

Friday,
Nov. 19,
2021

Vol. 65 No. 69
1 Section 36 Pages

OPINIONS:
**Guest
commentary**

*National Epilepsy
Month: What to be
aware of, how to
treat it naturally; 6*

BUSINESS:
**Market
Watch**

*US stock indexes
end mixed as
traders weigh retail
earnings; 12*



SPORTS:
NHL

*Coyotes look for
rare winning
streak; host Blue
Jackets; 14*

ENTERTAINMENT:
Movie review

*Tennis comes 2nd in
inspirational 'King
Richard'; 18*

Opinions	6	Sports	14
TV Grid	20	Puzzlers	28, 29
Comics	26	Classifieds	30
Odds	27	Weather	35

Reader services:
623-972-6101



INDEPENDENT

The Valley's nonpartisan newspaper — YourValley.net

\$1

HEALTH



Dr. Rebecca Sunenshine, left, is the medical director for disease control for the Maricopa County Department of Public Health. She told the county's Board of Supervisors this week that unvaccinated county residents are 5.2 times more likely to require hospitalization with COVID-19 than unvaccinated residents. (The Associated Press)

County Health to supervisors: Vaccines make huge impact

By Jason W. Brooks
INDEPENDENT NEWSMEDIA

PHOENIX — While Maricopa County health officials were hoping for a leveling-off of new COVID-19 cases after many school districts began enforcing mask mandates, that leveling-off didn't happen.

Marcy Flanagan, director of the Maricopa County Department of Public Health, delivered a COVID-19 update to the Maricopa County Board of Supervisors at a meeting held this week, with a heavy emphasis on the difference between what's happening with the coun-

ty's vaccinated and unvaccinated populations.

Flanagan, along with MCDPH medical director for disease control Dr. Rebecca Sunenshine, pointed out some spikes in recent county data.

Noting there is a lag to many COVID-19 trends, Fla-

nagan said the rate of cases per 100,000 of the county's 4.42 million residents jumped to 297 for the week of Oct. 31 to Nov. 6. It had been 251 the previous week.

Also, the positive test rate has returned to a previously established high of

» See Supervisors on page 9

SW PHOENIX

Self-storage facility to anchor mixed-use project

By Mark Carlisle
INDEPENDENT NEWSMEDIA

A proposed mixed-use development in southwest Phoenix will be anchored by a three-story self-storage facility and plans to include a convenience store and drive-thru restaurant.

The 11.8-acre site northeast of Loop 202 and Lower Buckeye Road was approved for a rezone and general plan amendment to allow for the self-storage use by Phoenix's Estrella Village Planning Committee on Tuesday.

The zoning changes will go before the Phoenix Planning Commission Thursday, Dec. 2, and before City Council for final approval in January.

The Estrella Village Planning Committee already approved the zoning changes earlier in the fall, but an issue arose because not all neighboring landowners received the required notice in the mail of the proposed zoning changes. Once that was corrected, a second virtual public hearing was held where one adjacent land-

» See Project on page 9

MIDWEST PATIO COVERS LLC
623-670-1856

"Bringing Midwest Values to your Southwest Design"
Now Doing Vinyl Windows Replacements

- Pergola/Lattice/Solid Patio
- Glass Room Enclosures
- Screen Rooms ...& More

Featuring Elite Wood-Look Aluminum with 15 year Transferrable Warranty
Financing Available



Matt Frami,
Owner/Installer
18 Yrs Experience
ROC #316866



JOIN THE DISCUSSION

The purpose of our opinions page is to provide an open forum for our readers. We hope to stimulate debate, not to dominate or control it. To submit: AzOpinions@iniva.org.

Our Purpose

Daily Independent is published by Independent Newsmedia Inc. USA. The Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of our community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

We pledge ...

- To operate this newspaper as a public trust.
- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own intelligent decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To disclose our own conflicts of interest or potential conflicts of interest to our readers.
- To correct our errors and to give each correction the prominence it deserves.
- To provide a right to reply to the people about whom we write.
- To treat people with courtesy, respect and compassion.

