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Harrah's Ak-Chin Casino officials expect to have Phase 1 of its expansion completed by the end of the year and are hiring to fill the new positions that will be available.



Mason Callejas

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ON THE COVER: Brody Rastad, 9, and little brother Madden, 6, are set to return to classes at Pima Butte Elementary School. Photo by Anita McLeod

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HEADING  
BACK TO  
SCHOOL?



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## So, what's new?

That smell of new crayons, pencils and backpacks means school doors are swinging open for a new year, and that always brings change. That's kind of a motif for this month's issue.

Catch up on what's new at schools around Maricopa, from new teachers and new curriculum to new schools and new schedules. Get some tips on preparing yourself and your child for the 2017-18 school year, and get a sneak peek of varsity sports programs.

On the education kick, two outstanding Maricopa High School teachers, who happened to be married, share insights on how they combine their talents to give students a unique experience. Ivan Pour chairs the fine arts department and directs the flourishing music department while Maria Pour helps develop true 2D and 3D artists among the student body.

Change is an ongoing process in Maricopa with various construction projects. Already gearing up to fill 75 new positions, officials from Harrah's Ak-Chin Casino explain what its expansion project will look like by the end of the year. Maricopa's planned overpass has already brought down the house, or several houses, to make way for the grade separation. By the end of August, the project may also have a general contractor in place. Learn more in these pages.

The City of Maricopa also recently completed

its housing study, and the results could lead to some changes for a community in which 97 percent of the residents live in single-family homes.

New for InMaricopa in this issue is the addition of a Senior Living section. Our goal is to provide insight into the city's most experienced and knowledgeable citizens as well as provide resources on hot topics among the older generations.



If you are tired of the new and want to learn about the old, Arizona historian Doug Hocking will be coming to town for a presentation on the legendary Tom Jeffords. Also happening in August are softball tournaments and a basketball camp for Maricopa's young athletes.

This issue is also a great place to learn about keeping hydrated from fitness expert Aaron Gilbert, real estate values from Realtor Jeremy Winegard, tomato grafting from Master Gardener Carol Howerton and the importance of talking to your teen about marijuana from CAASA Director Priscilla Behnke.

Happy reading,

*Raquel Hendrickson*

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### Building Electrical District No. 3

With approval from the Department of the Interior, Arizona Edison Company and Salt River Valley Water Users' Association contracted 60 workers to construct a power-substation and extension lines for the newly organized Electrical District No. 3 in 1930. The substation was 18 miles south of Maricopa. The project supplied power to farms in districts 3 and 4 for \$19 per kilowatt year.



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**JOIN** 

 **About Maricopa's  
"needs" ...**

**Robert Culpepper** We need more manufacturing actually. Real jobs for Maricopa... That would be nice to not have to drive into Chandler or beyond to have a decent paying job.

**Florentina Motora** We need more stores and a ER.

**Ronald Bittleman** I'm still waiting for the center island landscape on John Wayne Parkway, and a Welcome to Maricopa sign on each end.

**Bree Stock** We need 347 to be safer.

**Joan L. Rouse** We need more restaurants

**Becky Thatcher** we need a place for a food bank

**David Scott Alvarado**  
MARICOPA NEEDS A  
OUTBACK STEAKHOUSE

**Sam Sanchez** We need an arts committee so we can charge more taxes to buy worthless crap and place it around the town and call it art.

**Joe Giumette** Sounds like Maricopa could use more high-info residents...

**Jamie Morano** WE NEED MORE COWBELL!!!

**InMaricopa's recent followers on ...**



**Jeanette  
Tracy**



**Dan  
Galvin**



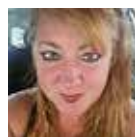
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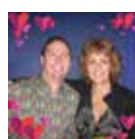
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**Tony  
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**Heather  
Denboer**



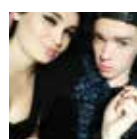
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Gallery



1



2



3



4

1. The Post 133 American Legion baseball team took on local government officials in a game of softball July 13 at Copper Sky. *Victor Moreno*
2. Grammy winner Sunny Saucedo performed Tejano music in The Lounge at Harrah's Ak-Chin Casino June 29. *Victor Moreno*
3. Members of the Ak-Chin Indian Community held a welcome ceremony for the Native American Basketball Invitational participants at Copper Sky July 9. *Michelle Chance*
4. Blue Star Mothers, headed by Tracy Davis (center) put together care packages June 21 for the crew of USS Fitzgerald after a deadly crash at sea. *Mason Callejas*
5. Maricopans gathered for Pinochle and other pastimes during the monthly Multigenerational Game Night at Copper Sky. *Michelle Chance*



5

Trending

in Maricopa.com

- 1 Valenzuela prosecutor accuses defense attorney of ethics violations
  - 2 Suspect escapes police custody after arrest
  - 3 Maricopa welcomes NABI players to tournament
  - 4 Maricopa Rocks creating summer fad of hidden stones
  - 5 New lawyer on board for defendant in garage murder case
  - 6 Thunderbird water district in budget predicament
  - 7 MUSD board OKs budget with 3% raises
  - 8 MFMD offers tips for monsoon emergency preparation
  - 9 Accident shuts down SR 347 at Riggs Road
- For these stories and more local news 24/7, visit [InMaricopa.com](http://InMaricopa.com).

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# Maricopa Arts Council, Copa Shorts Film Fest land Arizona Arts grants



File photo  
**Judith Zaimont (left) talks to Anita McLeod at a MAC gallery event**

Arizona Commission on the Arts is awarding a community investment grant to Maricopa Arts Council (MAC) and a festival grant to Copa Shorts Film Fest for fiscal year 2018.

MAC was founded in 2013. This was the first year the directors applied for a coveted arts commission grant. A community investment grant (CIG) funds organizations “whose primary mission is to produce, present, teach or serve the arts.”

Categorized in the smallest tier, Maricopa Arts Council is Level 1, the most competitive level. It has a funding maximum of \$3,000 and must be matched 1-to-1 by the organization.

Judith Zaimont, an Arts Council co-director with Ceylan Gentilella, John Janzen and Shelley Gillespie, said the CIG application process is “extremely complex.”

“We’re just very pleased to be receiving this,” Zaimont said.

Gillespie is also executive director of Copa Shorts Film Fest, which debuted this year with independent films from around the country. She has been in grant-writing mode for months to find avenues that will allow the festival to grow. In the festival grant category, it is also Level 1 and has a funding maximum of \$2,000 from the arts commission.

Arizona Commission on the Arts distributes more than \$1.5 million annually. Only about \$10,000 of that ends up in Pinal County, primarily in eastern Pinal.

“With our county’s population growth, we are pleased to see that our arts organizations’ awards recognize the significant strides being made in cultural and arts projects in western Pinal County,” Gillespie said. “I do hope we can further our efforts to make Maricopa a community that really embraces the arts.”

Zaimont said the grants lend credence to the arts efforts in Maricopa and serve as “credentials” as they go about their fund-raising efforts.

Over the past year, Maricopa Arts Council produced a three-season arts expo, “Got Arts, Maricopa?,” and will be bringing back several of the of those events. They include studio crawls, poetry slams, silent reading parties and a student choreography showcase. Meanwhile, the next Copa Shorts Film Fest is set for Feb. 16-18. Submissions are being accepted through Oct. 13.

**MaricopaArtsCouncil@gmail.com**  
**CopaShortsFilmFest.org**



File photo  
**Designer Loren Aragon with actress Grace Dove at last year's Phoenix Fashion Week.**

## Maricopa fashion designer returns to Phoenix Fashion Week

For the second year in a row, Acoma Pueblo designer Loren Aragon of Maricopa will represent Native American fashion in contention for Designer of the Year in the 2017 Phoenix Fashion Week Designer Bootcamp.

Aragon continues to push Native fashion forward with designs that have seized the attention of a greater audience with his brand ACONAV.

Aragon’s brand began as a greeting card company in 2008. The name ACONAV is a representation of the respective cultures of Loren and his wife Valentina; Loren of the Acoma Pueblo and Valentina of the Navajo (Diné). Aragon ventured into the fine arts then later into jewelry making and eventually into fashion design. Pottery prints are a signature to Aragon’s fashion designs and are all original graphic designs.

“To be recognized again by this acclaimed organization is an honor and means that they believe in my brand,” Aragon said. “It is a much-anticipated return for two reasons — a chance to go after the Designer of the Year title again, but most importantly it’s another year of representing Native fashion on a grand runway in the southwest.”

Phoenix Fashion Week is Oct. 4-7 at Talking Stick Resort in Scottsdale.

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# Pours blend art, music to guide MHS students

By Michelle Chance

A union of imagery and sound began when Ivan and Maria Pour wed in 2008. “In our marriage vows there is even something about ‘supporting (my) artistic endeavors and supporting his music.’” Maria said. “It’s so engrained in who we are.” The pair’s mutual support of each other’s passions soon led to collaboration inside classrooms at Maricopa High School.



Mason Callejas

**Maricopa High School teachers Ivan Pour and Maria Pour have flourishing music and art programs.**



Mason Callejas

Ivan Pour is the band director; Maria teaches fine art.

Every year Maria’s art students visit Ivan’s band room filled with musicians. The band performs for the young artists, who are then instructed to draw “what they hear.”

After the artwork is complete, the musicians take a gallery walk to view the results. Afterward, they compose an original piece of music inspired by their peers’ art.

“Take what you’re seeing and write what sounds like that,” Ivan tells his students.

The band programs at MHS have grown in the near decade since Ivan came to the district. What once was offered as a single class has evolved into a competitive force.

“This year we have three wind (instrument) classes and now a fourth class for the percussionists, and the color guard has their own,” Ivan said.

