

Church hunger walk raises \$11K, awareness

AFN NEWS STAFF

The Ahwatukee component of a nation-wide effort to address hunger and poverty raised \$11,000.

Esperanza Lutheran Church – joined by three other Ahwatukee congregations – organized the Ahwatukee interfaith CROP Walk for Hunger Nov. 13, joining some 1,000 other communities across the country in an interfaith effort whose theme was “Ending Hunger One Step at a Time.”

Some walkers “wore t-shirts proclaiming their solidarity with the millions of neighbors around the world who must walk long distances to live -- as well as with millions served by local food pantries, food banks and meal sites here in the U.S,” said co-organizers Larry and Peggy Hanson. “Those local ministries share in the funds raised by these nationwide CROP Hunger Walks.”

Other local congregations that joined the walk were Desert Cross Lutheran Church, Desert Foothills United Methodist Church and Mountain View Lutheran Church.

CROP, an acronym for Christian Rural Overseas Program, started some walks in the aftermath of World War II to help European countries, but the national Walk for Hunger finds its roots in a Pennsylvania Lutheran church, where a pastor in 1969 made it an annual effort to engage young people in working toward the goal of hunger relief.

About 80 walkers participated in the Ahwatukee component this month, the Hanson said.

They also said several local businesses helped sponsor the event: Craig Peck REMAX Foothills Trusted Broker, Post-Net, Wagner Eyecare Associates, Dental by Design and Hanson Consulting Engineers.

The Hansons had said from the onset that 25% of the donations generated by the walk would go to the Kyrene Family Resource Center, which helps local families in need, while the remainder went to the Church World Service to support its global mission.

SEE WALK PAGE 24



Esperanza Lutheran Church members who helped to organize the Ahwatukee Foothills CROP Hunger Walk Nov. 13 included, from left, Beth Leaf, Michelle Tinsley, Randy Wright, Peggy Hanson, Craig Peck, Chris Armfield and Larry Hanson. (AFN file photo)

this is a paid advertisement WARNING! PERIPHERAL NEUROPATHY AND CHRONIC PAIN TREATMENTS NOT WORKING!!

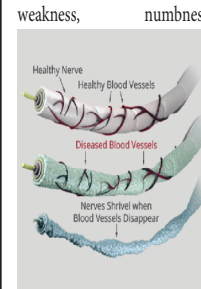
Mesa, AZ - When it comes to chronic pain and/or neuropathy, the most common doctor-prescribed treatment is drugs like Gabapentin, Lyrica, Cymbalta, and Neurontin. The problem with antidepressants or anti-seizure medications like these is that they offer purely symptomatic relief, as opposed to targeting and treating the root of the problem. Worse, these drugs often trigger an onset of uncomfortable, painful, and sometimes harmful side effects.

The only way to effectively treat chronic pain and/or peripheral neuropathy is by targeting the source, which is the result of nerve damage owing to inadequate blood flow to the nerves in the hands and feet. This often causes weakness, numbness,

cannot survive, and thus, slowly die. This leads to those painful and frustrating consequences we were talking about earlier, like weakness, numbness, tingling, balance issues, and perhaps even a burning sensation.

The drugs your doctor might prescribe will temporarily conceal the problems, putting a “Band-Aid” over a situation that will only continue to deteriorate without further action.

Thankfully, Mesa is the birthplace of a brand-new facility that sheds new light on this pressing problem of peripheral neuropathy and chronic pain. The company is trailblazing the medical industry by replacing outdated drugs and symptomatic reprieves with an advanced machine that targets the root of the problem at hand.



As displayed in figure 1 above, the nerves are surrounded by diseased, withered blood vessels. A lack of sufficient nutrients means the nerves



Effective neuropathy treatment relies on the following three factors:

1. Finding the underlying cause
2. Determining the extent of the nerve damage (above 95% nerve loss is rarely treatable)
3. The amount of treatment required for the patient's unique condition

Aspen Medical in Mesa, AZ uses a state-of-the-art electric cell signaling systems worth \$100,000.00. This ground-breaking treatment is engineered to achieve the following, accompanied by advanced diagnostics and a basic skin biopsy to accurately analyze results:

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Aspen Medical will be offering this free chronic pain and neuropathy severity evaluation will be available until October 31st, 2022. Call (480) 274-3157 to make an appointment.

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Mesa Temple again aglow in Christmas lights

AFN NEWS STAFF

After a five-year absence, the brilliant holiday light display has returned to the Mesa Arizona Temple grounds.

The lights are on 5-10 p.m. nightly through Dec. 31 at the temple, Main Street and S. Lesueur in downtown Mesa.

The event – previously called one of the “must-see holiday lighting extravaganzas in the United States” – has drawn over a million visitors annually from across Arizona and beyond.

The lights have been turned off the last five years for the extensive renovation of the temple and its grounds that was completed last year.

“A team of nearly 100 dedicated committee members and hundreds of other volunteers from Mesa, Phoenix and Gilbert have made this event not only one of the largest known volunteer-driven Christmas lighting displays in the country, but helped to bring back a beloved



Five years after they were shut off for an extensive renovation project, the Mesa Arizona Temple's brilliant Christmas light display is back. (Courtesy of the Church of Jesus Christ of Latter-day Saints)

community tradition since 1979,” said Jennifer Wheeler, a spokeswoman for the Church of Jesus Christ of Latter-day

Saints.

“Our mission is to humbly and worthily create sacred Christmas displays,

in music, and lights, which reflect the beauty and integrity of the temple, inviting all people to feel Christ's Spirit,” the committee's mission statement says.

Included in this free event are hundreds of thousands of lights, favorite Biblical displays, larger-than-life lighted wise men and their camels and a near life-size Italian Fontanini nativity figurines and stable at the northwest corner of the temple with a newly designed star, twinkling with thousands of white lights.

Nightly concerts were not included in this year's version of the display.

Across the street of the west side of the temple, at 455 E. Main St., the Mesa Temple Visitors' Center hosts a display of more than 150 international nativities from across the world.

Admission to the nativity display at the Mesa Temple Visitors Center is free and open daily 5-10 p.m. ■

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Before the walk, Irma Gutierrez of the Kyrene Family Resource Center told the approximate 80 participants about the ways the center helps people. Members of the Kyrene Foundation assisted with set up, take down, and manning water stations during the event.

Money that goes to the Church World Services is used to address hunger, poverty, displacement, and disaster. A portion of donations to fall hunger walks across the United States is being pro-

vided to Moldova to support Ukrainian refugees.

“The CROP Hunger Walk Organizing Committee from Esperanza Lutheran Church would like to say a big thank you to all the walkers, sponsors, churches, jazz band, and individuals who participated in, assisted with, or donated to the walk, the Hansons said, thanking as well Boy Scout Troop 3014 for assistance.

Residents and businesses have a chance through Dec. 31 to help the relief effort by going to events.crophungerwalk.org/2022/event/phoenixaz. ■

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