Corrections & Clarifications

Daily Independent strives for accuracy and is pledged to bring errors that have appeared in our newspaper to the attention of our readers. We offer a "right of reply" to the people about whom we write. Readers who disagree with a news story or the way it was handled or edited are welcome to respond with a letter to the editor or a guest commentary by email at AzOpinions@iniva.org.

Wire Service Policy

Independent Newsmedia pays for the Associated Press news services. We recognize that sometimes AP stories don't have balanced and purposeful neutrality that we strive for in our own stories. AP is our most practical and affordable source of national, world and sports news and photos.

OPINIONS

HEALTH CARE

National Epilepsy Month: What to be aware of, how to treat it naturally

November is National Epilepsy Month, a disorder that is very common for U.S. adults and at least one in every 26 people in the United States will develop epilepsy at some point in their lifetime. Anyone can develop epilepsy, and it's important to be aware of the causes and understand natural treatments to fight the disorder.

The first step in preventing epilepsy is understanding its triggers, which include sleep deprivation, flashing bright lights, alcohol, drug use, stress, hormonal changes, dehydration, malnourishment, too much caffeine, certain food sensitivities, certain medication use or missed medications.

Once a patient has been diagnosed with epilepsy, there are certain dietary guidelines and management techniques that have been proven to help reduce or eliminate the seizures. An example of this is the ketogenic diet, which is a

scientifically proven way to reduce or eliminate epileptic seizures in children. The ketogenic diet is a high-fat,

high-protein and low carbohydrate meal plan. Although it works well, ketogenic diets are in-



Loreena Ryder

convenient and hard to maintain for long periods of time due to its strict nature. The food in a ketogenic diet must be measured

and calculated, and specific records of all food and liquid consumption must be kept. The individual must be willing to consume supplemental vitamins that make up for the strict nature of the ketogenic diet.

In my work, we see patients begin to develop a more sustainable diet that reduces their symptoms.

Most people are unaware of just how much diet affects our bodies and

» See Ryder on page 7

It's important for doctors to address the fundamentals of health, including hydration and diet.

Doctors should also discuss lifestyle factors and triggers that should be avoided. It's important to discuss any and all treatments with your doctor prior to utilizing any of the tips listed above.

Loreena Ryder
Naturopathic Physicians Group

LETTERS

FAIR PAY

Disabled vets deserve more compensation

Our disabled veterans are grossly under-compensated and have been for generations. This is most especially true for our totally and permanently disabled veterans. Our disabled veterans have been asking Congress for fair and adequate compensation since the end of World War I in 1918!

In 2022, a totally disabled veteran with no dependents is compensated at the ridiculous rate of \$39,984.72 dollars annually.

The National Average Wage Index for 2020 was \$55,628.60 dollars per annum, and the median income for 2020 was \$67,521.00. The per capita GDP in 2020 was \$63,416.00 dollars, among the highest in the world.

We can tax investments at one penny per every dollar traded on the 13 stock

markets operating in the USA to pay for this.

It is long past time for the investor class to carry its share of the tax burden. Compensate them at least at the level of the NAWI for all types of totally and permanently disabled veterans.

And-or give federal income tax exclusion to all types of totally and permanently disabled veterans for all income regardless of source up to \$125,000 per annum.

Sincerely,

Ramon Plasencia
PHOENIX

LEGISLATION Promotes Build Back Better Act

The White House and Congressional leaders have reached a deal on the Build Back Better economic recovery plan. This plan is a transformative step forward in helping

Your community, your voice.

Independent Newsmedia's journalists report local news with purposeful neutrality and don't express their own opinions. Our opinion sections are available for you to discuss public issues that matter to you.

We do insist that you express yourself with civility and mutual respect.

Please email your comments and opinions to AzOpinions@iniva.org with an optional photo and note about yourself, your community of residence along with your name and phone number so we can contact you for clarification or confirmation, if needed. You may also post your comments under the news and opinion articles published at: YourValley.net.

tens of millions of Americans get on their feet after the pandemic.

