



Maricopa

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August 2019

PEOPLE

MHS grad wins national award

GOVERNMENT

New look for Bowlin Road

ON THE ROAD

Opening overpass a transportation milestone



Things to Do

BUSINESS

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Making it happen

Over the past decade and a half, scores of City Hall staff members and elected officials worked with state and federal counterparts to make the idea of an overpass in the middle of Maricopa work. Even before incorporation, the concurrent growth in the number of cars and trains hinted at a serious problem brewing at the junction of State Route 347 and the Union Pacific tracks.

That potential problem came to fruition quickly as south Maricopa developed. Ideas for how to fix the problem and pay for it came and went. It took the efforts of many to piece together a plan that resulted in the opening of the overpass this summer, eliminating the impact of train traffic. As Vice Mayor Henry Wade shouted at a passing train during the overpass ribbon-cutting, "You ain't the boss of me no more."

It has been an example of government working. In our online poll, 72 percent said the overpass was worth the \$55 million cost. Maricopa's collective effort to make the huge project a reality lands the

overpass on this month's cover.

The issue celebrates individual achievements, as well. Vincent Latona won a national gold medal in Skills USA. Danica Gutierrez placed second in the nation in her age group in Pitch, Hit & Run.

We also take a look at other government efforts — planned improvements on Bowlin Road and the Fiscal Literacy Task Force launched by the Arizona Treasurer's Office. Catch up with business developments and find out what events are coming to Maricopa this month, all in this issue.

Happy reading,



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History



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Water takes toll in desert

The flood of 1983, caused by Tropical Storm Octave, was a major disaster in Arizona, killing 14 people and destroying property in eight counties. Floodwaters from Pima County swept north into Pinal. The Santa Cruz breached its banks and put much of the small town of Maricopa and surrounding agricultural fields under water. The First Baptist Church, then almost 30 years old, was among several buildings that took months to clean up and repair.

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Victor Moreno

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VICTOR MORENO
A photographer, painter, husband and father, he is from Hermosillo, Sonora, Mexico, where he attended the Instituto Tecnológico.



DANIELLE HEINRICH
A member of the Be Awesome Youth Coalition, she is 11 years old and just started sixth grade at Maricopa Well Middle School.



BOB MARSH
A Vermont native and former resident of Washington, he is a graduate of MIT and was a marketing manager at Microsoft.

ON THE COVER: Mayor Christian Price (left) and Kelly Anderson, a former mayor, walk up the new overpass together in preparation for a ribbon-cutting.
Photo by Victor Moreno

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City trying to make connections on Bowlin Road

Story and photos by Raquel Hendrickson

Bowlin Road is a piecemeal roadway through Maricopa, some pieces in high usage while other pieces are nearly ghosts.

This year, sections of it are targeted by City Hall for improvements in the name of safety. The focus is creating a crossing over the Santa Cruz Wash.

According to City documents, a raised crossing would “increase vehicular connectivity, improve response times of the fire department and provide relief to congestion on Honeycutt Road.”

The City intends to use \$974,800 in Highway User Revenue Funds (HURF) for the project between White & Parker Road and Anthony Boulevard in Rancho Mirage Estates. That comprises \$473,000 in fiscal year 2020 and \$501,000 in FY2021.

Joshua Plumb, engineering and floodplain manager for the City, said a crossing would be high enough to combat seasonal flooding of the wash. “Enough to allow most of the flows we see through there to pass without overtopping,” he said. “It’s going to create that connection that right now is pretty much impassible.”

It’s not just about floodwater. As used to be the case on roads crossing the Santa Rosa Wash, the dirt portion of Bowlin is a bit of a rollercoaster across the Santa Cruz even in dry weather.

“The wash crossing itself is too steep to pass anyhow,” Plumb said. “In a four-wheel-drive jeep you might be able to pass,



but in a standard sedan you could not. And, certainly, emergency vehicles aren’t making it through there.”

A sedan is not exactly comfortable on even the “flat” stretch of dirt road between City Hall and Rancho Mirage. The long-range Area Transportation Plan sees a four-lane arterial by 2030.

The timeline for paving the dirt portion of Bowlin from east of the White & Parker intersection to the wash will be driven by development. City Hall does not have a schedule for that improvement. Plumb said there will be a temporary surface treatment to get traffic from pavement to pavement in the interim.

The wash crossing is considered a first step and a necessity.


“Right now, we have east-west connectivity up at Honeycutt, and then you have to go all

Bowlin Road is almost impassible at the Santa Cruz wash, where the City of Maricopa is planning a crossing. The gravel portion of the road will have a temporary surface treatment.

the way down to Maricopa-Casa Grande Highway, which is the next non-dirt road,” Plumb said. “And then Farrell is there for dirt passage when the weather’s good.”

Because of that situation, many commuters in Rancho Mirage, Sorrento and Tortosa subdivisions use Honeycutt Road, causing traffic backup at White & Parker. It becomes even more dangerous when fire trucks need to reach the site of an emergency and must drive miles around.

A four-lane, paved portion of Bowlin already runs from Hartman Road on the east end to Anthony Boulevard on the west, separating Rancho Mirage from Sorrento and passing Fire Station 572 and the Global Water well along the way.

The capital improvement plan anticipates an opportunity for grant funding for phases of Bowlin Road. 


See video at
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Q&A with Kimberly Yee

State treasurer encourages financial literacy for young and old

Kimberly Yee is in her first year as Arizona’s state treasurer after serving as a state lawmaker and speaking at the 2016 Republican National Convention. She sat down with InMaricopa to talk about a new Financial Literacy Task Force and the goals of her office to help Millennials and others understand their finances.

Remind us of your background and how you came to the State Treasurer’s Office.

One of the things I did right after college was start working for public policymakers. I had the privilege of working for two governors in California. I specifically chose education-related policies, so early on I worked on childcare and development issues. I came back to my home state to work for former state treasurer Dean Martin. It was a time when the state was going through a lot of financial-related issues, and the office was very helpful in trying to determine where our economic revenues were coming in and how they were being spent. We were able to use the Treasure’s Office to warn the Legislature and the executive office that things were looking dim in the future, and from an economic forecast they needed to start spending down what they were previously spending on because the revenues were not coming in. Back then it was really the beginning of using the State Treasurer’s Office for economic purposes in helping policymakers.

Were they listening?

Unfortunately, no. We asked them to spend \$150 million less than they were spending, and then they created a budget that fiscal year to spend more than \$150 million [more]. That’s not the way we anticipated they should go, but we did our due diligence by providing the information.

This seems to be always circling back to education. What drew you to that in the first place?

My mother was a former teacher in the public-school system in Phoenix for 38 years. Around the dinner table as a young girl, we talked about education and the importance of making sure

KIMBERLY YEE

Age: 45
Hometown: Phoenix
Education: Greenway High School, Pepperdine University majoring in English and political science, ASU master’s in public administration
Family: Husband and two children
Previous work: Deputy cabinet secretary for Gov. Arnold Schwarzenegger, policy analyst for Gov. Pete Wilson, executive team of Arizona State Treasurer Dean Martin, eight years as Arizona legislator in District 20, second woman (after Sandra Day O’Connor) to serve as Senate Majority Leader
Fun fact: She is the first Asian-American elected to the Arizona Legislature. She is the fifth-straight generation of her family to own a small business in the United States.

our kids have a high quality of education no matter what ZIP code they lived in. I carried that in my public policy behind the scenes working for elected officials, and then when I became elected that became a priority for me. We really want to teach students in high school those basic life skills to ensure they understand how to balance a budget, balance their checkbook, what it means to carry credit month-to-month on their credit card.

Is this going to be part of the Financial Literacy Task Force?

The Task Force will move forward to create more ideas. This was already done in my first six months and it’s now law, so this will be the first academic year that will be administered. I created a task force of 16 members, 17 including myself, first-ever in the state that brought together experts in this field to advance options for financial education. It’s something I’ve been passionate for over a decade.



Kyle Norby

How did you find the members of the task force?

A number of them I worked with over my time in the Legislature working on bills that advance financial education in our schools but also looking at what we can do next. Our meeting was fantastic when we first met face-to-face. We have a lot of work to do. We have it open to the public so we can hear from others who aren’t at the table. We are looking at our Millennial population in particular, because these are young people who we see, the evidence shows, are \$1.6 trillion in student debt. Roughly 39 percent of the Millennial population say they don’t pay their bills on time. If we keep going down that road, we will really be in trouble from an economic perspective.

After your years in the Treasurer’s Office, to come back as the treasurer yourself, did you find surprises there?

In a good way. There was very little transition time because I knew the office and how it works. One of the things I wanted to improve was our local government investment pool. These are optional choices that local governments can make but if they see that our returns are doing great, which they are, and they want to invest those local dollars, that means more to taxpayers, which means more money for infrastructure, education, transportation. I also want to use the office to continue to advance our economic forecasts because what we see coming in and out of the office really does matter to the policymaker.



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Mayor Price and Kelly Anderson: Landing state funding in 2014; Breaking ground in 2017; Walking the overpass in 2019

Residents and guests gathered on the overpass bridge under a canopy to listen to speakers on a hot morning as Grade Separation Day was proclaimed. They were serenaded by the Maricopa High School Marching Band.

