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## Maricopa's Homepage



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## Trending on InMaricopa.com

1 Woman suspected of  
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4 Horses breach  
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5 Maricopa man sentenced  
for 'horrific offense'

6 MFMD fights fire at  
Tortosa home

7 Fall trial dates affirmed in  
teen murder case



8 Dunkin' Donuts opens  
amid other construction  
in Edison Pointe

9 MHS  
administrator  
builds up teachers to  
impact students



10 Motorcycle repair  
business moves into  
Ak-Chin industrial park



Members of the Maricopa High School band continued to perform during the summer in preparation for an early start to the school year.

23

Raquel Hendrickson

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**ON THE COVER:** Members of Blue Star Mothers display their loved ones serving in the military (clockwise from lower left) Jeanette Meador with Ethan Meador, U.S. Army (not pictured Dylan Meador in U.S. Navy); Cassandra Graszler with Nathaniel Graszler, U.S. Navy; Tina Ripley with Michael Ripley, U.S. Army; Evan Grace with grandfather Donald Grace, U.S. Air Force; Gail DeLair with Torie DeLair, U.S. Navy and Matthew DeLair, Army National Guard; Veronica Sanchez with Julian Sanchez, U.S. Air Force; Edna Montes with Michael Handwerk, U.S. Army; and Tracy Davis with Blane Davis, U.S. Navy. *Photo by Mason Callejas*

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## Making the best of summer

Being involved with a good nonprofit is all about good citizenship. Many Maricopans may not know it, but there are nearly 100 nonprofits in operation in the city benefiting kids, seniors, veterans, pets, professionals, food-deprived, artists and even car lovers.

In this week's issue, learn about a handful of local nonprofits, and then check out the whole list at InMaricopa.com. You might even enhance your summer by getting involved.

Though it may seem like summer just started, it's time for most Maricopa kids to go back to school. Students at Maricopa Unified School District, Sequoia Pathway Academy and Legacy Traditional School will all adjust to a modified schedule that starts July 23. While Maricopa High School urges new students to get registered early, we look at the impact the new schedule may have.

You can also catch up on what's new at some of the local campuses for this school year. Learn about some MUSD administrators and meet the coach for the new MHS swim team, which is going into action this fall.

The Primary Election is just around the corner. Learn a little about the seven people running for three seats on Maricopa City Council. And, ahead of the Aug. 4 InMaricopa.com Town Hall featuring local, county, state and federal candidates, see which names will appear on your ballot.

Find out how scientists are extracting a local plant to increase crop yield and turning it into a business. Catch up with local development and business licenses, and rummage through our Business Directory.

Bernadette Russoniello has advice for high schoolers about taking the SAT or ACT, and Joan Koczor explains how a patient advocate can benefit seniors.

These stories and much more are in the July issue. Happy reading,



RAQUEL HENDRICKSON | Editor  
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## Keeping cool in the pool


During a long, hot summer, finding ways to keep cool has always been a priority in Maricopa. Swimming is a big temptation, but in the 1950s the only swimming opportunities were illicit ones in irrigation canals and ditches.

The fledgling Rotary Club decided in 1956 the community needed a swimming pool. As the late Don Pearce recalled to InMaricopa last year, "Too many kids were drowning or getting hurt." So, Rotarians John Smith and Fred Enke donated 3.5 acres along Maricopa-Casa Grande Highway for a pool and a park. Cost of building a pool had been estimated at \$50,000, but Rotarians and local businesses donated enough in resources and labor to cut that to just over \$24,000. The Rotary Club started the annual Stagecoach Days to help fund the pool. Smith and Enke took out loans to cover much of the rest of the expenses. The pool opened in 1958. A year later, Pearce



Courtesy Maricopa Historical Society

moved to town. He maintained the pool until it was closed in 2014. With the opening of Copper Sky, the Rotary pool became obsolete for most Maricopans. Roadwork connected to the coming overpass took away most of the park

grounds at the site, and Stagecoach Days has mostly faded away. But the memory remains of community generosity and hard work to create a vital part of Maricopa summers for nearly 60 years. 

## Contributors



### RITA BRICKER

Bricker coordinates the Maricopa Master Gardeners. This month, instead of talking seeds and stems, she explains the Master Gardener program and its training opportunities.



### JOYCELYN CABRERA

Cabrera, an intern, graduated from Maricopa High School this year and will soon be studying journalism at ASU. She volunteered to write about MHS' incoming swim coach for this issue.



### AARON PETRUS

Petrus is known in town as a physical trainer, but lately he has become a mentor for the Be Awesome Youth Coalition. He said he discovered the generation gap is real.



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Students from Desert Wind and Maricopa Wells middle schools helped during a flag-raising ceremony for Memorial Day at the Maricopa Veterans Center. *Submitted*



Maricopa Ace Hardware honored the late Joe Stanton, a long-time employee who passed away in April, with a May Round Up campaign in Stanton's name, donating extra coinage rounded up from receipts. Stanton's wife Anna Jo and family presented the resulting \$4,700 to Maricopa Fire/Medical Department, which had responded to Stanton's health emergency. *Mason Callejas*



Maricopa Police Chief Steve Stahl congratulated Jennifer Scribner June 1 on her winning logo design for the planned Family Advocacy Center after a community contest. *Raquel Hendrickson*



Firehouse Subs co-owner John Beveridge received a plaque and \$200 from Osheah Davis of Professional Firefighters of Maricopa, Maricopa Fire Marshal Eddie Rodriguez and MFMD Prevention Specialist Jason Nelson June 4 for contributing to the MFMD Community Services's at-risk intervention program. *Raquel Hendrickson*



The Maricopa Community Theatre cast of the musical "Rent" performed at Leading Edge Academy June 6-9. *Raquel Hendrickson*

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# Freedom to choose NOT to use

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# Maricopa’s many nonprofits make it easy to lend a hand

By Raquel Hendrickson

Looking for something meaningful to do this summer? Maricopans are often accused of good-deed-doing, so it probably comes as no surprise that nearly 100 nonprofit organizations call the small town home. And that doesn't even count the churches and parent-teacher organizations that also qualify as tax exempt. Some nonprofits are focused on community service while others are focused on specific events. Some raise money for a charitable cause; others raise money for kids' sports programs.



**Financial Secretary Cindee Ross-Beecroft and President Vero Sanchez lead a meeting of Blue Star Mothers.**  
*Photo by Mason Callejas*

## Blue Star Mothers provide military support from home front

Blue Star Mothers of Maricopa will turn 5 years old Aug. 5, five years of looking out for military servicemembers whose mothers call Maricopa home. A private nonprofit, it was designated Chapter AZ7 by the national organization, which was created during World War II. Started locally by Tracy Davis and Lisa Durst and now led by Air Force mom Vero Sanchez, Blue Star Mothers offers support for moms who have children on active duty in the armed forces or are veterans. They send "Packages from Home" to those serving, celebrate homecomings and find resources for troops and their families. Navy mom and club Treasurer Gail DeLair said Blue Star Mothers made her feel at home quickly. "I had someone I could talk to instantly."

The group includes mothers, stepmothers, grandmothers, foster mothers and female legal guardians. They want to reach out not only to those whose children are deployed but also those whose kids are entering basic training. Mothers of servicemembers who have already been discharged have remained members of Blue Star Mothers to offer support to moms still working through the process of having a child in harm's way. A highly patriotic club, Blue Star Mothers is a visible presence at many community events, such as the Great American 4th and the Veterans Day Parade. They meet the third Wednesday of each month at 6:30 p.m. at Maricopa Veterans Center, 44240 W. Maricopa-Casa Grande Hwy. Blue Star Mothers plans a fund-raiser at Freddy's, 21467 N. John Wayne Parkway, on July 12, 5-9 p.m.

 **BlueStarMothersOfMaricopa.org**  
**MaricopaAz7@gmail.com**

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Web: CopaShortsFilmFest.org  
*Presents short films and educational programs.*

**DSPA GEMS**  
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Web: Facebook.com/DSPAGems  
*Creates events and provides training in performing arts.*

**DWARF CAR MUSEUM INC.**  
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Web: DwarfCarMuseum.com  
*Provides funding for ongoing museum display.*

**F.O.R. MARICOPA INC.**  
EIN: 26-0527262  
Web: ForMaricopa.org  
*Provides food and essentials to families in need.*

**LITTLE LEAGUE BASEBALL INC.**  
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Web: MaricopaLittleLeague.com  
*Provides youth sports opportunities.*

**MARICOPA COMMUNITY ALLIANCE AGAINST SUBSTANCE ABUSE**  
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Web: MCAASA.org  
*Creates positive, empowering activities and learning experiences for youth.*

**MARICOPA FOOTBALL BOOSTERS**  
EIN: 81-4514608  
Web: MaricopaRamsFootball.com  
*Provides opportunities and resources for Maricopa High School football.*

**MARICOPA HISTORICAL SOCIETY**  
EIN: 27-3047891  
Web: MHS50.com  
*Preserves historical materials and educates through special programs.*

**MARICOPA PANTRY**  
EIN: 81-3081927  
Web: Facebook.com/MaricopaPantry  
*Provides food bank services.*

**MARICOPA POLICE FOUNDATION INC.**  
EIN: 80-0540115  
Web: MPFinc.org  
*Provides support and resources for Maricopa Police Department.*

**PET SOCIAL WORKER TAILS OF HOPE**  
EIN: 26-1974172  
Web: PetSocialWorker.org  
*Offers information on lost/found and adoptable pets.*

**ROTARY INTERNATIONAL**  
EIN: 86-6038197  
Web: Portal.ClubRunner.ca/2896  
*Provides community service.*

**VIETNAM AVIATION VETERANS OF ARIZONA**  
EIN: 86-1003308  
Web: none  
*Hosts a museum of military aviation history.*



**Boy Scout Troop 993, with participants ranging in age from 11-18, meet at Butterfield Elementary.**  
*Photos by Raquel Hendrickson*



## Boy Scout Troop 993 creates adventures

In 2007, Boy Scout Troop 993 started with five boys. Today, there are more than 40 enrolled with a solid 22-25 active any given week. Gerry Hahn started the troop after discovering Maricopa had no community troop of Boy Scouts of American, only those associated with churches. He said he wanted to give boys unaffiliated with other organizations a chance to learn new skills and be part of something.

"We go camping about 10 times a year, a weekend almost every month," Hahn said. "We have competitions within the county. We plan six months ahead of time."

Whether its tug-o-war or cooking competitions, the Scouts have an opportunity to show their stuff in a wide range of activities at camporees. Scouts range in age from 11 to 18. The troop's success relies on consistent leadership and fundraising.

As a tax-exempt organization, how does Boy Scout Troop 993 spend money it raises with popcorn sales, face-painting booths at city events and other efforts?

Along with campouts and miscellaneous adventures, the troop uses donations for supplies and program expenses.

"We went to the Bahamas, and the next year we went whitewater rafting," said Mark Yonts, advisor for Venture Crew 2993, a coed program within Scouting that existed before the national organization announced it would admit girls and change its name to BSA. They are in their fifth summer as part of Troop 993.

"Last year we went kayaking in Canada," Yonts said.

Troop 993 Scout Master Sean Handwerk said he's enjoyed watching his son grow from a Tiger Scout to an Eagle candidate. His son Michael, a former troop member, joined the U.S. Army while his younger son Cody has risen to leadership position in the troop. Gerry Hahn's

brother Damon Hahn is also a leader.

Cody Handwerk, a senior patrol leader, said he was "forced" to join Boy Scouts four years ago, but set his sights on being the troop's youngest Eagle Scout at 14.

"It really helps in your future career options, and in job interviews it boosts your resume," Cody said.

