



## Community

Sun City groups  
raise American  
flags; **4**



# INDEPENDENT

## Clubs

Ukulele club  
looks toward  
winter season; **14**



September 16, 2026 Volume 66 Issue 37 Your Nonpartisan Community Newspaper • YourValley.net

## Education helps seniors understand fall prevention

By Jennifer Jimenez  
INDEPENDENT NEWSMEDIA

Sun Health offers a variety of educational classes to seniors in the community as an opportunity to improve quality of life.

A recent workshop encouraged individuals to understand the importance of fall prevention.

“Sun Health is committed to providing life-giving education and resources to the community so they can live vibrantly,” Erin Richardson, director of healthy aging and function ability program, stated in an email. “We know how a fall can significantly impact quality of life, and we want to ensure that everyone understands the risks and can take the necessary precautions to remain safe at all times.”

The Sun City Posse responds to falls when an ambulance is dispatched with a fire engine. The group’s main goal is to keep other residents from getting in the way, allowing the department to do their

• See **Fall** on page **29**

## Resident’s idea signed into law



Arizona House of Representative for District 28 Republican Beverly Pingerelli and Sun City West resident Caroline Trotter worked together to get House Bill 4011 passed. (Independent Newsmedia/Jennifer Jimenez)

### Caroline Trotter pursues legislation topic after challenges with neighbor, HOA

By Jennifer Jimenez  
and Zev Black  
INDEPENDENT NEWSMEDIA

Sun City West resident Caroline Trotter was prompted to write a bill after dealing with challenges with neighbors and her own homeowners association.

“The problem with my own board was they refused to enforce the rules I complained about, and

I was forced to file lawsuits on my own, even though they claim this is a service they offer to all members and are legally required to enforce equally,” said Trotter.

She said the rules violated by her neighbors devalue her property by blocking the golf course view, among other violations.

Trotter moved to Arizona after a career in international business as

a senior executive, president and CEO of several companies and has lived in the community for the past eight years.

Arizona House of Representative for District 28 Republican Beverly Pingerelli introduced Arizona House Bill 4011 with bipartisan support this year. It passed in both the House of Representatives and

• See **Bill** on page **30**



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## SUN CITY GROUPS RAISE AMERICAN FLAGS

The Sun City PRIDES and Sun City Posse teamed up to raise the flags at the intersection of 107th and Grand avenues as part of the groups' annual event. This year, the American flag and two America 250 flags will grace the poles. Those participating were Bob Cable, Arlene Kluiznaar, Jerry Pertner, MaryLou Harbaugh, Courtney Galura, Denis Aseltine, Herb Blair, Ron Bedoe, Val Badoe, Jim Conrad and John Gerlach. (Submitted Photo/Rusty Bradshaw)



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## POLICE REPORTS

*Editor's Note: The following information is obtained from Maricopa County Sheriff's Office District 3. This column lists arrests, not convictions, unless otherwise stated. Arrested persons listed here who are later found not guilty are welcome to inform the Independent by calling 623-972-6101.*

### AUG. 17

- Civil matters were reported at 7:49 p.m. in the 14600 block of West Colt Lane.
- A fraud or con game was reported at 2:07 p.m. in the 12700 block of West Omega Drive.
- An assault was reported at 5:48 p.m. in the 17100 block of West Lawrence.
- Threats to commit an offense were reported at 4:55 p.m. in the 12800 block of North 113th Avenue.
- A vehicle crash with no injury was reported at 12:56 p.m. in the 10900 block of West Bell Road.
- A theft was reported at 12:34 p.m. in the 9900 block of West Thunderbird Boulevard.
- A theft was reported at 10:29 a.m. in the 13600 block of North 98th Avenue.
- A vehicle crash with injuries was reported at 7:53 a.m. at the intersection of North Dachtler Drive and West Granite Valley Drive.

### AUG. 18

- An assault was reported at 9:51 p.m. in the 12800 block of North 113th Avenue.
- A traffic violation was reported at 4:12 p.m. at the intersection of North R. H. Johnson Boulevard and West Parkwood Drive.
- A suspicious package was reported at 10:50 a.m. in the 12400 block of West Coronet Drive.
- Forgery or a bogus check were reported at 10:41 a.m. in the 12900 block of West Maplewood Drive.
- Harassment was reported at 9:53 a.m. in the 18600 block of West Beryl Avenue.
- Criminal damage was reported at 8:57 a.m. in the 13000 block of North 103rd Avenue.
- A vehicle crash with no injury was reported at 9:10 a.m. at the intersection of North Crozier Road and West Montgomery Road.

### AUG. 19

- A stolen vehicle was reported at 8:18 p.m. in the 18000 block of West Mission Lane.
- A vehicle crash with injuries was reported at 8:20 p.m. at the intersection of West Granite Valley Drive and West Meeker Boulevard.
- A vehicle crash with no injury was reported at 1:31 p.m. in the 19400 block of North R.H. Johnson Boulevard.
- A fraud or con game was reported at 1:52 p.m. in the 13200 block of West Bellwood Drive.
- A vehicle crash with no injury was reported at 1:10 p.m. at the intersection of West Bell Road and North Boswell Boulevard.
- A fire was reported at 11:26 a.m. at the intersection of North 135th Avenue and West Deer Valley Drive.
- A vehicle crash with no injury was reported at 10:14 a.m. in the 18600 block of North 99th Avenue.
- A vehicle crash with injuries was reported at 10:59 a.m. at the intersection of North 99th Avenue and North Willowcreek Circle.



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**GOLF**

# 35th annual VALLEYLIFE golf tournament comes to Sun City

VALLEYLIFE has announced its 35th annual charitable golf tournament for Friday, Oct. 23, at Palmbrook Golf Club, 9350 W. Greenway Road. The tournament will bring golfers, sponsors and community partners together to raise awareness and funds supporting lifelong opportunities for individuals with disabilities.