Rubber hits the road

Mariocopans celebrate opening of \$55 million overpass

By Raquel Hendrickson

Sixteen years in the making, a bridge over the Union Pacific railroad tracks in the middle of Maricopa opened to traffic July 15.

Mayor Christian Price said it was a day that would transform Maricopa.

Though the entire project will not be completed until fall, the State Route 347 grade separation has a busy overpass. The \$55 million project is ahead of schedule and under budget. It is expected to be complete in October or November.

“There’s an ADOT saying now. It’s the ‘Maricopa model,’” said former mayor Kelly Anderson, who was given the honor of declaring Grade Separation Day July 13 during a city ribbon-cutting event. “You bring your own money to the model to get something done, and that’s what we did here.”

The overpass project is funded by taxpayers. The City of Maricopa is paying about \$14 million. A federal Transportation Investment Generating Economic Recovery (TIGER) grant added \$15 million. The state is paying the rest.

After serving as mayor, Anderson was on the State Transportation Board, which makes decisions on funding transportation projects on state highways. He said he learned the compromises and negotiations necessary to get projects done, including securing Maricopa’s overpass.

It also took the persistence of past and present city staff working on the project and a string of councilmembers over the years declaring themselves on board with the idea despite the daunting cost.

“I’ve always said, if you want great economic development, you have to have phenomenal transportation corridors,” Price said. “This is one for Maricopa.”

The mayor has lived south of the tracks 16 years and said he loves getting phone calls telling him Maricopa has a “train problem.”

Price haunted the Transportation Board meetings for years, following them around the state to keep Maricopa’s problem in front of the members whenever questions of funding arose. Anderson said the presence

of Louis Manuel, then-chairman of the Ak-Chin Indian Community, at a meeting in the White Mountains was crucial in convincing the board of multi-government support for the grade-separation proposal.

With traffic bottlenecked and even stopped dead at the junction of SR 347 and the Union Pacific tracks, the idea of an overpass had been floated before incorporation. The long stops of Amtrak trains and increasingly frequent appearances of freight trains delayed years of Maricopa drivers.

Wes Carnahan, the city’s construction project manager, thanked Mariocopans for their patience during construction. “I know there’s been times when we held you up, and we apologize, but now you’ve got something from it. You’ve got an overpass to go over.”

Micah Hannam, an ADOT engineer who became a familiar face at public meetings during the design process, reminded everyone the work is not done. Ames Construction continues work on the final 20 percent of the project.

“This is a momentous thing for the community. I’ve only been down here about two years, and already I understand how big of a deal this overpass is,” he said. “There’s still several more months of construction going on. So, with all the traffic changes, please drive safely, drive carefully and enjoy the new overpass.”

Work to be completed:

- Widening Maricopa-Casa Grande Highway between the new overpass and Plainview Street (expected closure lasting three months)
- Demolishing the at-grade railroad crossing at SR 347
- Additional landscaping and median work
- Improving adjacent city streets

Chris Kane of Ames Construction said the overpass would have “an immediate, long-lasting, positive effect upon the community. You’ve got to be grateful any time you can be a part of something like that.”

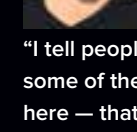


The closing of the old crossing has caused the rerouting of traffic to access businesses on Maricopa Road.

Residents at the overpass ribbon-cutting



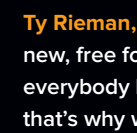
Lisa Rieman: “It’s an awesome accomplishment for our city.”



Jane Jackson: “I tell people in Chandler — some of them used to live here — that this is a new Maricopa. There is so much happening now, like this overpass.”



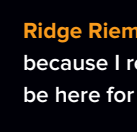
Steven Chaston: “To be perfectly honest, we’re not going to use it much, but we’re really glad it’s here.”



Ty Rieman, 14: “It’s cool, it’s new, free food, cool band, everybody here is cool, that’s why we’re here.”



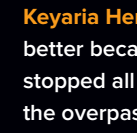
Eturntie Henderson, 13: “People have to go to work in the morning and sometimes they get stopped by the train and that causes stress and everything. So, it’s good they have this now.”



Ridge Rieman, 15: “It’s cool because I really don’t want to be here for the train anymore.”



Alexandria Haywood, 15: “It makes it shorter for when people need to go somewhere, and since this is a small city that makes it even better.”



Keyaria Henderson, 15: “It’s better because people get stopped all the time, so having the overpass will be faster.”



Frances Wells: “I’m excited to be here. It’s a great day in Maricopa and I’m proud of our city and our mayor.”

Big Budgets

The City of Maricopa and Maricopa Unified School District can measure growth through their fiscal year 2020 budgets.

CITY OF MARICOPA

	2019	2020
Expenditures	\$106,589,421	\$105,654,318
Tax Levy	\$13,223,548	\$14,133,827
Tax rates		(estimated)
Primary	4.7845	4.7845
Secondary	1.1220	1.1871
Total	5.9065	5.9716



MARICOPA UNIFIED SCHOOL DISTRICT

	2019	2020
M&O Expenditures	46,804,724	\$50,473,932
Tax rates		(estimated)
Primary	4.1596	3.7998
Secondary		
Override	1.3261	1.3526
Class B bonds	1.2693	1.1968
Desegregation	0.4454	0.4125
Total Secondary	3.0408	2.9675
Total	7.2004	6.7583

MUSD AVERAGE TEACHER SALARIES

2018	2019	2020
\$43,408	\$47,748	\$50,376

MUSD STUDENT COUNT

2018	2019	2020 (est)
6,455	6,835	7,213

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What’s new in business development

Wendy’s received the go-ahead for commercial tenant improvements to the former Carl’s Jr. at 21000 N. John Wayne Parkway. That project was valued at \$100,000. The building is being redone by Andrews Design Group with construction carried out by Burke Construction.



Abbott+Taylor LLC is making tenant improvements for a new ASUI medical office at 21300 N. John Wayne Parkway, a 1,991-square-foot office in Maricopa Professional Village in Cobblestone Fiesta.

Edison Family Dental Care, 44555 N. John Wayne Parkway, opened its doors in Suite A of the new building with two dentists on staff.

Volkswagen is adding an electric-vehicle charging station in its parking lot at 20053 N. Murphy Road.

Anderson-Palmisano Farms entered a development agreement with the City of Maricopa to create a planned area development on its acres bound by Hartman, Bowlin, Murphy and Farrell roads in east Maricopa.

The **City of Maricopa** received a commercial permit for its new administration building for the Maricopa Fire/Medical Department, 45695 W. Edison Road. It is valued at \$1.8 million. MFMD will also add a \$1 million fire-apparatus storage bay to the maintenance facility. Willmeng Construction is the contractor.

Maricopa Unified School District received commercial permits for eight factory-built buildings that will temporarily house 16 classes at Maricopa High School, which is over capacity. MUSD also received a permit for a modular restroom. Each was valued at \$88,900.

Secate Pellet Mill, 38743 W. Cowtown Road, is installing a sprinkler system for fire suppression in its new warehouse/office building.

Sunshine Family Healthcare Center received its final inspection as a new tenant at 19756 N. John Wayne Parkway in the Duke Plaza.

Maricopa Family Dentistry, 44480 W. Honeycutt Road, received a permit for commercial alterations to the 2,244-square-foot space to add two suites. The contractor is WeBuildIt Construction.

Trend Salon & Spa, 41600 W. Smith-Enke Road, had its grand opening June 21.

Brakes Plus had a grand opening and ribbon-cutting July 18.

K Hovnanian opened a model home sales office at 17819 N. Miller Way in Maricopa Meadows. It received a permit for a 50-foot flagpole as well.

Lennar Homes is opening sales/construction offices at 44767 W. Rhea Road and 44781 W. Rhea Road in Alterra South. Meritage Homes placed a construction office a 21226 N. Jubilee Place in Province.



3 RESTAURANTS STRUGGLE TO KEEP FOOD COLD

Thirty-one of 34 establishments inspected by Pinal County Environmental Health Department in the Maricopa area from June 16 through July 17 received excellent marks. Two were found to be satisfactory, and one received the cautionary mark “needs improvement” because of a refrigeration problem. True Grit Tavern received the “N” rating when the inspector found raw meats in the prep fridge at higher temperatures than the required maximum 41 degrees F. According to the report, fish was at 50 degrees, chicken and hamburger patties at 46 degrees and shrimp at 44 degrees. An embargo notice was signed to discard the food. The inspector also noted a floor drain not working and bad lighting in the prep area, circumstances that could not be corrected immediately. Meanwhile, Denny’s and Say Sushi received “S” ratings. Say Sushi also had a cold-holding problem with its walk-in refrigerator, with cream cheese, rolls,

dumplings and tofu cheese stored at 47 degrees, resulting in an embargo. At Denny’s, a small prep unit had lettuce, tomatoes and liquid eggs at 45 degrees, and a walk-in cooler had hash browns at 45 degrees. Both situations were remedied during inspection.