In April, the Division 1-ranked Maricopa High School Band and Orchestra advanced to the ABODA State Concert Festival for the second consecutive year, and the program continues to produce talented musicians.

Recent graduate and standout tubist Chance Ackerson studied under Ivan Pour during all four years of high school.

“Honestly, being in the marching band was one of the best experiences of my life. It’s basically like a family,” Ackerson said.

The culture within the marching band mirrors that of the art students, and even of the high school, Maria Pour said.

“Whether our students are captains of the football team, cheerleaders, art nerds, band nerds, gay, straight, bi-sexual, black, white,

green, it doesn’t matter,” she said. “It’s a family atmosphere here, and the teachers work really hard to get to know each of their kids to teach them valid, really important lessons.”

For the Pours, one of the most vital teachings is reinforcing their belief that art and music education lead to valuable, sustaining careers.

“What a lot of employers are looking for nowadays are people who can also think creatively and critically, and think outside of the box. A lot of our economy now is not creating things, but creating experiences,” Ivan said.

In addition to teaching advanced placement art classes, Maria teaches a 3D art course that constructed costumes for the high school’s recent performance of “Beauty and the Beast.”

**“It’s a family atmosphere here, and the teachers work really hard to get to know each of their kids to teach them valid, really important lessons.”**

— Maria Pour

She hopes her digital art program grows at MHS.

“I had students the first year I started doing the computer modeling unit in my 3D classes just all of a sudden say ‘Oh my gosh, this is something I could do.’”

A future grant written by Maria could accomplish her goal of exposing students to additional digital art classes and cutting-edge software by next year.

In November, Maria will graduate from Full Sail University with a bachelor’s degree in computer animation. She received her first bachelor’s degree in fine arts from ASU in 2010.

“I want to still stay in traditional art, that’s where my heart is, but using those traditional art skills in more of the modern setting is something that needs to be shown to them,” she said.

At home, Ivan and Maria are raising more young talent, their 5-year-old son Leo.

“There is always the constant battle to see whether he’s going to be an artist or a music nerd,” Maria said.

“It looks like he’s leaning toward art,” Ivan added.

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# Maricopa adds more schools, buildings, teachers and programs

By Michelle Chance

Brothers Brody and Madden Rastad are never far away from Mom, even at school.

Brody, 9, is entering fourth grade at Pima Butte Elementary School, where Madden will be a first grader and their mother, Yurosha Rastad, teaches second grade.

“We high-five each other in the hallway,” Yurosha Rastad said.

Brody and Madden are two of more than 6,300 students returning to Maricopa Unified School District for the 2017-18 school year. Brody said he is happy about getting back together with friends at Pima Butte and its nice teachers.

“Everyone gives you a chance to do something amazing,” he said.

While Brody thrives in math, Madden, 6, said he liked the ABC Countdown in kindergarten and is excited about heading into first grade. Like her sons, Yurosha Rastad has best friends at Pima Butte. Several had children around the same time and now see them as students in the hallways, too.

All three Rastads will be back in their family-within-a-family when school starts Aug. 7. Some things might look a little different, though. At district and charter schools a new school year brings some surprises.

Here is a snapshot of updates parents and the community can expect at some Maricopa schools:

**Maricopa USD**  
In addition to its high school, two middle schools and six elementary schools, Maricopa Unified School District will open an alternative school, Ram Academy. The district will implement a newly-adopted math and reading curriculum as well as a new testing platform across each of its schools.

With the successful passage of the budget override last year, MUSD hired 50 new teachers and gained new technology for classrooms. The district will see a slight change in its calendar, but won’t see a completely modified schedule until 2018.

Classes for all MUSD schools begin Aug. 7.



Brody and Madden Rastad share the halls of Pima Butte Elementary School, where their mother is also a teacher.

Anita McLeod

## • High Schools

Maricopa High School will receive six override teachers, and Ram Academy will receive seven. The high school’s sports programs will be headed by former Athletic Director Brian Winter, who replaces Mark Cisterna. Its alternative school will be run by Assistant Principal Steve Ybarra with an estimated enrollment of around 125 students with credit deficiencies.

## • Middle Schools

The 2017-18 school year will see Maricopa Wells and Desert Wind Middle Schools reintegrating sixth-grade students. Sixth graders were transitioned into district elementary schools four years ago.

Maricopa Wells Middle School Principal Rick Abel said his school will receive six new teachers from override funds and eight sixth-grade teachers who previously taught at MUSD elementary schools. Abel said enrollment at Maricopa Wells will be 850 to 900 students by the time schools begins. The middle school will acquire a full-time assistant principal in Thad Miller.

Desert Wind Middle School will absorb around 200 sixth graders in August.

## • Elementary Schools

Half of the positions funded by the override will be dedicated to elementary schools, including three counselors, one librarian and one teacher on special assignment.

MUSD elementary schools are reconfiguring as they return to the K-5 model. Pima Butte Principal Randy Lazar said his school’s enrollment dropped by 60 students from the sixth-grade transition, and he anticipates an enrollment of 480 to 490 students. Lazar hopes to keep key grades, like kindergarten and third grade, between 20 and 22 students per class.

Pima Butte, Santa Cruz and Butterfield Elementary schools will implement the Positive Behavioral Interventions and Supports initiative. The schools received the grant and subsequent training for the program last year. PBIS promotes schoolwide expectations for student behavior.

Maricopa Elementary School will attempt to be one of four of schools in Arizona to become a “Light house school.” The process involves a readiness review in October that focuses on the school’s “culture, academics and environment,” said MES Principal Jennifer Robinson.



## Leading Edge

Leading Edge Academy implemented a waiting list in some grade levels for the first time this year. Principal Mat Reese said the school is near capacity at 776 students. The charter school offers K-8 instruction and an online high school.

Reese said new reading and math curriculum will be introduced this year as well as two new fulltime physical education teachers and a new dean of students, Sherreis Moreland. Assistant Principal Rachele Reese will shift her responsibilities from the elementary to the junior high, and Moreland will eventually take over discipline.

Facilities at Leading Edge will get upgrades, including a ramada with picnic tables, new art room inside the cafeteria and additional classrooms for first, second, fourth and fifth grades.

The first day of classes is Aug. 3.



## Sequoia Pathway

The campus director at Sequoia Pathway Academy is not the only new addition to the school.

Alfonso Alva, who came on board over



the summer, said Pathway is adding four advanced placement classes: AP Literature and Composition, AP Psychology, AP Biology and AP Studio Art.

The school will also introduce a new music teacher and an expansion of its art program with a 3D studio arts course.

Classes begin Aug. 2



## Legacy

Legacy Traditional School started classes July 24 after adopting a modified schedule that adds an additional week to fall and spring breaks. A teacher pay raise also went into effect, and Dino Katsiris joined the administration.

Principal Amy Sundeen said they are adding a yearbook elective in junior high as well as a robotics club and culture club.

Raquel Hendrickson contributed to this story.

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# High school sports back in action



## SPA Volleyball

Dawnell Haupt returns to Pathway for her fourth year as head coach of the varsity Pumas volleyball team. Most of the team is also returning, and the Pumas are expected to make a run for the Canyon Athletic Association title.

## MHS Football

Led by head coach Chris McDonald, the Maricopa Rams' first action is a scrimmage at Notre Dame Aug. 11. They open the season Aug. 18 hosting Willow Canyon and then play at Paradise Valley Aug. 25. The Rams were 5-5 last season and finished fourth in 5A Metro.

## SPA Football

Defending CAA state champions, the Pathway Pumas, will be led by a new head coach this season. Anthony Nava was an assistant coach for Casa Grande Union High School, as well as a coach for semi-professional teams in the Arizona Football League. Pathway's season begins Sept. 1 at Pacana Park against Gilbert's American Leadership Academy.



Maricopa athletes hoping for spots on this year's high school varsity teams: (from left) Sequoia Pathway Academy volleyball players Lynniece Andrews, Kelsey Blatz and Keara Simpson, Maricopa High School cross country runner Megan Carr, SPA soccer player Brian Gardner, MHS football players Taylor Belcher, Kemo Akin and Cameron Sanders, MHS volleyball players Tyla Gooden and Mackenzie Ford, and SPA football players Jacob Burbo, Cade Bell, Richard Joaquin and Tyler Burton. Photo montage by Victor Moreno

## MHS Cross Country

The boys' cross country team defied expectations last season and earned a spot in the state championships. They lost a couple of senior leaders but still have eyes set on qualifying meets at the end of the season. Meanwhile, the girls have struggled to field a consistent team. Both boys' and girls' teams are coached by Heather Abel, and both will be in competition Aug. 30 at Tumbleweed Park in Chandler.

## SPA Boys' Soccer

After a four-year hiatus, Pathway will have a varsity boys' soccer team in the fall this year, led by new head coach Juan Garavito, who saw good participation in summer clinics and camps. The school didn't have the student population to support a soccer program, but enthusiasm was recently renewed after a co-ed program at the junior high was introduced last spring.

## MHS Golf (Not pictured)

Maricopa's boys' and girls' golf teams will be under the tutelage of coach John Tobin but with different schedules. The boys' home course is Ak-Chin Southern Dunes. Their first competition is Aug. 29 at Seville Country Club in Gilbert. The girls, who played instructional league last year, don't play until Sept. 11.

## MHS Volleyball

The Rams' volleyball team posted a 9-9 record in 2016, their first season with coach Jacksan Quinones. Maricopa returns to action Aug. 24 in a scrimmage at Valley Christian. The Rams' first season game is at Vista Grande Aug. 29, and they host Paradise Valley Aug. 31. They have two tournaments scheduled.

