

Police search for robber

Glendale police are searching for a man after he robbed a local store at gunpoint.

Officers were called around 2 a.m. April 1 on reports of a robbery of a business in the 7400 block of North 51st Avenue.

According to a police spokesperson, one suspect entered the store and displayed a black handgun to the clerk and a female customer. The suspect walked up to the clerk and customer outside and took cash and merchandise before fleeing west on foot along Orangewood Avenue.

Police established a perimeter, but did not locate the suspect.

The suspect is described as a Hispanic male between 25 and 40, 6 feet 2 inches tall, 175 pounds and last seen wearing a gray hoodie, blue ski mask, blue dress pants and white shoes.

Anyone with information is asked to contact the Glendale Police Department at 623-930-3000.

Man found dead at local apartment

Glendale police were called around 11 p.m. March 28 to an apartment complex near 55th Avenue and Camelback Road after reports of a man deceased in the parking lot.

When officers arrived, they found a 28-year-old man with a gunshot wound and police are searching for the gunman.

According to the spokesperson, officers believe the shooting may have been drug-related, but the incident is still under investigation.

‘Successful Aging’ – physical therapy helps healing

Hosts John Wenzlau and Millie Oakeson of “Successful Aging” were right on target again this week as they welcomed guests Ian Hover and Bob Oakeson, owners of Oakeson Physical Therapy to their broadcast on Independent Talk 1100 KFNX.

Each week, they focus on how to best accomplish the goal of living well and loving life by bringing in different experts to discuss what it takes to age successfully. Bob and Ian stressed the point of making the right choices in our own healthcare that will greatly influence how well we age.

Bob and Ian have spent many years working as physical therapists, specializing in orthopedic pre-op and post-op rehabilitation; sports related injuries; treatment for vertigo; spine treatment; chronic pain; and dry needling.

If “dry needling” caught your eye, it caught the ears of Oakeson and Wenzlau also. There were numerous questions about this treatment and Ian was quick to alleviate some anxiety regarding the pain by stressing the consistent positive results.

Ian said, “I’m not going to say there is no discomfort in the process, but I will say it’s not as painful as the pain you already had when you arrived for treatment.”



John Wenzlau and Millie Oakeson

It’s different than acupuncture in that dry needling works on muscle pain and it’s very successful in treating neck pain that causes headaches and general muscle pain throughout the body. On the subject of pain, Bob chimed in with dispelling a phrase we’ve all heard, “No pain, no gain.”

“This is not a true statement when helping your body recover from an injury, or surgery,” Bob said.

When asked what makes their practice unique, they emphasized that all their patients are seen by licensed physical therapists and the patient sees the same therapist throughout treatment, which shortens time spent in rehab. They use mechanical forces (soft tissue and joint mobilization), exercise and modalities, such as heat, ice, electrical stimulation and ultrasound to reverse, or stop impairments while promoting mobility, function and ultimately less pain. The therapists teach their patients exercises to

continue at home. They offer indoor aquatic therapy for those who have chronic pain and cannot withstand land-based therapy.

The subject that really caught Oakeson’s attention was the treatment of vertigo. This is a condition that Oakeson said had kept her in bed and unable to function a couple times in her life. She was thrilled to learn there really is a reliable treatment. Bob explained that vertigo, in the simplest terms, is a condition where a crystal found in the middle ear is released and moves into one of the three canals. Once the canal has been identified, the procedure uses gravity to move the crystal back into place.

Bob said, “I have had a number of patients who have had months, even years, of vertigo and have complete elimination of symptoms after one to three sessions. It’s rewarding to see these great results.”

“Successful Aging” explores aging well, 11 a.m. Tuesday on Independent

Man arrested after vehicle theft

According to a Glendale police spokesperson, a local man was arrested March 30 afternoon after he allegedly stole a vehicle at gunpoint.

At approximately 3:15 p.m., officers responded to the area of 6700 West Bethany Home Road, regarding a car-jacking that had occurred. When they arrived, a female victim told police an unknown Hispanic male took her vehicle at gunpoint while she was parked at a grocery store.

The suspect fled the area in an unknown direction and officers determined the location of the stolen vehicle using On-Star.

After contacting On-Star, an officer attempted to contact the man in the area of 74th and Palo Verde drives. The suspect left the area, but crashed the vehicle near 73rd and Marlette avenues and fled the scene.

With the assistance of a K9 unit, officers located the suspect hiding inside a property near 7200 West Maryland Avenue.

The man hid inside an old refrigerator and was given numerous warnings before the K9 was sent it and apprehended the suspect.

Police arrested the suspect, identified as 19-year-old Carlos Santiago Reynoso, and he faces charges of armed robbery, theft of means of transportation, aggravated assault, unlawful flight from a law enforcement vehicle, and trespassing.



Carlos Reynoso

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Glendale Transit Fare Review

We Need Your Input!

The City of Glendale Transit Department is in the process of conducting a review of current ride fare structure for Glendale Dial-A-Ride and GUS Bus public transportation services and is seeking community feedback on proposed fare adjustments.

Public Input Open Houses

- Thursday, April 6, 2017, 5–7 p.m.***
Foothills Recreation and Aquatics Center –Bobcat Room
5600 W. Union Hills Dr., Glendale AZ 85308
- Wednesday, April 12, 2017, 9:30–11:30 a.m.**
Glendale Community Center
5401 W. Ocotillo Rd., Glendale, AZ 85301
- Wednesday, April 12, 2017, 1–3 p.m.**
Glendale Adult Center – Room 116
5970 W. Brown St., Glendale, AZ 85302
- Thursday, April 13, 2017, 2–4 p.m.**
Tanner Terrace – Multi Purpose Room
7138 N. 45th Ave., Glendale, AZ 85301

The City of Glendale Transit Fare Review is being conducted as part of the city’s ongoing efforts to effectively deliver quality transit services to Glendale residents. Community input is an important component of the fare review process. Please plan to attend an open house meeting near you. Information, exhibits and a public survey about transit services will be available for comment and viewing. Glendale Transit staff will be available to answer questions and receive public feedback. For more information please call 623-930-3500 or email fares@glendaleaz.com

***After-hours Dial-A-Ride service will be available for Glendale residents wishing to attend the April 6 Public Open House. Call 623-930-3500 for reservations.**

Interpreter assistance or reasonable accommodations for people with disabilities may be made available with a minimum 72-hour notice. For more information on such accommodations, call Glendale Public Affairs Department at 623-930-3077. Hearing impaired persons may use the Arizona Relay Service (1-800-367-8939). Con aviso de setenta y dos horas o más, es posible obtener planes razonables para personas con discapacidades; lo mismo para representantes que hablan español. Si quiere más información, llame Michelle Lizarraga, 623-930-3657.

Online Public Comment Survey: GlendaleAZ.com/Transit