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# **Building for the future**

IN LESS THAN THREE YEARS AS CITY manager, Rick Horst has burnished a reputation as a mover and a shaker. The

man entrusted with the city's future by its elected officials has produced a long list of achievements to improve residential life and spur the city's growth. But even longer is his list of projects for the coming years, all intended to build the future without piling up debt.

The quintessential problem-solver, he works quietly and effectively – and not much stands in his path. Some of his dream projects may take five years or more to realize. But the good news is he came to Maricopa knowing full well it was an ideal place — full of undeveloped lots and a yearning for progress – for his creativity and vision. And he plans to be here many more years pushing projects to fruition.

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Mandi Lopez may not have Horst's business acumen, but she shares his vision of opportunity. A professional ballroom dancer, she is taking steps toward opening a dance and wellness studio. "I want to build a community here since there

isn't much for people to do," she says. Meanwhile, she has started instructional pop-up sessions and says she has reason to be excited about her future.

In our expanded Home section this month, flooring and remodeling contractor Frank Magallon recalls when he, too, decided to go all in on his own business. Inspired by memories of

working with his father, he has built his enterprise on one tenet — do a great job for a client today and a better one for a client tomorrow.

We strive to improve as well. You'll see this month we have redesigned much of the magazine, freshening the look and reorganizing content to deliver our readers a better experience. Please let me know what you think.

In addition to our regular, then-and-now history photo, we have rummaged through city history to tell you about the names on our streets.

And check out the latest business development activity and photos of winter athletes at Maricopa High School.

Enjoy the magazine.

Bos Me Loc

**BOB McGOVERN** | EDITORIAL DIRECTOR Bob@InMaricopa.com

#### CONTRIBUTORS



ALICE BATSCHE
The Master Gardener moved
to Cobblestone Farms
from the Garden State.



A sports enthusiast, the podiatrist and foot surgeon is an avid golfer.



**HARRIET PHELPS**A retired psychologist who specialized in social work, she also enjoys gardening.

#### ON THE COVER

Rick Horst, city manager since June 2018, was photographed at the Sonoran Creek Marketplace site, where a Sprouts Farmers Market is under construction. *Photo by Merenzi Young / Eye of Odin Studios* 



#### Publisher

SCOTT BARTLE

#### Advertising Director

VINCENT MANFREDI

#### **Editorial Director**

BOB MCGOVERN

#### Advertising

JAIME HARRISON
MICHELLE SORENSEN

#### Writers

ALICE BATSCHE
AL BRANDENBURG
KRISTINA DONNAY
KRISTIN GRAMANDO
JOAN KOCZOR
TERRY LEAMON
DAYV MORGAN
KYLE NORBY
HARRIET PHELPS
CHRIS SCOGGIN
MURRAY SIEGEL
RON SMITH
DR. ALEX M. STEWART

#### **Photographers**

BRYAN MORDT VICTOR MORENO KYLE NORBY MERENZI YOUNG

#### Designer

CARL BEZUIDENHOUT

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Volume 16, Issue 3 InMaricopa 44400 W. Honeycutt Road, Suite 101 Maricopa, AZ 85138

520-568-0040 Tel • 520-568-0050 Fax News@InMaricopa.com Advertising@InMaricopa.com





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#### Southern entrance

This 1913 photo looks south from the Southern Pacific railroad crossing to the main street leading into Maricopa. The path through the trees eventually became Maricopa Road and crossed the tracks at this point. When the overpass went in, the north side of Maricopa Road was redirected and connected to Maricopa-Casa Grande Highway and the railroad tracks were fenced off. Today, the view includes the southern portion of Maricopa Road, with the blue Business Barn, at right, and A1 Pawn Shop on the left.





For these and other historical stories, visit InMaricopa.com.



85239.com, the precursor to InMaricopa.com, published its first story - about a successful community fundraiser for a local man battling cancer.