## SPA Cross Country (Not pictured)

Coach Justin Price will return to lead Pathway's varsity cross country team. Athletic Director Nate Wong hopes new practice times will breed faster, stronger runners. The team will practice at 6 a.m. instead of the afternoon.

For complete schedules, visit [InMaricopa.com/Calendar](http://InMaricopa.com/Calendar).



# How busy parents can be involved in children's education

By Mason Callejas

One of the many struggles facing grade-school education is parent/guardian participation. For teachers, it can be trying to get parents involved in their child's education. For parents, it can be a struggle finding appropriate ways to get join in.

Pima Butte Elementary has one of the strongest records of parental involvement in the Maricopa Unified School District. Second-grade teacher Yurosha Rastad credits the school being small and within a tight boundary in Rancho El Dorado.

"My parents are amazing," she said. "I have so many parents donate their time. We would have a field trip to the zoo, and 20 parents would volunteer. One comes in all the time to make copies for me."



The school also has good participation in special events like Math Night, Water Day, a mother-son barbecue and a father-daughter dance.

But schools typically struggle to keep parents involved.

Mobile Elementary School teacher and

21-year education veteran Cindy Koontz of Maricopa suggested careful, calculated scheduling.

Parents looking to get involved at their child's school should first look at various programs such as parent-teacher organizations and athletic booster clubs, Koontz said. Then, she said, compare your availability to the schedule of meetings and events for the specific programs to determine which is right for you.

Naturally, some parents have more free time than others. Some are stay-at-home parents or have flexible schedules that allow for more involvement. Others work long hours and are less available.

To those parents who are unavailable to take an active role in programs like PTO and athletics, Koontz said there are other ways to stay involved, the most important of which is maintaining communication with their child's teachers.

Meet the Teacher Nights are also some of the best ways to get to know teachers, Koontz said. In her experience, it is an underappreciated event she wishes more parents would capitalize on.

"We want as good a relationship with the parents as with the students," Koontz said. "Those face-to-face meetings help with that."

She understands many families have hectic lifestyles, making it difficult to attend these events and become part of certain organizations. However, she feels involvement is not limited to simply volunteering for PTO.

Some teachers, she said, log daily updates in a student's notebook or planner. This method gives the most transparency and the best "active" communication a parent can hope for. These daily progress reports are sent home, sometimes requiring parental signatures and, thus, creating a "paper trail" following a student's educational path.

Whatever parents do, Koontz said, it is important to remember "teachers and parents are a team."

"We're people just like parents are," Koontz added. "At the end of the day we always look back and see something we could have done better."



# 5 questions parents should ask their child's teachers

By Mason Callejas

On your child's first days of school, it is important to find out as much information about their teacher's method of instruction and the scheduled curriculum. It is just as important, however, to establish a reliable line of communication with the teacher so your student can have the best learning environment. This can be done by asking five simple questions, according to Maricopa educators.

## 1 What is your preferred method of contact?

Find out if the teachers like to use email, text or phone calls to communicate. Some schools allow teachers to have their cellular phones on in class, and though they are often not able to take calls freely, they can often respond quickest via text. During school hours, email is seen as the second-best form of communication, with phone calls being reserved for emergencies or when there is a lack of electronic response from the teacher.

## 2 If my child is struggling, what can I do at home to support them?

If your student is falling behind or unable to keep up in class, parents will likely be contacted by a teacher either via a note sent home with the child or a direct email or phone call. If no contact is made by the teacher, and a child is expressing frustration with certain material or a lack of understanding, parents are encouraged to contact the teachers via their preferred method of communication.

## 3 If my child has more advanced knowledge of material than I do, how can I still help them?

Being the parent of a child who is smarter than you about certain subjects can be difficult. However, resources are plentiful. Teaching and study materials are typically available through your child's school, often directly from their teachers. Most teachers are happy to share photocopies of instructional materials with parents so they can help their child at home. There are also numerous online resources through the National Association for Gifted Children ([www.nagc.org](http://www.nagc.org)) and MENSA for Kids



([www.mensaforkids.org](http://www.mensaforkids.org)). YouTube.com is also a resource for parents to watch instructional videos on certain topics. However, use caution with this method as not all information on YouTube has been vetted for accuracy.

## 4 If my child will experience chronic absences due to exceptional circumstances (e.g. medical, personal), what should I do?

Parents aware of their child's need to miss class on a continual basis should work with teachers to learn the teaching schedule to avoid missing class at key moments of core instruction. Emergency situations aside, doing this ensures minimum impact on your child's education.

## 5 If there is a complicated family dynamic at home, what should I do so my child is less affected at school?

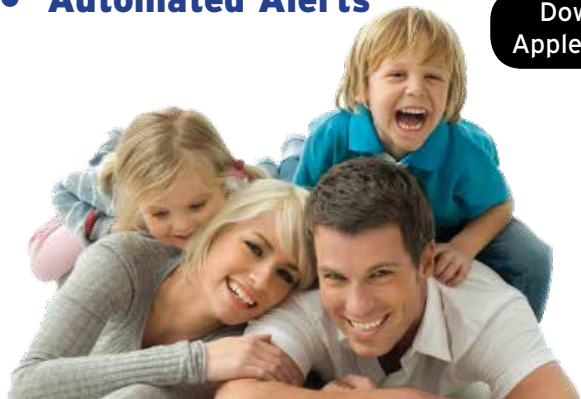
It's not necessary for teachers to know every little detail about a student's personal life. However, it does help the teacher provide a more conducive learning environment when they're aware of certain circumstances that may interrupt a typical routine. That can involve a different parent picking up the student on certain days, or a child going through a home relocation that could alter their transportation plans or abilities to participate in extracurricular activities.

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# Stay alert with school back in session

By Mason Callejas



As the 2017-18 school year gets into full swing this month, the Maricopa Police Department and the various schools want to help ensure students make it to their intended destinations and that they do so safely.

To help with this, the MPD has issued a bulletin addressing the biggest issues that plague the first days of school. Specifically, the MPD warns of traffic problems that arise from drop-offs and sharing the road with pedestrians and school buses.

Regarding those school buses, remember if lights are flashing and the stop arm is extended, all traffic must stop.

This year, the Maricopa Unified School District is attaching cameras to several stop arms in the hopes of deterring drivers from running those stop signs.

MUSD Superintendent Steve Chestnut said when someone runs the stop signs, the video evidence will be turned over to police.

Watch for school-zone speed limits, and do not pass vehicles stopped for pedestrians and crossing guards.

There is one more warning the MPD issued as part of their bulletin, a warning directed at those newest to the road — teen drivers:

1. Make sure you and all passengers are buckled in

2. Obey all speed limits
  3. Always watch for kids getting on and off school buses and
  4. Don't use cell phones or electronic devices while driving.
- MPD spokesperson Ricardo Alvarado further warns parents of younger students to review bus routes with their children to help them avoid getting lost in transit while becoming familiar with a new bus schedule.

## MPD back-to-school safety tips



### When Dropping Off:

- Don't park alongside another parked vehicle it blocks visibility
- Don't load or unload children across the street from their school
- If possible, carpool to reduce the number of vehicles at the school

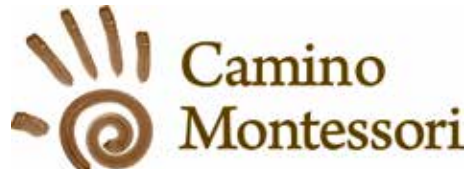


## Sharing the Road with Young Pedestrians:

- Don't block crosswalks when stopped at red lights or while waiting to make a turn. This often forces pedestrians to walk around the vehicle and enter the path of traffic
- Always yield to pedestrians at crosswalks and intersections, especially when flashers are blinking in a school zone
- Always stop for crossing guards and patrol officers
- Never pass a vehicle stopped for pedestrians

## Sharing the Road with School Buses:

- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop in all directions
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus



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## 5 things parents should know about marijuana

By Priscilla Behnke

There is a lot of information out there about marijuana. It can be overwhelming trying to navigate through it all. Here are five things you should know and consider when it comes to marijuana and your teen.

**1** The argument for legalization is often conflated with the argument that it's safe. There is a constitutional argument for legalization, and it's a fair one to have. It does not mean that a 13-year-old will be free from harm if he smokes his uncle's medical marijuana because he's bored. If you are using medical marijuana treat it like you would other prescriptions.



Priscilla Behnke

development. THC from marijuana works by over-activating the parts of the brain that contain most of these receptors. This negatively affects thinking and problem-solving while impairing memory. We want our kids to be successful, and kids who get high have put themselves at a disadvantage in school.

**3** Maricopa youth are getting their weed from friends. Both the 2016 Arizona Youth Survey and the Cenpatico Community Survey revealed friends are the No. 1 source of marijuana for Maricopa teens. It isn't an obscure dealer behind the gas station. It's their buddy. Know your kids' friends. Encourage them to interact with kids who are positive. Youth groups, sports and clubs are great options.

**2** The brain uses natural chemicals on particular brain receptors for brain

**4** Parents are the No. 1 influencer in a child's life. As they get older and seek more autonomy, it may not feel like it. However, every year the Arizona Youth Survey is released it echoes what adolescence experts are telling us — parents have more influence over their child's value development than friends and media.

**5** The average age of first use for marijuana in Maricopa is 11. You read that correctly, 11 years old. The Arizona Youth Survey asks teens who have used marijuana how old they were the first time they used it. You don't want to wait until your child is a 16-year-old to have the drug and alcohol discussion. You want to start in elementary school.