His Eagle project was creating an Americans with Disabilities Act-compliant walkway to the ramada at Maricopa Veterans Center. He said scouting has helped him hone is leadership skills.

"It got me out of my comfort zone," he said. "I never used my voice that loud before."

Raul Rivera, 17, joined Troop 993 because of the lure of adventure. He has stuck like glue. Even though he and his family moved away three years ago, he continues to travel to Maricopa to be with 993.

"It looked like a lot of fun, with campouts, and I've always been a big outdoors guy," Rivera said. "That really appealed to me."

This year, his Eagle Scout project was re-flooring part of his church, Foothills Baptist in Ahwatukee. Eagle candidates are required not just to work but also to organize several volunteers and raise funds and resources.

Scouts can be members of Troop 993 and Crew 2993 simultaneously. Both emphasize empowering kids to take responsibility.

"We usually have a big summer adventure, and then we have our regular meetings throughout the year, learning skills to whatever the kids decide to do," Yonts said. "They come with all their ideas, they discuss them, they plan the calendar out and decide what they want to do."

"We have five active troop members right now. We had more, but one left to go to the Coast Guard, one left to go to the Army, and two went to college."

 **troop993@yahoo.com**

 **See the full list of Maricopa's nonprofits at InMaricopa.com**



Nonprofits

**Maricopa Ak-Chin STEAM Foundation cool with science**

Maricopa Ak-Chin STEAM Foundation Inc. was founded in 2012 to promote science, technology, engineering, art and mathematics in school-age children.

From rockets and robots to LEGOs and microscopes, the nonprofit engages programs and students in learning activities. Executive Director Dan Miller is planning a big STEAM event Nov. 5-9 during National STEAM Week, including hands-on demonstrations.

The foundation is organizing companies, government entities and industry specialists for presentations that enhance ongoing STEAM-themed programs at local schools.


 [Dan.Miller@MaricopaSTEAM.org](mailto:Dan.Miller@MaricopaSTEAM.org)

**Lions Club has clear vision of community service**

Maricopa Lions Club is a fairly new chapter but has been very busy since its inception. The Lions have adopted a highway and picked up trash. They have contributed resources and labor for the local Against Abuse shelter. They have helped at F.O.R. Maricopa food bank and at Relay for Life. They have chipped in at the Maricopa Police Foundation's Shop with a Cop holiday program.

Lions International was founded in 1917. Its Lions Eye programs gained renown for the organization by organizing vision screenings, raising awareness of eye diseases and collecting used eyeglasses. The Maricopa Lions, founded in 2015 by Dave and Berta Bock, continue that mission while engaging in other ways to help the community.

Fundraisers have included an annual golf scramble and golf ball drop raffle.

 **520-350-2908, Marc Tremblay**

**PowerPack Copa feeds kids for the weekend**

PowerPack Copa was formed out of noticing a need in Maricopa. While children participating in the free/reduced lunch programs at their school could eat breakfast and lunch, there was a gap for the weekend.

Launched by Church of Celebration in 2013, the nonprofit collects food items, packs them into food bags and takes the packs to eight Maricopa schools for distribution to the children who need them. With the early start to the school year for most Maricopa children (July 23), PowerPack Copa is also getting started early.

The next PowerPack Copa Packing Party is July 26 at 4:30 p.m. at the Villages clubhouse. The packs will then be taken to the schools on Friday, July 27, in time to be distributed for the weekend.

 [PowerPackCopa@gmail.com](mailto:PowerPackCopa@gmail.com)

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## Former Coach of the Year named first swim coach at MHS

By Joycelyn Cabrera Photos by Raquel Hendrickson

A coach has been confirmed for the newly introduced Maricopa High School swim team, and she's an award-winner.

Laura Logan, 49, and plans to share her experience and training with MHS swimmers.

Logan began swimming at the age of 10, competing in her hometown of Springfield, Illinois, for the next eight years. She qualified to compete in Swimming Junior Nationals in high school, taking her to Orlando, Florida, and earned a full-ride athletic scholarship to Northern Illinois University.

Logan moved to Arizona and in 2004 started Arizona Seals Swimming Academy at Central Arizona College.

"I started the Seals because we moved to Casa Grande, and they don't have anything," Logan said.

Her son was one of the biggest reasons for starting a swim team, giving him options to continue after he had been swimming for teams in Illinois.

Logan took over as a high school swim coach in Casa Grande from 2007 to 2015, using the pool at the CAC campus. The school qualified swimmers for state competitions under Logan's coaching. She trained state-champion swimmers within three years. Logan was also voted "Men's D2 Coach of the Year" for AIA Swimming.

"I think my greatest success as a coach was when a young man came out his freshman



**Sophomore Olivia Byers has already trained with Laura Logan for three years.**

year to swim on the high school swim team, and he shows up, and he does not put his face in the water," she said. "He puts the biggest sour-puss face you've ever seen a kid do. His senior year, he was the freestyle anchor on all the relays and was part of the group that I took to state. We finished fourth."



**Connor Schrader comes to the high school team as a freshman.**

The school program came to an end with the closing of the CAC pool. Logan moved Arizona Seals to Copper Sky as a club team no longer affiliated with a school.

Three years later, Maricopa High School, in conjunction with Copper Sky, is introducing a Rams swim team. Logan anticipates 25-30 students for tryouts.

"I'm so excited," said MHS sophomore Olivia Byers, who has been coached by Logan for three years. "I'm really interested to see who's going to come out for the team."

Freshman Connor Schrader has also been a Seal for three years. A multi-sport athlete who doesn't like "the feeling of sitting around not doing anything," he's looking forward to the formation of the high school team.

"It will be a big advantage on the club team," he said.

While Logan will not have another role at MUSD, her primary focus on the swim team allows her to be limitless in terms of how many students can make the team.

"I never turn anyone away; I'll work with anybody," she said.

Logan's biggest goal in her new position is to teach her athletes lessons through the sport itself, including being goal-oriented.

Logan spends the summer with Arizona Seals Swim Academy and teaches several classes at the Copper Sky pools.

For Olivia, being a swim team member is not just about laps in a pool. "The team is kind of like a family." 📧

📧 [Laura.Logan86@gmail.com](mailto:Laura.Logan86@gmail.com)



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# Get in gear for Primary Election

Candidates’ Town Hall planned Aug. 4 in Maricopa

The Primary Election is Aug. 28, and the field has solidified in many races from U.S. Senate to Maricopa City Council.

The community is invited to the InMaricopa.com Town Hall supporting Maricopa High School and Be Awesome Youth Coalition Aug. 4 at Maricopa High School’s Performing Arts Center. Participating candidates will take questions from the audience in attendance and watching live through social media.

The Town Hall will be separated into blocks. The first block starts at 10 a.m. with federal candidates. All three Republican candidates running for the Congressional District 1 seat have confirmed their attendance — Wendy Rogers, Tiffany Shedd and Steve Smith. Incumbent Tom O’Halloran has no primary competition.

Gubernatorial candidates Ken Bennett and Kelly Fryer as well as candidates for schools superintendent, treasurer and Corporation Commission will also participate. The three Republicans seeking two seats in the Arizona House have confirmed their participation, as have all candidates for city council and constable.

The rules of the Town Hall are be respectful, stay on topic and don’t repeat yourself.

The facilitator will have the power to interrupt candidates or audience members violating the rules. The facilitator may also ask a question of candidates if time allows or for clarification. Among the facilitators for the Town Hall are Maricopa Mayor Christian Price and Judge Lyle Riggs.

All participating candidates within one primary race will appear on stage together, with audience members deciding whom they will question. Those whose opponent does not participate will have the stage alone to take questions.

Admission is free.

The last day to register to vote is July 30. Early ballots go out Aug. 1.

### Candidates who will appear on Primary Election ballots.

Tentative	
<b>U.S. SENATE</b>	<b>U.S. CONGRESSIONAL DISTRICT 1</b>
<i>Republicans</i>	<i>Republicans</i>
Joe Arpaio	Wendy Rogers
Martha McSally	Tiffany Shedd
Kelli Ward	Steve Smith
<i>Democrats</i>	<i>Democrat</i>
Deedra Abbott	Tom O’Halloran †
Kyrsten Sinema	
	<b>GOVERNOR</b>
	<i>Republicans</i>
	Ken Bennett
	Doug Ducey †
	<i>Democrats</i>
	Steve Farley
	Kelly Fryer
	David Garcia

**SECRETARY OF STATE**  
*Republicans*  
Steve Gaynor  
Michele Reagan †  
*Democrats*  
Katie Hobbs  
Leslie Pico\*

**ATTORNEY GENERAL**  
*Republican*  
Mark Brnovich †  
*Democrat*  
January Contreras

**TREASURER**  
*Republicans*  
Jo Ann Sabbagh  
Kimberly Yee  
*Democrat*  
Mark Manoil

**SUPERINTENDENT OF PUBLIC INSTRUCTION**  
*Republicans*  
Bob Branch  
Diane Douglas †  
Jonathan Gelbart  
Tracy Livingston  
Frank Riggs  
*Democrats*  
Kathy Hoffman  
David Shapira

**MINE INSPECTOR**  
*Republican*  
Joe Hart †  
*Democrat*  
Bill Pierce

**CORPORATION COMMISSIONER (vote for 2)**  
*Republicans*  
Tom Forese †  
Rodney Glassman  
Jim O’Connor  
Justin Olson †  
Eric Sloan  
*Democrats*  
Sandra Kennedy  
Bill Mundell  
Kiana Maria Sears

**STATE SENATOR DISTRICT 11**  
*Republican*  
Vince Leach  
*Democrat*  
Ralph Atchue

**STATE REPRESENTATIVE DISTRICT 11 (Vote for 2)**  
*Republicans*  
Mark Finchem †  
Howell Jones  
Bret Roberts  
*Democrats*  
Hollace Lyon  
Barry McCain  
Marcela Quiroz

**CLERK OF PINAL COUNTY SUPERIOR COURT**  
*Republicans*  
Scott McKee  
Amanda Stanford †

**MARICOPA/STANFIELD JUSTICE OF THE PEACE**  
*Republican*  
Lyle Riggs †

**MARICOPA/STANFIELD CONSTABLE**  
*Republicans*  
Bill Griffin  
Glenn Morrison  
*Democrat*  
Andre LaFond

**MARICOPA CITY COUNCIL (Nonpartisan)**  
Linette Caroselli  
Vincent Manfredi †  
Bob Marsh  
Cynthia Morgan  
Paige Richie  
Rich Vitiello  
Henry Wade †

† incumbent  
\*petitions have been challenged

Vincent Manfredi is minority owner of InMaricopa.



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# Meet 7 running for Maricopa City Council

Seven people are competing for three seats on the Maricopa City Council. Vice Mayor Peg Chapados opted not to run this year, but Henry Wade and Vincent Manfredi are seeking reelection. They face five candidates, none of whom has held elected office but all of whom have provided varying degrees of community service to Maricopa. The Primary Election is Aug. 28. City council candidates will appear in a Town Hall debate Aug. 4 at Maricopa High School Performing Arts Center.



## Linette Y. Caroselli

**Age:** 45

**Hometown:** Brooklyn, New York

**Years in Maricopa:** 4

**Occupation:** Teacher

**Family:** Widowed with three children (16, 19, 22)

**Political background:** First time entering politics, worked with Irvington Municipal Councilmember A. McElroy on Irvington Scholar Program and Community Development Zone

**Previous community service:** Take It to the Block: Voter Registration Drive, CNN screening—Black in American: Almighty Debt, Breast Cancer Walk, health fairs, chaired debutante balls, March of Dimes, Operation Big Book (donated school supplies to Maricopa Elementary and Desert Wind Middle School for four years), Swim 1922 (initiated program in Maricopa to teach children water safety with the AZ Seals), and more; I have over 20 years of community service experience.