EXCELLENT [No violations found]

- 99 Cents Only
- Arby’s
- Bashas’
- Bashas’ — AFC Sushi
- Bashas’ — Bakery
- Bashas’ — Deli
- Bashas’ — Starbucks
- Circle K (east)
- Circle K (east) Made to Go
- Copa Craze
- Dickey’s Barbecue Pit
- Francisco’s Mexican Food
- Fry’s Marketplace
- Fry’s Marketplace — Bakery
- Fry’s Marketplace — Deli
- Fry’s Marketplace — Starbucks
- Fry’s Marketplace — Sushi
- Good Donuts
- IHOP

- Jack in the Box
- Jersey Mike’s Subs
- Native Grill & Wings
- Plaza Bonita
- Panda Express
- Starbucks
- Subway
- Tacos ‘N’ More
- Walmart
- Walmart — Bakery
- Walmart — Deli
- Yogurt Jungle

SATISFACTORY [Violations corrected during inspection]

- Denny’s
- Say Sushi

NEEDS IMPROVEMENT [Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection]

- True Grit Tavern

UNACCEPTABLE [Gross, unsanitary conditions necessitating the discontinuation of service]

None



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Beefing up

Rancher takes lifetime in cattle business ranch-to-table

By Fran Lyons

A third-generation Arizonan, Vernon St. John was born in Phoenix and has worked with cattle all his life.

“I can remember feeding the cows before I was 5 years old, and when I drove the tractor, I couldn’t even reach the clutch,” St. John said with a big smile.

The owner of St. John Farm Fresh Meat, selling ranch-to-table beef, recalled his first memories of life on his family’s dairy farm on the west side of the Valley. St. John was raised on the farm and worked with his father, who mentored him in every step of the process of cultivating and caring for livestock.

“Cows are a lot smarter than you think,” St. John said. “You just have to be very careful when they get angry or irritable. You don’t want to be around kicking cows.”

St. John left the farm and went into the Army and overseas to Vietnam. The skills he learned added new possibilities to his life and livelihood going forward.

“I went into the service as a heavy-equipment operator. When I told my superiors that I had worked in a bank and could type, I was assigned to the job of financing clerk,” he said.

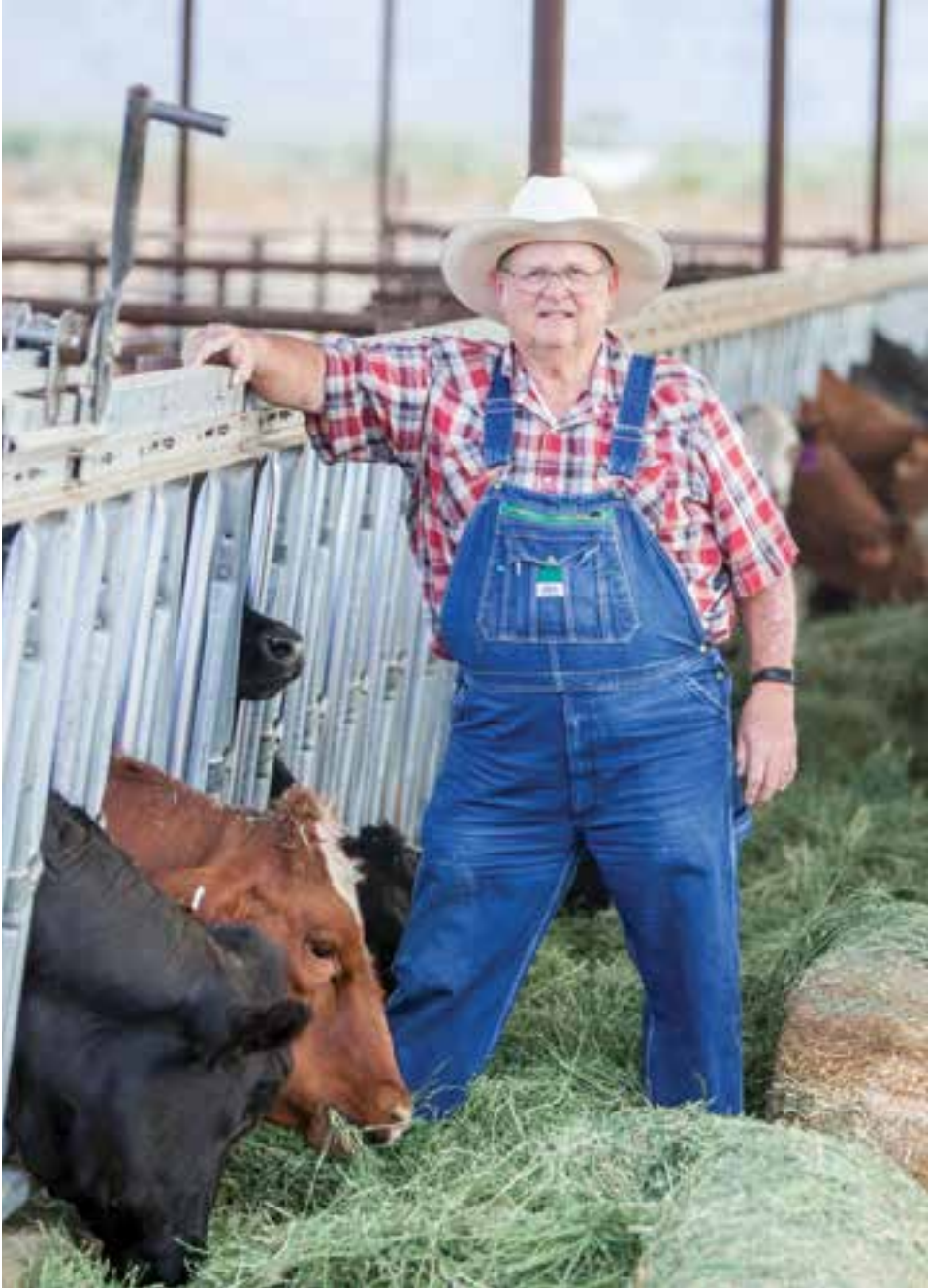
After leaving the service, St. John returned to Arizona and enrolled in college. There, he met his wife, Lynn, who was also a student at the school. The couple each went in different directions, career-wise, when they started their life together.

Lynn joined the world of business as a banker.

“I was a city girl who happened to love animals” she said.

Vernon immersed himself in the agricultural industry, doing what he loved to do, working with animals — cattle to be specific — and ranching.

He wears a variety of hats and is an expert in multiple aspects of his industry. One primary arena is cattle breeding via artificial insemination or AI. He has been employed at Select Sires for over 33 years as a certified AI specialist, sales representative and educator/instructor of programs.



Victor Moreno

Vernon St. John raises cattle in Hidden Valley and sells fresh-cut beef.

“I trained people how to breed cows,” he said.

Select Sires is an agricultural cooperative that provides livestock breeders with a superior genetics program offering AI techniques and optimal reproduction outcomes. “AI isn’t always easy. It’s a science and everything has to be just right for calves to be born with ease and become healthy and strong,” St. John said.

The St. Johns, along with their two daughters, moved to Maricopa in 2004, establishing their 19-acre cattle ranch in Hidden Valley. St. John developed a program to raise cattle for beef that was analyzed by the U of A College of Agriculture & Life Science to be much lower than average in cholesterol. He did this by implementing the animals’ diet

with chelated vitamins and minerals as well as high quality alfalfa and barley feed.

“I recommend using grains over grass for feed. It creates good marbling and flavor yet still maintains the health benefits of being lower in cholesterol,” St. John said. “This product is available for purchase here at the ranch.”

St. John Farm Fresh Meat sells:

- Ground beef
- Rib steaks
- T-bone steaks
- NY strip steak
- Round steak
- Tri-tip
- Beef tenderloin

- Top sirloin roast
- Brisket
- Chuck roast
- Shoulder roast
- BBQ ribs
- Short ribs
- Bones

St. John is also working on the concept of a “Farm to Grill” co-op. It involves investing in an animal raised for beef from birth to harvest. It includes a purchase fee for the animal and a fee per month for feed until product is ready for market.

This concept will revolve around the development of a breeding program utilizing the prized and rare Akaushi breed of cattle from Japan. “It is very similar to Kobe beef; we just don’t feed them beer,” he said.

The plan is to breed from embryos that are Akaushi DNA source verified and grow certified Akaushi cattle in the next 18 months. Superb quality, tenderness and flavor are the hallmarks of this ranch-to-table product. American-grown Akaushi cattle are predicted to revolutionize the beef industry and produce an extraordinary dining experience.

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Submitted

VERNON ST. JOHN

Age: 73
Hometown: Tolleson
Resides: Hidden Valley
Education: ASU
Family: Wife Lynn; daughters Lesley and Verna; granddaughter Anastasia
Pets: American bulldog Diesel

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What is a slab leak?

By Terry Leamo
My Maricopa Plumber

A slab leak is an industry term used to describe a leak that has developed in the copper water lines running below the concrete foundation of your home. When these same leaks are above ground, in the wall or ceiling, they are known as pinhole leaks. Such leaks are often a result of long-term corrosion to copper pipes.

