MESA INDEPENDENT @yourvalley.net
Volume 6 Issue 11

INSIDE

Nov. 13 senior expo at Mesa Market Place Swap Meet



NOVEMBER 2026
Arizona's Nonpartisan Newspaper
FREE



Mesa seniors earn karate belts

A year ago, Jeanne Young would have asked what planet someone was from if anyone suggested she take karate. The 70-year-old recently earned her orange belt at the Optum Community Center in Mesa, joining 12 other seniors who earned orange or yellow belts.

The students, ages 64 to 85, demonstrated drills and kata (forms) after six months of practice.

Instructor Ilana Obrand, a decorated Shotokan black belt, modifies the movements for older adults and different ability levels.

The class is not about fighting. It uses con-

• See **Karate** Page **9**

From left are Julie Fenn, Ilana Obrand and Jeanne Young. Fenn and Young earned their orange belts in karate at the Optum Community Center. (Optum Arizona)

Deal could bring more upscale dining to city

By Janet Perez
INDEPENDENT NEWSMEDIA

A proposed mixed-use development at the northwest corner of Hawes and Elliot roads could bring upscale restaurants to the area if the city of Mesa and a developer forge a retail development tax incentive agreement.

During its Oct. 26 meeting, the Mesa City Council unanimously approved issuing a notice of intent to enter the tax incentive deal with Martens Development Co. for The Craftsman project. The notice was on the council's consent agenda in which all items are handled through one motion and vote.

The council will take action on the proposed tax incentive agreement for The Craftsman at its Nov. 16 meeting.

The Craftsman is a 19.25-acre development that is to include apartments, retail and fine dining.

The proposed agreement was discussed by council members during an Oct. 22 study session. The development will have about

• See **Tax** Page **10**

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NEWS IN BRIEF

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Private company to manage Mesa's convention center, amphitheater

INDEPENDENT NEWSMEDIA

A private company will now be managing the Mesa Convention Center and the Mesa Amphitheatre.

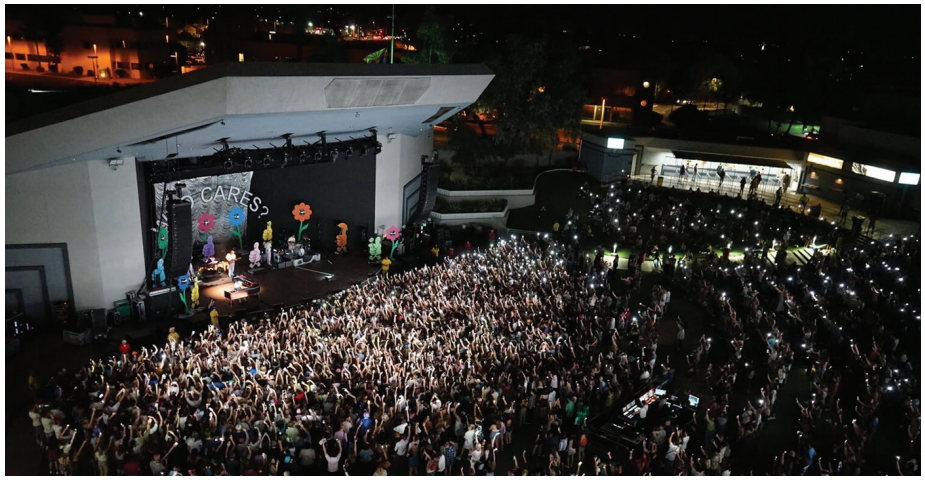
The Mesa City Council voted 5-0 to approve entering a public-private partnership for management and operations services at both facilities with Legends Global Convention Center Management LLC.

Mayor Mark Freeman and Councilmember Rich Adams were absent from the meeting.

The item was on the council's consent agenda in which all matters are dealt with through one motion and vote. However, the item was pulled, and Vice Mayor Scott Somers read a statement from Freeman before the vote.

"The Mesa Amphitheater is one of our city's jewels, and together with the convention center, it has been a tremendous potential," according to Freeman's statement. "I believe this new direction will help us build on that legacy, bring renewed energy and investment to these facilities, and contribute to an even stronger and more vibrant downtown Mesa."

Read full story at yourvalley.net.



Mesa has entered into a public-private partnership with Legends Global Convention Center Management to manage and operate the Mesa Convention Center and the Mesa Amphitheatre. (City of Mesa)

Council OK's construction contracts for new aquatic complexes

INDEPENDENT NEWSMEDIA

Sun Eagle Corp. is now the construction manager-at-risk for the Eastmark Aquatic Complex in southeast Mesa and the Red Mountain Aquatic Complex in the northeast.

Mesa City Council granted the contracts 5-0 during a recent meeting. Mayor Mark Freeman and Councilmember Jenn Duff were absent.

The contracts were part of the council's consent agenda in which all items are voted on through one motion and vote. The council issued no comments on the change.

The two preconstruction services contracts total $272,590. According to a report from the city's engineering department, each aquatic complex will cost $20 million. Construction will be paid through general obligation bonds approved by voters in 2024.

The Eastmark Aquatic Complex will be at 9603 E. Point Twenty-Two Blvd. and the Red Mountain Aquatic Complex will be constructed at 7550 E. Adobe St.

Read full story at yourvalley.net.

Empty Bowls event at Mesa Community College

INDEPENDENT NEWSMEDIA

Mesa Community College invites the community to its annual Empty Bowls event where for $10 per person, guests receive soup, bread and a handmade bowl created by ceramics students and community members.

The event also features a silent auction with ceramics by some of the Valley's most talented artists. All proceeds benefit the Paz de Cristo Community Center, according to a release.

The remaining event is 10 a.m.-3 p.m. Tuesday, Nov. 17, at MCC Southern and Dobson Campus, 1833 W. Southern Ave. (Kirk Student Center, Navajo Room). Soup compliments of Pita Jungle

Proceeds benefit Paz de Cristo Community Center, a nonprofit providing anti-hunger and empowerment support for people in the East Valley who are homeless, unemployed, working poor and their families. In 2025, MCC Empty Bowls events brought in more than $8,000 benefiting Paz de Cristo.