This plan extends the new Child Tax Credit payments another year, meaning children already lifted out of poverty this year won't be pushed back down next year, and provides much-needed assistance to low-income renters to help them afford rent. It also includes funding to manufacture more COVID-19 vaccine for people around the world. And

the plan is paid for by making the wealthy and corporations pay a fairer share of taxes.

This plan is historic. It lays the foundation for building an economy where no one gets left behind. It must be passed.

When the Build Back Better bill comes to a vote, I strongly urge our members of Congress to vote yes.

Rosemary Newman
GLENNDALE

» See Letters on page 7

VALLEY VOICES

This is your public forum. We welcome your opinions, which can be emailed to AzOpinions@iniva.org or posted online under stories at YourValley.net.

What's there to do here in Arizona?

Locals welcome a new Arizonan and discuss some of their favorite places to visit for activities around the state.

New to Arizona and so excited to check out some of these amazing places! Now to make friends to do them with! — Michele McCormack-Lowe

BEAUTY

Welcome. I'm new here, too. It's odd to begin to cultivate good people again, but what a beautiful area. — Michele Meserve-Hawley

JUST ONE

The best way to travel is alone. No one to argue with. You do as you please when you like to and you can change your plan at the last minute. Try it, it's the best way to travel and visit places. Be your best friend. — Annick Elziere

VARIED

Welcome to Arizona. So much to do in Arizona with much variety within just a couple hour drive. — Cassie Weissert

SOCIAL

If you're into paddleboarding, there are a lot of groups on Facebook. I've met lots of wonderful friends, especially on Arizona Ladies Only SUP. — Brigitte Diemberger

PADDLING

Check out WOW — Women on Water — it is a kayaking group. Although I kayak, I am not a part of this group, but they seem to have a great time and see many beautiful areas of our state! — Susan Billingsley Douglas

UNTAPEED

Been here five years and still have yet to tap into Arizona. — Lynne Butler-Brandt

» See Voices on page 7



Daily Independent does not take political positions. We publish political cartoons because we know readers enjoy them, and we try to present a balanced variety of opinions. Share your opinions with the community to: AZOpinions@INUSA.org.

Ryder

» From page 6

can contribute to many diseases and disorders, including epilepsy. Diet has everything to do with our bodies. We can try elimination diets of trial-and-error foods, but this takes time and can get confusing. A more definitive way to assess food sensitivities is to conduct a food allergy test. It's a simple blood draw and then the serum gets sent to a lab, which then tests for reactions to commonly eaten foods.

Food sensitivities and allergies are often disregarded due to the thought process that we don't experience anaphylactic reactions upon ingesting any

foods. Most people assume they have no food sensitivities because they feel fine on their current diet which can be misleading. Symptoms such as headaches, fatigue, bloating, nausea, mood swings, and seizures are food sensitive related. Therefore, you don't have to swell up and have trouble breathing to have a food allergy.

CBD oil is another avenue for treating epilepsy. CBD stands for cannabidiol, it is the second most active ingredient of marijuana. CBD does not contain THC, which is the portion of marijuana that produces a "high." CBD is produced from the hemp plant, marijuana's cousin. It acts on CB1 receptors in the central nervous system, in-

cluding the brain.

Ultimately, how epileptic patients are treated should be tailored to every individual's unique needs. At Naturopathic Physicians Group, we provide individualized care according to patient age, severity, personal needs, and preference. It's important for doctors to address the fundamentals of health, including hydration and diet.

Doctors should also discuss lifestyle factors and triggers that should be avoided. It's important to discuss any and all treatments with your doctor prior to utilizing any of the tips listed above.

Dr. Loreena Ryder is a naturopathic physician at Naturopathic Physicians Group in Scottsdale.

Letters

» From page 6

BIGOTRY Racial justice is just more racism

Racial justice is just racism. There is no special category of justice based on one's skin color. No matter how good the "intention" might be, racial justice is just code for reverse discrimination based on race. It is similar in that regard to "social" justice, which is just code for socialism, that is, using guilt to promote outcomes based on one's social status and not on merit or hard work. The focus is on "equity," not on

equality. Equality is the proper term, which has nothing to do with one's race or social status.

There was a time when our government fought against racism through various laws such as those preventing government entities from using race as a factor in hiring.