Slab leaks can be found either on the pressure side or the drainage side of your foundation. If the slab leak is on the pressure side of the drains, it can typically be unearthed prior to triggering a lot of destruction. While these leaks are usually found quickly, they can cause significant damage. Leaks on the drainage side can be considerably more veiled, making them trickier to spot. They can leak for ages, showing no external indication.

Slab leaks can make your foundation collapse. To stop this from happening, the plumbing must be examined frequently.

Since slab leaks are not clearly visible to a homeowner, they can often go undetected for long periods of time. Leaving a potential slab leak unattended can lead to much larger problems, such as mold damage and termite infestation. With that said, you can look out for more subtle signs that may indicate you have a slab leak.

What Causes a Slab Leak?

Pre-Damage and Poor Installation

It's not unusual for some materials to get a little banged up when building a home, but if it's



Toma Fitzgerald
and Terry Leamon

the pipes that experience any damage, it could cause problems in the long run. Furthermore, if the pipes are installed incorrectly from the start, there's a good chance that they won't be able to function properly once they have an entire house sitting on top of them.

Ground/Foundation Shifts

Sometimes, slab leaks occur as the result of your house shifting on its foundation. When the ground of your home starts to shift, your pipes are bound to experience a little pressure. However, while pipes are strong and can withstand a lot of things, too much pressure can really take a toll and cause them to leak.

Abrasion


Pipes naturally expand and contract as water flows through them, but doing so can cause trouble depending on how your home was built. If the pipes are in a place where they are exposed to concrete, gravel, even other pipes, they could start to rub against them (until they eventually wear down) if they don't have enough room to expand.

Corrosion

Since these pipes are located underground, it's only natural for them to come into contact with soil. However, the addition of soil can cause the pipes to corrode over time. This is very common in home plumbing systems with copper pipes.

Signs You Have a Slab Leak

(1) Sudden spikes in your water bill. (2) The sound of running water when pipes aren't in use. (3) Moisture or mildew under carpeting. (4) A moving water meter dial when pipes aren't in use. (5) Standing water around the perimeter of your house. (6) Unusually low water pressure. (7) Cracks in your baseboard or walls. (8) Damp or warm floors. (9) Mold problems/moldy smell.

If you suspect you may have a slab leak in your home, call My Maricopa Plumber @520-509-7948 for professional slab leak detection and repair. If there is a slab leak present, we may recommend capping off existing pipes using durable and flexible PEX piping if the leaks are extensive or hard to reach rather than performing a complete pipe replacement. 



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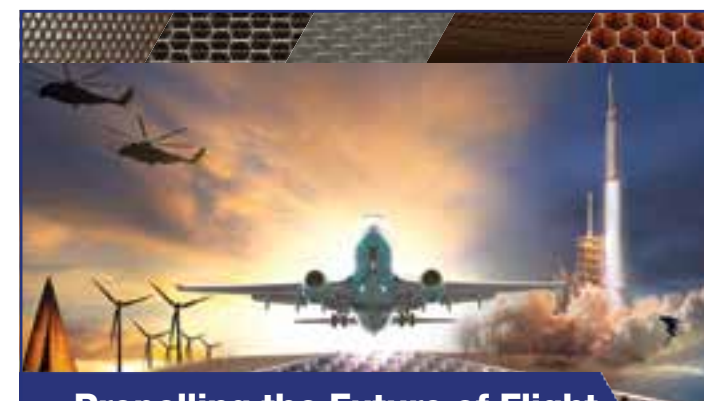
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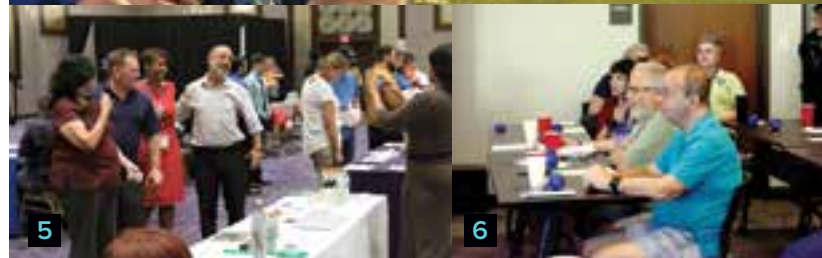
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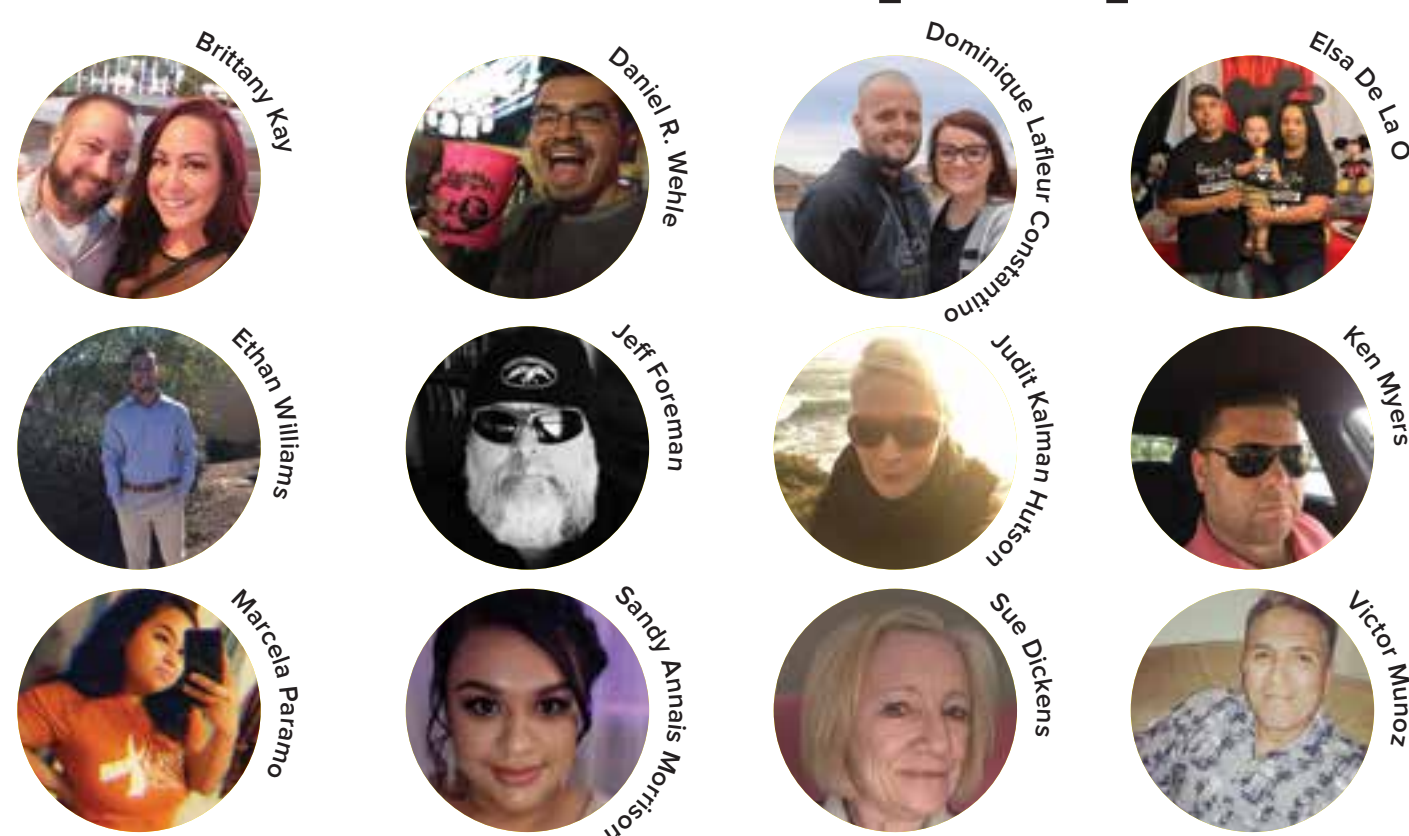
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1. Maricopans celebrated Independence Day with fireworks at Copper Sky. *Raquel Hendrickson*
2. Ray Propst, Bruce Boenning and David Hixon prepare to raise the flag at Maricopa Veterans Center July 4. *Raquel Hendrickson*
3. MPD Lt. Richard Aguirre chats with residents at Copper Sky July 4. *Raquel Hendrickson*
4. Maricopans of all ages gathered prepared to be amazed at a motocross display at Copper Sky. *Raquel Hendrickson*
5. More than 50 employers interviewed job-seekers at Maricopa Job Fair at Harrah's Ak-Chin Casino. *Kyle Norby*
6. Seniors gather for Lunch & Learn a monthly series of talks at Copper Sky. *Raquel Hendrickson*

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HOA cracks down on street parking

By Raquel Hendrickson

This year, residents of one of Maricopa's oldest homeowners associations have been notified multiple times to get their vehicles off the streets by Aug. 1. The initial notice from community manager Dawn Haskin said the HOA board "decided to take action by adopting Parking Rules and Regulations ... and has contracted with a parking patrol company to monitor and issue citations."