Go to pazdecristo.org and mesacc.edu/newsroom.

Read full story at yourvalley.net.

New Medicaid work rules start in January

INDEPENDENT NEWSMEDIA

Hundreds of thousands of low-income Arizonans with serious medical conditions will soon face new hurdles to keeping their Medicaid coverage under federal work requirements taking effect in January.

The changes will also cost Arizona's Medicaid agency millions of dollars and require health care providers to document whether some patients are too sick to work — a responsibility providers say they are ill-equipped to take on.

The requirements come from the sweeping budget law President Donald Trump signed in July 2025, which overhauled Medicaid. Under the law, many adults covered by Medicaid expansion must document 80 hours a month of work, job training or volunteering or attend school at least half-time to keep their coverage.

People considered "medically frail" are exempt. But a new rule, published June 3 by the Centers for Medicare & Medicaid Services, requires individuals to prove they have a qualifying condition and that it "significantly impairs" their ability to work to obtain that status.

Read full story at yourvalley.net.

THIS DAY IN HISTORY

Nov. 24, 2010

It was candy pandemonium at Southwest Ambulance in Mesa as more than 650 pounds of candy, 147 letters and 600 Beanie Babies were sorted, packaged and prepared for shipping to Operation Gratitude, a nonprofit organization at the Army National Guard Armory in Van Nuys, California.

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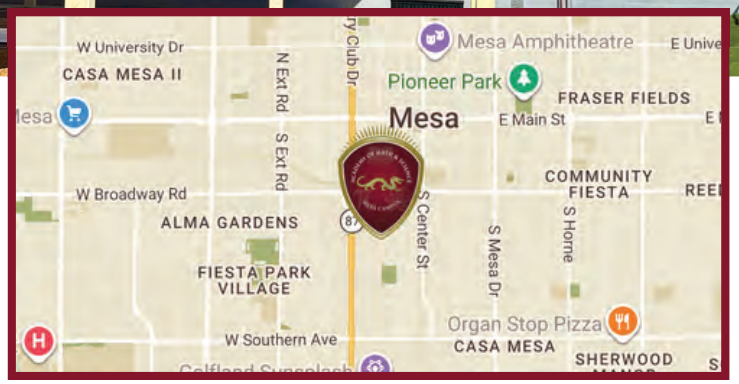
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Strong Cybersecurity Shouldn't Price Movers Out of Serving Military Families

By Justin Hart
JUST-IN TIME MOVING & STORAGE

From Luke Air Force Base to Fort Huachuca, hundreds of active-duty families move in and out of Arizona every year, and few things matter more to us than helping them settle in and put down roots while they serve our country Just-In Time Moving & Storage has been in business for more than 21 years, and entered the military moving market only a few years ago.

We take great pride in our work helping military members and families with their moves. About 300,000 active duty military families relocate throughout the country and internationally each year as part of their military service. Moving is already one of the most stressful life events, and when moves of this significance relate to national security and military operations, it's critical to provide reliable, high-quality services during the transition.

We've continued working as an agent for larger Transportation Service Providers (TSPs) under the military moving program. As with any government contract, we expected challenges involving terminology, paperwork, procedures and communication. What I did not expect was that cybersecurity requirements would significantly increase the cost of doing business in an industry we love.

The Cybersecurity Maturity Model Certification (CMMC) was created by the DoD for a legitimate reason. While movers in this program only handle information that any other household vendor – such as a cable company, repairman, or internet service provider – would have access to, there is no question that sensitive government and service-member information must be protected. However, the new CMMC Level 2 requirements for the military moving supply chain create a significant burden that makes it difficult to justify continuing on when looking at our bottom line.



Justin Hart

Every moving company and professional must implement 110 security controls by March 2027 to be eligible to participate in the program. For our roughly 60-employee company, the estimates we received for reaching compliance are approximately $80,000 to $100,000 in the first year, along with significant ongoing costs to maintain compliance. To satisfy Level 2 requirements, to change technology platforms, increase IT monitoring, document and maintain extensive cybersecurity controls and train employees.

While military business is important to us, it is only one part of our company. We handle roughly 4,000 moves each year across residential, interstate, commercial, designer and international work. If remaining in the military market requires an investment approaching six figures and continued administrative obligations, the business looks bleak for our team just trying to make an honest living while proudly serving our military heroes. We may be forced to make the hard decision to stop servicing military shipments and direct resources elsewhere for the best interest of our company.

The military moving network depends on small and midsized independent movers. Increased financial barriers for the companies providing the trucks, warehouses, drivers, crews and local expertise to larger businesses could impact participation in the program if those barriers become too insurmountable. That impact to business operations would be felt up the chain for military movers.

The goal is to strengthen cybersecurity protecting government information without creating a barrier so high that capable small businesses are pushed out of the military supply chain.

I urge Congress to consider solutions that balance strict cybersecurity with economic viability for movers who service military families. The U.S. Senate has proposed a grant program for the 2027 National Defense Authorization Act to help DoW contractors offset the cost of CMMC compliance, but as written, military movers are not eligible to apply. Allowing movers to apply for this grant could help businesses like mine continue supporting our military.

Without a practical solution, the result could lead to fewer qualified companies willing and able to move military families. At a time when service members need to focus on their mission, we should be finding ways to maintain reliable moving capacity, not driving it away.

Justin Hart is the CEO of Just-In Time Moving & Storage, headquartered in Mesa, AZ.