The Be Awesome Youth Coalition is dedicated to developing confident, connected and successful youth. For more information and updates, like The Be Awesome Youth Coalition on Facebook. [fb](https://www.facebook.com/beawesomeyouth)

Priscilla Behnke is program director for Maricopa CAASA and Be Awesome Coalition.

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The most expensive home sold in Maricopa from June 16 through July 15 was a two-story, five-bedroom house in Rancho El Dorado that went for \$380,000. With one owner since it was built in 2002, it was on the market just over a month. It sold for \$1,000 over its list price. The 4,000-square foot home is on a 12,000-square-foot lot that overlooks the golf course and has a private pool.

**Sold:** June 24  
**Purchase price:** \$380,000  
**Square feet:** 3,958  
**Price per square foot:** \$96.05  
**Days on market:** 42  
**Builder:** Hacienda  
**Year built:** 2002  
**Bedrooms:** 5  
**Bathrooms:** 3  
**Community:** Rancho El Dorado  
**Features:** Three fireplaces, pebble tech pool with waterfall, patio, bedrooms on both floors, RV gate, three-car garage, surround sound, entertainment bar, granite countertops, water softener  
**Seller's agent:** Tamra K. Yelavich, Re/Max  
**Buyer's agent:** Brian French, The Maricopa Real Estate Company

- 2. 18359 N. Falcon Lane, Glennwilde, \$335,000**
- 3. 21841 N. Celtic Ave., Cobblestone Farms, \$310,000**
- 4. 44557 W. Garden Lane, Cobblestone Farms, \$299,900**
- 5. 20226 N. Madison Drive, The Villages at Rancho El Dorado, \$299,000**



**LEAST  
EXPENSIVE  
HOME SOLD**

**1. 43299 W. Elizabeth Ave.**

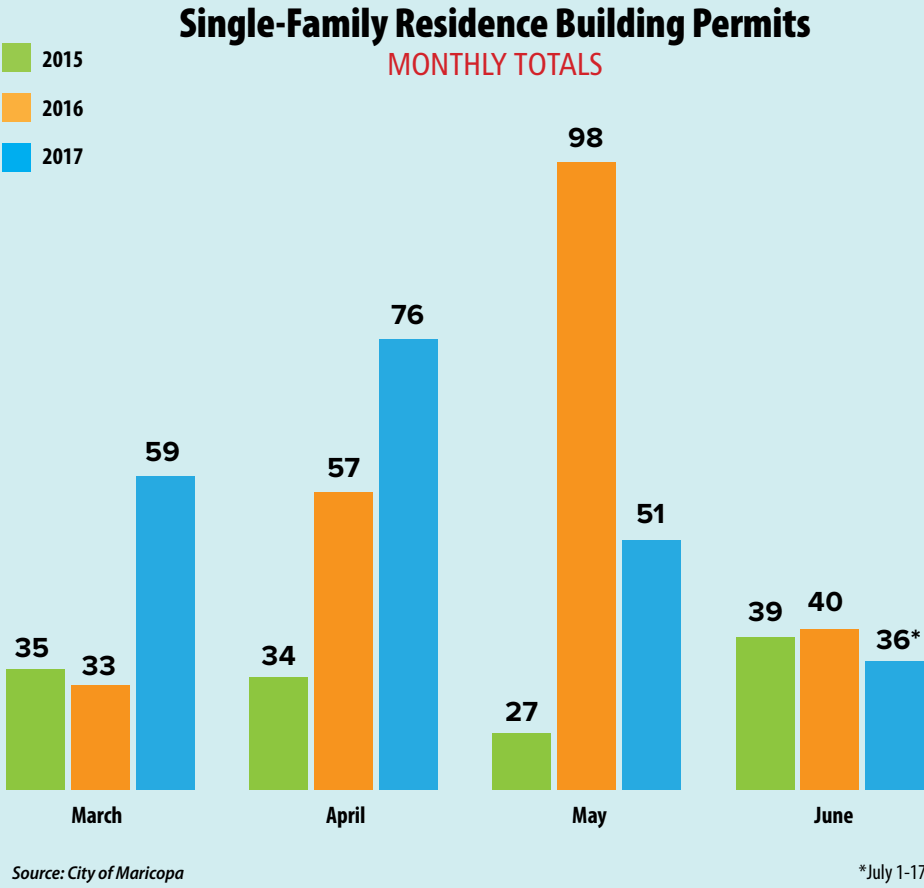
Credit

The least expensive home sold in Maricopa from June 16 through July 15 was a short sale in Senita that sold for \$110,000 in two days. Considered to be in fairly good condition but needing a little work, it has four bedrooms in its 2,275 square feet. The 5,000-square-foot lot has desert landscaping in front and dirt in back.

**Sold:** June 29  
**Purchase price:** \$110,000  
**Square feet:** 2,275  
**Price per square foot:** \$48.35  
**Days on market:** 2  
**Builder:** Pulte  
**Year built:** 2006  
**Bedrooms:** 4  
**Bathrooms:** 2.5  
**Community:** Senita  
**Features:** Patio area, laminate flooring, eat-in kitchen, two-car garage, basic amenities  
**Seller's agent:** Mario Beltran Espinoza, neXGen Real Estate  
**Buyer's agent:** Mario Beltran Espinoza, neXGen Real Estate

- 2. 40740 W. Sanders Way, Homestead, \$125,000**
- 3. 41158 W. Granada Drive, Glennwilde, \$126,000**
- 4. 41322 W. Lucera Lane, Glennwilde, \$130,000**
- 5. 36029 W. Velazquez Drive, Tortosa, \$130,000**

For a full list of last month's Maricopa home sales, see [InMaricopa.com/Real-Estate](http://InMaricopa.com/Real-Estate).



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Carol Howerton



Submitted

**Ideally, grafting can extend the growing season for tomatoes in Arizona.**

# Grafted tomato plants put to the test

By Carol Howerton

Grafted tomato plants are all the rage these days. They promise increased disease resistance and hardier, more vigorous plants with bigger and better yields. Sounds great, right? But these plants are pricey, ranging from \$8-\$20 per plant. Are they worth the extra cost for the home gardener in our desert environment?

For the past three years, the Master Gardeners at the Maricopa Agricultural Center have been grafting and growing tomatoes to find the answer to this question. We chose heirloom varieties that everyone loves, like Brandywine and Cherokee Purple because they are not known to do well in our hot climate. Could we find a way through grafting to extend the growing season and harvest more of these wonderful tomatoes? And could we develop a system that would be effective and low-cost so anyone can graft tomatoes at home?



Carol Howerton

The rootstock varieties chosen were drought-tolerant and vigorous, but any hardy tomato variety can be used such as the Super Sweet 100 Cherry or Sweet Million. Once the

desired tomato variety (called the scion) was grafted on to the rootstock, they were put into a healing chamber for 7-10 days.

The chamber can be any enclosure that blocks or limits light and allows for humid conditions. We used Styrofoam ice chests, but plastic storage bins covered with towels also

work well. The ideal temperature inside the healing chamber is 80-85 degrees and, to keep the humidity in the 90-95 percent range, we misted the plants daily using spray bottles.

The goal of the healing chamber is to create a low-stress environment where the scion and rootstock can fuse and grow together as one plant. No light is let in for the first two days.

Gradually light is increased to bring the plants back to normal growing conditions.

Many of the grafted plants do not survive for a variety of reasons. Genetic incompatibilities, mismatched stem size of the rootstock and scion or the healing environment itself are a few of the reasons for graft failures. No one will have a 100 percent success rate.

When transplanting a grafted plant into your garden, be sure to have the graft union above the soil line or the rootstock can regrow and take over your garden. You will see the graft line as a scar at the graft point.

Grafting is exciting and fun, not difficult and, with the right supplies, pretty inexpensive to do at home. The problems here in Maricopa and Pinal County are more about disease spread by insects than soil-borne diseases and our hot dry climate. We planted grafted and non-grafted varieties in our Demonstration Garden and in home test gardens. To answer our question of whether it is worth doing yourself or paying higher prices for grafted plants, I will leave that up to you to decide. We did not see any noticeable increase in production or increase in the growing season.

Carol Howerton is a member of Maricopa Master Gardeners.

# Know your real home values

By Jeremy Winegard

If you own a home, you've probably been curious as to what your home is really worth. After all, it's the biggest purchase you'll probably make in your life. So, you hop on to Zillow and you get their "Zestimate" and now you know, right? Not so fast.

Zillow, along with a host of other online Automated Valuation Models (AVMs), are based on algorithms that look for correlations between property data and calculate a value based on that information. Simply put, this algorithm allows visitors to quickly find a home value estimate by just searching an address.



Jeremy Winegard

While that's all well and good, the calculations don't take into account everything that a true Comparative Market Analysis (CMA) would. For example, what about that \$30,000 backyard that you had put in? The \$15,000 in upgrades you made in the kitchen? And the unique size or location of your lot? Probably most importantly, how does your home compare to a similar home in your neighborhood that has actually sold?

"Zestimates" and other AVMs don't really dig into those facts. But a CMA that's put together by a Realtor will.

To get an in-depth understanding of what your home's true value is, and what the market will actually bear, you should contact a Realtor who can put together a CMA that is customized for your home. This gives you the best, most detailed and most accurate valuation based on all of the facts of the property.

And when you decide to sell, basing your list price suggested by the CMA greatly increases the odds that the buyer's appraisal will support your asking price. Remember, if an appraisal comes in lower than the asking price, the bank will not make the loan.

If you're curious about your home's value, whether you're looking to sell right away or not, feel free to contact me. People are genuinely curious about their home's value, and I'm more than happy to help them get the facts they need.

Jeremy Winegard is a Realtor and accredited buyer's representative with Revelation Real Estate.