VALLEYLIFE primarily serves adults with intellectual and developmental disabilities, providing the life skills, education and support they need to build confidence, independence and the ability to lead healthy, fulfilling lives.

The anniversary event comes as VALLEYLIFE celebrates 79 years of service in Arizona. Proceeds from the tournament benefit the VALLEY-

LIFE Foundation and help support programs focused on vocational services, health, life skills and education, with the goal of providing greater independence, choice, dignity and community inclusion for people with disabilities.

Golfers will have a chance to win a \$25,000 hole-in-one prize, along with prizes, raffles and awards. The event also includes a catered lunch and opportunities for golfers, businesses and community partners to support VALLEYLIFE's mission through sponsorships and participation.

Individual golfers are \$300; teams of four are \$1,000. Sponsorship opportunities are also available, ranging from \$500 hole signs to a \$15,000 title sponsorship.

Visit [valleylifeaz.org](http://valleylifeaz.org).



## SUN CITY MINI GOLF CLUB RESUMES PLAY

The Sun City Mini Golf Club is back playing for 55th season Sept. 9, at Mountain View Mini Golf course. The club plays on the second and fourth Wednesday each month from September to May with meetings on the Tuesday before the second Wednesday of each month. The club also hosts social activities throughout the year. For more information, contact Wayne Braband at 602-999-7011 or email at [butchusn1972@gmail.com](mailto:butchusn1972@gmail.com).

## VOLUNTEER

# Mary Avery gives back to other seniors in the community

By Jennifer Jimenez  
INDEPENDENT NEWSMEDIA

Volunteering was next on the list for Mary Avery, at Banner Olive Branch Senior Center, and she has never looked back.

Avery began volunteering at the center in 2017. She visited the center when she was 60, but said she felt out of place because the people inside were so much older than she was, and she decided she just was not ready to be there.

But she found her opportunity after retirement.

"When I first started there I started in the kitchen working to prepare for lunch. I volunteered on Tuesday and Wednesday and then I worked in the kitchen," said Avery.

Those same days she also went out with a driver to deliver Meals on Wheels to seniors. She said she enjoyed that position because everyone was kind and appreciative and many seniors using the program wanted to sit and talk, but she was limited, due to other meal deliveries.

During her volunteer time the pandemic took place, and she was forced to stop volunteering. When things opened back up, Meals on Wheels was no longer an option.

Then, she moved into the dining room to help in the smaller pantry. After the move, Avery continued serving in the dining room, but after spending time in the pantry, she made the switch.

"Now I also fill in on Mondays by working four hours in the pantry stocking produce and Wednesdays I spend two hours in the pantry and two hours at the check-in desk," said Avery.



Mary Avery has been volunteering with the Banner Olive Branch Senior Center since 2017. (Independent Newsmedia/Jennifer Jimenez)

Avery said she enjoys volunteering because she gets to meet different types of people and everyone is thankful for her service, which makes her feel good.

She also shops the pantry herself one day a week on Tuesdays and truly enjoys the facility, saying Jennifer Lawless, senior center director, has done a wonderful job getting all the activities into the center.

Avery said the pantry at the senior center is unique because people can come and shop just like a grocery store and be able to get wanted items, rather than just picking up a box of food. Personally, Avery said working in the pantry and moving boxes and produce is a great workout.

Last year after knee surgery, she had to take break, but started checking people in at the front desk, which, she said, she really enjoyed.

"This year I turned 80 and I am doing very well, and we have others older than that. We just enjoy volunteering," said Avery.

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## SUPPORT

# Doing Grief expands Northwest Valley services

Doing Grief Community Healing Project, a 501(c)(3) nonprofit based at Banner Olive Branch Senior Center in Sun City, is expanding its reach to Peoria at a time when communities are confronting growing concerns about mental health, isolation and emotional well-being.

Doing Grief Community Healing Project director Shea Darian, and Angela Lahman, Doing Grief Community Healing Project-Peoria coordinator, are building community relationships and partnerships for expansion as developmental work is underway with support from a \$2,500 grant from the city of Peoria, with programs planned to begin in early 2027.

Doing Grief, which offers healing circles, story circles, creative arts

and spiritual enrichment programs and individual and family grief support, brings a broad understanding of grief, which is not only associated with death, but can accompany any significant loss or life change.

"Grief is part of being human, and we experience grief-striking losses throughout our lives—from birth to death," stated Darian. "Divorce, illness, aging, caregiving, retirement, loss of relationships, changes in identity, and shattered hopes or dreams can all bring grief. We want people to have practical tools for understanding and navigating that grief."

Darian's research-informed "Model of Adaptive Grieving Dynamics," presented in her educational programs and featured in her book "Doing

Grief in Real Life," identifies four universal grieving responses, each necessary for holistic healing.

The model helps people recognize their own tendencies and when they may need greater balance. Darian defines adaptive grieving as "grieving in ways that help us ease, tolerate and heal our grief-related suffering."

"Our mission is uplifting people with a new approach to grieve and heal in their own way," adds Darian. "We offer life support as much as grief support. People keep coming back to our programs whether they're actively suffering or not—to build new friendships and embrace the fact that healing whatever we have to heal within us is a lifelong journey."

Upcoming fall programs at Banner

Olive Branch Senior Center include:

- Writing as a Healing Path with Darian Sept. 24
- Sound Healing to Reduce Stress & Soothe Your Spirit with Linda Schlicher Oct. 13
- Carry What Matters Through the Holidays with Lahman Oct. 22
- A Remembrance Celebration with Darian Oct. 29

Doing Grief also offers monthly healing circle small groups, as well as one-to-one and family grief support by appointment.