**What is the one thing you would like to change about Maricopa as a councilmember and why?** My campaign slogan is Your City, Your Voice! The one thing I would love to change is development of community programs that involve the true voice of the city. I believe we can implement a full community collaboration that will provide quality services that are relevant, convenient and beneficial to the public involving all stakeholders. We can offer programs that benefit the community at large: human trafficking education, outreach programs for our veterans, health fairs inclusive of mental health, teen suicide prevention,

campaign for a 24-hour emergency center, and exclusive activities and enrichment resources for our senior population.

**Qualifications?** A fresh perspective for Maricopa that involves thinking outside the box is what I offer. My ability to identify, analyze and implement efficient and wise targeted expenditures while providing greater service, greater progress to the public makes me qualified to serve my constituents.

**Proudest achievement?** My proudest achievement is being blessed to be a blessing. When I serve my community, it makes me proud and happy to pay it forward, exemplifying servant leadership. You do not have to be rich to serve your fellow man, but I have learned it requires collaboration, implementation and vision.

**On what aspect of city government are you least knowledgeable?** I just completed the Maricopa Citizen Leadership Academy, which was a great experience. I would love to learn more about transportation to better serve my constituents. With the current issues of Route 347, it is important to understand the dynamics and then present different avenues to resolve the problem.



## Vincent Manfredi (incumbent)

**Age:** 47

**Hometown:** West New York, New Jersey (Exit 16E)

**Years in Maricopa:** 8

**Occupation:** Maricopa City Councilmember, director of advertising and small-business owner

**Family:** I am married with 3 beautiful daughters.

**Political background:** Current Maricopa City Councilmember and district chairman for the Pinal County Republican Committee. Campaigned for many candidates throughout the state.

**Previous community service:** Numerous nonprofits, including the City of Maricopa itself. Volunteered with Babe Ruth League, Little League, Maricopa Pantry, Maricopa Food Bank, The Streets Don't Love You Back, Maricopa High School Football Boosters, Maricopa High School Baseball and Softball Boosters, Relay for Life, Maricopa Board of Adjustment, Maricopa Zoning code re-write taskforce and more.

**What is the one thing you would like to change about Maricopa as a councilmember and why?** I have worked to make many changes, but perhaps the one that has evaded me is the ability to make Maricopa a city of YES. We have made strides to get there, but we have not quite achieved the goal of being a city that says YES when approached by developers. To clarify, I want us to never say "No, we can't do that," but instead say "Yes, we can, and this is how." Together we can make Maricopa a destination for development of residential, retail and industrial.

**Qualifications?** Before I ran four years ago I served on two city boards and commissions, attended two years of council meetings and worked with our mayor and staff on various issues. Since being elected in 2014 I have nearly perfect attendance at meetings, and have networked with other elected officials throughout the state while serving on various boards.

**Proudest achievement?** As a councilmember I would say it is a toss-up between keeping our budgets balanced and working with the mayor, council and staff to facilitate the start of the SR 347 Overpass. On a personal level, my proudest achievement is working together with my wife to raise three daughters who make us proud every day.

**On what aspect of city government are you least knowledgeable?** This is a hard question to answer as an incumbent councilmember. We must be knowledgeable in all aspects of city government. One aspect where I could use improvement would be Human Resources, as council does not normally weigh in on HR issues.

*Vincent Manfredi is a minority owner of InMaricopa.*



## Bob Marsh

**Age:** 74

**Hometown:** Poultney, Vermont

**Years in Maricopa:** 7.5

**Occupation:** IT industry consultant, former electrical engineer, software engineer, systems engineer, and project manager, former human resources manager, compensation manager, and community development manager

**Family:** My wife, Cynthia, 2 children and their spouses, wife's 3 children and their spouses, children, and grandchildren

**Political background:** Ran for Maricopa Flood Control District Board (lost by 3 votes)

**Previous community service:** City of Maricopa Planning & Zoning Commission, Board of Adjustment, Zoning Code Rewrite Task Force, Subdivision Ordinance Rewrite Citizens Committee, Vision 2040 Citizens Committee, General Plan Update Committee, vice president of Arizona Industrial Compensation Association, board member of International Association of Microsoft Channel Partners — Arizona Chapter, treasurer of Maricopa Multi Cultural Consortium.

**What is the one thing you would like to change about Maricopa as a councilmember and why?** While transportation, flood prevention, employment, health services and housing are rightfully top of mind in Maricopa, I would like City Council also to prioritize the development and distribution of senior services in our city. We are about the only city in Arizona that doesn't have a senior center, and we are currently missing out on many senior benefits because we have no place for those programs to land and no one to administer them. I think the city is missing out on a great opportunity to raise the quality of life for our seniors.

**Qualifications?** I'm an engineer with experience and proven skills in problem solving. With over 25 years in Arizona, I understand the state's resources and issues. At Microsoft, I worked in Community Development, where I created programs that grew Microsoft's worldwide services community from 30,000 to now more than 17 million people.

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**Proudest achievement?** Personal: My two grown children. My daughter has a master's degree in library science and works in a university library in Texas. My son is a software engineer at a major consulting company in Washington state. Professional: Having computer equipment I designed and built used by NASA on the lunar landings.

**On what aspect of city government are you least knowledgeable?** I don't have experience in playing politics. I've always worked on boards, teams, commissions and committees to build consensus and to get things done by working as a team player in group efforts. I feel that's the way an effective city council should work.



## Cynthia Morgan

**Age:** 60+

**Hometown:** Indianapolis, Indiana

**Years in Maricopa: 11**

**Occupation:** “MURDER IN...” Mystery  
Dinner Theatre and events.

**Family:** Husband Lindy Tidwell, 2 daughters, 3 stepdaughters, 9 grandchildren: 2 attended Maricopa H.S. and 1 Butterfield Elementary.

**Political background/previous campaigns:** In California 1973-74: worked at Democratic Campaign Headquarters on Jerry Brown Campaign for governor and Robert Mendelson for Controller. Switched parties and worked on Pete Wilson campaign for governor. In Arizona, worked with Sen. Bar-

bara Leff and the Arizona Film Commission on authoring the tax bill to attract more film business to Arizona. Helped with numerous local and state campaigns, from Anthony Smith to Doug Ducey.

**Previous community service:** I've been committed to service to my community since a teen when I spent almost every weekend and my entire summer breaks as a "Candy Striper" at Indiana State Hospital (we were called Pin-afore Girls), Lions Club, Rotary Club, Soroptimist Club, Copa Film Fest, Seeds of Change, F.O.R. Maricopa food bank, numerous chambers of commerce, including volunteer positions with Maricopa Chamber. Started the first Miss Maricopa Pageant here in 2011. Founded the "Stop Global Water Coalition" and helped organize the first time we got GW in front of the Corporation Commission.

**What is the one thing you would like to change about Maricopa as a councilmember and why?** Council's refusal to work with its own Chamber of Commerce is NOT in the best interest of the community.

**Qualifications?** Passion. Love for community. Lifetime of hard work and long hours. I've always worked well with others. I am in touch with and communicate very well with the people, my fellow taxpayers and citizens. I listen to ALL opinions and points of view to make an informed decision.

**Proudest achievement?** A tie: 1) The P.A.T.H. program: “Training and placement of Actors with Disabilities, Women and Minorities to create Diversity and Equality on Stage & Film” because it changed industry. 2) The three biological grandchildren of my late husband. We raised them, and playing victims to justify bad behavior, they took the alternate path.

**On what aspect of city government are you least knowledgeable?** Crunching numbers! UGH!!!



## Paige Richie

**Age:** 20

**Hometown:** Mesa, Arizona

**Years in Maricopa: 8**

**Occupation:** Student

**Family:** I am the youngest girl of 6 children to Janine and Thomas Richie, both active members of the community who value growth and development of our youth. My mother is a teacher who has spent much of her career in Maricopa and my father is an active member of Maricopa who has coached school teams and taught as a substitute.

**Political background:** This is my first campaign, but I am registered as an independent.

**Previous community service:** Assisted in planning and promotion of multiple fund-raiser events for local schools. Participated as a mentor for youth for several years and directed a number of community events for students and local youth. Assisted teachers in building lesson plans, student projects and developing classroom environments. Organized and promoted a number of fund-raising events for the community and local families. Devote time to reach youth and encourage civic engagement in our community.

**What is the one thing you would like to change about Maricopa as a councilmember and why?** I'd like to work on Maricopa's environmental impact and sustainability. With the effort our city has made to prevent light pollution, I feel as though we have expressed a value in our role in the environment, and I would like to further pursue that value and help our city to lessen our environmental impact. Furthermore, by looking into environmentally friendly options, this may open new pathways for economic stimulation in the form of jobs and growth for Maricopa.

**Qualifications?** I have extensive knowledge and experience of working with the Arizona community and their state programs through working with the Department of Economic Security. This experience is furthered by my political science major at ASU, giving me the tools and knowledge to apply justice and sustainability to my community.



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City of Maricopa

- Planning & Zoning Commission
- Board of Adjustment
- Zoning Code Rewrite Task Force
- Subdivision Ordinance Rewrite Citizens Committee
- Vision 2040 Citizens Committee
- General Plan Update Committee

### Board Member

- International Association of Microsoft Channel Partners, Arizona Chapter
- Arizona Industrial Compensation Association
- Maricopa Multi-Cultural Consortium

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Campaign Trail

**Proudest achievement?** I am most proud of my education. Coming from a family where a college education hasn't always been an option, I am proud that I am actively a senior at Arizona State University.

**On what aspect of city government are you least knowledgeable?** Zoning regulations and how they are applied in order to make our city as efficient as possible.



**Rich Vitiello**  
**Age:** 53  
**Hometown:** New York City, New York  
**Years in Maricopa:** 13  
**Occupation:** Sales  
**Family:** Wife Joann, 4 daughters, 8 grandkids  
**Political background:** Previously campaigned for Maricopa City Council and Pinal County Board of Supervisors  
**Previous community service:** Volunteer with Maricopa Police Dept.; Food Bank; 2040 Vision Committee; City Board of Adjustments; MUSD J.V. softball coach; fundraisers for Maricopa residents in hardship; donations of bicycles to fire and police depts.; umpire at the American Legion Annual Softball Game; graduated from Maricopa Leadership Academy.  
**What is the one thing you would like to change about Maricopa as a councilmember and why?** Maricopa needs more local, high-paying jobs. I look forward to using my 27 years of business experience to work with

the economic development dept. And attending educational and trade meetings and conferences to bring more business opportunities to our city to improve the quality of life.

**Qualifications?** Transparency, honesty and accountability are what made me successful. I have been actively engaged in city government issues and have participated first-hand in initiatives that have a direct impact on Maricopa's development, growth and quality of life. I was endorsed by Fraternal Order of Police and Arizona Association of Firefighters.

Proudest achievement? Being a husband, father and grandfather. Family is the most important thing to me. My family is part of this community, and my dedication to my family and this community is steadfast.

**On what aspect of city government are you least knowledgeable?** One-third of Maricopa is in a flood zone, affecting city housing, transportation, growth and business development. I am learning more about how this issue may be resolved by sitting in on meetings with Flood District President Dan Frank and Mayor Christian Price. I look forward to learning more.