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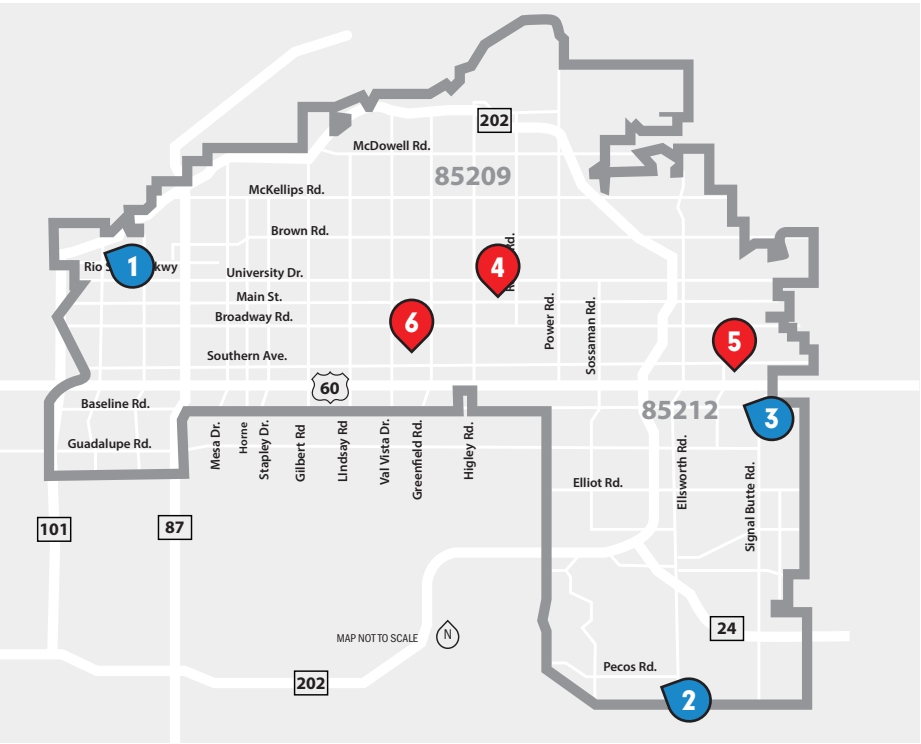
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Compiled by Richard H. Dyer
INDEPENDENT NEWSMEDIA

NOW OPEN

1 **Serenity Mental Health Centers**, a behavioral health provider specializing in evidence-based treatment for depression, anxiety, OCD, PTSD and other mental health conditions, opened an outpatient clinic Oct. 26 at 2046 Riverview Auto Drive Suite 401 in Mesa. The clinic will offer psychiatric evaluations, medication management, Transcranial Magnetic Stimulation therapy, ketamine infusion therapy, and ADHD testing and management, including Serenity's TMS-plus-ketamine combination protocol. Extended hours, including Saturday appointments, are available. Go to serenitymentalhealthcenters.com.

2 **C2 Tactical**'s first-ever franchise location recently opened in Mesa. Located at 9253 E. Willis Road Suite 101 in Mesa, the new 23,000-square-foot facility has 23 shooting lanes, a state-of-the-art simulator room, classrooms and a dedicated VIP suite. The location is owned by Tina and Turner Drake, an East Valley mother-son team who were longtime C2 Tactical customers before becoming the company's first franchisees. Go to c2tactical.com.

3 Customers were welcomed Oct. 30 to the newly transformed **Mesa Walmart Supercenter** at 1606 S. Signal Butte Road. A ribbon-cutting ceremony and community event immediately following were planned featuring vendor samplings and an opportunity for customers to enjoy all the new amenities. Go to walmart.com.

COMING SOON

4 **Circle the City**, a federally qualified health center dedicated to serving people experiencing homelessness in Maricopa County, will celebrate the grand opening of its East Valley Medical Respite Center at 9 a.m. Friday, Nov. 13, in Mesa. The program will include remarks from Circle the City CEO Dr. Kim Despres and founder Sister Adele O'Sullivan. The 85-bed center at 5456 E. Main St. provides a place where people experiencing homelessness who are medically stable but still recovering from illness or injury can heal instead of being discharged back to the street. Go to circlethecity.org.

5 A **Terrible's** convenience store with a fuel station has gone before the Mesa City Council to go up near the southwest corner of South Crismon Road and East Hampton Avenue in Council District 5. KFH Crismon & Hampton LLC was requesting that the council approve rezoning the 1.3-acre site from planned employment park with a planned area development overlay to limited commercial. It is Terrible's first convenience store in the East Valley. Go to terribles.com.

6 A 3,356-square-foot automobile service facility is to be constructed north of the northeast corner of South Val Vista Drive and East Southern Avenue in Mesa. The Mesa Design Review Board discussed the look and landscaping for the **Val Vista Oil** development during an Oct. 13 meeting. It will be constructed within an existing commercial development.

If you have a new business that has just opened, is under construction or is celebrating an anniversary, please email rdyer@iniusa.org



CIRCLE THE CITY



C2 TACTICAL


TERRIBLE'S


SERENITY


VAL VISTA OIL



Back from left: Lee Young, Jan Hoidan, Janet Peterson and Jeanne Young. Middle row from left: Claire Charles, Anna Lopez, Julie Fenn, Ginger Krabbenhoft, Linda Palmer and Paul Heartquist. Front row from left: Anita Corona, Susan O'Connor, Ilana Obrand and Jamie McKinney. (Optum Arizona)



On the left is Jeanne Young and on the right is Julie Fenn. (Optum Arizona)

Karate

• From page **1**

trolled martial arts exercises to help seniors improve balance, coordination, mobility, strength and concentration.

Those skills can make everyday activities safer and easier. Practicing stances and deliberate movements challenges students to shift their weight, steady themselves, and remain aware of their bodies. These abilities help with walking, turning, reaching, and recovering from a misstep. Repeating the sequences also gives students mental exercise as they memorize patterns and follow instructions.

For Young, who has osteoporosis, balance was a particular concern. She said the class has improved her strength, balance, and endurance and made her more confident in daily tasks. The progress has also helped ease her fear of falling. She values the concentration required to learn each movement and the discipline of attending class.

Optum Community Center in Mesa is at 6005 E. Southern Ave. Go to https://optumaz.com.

Sponsored Content



Primary Care is Getting a Makeover in Mesa. And it's About Time.

Longer appointments, less waiting, and no fees. Corner Health is rethinking how primary care works in Arizona

Finding a primary care provider close to home shouldn't be this hard. Yet, nearly one in five adults in the state doesn't have a personal doctor or healthcare provider, according to 2024 data from the Centers for Disease Control and Prevention. For those who do, getting an appointment can mean waiting weeks or months, only to spend a few rushed minutes discussing their health concerns.