To learn more about programs, volunteer opportunities, or become a community partner or corporate sponsor, visit [DoingGrief.org](http://DoingGrief.org).

Contact Shea Darian at 602-419-4043 or [Connect@DoingGrief.org](mailto:Connect@DoingGrief.org).

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DR. SIBERA BRANNON

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# OPINION

## Take the Civility Pledge

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## Your Opinion

Our opinions page is to provide an open forum for our readers. We hope to stimulate debate, not to dominate or control it. We reserve the right to edit our opinions, and we insist on civility. Please include your name and phone number, so we can contact you for clarification or confirmation. We welcome your photo. All opinions must be no more than 300 words.

Those that are judged as personal attacks or complaints about neighbors, businesses or other opinion writers will not be considered. No person may submit more than two opinions for publication during a calendar month. Two submissions in the same issue will not be published. The content of a submission is the responsibility of the person who submitted it.

## Speak Up

We support the use of pen names. Too many people don't speak up because they fear intimidation or even danger to their families and/or careers. Pen names are an important part of our nation's history.

## Corrections

We will promptly correct all factual errors. We offer a "right of reply" to the people about whom we write. Readers who disagree with a news story are welcome to respond with a letter.

## Time for real representation for CD 8

As I read Nikki Colletti's letter, I was struck by her tone concerning our perpetually absent representative and what a "breath of fresh air" he is for Congressional District 8. I wouldn't know about this fresh air because I have never seen him be accessible.

As for H.R. 7008, for which Ms. Colletti praises Abe Hamadeh profusely, a closer look is necessary. Opposition was high because the Republicans attached a "poison pill" provision that would severely restrict voting rights and mail-in ballots.

This provision was completely unrelated to insider trading and noxiously anti-democratic. Meanwhile, we have the president happily trading on inside information he actually creates, usually involving oil markets and crypto. Does Hamadeh think that's all above board? In reality, it is as illegal when the president does it as when members of Congress do it.

I'd like to know just one thing Rep. Hamadeh has done that has benefited CD 8 in the past almost two years he's been in office. For example, a trip to Armenia? That certainly must have cost us a bunch of money. It's interesting he has time to talk to the Armenian government but not his constituents.

It's time for real representation from a working-class woman who will look out for our interests and represent us, not flit around on boondoggles around the world.

I intend to vote for and fully support Bernadette Green-Placentia! She's rock solid down-to-earth and will fight for the interests of CD 8. Interests like Social Security, Medicare/Medicaid, cost of living, affordability and vote by mail. Over 20% of CD 8's citizens are

## LETTERS

over 64 years of age. These kitchen table issues are what matter to us — not a representative who is always absent ... or in Armenia.

**Connie Morrison**  
SUN CITY WEST

## Vote this November to calm political environment

Getting old is not a lot of fun, even here in the Valley of The Sun. It is almost daily visits to either my primary physician, cardiologist, urologist, nephrologist or neurologist. My pain specialist wants me to go for 20 sessions of physical therapy, but it is hard to schedule these visits around my eye exams and ENT appointments.

I finally had a free day and sat down to watch the news on TV and discovered the president and Congressional District 8 Rep. Abe Hamadeh appear to think I have a fatal personality disorder just because I do not believe anything they say and I will not follow their every whim and fancy.

Most of their dictates are about stolen elections, starting needless wars, the Epstein files, the Big Beautiful Bill and ballrooms, etc.

On the night of the primary election, I took two aspirin and went to sleep.

When I woke up the next morning I realized I had found the cure for this so-called personality disorder. It was called having a conscience.

For anyone else in CD 8 who wishes to cure themselves of the "disorder," there is a simple cure. Get out and vote Nov. 3, or do it by early mail-in balloting if POTUS and Abe allow you to do so.

Either way, I urge everyone to vote for Bernadette Greene-Placentia and to calm the political environment. I am

sure you will all feel better when you wake up the morning of Nov. 4.

**Philip Eller**  
SUN CITY WEST

*Congressional District 8 includes parts of Glendale, Peoria, north Phoenix, Sun City, Sun City West and Surprise.*

## Arizona deserves the full story on Abe Hamadeh

As an Arizona citizen, I believe we should recognize public officials who demonstrate genuine servant leadership. Congressman Abe Hamadeh deserves that recognition.

We deserve to know what our elected officials actually accomplish — not simply what political opponents or partisan commentators say about them.

Hamadeh has brought energy and initiative to Congress and pursued concrete results for Arizona. He helped advance more than \$7 million in federal funding for Arizona priorities, including police and public-safety equipment in Peoria, Phoenix, Surprise and Glendale, as well as veterans' legal services through Arizona State University.

Hamadeh also advanced \$1.5 million for the Phoenix Fire Department to support first responders and their families.

Two veterans' bills he introduced passed the House unanimously. He also fought for Arizona's military installations, the National Guard and defense-industry jobs vital to our economy and national security.

His service extends beyond legislation. His office resolved more than 600 constituent cases and returned nearly \$2 million to constituents. That is public service in action, yet the public rarely hears this side of the story. That

• See **Letters** on page 27



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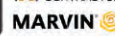
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## News in Brief

### Church to host Western night

Lakeview United Methodist Church, 10298 W. Thunderbird Blvd., is hosting a Western Night on Thursday, Sept. 17 in Smoot Hall. The event coincides with the church's Thursday Nights Together program, and will feature music being provided by the Pastor Dave Summers Band.

Doors open at 4 p.m., salad bar is at 5 p.m. and dinner starts at 5:30 p.m.

Meals cost \$10 per person and consist of a main meal, salad bar, dessert and beverage.

This will be a chuckwagon themed buffet, including country fried steak, fried potatoes and onions, corn casserole and cornbread. Guests can be dressed in their best western gear: denim, bandanas, boots, hats, etc.