**Henry Wade (incumbent)**  
**Age:** 63  
**Hometown:** Los Angeles, California  
**Years in Maricopa:** 10  
**Occupation:** Director of Housing Counseling Services, Chicanos Por La Causa, Inc., City

Councilmember, City of Maricopa  
**Family:** Gayle Randolph, Jeremiha Ballard and Jovan Wade  
**Political background:** Member of Maricopa City Council since 2014, campaigned for County Supervisor 2012  
**Previous community service:** Planning & Zoning Commission (2 years as Vice-Chair), Chair — Pinal County Democratic Party, Affirmative Action Moderator Arizona Democratic Party, Vice Chair African-American Caucus Arizona Democratic Party. Numerous community task force and committees. Scout leader and 20 years active duty military (Air Force retired)  
**What is the one thing you would like to change about Maricopa as a councilmember and why?** I would love to change the access to our community. I think the most significant concern of most residents, including myself, is the extreme limitation of State Route 347. Not just because it is restricted to four lanes but that the entry and exit to feeder roads are dangerous and deadly. I am prayerful that through the efforts of the recently formed Regional Transportation Authority (RTA), we are steps closer to fixing a problem that has harmed many of our citizens and plagued us all enough.  
**Qualifications?** I have hands-on job experience. My qualifications and experience comes from successfully serving the community on council diligently and faithfully for last 3+ years. Additionally, I serve as liaison or vice on Maricopa Unified School District #20, Planning and Zoning Commission, Cultural Awareness Advisory Committee and Youth Council.  
**Proudest achievement?** Connecting the underserved community to city government, encouraging citizens to serve on Boards, Commissions and task forces along with participating in the Maricopa Leadership Academy (MCLA). I am especially thrilled at the recent successful, youth conducted, Mock City Council meeting, as part of my Councilmember on the Corner outreach program.  
**On what aspect of city government are you least knowledgeable?** If I have a limitation, it is in the Human Resources department. As a director of staff, I recognize that HR is a special department with many moving parts and aspects. I applaud the civil servants' that manage those duties. It is an ever-changing landscape. 🗣️



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Jo Ann Sabbagh

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Kathy Hoffman

Bob Branch

CORPORATION COMMISSION

Sandra Kennedy

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Kiana Sears

Jim O'Connor

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STATE SENATE - DISTRICT 11

Ralph Atchue

Vince Leach

STATE HOUSE OF REPRESENTATIVES - DISTRICT 11

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Mark Finchem

Howell Jones

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COUNTY CLERK OF THE COURT

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Linette Caroselli

Vincent Manfredi

Bob Marsh

Cynthia Morgan

Paige Richie

Rich Vitiello

Henry Wade

Democrat

Republican

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Maricopa Militia youth tackle football program is recruiting players age 6-9 for a fall season, which begins July 30. The Militia players are urged to participate in community service. *Victor Moreno*



Wildman Phil Rakoci brought an alligator and other animals to the Maricopa Public Library May 31. *Michelle Chance*



Arizona Rick the Balloon Cowboy entertained kids June 7 with balloon animals and costumes. *Michelle Chance*



Maricopa High School student Antonio Gonzales performed with other MHS Theatre Company cast members of "The Baker's Wife" at the ASU Gammage High School Musical Theatre Awards May 26. *Raquel Hendrickson*

# What's new on Maricopa campuses?

By Michelle Chance

Most children in Maricopa schools will return to class sooner than usual this year. The Maricopa Unified School District approved a calendar change that will send students back to campus July 23.

The first day of school for charters Sequoia Pathway Academy and Legacy Traditional School will also be July 23. Leading Edge Academy begins Aug. 6.

## MUSD

Along with adopting a new calendar that will give students two weeks off each in the fall, winter and spring, the district this year will also implement a new English Language Arts curriculum in each of its nine schools.

### Maricopa High School

The district's only high school welcomes 20 new teachers to campus, along with Principal Brian Winter and Assistant Principal Michelle Poppen. MHS offers three new courses: Anatomy and physiology, statistics and probability, and an intervention program for algebra 1. New Athletic Director Jake Neill, who oversees sports for the entire district, will help introduce swimming as a fall sport at MHS.

The high school's credit recovery program, Ram Academy, begins its second year of instruction.

### Maricopa Wells Middle School

Jason Szoltysik is the junior high's new assistant principal.

"He brings many years of educational experience, and he is going to be great for our students and overall campus," said Principal Thad Miller.

### Butterfield Elementary

Four new teachers join the Bobcats this school year. The elementary is in the third year of its Positive Behavior Interventions and Supports (PBIS) discipline system. Principal Janel Hildick said Arizona State University will train Butterfield staff how to implement calming corners, "which help students who may be suffering from anxiety or emotional stress."

### Maricopa Elementary

Designated as a "Leader in Me" Lighthouse school this spring, MES adds four new classrooms, which is expected to decrease class sizes. The majority of teaching staff returns, and its administrators are hoping veteran educators will help newer teachers implement the "7 habits of highly effective people" and Leader in Me program in each classroom.

### Pima Butte Elementary

A number of teachers got a head start this summer training on the materials for the district's new ELA curriculum, according to Principal Randy Lazar. The school adds a new second grade teacher, a Title 1 paraprofessional and an academic coach. Pima Butte will share Teacher on Special Assignment Elizabeth Allison with Santa Rosa Elementary.

### Santa Rosa Elementary

The grade school follows Butterfield's lead in implementing the PBIS discipline program. "The goal of PBIS implementation is explicitly teaching behavioral expectations and rewarding students for following them," said Principal Eva Safranek.

Santa Rosa welcomes back the WATCH D.O.G.S. program for the second year. The Dads of Great Students initiative provides fathers opportunities to be involved in their children's education.

*NOTE: Ram Academy, Desert Wind Middle School, Saddleback Elementary and Santa Cruz Elementary did not submit school updates.*

## CHARTER SCHOOLS

### Leading Edge Academy

Expected to reach full capacity, LEA and its 815 students welcome a new music teacher from Maryland, a full-time math coach and a new special education teacher. The elementary adds additional recess time for students in kindergarten through fifth grade with a new shade overhang on the playground. A supplemental K-2 math program and an expanded technology program will also be implemented.

*NOTE: Sequoia Pathway Academy, Legacy Traditional School, Camino Montessori and Holsteiner Agricultural School did not submit school updates.*



## Modified calendar impacts staff, families

By Michelle Chance

It will still be July when students return to class in the Maricopa Unified School District, Legacy Traditional and Sequoia Pathway this year.

In exchange for an expedited first day of school, kids will get to spend an additional week off during fall, winter and spring breaks.

The changes at MUSD come as part of a modified calendar adopted by the school Governing Board in early 2017. The district operated an additional year under its traditional calendar to give families and staff time to plan ahead. The two charter schools then chose to follow suit.

Back in 2017, parents voiced concern about childcare during the extended breaks and how the July start-date would negatively affect teen workers with summer jobs.

Others are not worried.

"As a stay-at-home mom, (the new schedule) doesn't really affect our family," said Karen Fortunato. "Our family is pretty excited about the changes."

Some educators in the district are also pleased.

Kathy Fuentes, special education teacher at Saddleback Elementary School, has experience working under the modified calendar in another district.

She loved it then and is looking forward to spending more time off in the cooler weather months of October and March.

"It also gives families a week to take care of doctor appointments and other business and then a week, or so, to rest and relax," Fuentes said.

A sixth-grade teacher at Maricopa Wells Middle School, Rachael

*Continued on page 24*



Isenberg, also likes the additional time she'll have to schedule appointments and travel.

Isenberg was on the district calendar committee and deliberated the reasons why the district should adopt the new schedule.

"We considered things like getting kids out of the worst of the heat and continuity of curriculum and instruction," Isenberg said.

But the committee also looked at how the extended breaks could benefit educators and families.

Isenberg said teachers often spent the one-week vacations in waiting rooms – cramming in medical appointments during break to avoid missing a day of school.

She said the extended breaks could alleviate that.

Even with its benefits, teachers said the new schedule doesn't come without a degree of adaptation, especially with summer break.

"For me, it has already made the summer feel shorter," said Desert Wind music teacher Roger Wagner, who said marching band camp begins one week before staff returns to school.

Many educators like Alicia Chin, a science teacher at Maricopa High School, teach summer school and participate in curriculum planning well into June.

School begins July 23.

"I will only be able to take a couple weeks to myself before I need to be back to work again preparing for next year," Chin said.

MHS Music Director Ivan Pour called the schedule changes "minimal," although the fall break is in the middle of marching band season.

Beginning school in July means the marching band will have more time overall to rehearse, but Pour said he will have to reconfigure his spring programming because of the new schedule.

"A calendar is a calendar and it is the same number of (school) days," Pour said, adding, "I think, ultimately, it will allow for more intentional teaching throughout the school year with less progress lost in summer. But it will take some getting used to."

## Familiar faces lead MUSD middle, high schools

By Murray Siegel

*This is the third in a series of columns on the school principals in Maricopa.*

June Celaya, principal at Desert Wind Middle School, brings 33 years of educational experience to her job. Although she grew up in Philadelphia, she got her bachelor's and master's degrees at the University of Arizona and Northern Arizona University, respectively. She has taught multiple subjects in middle and high school and was a magnet school coordinator. Celaya was principal at Maricopa High School before moving to the principal's office at DWMS three years ago.

She is most proud of adding a second performing arts teacher at her school, which caused the program to double in size, as well as adding another Blended Learning Program.

She looks forward to implementing Watch D.O.G.S. (Dads of Great Students) next year. Her personal credo is that diversity brings opportunity to a school and that a teacher can inspire any student to be a successful learner.

The principal at Maricopa Wells Middle School is Thad Miller, a native Arizonan whose

K-12 education was obtained in Maricopa. He is an ASU graduate and obtained a master's degree from Grand Canyon University. Before becoming an administrator, Miller taught science in the middle grades and in high school in MUSD.

He is very pleased the goals established for MWMS year have been realized and work towards academic improvement continues with strong staff support. Miller anticipates continuing with high academic and behavioral expectations as part of the school's goals next year.

"The new ELA adoption should be a great benefit for our kids," he said.

He believes a positive relationship is being built between students and faculty that will lead to future success.

Brian Winter is the Maricopa High School



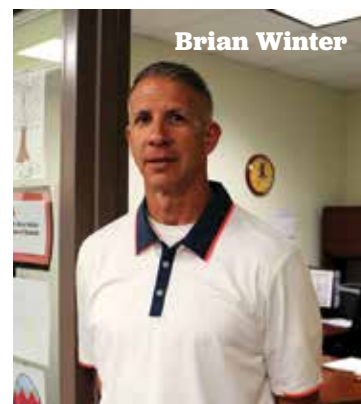
June Celaya

File



Thad Miller


Mason Callejas



Brian Winter

Michelle Chance

principal for the 2018-19 school year. He was born and raised in Minnesota and received his undergraduate and graduate degrees from state universities there. He has 30 years' experience in education in various positions including administrative assignments in Oregon and Arizona.

He takes great pride in the fact MHS has tested every 11th grade student on the Armed Services Vocational Aptitude Battery and all 12th graders on the ACT standardized college admissions test. This testing was done at no cost to the students due to a grant obtained by the school. His goal as the new principal is to build a connection with every student, whatever it takes. 

*Murray Siegel has a doctorate in Math Ed and 42 years of teaching experience.*

## Maricopa Elementary wants to be shining example as Lighthouse

By Michelle Chance

When Maricopa Elementary School became a "Leader in Me" Lighthouse school in February, it was an accomplishment students and staff had been working toward for four years.

Students, referred to as 'scholars' by educators, practice the arts of prioritization, self-empowerment, leadership and accountability.

It was an achievement brought forth by a culture shift within the school. The Lighthouse designation recognizes outstanding progress within the Leader in Me framework.

"We look at scholars and believe everyone has genius," said MES Principal Jennifer Robinson.