Residents and guests are required to park their vehicles in their garages, carports or driveways. The rules also apply to RVs, one-ton trucks, mobile homes, trailers, camper shells, boats and hang gliders. The early version of the parking regulations, which have been in the Rancho El Dorado HOA's Covenants, Conditions and Restrictions for years, had violating vehicles threatened with being towed rather than cited and fined, but with little enforcement.

Up to now, Rancho El Dorado has been a mix of neighborhoods, some where vehicles are rarely seen on the street and others where cars and trucks line the street in both directions.

The crackdown on parking in Rancho El Dorado comes after years of debate about the legality of enforcing HOA rules on public streets. Maricopa Meadows HOA recently tangled with the idea of ticketing street-parked vehicles but changed course because it does not have the legal authority that Rancho El Dorado HOA has.

It's a matter of timing.

Rancho El Dorado HOA's declaration of CC&R's was established in 2000. That date is

important. In 2013, state lawmakers created Arizona Revised Statute 33-1818, a very brief law that states an HOA cannot regulate parking on city-owned streets.

"Many communities with similar street-parking restrictions struggle with enforcement issues due to the common misconception that associations cannot regulate parking on public streets," Haskin said.

For several HOAs in Maricopa, that is the case.

However, the final sentence of the law reads: "This section applies only to those planned communities for which the declaration is recorded after December 31, 2014." Rancho El Dorado was among the HOAs with CC&R's grandfathered in and allowed to enforce its parking restrictions.

The board's action to do so drew divided responses from homeowners in person and on local social media pages.

Kevin Moreland: *I am so against people parking on this street. We have had neighbors in our area park on the street up to four to five vehicles at night up to four months. I was worried that garbage trucks or emergency vehicles would not be able to get through.*

Many communities with similar street-parking restrictions struggle with enforcement issues due to the common misconception that associations cannot regulate parking on public streets."

—Dawn Haskin, RED HOA community manager

Shannon Gorbahn: *I have a car and my husband has a car. The driveways are so small they barely fit. We don't park in the garage because we utilize that space for many, many garage items, and even if we did, wouldn't solve the problem. How about our teenage daughter who also has a car? That's three cars now, and no guests can visit unless someone isn't home; remember, can't park on the gravel that can fit our third car.*

Barbara Price: *Thank goodness. I am so tired of the people on my street parking all their vehicles on the street. I also don't understand why ppl can't park their cars in the garage. I always thought that a garage was for vehicles. I have a truck and when I pull out of my garage it's pretty difficult most times trying not to hit the vehicles that are always parked across the street from me. Kudos to the HOA.*

Tiffany Hardiman: *Yeah, we've lived here for 15 years and my husband's truck doesn't fit in our garage and when he parks in our driveway his back end hangs over the sidewalk. We've gotten warning letters in the past from the HOA about his back end hanging over the sidewalk. So, we don't really have a choice but to park in the street*

Homeowners and renters are being asked to register their vehicles and request variances for special circumstances.

"Guests may only park in the street for limited time periods but never overnight unless a parking pass has been obtained by the Association," Haskin said. 📞



Vehicles parked on Duncan Drive in Rancho El Dorado may draw HOA attention after Aug. 1.

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Fledgling computer expert wins national title

By Raquel Hendrickson

It's a first for Maricopa. Vincent "Vinnie" Latona earned a gold medal for internetworking in the SkillsUSA National Championships in June. He represented not only Maricopa High School but also the state of Arizona.



Vinnie Latona was SkillsUSA national champion in internetworking.



Raquel Hendrickson

Braydon Sanders, a state champion this year for SkillsUSA, helped set up the city's new Esports league.

SkillsUSA creates competition in more than 100 areas of career and technical education, ranging from 3D animation to welding, from cosmetology to robotics. Its overall focus is career readiness.

Latona earned his spot by winning the state competition in April. Last year, he placed third at state.

"Nationals was about what I expected it to be," said Latona, who graduated this year. "The people who run our state competition run it so close to how the national competition is run, anyone who goes from Arizona has a really good chance at doing well at the Nationals."

Braydon Sanders was also a state champion for MHS — his category was information technology services — and was a top-10 finisher at Nationals, which were in Louisville, Kentucky. It was his third year competing in SkillsUSA but his first at Nationals. His area focuses mostly on customer service and computer repair and maintenance.

"It was a pretty fun experience," Sanders said. "One day you have nine different stations

of things you have to do, and each one is designed around a scenario you'd have to do in the workplace. One's a job interview, one's repairing a computer, one's just setting up a station, doing a consultation for if you were going to get someone to sign a contract."

Latona, who will study computer science at Arizona State University, and Sanders, who has a scholarship to New York Institute of Technology, were part of the MHS Cisco Academy taught by Brad Chamberlain.

"These are two amazing individuals who worked very hard for this opportunity and represented MHS well," Chamberlain said. "They have set the bar very high for all future students in the program."

A state championship team of Brady Stamps, Anabelle Dayley and Katelyn Daley also finished in the top 10 for community service.

Latona and Sanders credited Chamberlain with setting them up to succeed.

"[He] gave us all the curriculum we wanted and then was like, 'If any of you guys want to stay together with the rest of the class, you can either do it all together or you can do it individually and go ahead of the rest of the class,'" Latona said. "So, at the beginning of this last year I decided to take all the curriculum, read ahead of everyone else, go ahead and see how far I could get it to go. I was able to finish all my work by the end of October, beginning of November for the first semester, and then second semester's work I was able to finish by the end of February."

Certified students who participate in 24PinTech get real-world experience in refurbishing and repairing computers for staff and students.

"He focuses on being very close to the kind of stuff you would do in the workplace," Sanders said. "I was working on actual servers and stuff that kept parts of the school running. I was setting up actual classrooms. His was so hands-on and so workplace-oriented that it went directly into the competition. His class worked on getting certifications as well, and that kind of workplace readiness has been amazing for me."

Four 24PinTech crewmembers, including Latona and Sanders, were hired by the City of Maricopa to establish an esports facility for leagues at Copper Sky. Esports are video game competitions that have spread worldwide. It has become so popular in the state, Arizona Interscholastic Association created an esports championship season this year.

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Santa Rosa Elementary School
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Maricopa Wells Middle School
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HIGH SCHOOL

Maricopa High School
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1



4



5



2

1. Children and parents crowded into the children's section of Maricopa Public Library for the Summer Reading Program. *Kyle Norby*
2. Noah Kell, 3, and Ayden McCracken, 3, checked out an Apex Motor Club sports car at Baby Fox Academy. *Submitted photo*
3. Students and parents filled the halls of Desert Wind Middle School July 17 before the start of school. *Raquel Hendrickson*
4. Juggler James Reid returned to entertain children at the library. *Kyle Norby*
5. Saddleback and other MUSD elementary schools hosted Meet the Teacher nights July 18. *Raquel Hendrickson*
6. Maricopa Wells Middle prepared for the start of school July 22. *Raquel Hendrickson*
7. The Maricopa High School football team brought donations to the Family Advocacy Center and learned about the service it provides. *Kyle Norby*
8. Pima Butte Elementary teacher Andy Davis met with students before school July 18. *Raquel Hendrickson*
9. The new Heritage Academy attracted a large crowd for its Meet the Teacher event at Elements Event Center. *Raquel Hendrickson*



6



7



3



8



9



Raquel Hendrickson

Alterra girl runner-up in MLB national competition

By Raquel Hendrickson

A 12-year-old softball player from Alterra finished second in the Major League Baseball Pitch, Hit & Run national championship during MLB All-Star Week in Cleveland.

Danica Gutierrez qualified for the competition by winning her softball age division in the Team Championship at Chase Field.

"It was awesome," said Danica, who plays club softball for the Gila River Chaos and some club baseball. She also plays for the Maricopa Wells Middle School softball team and Little League.

Flying to Ohio July 7 was her first time in an airplane, which caused some nerves. The next day, competitors were on the field in their PHR outfits ready to pitch, hit and run.

Danica is typically a pitcher but said her best PHR event was batting.

Sure enough, in the hitting event, she placed first, hitting the ball 151 feet for 302 points. In the running event, Danica placed second, running from second to home in 9.25 seconds for 375 points. The pitching portion of the competition was different from her

previous experience, using a platform. All the competitors missed their first two throws at the target and hit their last four. Danica scored 300 points.

The results were later announced at the ballpark restaurant. "I had a gut-feeling Danica did not get enough points to win the event," her father Daniel Gutierrez said.

Besides a nice, second-place plaque, Danica came back with great memories — from a celebrity softball game and futures baseball game, the Rock 'n' Roll Hall of Fame, aquatic and science museums, paddling Lake Erie and even participating in the All-Star Home Run Derby.

"The different groups of kids were able to take the field and shag the balls," Daniel Gutierrez said. "Danica got to be part of history as Vladimir Guerrero Jr. went against Joc Pederson as she shagged the few balls that weren't home runs. In the championship round, her group was in the bull pen; she almost got hit by a home-run ball."

This was the third year she has competed in Pitch, Hit & Run.

Danica Gutierrez placed second in the nation in her age group in the softball Pitch, Hit & Run contest during MLB All-Star Week.