Reservations must be made by 4 p.m. on Tuesday Sept. 15 by going online at lakeviewumc.net or by contacting the church office at 623-974-5821 8 a.m. - 4 p.m. Monday-Thursday.

### Choir searches for new members

The First Presbyterian Church of Sun City Choir welcomes men and women who enjoy singing traditional, spiritual and contemporary worship songs to join its cast led by choir director Dr. William Gleason and Dr. Moyi Liu.

Auditions are not necessary. The first weekly practice of the season is 4-5 p.m. Wednesday Sept. 23, at the church, 12225 N. 103rd Ave.

Worship services are at 9:30 a.m. each Sunday.

There is no cost to participate. For more information, call 623-974-3605 or go to firstpressuncity.org.

### Church to host dementia workshop

The Care and Support Ministry of The Church of the Palms will host a free community workshop, "When Love Doesn't Feel Like It's Enough: Living with the Diagnosis of Dementia in Your Family," 10 a.m.-noon Saturday, Oct. 3, at the church 14808 N. Boswell Blvd.

The workshop will be led by Jack Register, a licensed clinical social worker, therapist and founder of Catharsis Counseling Center in Phoenix. Register brings years of experience working with individuals and families affected by dementia, trauma and major life transitions. He is completing his PhD through Yeshiva University in New York, with a focus on clinical practice and family systems.

The morning will offer participants an understanding of what dementia is, how it progresses and how its symptoms affect daily life. Register will guide attendees through caregiving strategies that support both the person living with dementia and the caregiver themselves, recognizing that the emotional, physical, and spiritual toll on caregivers is often profound.

Topics will include communication approaches that reduce frustration, environmental adjustments that promote safety and calm and ways to create routines that honor dignity while easing daily challenges. The workshop will also highlight the importance of caregiver self-care, offering insight into burnout, boundary-setting and how to build a sustainable support network.

The event is free and open to all community members.

For more information, call 623-977-8359.

  
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| THURSDAY 9/17                                                      |                                                                                  | FRIDAY 9/18                                                                    | SATURDAY 9/19                                                | SUNDAY 9/20                                                                                      |
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## MUSIC



The Sun City Ukulele Club meets every Thursday in the Fairway Center. (Submitted Photo/Mae Gardina)

## Ukulele club looks towards winter

After a summer of jamming, the Sun City Ukulele Club's Summer Strummers concluded its season and is looking forward to the return of all 120-plus club members.

The club's focus is now on scheduling orientation sessions for new members, scheduling free ukulele lessons for all new and old members, bringing in outside ukulele masters to perform for the community, learn new music and prepare for performances.

Most of the club members learned to play the ukulele through the club's free mentorship program, according

to member Jim Walker. He added they joined only because of their love of music.

Orientation Sessions are scheduled for 1:30–2:30 p.m. Thursday, Oct. 8, and Thursday, Oct. 22, at the Fairway Center, 10600 W. Peoria Ave.

The Sun City Ukulele Club is open to RCSC card holders and meets 3–4 p.m. every Thursday at the Fairway Center.

For more information, go to [suncityukuleleclub.com](http://suncityukuleleclub.com) or contact Trudy Bryson, the club's president, at 480-276-3780 or [trudybryson@cox.net](mailto:trudybryson@cox.net).

## Banner Olive Branch Senior Center offers meals, pantry service

Banner Olive Branch Senior Center, 13049 N. 103rd Ave., offers in dining, to-go meals and food pantry services. The food pantry available at no cost 7-11 a.m. Tuesday-Thursday. The center staff recommends a suggested donation of \$5 (\$5 fee for under 60). Lunch is served at 11 a.m. at no cost for anyone over 60. Breakfast is served 6:30-8:30 a.m. Monday-Friday. Cost is \$5 for breakfast and is open to all. To-go meals are now available daily for \$5/meal and are open to all. To-go meal distribution is 11 a.m.-noon Monday-Friday. The center also offers benefits reviews and information and referral services as well as many activities. Call 623-465-6000.

### Menu

- Wednesday, Sept. 16 – Chef salad with ham and cheese, shredded carrots, tomato, hard-boiled egg, no-salt crackers, croutons, honey mustard dressing, mixed fruit
- Thursday, Sept. 17 – Beef cabbage roll, Italian mix vegetables, peas, roll, pineapple chunks
- Friday, Sept. 18 – Baked salmon, wild rice blend, roasted brussel sprouts, Scandinavian mix vegetables, apple sauce
- Monday, Sept. 21 – Egg bake casserole made with gouda and cheddar cheese, peppers, onions, and spinach, roasted potatoes, biscuit, banana
- Tuesday, Sept. 22 – Pork chop with peaches, green beans, peas and carrots, brown rice pilaf, apple slices

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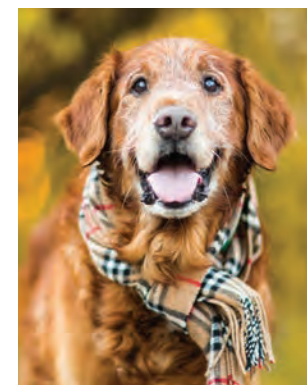
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# 100 YEARS AGO THIS MONTH

## Historical events from September 1926

The month of September has been home to many historical events over the years. Here's a look at some that helped to shape the world in September 1926.

- One hundred people lose their lives in Spain on September 1 due to flooding from storms. The storms come after a 55-day drought.

- The funeral train of actor Rudolph Valentino arrives in Chicago on September 3 after departing New York a day earlier. Despite a heavy police presence, several grieving fans break through a police cordon and run onto the tracks.