Students follow the format of "The 7 Habits of Highly Effective People," the 1989 self-help book by Franklin Covey.

It helps students like fifth-grader Alyssa Norris prioritize daily tasks.

"It helps me by getting my work done early and turning it in so that I can be able to do things that I want to do like play games or help my teacher," Norris said.

Students are assigned leadership roles as well, such as classroom greeters, line leaders and monitors.

Scholars also focus on potential, motivation, change and education — paradigms that guide students through their educational pursuits.

Everyday in the classroom students like Jeremiah Crawford set "Wildly Important Goals" and compose the steps they believe will lead them to success.

"One of my goals is to get a 90 percent or higher on my math test," Crawford said. The incoming sixth-grader said he accomplished it last school year.

One of the seven habits practiced by the school is synergize, where students are encouraged to solve problems by viewing a conflict through the eyes of another.

It's fifth-grader Liliana Flores' favorite habit to practice.

"I like when I see people working together and getting along because it makes the school happy," Flores said.



Students at Maricopa Elementary School tout the school's Lighthouse designation.

Submitted

**"It helps me by getting my work done early and turning it in so that I can be able to do things that I want to do like play games or help my teacher."**


—Alyssa Norris

The Leader in Me school, one of four in Arizona, has brought about results less measurable than test scores and less tangible than smiles, but important all the same.

One student said she felt empowered during public speaking events, even when her bravery may have faltered at first.

Robinson said that's the ultimate goal she hopes scholars take with them as they grow in life — realizing anything they want to achieve is possible.

"That self-empowerment, and recognizing that they are the change and they can use their voice to make our world better," Robinson added.

MES will retain its Lighthouse certification for two years, at which time the school can recertify through a virtual self-assessment. 

 [TheLeaderInMe.org](https://www.theleaderinme.org)





# Best Dad in Maricopa ‘class act,’ father of 5

Story and photos by Raquel Hendrickson



**Left: The Fröms, from left, Cortney holding Atlys, Derick holding Rowan, Archer, Troy and Maddex, with Maricopa Ace Hardware owner Mike Richey.**

**Below left: Jase Leonard with his sons Caden and Jaxon, with Mike Richey.**

**Below: Jason and Andrea Foree with daughters Audra and Joy and Ace owner Mike Richey.**



With more than 40 fathers nominated Best Dad in Maricopa for Father’s Day, it took a lot of social media support to come out on top. In the case of the winner, it took enthusiastic support from military buddies to win the coveted prizes from Maricopa Ace Hardware.

Cortney Fröm nominated her husband Derick Fröm very late in the competition, which was based on InMaricopa’s Facebook page. But then she started sharing it. Within hours, Fröm had accumulated 400 and then 500 votes and more.

The win brought Fröm a new Traeger grill, pellets and accoutrements from Ace owner Mike Richey.

Fröm said he thought it was “cool” that

his wife entered him in the contest but was “shocked” that he came out on top.

“I just didn’t think we were going to win, we entered so late,” he said.

In her nomination, Cortney Fröm stated, “We have five children, and he is pretty much super Dad. He does so much for his family and works so incredibly hard to make sure we are all taken care of. His love for all five of his children is amazing. Plus he’s a pretty great husband, too.”

Derick Fröm spent eight years in the Arizona Army National Guard. His continuing relationship with current and veteran service members, especially a group calling itself Drinkin Bros: Dads, was key to totaling nearly 600 “likes” on Cortney’s nomination.

The Fröms, who include Maddex, 9, Troy,

7, Archer, 3, Rowan, 2, and Atlys, 1, have lived in Maricopa just three months, moving from Mesa. Derick and Cortney have been together seven years and married three.

One person who voted for Derick Fröm, Philip Bateson, called him “a class act. Works himself to the bone for his fam. He’s a great coworker and a generally funny guy.”

Another supporter, James Layne, took it even further: “When Superman wakes up in the morning, he wants to be like this dad.”

Finishing in second place in the Best Dad contest was local Realtor Jase Leonard. He and his two sons, Caden, 10, and Jaxon 8, took home a Yeti cooler from Ace.

“There are a lot of dads that wear multiple hats in their family and that is no different in ours,” his wife Stacy Leonard wrote in her

nomination. “We rely on this dad to take care of us and our home. He is our breadwinner, soccer dad, professional wrestler, joke teller, tickler, lunch maker, homework helper, sports lover, dog walker, breakfast maker. Like many, he loves his family more than life itself. He helps people every day by making their dreams come true at work. We don’t know where we would be without him to provide, love and take care of us.”

“It’s cool,” Jase Leonard said of being in the top three finishers. “We always try to do a lot in the community.”

The Leonards have lived in Maricopa 12 years.

Kandi Crowe, who “liked” Leonard’s nominations, commented, “No surprise. I have known him 18 years and always knew he would be an awesome dad! Team Jace!”

There was a fierce battle for third place in the contest that went down to the wire. In the end, Jason Foree claimed the 30-ounce and 20-ounce tumblers.

A highway inspector by trade, Foree has been battling leukemia for the past year and is currently in remission.

Check out more of the nominations at [Facebook.com/InMaricopa](https://www.facebook.com/InMaricopa). They include:

**Michelle Harl Johnson** We nominate **Bo Johnson**, you all know him as the funny Yogurt Jungle guy! Or perhaps you know him as the collector or the person who hauls stuff away. I know him as a caring, loving father to our children. He not only is a Dad he is daddy to our kids!! Our children adore him and he truly loves them with all of his heart. He is a rhinestoning dance dad for our daughter and he is an amazing role model for them and shows them hard work and dedication pays off. We love him to the moon and back and hope Maricopa will show him some love too!!!!

**Ryan Hansen** I nominate my husband **Chad Hansen**. He is a fantastic father to our 3 boys! He never misses an event or special moment in any of our lives. He goes out of his way to juggle his busy schedule to always be there for us. In the free time he does have he spends it volunteering here in Maricopa for Maricopa Youth Sports. Chances are that you may know Coach Chad as he has been coaching in Maricopa for 7 years now. He loves being a part of our community and running into his current

“He’s always putting his family first,” his wife Andrea said. “Even when he first received the diagnosis, the first thing he said was, ‘What about my daughters?’”

The girls are Audra, 3, and Joy, 1.

Supporter Carlene Croonenberghs commented, “He has put his trust in God for the fight of his life. He is the father of two beautiful girls. The love between him and his wife Andrea is a testament to everyone who knows them. He is one of the strongest men I’ve ever known.”

Foree just edged out Chris Marshall. Marshall’s “likes” continued to come in even after the June 14 deadline.

In nominating him, Marshall’s wife Marlene wrote, “He works selflessly for us every day. He is faithful, kind loving and the definition of strong all in one. He gives up his free time to help the youth in Maricopa and is active in our children’s school. He always finds time to teach, pray and play everything from sports, Nerf guns, bowling — our kiddos simply adore him, I adore him. He is the greatest man I know.”

All of the top four finishers received more than 100 likes.

and previous athletes around town. He is one of the most loving and caring people I know and this would be a great honor to him if he is selected.

**Kylie Birth Doula Williams** This man right here deserves the #bestdadaward!! Everything he does is to bring joy to his family!! He didn’t have a dad growing up so he looks to his Heavenly Father for guidance! Jonathan is a dad to our 4 beautiful children who look up to him!! Jonathan is very well known in this awesome town and I believe he should be blessed by this title I already know he has:)

**Becky Holsinger** I would like to nominate my dad **Chris Holsinger**. He is a marine veteran and is my hero, he helps save lives and is an all around amazing dad. When my mom met my dad she had a 9 year old son my brother. He didn’t care he did everything he could to make sure they were happy. To this day he tells everyone that he is my brothers dad. Whenever I have a friend in need he is always there. He loves to help people at work and out of work. I am proud to call this man my father, he does everything he can to make sure my siblings and I feel loved and safe. He is a EMT for Gila River and loves what he does. I couldn’t imagine a life without my dad.

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# Is SAT or ACT better for students?

By Bernadette Russoniello

Since the early 2000s, educational policy has placed increasing expectations on accountability through testing. Conversely, our public universities in Arizona chose to make admissions tests optional. Students can gain admittance to Arizona's big three universities without a qualifying test score. What is the significance of traditional college admissions testing and why does it matter?

Regardless of whether a university requires a test score, the answer is, "Yes," your test scores matter, and you need to plan and prepare to do your best on these exams. The majority of scholarships students earn are based on academic merit, a combination of grades, course rigor and test scores. If you or your child want free money for college, then preparing and studying for admissions testing is a must.



Bernadette Russoniello

The SAT, developed by the College Board, a private, nonprofit organization, originally tested a student's aptitude for the rigors of college. The assessment helped prestigious and exclusive colleges across the United States determine if a potential applicant had the skills requisite for success. Since the 1990s, the mission of the SAT changed to promote excellence, access and equity in education, connecting students to college success and opportunity.

The suites of assessments offered by the College Board, including the PSAT and PSAT 8/9 and PSAT 10, offer students the ability to predict AP potential and connect students at younger ages to universities and colleges matching their interests and abilities.

The ACT (American College Testing) originally offered a variant to the "traditional" aptitude testing of the SAT. The ACT was

designed to measure what a typical high school junior should know and be able to do, across subject areas including mathematics, reading comprehension, language and scientific reasoning.

For decades, universities aligned with one test philosophy or another. The standard now is that all universities accept either test for admissions.

At Maricopa High School, we encourage students to take both exams. You never know which test you will perform better on. Many students report that the SAT feels harder than the ACT, but often students score better on the SAT than the ACT. Both exams take three hours and a Saturday morning to test. Exams are offered nearly every month at schools around the state. Registration is done entirely online, and each test costs \$46. Fee waivers are available through school counselors for students qualifying for the National School Lunch Program or receiving other forms of public assistance.

Increasingly, competitive universities (schools that accept fewer than 35 percent of applicants) require SAT subject tests. The SAT subject test is a course-specific assessment that demonstrates a student's credential within that field. SAT subject tests help competitive schools determine program readiness and course placement.

Students need to research admission requirements to their schools of interest and be ready to meet those expectations.

*Bernadette Russoniello is the Career and College coordinator at Maricopa High School. She can be reached at BRussoniello@MUSD20.com.*

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# Meaningful connections make all the difference

By Aaron Petrus

Mentoring students is a very rewarding experience.

I've been mentoring for the past year with the Be Awesome Youth Coalition. I've learned a lot, including the realization that youth struggles are unique in today's culture. Factors include social media, a shift in standards, and even family values.

I try to compare my childhood to the kids I work with today, and it's difficult because our experiences are very different. Like many of the kids I mentor, I too grew up in a single-parent home. But as a kid I never dealt with suicide, depression or child abuse. It existed, but not at the rate these kids are experiencing it.

Issues like peer pressure, drugs and violence existed, but so did positive, meaningful



Aaron Petrus

adults in my life alongside my single mother like family, coaches and teachers; and they all guided me on the right path.

Today, social media, violent video games and access to YouTube have all impacted our youth in a negative way — especially in the homes or areas where parenting is not present. As adults, we believe if a child is at home playing video games or on their electronic device it means that they are out of harm's way. This is not true.

Speaking with kids, many of them have learned a lot of their negative behavior from social media. Most parents are not even aware of what their children are exposed to. The Internet is loaded with teenagers acting in a manner that is totally inappropriate. Somehow, this has become a normal behavior and is accepted today or ignored.

Parents need to be aware of child predators, teen trafficking and cyberbullying. Victims of these tragedies can often become depressed and or suicidal. Statistics show suicide is on the rise among teens, especially teen girls ages 13-17.