The community manager at Province put the kibosh on plans for an open house to show off a resident's model train layout, which he had built over 20 years.



break, her 2nd-graders wanted to go along. So, she put a class photo on a shirt and a poster, and shared pictures from Roman sights.





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# Street names a road to city's history

BY JAY TAYLOR

EOPLE ARE MOVING TO Maricopa every day. But do the newcomers — or the old timers, for that matter — give any thought to the names on our street signs, with the possible exception of John Wayne, of course.

InMaricopa delved into local history to tell you how some of our local roads received their

#### **PORTER RD**

Elton K. Porter farmed in Maricopa in the early 1950s. He and other community volunteers dug a large ditch at Porter Road and Maricopa-Casa Grande Highway and filled it with water, creating a popular swimming hole for teens in the early 1950s. In 1954, he died of a heart attack while fighting the fire that destroyed Maricopa Elementary School, the town's 1914 red-brick school. The name of the school was changed to Elton K. Porter Elementary School for the former school board member, but over time returned to its original name. Porter Road is a north-south road that runs from the Gila River Indian Reservation on the north and deadends at Peters and Nall Road on the Ak-Chin Reservation to the south

#### **HONEYCUTT RD / HONEYCUTT AVE**

Honeycutt Road and Honeycutt Avenue were named for a local farmer, Chasen Powell (C.P.) Honeycutt, who in 1952 bought the McDavid farm south of the tracks. In 1953, the Honeycutts purchased the former Calhoun farm north of the tracks and built the Honeycutt Shopping Center in 1954. At one time, Honeycutt farmed as many as 3,600 acres. He built his first home on the farm from barracks acquired from the World War II Japanese detention camp near Sacaton — a home that sat just south of Honeycutt Avenue on the west side of the old Maricopa Road for the next 35 years.

As a businessman, Honeycutt was involved in many community projects. His greatest love and passion, however, was horses, which consumed most of his spare time after he turned 40. Honeycutt Stables became a famous hangout for cutting horse enthusiasts around the world. Honeycutt Road is north of the railroad tracks and runs eastward about 6.5 miles from the State Route 347 overpass to Murphy Road. Just south of the overpass, Honeycutt Avenue runs from John Wayne Parkway to Hogenes Boulevard.

Traffic moves through the intersection of Honeycutt and Porter roads. Both streets are named for local farmers in the early 1950s. Some built roads to provide access to their farms.

#### SMITH-ENKE RD

Smith-Enke Road, one of the most prominent streets in Maricopa, was named for local farmers John Smith and Fred Enke. They were teammates on the University of Arizona football team in the 1940s, with quarterback Enke throwing to receiver Smith. Enke played professionally in the National Football League.

Smith took a job as a foreman on a cotton farm west of Maricopa after graduating from U of A with a business degree in 1950. In 1953, Enke and he became partners in an area farm. They built Smith-Enke Road as a way to get to their cotton farm. When the business expanded later, they split ways in 1963.



John and Mary Lou Smith built a home in Maricopa in 1956, a few years after former college teammates John Smith and Fred Enke became partners on a local farm.

Smith and his wife Mary Lou became permanent residents of Maricopa in 1956, building a home in the middle of farmland in what is now The Villages at Rancho El Dorado. The Smiths have served the community for more than 40 years, donating land for a swimming pool, working as volunteers for the library and serving on the school board.

Enke was a heralded athlete at Tucson High School, where he led teams to seven state championships in three sports and became the first consensus All-American football player at Arizona. He went on to play seven years in the NFL as quarterback for the Detroit Lions, Philadelphia Eagles and Baltimore Colts. Late

in his NFL career, Enke would help Smith tend to the cotton fields, then go off to play in the



**Detroit Lions** quarterback Fred Enke appeared on a 1948 Bowman collector's card.

fall. He sold his farm in 1983 to the U of A, where the Maricopa Agricultural is now located. He grew grapes in Hidden Valley until about 2000. He died in April 2014. Smith-Enke is an eastwest road, running from Murphy Road in the east to the western side of State Route 347, where it becomes State Route 238.