Submitted

To reach Nationals, Danica had to work through layers of competition. That started at the local tournament at Copper Sky. She was among the top three in her age group to advance to the Sectionals at Casa Grande. There, she qualified to play at the MLB Team Championship hosted by the Arizona Diamondbacks at Chase Field.

Competition came from around Arizona and New Mexico. Danica finished on top of her 11-12 age division. Other Maricopans competing at the MLB Team Championship at Chase Field were Kiersten Cope, who finished second in the 7-8 softball division, and Madison Brandon, third in the 13-14 softball division.

Winning the MLB Team Championship did not automatically qualify her for Nationals. MLB has 29 Team Championships and selects the top three scores across the country as National Finalists. Danica was No. 2 in her division.

Danica has played softball since she was 8. She previously played soccer, which was when her father noted her killer instinct.

"I saw how aggressive she was, in a good way," Daniel Gutierrez said. "She was one of our top scorers. And when she was a goalie, she was always moving."

She has also played flag football, volleyball and basketball.

"We like to stay busy," Danica said.

Daniel and Monica Gutierrez moved to Alterra from Texas more than 13 years ago. Both of their children, Danica and Daniel Jr., were born here. Danica's father has always been her coach or at least an assistant coach. He said athletics is great for kids, and not just physically.

"It keeps them active," Gutierrez said. "They make friends, they play with anybody. It keeps them from being shy."



Raquel Hendrickson

Danica Gutierrez with her father Daniel at the fields of Copper Sky.

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Nara Lesperance (left) with her father Jonathan and sisters Azaria and Tiani at The Duke.

Golfing family starts green, finds winning strokes

Story and photos by Raquel Hendrickson

When Jonathan Lesperance decided he was going to learn to play golf, he also decided it was going to be a family education.

“He taught himself as he was teaching us,” said daughter Tiani, 11.

“Us” comprises Tiani and her two younger sisters, Nara, 10, and Azaria, 7. The three have natural athletic ability, but golf was a different bag.

“It took time to get used to it,” Nara said. “I would get frustrated, but when I did hit the ball good, I’d think, ‘This is a good sport.’”

Now, three years later, Nara has arrived in the spotlight. She won her age group in the girls’ division of the local Drive, Chip & Putt at Lone Tree Golf Course in Chandler. That places her in the sub-regional in Tucson Aug. 17 hoping for a place in the regional in San Diego in September. Regional winners advance to the national competition at Augusta National Golf Club the Sunday before the Masters.

Drive, Chip & Putt is sponsored by the USGA and PGA. Competitors are tested with three drives on a 30-yard-wide fairway, three chips of 10-15 yards and three putts, one each at 30 feet, 15 feet and six feet. Nara was second



Submitted

Nara won the local Drive, Chip & Putt contest at the Lone Tree Golf Course in Chandler.

in driving, first in chipping and second in putting to take first overall.

“She is representing Maricopa as her local city, as The Duke golf course is her home course,” mom Shianne Holman said.

Last year, Tiani reached the second round of DC&P.

Whatever happens in Tucson this month, the Lesperances have found golf to be a family-bonding experience. “With other sports, when you have the family playing together, you have to kind of play down to their level,” Jonathan Lesperance said. “But with golf, I can play at a high level with the kids.” The family moved to Santa Rosa Springs in 2014 from Washington. With Holman teaching at Sequoia Pathway Academy, Lesperance said he was a stay-at-home dad for a while. Having played “just about every sport out there,” he got the idea of taking advantage of easy access to The Duke at Rancho El Dorado and learning the game.

“It is the hardest sport mentally,” he said. “If you want a challenge, this is it. And it really helps them learn what it’s like dealing with adversity.”

He eventually landed a job at The Duke as outside supervisor, making it even easier to get time on the course. The Lesperances have a junior set of clubs for the little girls to use on the course as they work to improve their game, but that won’t last long.

“They’re all growing so fast, I’m about to need another set.”

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5 ways to avoid peer pressure

By Danielle Heinrich

As a tween going into middle school, I know there will be a lot of peer pressure that could keep me from my goals. My goals are to be successful in school so that my dreams aren't limited.

I know there are going to be people who want me to do other stuff with them, like skipping class, drinking alcohol, using drugs and hanging out with boys when I should be in class studying hard and working toward my goals. As a tween, I still don't know what my career will look like, but I know I want to have a great job that I will look forward to going to every morning.

I encourage you to talk with your tweens and teens about the peer pressure they will face this school year. Here are five ways they can avoid the stuff that will hurt them.

1 Walk away.

When your teen is at a party or get-together with friends, if they see drugs or alcohol, tell them to just leave the party. That way they aren't included in what they shouldn't be doing, because they could get in serious trouble.



Danielle Heinrich

2 Say "no" and repeat if they keep pushing.

When someone is trying to push your teen into drinking alcohol or using drugs, tell them to say no over and over until they stop asking the question, and they will leave your teen alone, so they can fulfill their

dreams.

3 Make an excuse.

When your child makes an excuse at home, tell them to do the same thing at

parties when someone is trying to make them use drugs or alcohol, because they can do so many other things in their life.

4 Encourage your child to make other friends.

Sometimes, we just don't hang out with the right people. If their friend is asking them if they want some weed, tell your child to find better friends.

5 Ignore it.

If your teen is asked to use alcohol or drugs, tell them to just ignore the person talking and pretend they didn't hear them.

I haven't had to use these strategies yet, but I know I will, and my sister knows they work. She knows her dreams of going to culinary school are worth more than drugs and alcohol, so make sure you talk to your teen about the effects peer pressure can have on their dreams.

Danielle Heinrich, 11, is a sixth grader at Maricopa Wells Middle School.

Realities of a free college education

By Murray Siegel

The cost of a university education has become outrageous.

Four years at an elite university (tuition, fees, books, room and board) can cost \$260,000, while a typical public university costs \$100,000. How are these costs covered? Start a savings account when a child is born. To save \$100,000 in 18 years, deposit \$200 each month, a task that many families could not meet. What if the family had two or three children to send to college?



Murray Siegel

The alternative is to borrow using a college loan, which is painless until the student must begin to make payments. It must be mentioned that college debt is not eliminated by declaring bankruptcy. Many college graduates find their college debt burden presents barriers to choosing a job, deciding where to live, buying a home, getting married or starting a family.

Thus, when politicians seeking the presidency declare they support a free college education paid for by the federal government, many voters, especially young adults, support them. Note these proposals are rarely followed with a realistic method of providing the revenue to cover these free educations.

In 2015, when Sen. Bernie Sanders, who was running for the Democratic presidential nomination, proposed free college, I reflected on my family's history. My older brother was a corporal in the Army Air Force in World War II, serving in North Africa, England and France. When he returned home in 1946, he used the GI Bill to get a free college education paid for by the federal government.

I received a USAF commission out of ROTC and, upon completing my service, I used the GI Bill to attend graduate school, getting a free college education paid for by the federal government. Our older son accepted an AFROTC scholarship and received an engineering degree from a very expensive private university. His free college education was paid for by the federal government.

His son is currently on active duty in the Air Force and knows when he completes his service, he will use the GI Bill to obtain a free college education paid for by the federal government. Thus, there are two current options for a student to receive a free college education paid for by the federal government.

One can visit the nearest recruiting station, raise his or her right hand, and know the GI Bill will be available when the military service is finished. A second option is to apply for an ROTC scholarship, available from the Army, Navy and Air Force. This scholarship covers tuition, fees, books and a monthly stipend.

What about a student who is unable or unwilling to serve in the military? Next month's column will offer some non-military options for free college.

Murray Siegel, Ph.D., has 44 years of experience teaching mathematics. He is in his fourth year as a volunteer at Butterfield Elementary School

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What to do now to prepare for autumn garden

By Al Brandenburg

Well, here I am looking at my shadecloth-covered plants drying out regardless of how often they are watered.

Right up to the end of June we enjoyed a bounty of tomatoes and peppers, although peppers are still going strong and will begin to flower again as temperatures start to cool down. The question now is what should one do to prepare for fall planting?

It is difficult to plant anything in August, but September holds promise. September is the time of year when Arizona's desert gardeners are the first to notice the slight decrease in morning and evening



temperatures as they head outside to get a jump on fall vegetable and herb planting. Fall is our biggest planting season.



Al Brandenburg

Remember to prepare your soil and then let it sit a couple of weeks before planting, so everything (fertilizer, compost, etc.) gets a chance to mix together.

The first thing to do is remove everything that is dead or close to it. Do not use what you have pulled out of your garden in your compost

as you risk putting diseased material back into your soil. Tending to your soil is the best thing you can do to ensure a good crop of healthy, relatively pest-free plants.

Soil is the foundation of everything that happens in your garden. If you ignore it, you run the risk of losing what your plants. Every time you plant you need to renew/refresh/feed your soil. Arizona native soils lack a lot of nutrients that plants need, and when nutrients are added your healthy garden plants use them up. Feed your soil each season before you plant. Start by cultivating your garden beds. Dig into them (not when the soil is soaking wet), fluff up the soil, make air in there so roots will grow.

Add organic matter. Basically you are feeding your soil beneficial microorganisms that will become nutrients for the plants. Organic matter is composted horse or well-aged chicken manure, or compost (preferably from your own compost pile).