A growing network of local providers thinks Arizonans deserve better, and they're working with Corner Health to build a different kind of primary care practice to prove it.

Through Corner Health, more than 100 local practices are putting the focus back on the patient-provider relationship, including several right here in Mesa.

Their approach? Fewer patients. Longer appointments. And more time to actually listen.

Across the Corner Health network, appointments average 34 minutes and new-patient visits average 40 minutes. Instead of racing through a packed schedule, providers have time to ask questions, understand their patients' concerns and develop a plan together.

While this type of personalized healthcare is often associated with concierge medicine and expensive fees, practices on the Corner Health network accept major insurance plans, including Medicare, without requiring a membership fee.

The model gives highly vetted, experienced nurse practitioners the freedom to own and operate their practices, while Corner Health handles the behind-the-scenes work. Providers get to spend more time caring for patients and building lasting relationships instead of getting bogged down in paperwork and corporate red tape.

Meet Your Neighborhood Primary Care Providers in Mesa.
These locally owned practices on the Corner Health network are welcoming new patients:

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Dorothy Igwe, DNP
Igwe Integrative Clinic
7233 E Baseline Rd, Suite 105, Mesa, AZ 85209
Book an appointment:

Roanne Parker, MSN, ANP-C, BSN
Roanne NP Medical Practice
4111 E Valley Auto Dr., Suite 209, Unit #3, Mesa, AZ 85206
Book an appointment:

Services vary by practice but may include preventative care, annual wellness visits, chronic condition management and women's health. Appointments across the network are typically available in under two days.

To find additional providers, visit CornerHealth.com.

Tax

• From page 1

30,000 square feet of retail space and 10,000 square feet of restaurant space.

"The development agreement structure is set up so that the developer will construct The Craftsman, including the public improvements on the east and west side of the entire development, so 82nd Street and Hawes Road. Then the city is constructing the Elliot Road frontage along the property," Jaye O'Donnell, the city's economic development director, told the council at the study session.

The city's improvements along Elliot Road adjacent to The Craftsman will include pavement, turn lanes, curbs and gutters, sidewalks, landscaping, streetlights and striping.

Martens Development will be contributing more than $750,000 to the road improvement project.

"That contribution to the infrastructure would then be eligible for reimbursement from construction sales tax and sales tax that's generated by the project if the developer meets certain minimum requirements," O'Donnell said.

One of those requirements calls for bringing in upscale restaurants to the 10,000-square-feet of the development.

According to a council staff report, the restaurant or restaurants must be "modern, upscale ... defined as a chef-driven, full-service restaurant offering a distinctive, non-standardized dining concept, contemporary interior design, premium ingredients and a curated menu and beverage program."

In addition, the restaurant must be a brand with fewer than 100 locations in the United States. It also cannot operate in another location in Mesa under the same brand within a 10-mile radius.



The Craftsman mixed-use development will include apartments, retail and possibly upscale dining. (Mesa)

"It's estimated that over a 10-year time period, plus a little bit of construction at the beginning, the city is estimated to receive a gross tax revenue of $3 million. And then the repayment that we're looking at is only $775,000," said Kelly Whitmore, a deputy city attorney for Mesa, told the council at the Oct. 22 meeting. "We're also looking at a potential of 160 onsite jobs."

Located within Hawes Crossing, The Craftsman will include 387 elevator-served apartments, clubhouse, pool, pickleball court, dog park and walkable plazas, according to Martens Development Co.'s website.

"The opportunity to utilize what's going to happen on Elliot Road as part of a scheduled and voter approved road improvement package ... to try to bring something a little better than the typical drive-thrus that we have seen, those efforts are starting to pay off. We're seeing some really good restaurants starting to pop up." Vice Mayor Scott Somers said.

Janet Perez can be reached at jperez@iniusa.org. Please submit comments at yourvalley.net/letters or email them to AzOpinions@iniusa.org. We are committed to publishing a wide variety of reader opinions, as long as they meet our Civility Guidelines, https://www.yourvalley.net/civility-checklist/.