- Five prisoners are shot and killed in Raymondville, Texas, by a group of Willacy County officers on September 7. The five prisoners were being held on suspicion of killing two Willacy County peace officers on September 5.

- Pope Pius XI publicly condemns the Action française movement on September 8. The far-right, monarchist and national political movement in France objected to the legacy of the French Revolution.

- Argentina enacts law No. 11,357 on September 14. The law provides more legal protection for married women and expands civil rights for women.

- Gangster Al Capone escapes harm when The North Side Gang conducts a failed assassination attempt on him in Cicero, Illinois, on September 20. The failed attempt is made in broad daylight while Capone is eating at his

headquarters.

- Two men die during a failed take-off as French aviator Rene Fonck attempts to conduct the first non-stop transatlantic flight on September 21. Fonck attempted to take off from Long Island's Roosevelt Field but he and his co-pilot were forced to leap to safety when the landing gear of his plane collapsed under the weight of the four passengers while the plane traveled on the runway.

- American inventor Thomas Edison declares radio broadcasting to be a commercial failure on September 22.

- A crowd of more than 132,000 people watch challenger Gene Tunney defeat heavyweight boxing champion Jack Dempsey on September 23 at the Sesquicentennial Stadium in Philadelphia. Dempsey was fighting his first bout in more than three years.

- Henry Ford introduces the eight-hour workday and five-day workweek at the Ford Motor Company on September 25.

- American burglars Ray Terrill and Elmer H. Inman escape from prison in Oklahoma on September 27. The men would ultimately form the Kimes-Terrill Gang alongside gangster Matthew Kimes.

- The controversial play *The Captive* opens on Broadway on September 29. The play is among the first Broadway plays to address the subject of lesbianism and is shut down after 160 performances.

FROM STEPHEN SCHWARTZ, THE COMPOSER OF *WICKED*.

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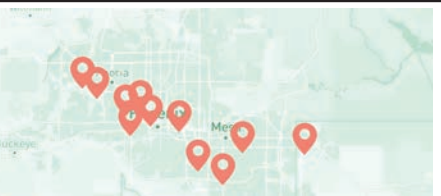
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# Senior Expo returns to Sun City

By Zev Black  
INDEPENDENT NEWSMEDIA

Independent Newsmedia's Senior Expo is returning to Sun City 9 a.m.–noon Wednesday Sept. 23, at the Sundial Recreation Center, 14801 N. 103rd Ave. Attendees can learn how to improve their daily lives by asking questions to the more than 50 expected vendors.

Attendees can also learn about products and services, access health screenings and connect with local and national vendors.

The event has been a success in the past for both attendees and vendors.

“We do these Expo shows because they’re good for us,” said Bob Madden, from Craft Body Scan, during the May expo. “It’s

• See **Expo** on page 24



Attendees browse health, lifestyle and service booths during the 2025 Independent Newsmedia Senior Expo. (Independent Newsmedia/Zev Black)

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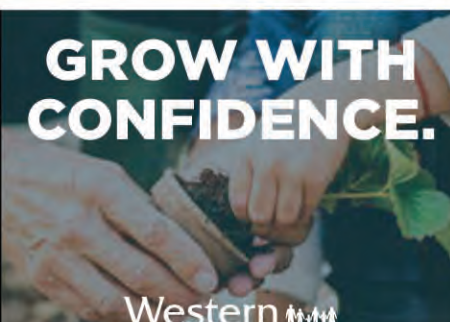
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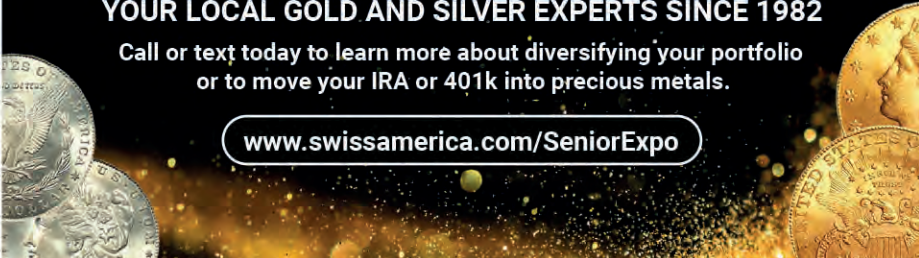


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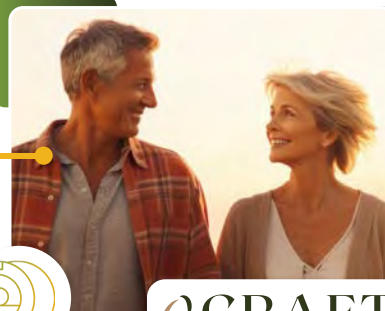


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## Expo

- From page 20

a good fit. We're here to help people, save lives. Not all shows are the same. I don't know what these guys did, if it's the location or how they advertised, but they did a pretty good job."

Craft Body Scan is once again expected to be in attendance.

Some other vendors residents can anticipate seeing include Arizona Broadway Theatre, Cardiac Solutions, SCAN Health Plan, Sunland Plumbing, Heating, & HVAC and Sunshine Services.

"There's a lot of information here," said Jim Malloy, a Sun City resident,

during last year's expo event. "I'm here to look for information."

In addition to the vendors, attendees can look forward to a 10:30 a.m. performance from the Sun City Poms and an 11:30 a.m. show from the Razzle Dazzle Dancers.

"We are here to celebrate big," said Deborah Wheeler, president of the Razzle Dazzle Dancers, during May's expo. "We are always bringing the fun to events..." "Anytime we have an excuse to celebrate a holiday, a national event, any kind of party, we're there."

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## Letters

• From page 10

should concern all of us.