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# Overpass Progress

The Union Pacific Railroad overpass has a budget, properties have been purchased and a path is being cleared. Now, the project needs a general contractor.

Arizona Department of Transportation sent the project out to bid in June. The State Transportation Board expects to open the bids on Aug. 25.

The bridge is budgeted for \$37.3 million and will carry traffic on State Route 347 across the Union Pacific Railroad tracks. The entire project, including property acquisition, street realignments and building demolitions, was estimated to cost \$55 million.

Receiving \$15 million from a federal Transportation Investment Generating Economic Recovery (TIGER) grant, \$14 million from the City of Maricopa and another \$1 million from Union Pacific Railroad, Global Water Resources and Maricopa Domestic Water Improvement District combined, ADOT was able to decrease its own budget for




Mason Callejas

## Breinhold Contracting clears away demolished homes in the path of the overpass.



Mason Callejas

the overpass construction. The state will now pay \$6.9 million, returning \$4.8 million to its Statewide Contingency Fund.

Breinholt Contracting Company razed three residences in July on a \$28,000 contract. 

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## Study shows need for 'workforce housing'

By Mason Callejas

As Maricopa strives to achieve its dream of economic sustainability, a serious need most likely must be addressed before that dream may come to fruition — affordable housing.

The Housing Needs Assessment conducted by the city indicates it is time to act on the demand for multifamily housing.

Maricopa Development Services Director Martin Scribner said the study underpins the need for affordable housing to draw young professionals in looking for low-maintenance, low-cost, rentable living spaces.

Unfortunately, Scribner said, the term “affordable housing” is often seen as a dirty word that needs to be redefined.

“When our consultant says, ‘You lack affordable housing,’ we say, ‘No, we don’t, we have lots of affordable housing,” Scribner said. “But that’s the families and professionals who can afford the \$1,200 a month, \$1,500 a month in rent.”

But what is available for people who can't afford those prices?

To be clear, Scribner is not advocating for the construction of government-subsidized housing. Nonetheless, he does see a need in the community for domiciles for a young workforce while they transition into a more permanent position in life.

## HOUSING TYPES

| Location        | Single-Family Detached | Small Multi-Family (2-10 units) | Townhouses  | Med/Large Multi-Family (10+ units) | Mobile:   |
|-----------------|------------------------|---------------------------------|-------------|------------------------------------|-----------|
| U.S.            | 62%                    | 13%                             | 6%          | 13%                                | 6%        |
| Arizona         | 64%                    | 9%                              | 5%          | 12%                                | 11%       |
| Phoenix MSA     | 65%                    | 10%                             | 5%          | 13%                                | 7%        |
| <b>Maricopa</b> | <b>97%</b>             | <b>0.5%</b>                     | <b>0.5%</b> | <b>0%</b>                          | <b>2%</b> |

Source: American Community Survey, 2009-14

“Workforce housing includes entry-level police officers, firefighters, teachers and even young IT professionals,” Scribner said. “Say I’m a first-year teacher looking for a one-bedroom apartment for 600 bucks a month or 700 bucks a month. That doesn’t exist here,” Scribner said.

According to the study, Maricopa's home prices are 20 percent lower than regional prices but home rental rates are "substantially more than regional or state average," with 86 percent paying more than \$1,000 per month.

The housing study is not an official plan for housing development. However, the assessment will help the city create such a plan which, like their economic development goal, should be a measured and sustainable response to the community's needs.


As part of the study developed by Atria Planning, a survey of Maricopans was conducted about housing. Atria co-owner Rebecca Rothenberg said the process was meant to help the city “streamline zoning.”



Raquel Hendrickson

**Homes being built in Glennwilde are single-family detached, like 97 percent of the housing in Maricopa.**

Scribner said the completed study ultimately gives the city a statistical tool to use when discussing development with builders.

“We, as the planning professionals in my department, might look at the developers and say, ‘You might want to look at some type of multi-family [housing] over here,’ and they’ll look at us and say, ‘Yeah, the market is just not ready for that,’” Scribner said. “And we have a professional study that says we’re ready for that now.” 

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Mason Callejas

# Casino to host job fair as construction continues

By Raquel Hendrickson

As Phase 1 construction of a multi-million-dollar expansion nears completion this fall, Harrah's Ak-Chin Casino is planning a job fair in August to fill new positions.

Talent Specialist Jamie Westmiller said the facility will be hiring 50-75 people, about half of them full-time.

"They will be mostly hospitality positions with a few security positions mixed in," he said.

Available positions include cooks, food servers, host/cashiers, housekeeping, facilities maintenance, restaurant supervisor and beverage supervisor. All positions have a 401K, Westmiller said. Full-time positions get health care, dental and vision.

Westmiller said Ak-Chin Indian Community members will get preference. Because the job fair will have on-site interviews and on-site hiring, potential applicants are asked to fill out an application online at [www.caesars.com/harrahs-ak-chin](http://www.caesars.com/harrahs-ak-chin) before arriving at the job fair.

And be prepared to turn on the charm.

**IF YOU GO**  
**What:** Harrah's Ak-Chin Casino Job Fair  
**When:** Aug. 10, 10 a.m.-6 p.m.  
**Where:** Central Arizona College — Maricopa, 17945 N. Regent Drive  
**Info:** [Caesars.com/Harrahs-Ak-Chin](http://Caesars.com/Harrahs-Ak-Chin)

"We always hire for personality and train for skills," General Manager Robert Livingston said. "We're looking for upbeat, positive energy."

Phase 1 includes the new restaurant and wine bar Oak & Fork. Livingston said those hired to work there will need to be passionate about wine and educating customers about wine, though the restaurant will "not be a snooty place."

The current construction involves "basically everything to the north," Livingston said. That includes a parking garage, 18,000-square-foot ballroom, expansion of the casino floor, expansion of the buffet into the space now occupied by The Range Steakhouse, dedicated Diamond Lounge, upstairs BINGO hall and other changes for office space.

Separately but simultaneously, Ak-Chin Indian Community is constructing an elevated walkway linking the casino property to UltraStar Multi-tainment Center. Ak-Chin is working with Arizona Department of Transportation to move the traffic light north to Ak-Chin Parkway, to make that the main entry to the casino and hotel.

Next year, Phase II will include the hotel tower that adds another 230 rooms to the 300 existing, a new restaurant called Chop Block & Brew and a spa and fitness center. Late in 2018 will be the beginning of the renovation of the pool and resort rooms around it.

While the construction has been inconvenient or confusing for some longtime customers, Livingston said they've enjoyed the portholes cut into the temporary walkway walls that provide a view of the construction.

"It's going to be a great addition to Maricopa and the whole of Pinal County," he said. "We're running short on rooms right now, and this will allow us to expand on what we do."

## Global Water promotes GM Corwin

Jon Corwin has been promoted to vice president of Global Water in addition to his role as general manager.

Corwin has served as the general manager since 2013. He previously was regional manager and operations program manager of the Maricopa-Casa Grande utilities. Earlier, he served as a civil engineering officer in the U.S. Air Force, where his primary duties included managing infrastructure construction and maintenance at multiple Air Force bases. While in the Air Force, he served in a variety of capacities, including civil construction, base utility engineer, maintenance engineer and emergency manager in both stateside and deployed locations.

Corwin holds a degree in Civil Engineering from the U.S. Air Force Academy, with an emphasis in structural engineering. He also earned an MBA from Arizona State University's W.P. Carey School of Business. Corwin currently serves on the board of directors of the Central Arizona College Foundation and the Economic Development Group of Eloy.

## 'Invaluable asset' promoted at Harrah's Ak-Chin Casino



Christine Todd of Maricopa has been promoted to business process improvement (BPI) site leader at Harrah's Ak-Chin Casino. The BPI program works to eliminate waste and variability within everyday processes.

Todd brings more than a decade of casino operations experience. Prior to her promotion, she worked and demonstrated strong leadership as the Harrah's Development System (HDS) associate, a program designed to provide employment opportunities for members of the Ak-Chin Indian Community into key areas of the casino entertainment industry.

"Christine has been an invaluable asset to Harrah's Ak-Chin Casino, demonstrating her devotion to better our workplace that extends well past her job description," said Robert Livingston, regional president and general manager. "In addition to her successes with the HDS program, Christine led the property to back-to-back first place finishes within Caesars' companywide Breast Cancer Awareness Challenge and a record-breaking United Way campaign in 2016."

Todd recently received a Caesars Award of Excellence.

## Make a difference – take a short survey

What do you think of InMaricopa? Let us know your likes and dislikes, what you would like to see added or dropped, and how you get your news on our Reader Survey at [InMaricopa.com/Survey](http://InMaricopa.com/Survey).

## Are you a family-owned business?

We are celebrating family-owned businesses in Maricopa. Whether husband-and-wife, dad-and-daughter, mom-and-son, brothers-and-sisters, grandpa-and-grandkid, if it's all in the family, we want to hear from you.

Tell us your story and brag about your business by emailing [News@InMaricopa.com](mailto:News@InMaricopa.com) or call Editor Raquel Hendrickson at 520-568-0040, ext. 3.

## Few Maricopa eateries inspected last month

Only three dining establishments in Maricopa were inspected by the Pinal County Health Department between June 16 and July 15. All three received excellent marks.

Those inspected included a coffee shop, a fast-food restaurant and a new restaurant that opened on Highway 84 near the junction with Interstate 8.



**EXCELLENT** [No violations]  
• Rock Garden Café  
• KFC  
• Crate Enterprises

**SATISFACTORY** [Violations corrected during inspection or immediately after]  
None

**NEEDS IMPROVEMENT** [Critical items noted during inspection cannot be corrected immediately]  
None

**UNACCEPTABLE** [Gross, unsanitary conditions necessitating the discontinuation of operation]  
None

## Out-of-towners dominate new business licenses

The following businesses applied for licenses in the city June 16-July 15.