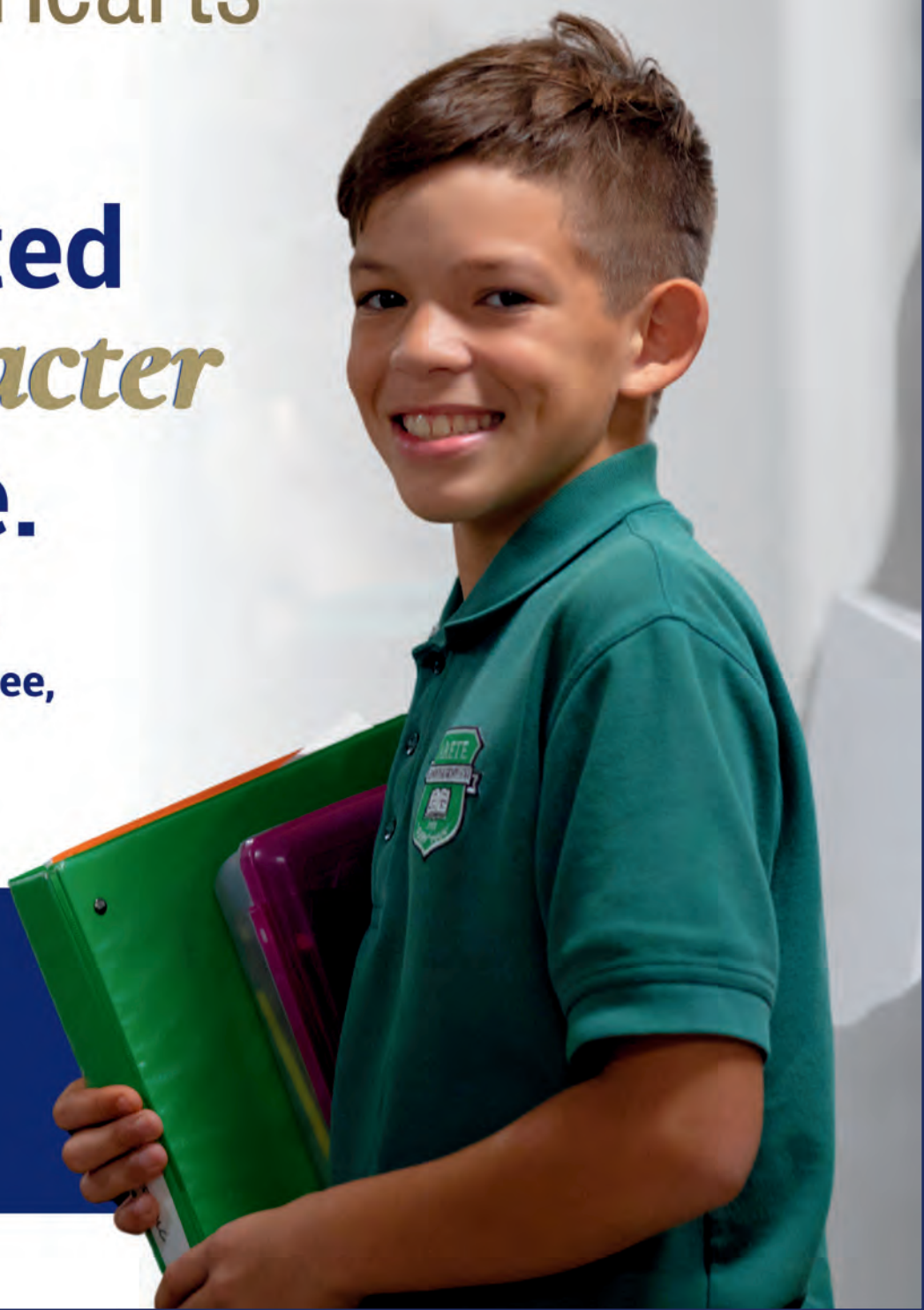


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BUSINESS IN BRIEF

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Celebrate healthy, active living at Mesa Senior Expo Nov. 13

The Mesa Senior Expo is 9 a.m.-noon Friday, Nov. 13, hosted by Independent Newsmedia for seniors and families from Mesa and neighboring communities.

The expo to celebrate healthy, active living for today's seniors will be at Mesa Market Place Swap Meet's Building No. 4, 10550 E. Baseline Road in Mesa. The venue is covered with misted breezeways with free parking and free admission. Park in front of building No. 4 — near the exit.

Explore the selection of products and services, access essential health screenings and information, enjoy free giveaways and enter to win door prizes.

Walgreens will be at Mesa Senior Expo doing flu, COVID and other immunizations. Please bring your Medicare card.

Business sponsors are Desert Sky Dermatology and SCAN Health Plan.

Vendors and sponsorships are being sought. "If your business can provide a healthier, happier and wealthier lifestyle for seniors, join us," a release states.

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When: 9 a.m.-noon Friday, Nov. 13.

Where: Mesa Market Place Swap Meet's Building No. 4, 10550 E. Baseline Road.

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MESA SENIOR EXPO

INDEPENDENT NEWSMEDIA



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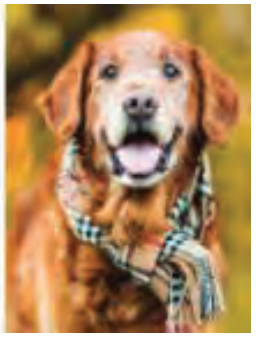
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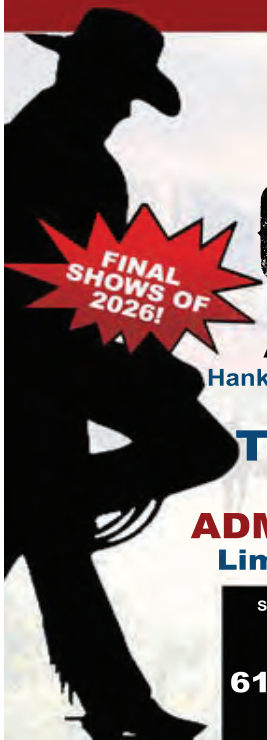
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Volunteering offers seniors many benefits

Seniors are vulnerable to mental health issues. The World Health Organization says around one in five older adults experience psychiatric disorders like depression, anxiety, and dementia-related mood changes. While various therapies can help, seniors may discover volunteerism can be a surprising antidote to mental health concerns.

Volunteering offers seniors many benefits, including a renewed sense of purpose. Volunteering also helps combat social isolation, which can lower rates of depression and anxiety. According to Voices for National Service, older adults who volunteer have reduced risk of mortality, more optimism and feel less depressed and lonely. People who were once working full time and are now in retirement may find they have hours to spare. Those hours can be directed toward volunteer efforts, which can boost seniors' mental health in myriad ways.

• Lowers depression and anxiety: The National Institutes of Health says research indicates consistent volunteering can help to reduce risk of depressive symptoms. Staying engaged and active combats feelings of hopelessness.

• Decreased social isolation: Points of Light says regular time spent with peers and the people being helped can mitigate loneliness. Having a strong support network can make stress more tolerable and increase feelings of belonging.



Older adults who volunteer have reduced risk of mortality, more optimism and feel less depressed and lonely. (Metro Creative)

• Restores sense of purpose: When work ends, many seniors lose the structure that governed their working life. Volunteering gives the opportunity to wake up, follow a schedule and achieve goals. It can be rewarding to play a valuable role in the community again, according to Voices for National Service.

• Mental stimulation: Volunteering may lead to learning new skills and interacting with others, and that can keep the mind sharp.

• Physical activity: Older adults may lead sedentary lifestyles if they have nothing to keep them busy. Volunteering helps a person engage in some sort of physical activity. A 2025 study published in the journal Social Science & Medicine found volunteering is associated with lower levels of hypertension and chronic inflammation. Staying active can lower blood pressure, risk of heart disease and eight types of cancer.