Now, however, government is promoting racism by requiring every form that government touches to include a person's race. Instead of a color-blind society, our government promotes a society focused on race.

We should ask the question: what properly describes a person? The only meaningful characteristic is their choices. You are what you choose. A person is not properly de-

scribed by their skin color any more than they are described by their height or weight or any other physical characteristic.

"Critical race theory" is at the opposite extreme. It purports to describe a person, not as an individual, but rather by their skin color. This is a very pernicious trend.

We should treat people as individuals not as members of any group, unless that group is one, they choose to be part of such as a church or civic club or charitable association.

That kind of choice legitimately describes a person. Let's work toward justice, not racial justice, and not social justice.

Cordially,

Roy Miller
PHOENIX

Baeza: Don't be fooled – protect yourself from financial scams

The pandemic has sparked a new chain of financial fraud activity, and Americans have lost more than \$530 million from COVID-related scams — Arizonans alone have reported more than 12,000 fraud cases and have lost more than \$11 million.

Types of recent scams range from fraudulent government checks related to the coronavirus stimulus, to cryptocurrency scams, travel scams, and phone call-based identity scams.

Corporate check scams have become increasingly more frequent. Individuals receive payment for a new job, an overpayment for something sold online, or prize money. Throughout the COVID-19 pandemic, the government issued checks to many individuals. This occurrence presented a new opportunity for scammers to mislead people. The goal of the defrauder is to convince the recipient to deposit the fraudulent check and later send some of the money back.

How to protect yourself: If you are suspicious about a check, ask yourself, did you expect it? Did you receive specific instructions on how to deposit it? Were you asked to return the money using a money order, gift card or wire transfer? These are all signs of suspicious activity, and the check should be destroyed. If it looks like a government-issued COVID-19-related check, visit the IRS website to verify its authenticity.

Identity theft is another popular way to con someone. The objective of this type of fraud is to steal directly from an individual's bank account, access

FRAUD PREVENTION

While some of these things seem like common knowledge, people still get fooled and taken advantage of. Having this information top-of-mind helps. If in doubt, seek advice from a trusted financial institution or adviser.

Angelica Baeza
TruWest Credit Union



Angelica Baeza

their credit cards, apply for mortgages or act in another fraudulent way using someone else's identity. If you feel that you are a victim of identity theft, there are several resources available to assist you. Identitytheft.gov and idtheftcenter.org are two reliable websites that can provide information on a personalized recovery plan as well as other valuable information.

In general, being aware of suspicious activity, checking bank and credit card accounts regularly, and knowing what to look for is crucial to protecting your finances, credit cards, and overall identity. A few recommendations and best practices for avoiding scams include:

- Never share personal or financial information via email, text message or over the phone.
- Regularly update your passwords and make

them strong using unique symbols and words. Keep computer programs updated.

• Be cautious when online shopping. It is best to use a credit card versus a debit card when making online purchases, and only shop at a company's site directly. Avoid clicking on links that may have been manipulated.

• Be cautious when giving to online charities, and beware of impostor calls such as people posing to be grandchildren or other family members.

While some of these things seem like common knowledge, people still get fooled and taken advantage of. Having this information top-of-mind helps. If in doubt, seek advice from a trusted financial institution or adviser.

Angelica Baeza is manager, digital marketing at TruWest Credit Union.

Voices

» From page 6

MEANDERING

I am older. Been a lot of places, but do not hike anymore. lol. Looking to meander. — Mary Elde

UDONE

It's nice to meet new people to explore and do things with ... I've been here almost 14 years and

there's still a lot I haven't done yet. Which I need to change. — Ellyn Pohlsom

RIM COUNTRY

If you give it a try and learn our vegetation you will learn to love our views. If you need trees, go above the rim. — Tammy Pike

DEFORESTED

I do like hiking but used to in the Colora-

do Mountains, no trees around here. At least not close by to Phoenix that I've seen so far. — Michele McCormack-Lowe

HYDRATED

Phoenix is surrounded by hiking trails. You don't need trees. South Mountain, Camelback, Papago, etc... Water, water, water though, bring plenty. — Rhonda Graham