Arizona. However, I would like to respectfully suggest that investing in education is the path to economic development. Arizona ranks 49th in per pupil funding for education.

After the recession in 2008, Arizona cut education more than any other state. The Arizona Legislature has also refused to pay the \$317 million dollars per year in inflation funding approved by voters and upheld by court rulings. Perhaps these are the realities that are turning top quality employees and employers away from Arizona. I raise these issues because part of my responsibility is to advocate for students and education. You, of course, must form your own opinions about these issues. And, I strongly encourage you to do so. Please don't sit on the sidelines and just accept what others decide. And, don't delay. Today is the time to speak. My plea to our state leaders has simply been to let us continue our success in Cave Creek Unified. It is bad enough that we are not getting the inflationary increase approved by voters — but please don't choke our highly successful district-sponsored charters and our "A" District where we strive to "*Inspire Excellence*."

### WHAT CAN WE DO?

The Cave Creek Unified School District is in 3 Legislative Districts: 1, 15 & 23. Contact information for our legislators and the Governor is attached. If you have an opinion about this proposed budget, I urge you to call (you can just leave a message with office personnel regarding your opinion) or send an **individual** email to each person you wish to influence.

Sincerely,

A handwritten signature in black ink, appearing to read 'DeBurdick', is placed above the printed name.

Debbi Burdick, Ed.D.



## NASA Spacecraft Becomes First to Orbit a Dwarf Planet – 3.1 billion miles from Earth!



NASA's Dawn spacecraft has become the first mission to achieve orbit around a dwarf planet. The spacecraft was approximately 38,000 miles (61,000 kilometers) from Ceres when it was captured by the dwarf planet's gravity at about 4:39 a.m. PST (7:39 a.m. EST) Friday.

Mission controllers at NASA's Jet Propulsion Laboratory (JPL) in Pasadena, California received a signal from the spacecraft at 5:36 a.m. PST (8:36 a.m. EST) that Dawn was healthy and thrusting with its ion engine, the indicator Dawn had entered orbit as planned.

"Since its discovery in 1801, Ceres was known as a planet, then an asteroid and later a dwarf planet," said Marc Rayman, Dawn chief engineer and mission director at JPL. "Now, after a journey of 3.1 billion miles (4.9 billion kilometers) and 7.5 years, Dawn calls Ceres, home."

In addition to being the first spacecraft to visit a dwarf planet, Dawn also has the distinction of being the first mission to orbit two extraterrestrial targets. From 2011 to 2012, the spacecraft explored the giant asteroid Vesta, delivering new insights and thousands of images from that distant world. Ceres and Vesta are the two most massive residents of our solar system's main asteroid belt between Mars and Jupiter.

The most recent images received from the spacecraft, taken on March 1 show Ceres as a crescent, mostly in shadow because the spacecraft's trajectory put it on a side of Ceres that faces away from the sun until mid-April. When Dawn emerges from Ceres' dark side, it will deliver ever-sharper images as it spirals to lower orbits around the planet.

## An Evening With CINTHIA HIETT

**Soroptimist International of Saguaro Foothills** is proud to present an evening with Cinthia Hiett on Tuesday, March 24<sup>th</sup> starting at 7:00pm. Cinthia is an internationally-recognized relationship coach, life management expert, psychotherapist, speaker, author and radio host. Her topic will be "**Gender Differences: Communicating, Learning and Relating in Today's World**". The presentation will take place at the Holland Community Center located at 34250 N. 60<sup>th</sup> Street in Scottsdale. Tickets are \$10 per person. All are welcome to join the Soroptimists for an evening of exploring how proven differences between men and women affect lifestyle, needs, motives and perceptions. Cinthia will share how to use practical tools to understand how to enjoy better relationships!! An evening well worth attending!! For more information or to reserve space, call 480-510-8203. Check out Cinthia's website: [www.cinthiahiett.com](http://www.cinthiahiett.com)



**7<sup>TH</sup> INNING HOMESTRETCH.** Join us for a special BBQ dinner benefiting our herd on **Friday 3/27/15**, 5:30pm -7:00pm at **The Cigar King and Hirsh Luxury Boutique**, 7830 Gelding Dr. #100, Scottsdale Airpark. Special guests include former major league baseball players and jockey Scott Stevens. Entertainment by Charlene & Bobby Freeman, D-Back Organist and ATHA volunteers. There will be door prizes, 50/50 and drawing for a Diamondback Suite for the 2015 season valued at \$2500 and seats 18. Do not have to be at event for drawing. **\$25 at door or via web site.** [www.afterthehomestretchaz.org](http://www.afterthehomestretchaz.org) **For more Information:** [michele@afterthehomestretchaz.org](mailto:michele@afterthehomestretchaz.org).