Add sulfur. Desert soil is very alkaline and soil sulfur counteracts alkalinity. It helps make the nutrients in the soil available to plants as well as helping to reduce nutrient deficiencies such as chlorosis and calcium deficiency.

Add organic fertilizer. If you are planting flowers choose a balanced fertilizer with a good amount of phosphorous (the second of the three hyphenated numbers on the package) for good bloom. If you're planting vegetables and fruits, choose a granular fertilizer formulated to help them.

You should start to plant your seeds near the third week of September and your transplants at the beginning of October. You should be picking and enjoying your crops through the fall, winter and well into early spring. Good luck and happy gardening. 🍷

Al Brandenburg is Pinal County Master Gardener.

Read up on your CC&R's when buying your home

By Dayv Morgan

A very important part of moving into a neighborhood governed by a homeowners' association is the "Declaration of Covenants, Conditions and Restrictions" (CC&R's).

It explains rights and obligations of the homeowners and the HOA. The association usually has policies on color palettes, landscaping, use of RV gates, street parking and additions like ramadas.

Homebuyers usually receive their CC&R's from the escrow company, either electronically or as hard copy. They have five days to review the CC&R's. Even if final inspections have been made, the homebuyer can still back out at this time if they find something in the CC&R's that is objectionable.

CC&R's in Maricopa vary from HOA to HOA, so it's important to read them

carefully. There is usually an "architectural standards" section which pretty much applies to anything on your property that can be seen from the road. Understand what is your responsibility and what the HOA is supposed to maintain. If the CC&R's are not clear, contact the community manager.

Homeowners who rent their homes will receive notices of violations of which their tenants are accused. Lease agreements often include a stipulation holding the tenant responsible for CC&R violations. If you are a renter, ask your landlord or property manager for a copy of the CC&R's.

HOA members should understand the details of the CC&R's and be on top of any updates. I had a client who repainted his house the exact same color it already was



Dayv Morgan

only to be told he should have asked the HOA first because they had changed the accepted color palette. He ended up having to repaint the entire house.

CC&R's may also detail the minimum and maximum number of plants and shrubs. One client bought his house only to receive notice a few weeks later that he had to install more bushes in the front yard.

How long can I keep up my holiday decorations? Can I park on the street overnight? Who is responsible for repairs to my fence along common areas? How soon do I have to pull in my trash cans after pick-up? Can I install a gazebo in the backyard that is higher than the fence? The early discovery of rules that would directly conflict with your lifestyle and budget will save you from making an investment you could come to regret and will make HOA life a little easier. 📞

Dayv Morgan is a Maricopa Realtor and owner of HomeSmart Success.

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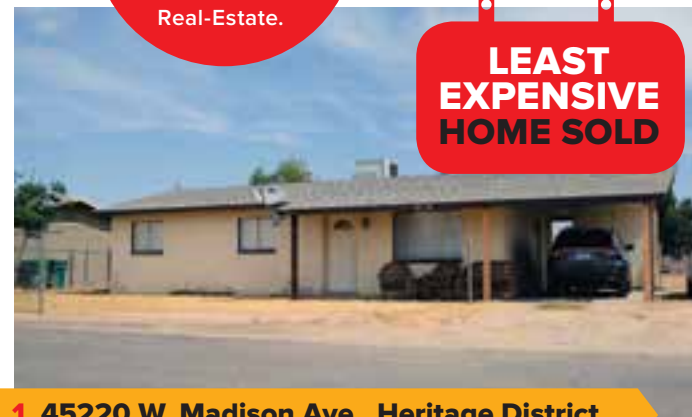
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**MOST
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HOME SOLD**


For a full list of last month's Maricopa home sales, see InMaricopa.com/Real-Estate.

**LEAST
EXPENSIVE
HOME SOLD**

1. 45220 W. Madison Ave., Heritage District

The least expensive home sold in Maricopa from June 16 through July 15 is a 45-year-old house in the Heritage District. Site-built on an 11,000-square-foot lot, the house retains its rural environment and is not subject to a homeowners association. It also receives its water from the Maricopa Domestic Water Improvement District. It sold for \$16,500 under its list price.

Sold: June 28
Purchase price: \$108,000
Square footage: 1,040
Price per square foot: \$103.84
Days on market: 45
Builder: Unknown
Year built: 1974
Bedrooms: 3
Bathrooms: 1

Community: None
Features: Tile and laminate flooring, RV gate, slab parking, large lot, gas heat, septic
Listing agent: Danielle Nichols, The Maricopa Real Estate Company
Selling agent: Pat Lairson, The Maricopa Real Estate Company

2. 43815 W. Cahill Drive, Rancho El Dorado \$171,000
3. 45074 W. Sage Brush Drive, Alterra South \$171,000
4. 42276 W. Calle St., Santa Rosa Springs \$175,000
5. 46081 W. Windmill Drive, Maricopa Meadows \$176,000

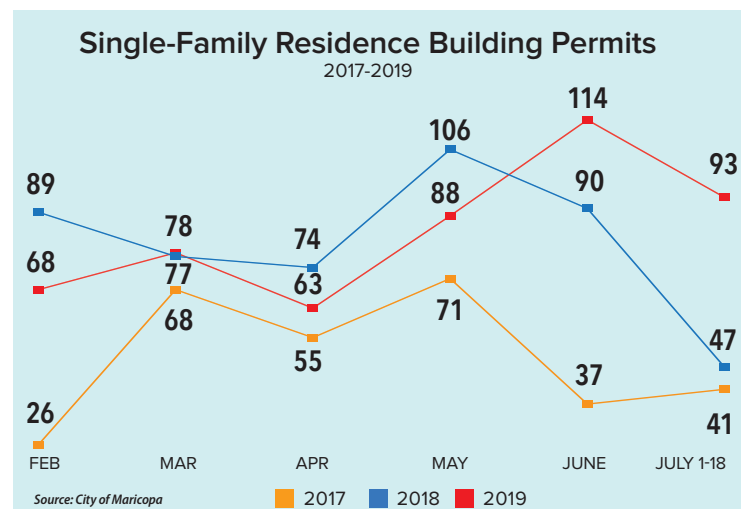
1. 42405 W. Somerset Drive, Glennville

A house in Glennville's Magnolia section was the most expensive home sold in Maricopa from June 16 through July 15. It gained 42 percent in value since it last sold two years ago. The two-story house with a pool next to a common area was recently remodeled and includes roomy bedrooms and a three-car garage.

Sold: June 29
Purchase price: \$323,000
Square footage: 3,301
Price per square foot: \$97.84
Days on market: 66
Builder: Centex
Year built: 2006
Bedrooms: 4
Bathrooms: 3

Community: Glennville
Features: Heated pool, covered patio with built-in barbecue, bamboo flooring, granite countertops
Listing agent: Tina Clowes, The Maricopa Real Estate Company
Selling agent: Deanne Brevik, Keller Williams Realty

2. 37698 W. Vera Cruz Drive, Rancho Mirage \$322,000
3. 40772 W. Pryor Lane, Homestead \$310,000
4. 43311 W. Kramer Lane, The Villages at Rancho El Dorado \$300,000
5. 20695 N. Bustos Way, The Villages at Rancho El Dorado \$300,000



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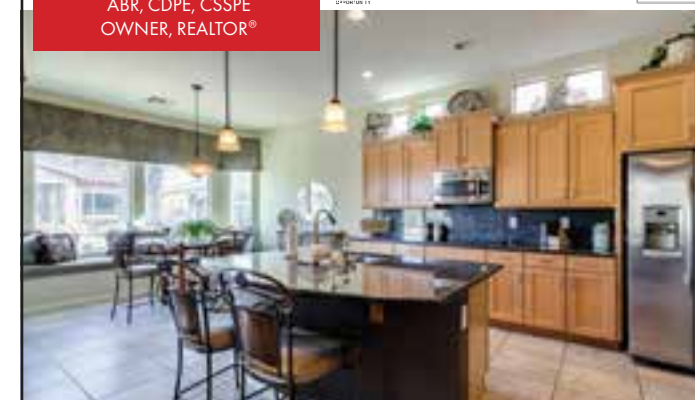
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Seniors can learn from headaches

By Joan Koczor

Headache is one of the most common and debilitating pain conditions in the world. The World Health Organization names headache the third leading cause of disability in the world and the No. 1 cause of disability in individuals under age 50.

Headaches cause a heavy personal toll in terms of social life, family life, anxiety and depression due to fear of the next headache. They affect people of all races, ages and geographical location.

According to WebMD.com, older people have fewer headaches than younger ones, and migraines tend to disappear with age. At age 70, only 10 percent of women and 5 percent of men have migraines.

Headaches can be triggered by certain environmental factors shared in a family's household, such as:

- Second-hand tobacco smoke
- Strong odors from household chemicals or perfumes
- Exposure to certain allergens
- Eating certain foods

Stress, pollution, noise, lighting and weather changes are other environmental factors that can trigger headaches for some people. Changes in humidity, temperature, storms, dry or dusty conditions can all trigger a headache.