Even though it's different, some things remain the same, such as the human desire for connection, and the adolescent's need for direction. Today, we have to look outside ourselves and think outside the box because the issues of the past are becoming more intense. But a competent and engaged individual can make a difference.

I'm proud to be a part of Be Awesome Youth Coalition. The Coalition has helped encourage and guide many teenagers and saved the lives of others. Please support Be Awesome Youth Coalition by volunteering, donating or connecting online. Let's stop talking about the problem and become the solution.

**BeAwesomeYouth.life**

*Aaron Petrus is a mentor for the Be Awesome Youth Coalition and can help connect you with opportunities to make a difference. He can be reached at [apetrus@beawesomeyouth.life](mailto:apetrus@beawesomeyouth.life).*

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## Crops with wings

Maricopa company wants to reinvigorate agriculture

By Fran Lyons Photos by Mason Calejas

**G**uayule (gwa yoo lee). Not a well-known word. If you haven't heard it before, you probably will, especially if you live in Maricopa.

Guayule is a silver-leaved shrub of the daisy family indigenous to the southwestern United States and Mexico. It grows locally.

It was cultivated in the early 20th century by industry and investment pioneers such as Henry Ford and John D. Rockefeller for its promise to produce rubber. The sap of the plant yielded a high volume of latex that produced a rubber compound.

It served a multitude of applications including the World War II effort led by Dwight D. Eisenhower when he was a colonel in the Army in a study of guayule as an alternative to rubber.

Fast-forward to 2014. Lance Beem, a plant physiologist working at the University of California-Davis, conducted trials on the guayule plant for its potential to increase crop growth. He found he was really onto something significant and far-reaching.

He discovered he could extract from the guayule plant a property that would increase crop yield to growers. It is called ISO NPK. It's a bio fertilizer. It is naturally sourced, non-toxic and certified organic.

Chief Operations Officer Ben Cloud said ISO NPK offers one of the most potent fertility products on the market. "We call it 'giving your crops wings.' Plants actually respond to an application with rising branches and leaves for a physically visible response."

Events shaped rapidly from this discovery. Beem Biologics was established in 2014. Four founding members — CEO/Chairman

**Beem Biologics co-founders are working in fields and labs to prove guayule can safely and efficiently increase plant growth. Rick Brower, bottom, has worked with the plant for a decade.**



Stephen Butler, PhD, COO Ben Cloud, Director Lance Beem and Director Rodolfo Manzone, PhD — came on board with experience and expert skills to develop a new product with great possibility.

Development continued with the founders opening a facility in Maricopa, a rich, agricultural resource area that has the guayule shrub growing in abundance. Research and development continues at UC-Davis.

The purpose became clear to the founders: "Develop and supply biological compounds that are naturally derived and sustainable for use in growing crops."

Beem Biologics has entered a licensing agreement with one of the largest crop protection industries in the world — Arysta LifeScience — and has conducted successful, broad-spectrum field trials of ISO NPK.

"Our mission is to become a premium provider of breakthrough biological technologies throughout the world," Cloud said. "The impetus for this shift is the awareness of the agriculture industry and communities at large, to see the opportunity and benefit of using naturally derived compounds. They are safe, economical and highly effective in increasing crop yield for growers."

Biological compounds, or AG biologicals, provide many of the answers that face the chemical crop industry.

"At Beem Biologics, we intend to advance 'Healthy Soil, Healthy Food and a Healthy Planet, based on science,'" Cloud said.

Beem Biologics currently has an inventory that would provide product to 1 million acres. Beginning in 2019, marketing will expand and the projected growth will be 10 million acres of product coverage to meet market demands over the next five years, according to its business plan.

Rick Brower is the operations manager. He is an Arizona native who has lived in Maricopa since 1988.

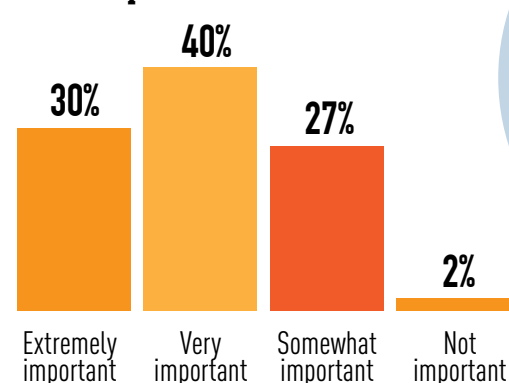
"I have been working with the potential of the guayule shrub for 10 years, and I am really excited to be here in Maricopa at this amazing time to hit the ground running," he said. "Our timing is right to move away from conventional chemical products that deplete the soil to a non-toxic, organic product that revitalizes and enhances crops."

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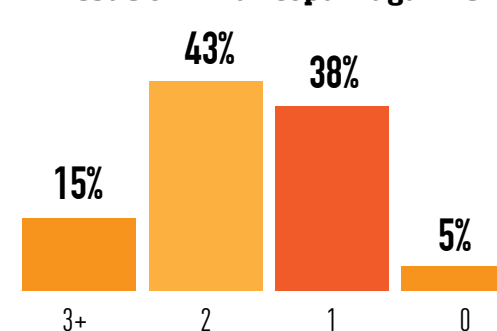
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Raquel Hendrickson

**NEW BUSINESS LICENSES FOR WINGS, HOT DOGS**

The following businesses received business licenses from the City of Maricopa May 16 through June 15:

**Commercial:** Go Wireless Inc., Pioneer Title Agency, Wingstop

**Home-based:** 5X Gusse Properties, Choice Vending, Clearly Designed, Desert Ice, Fashion and Beauty Guide, Gorilla Joe's Pest Control, Lifted High Garage Door Repair, Landscape Illumination & Irrigation, Maricopa Solar Window Screens & Home Power Washing, North Suburban Office Services, Patricia Sierra Home Daycare, PCS by D'Vine, Sonora Hot Dogs, T&R Roadside Services, Taylor Loren Decorating, Trail Blazer Marketing, Vango 4 Kids

**Out of town:** Associated Sign Company, B&J Glass and Store Front Inc., Cookson Door Sales of Arizona, Forrest Anderson Plumbing and Air Conditioning, Four Peaks Pump and Compressor Service, GE Home Services, Henry & Horne LLP, JLC Enterprises, Mattson Construction, Nergy Solutions, One Stop Asphalt, R&B Roofing, Renewal by Andersen, Romp and Roam Pet and Home Sitting, RS Client Services, Sun Eagle Corporation, Trinity Building Services, Unique Management

**Nonprofit:** Keep the Beat, Maricopa Ak-Chin STEAM Foundation

# Development briefs around town

**Sunrise Pre-School** received a new commercial permit for its property at 19287 N. Porter Road. The school, which is directly east of Sequoia Pathway, is more than 10,000 square feet, including canopies, and valued at \$1.4 million.

**Little Charmers Preschool and Daycare** at 22314 N. O'Sullivan Drive received its annual residential fire inspection and earned its permit June 4. It also received a permit for a flow test of the hydrant on June 18.

**Dutch Bros. Coffee** indicated its interest in building a drive thru in Maricopa with a presentation to the Heritage District Citizen Advisory Board June 14. The proposal for a store north of Fast & Friendly Car Wash on John Wayne Parkway is in the early review process.

A proposed **Circle K** on the southeast corner of Honeycutt and Porter roads has onsite improvement plans under review by the City of Maricopa.

Construction continued on **Burger King** in Edison Pointe at 20595 N. John Wayne Parkway and at **Jiffy Lube** at 42100 W. Maricopa Casa-Grande Hwy.

**Yale Management Services** at 21596 N. John Wayne Parkway received its permit for a fire alarm and detection system on June 6. Dunkin' Donuts, which opened in Edison Pointe June 8, received its fire alarm permit June 13.

**Crossfit Stand & Battle** announced to its clients it was restructuring the business and would be moving out of its location at 21476 N. John Wayne Parkway after July 1. Owners opted to move training into residential garage gyms because the state of commercial real estate in Maricopa made continued leasing unworkable.

**Walmart** received a permit May 16 to sell fireworks at its store at 41650 W. Maricopa-Casa Grande Hwy. **Fireworks Productions** of Arizona received a permit June 13 to produce



Raquel Hendrickson

the fireworks display at Maricopa's annual Great American 4th.

**KB Home** received a permit June 11 to convert the garage of a model home on Laurel Road into a construction office for Homestead. KB Home also received a permit for two wood signs at the location.

**Maricopa Auto Outlet** received a permit to replace the sign faces for the business at 19864 N. John Wayne Parkway. **Super Smiles** at 21116 N. John Wayne Parkway received a permit for an LED aluminum sign.

After its opening, **Dollar Tree** received a temporary sign permit May 31 for its grand opening.

Mobile food vendor **Zonia Fuentes** of Sonora Hot Dogs LLC received a zoning permit to sell at 44301 W. Maricopa-Casa Grande Hwy.

**Four Directions** received a zoning permit June 6 for an adult group home at 41545 W. Anne Lane.

After time ran out on previous permits, the City of Maricopa's **Heritage District** project received four new permits June 4 to demolish blighted properties. Two are on Maricopa-Casa Grande Highway, one is on Pershing Street and one is on Burkett Avenue. The work is to be carried out by Breinholt Contracting and valued at \$22,500 per property.

## MARICOPA EATERIES GET CLEAN INSPECTION FROM COUNTY

All 11 food establishments in Maricopa inspected by Pinal County from May 16 to June 15 received excellent scores.

### EXCELLENT [No violations found]

- Bashas'
- Bashas' - Deli
- Circle K at 21212 N. John Wayne Parkway
- Denny's
- Dollar Tree
- Gyro Grill
- Helen's at Copper Sky
- Helen's at Pacana Park
- McDonalds at 20700 N. John Wayne Parkway
- QuikTrip
- QuikTrip — kitchen

### SATISFACTORY [Violations corrected during inspection]

None

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

None

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

None

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# Master Gardeners teach latest about plants, planting

By Rita Bricker

Let's explore the Master Gardener program as it relates to our fair city of Maricopa. But first some history and definitions. The Land Grant College Act of 1862 ceded land within each state to establish colleges and universities specializing in the "agricultural and mechanic" (A&M) arts. The University of Arizona is our land-grant college.

The Cooperative Extension Service is a large, informal education system to help people use research-based knowledge to improve their lives. This service is provided by a state's land-grant university and is administered by county agents. Our Pinal County agent is Rick Gibson.

The Master Gardener program is an adjunct of the Cooperative Extension Service along with other groups such as 4-H. Our mission as Master Gardeners is to provide the public with research-based, home, horticultural information through educational programs and projects. We are all unpaid volunteers.

Our local group is fortunate to have the Maricopa Agricultural Center (affectionately known as MAC) as our home base. The MAC is a University of Arizona experiment station known for its research on cotton, small grains, alfalfa and new, specialty crops. At the MAC, our Master Gardeners maintain a demonstration garden, and we are currently planning a new orchard plot. We utilize these areas as teaching platforms to introduce local homeowners to new plants and planting techniques, as well as best practices in



Rita Bricker



planning, cultivation, irrigation, and garden and tool maintenance.

Another vital service we provide is plant diagnostics. The Maricopa Master Gardeners were commissioned by our county extension agent to act as the go-to plant and insect diagnostic resource for the county in January 2014. In that capacity, we assumed responsibility for logging and resolving the plant and insect questions and issues tendered by home gardeners from all corners of Pinal County. We have a diagnostic lab and comprehensive library in our office, which is also located at the MAC.

Becoming a Pinal County Master Gardener requires some time and dedication, but it's well worth it, not only for one's personal knowledge but for the opportunity to share that learning with others. First, one must complete a specialized course in gardening in the low desert. The 50-hour course covers topics such as botany, soils and plant nutrition, problem diagnosis, irrigation, pest management, desert-adapted plants and vegetable gardening.