The press has a fundamental responsibility to practice journalism — not political advocacy. When journalists let political leanings determine which facts they report and which accomplishments they omit, they fail the public. It is disgraceful when legitimate accomplishments receive little attention while controversy and partisan criticism dominate coverage.

Readers deserve the whole record. Journalists do not have to praise Hamadeh or agree with him. They should report what he's actually done.

The truth matters. A free press should challenge everyone. We deserve journalism that informs rather than filters the news through partisan narratives.

Journalists can debate Hamadeh's policies and votes, but should not minimize his accomplishments simply

because they do not fit a preferred narrative.

Congressman Hamadeh deserves credit for serving Arizona with energy and purpose. Arizona deserves a press corps willing to tell the complete story — the good, the bad and everything in between.

That is not partisan. That is journalism.

**Analyn Megison, J.D.**  
PHOENIX

### Do state Sen. Carroll's priorities align with LD 28's needs?

What exactly are state Sen. Frank Carroll's priorities for Legislative District 28?

Start with BNSF Railway, which has begun construction and site preparation for a massive rail and logistics development in the Wittmann area, with serious implications for traffic, roads, water, growth and surrounding communities.

While Carroll represents the people affected by that development, BNSF Railway's political action committee reported a \$1,000 expenditure to Frank Carroll.

The contribution is legal, but legal doesn't mean irrelevant. When a corporation seeking to dramatically transform part of your district contributes to your campaign, we as constituents have every right to ask whose interests are being heard.

Then there's Carroll's other transportation priority: flying cars — or, more precisely, "advanced air mobility."

Carroll sponsored SB 1307, now Arizona law, directing state transportation planners to prepare for advanced air mobility, including public vertiports and electric-aircraft charging infrastructure.

People in LD 28 are struggling to pay for medical care, food, electricity and water. Frank Carroll has been championing vertiports and infra-

structure for flying aircraft. Flying cars won't lower our grocery bills, pay our medical expenses or keep our electricity on. Is this really what our state senator thinks we need?

These are two separate issues, but together they raise the same question: Whose priorities is Frank Carroll representing?

LD 28 doesn't need distractions from the problems people face every day. We deserve a state senator willing to stand up to powerful interests seeking to reshape our communities — not take their campaign money.

Follow the priorities. Follow the money. Then ask yourself whether Frank Carroll is the state senator LD 28 needs.

**Anne Whitmore**  
SUN CITY WEST

*This writer is using a pen name.*

*Incumbent Frank Carroll is running against Michael Braun in LD 28, which includes parts of Phoenix, Peoria, Sun City and Sun City West.*

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## PI BETA PHI GROUP GATHERS IN SURPRISE



Members of the Arrowhead-West Phoenix Pi Beta Phi Alumnae Club met for its "Lunch Bunch" gathering Aug. 5 at the Cooper's Hawk Winery and Restaurant in Surprise's Prasada neighborhood. Pictured are Sheryl Hamlin, Kristi Geiger, Amanda Weese, Kathie Bridges, Lolly Looman (co-president), Patty Nordahl, Pat Gittings, Anne Levig, Nancy Wright and Libby Maurer. Wright, who produces the club's website, westphoenixpiphis.com, designed a Lunch Bunch logo and each attendee voted on her favorite. (Submitted photo/Sheryl Hamlin)

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## SUN CITY MINI GOLF MEMBER HITS HOLE- IN-ONE

Mini Golf of Sun City member Manny Camilon recently hit his first hole-in-one on the first hole at Mountain View Golf Course. The club plays all four mini golf courses. Putters and golf balls are provided. meets on the Tuesday before the second Wednesday of every month at the Lakeview Recreation Center, 10626 W. Thunderbird Blvd. The Club is open to all RCSC cardholders. (Submitted Photo/Wayne Braband)

## Fall

• From page 1

work as best and as freely and they can.

That being said, some members of the group have experience in health care. One of them, Deb Leef, is a licensed physical therapist.

She stated in a text message that improper footwear, incorrect use of canes or walkers and low blood pressure are some common contributors to falls.

She added that pets in the wrong place at the wrong time can create precarious situations.

Wall 2 Wall Sports and Rehab owner Dr. Caleb Walls said Dr. Alex is Vinas presented at Grandview Terrace in Sun City West.

Walls said helping in this area is one of the largest roles in physical therapy and getting ahead of fall prevention, specifically. This includes increasing strength and balance, as well as stability.

"Stats show falling once puts you at risk of falling again, no matter what you do," Walls said. "So trying to prevent the first fall is important."

He said most seniors in the Sun Cities would benefit from finding out individual risk profiles. Tests are conducted and show the limitations, then a plan is put in place, which helps to reduce falling risk.

"Fall prevention is very important

because falls can lead to fractures especially in conjunction with osteoporosis and osteopenia," Leef stated. "It is hard to predict when someone might fall. The most common predictor of a fall is a previous fall.

Getting older does not automatically come with being off balance or dizzy and weak. Walls said the body responds to what it is exposed to throughout life.

"Yes, when we age, our body is not as efficient at building muscle, but it will if you ask it and train it to, then the body will respond in a positive manner," Walls said.

Walls said his company will step up to the individual's home and conduct a 90-minute evaluation and get a health history. If there is time, that initial appointment will start the first round of treatment.

He said providing as much education as possible is key and the reason he likes to take part in these types of workshops for seniors.

"If we find this individual does not have much of a fall risk, we teach people preventive things they can do on their own and provide video explanations," he said.

Walls said online there is a ton of information available, but understanding individual pathology is the way to get started on the right path.

For more information, go to wall-2wallsportsrehab.com.

*Reporter Zev Black contributed to this story.*

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## Bill

• From page 1

Senate and was signed into law by Arizona Governor Katie Hobbs on June 4.