Volunteering is a tool older adults can use to stay healthy both physically and mentally.

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How to maintain balance

Fostering good balance is crucial for maintaining independence, staying active and preventing falls.

According to West Hartford Health & Rehabilitation, falls are a leading cause of injury among older adults.

By building better balance, seniors can ensure that a minor trip or stumble will not turn into a serious fall.

Balance training involves building strength in the lower back, core and legs.

Should a fall occur, having stronger muscles and more nimble reflexes can help protect bones and joints.

The following exercises courtesy of the Mayo Clinic are some activities that can improve balance and reduce falls.

- **Single-leg stance:** While standing near a counter, lift one foot two to three inches off the ground and hold for 10 to 30 seconds. Then switch legs and repeat. This can be done while brushing teeth to build it into a daily routine.
- **Sobriety test:** Much like a police officer will conduct a sobriety test on a suspected offender, place your right heel directly in front of your left toe so they touch.



Older adults can engage in balance-building activities each day to promote greater health and reduce the risk of injury. (Metro Creative)

Walk forward for 10 to 20 steps, focusing on a fixed point ahead.

- **Shift weight:** Stand with feet shoulder-width apart and slowly shift all weight to one foot, lifting the heel of the opposite foot. Hold this for 10 seconds and then switch sides.
- **Tree pose:** Many yoga poses strengthen balance. Poses like the "tree pose" can train the center of gravity and improve flexibility.
- **Water exercises and swimming:** Swimming and pool exercises are great ways to build core and leg strength without straining the joints.
- **Pilates and tai chi:** These structured activities are good for building strength and improving flexibility, which can facilitate balance.



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Memorial to celebrate bluesman Carvin Jones' life and legacy

One of the Valley's favorite sons of the blues will be laid to rest here at home.

A memorial for blues singer and guitarist and local community advocate Carvin Jones, who died Sept. 20 after a battle with cancer, will take place Dec. 12 at The Monastery in Mesa, Jones' family announced on social media.

"We invite the community, fans, and friends of Carvin Jones to come together ... to celebrate the life of a man who touched so many people in Phoenix and throughout the world," the family posted. "This will be an opportunity for the community that Carvin built around himself, his music and his kindness to come together, reconnect, share stories, and celebrate his remarkable life and legacy."

Known as the "King of Strings," Jones had been battling stage 4 cancer but continued performing as recently as July, playing shows in Idaho, Washington and Oregon. He was 60.

Born Corvin Keith Anthony Jones in Lufkin, Texas, Jones discovered the blues through B.B. King records played by his grandfather. He received his first guitar from his grandmother at age 7.

His musical influences grew from the rich East Texas traditions of blues, gospel, R&B and rock and roll.

Jones moved to Phoenix in 1989, beginning a relationship with the Valley that would last the rest of his life.

"I needed a big city," he told the Independent in 2024.

IF YOU GO

What: Memorial for Carvin Jones
When: 2 p.m. Saturday, Dec. 12
Where: The Monastery, 4810 E. McKellips Road, Mesa

At the upcoming memorial, Phoenix blues band The Black Hole will perform music in addition to "a special cast of guest musicians that were close to Carvin," the family wrote.

Read more at https://tinyurl.com/ycx-95et7



Carvin Jones tears through his set at a bar in Scottsdale in October 2024. Jones died Sept. 20 after a battle with cancer. (Independent Newsmedia/Steve Stockmar)





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VETERANS DAY PARADE

About: The East Valley Veterans Parade Association is hosting the 19th Annual East Valley Veterans Parade 11 a.m.-1 p.m. on Nov. 11, starting on Center Street and University in Mesa and running south on Center to First Street, then turning west onto First Street and continuing to Robson.

Info: This year's theme is "Freedom Ain't Free, Nifty 250" in honor of our nation's 250th anniversary and 250 years of American military service. The East Valley Veterans Parade traditionally attracts more than 90 entries and is attended by thousands along Center Street and First Street in downtown Mesa.

Web: evvp.org.



Fandango! performs at 7 p.m. Friday, Nov. 20, at Gold Canyon United Methodist Church, 6640 S. Kings Ranch Road in Gold Canyon. (Submitted photo/Gold Canyon Arts Council)

VETERANS FUNDRAISER

About: Doors open at 6 p.m. and the concert begins at 7:30 p.m. Nov. 14 at VFW Post 9399, 133 N. Saguaro Drive, Apache Junction.

Info: Voyager, a Journey tribute band, is performing at Veterans of Foreign Wars Post 9399's annual veterans fundraiser concert in Apache Junction. Tickets for adults are $25 at VFW Post 9399, 133 N. Saguaro Drive in Apache Junction. Tickets for youth 14 and younger may be purchased at the gate for $15. Bring your own lawn chair to sit on. Food and beverages will be available for purchase.

Web: voyageraz.com.

SOUND MEDITATION

About: 7:30-8:45 p.m. Thursday, Nov. 19 at Kaleidoscope Dance, 2848 S. Carriage Lane in Mesa.

Info: Class with Jennifer Sherman focuses on a combination of guided and solo meditation, intertwined with music from singing bowls and other instruments. $15. Call 602-345-0496

Web: kaleidoscope-dance.com/reserve-your-spot

DANCE ENSEMBLE

About: 7:30-9:30 p.m. Friday, Nov. 20, at Mesa Community College — PAC, 1520 S. Longmore Road in Mesa.

Info: Prepare to be captivated as performers take the stage in an immersive celebration of movement, sound, and storytelling. Experience powerful contemporary pieces and breathtaking classical choreography. $15

Website: www.mesacc.edu

YOUR EVENTS, PLEASE

We welcome your events for our neighborhood To-Do List page. Please send the following for publication in our calendar: name of the event, time, date and location with address and if there is a cost to attend.
Email us: **aznews@iniusa.org**

IN EVENTS

The Independent will host a senior expo Jan. 6, 2027 at Central Arizona College in Apache Junction. Businesses wishing to participate may reach out to the sales team.
Email us: **azad@iniusa.org**

FANDANGO!