The next Garden and Landscape course will be offered in Maricopa Aug. 22—Dec. 19. Upon course completion, Master Gardener applicants must complete a specified number of volunteer service hours to obtain full certification. Typical volunteer projects include our annual plant sale, introducing school children to outdoor gardening, staffing the plant diagnostic office, and presenting information at city-wide events. These volunteer opportunities are fun and gratifying, and they can open up a whole new network of acquaintances and contacts.

520-374-6263  
MACmastergardener@gmail.com

Rita Bricker is a Master Gardener in Maricopa.

# Why it's smart to contact Realtor for new builds

By Dayv Morgan

Maricopa has seen a recent surge in new home construction. Many people find it enjoyable to tour model homes, and soon find themselves contemplating an upgrade to a brand-new house. If you're looking, perhaps it's time to contact a Realtor.

Commonly, people believe there is a financial penalty to using a Realtor when buying a new home. That is not the case. It's *cost-free* to use your own agent. The commission is paid by the builder. Also, it's wise to take your Realtor along when you begin looking at models, because typically a builder will not allow you to have an agent once you have completed a registration form.

The seller will not give a lower base price simply because a buyer purchases without an agent. Often with completed spec homes, the

opposite is true. Your Realtor can research how long a home has been on the market and help negotiate a reduced price or additional upgrades.

Another misconception is that it's not necessary to have a Realtor when you buy a brand-new home. Here, it's important to keep in mind the sales agents at the model homes are employees for the builder. They represent the builder's best interests, not the buyer's. A local agent can help point out things about the community, location and details such as HOA fees, amenities, exposure to the sun or proximity to train tracks, road noise, etc.

When I moved to Maricopa in 2006, it was a housing boom and a strong seller's market. When I decided to buy a new home, I was at the mercy of the builder, and had



Dayv Morgan

to agree to all their terms. Waiving a home inspection was one of the requirements. The sales representative convinced me, because the home came with a builder's warranty, everything would be fine. Twelve months later, the builder was bankrupt, corporate offices were closed, and any possibility of making a warranty claim was gone.

Fortunately, the house had no structural issues. I have heard many examples, however, of home inspectors finding major problems such as missing insulation in walls or attic, disconnected AC ducts, or missing roof tiles. Even national builders and licensed contractors can make mistakes. It is important not to assume everything will be done perfectly. Anything that was installed incorrectly, if not caught during the warranty period, could end up costing hundreds or thousands of dollars when you plan to sell. The average home inspection costs about \$350. It is certainly worth the peace of mind to have it done.

Dayv Morgan is a Maricopa Realtor and owner of HomeSmart Success. He can be reached at DayvMorgan@gmail.com.  
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**MOST  
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HOME SOLD**

**1. 19815 N. Puffin Drive, Province**

Raquel Hendrickson

The most expensive home sold in the city of Maricopa from May 16 to June 15 was a half-million-dollar looker on a lake in Province that is the priciest of the year. The large house on a large lot included a casita and a private pool. There were tons of upgrades, from flooring to window treatments. Though on the market for nearly nine months at \$14,000 above its eventual selling price, the results were apparently worth the wait.

**Sold:** May 31  
**Purchase price:** \$505,000  
**Square footage:** 3,102  
**Price per square foot:** \$162.79  
**Days on market:** 253  
**Builder:** Engle  
**Year built:** 2006  
**Bedrooms:** 4  
**Bathrooms:** 4  
**Community:** Province

**Features:** Orchid model with stainless steel appliances, formal dining room, fireplace, waterfront views, full master bedroom, granite counters, play pool, patio, guest house  
**Listing agent:** William G. Menkhus, HomeSmart  
**Selling agent:** Jill K. Dames, Realty ONE Group

- 2. 22496 N. Sunset Drive, Cobblestone Farms.....\$375,000**
- 3. 18955 N. Falcon Lane, Glennwilde .....\$322,000**
- 4. 18620 N. Tanners Way, Smith Farms.....\$319,000**
- 5. 19131 N. Toya St., Senita.....\$319,000**

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



**LEAST  
EXPENSIVE  
HOME SOLD**

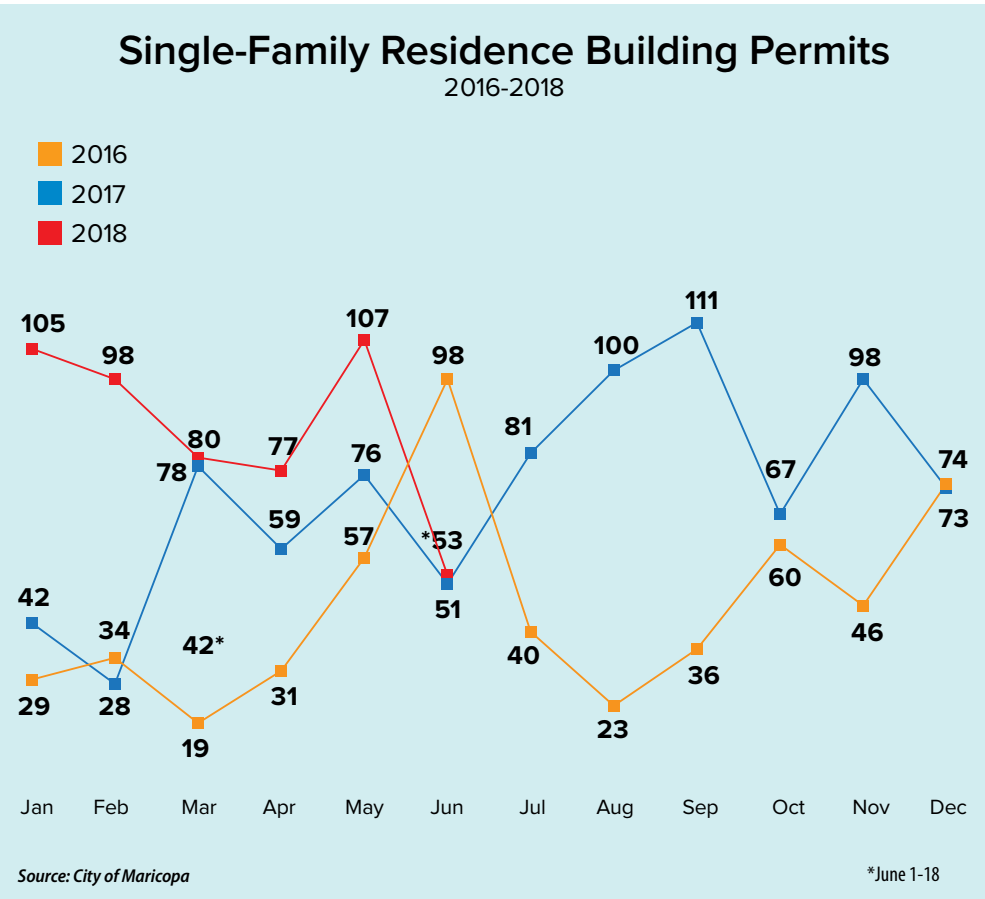
**1. 45004 W. Garvey Ave.**

Raquel Hendrickson

The least expensive home sold in the city of Maricopa from May 16 to June 15 was a manufactured home in the Heritage District. Maricopa's mixed-use heritage overlay was used as a selling point, as homes within the overlay can be used as residential or commercial. The home was in the middle of an 8,000-square-foot lot.

**Sold:** June 9  
**Purchase price:** \$132,250  
**Square footage:** 1,284  
**Price per square foot:** \$102.99  
**Days on market:** 95  
**Builder:** unknown  
**Year built:** 1998  
**Bedrooms:** 3  
**Bathrooms:** 2  
**Community:** Maricopa Manor  
**Features:** Large lot, remodeled kitchen, new paint inside  
**Listing agent:** Manuel Gauna, My Home Group Real Estate  
**Selling agent:** R.C. Hard, Go Sold Realty

- 2. 19220 N. Toledo Ave., Tortosa..... \$142,100**
- 3. 44823 W. Applegate Road, Alterra South..... \$152,000**
- 4. 46166 W. Sheridan Road, Maricopa Meadows \$153,000**
- 5. 36536 W. San Clemente St., Tortosa ..... \$155,000**



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# Effective planning for a healthy, fit lifestyle

By Aaron Gilbert

When life's already busy, here's how you can make time to eat better and move more often.

### Ask yourself why

Understand exactly why you want to eat better and exercise more gives you the motivation to prioritize it over other things.

Examples:

**Q Why do I want to eat healthier and exercise more?**

A: Because I want to fit in smaller pants.

**Q But why do I want to fit in smaller pants?**

A: Because when I'm wearing smaller pants, I look better.

**Q But why do I want to look better?**

A: Because when I look good, I feel good about myself.

**Q But why do I want to feel good about myself?**

A: Because when I feel good about myself, I'm more assertive and confident.



Aaron Gilbert

**Q But why do I want to be more assertive and confident?**

A: Because when I'm more assertive and confident, I'm in control, my fears won't stop me, and I can finally go for my dreams.

### Identify your top priorities

Think of your time as a jar, which you can fill with a finite number of rocks, pebbles and sand.

Your big rocks represent the stuff that's most necessary to feel fulfilled in life. They often relate to family, health, and livelihood. Your pebbles add extra fun and satisfaction to life, but aren't totally necessary. You sand is purely "bonus" activity. It can be enjoyable, but it's not crucial to your survival or fulfillment.

Everyone's rocks, pebbles and sand will look different. But regardless, if you fill your jar with too much sand first, the rocks and pebbles won't fit.

### Keep a time diary

Your schedule reflects how you're prioritizing the activities in your life. Track your time in 15-minute increments for a couple weeks to find out if it's consistent with your goals and values. For example:

7:00-7:15 – Woke up, brushed teeth

7:15-7:30 – Checked Instagram

7:30-7:45 – Still on Instagram

Then analyze it:

To start to align your schedule with what you want to accomplish, replace low-value activities with high-value ones, little by little.

Aaron Gilbert, CSCS, owns Longevity Athletics and can be reached at 520-261-4661 and Aaron@LongevityAthletics.com.

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# Keep your kids entertained and free from boredom over summer break

By Andrew H. Jones

Community Relations Coordinator  
Sun Life Family Health Center

Summer break is upon us and in the age of cell phones and video games, it isn't hard for kids to find something to do on a hot summer day. However, spending too much time with a phone or video game remote control in hand isn't ideal for anyone, especially when there is plenty of good old-fashioned fun to be had. Here are a few fun and safe activities for children of all ages, to keep them free from boredom and turn a boring day into an amazing fun day.

**1. Make a Family Flag** — Cut a large rectangle from an old white sheet or pillowcase. Use markers and/or paint to make your own family flag.

**2. Make a Puppet Theater** — Turn a card table on its side or use a large cardboard box. Make your own paper bag or sock puppets, or simply use dolls and stuffed animals.

**3. Paint Rocks** — Find rocks and paint funny replicas of your family. Make sure to add googly eyes...

**4. Play Tabletop Soccer** — Pick teams and have teams sit at opposite ends of a table. Use a ping-pong ball for the soccer ball. Players move the ball by blowing it. To score a goal, a player must blow the ball off the opponent's edge of the table.

**5. Indoor Campout** — Hang sheets or blankets over tables or chairs. Let children hangout, snack, and nap in the "tent."

**6. Measure Things** — How tall are you? How long is the table? How big around is the tree? How wide is the sidewalk? Give your child a tape measure and work together to find out.

**7. Make Paper Airplanes** — Look up instructions online on how to make different types. Fold some paper airplanes and hold a contest to see which flies the farthest or stays aloft the longest.