This bill requires by statute for HOAs to “act reasonably” in the exercise of its discretionary powers. This includes the duty to exercise discretionary power neutrally, fairly, without favoritism and in a non-arbitrary fashion.

Penny Walker, treasurer for the Sun City Condominium Association, said she thinks this bill has to do with treating all residents the same.

“If they put plants around in a common area and the board did not fine them for them, the board just let them do it,” she said. “Then, if someone else tries to do that and the board found them at fault, that person could say, ‘well you let this other homeowner do this for years and now you’re finding me at fault.’ It’s about fair treatment, consistent allocation or consistent allocation of the law.”

She added that she doesn’t think this bill changes much about how the rules are enforced. Rather, she believes it just makes the language stricter and clearer.

Trotter admits the bill cannot help her now in her lawsuit with neighbors over a masonry wall added on what Trotter calls her property line and obstructs her golf course view. She wrote the bill and presented it to



This photo represents the issue of the masonry wall added between Sun City West resident Caroline Trotter and her neighbor, showing the golf course view before and after installation. (Submitted photo/Caroline Trotter)



Pinergelli who modified the language with Trotter.

She said now she hopes to educate homeowners to understand the need to start reading their CC&R’s very carefully and look up the state statutes.

“There is a legal duty to do this fairly and honestly and without biases. It gives homeowners a lot more leverage and is a great starting place,” said Trotter.

Pingerelli admits not all boards have issues or problems.

Trotter said homeowners cannot and should not expect HOA board

member volunteers to know everything.

Marsha Rory, director at the SC-COA, said the organization hands out the latest edition of the Arizona condo laws to every board that is a member.

However, she conceded that it all depends on whether they actually read it or not.

“You can’t mandate new board members to take any kind of education,” Walker added. “When somebody gets on the board, it’s really up to them to educate themselves. We offer a lot of that education. There are

classes they can take, but you can’t mandate it... That’s why they come to us to help them understand the law. We’re kind of a sound board for particular issues.”

Pingerelli said bringing this bill to the floor with the right language, she thought would appeal to everyone and said not one person voted no.

“Many of the bills I bring forward come from people that bring things to me and sometimes lobbyists bring things to me,” she said.

Trotter said the year-long process began with a massive investigation to learn how it works and took multiple hours at the law library in downtown Phoenix.

Pingerelli said she tries to get behind bills that can impact everyone.

“Carolyn is a friend and when she came to me, if it was something I was not passionate about or think represented everybody, I would have said no,” she said.

She said she was happy to carry it forward for Trotter.

Trotter plans to continue to serve her community and help educate seniors on the detrimental impact boards can have monetarily and otherwise on homeowners. And Walker said the best thing any resident can do if they are unhappy with their board is to run and get elected.

“That’s their best bet and it doesn’t cost anything,” she said. “They’re volunteering their time to be on the board if they really want to see some impact for their association.”



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FROM STEPHEN SCHWARTZ, THE COMPOSER OF *WICKED*.

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## SCORES

### GOLF

#### Desert Trails Ladies

##### Sept. 1

Flight 1 Low Gross K. Wallace 72 Low Net L. Vandever 53  
Flight 2 Low Gross C. Dixon 79 Low Net L. Saelens 57  
Flight 3 Low Gross J. Frey 89 Low Net D. Peck 57

##### Sept. 8

Flight 1 Low Gross B. LaCross, D. Craig 74 Low Net M. Trane 57  
Flight 2 Low Gross C. Dorney, L. Bunn 79 Low Net J. Hollenbeck 58  
Flight 3 Low Gross E. Sheneberger 89 Low Net J. Martin 59

#### DT Winners

##### At Stardust - Sept. 2

1st flight: (Handicaps 6-17)  
Richard VanVulkenburg (Low Gross) 69 Scott Klein (Low Net) 61  
Burton Murray and Jim O'Neil (Tied at 62)  
2nd flight: (Handicaps 18-27)  
John Evans (Low Gross) 78 John Mollenkamp (Low Net) 60  
Everett Dorsey and Joe Petrocelli (Tied at 62)  
Ron Stallbaum, Tom Flaherty and Doug Smith (Tied at 63)

#### Echo Mesa Women's Golf Club

##### Sept. 8 - Odd Holes

Flight 1  
Sue Anderson 28.0  
Barb Hoolehan 28.5  
Linda Geyer 30.0  
Stacy Hoenig 30.5  
Veda Barganier 32.5 Nine Holes  
Joanne Honce 43  
Jeanne Pribnow 43

#### Sun City Mini Golf Club

##### Mountain View - Sept. 9

##### Women Scr Hdc

1 Pamela Jordan 38 36  
2 Monica Nolan 44 40  
3 Linda Corson 44 41  
4 Virginia Geile 44 41  
5 Sue Collins 44 42  
6 Cirila Braband 48 44  
7 Sue Mauch 45 44  
8 Joan Souza 47 44  
9 Kathy O'Connor 51 46  
10 Linda Ferguson 48 48  
11 Kathy Lee 53 49  
12 Janis Rosenberg 55 50  
Men Scr Hdc  
1 Jim Kepler 34 33  
2 Thomas Ritz 35 34  
3 Milo Fenc 35 35  
4 Larry Bibler 38 37  
5 Bogner Ron 41 38  
6 Jim Stefanov 39 39  
7 Jerry Neely 41 40  
8 Jeff West 41 40  
9 Brian Ascetta 43 41  
10 Wayne Braband 42 41

11 Dave Fulton 43 42  
12 Alan Partch 44 42  
13 Jer Bear 45 43  
14 Thomas Solomom 48 44  
15 Raymond Braband 49 45  
16 Alan Felner 45 45  
17 Mike Field 56 49  
18 Manny Camilon 51 51  
19 Doug Oxendale 52 52