#### HARTMAN RD

Hartman Road is named for Dr. Phillip Hartman, who bought his namesake farm in the late 1940s. His son, Phillip McDavid, took over the operation in 1960 and continues to farm it today. The road runs from the Gila River Indian Reservation to Peters and Nall Road in the south, and runs through the Santa Cruz Wash.

#### **EDWARDS** AVE

Edwards Avenue recalls the pioneer couple James and Mary Ellen Edwards, who came to Maricopa in 1890. They built and operated the Edwards Hotel and a nearby trading post located directly north of the tracks for 28 years. The short east-west road is about one-third mile in length, beginning about 500 feet south of the railroad tracks on Maricopa Road and continuing to Taft Avenue.



Edwards Avenue is named for pioneers James and Mary Ellen Edwards, who moved to Maricopa in 1890 and built and operated a hotel for about two decades. She was the first white woman to settle in the town.

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#### **GARVEY RD**

Garvey Road is thought to be named after Dan Edward Garvey, the governor of Arizona from 1948 to 1951. He was the first Arizona secretary of state to ascend to the governorship when Gov. Sidney P. Osborn died in office in May 1948. During his tenure, Garvey approved the Central Arizona Project, established the Children's Colony, revised the state highway code and signed the Upper Colorado River Basin Compact.

Garvey Road is about a mile in length and is immediately south of Maricopa Manor Business Center on Maricopa Road. It joins State Route 238 about a mile to the west.

#### FARRELL RD

Farrell Road was named for Edward Farrell, who put down stakes on a piece of Maricopa farming land in January 1948, bought or built several Maricopa businesses and was active in a variety of community projects. He was an avid poker player and many of the late-night games he participated in took place at his Headquarters Bar.

The road runs east-west and crosses Maricopa Road about two miles south of town. It runs eastward to Porter Road and westward from Maricopa Road through the Ak-Chin Village, ending at the Palo Verde Mountains.

#### RALSTON RD

Ralston Road was named for another successful farmer. Jack Ralston moved his family to Maricopa in 1950 at a time Hidden Valley land could still be homesteaded, and the roads were unmarked in some places and otherwise full of brush. Ralston and his family often had to drive through the desert, eventually making their own roads to get into town.

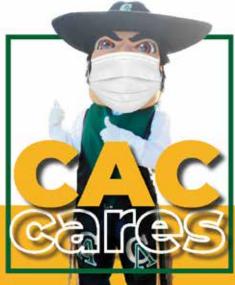
The road bearing his name parallels State Route 347 about 4 miles to the west, traveling north-south from just north of State Route 238 to State Route 84.

#### DALLAS SMITH LN

Dallas Smith Lane was named for the telegrapher for the Southern Pacific Railroad and M & P

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Railroad for many years in the early 1900s. Smith and his wife, Susie, helped organize and build the first Maricopa school in 1914. She was a great historian for the area, preserving much of Maricopa's history and photos for future

The street, south of Honeycutt Avenue, runs north-south and ends as it makes a 90-degree turn to the west.

#### FRED COLE IN

Fred Cole and his family came to Maricopa in 1954. He became a much-loved postmaster and dedicated community leader and volunteer, and his family has served the Maricopa Salvation Army since the early 1940s.

The road is in the Estrella Park subdivision in the Heritage District, just south of Maricopa High School at the end of Dallas Smith Lane.

#### MARICOPA RD

Maricopa Road derived its name from the town of Maricopa, which was named for the Maricopa Native Americans, a group of five Native American reservations located in Maricopa County. The two largest are Gila River Indian Community, Maricopa's northern neighbor, and Salt River Pima-Maricopa Indian Community, east of Scottsdale. Maricopa Road became State Route 347 from I-10 in the north to State Route 84, though it is known as John Wayne Parkway in the city of Maricopa.