**8. Neighborhood Watch** — Using old boxes, build a giant robot to protect the neighborhood from "Aliens from Outer Space."

**9. Bowling** — Maybe it's the simple nature of the sport and the obvious lack of

tension in the building that puts everyone at ease. Laugh at the gutter balls, and cheer for each other's strikes.

**10. Water Balloon Baseball** — My favorite, and even teens will have trouble resisting this silly task of trying to hit a wobbly water balloon with a bat. Your yard will be littered with broken balloon pieces afterward, so entice clean up by offering an ice cream treat to each kid who helps out.



**11. Play a Classic Card or Board Game** — Playing cards is not only fun, it is a great way to keep kids thinking. A few of my kid's favorites include; war, slap jack, 21, Rummikub, Monopoly, Catch Phrase, or even pull out the old school domino set.

**12. Cook Off or Bake Competition** — Anything involving food are always a hit with kids. Putting together a lunch or dinner is also a great way to practice teamwork. Better yet, try a food-tasting contest and have Mom or Dad choose the best tasting dish without knowing whose is whose. Loser does the dishes.

**13. Library Story Time** — Check with your local library for fun activities, they typically do several for each age group and you can find the ones that are of interest to your child.

**14. Movie Marathon** — Select a movie series to watch. A few suggestions that my kids love are, the Avengers, Batman, or the Lord of the Rings trilogy. Get everyone's favorite ice cream and/or make popcorn. Make it a special event (Tip: check your local library for movie rentals).

**15. Volunteer Work** — Whether it's helping at a food bank, or the public library,

TIP  
OF THE  
MONTH

Children have a lot of energy to release, be active with them!  
#OneSmallChange

volunteers are always in need. It is important your children learn that the world really does not revolve around playing video games or silly

apps on their phone. There are plenty of fun and rewarding opportunities to volunteer your time. Working side by side with your teen that involves sacrifice for the benefit of another will provide work experience, making new friends, and fun!

Take advantage of summer break and have fun spending quality time with your children. Let your children decide what they would like to do as an activity. You may learn something new about them, and possibly even yourself. Let them take control and

participate with enthusiasm! If you can create an experience that includes just one of these activities you will be off and running to fun filled moments and creating memories.

Sun Life Family Health Center wishes you and your family a fun, safe and healthy summer break. To learn more about our office locations and hours, visit [www.sunlifefamilyhealth.org](http://www.sunlifefamilyhealth.org).

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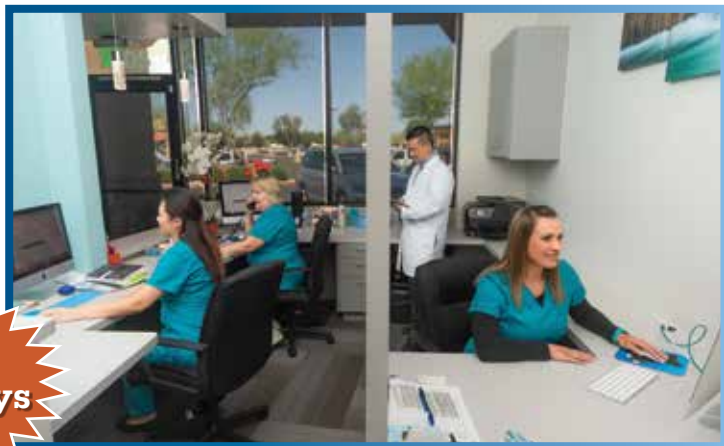
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# Patient advocate an important, increasingly popular role

By Joan Koczor

Initially, your primary care provider will be the first step in diagnosing many health issues. He will recommend screening, help you manage chronic conditions and, if needed, refer you to other types of providers or specialists.

A short list of specialists may include cardiologists, oncologists, allergists, psychologists, podiatrists and orthopedists.

Through all this, your life has changed — you've become a patient.

Your days are no longer ordinary. There are examinations, medications, diagnosis and treatment options, doctor appointments, hospital stays, decisions to make, endless paperwork, phone calls to health insurers. Who can you turn to in time of an emergency?

Dealing with any illness can be a very stressful time for patients and their families.

Add to that the health care system has

become so confusing — think walking through a maze — that some patients may need someone to help them navigate.

A new trend is enlisting a patient advocate.

An advocate may be a member of your family or a close friend. An effective advocate is someone you trust and will act on your behalf as well as work with other members of your health care team.

Another type of advocate is a professional advocate. Hospitals usually have professionals who play

this role called patient representatives or patient advocates. Social workers or nurses may also fill this role.

In choosing a patient advocate, it is important to decide what you want help with and what you can handle without assistance.

Do you need a better understanding of options for hospitals, doctors, diagnostic tests?




Joan Koczor



Assurance your wishes are carried out if there comes a time you might not be able to do that yourself? Would you like your advocate to accompany you to tests, appointments, treatments and procedures? Assist you in wading through the never-ending medical bills? Become your representative to health care providers?

It is important to let your physician and those caring for you know who your advocate is and how much involvement they have in your care. Make sure your doctors and nurses have your advocate's contact information. And the same for your advocate — provide them with numbers for your health care provider, hospital and pharmacy and anyone you wish contacted in case of an emergency.

Not all advocates charge a fee. Not all who do will charge for their services in exactly the same way. The cost may depend on:

- your location, or your location in relation to where they are located.
- the advocate's experience and education.
- the amount of time you work together.

Additional factors like necessary travel, acquisition of medical records, or others may cause the price to fluctuate. 

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



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## Older adults need opportunity for socialization

By Sherioly Curry, CSA

Aging presents a series of role transitions, social interaction allows for the sharing, processing and comparison of perspectives and thoughts on aging and what it means to you on a personal level. No matter how old you are, engaging socially with other people is important. Interpersonal relationships are often the most important part of a person's life, and the mental stimulation they provide never gets old, even if you do.



Rev. Sherioly Curry

Frequent social contact can help keep seniors from falling into a depression, the likelihood of which increases as we age [source: National Institute on Aging]. Loneliness is often a factor, as social networks tend to shrink as the years go on. Studies have shown that socialization among seniors has a positive effect on cognitive abilities, a good sign in the fight against Alzheimer's and other dementias.

Other research studies suggest even more benefits of socialization, including:

- Strengthened immune system
- Reduced depression
- Better sleep
- Increased productivity

Kids make friends at recess and adults become buddies in the break room, but how do you keep your social life active as you get older? Here are some helpful ideas to maintain social wellness for older adults:

Join a senior center. These are social clubs for older adults where you can learn something new, meet new people in a safe environment. Some senior centers offer transportation to and from the center to ensure that the homebound still have the opportunity to socialize.

Find a neighborhood interest group. The frequent pinochle, bridge, other card and board games stimulates your mind and gives you something to look forward to.

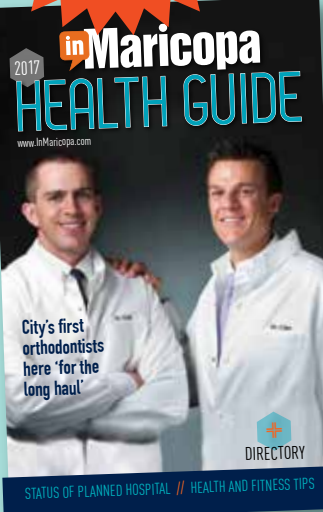
Taking senior bus tours, or join a travel group. Not only will you get to travel outside of your community and see new places, but you can do it with fun minded peers!

Strengthen existing relationships. It's not uncommon for certain friends and family members to drift in and out of our "social circles." Our innovative "virtual caregiver", the CK grandPad, has made it easier and more convenient than ever before to reconnect and catch up on old times, especially when face-to-face interaction is not possible or feasible.

What if you can't do any of these things alone or don't have those social networks? Call us. Comfort Keepers' can help. As part of our service offering, our caregivers can also provide companionship and make great travel companions.

Here's to your Social Wellness. 

Sherioly Curry is a certified senior advisor and owner of Comfort Keepers of Maricopa.



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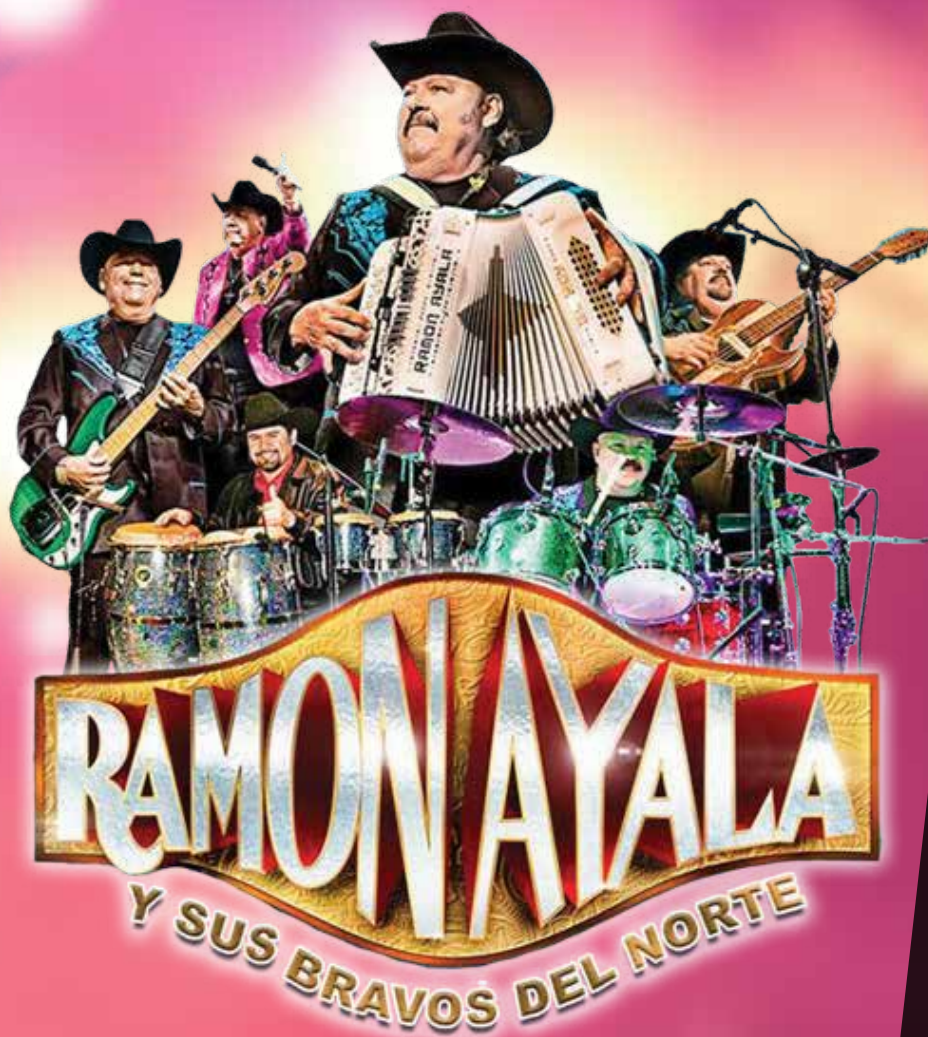
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Permit No. 13



LIVE AT THE  
**ULTRASTAR AMPHITHEATER**



**SATURDAY,  
SEPT 22**

DOORS OPEN AT 6 PM  
SHOW STARTS AT 7 PM

SPECIAL GUEST  
**FITO OLIVARES  
Y LA PURA SABROSUDA**

**\$50** GENERAL  
ADMISSION

TICKETS AVAILABLE ONLINE  
**UltraStarAZ.com**