- Commercial:** Robert Robertson  
**Home-based:** Bug-A-Boo Baby Blankets and More, DA Pools, Licensed Mobile Massage Therapist, Romero Day Care, Unwind Massage Therapy, Veteran Owned Credit Repair, You Are More LLC  
**Out of town:** Adobe Fire Equipment Inc., Better Built Builders Inc., BH Skating Parks LLC, DeBaise Holdings dba PDS, Freedom Fire Protection Company LLC, HardCopy Fingerprinting Services, Kona Ice of Casa Grande, Kuhl's Electric & Service, Q&D Electric, Renewal by Andersen, Rural Arizona Maintenance Spec, Southlands Engineering, Tactical Turd Removal, Terra Medela LLC, Waste Management of Arizona

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**Out of town:** Adobe Fire Equipment Inc., Better Built Builders Inc., BH Skating Parks LLC, DeBaise Holdings dba PDS, Freedom Fire Protection Company LLC, HardCopy Fingerprinting Services, Kona Ice of Casa Grande, Kuhl's Electric & Service, Q&D Electric, Renewal by Andersen, Rural Arizona Maintenance Spec, Southlands Engineering, Tactical Turd Removal, Terra Medela LLC, Waste Management of Arizona



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520-494-7805  
MaricopaAce.com

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520-261-4661  
LongevityAthletics.com

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LGIHomes.com

## HOME CARE

**Comfort Keepers**  
480-659-9201  
ComfortKeepers.com

## HOME IMPROVEMENT

**Solar Concepts**  
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Tempe  
480-968-1777  
SolarConceptsAZ.com

## HOSPITALS

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Medical Center  
1800 E. Florence Blvd.,  
Casa Grande  
520-381-6300  
BannerHealth.com/  
CasaGrande

## INSURANCE

**Lance Lane**  
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**State Farm**

**State Farm / Lance Lane**  
20800 N. John Wayne Parkway  
Suite 110  
520-568-8400  
LanceLaneInsurance.com

**Vincent J Morrissey**  
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## INSURANCE AND CONSULTING SERVICES

**Gloria Smith at Insurance and Consulting Services**  
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GloriaSmithEnterprises.com

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4980 S Alma School Road  
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Chandler  
480-659-6984  
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JordanLawLLP.com

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UnitedWayofPC.org

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Public Library  
520-568-8094

**Maricopa Little League**  
520-350-4080  
MaricopaLittleLeague.com

**Maricopa Veterans Center**  
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of Arizona  
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520-709-3106 Maricopa  
602-277-6181 Phoenix

**Health Matters**  
9180 E. Desert Cove  
Suite 103, Scottsdale  
480-993-3331  
HealthMattersAZ.com

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of Arizona  
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520-494-3893 - Casa Grande

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520-568-2245  
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44572 W. Bowlin Road  
520-568-2245  
SunLifeFamilyHealth.org

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**Maricopa Foot & Ankle**  
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Suite 126  
520-494-1090  
MFAAC.com

**PHOTOGRAPHY**  
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402-650-0472  
FauxPicasso.com

**Victor Moreno Photography**  
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**Words to live by:** Make every day amazing for yourself and those you encounter.

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## PROMOTIONAL PRODUCTS

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Ahwatukee Realty & Property Management  
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Suite 120  
520-568-3572  
AhwatukeeRealty.com

**Rita Weiss**  
Desert Canyon Properties  
44565 Granite Drive  
602-818-2511  
DesertCanyonProperties.com

## REALTORS

**Brian French**  
The Maricopa Real Estate Co.  
623-451-1916  
CopaAz.com

**CHAD CHADDERTON**  
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Chad@AhwatukeeRealty.com

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DesertCanyonProperties.com

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YourAZRealtyGuy.com

## RESTAURANTS

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AkChinSouthernDunes.com

**Dickey's Barbecue Pit**  
20924 N. John Wayne Parkway  
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Dickeys.com

**Native Grill & Wings**  
21164 N. John Wayne Parkway  
520-568-6077  
NativeGrillAndWings.com

**Pizza Hut Wing Street**  
21101 N. John Wayne Parkway  
520-316-6116  
PizzaHut.com

**Trattoria D'Amico**  
4902 E. Warner Road  
Ahwatukee  
480-893-8544  
TrattoriaDamico.com

**SALON & SPA**  
**Verde Salon and Spa**  
950 E Riggs Road  
Suite 5  
Chandler  
480-718-5355  
VerdeSalonAZ.com

**SCHOOLS**  
**Butterfield Elementary School**  
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BES.MaricopaUSD.org

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DWMS.MaricopaUSD.org

**LEADING EDGE ACADEMY**  
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**Leading Edge Academy**  
18700 N. Porter Road  
520-568-7800  
LeadingEdgeAcademy.com

**Maricopa Elementary School**  
18150 N. Alterra Parkway  
520-568-5160  
MES.MaricopaUSD.org

**Maricopa High School**  
45012 W. Honeycutt Ave.  
520-568-8102  
MHS.MaricopaUSD.org

**Maricopa Unified School District #20**  
44150 W. Maricopa-C.G. Hwy.  
520-568-5100  
MaricopaUSD.org

**Maricopa Wells Middle School**  
45725 W. Honeycutt Ave.  
520-568-7100  
MWMS.MaricopaUSD.org

**Pima Butte Elementary School**  
42202 W. Rancho El Dorado Parkway  
520-568-7150  
PBES.MaricopaUSD.org

**RAM Academy**  
45012 W. Honeycutt Ave.  
520-568-8100  
MHS.MaricopaUSD.org

**Saddleback Elementary School**  
18600 N. Porter Road  
520-568-6110  
SES.MaricopaUSD.org

**Santa Cruz Elementary School**  
19845 N. Costa del Sol  
520-568-5170  
SCES.MaricopaUSD.org

**Santa Rosa Elementary School**  
21400 N. Santa Rosa Drive  
520-568-6150  
SRES.MaricopaUSD.org

**SHIPPING**  
**The UPS Store**  
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502-568-5712  
TheUpsStore.com

## TAX SERVICES

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- Tax Preparation

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21300 N. John Wayne Parkway  
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520-568-3303  
ChastonCPA.com

**TRAVEL**  
**Far Horizons Travel**  
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520-635-4850  
Far-Horizons.Travel

## URGENT CARE

**Dignity Health**  
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DignityHealth.org/Arizona/  
Urgent-Care

**UTILITIES**  
**Clark's Septic Tank Service**  
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520-836-5545  
ClarksSepticTankAz.com

**Electrical District No. 3**  
19756 N. John Wayne Parkway  
520-424-9021  
ED3Online.org

**Global Water Resources**  
22590 N. Powers Parkway  
866-940-1102  
GWResources.com

**Orbitel Communications**  
21116 N. John Wayne Parkway  
Suite B-9  
520-568-8890  
OrbitelCom.com

**WATER/ICE**  
**Water & Ice**  
20928 N. John Wayne Parkway  
Suite C-7  
(520) 568-4740

**WEDDINGS**  
**Ak-Chin Southern Dunes Golf Club**  
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# Detecting, avoiding dehydration during workouts

By Aaron Gilbert

When you are well-hydrated and conditions are awesome in your body, various processes preserve fluid and electrolyte balance. If you become dehydrated due to illness, stress, exercise, climate variations, supplements, foods or beverages, life-threatening imbalances may occur — major bummer.

Symptoms of dehydration include:

- thirst
- dry skin
- fatigue and weakness
- increased body temperature
- muscle cramping
- headaches
- nausea
- dry mucous membranes (mouth, nose, eyes)

Severe dehydration can also include:

- muscle spasms
- vomiting
- dark urine
- vision problems
- loss of consciousness
- kidney and liver failure



## Exercise and Dehydration

During exercise, we need more water. The enhanced metabolic rate of muscle contraction requires a larger delivery of nutrients and oxygen along with faster waste and heat removal from the body — water makes this happen.

Loss of plasma volume during prolonged exercise by dehydration diminishes performance in part because of the associate reduction in stroke volume and increases in heart rate known as cardiovascular drift. So, to maximize your performance potential while exercising, stay hydrated.



Aaron Gilbert

If no fluids are going to be consumed during exercise, pre-hydrate with the following regimen:

- 16 ounces of fluid on the night before exercise
- 16 ounces of fluid in the morning
- 16-30 ounces of fluid, 1 hour before exercise
- 8-16 ounces 20 minutes before exercise

While dehydration is a concern, over-hydration or water intoxication is also

something to watch for when consuming your fluids. Hyponatremia is a sodium electrolyte disorder that is associated with drinking excessive amounts of water that can result in death. EEK! Don't be alarmed, cases are rare and you'd have to consume gallons and gallons of water in a relatively short amount of time for it to be a concern.

## Tips for Avoiding Dehydration

- Be aware of thirst cues.
- For men, an average of 16 cups or 128 ounces of water a day from fluid and non-fluid sources (e.g. fruits and vegetables) is adequate.
- For women, an average of 11 cups or 88 ounces.
- Keep in mind there is extreme variability in water needs based on climate and physical activity levels.
- Consume nutrient-dense foods/beverages after exercise to assist in the re-hydrating process.
- Those with a history of cramping and "salty sweat" should consider adding salt to foods/beverages after exercising (a quarter to half teaspoon).
- For every pound of sweat lost during exercise, rehydrate with 2 cups of fluid.

Aaron Gilbert, CSCS, is founder/owner of Longevity Athletics.