## NEWS RELEASE

For Immediate Release: Feb. 20, 2015

Media Contacts: Sue Kern-Fleischer, (602) 810-1404, [suekern@gmail.com](mailto:suekern@gmail.com)  
Evelyn Johnson, (480) 488-2764, [evelyn@cavecreekmuseum.org](mailto:evelyn@cavecreekmuseum.org)

"Homes Through Time" Tour Set for Sun., March 15

### ***Diverse Architecture and Prehistoric Hohokam Homesite Are Focus of Cave Creek Museum's 2015 Tour***

(CAVE CREEK) – Mark your calendar for **Sunday, March 15, 2015** to attend Cave Creek Museum's "**Homes Through Time**" Home Tour. The popular event takes place from 10 a.m. to 4 p.m. and serves as one of the Museum's biggest fund-raising events.

This year's tour features four unique homes that range from Western traditional to unconventional as well as a prehistoric Hohokam homesite:

- **Emoff Home:** The soaring ceilings and sweeping arcs of this multi-level home seem inspired by the nearby Carefree airport, nurturing the homeowners' love of flight. Built in 1989 and renovated for modern times, this spacious, contemporary home features a dramatic arched roof with towering walls of window on the north and south ends, framing spectacular views of nearby mountains and the unusual rock formations that make up the Boulders Resort.
- **Galgano Home:** Your shoulders will relax as you enter this warm, welcoming home on Peaceful Place. The garden gate opens to an oasis of lush landscaping, expansive views, and quiet corners created among large spaces, all exquisitely designed and crafted by superb artisans.
- **Snider Home:** The street address on Panaroma Drive says it all about this elegant southwestern home, perched on the upper slopes of Cave Creek. Feel immediately welcome as you enter the intimate courtyard, cross the threshold, and discover the magic within.
- **Schubert Home:** This Carefree home features unique European architecture and spectacular views of the world-famous Boulders. Details abound in the home, exuding warmth and welcome. Gardens and patios offer intimacy and color to the heart and soul.
- **Blue Wash Ruins on Casanova Property:** Your imagination takes you back 1,000 years or more as you envision the full homes made by the prehistoric Hohokam people who lived at the Blue Wash site, located on private property. Frank Casanova spent more than four decades mapping and excavating this archaeological site behind Tonto Hills. The site has spectacular views, and comfortable walking shoes will be necessary to access the ruins, which are a short walk down a dirt road.

A self-guided tour, the event provides the flexibility to choose the order of which properties you visit. The Museum will provide a pamphlet that serves as your ticket and includes the history and a detailed description of each home. On-site docents will point out additional aspects of each home and the ruins, and provide additional information of interest. Once you have your admission pamphlet, you can start the tour at any of the featured locations.

Tickets can be purchased online at [www.cavecreekmuseum.org](http://www.cavecreekmuseum.org), at the Museum, 6140 Skyline Drive, or with credit card by phone. The Museum also will open early at 8 a.m. on Sunday, March 15 to sell tickets. **Tickets will not be available at the homes.**

Tickets cost \$35 per person through Wed., March 11. After March 11, tickets cost \$40 per person. No pets, food or beverages, or photography will be allowed within the homes and no children under the age of 12 will be admitted. Please note that some of the homes are on uneven terrain and may not be handicap accessible.

For information, call (480) 488-2764 or visit [www.cavecreekmuseum.org](http://www.cavecreekmuseum.org).

**Desert Foothills Theater Presents "Sherlock Holmes and the Adventure of the Suicide Club" March 20-29**

**SCOTTSDALE (March 9, 2015) – Desert Foothills Theater (DFT), a division of the Foothills Community Foundation, presents "Sherlock Holmes and the Adventure of the Suicide Club" March 20-29 in the intimate Black Box Theater of Cactus Shadows Fine Arts Center, 33606 N. 60<sup>th</sup> Street, in North Scottsdale.**

Written by Jeffrey Hatcher, this witty suspense is set in the heart of London. Behind the impassive facade of a windowless house, some of Europe's most powerful men gather to play a game. The game is murder and this is The Suicide Club. But the Club has a new member: Sherlock Holmes—brilliant, perceptive, the greatest detective in the English-speaking world. Does Holmes wish to die? Will he have to kill? Can his old friend Dr. Watson save him? Or doesn't Holmes want to be saved?