Joan Koczor

Headaches in senior citizens may indicate something more serious. They can be symptoms of several conditions, including:

- Temporal arteritis
- Cerebrovascular disease
- Trigeminal neuralgia
- Head trauma

Primary headaches

Primary headaches are not the result of another medical condition. The category includes tension-type, migraine and cluster headaches.

Common triggers of tension-type headaches or migraine headaches include:

- Emotional stress related to family and friends, work or school
- Alcohol use
- Skipping meals
- Changes in sleep patterns
- Excessive medication use
- Tension

Iron deficiency anemia has also been linked to migraines, headaches and an increased predisposition to pain.

Ocular migraine is the most unusual and often misdiagnosed type of migraine. It can happen with or without a headache and is often characterized by visual loss, blind spots, zig-zag lines or seeing stars and floaters or black spots.

Cluster headaches are the most severe type of primary headache. The pain of a cluster headache is intense and has a burning or stabbing quality that is throbbing or constant.

Secondary headaches

Secondary headaches result from another medical or neurological condition and include sinus headaches and medication-overuse headaches.

Sinus headaches are associated with a deep and constant pain in the cheekbones, forehead or bridge of the nose. Medication overuse headaches occur as a result of the overuse of over-the-counter analgesics or prescribed painkillers such as opiates and sedative hypnotic tablets designed for headache management.

Advances in the medical management of headache mean relief is no longer just possible but probable. Although some form of head pain will occasionally visit most people, no one should have to live and suffer with headaches.

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

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Senior lifestyle trends include 'coliving'

By Bob Marsh

Most seniors want to maximize their independence, their quality of life, their freedom and their choices as they age.

Rather than downsizing all the way to an assisted living facility, aging in place in your own home is a first choice and a great goal. But many need to downsize for purely economic reasons. While downsizing to an apartment or condo can work for many, it usually lacks the sense of community that other senior-living models offer.

Two current trends for seniors to consider are group homes and "coliving." Both are typically a residence with separate bedrooms for individuals and couples, with shared kitchens, dining rooms, living rooms, activity rooms, parking, etc.

Many seniors choose to downsize to group homes with other people who have a common focus — religion, philosophy of life, business purpose or even a focus on travel. Several, hopefully compatible, people live in an economic setting, sharing the costs of the facility's operation — utilities, maintenance and repair.

Coliving is a commercial extension of the group home concept. Developers around the world are building coliving residences for people of all ages, but this lifestyle is particularly important for seniors, especially seniors wanting to minimize their living expenses while maintaining a high quality of life.

Each coliving residence is set up with management and maintenance services

provided. Each resident pays a monthly fee that covers their room rent, meals and other services. Many coliving facilities have been started in and near major centers of employment where affordable living simply wasn't available in the apartment and detached single family home markets.

Last year, the City of Maricopa completed a housing study, finding with our current housing inventory of exclusively single-family homes, those homes require a household income of more than \$50,000. Pinal County in general requires a household income of more than \$40,000. Seniors, both singles and couples, living on just Social Security don't have that kind of income.

While apartments and senior living facilities are in the plans for Maricopa's future, group homes and coliving facilities could be real solutions for seniors — and others — here today.

Bob Marsh is a director of Maricopa Senior Coalition and a member of the Pinal County Board of Adjustments and Appeals.



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Aug
30

Submitted

Bell Biv DeVoe to ‘electrify’ Harrah’s Ak-Chin Casino

Bell Biv DeVoe (BBD), a breakaway group formed by members of the R&B group New Edition, will bring their electric sound to the Events Center at Harrah’s Ak-Chin Casino on Aug. 30.

BBD, founded by R&B legends Ricky Bell, Michael Bivins and Ronnie DeVoe, was launched in 1989 with MCA Records. The group’s debut album, *Poison*, was released in 1990 and was credited as pioneering an eclectic combination of hip hop, soul and pop music called “new jack swing.” *Poison* reached No. 1 on Billboard’s R&B/Hip Hop chart.

Multiple singles from the album reached No. 3 on the Billboard Hot 100, including “Do Me!” and title track “Poison.” The group is also known for dance-worthy singles including “B.B.D.,” “When Will I See You Smile Again?” and “She’s Dope!”

In 2016, the group released their first track in 15 years, “Run,” following it up with a new album in 2017 called *Three Stripes*. BBD also performed on “Beat Shazam,” a game show hosted by Jamie Foxx that tests guests on their knowledge of timeless hits from every decade.

The Events Center is a 2,000-seat auditorium that opened this year, part of Harrah’s Ak-Chin Casino’s multimillion-dollar expansion.

IF YOU GO

Who: Bell Biv DeVoe
When: Aug. 30, doors open at 7 p.m., showtime 8 p.m.
Where: The Events Center at Harrah’s Ak-Chin Casino
How much: Starting at \$29.50
Info: Ticketmaster.com, Harrahs-Ak-Chin.com

Calendar

August

1

Mysterious Mansion Mayhem Registration Opens
Various locations

Holiday Homes on Parade Registration Opens
Various locations

3

Water and Ice 15th Anniversary
11 a.m., Water and Ice
20928 N. John Wayne Parkway

5

First Day of School
8 a.m., Leading Edge Academy
18700 N. Porter Road

6

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

7

Healthy Living with Diabetes Workshop
9 a.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

8

Chamber Breakfast
7 a.m., Elements Event Center
16000 N. Maricopa Road

10

Coffee with the Chief
8 a.m., Copper Sky Police Substation
17985 N. Greythorne Drive

14

Healthy Living with Diabetes Workshop
9 a.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

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

15

Tribal Symposium
9:30 a.m., Elements Event Center
16000 N. Maricopa Road

Zonta Club of Maricopa
5:30 p.m., Honeycutt Coffee
44400 W. Honeycutt Road, Suite 109

16

MHS Football Scrimmage
6 p.m., Maricopa High School
45012 W. Honeycutt Ave.

17

Noise Pollution & Damage Tribute Bands
8 p.m., UltraStar Multi-tainment Center,
16000 N. Maricopa Road

Football Booster Golf Tournament
8 a.m., The Duke at Rancho El Dorado
42660 W. Rancho El Dorado Parkway

21

Healthy Living with Diabetes Workshop
9 a.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

Blue Star Mothers of Maricopa
6:30 p.m., Maricopa Veterans Center
44240 W. Maricopa-Casa Grande Hwy.

27

MHS Volleyball Scrimmage
6 p.m., Maricopa High School
45012 W. Honeycutt Ave.

28

Healthy Living with Diabetes Workshop
9 a.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.



For details on these and other local events — and to list your own — visit InMaricopa.com/Calendar.

Calendar

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

30

MHS Football v. Millennium
7 p.m., Maricopa High School
45012 W. Honeycutt Ave.

Bell Biv DeVoe

8 p.m., Harrah’s Ak-Chin Casino
15406 Maricopa Road

31

Michael Salgado Concert
8 p.m., UltraStar Multi-tainment Center
16000 N. Maricopa Road

SUNDAYS

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

MONDAYS

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

Parents of Addicted Loved Ones (PAL)
7 p.m., Maricopa Behavioral Health Services
21300 N. John Wayne Parkway, Suite 103

TUESDAYS

Senior Donuts & Coffee
1-4 p.m., Copper Sky Multigenerational Center, Room A
45345 W. Martin Luther King Jr. Blvd.

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

WEDNESDAYS

Babytime
9:30 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

S.M.A.R.T. Kids
3:30 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.

THURSDAYS

Family Story Time
4 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

FRIDAYS

Senior Game Time
9 a.m.- noon, Copper Sky Multigenerational Center, Room A
45345 W. Martin Luther King Jr. Blvd.

Learn to Bowl like a Pro — with a Pro
6 p.m., UltraStar Multi-tainment Center
16000 N. Maricopa Road

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

The Answer Is — Game Show
8 p.m., UltraStar Multi-tainment Center
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Construction worker dies after fall through roof
 Joshua Call reportedly fell from a high elevation through the roof into the interior of a home under construction and suffered severe head injuries.

Feds seek to develop shooting range in existing range
 Open Space & Trails was not given notice about the BLM plan until it was announced for public feedback.



Heritage Academy to start classes off-site
 With construction of its campus behind schedule, the new Heritage Academy will start the school year with classes off-site



MUSD will ask voters for \$68 million bond for 2nd high school
 The bond is for construction of a second high school to mitigate overcrowding and for capital projects for aging buildings.



Saddleback principal resigns, interim named
 After 10 years as principal of Saddleback Elementary School, Felicia Williams submitted her resignation June 13.



Accused murderer may be 'guilty but insane'
 A man accused of killing his grandmother may have an insanity option.



Hidden Valley residents start fight against Interstate 11
 A new interstate highway planned through Arizona will sweep through Hidden Valley, and residents are irate.

Teen dies in MCGH crash
 Johnny Salsberry died in a crash on Maricopa-Casa Grande Highway overnight June 22, according to Maricopa Police Department.



Constables sue county over salary change
 Claiming the Board of Supervisors did not follow the law, the suit seeks restoration of lost income.



Home rental market hotter than the weather
 Supply of available rentals is extremely low, while demand has been high.

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