### GAMES

#### Monday Night Bridge

##### Sept. 7

1st place: Roger and Susan Anderson 4580  
2nd place: Mary Kiewel and Shirley Hughes 4050  
3rd place: Tim Archer and Bill Hoenig 3520  
4th place: Anne and Pete Rowilson 3410  
Small Slam  
Anne and Pete Rowilson

#### Tuesday Contract Bridge

##### Sept. 8

Chris Less 5340  
Rita Hughes 4760  
Mary Lou Hindal 3590  
Mary Vraney 3560  
Bo Anderson 3250

### BOWLING

#### Thursday AM Mixers

##### Sept. 3

Men Scratch Game  
Jeff Jones - 246  
Wayne Braband - 214  
Richard Whitmark - 212  
Women Scratch Game  
Cirila Braband - 178  
Diana Ruzgis - 158  
Sparky Parker - 155  
Debbie Jagodzinski - 155  
Scratch Series  
Jeff Jones - 638  
Richard Whitmark - 576  
Wayne Braband - 570  
Scratch Series  
Teresa Zimmerman - 429  
Sparky Parker - 408  
Karyl Brondvold - 397  
Handicap Game  
Ken Targosz-281  
Wayne Braband - 269  
Jeff Jones - 260  
Handicap Game  
Teresa Zimmerman - 245  
Debbie Jagodzinski - 244  
Diana Ruzgis - 243  
Cirila Braband - 243  
Handicap Series  
Wayne Braband - 735  
Ken Targosz-700  
Jeff Jones - 680  
Handicap Series  
Teresa Zimmerman - 705  
Joann Chavez - 635  
Karyl Brondvold - 634

## LEGION



Members of the American Legion Post 94 in Sun City West. (Independent Newsmedia/Jennifer Jimenez)

# Legion Post 94 has a new commander in place

By Jennifer Jimenez  
INDEPENDENT NEWSMEDIA

After five years, Mary Ellen Pi-trowski Legion Post 94 has a new commander.

The new commander is Jim Andrews, who previously served as the first vice commander, which included the job of membership.

Andrews met previous Cmdr. Jack Coyle on an honor flight and he was recruited to join Post 94.

"Jack has always found innovative ways to keep things going, and I agreed I would be the commander if he would maintain the honor guard," said Andrews.

Andrews is going into this fifth year as a member of Post 94 and said in this new role, he understands it will be impossible to fill Coyle's shoes. Right now he is feeling things out and has spent the past three months as the commander.

Andrews recently attended the American Legion College and learned a lot about what is involved with the Legion.

"Now, I have to put what I learned into practice, and it takes all of us to keep this going," he explained.

Andrews said there are currently about 370 members involved with

## POST OFFICERS

**Commander:** James Andrews  
**Second Vice Commander:** Charlie Fridinger  
**Adjutant:** Joseph Kaufman  
**Finance Officer:** Paul Reichenbach  
**Chaplain:** Paul Van Rooy  
**Judge Advocate:** Ron Ripley  
**Public Relations Officer:** Rudy Grom  
**Sergeant-At-Arms:** Larry Fulcher  
**Trustee:** Rod Martinson  
**Trustee:** Pamela Martinson

Post 94, and the goal is to build the membership. Andrews wants all veterans to know they can join Post 94 if they are looking for something to do or get out of the house for a few hours.

"We are here for you," he said.

Public relations officer Rudy Grom said the post website gives access to the calendar and the veterans events that are happening throughout the West Valley. Upcoming events include monthly membership meetings at 10 a.m. the first Thursday of the month, at the Sun City West Foundation Quail Room, 14435 W. R.H. Johnson Blvd.

The next fundraiser is set for the fall pancake breakfast from 7 to 11 a.m. Tuesday, Nov. 3, at the Sun City West Foundation.

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Litchfield/Goodyear • February 17, 2027 • Tuscany Falls Clubhouse(Pebble Creek)

Chandler • February 23, 2027 • Sun Lakes Country Club

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## Civility Checklist

*How to engage in respectful, honest & civil dialogue about public issues*

- ☐ **Take the high road.** Respond to the topic — not the person. Refrain from demonizing others for their opinions. Assume those you disagree with are, like you, genuinely interested in improving the community.
- ☐ **Be respectful.** Bullying, public humiliation, insults, name-calling, harassment, and threats directed at another person — or that person's race, gender, religion, ethnicity, etc. — have no place in civil discussions. Find ways to respectfully disagree without questioning someone's character or motives.
- ☐ **Be truthful.** Base your opinions/arguments on facts. Value honesty. Make only accurate statements when making your point and avoid exaggeration and stereotypes. When appropriate, cite your sources of information that others may question.
- ☐ **Don't misrepresent.** Always identify your opinions as opinions (not stating opinions as facts). Never misrepresent the views of others or falsely claim your opinions represent someone else. If quoting the words of others, identify and credit the source.
- ☐ **Listen & learn.** It's both polite and respectful to listen to those we disagree with (as well as those we support) and be genuine in our attempts to understand their point of view. Expand your mind by thoughtfully seeking out views that don't agree with your own.
- ☐ **Look for common ground.** When disagreeing with others, look for even small areas of agreement — which can be the gateway to working together for the greater good.
- ☐ **Respect privacy.** Keep private things private — whether it involves your own information or those with whom you disagree. Revealing private information about someone else is rude, unethical, potentially harmful and, in many cases, illegal.
- ☐ **Set a good example.** Practice civil behavior online as well as in public and in your interaction with others. Encourage others to practice these civil behaviors. And it's OK to challenge disrespectful behavior — but be courteous, respectful and helpful in your approach.



*Now that you've read the checklist, take the Civility Pledge at [yourvalley.net/civility-pledge](http://yourvalley.net/civility-pledge).*

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