520-261-4661  
Aaron@Longevityathletics.com

# Surviving a heat wave/storm

Worsening summer heat waves can pose special health risks to older adults and people with chronic medical conditions. It is important that seniors particularly susceptible to hyperthermia and other heat-related illnesses, know how to safeguard against problems. Air conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even for just a few hours.

Heat stroke is the most serious heat related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10—15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.

## Signs of Heat Exhaustion

- Heavy sweating, cold, clammy skin
- Dizziness or fainting
- A weak and rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

## Signs of Heat Stroke

- High body temperature (above 103°F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness, nausea, confusion
- Unconsciousness

These are signs of a life-threatening emergency. Have someone call 911 while you begin cooling the person:

- Get him to a shady area.
- Cool him rapidly, however you can: Immerse him in a cool tub of water or shower; spray him with cool water from a garden hose; sponge him with cool water;



Rev. Sheriolyn Curry

- wrap him in a cool, wet sheet and fan him vigorously.
- Monitor body temperature; continue cooling efforts until body temperature drops to 101—102°F.
- If emergency medical personnel are delayed, call the ER for further instructions.
- If he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Source: American Heart Association; Department of Health and Human Services; Caregiving in the Comfort of Home

Comfort Keepers is locally owned and operated by Sheriolyn Curry, MDiv, CSA. Serving Maricopa and surrounding areas for over 10 years, we create personalized care plans that are convenient for every budget. Call us today! 480-659-9201. Or Email us at MaricopaAZ@ComfortKeepers.com.

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# Calling All Residents!



## New Sun Life Location in Chandler, Arizona! Sun Life Center for Women in Chandler

By Andrew H. Jones

**S**un Life Family Health Center (Sun Life) is pleased to announce the opening of the organization's newest location in Chandler, AZ. Servicing the health care needs of people in Pinal County for over 41 years, Sun Life is expanding into Maricopa County.

Sun Life Center for Women in Chandler will open doors Monday, August 21st, 2017. The Sun Life hours will be Monday - Friday, 8 AM - 5 PM. Located at 655 S. Dobson Rd. suite 201. Women's health care services will be provided by Dr. Eddie Estrada, MD, MHA, CPE, FACOG.

Dr. Estrada was born in Caguas, Puerto Rico, USA. He earned his Bachelor of Science degree in Biology from the University of Puerto Rico, Rio Piedras, Puerto Rico, USA. In 1983, he graduated with the honor of Magna Cum-Laude. In 1987, he earned his Doctor of Medicine degree from the School of Medicine, University of Puerto Rico, Medical Sciences Campus, San Juan, Puerto Rico. From 1987 to 1991, Dr. Estrada completed his residency training in Obstetrics and Gynecology at the School of Medicine at the University of Puerto Rico.



SUN LIFE FAMILY HEALTH CENTER



Dr. Eddie Estrada, MD, MHA, CPE, FACOG

Dr. Estrada is Board Certified in Obstetrics and Gynecology since 1993, and was recertified in 2017 by the American Board of Obstetrics and Gynecology. He is a Fellow and member of the American Congress of Obstetricians and Gynecologists. Dr. Estrada has long-term affiliation with local hospitals, practicing in Chandler Regional Hospital since April 2013 and Banner Casa Grande Medical Center since November 2007. Dr. Estrada is highly trained in Ultrasonography, Robotics Laparoscopic Surgery and has an impeccable service record (zero lawsuits).

Dr. Estrada owned and operated a private practice in Tiffin, Ohio from July 1991 - October 2007 before moving to Arizona and

joining Sun Life Family Health Center. Dr. Estrada is fluent in English and Spanish. He is an aircraft pilot and builder, and enjoys aviation, experimental aviation, scuba diving, music and dancing.

Dr. Estrada and the rest of the Chandler Center for Women staff will be providing the community and City of Chandler the following services:

- Prenatal care for both low and high risk pregnancies
- Delivery at Chandler Regional or Banner Casa Grande hospitals, based on insurance or patient choice
- Mobile onsite service ultrasound for both OB and GYN patients
- In-office lab draw for patient convenience
- Well woman exams
- Family planning including the Depo Provera shot, IUDs, and Nexplanon (subdermal implant)
- Testing for and treatment of urinary stress incontinence
- Minimally Invasive gynecologic surgery via robotic equipment

"I am excited to bring Sun Life Center for Women to a new community. I am a doctor that is diverse, with both education and experience. I am compassionate and respectful, and I believe these traits, combined with my caring and personal approach to my patients, will make a difference in the way women's health care is delivered to the Chandler community".

To make an appointment, call 480-389-1698.

For more information about Sun Life's services and/or other locations, visit our website at [www.sunlifefamilyhealth.org](http://www.sunlifefamilyhealth.org)

**TIP**  
OF THE  
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Joseph Edwards, MD, FACOG



Danielle Jennings, WHNP-BC



Bianca Smith, DO



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(520) 788-6100

### Family & Pediatrics

44572 W. Bowlin Road  
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[www.SunLifeFamilyHealth.org](http://www.SunLifeFamilyHealth.org)







Wally Brown uses his backhoe to help his neighbors in the Thunderbird Farms area. He is 93-year-old World War II veteran.

Michelle Chance

# Maricopa WWII fighter pilot credits training with long, active life

By Michelle Chance

Wallace Brown flew a P-51 Mustang as a fighter pilot in the U.S. Army Air Corp during World War II.

“I’ve seen most everything. I’ve done most everything. I’ve reached the speed of sound,” he said, reminiscing inside his Thunderbird Farms home.

Now retired, Brown, 93, hasn’t lost much speed. He operates heavy machinery like his backhoe, rides his ATV and lives independently.

He said he has been able to keep an active lifestyle because of his military training.

“It all goes back to the Air Force and the cadet training — they teach you discipline. You just don’t do things that aren’t right. You do things that are right,” Brown said.

One of seven children, Brown was born in Alabama in 1923 with dreams of soaring the sky. He entered basic training in 1943 and eventually earned his wings and commission as an officer.

Brown’s time in the service ended in 1945 when the war concluded. The veteran’s experiences in the air did not come without

sacrifice, however.

While participating in an advanced training exercise at Luke Air Force Base in Phoenix in 1944, Brown’s plane crashed after a mid-air collision with another aircraft that was attempting to get back in formation.

Aided by his training and his parachute, Brown floated safely to the ground.

“When you are up in the sky and you are out on your own, everything falls at the same rate of speed. Your body, pieces of metal — I could have picked [plane debris] up and put it in my pocket, see,” Brown said.

He found out not long after landing the man in the other plane had died in the explosive accident. That man was Brown’s friend, Robert “Bobby” Boyles.

Brown wrote to Boyles’ parents in Illinois after the crash, but was asked to cease his communication with them.

“I didn’t write back anymore. I didn’t stop by. I wanted to go visit his folks, but I wouldn’t do it. He was a pretty good guy, I liked him,” Brown said.

The parachute that saved Brown hangs framed in his living room wall. It is a testament to his survival, and to the memory of the day he lost his friend.

After the military, Brown opened his own business and eventually made his way to Maricopa, where his company installed large water tanks.

In 1975, he bought property in Thunderbird Farms and made his home there years later.

The local hero attributes his long life to helping others and to doing the right thing.

“I just accept things as they come along; that’s the way life is. Take it, embrace it. If you can discard something you don’t want, do it. If you take it, go with it; that’s what makes you feel good. That’s what keeps you young,” he said.



See Wallace Brown tell his wartime story in a video at [InMaricopa.com](http://InMaricopa.com).

# Understanding, finding resources for dementia

By Joan Koczor

Dementia has become a growing concern for many, and its effects are long-reaching.

A person suffering from dementia often experiences confusion, problems speaking and inability to focus. Often the family of a person diagnosed with dementia feels a sense of loss. Overnight, it seems, they are robbed of this person and the important part they played in the family dynamic.

I am not an expert in this field but have been fortunate to meet those who are through seminars and workshops.

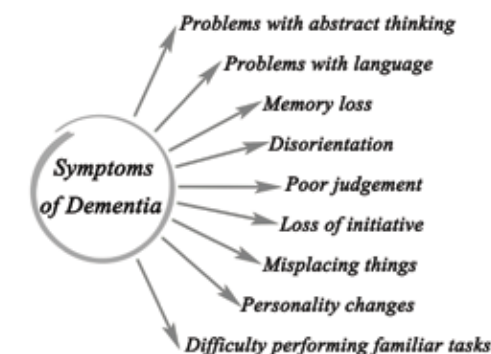
The following information comes from Wikipedia.com, MedicineNet.com and persons knowledgeable about this disease. I hope you find it helpful.

Dementia is a broad category of brain diseases that cause a long-term and often gradual decrease in the ability to think and remember that is great enough to affect a person’s daily functioning. The most common type of dementia is Alzheimer’s disease, which makes up 50 to 70 percent of cases.

Symptoms include memory loss, word-finding difficulties, impaired judgment and problems with day-to-day activities, which are caused by injury or loss of brain cells (neurons). Increased risk factors for dementia include older age, family history, heavy alcohol use, hardening of arteries, high blood pressure, diabetes, high cholesterol and smoking.



Joan Koczor



Once the brain cells are injured, they lose their ability to communicate with other cells, leading to dysfunction.

The types of dementia include Lewy body dementia, vascular dementia and frontotemporal dementia. There is dementia associated with Parkinson’s disease or Huntington’s disease. Senile dementia (“senility”) is a term that was once used to describe all dementias; this term is no longer used as a diagnosis.