About: Gold Canyon Arts Council presentation 7 p.m. Friday, Nov. 20 at Gold Canyon United Methodist Church, 6640 S. Kings Ranch Road, Gold Canyon. Adult tickets for $35 and students (K-12) for $5

Info: From Chicago's exciting music scene, this quartet is a spicy mix of Latin, Spanish, Sephardic, Balkin and Classical sounds. These four award winning virtuosi hail from Spain, France, Bosnia and Taiwan.

Web: goldcanyonarts.org.



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Phase 2 of Signal Butte Park opens

INDEPENDENT NEWSMEDIA

Phase 2 of Signal Butte Park, 3355 S. Signal Butte Road, opened Nov. 7.

The new park includes 1.5 miles of new LED-lighted walking trails along with three ramadas, biking flow trails, a tot track and a BMX asphalt pump track designed by Pillar Design Studios.

"This is a great addition to an already outstanding park and another example of how we continue to Elevate Mesa," Mesa Mayor Mark Freeman said in a release. "Thank you to our voters for supporting these improvements and investing in the parks and amenities that make our city a great place to live, work and raise a family."

Funding for the second phase of Signal Butte Park is from the General Obligation Bond approved by Mesa voters in 2018. The approximately 43-acre park addition is designed to maintain and enhance the desert landscape as in the first phase, which opened in January 2020 and features a unique custom made playground, four ramadas and a 1-mile lighted asphalt walking path loop. A new pedestrian bridge over a wash will connect both sections of the park.

"Parks are such an important part of what makes Southeast Mesa a great place to live. As our community grows, we need more places where people can get outside, stay active and spend time together," said Vice Mayor Scott Somers. "Phase 2 of Signal Butte Park builds on the success of the original park and gives families and outdoor enthusiasts even more ways to enjoy this great community space."

No motorized vehicles, electric bikes, electric scooters or radio-controlled cars will be allowed on the bike tracks.

Read full story at yourvalley.net.

Parks and rec winter registration begins

INDEPENDENT NEWSMEDIA

Registration is open for the Mesa Parks and Recreation 2026-27 winter season, offering numerous activities and programs for adults.

A full list of programs and activities is available in the winter online at tinyurl.com/yt3ff9r5 and available in English and Spanish.



A new pedestrian bridge over a wash will connect both sections of the park. (Metro Creative)



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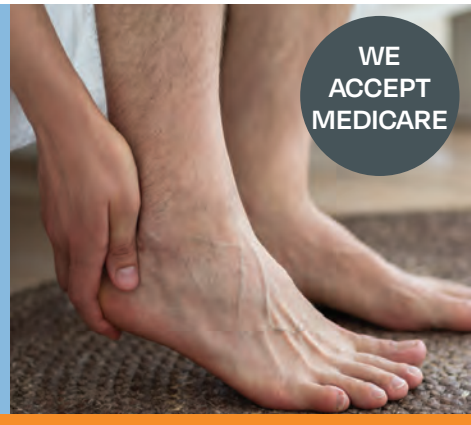
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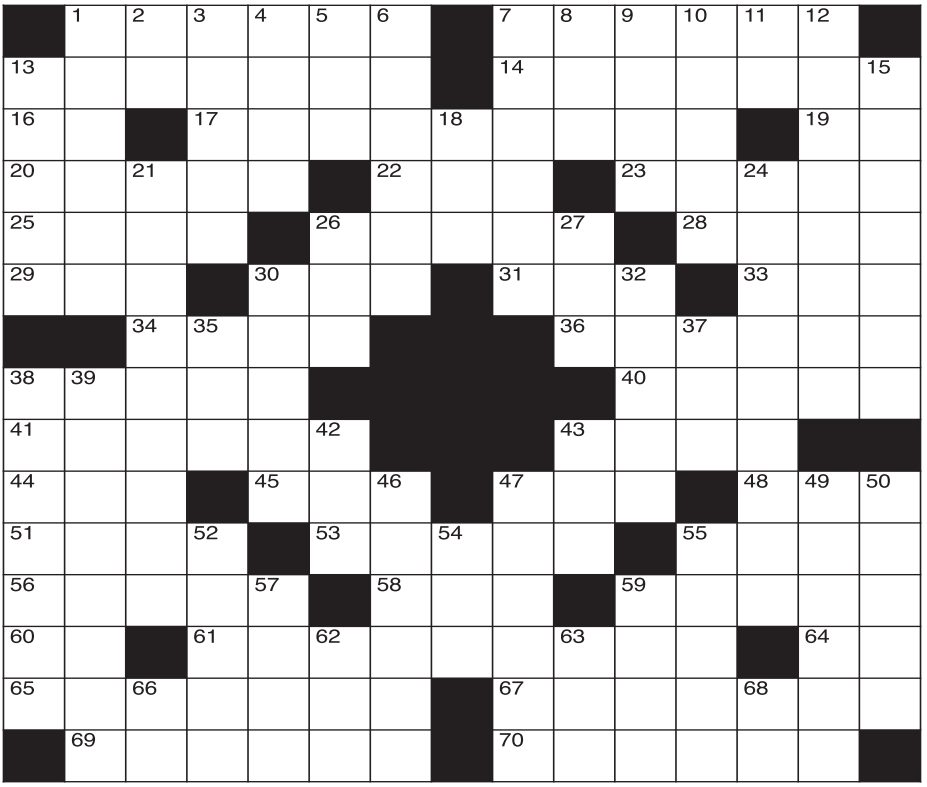
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CLUES ACROSS

1. Spiritual leaders
7. Containing salt
13. Fortified wine
14. Edible mollusk
16. Blood type
17. Make a comparison
19. Government lawyer
20. "Game of Thrones" actor Ciaran
22. 8th month of the year (abbr.)
23. Very willing
25. __ ex machina
26. Satisfies
28. New Zealand mountain
29. A doctrine
30. Popular Dodge truck model
31. Dekagram
33. Naturally occurring solid material
34. Company higher-up
36. Villains
38. Cricket frog genus
40. Influential early psychologist
41. Endured
43. Servant
44. You can get stuck in one
45. __ and feather
47. Passive optical network
48. French ballet dynasty
51. Employee stock ownership plan
53. Forming a bottom layer
55. Sound
56. Yankees slugger Judge
58. Dickens character
59. Beloved late sportscaster Craig
60. "The Mount Rushmore State"
61. Sarcastic and critical
64. Atomic #79
65. Longtime Atlanta Braves pitcher
67. Humor
69. Shawl
70. Preliminary assessment of patients