DFT's production is directed by Amy Serafin. Performances are at 7:30 p.m. Friday and Saturday and at 2 p.m. on Sunday. Tickets range from \$13.50 to \$29.99. Group sale discounts are available for groups of 10 or more. Visit [www.dftheater.org](http://www.dftheater.org) or call (480) 488-1981.

**The Gold Mine Thrift Shop**

**6502 Cave Creek Road**

**480-488-3721**

**Shopping and Donation Hours: Wednesday through Saturday,  
9 a.m. to 3 p.m.**

**<http://www.goodshepherdaz.org/gold-mine.html>**

**<https://www.facebook.com/gold.mine.5245?fref=ts>**

**This Week: March 11 -- 14**

**Spring has Sprung! We've restocked the Gold Mine with all new Spring Clothing**

**Easter Decorations are out!**

**Looking to enjoy Fiesta Days? We have Western Wear in stock**

**Boots and hats are in limited supply, so shop early for the best selection**

***100% of net proceeds from the Gold Mine go to charity. Approximately 70% of that stays in our community.***

***For a list of the monetary donations we make, visit <http://www.goodshepherdaz.org/outreach.html>***

***Thank you so much to all our customers and contributors for supporting your community!***

***Redecorate, Recycle, Donate, Shop – Do it all for charity at the Gold***



## SHINGLES

By Bobbie Friedman, PT, DT

Herpes Zoster, also known as Shingles, produces a painful rash. Although the rash typically resolves over the course of 4 to 5 weeks, the pain may persist for months, or even years, after the rash has disappeared. This phenomenon can often be debilitating to the patient.

Cold Laser is a noninvasive, pain-free, light-based therapy that uses red and infrared light to resolve the inflammatory process and eliminate pain in patients with Shingles.

For more than 40 years, Cold Laser, FDA approved, has been effectively used in the treatment of wounds and in acute and chronic musculoskeletal conditions, including degenerative disc disease, repetitive stress injuries, muscle strains, and arthritis.

Dry Needling uses acupuncture needles to increase the circulation in the affected areas. Using both Dry Needles and Laser has proven more effective in treating Shingles than medications.

## DRY NEEDLING

Dry Needling (DN) **is the use of sterile acupuncture needles on painful Trigger Points. The following conditions respond well to DN to decrease pain: Shingles, Plantar Fasciitis, neck/back pain, headaches, Piriformitis (pain in the butt), post-surgical and athletic restrictions.** Dry Needling **decreases the need for oral narcotic medications and many steroid injections.**

Shingles respond more quickly if needed as soon as the symptoms erupt. This decreases the continuing of post herpetic pain which can last for several months. Acupuncture differs as it is dictated by Traditional Chinese Medicine and meridians. Placement of the needles are totally different. Dry Needling is generally reimbursed by insurance.

## PERIPHERAL NEUROPATHY

### ***Tingling Pain Numbness***

More frequently in feet and occasionally in hands

- **70% of Diabetics will contract Peripheral Neuropathy**
- **Those who have had abdominal chemo and radiation are prone to PN**
- **Some people simply get the symptoms**

The problem that creates the most danger is **balance dysfunction**. This loss impacts the ability to stay strong and coordinated. The ability to ambulate independently coupled with improved core strength diminishes falls and severe injury.

Bobbie will come to your home to treat painful conditions.

Bobbie Friedman, PT, DN

[bobbiefriedmanpt@gmail.com](mailto:bobbiefriedmanpt@gmail.com)



Bobbie Friedman, PT, DN/ 480-540-8697 [bobbiefriedmanpt@gmail.com](mailto:bobbiefriedmanpt@gmail.com)

HERBERT HITCHON, Carefree



Visit [www.carefreetrust.org](http://www.carefreetrust.org) for many more events, restaurants, and fun happenings in Carefree.

**We hope you will enjoy both the expanded news and our Art Journal of talented local artists.**

*Our Cave Creek-Carefree- North County venue necessarily will discuss various election issues. Responses directly to the editor at: [creekerlady@gmail.com](mailto:creekerlady@gmail.com). Opt Out at same email. Advertisers requiring a full page or more for a flyer/event may obtain same for \$50. Nonprofits & Church events may have a full page at no cost, + at our discretion. "The Chronicle welcomes photographs intended for sharing on our website and newsletters. By submitting these images, the artist and end reader agree that this use is a limited license for personal enjoyment and social sharing, but no commercial re-use of the image is intended or permitted without written permission of the original artist. The Chronicle disclaims any ownership rights in any submissions provided to us."*

**Please watch for our Chronicle Art Journal on alternate weeks, for current news on art and library events. Your art events & showings are welcome, at [creekerlady@gmail.com](mailto:creekerlady@gmail.com).**

Sara Vannucci, Editor