The stages of dementia:

**Stage 1:** No impairment — The patient has no problems.

**Stage 2:** Questionable impairment — The patient begins to have some difficulty but can still function independently.

**Stage 3:** Mild impairment — The patient has obvious but still mild difficulty with daily activities.

**Stage 4:** Moderate impairment — The patient needs help caring for themselves.

There is help out there. Pinal Gila Council for Seniors is in Casa Grande. Caliche Senior Living in Casa Grande has an Adult Day Care Club that provides a necessary respite for caregivers as well as providing a safe environment for their loved one. Banner Alzheimer’s Institute is in Phoenix with more resources.

This is just a sample of the help that is available.

Joan Koczor is an advocate for Maricopa seniors and a member of the Age-Friendly Maricopa Advisory Committee.



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## Things to do

### AUGUST CALENDAR

**1**

Coffee with Friends of the Maricopa Library  
1:30 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road

#### Tutu Tea Party

3 p.m., Desert Sun Performing Arts  
19756 N. John Wayne Parkway, Suite 107

#### Maricopa Police Explorer Post Meeting

5 p.m., Maricopa High School  
45012 W. Honeycutt Ave.

#### Celebrate Recovery Coffee & Karaoke

5 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.

#### City Council Work Session

6 p.m., Maricopa City Hall  
39700 W. Civic Center Plaza

#### 8th Grade Ice Cream Social

6:30 p.m., Maricopa Wells Middle School  
45725 W. Honeycutt Ave.

#### City Council Regular Session

7 p.m., Maricopa City Hall  
39700 W. Civic Center Plaza

**2**

#### First Day of School

Sequoia Pathway Academy  
19287 N. Porter Road

#### Lapsit

9 a.m., Maricopa Public Library  
41600 W. Smith-Enke Road

#### Harrah's Club 777

**Toastmasters**  
3 p.m., Harrah's Ak-Chin Casino  
15406 N. Maricopa Road

#### 7th Graders Ice Cream Social

6:30 p.m., Maricopa Wells Middle School  
45725 W. Honeycutt Ave.

**3**

#### First Day of School

Leading Edge Academy  
18700 N. Porter Road

#### Freshman First Day

8 a.m., Maricopa High School  
45012 W. Honeycutt Ave.

#### Movers & Shakers

9 a.m., Maricopa Public Library  
41600 W. Smith-Enke Road

#### Li'l Explorers

10 a.m., Maricopa Public Library  
41600 W. Smith-Enke Road

#### Meet the Teacher Night

5:30 p.m., Butterfield Elementary School  
43800 W. Honeycutt Road

#### Meet the Teacher Night

5:30 p.m., Maricopa Elementary School  
18150 N. Alterra Parkway

#### 6th Grade Ice Cream Social

6:30 p.m., Maricopa Wells Middle School  
45725 W. Honeycutt Ave.

#### Narcotics Anonymous

7 p.m., Ak-Chin Social Services  
48227 W. Farrell Road

**4**

#### Childcare & Babysitting Program

5:30 p.m., Copper Sky Multigenerational Center  
44345 W. Martin Luther King Jr. Blvd.

#### AI-Anon Meeting

7 p.m., Community of Hope Church  
45295 W. Honeycutt Ave.



For details on these and other local events — and to list your own — visit [InMaricopa.com/Calendar](http://InMaricopa.com/Calendar).

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[MFAAC.com](http://MFAAC.com)



21300 N. John Wayne Parkway, Suite 126



Ahwatukee Foot & Ankle Center

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[AHWFAC.com](http://AHWFAC.com)



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# Historian to discuss life and times of Tom Jeffords

A man with a mustache, wearing a light-colored cowboy hat and a black western shirt with blue floral embroidery, stands behind a table. He is smiling and looking towards the camera. On the table in front of him are several books. One book prominently displayed on the right is titled "TOM JEFFORDS" and features a portrait of a man. Other books are stacked on the table, some with yellow covers. The background shows an indoor setting with other people and posters on the wall.

Submitted

His newest book “Tom Jeffords: Friend of Cochise” can be found on Amazon.com and through his website. 

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## Things to do

## 6

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12-13




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Submitted

## Maricopa club team hosts softball tournaments

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## Things to do

**13**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**14**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**15**  
**Trip to OdySea Aquarium**  
 9 a.m., Copper Sky Multigenerational Center  
 44345 W. Martin Luther King Jr. Blvd.

**Coffee with Friends of the Maricopa Library**  
 1:30 p.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Maricopa Police Explorer Post Meeting**  
 5 p.m., Maricopa High School  
 45012 W. Honeycutt Ave.

**Celebrate Recovery Coffee & Karaoke**  
 5 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**City Council Work Session**  
 6 p.m., Maricopa City Hall  
 39700 W. Civic Center Plaza

**City Council Regular Session**  
 7 p.m., Maricopa City Hall  
 39700 W. Civic Center Plaza

**16**  
**Lapsit**  
 9 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Harrah's Club 777 Toastmasters**  
 3 p.m., Harrah's Ak-Chin Casino  
 15406 Maricopa Road

**17**  
**Movers & Shakers**  
 9 p.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Li'l Explorers**  
 10 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Narcotics Anonymous**  
 7 p.m., Ak-Chin Social Services  
 48227 W. Farrell Road

**18**  
**Maricopa Entrepreneur Pitch Competition**  
 11:30 a.m., Elements Event Center at Ak Chin Circle  
 16000 N. Maricopa Road

**Maricopa Rams Football Home Opener**  
 7 p.m., Ram Stadium  
 45012 W. Honeycutt Ave.

**Al-Anon Meeting**  
 7 p.m., Community of Hope Church  
 45295 W. Honeycutt Ave.

**19-20**  
**Maricopa Mayhem 14U Softball Tournament**  
 8 a.m., Copper Sky Regional Park  
 44345 W Martin Luther King Jr. Blvd.

**20**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**21**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**22**  
**Coffee with Friends of the Maricopa Library**  
 1:30 p.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Maricopa Police Explorer Post Meeting**  
 5 p.m., Maricopa High School  
 45012 W. Honeycutt Ave.

**Celebrate Recovery Coffee & Karaoke**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**23**  
**KBA Basketball Camp**  
 7:30 a.m., Pacana Park  
 19000 N. Porter Road

**Lapsit**  
 9 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Harrah's Club 777 Toastmasters**  
 3 p.m., Harrah's Ak-Chin Casino  
 15406 Maricopa Road

**MUSD Governing Board Meeting**  
 6:30 p.m., Maricopa Unified School District  
 44150 W. Maricopa-Casa Grande Hwy.

**24**  
**Movers & Shakers**  
 9 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Li'l Explorers**  
 10 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Narcotics Anonymous**  
 7 p.m., Ak-Chin Social Services  
 48227 W. Farrell Road

**25**  
**Game Night**  
 6:30 p.m., Copper Sky Multigenerational Center, Multipurpose Room A  
 45345 W. Martin Luther King Jr. Blvd.

**Al-Anon Meeting**  
 7 p.m., Community of Hope Church  
 45295 W. Honeycutt Ave.

## Things to do

**27**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**28**  
**Narcotics Anonymous**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**29**  
**Coffee with Friends of the Maricopa Library**  
 1:30 p.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Maricopa Police Explorer Post Meeting**  
 5 p.m., Maricopa High School  
 45012 W. Honeycutt Ave.

**Celebrate Recovery Coffee & Karaoke**  
 7 p.m., Maricopa Community Church  
 44977 W. Hathaway Ave.

**30**  
**Lapsit**  
 9 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Harrah's Club 777 Toastmasters**  
 3 p.m., Harrah's Ak-Chin Casino  
 15406 Maricopa Road

**31**  
**Movers & Shakers**  
 9 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Li'l Explorers**  
 10 a.m., Maricopa Public Library  
 41600 W. Smith-Enke Road

**Narcotics Anonymous**  
 7 p.m., Ak-Chin Social Services  
 48227 W. Farrell Road

## Former semi-pro to lead kids basketball camp

By Raquel Hendrickson

Six weeks of basketball training for kids in kindergarten through eighth grade is available in Maricopa starting Aug. 23.

Alcurtis Turner of Kids Basketball Association (KBA) is returning to run the camp he started in Maricopa in 2013. He is expecting 20-25 students. He limits it based on the number of volunteer assistants he has available.

“The first year I came down, we had 80 kids,” Turner said. “That was too much.”

The camp is Wednesdays from 7:30 to 8:30 a.m. at Pacana Park at a rate of \$10 per session.

“They’ll basically be ball-handling, running, a lot of cardio, passing and shooting,” Turner said. “We end a lot of times on defense. I give them a little motivational speech to try to build their confidence up.”

Most players who come to his camps are new to the game, and he’ll be drilling fundamentals for them.

“It’s very repetitive,” he said. “Sometimes I’ll switch it up when they get better. You can’t move on to something else until you master what you’ve been learning. Once kids buy into training, it makes it easier for them play in the games.”

Turner was a minor-league basketball player, playing street ball well enough to join semi-pro teams in Arizona. He said a lot of parents of would-be basketball players do not know the amount of work and patience required to become good.

Participating in the KBA camp is not just about basketball. Players are expected to be involved in Turner’s community service Sundays, doing work like picking up litter or painting over graffiti.

“It’s not going to be easy. This is not an overnight process,” Turner said. “It takes time, but they will learn from the best to become the best.”

 **KBAkids.com**  
 **480-335-0221**



Dean Crandall

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**Ken McMillan**  
Stihl Specialist

**Joined Ace:** 2015  
**Resident of:** Alterra South  
**Hometown:** Victoria, BC, Canada  
**Background:** Maintenance Engineer  
**Ken's Favorite:** Helping customers  
**Question most often asked:** Where is \_\_\_\_?



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