CLUES DOWN

1. Animal disease
2. Commercial
3. Craft supplies
4. Containers
5. A way to save for your golden years
6. Common Arabic greeting
7. Bulged downward
8. Acquired brain injury
9. Lay about
10. Intestinal
11. Not yes
12. In a way, pleased
13. Messianic figure in Islam
15. Resulting from intense conviction
18. Not in
21. Number above the line in a fraction
24. Lawn pest
26. Pouch
27. Ancient language (abbr.)
30. Start anew
32. Wild flower
35. Fourteen
37. Graphical user interface
38. Facing the same way
39. Campaigns
42. Touch lightly
43. "Boardwalk Empire" actress Gretchen
46. Violent seizure of property
47. One who supports the Pope
49. Malaise
50. Body fluid
52. Inauthentic person
54. Title of respect
55. Moth genus
57. Central Japan city
59. Silk garment
62. Draw from
63. Automobile
66. A male
68. Powerful government lawyer

SOLUTION ON PAGE 30

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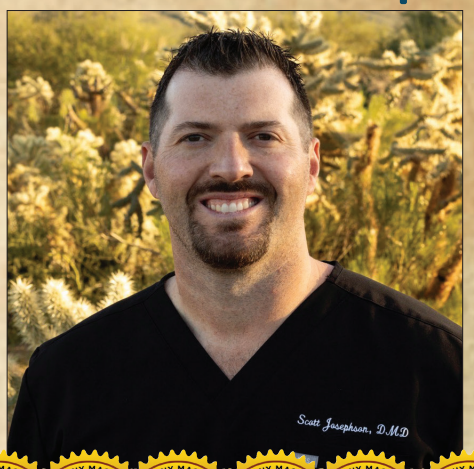
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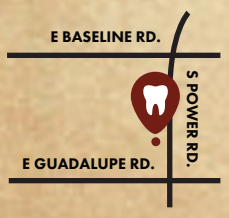
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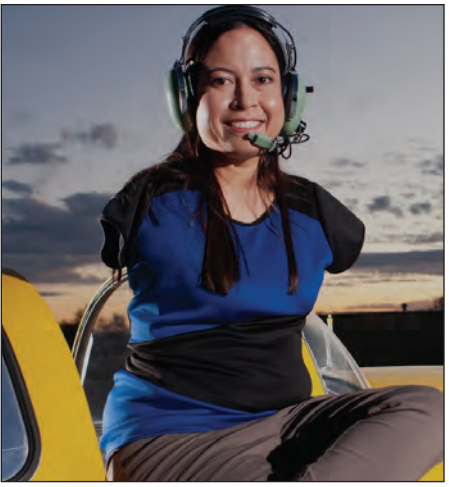
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PILOT JESSICA COX

About: The Arizona Aviation Historical Group is hosting its annual dinner and speaker series fundraiser 4:30-8:30 p.m. Nov. 14 at 4517 E. Mallory Circle at Falcon Field Airport in Mesa, featuring Jessica Cox — a licensed armless pilot, author, motivational speaker and black belt in Taekwondo.

Info: Book signing, silent and live auction, dinner. $45 adults/ $25 student

Web: http://aahg.org



FRISBEE SHOWCASE

About: 6 p.m. Saturday, Nov. 14, at Apache Junction High School, 2525 S. Ironwood Drive.

Info: The Arizona Sidewinders, Arizona's professional women's ultimate Frisbee team, is bringing its Sixth Annual Desert Collegiate All-Star Showcase Game to Davis Field. Annual showcase brings together some of the Southwest's top collegiate athletes from Arizona State, University of Arizona, Grand Canyon University, Northern Arizona University and University of New Mexico to take the field alongside Sidewinders professional players. $5 for students and $10 for adults.

Web: arizonasidewinders.com.



Ballet Etudes brings The Nutcracker to East Valley stages this holiday season, celebrating 40 years of the production with performances Nov. 27-Dec. 6 at the Chandler Center for the Arts and Dec. 12-20 at the Mesa Arts Center. (Submitted photo/Ballet Etudes)

'Nutcracker' returns

Ballet Etudes brings The Nutcracker back to East Valley stages this holiday season, celebrating 40 years of the production with performances Nov. 27-Dec. 6 at Chandler Center for the Arts and Dec. 12-20 at Mesa Arts Center.

Tickets are on sale at chandlercenter.org and mesaartscenter.org.

The production will take place 7 p.m. Nov. 27, 2 and 7 p.m. Nov. 28; at 3 p.m. Nov. 29; 7 p.m. Dec. 4; 1 and 4:30 p.m. Dec. 5 and 3 p.m. Dec. 6 at the Chandler Center for the Arts, 250 N. Arizona Ave. The production will also take place at 2 and 7 p.m. on Dec. 12; at 3 p.m. Dec. 13; at 2 and 7 p.m. Dec. 19 and at 3 p.m. Dec. 20 at the Mesa Arts Center's Virginia G. Piper Repertory Theater, 1 E. Main St., downtown Mesa.

Set to Pyotr Ilyich Tchaikovsky's score, The Nutcracker follows Clara on a Christmas Eve journey filled with larger-than-life mice, a winter wonderland, dancing confections and the sugar plum fairy.

Ballet Etudes' full-length production brings the holiday classic to life with colorful costumes, choreography and dancers in a festive production.

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Sharp Electric Pain
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Burning Pain
The slow burn, and heat feeling that some people get in their hands and feet.

Cramping & Discomfort
Muscle cramping or general discomfort of the joints can happen throughout the body.

Hurts to Walk
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Balance Problems
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Diabetic Nerve Pain
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