#### JOHN WAYNE PKWY

Just about everyone knows the main thoroughfare through the city is named for the actor who starred in Western films. But the popular icon had a strong connection to the area. Wayne's film career spanned 50 years and included more than 80 films. His local impact centered around his purchase of 4,000 acres of land between Maricopa and Stanfield in the late 1950s. He formed a partnership with local farmer Louis Johnson and eventually purchased more land near Maricopa and built a feedlot that could accommodate up to 85,000 head of cattle, making it the largest privately held feedlot in the country at the time. in

Note: Information for this story was provided by the Maricopa Historical Society and "Reflections of a Desert Town" by Patricia Brock.

# MARICOPA Come build a city with us!

City of Maricopa

Maricopa City Center sits in the center of the city limits, in the northeast corner of White and Parker Rd and Bowlin Rd, strategically located between the existing commercial development along John Wayne Parkway and the rapidly growing neighborhoods on the east side of town. Hosting City Hall and the new Library and Cultural Center, the remainder of the city-owned 120-acres is available for mixed use development.



The new Library and Cultural Center will open this month with more than 25,000 square feet with areas for outdoor programming and landscaping. The project will provide triple the existing public library space within the City of Maricopa to keep up with the population growth of the city. The existing library will be converted into a community, senior, and veterans center.

Rather than creating a civic-center with governmental buildings, private development is desired to bring needed goods, services, and housing to current and future Maricopa residents. By incorporating a mixture of uses, this area will become an ideal location to live, work, and play, and ensure a space that is utilized on weekends and evenings, not just during business hours. From recreation to housing, from office to dining, we want you to build Maricopa with us.

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- Nathan Steele, Economic and Community Development Director



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For a list of everything happening in Maricopa, www.WhatsNewMaricopa.com

# Officials seek ban on pool-related erosion in washes

BY JAY TAYLOR

HE MARICOPA FLOOD CONTROL District is working with City officials to prevent erosion in the city washes caused by residents.

An ordinance banning the release of water — pool backwashing, specifically — onto the banks of the washes is proposed. As more and more residents drain their pools into the wash, the district is having to foot the repair bill.

"This has become a significant problem which is costing the District a lot of money to repair," said David Alley, the District's executive

At a recent District meeting, Councilmember Bob Marsh indicated he would work with Alley on the ordinance. Alley showed photos of a recent repair behind a home in Senita, where a resident had rigged his pool equipment to backwash onto the upper bank of the wash, using rock in an attempt to defer erosion damage.

"The result was a 7-foot trench down the bank of the Santa Rosa," Alley said.

The District's contractor spent two days on the \$5,000-plus repair, using several pieces of heavy equipment, Alley said. MFCD will have to bring material from south of the Maricopa Casa Grande Highway to compact it enough to make it hold on the bank, as the soil at the site is loose.

Maintenance of the washes is the responsibility of the District, which is a special taxing district with its own budget, according to City Manager Rick Horst. He said his team is assisting the District.

Alley said that while it may seem like an overreaction to pass a law for a few people backwashing their pools into the wash, the issue is serious.

"People think that (the cost of repairing the damaged banks) is exaggerated, but it isn't," he said. "They think we just dig up some dirt, fill the hole and call it good. But the material has to contain enough clay and moisture to compact it firmly or it will not hold."

Alley said that while the City may be in charge of enforcement, local homeowners associations may also get involved.



During an inspection of maintenance work in the Santa Rosa Wash, Maricopa Flood Control District director David Alley discovered a large-scale erosion problem created by a Senita homeowner backwashing a pool onto the upper bank of the wash. It cost more than \$5,000 to

"I'm sure the Council will accept their input," he said. "It is unlikely they will be charged with enforcement. And any penalties (from the HOA) may require a change of the (Covenants, Conditions and Restrictions), which I presume would require a vote of the membership."

City council will decide what, if any, penalties to assess violators of a new ordinance, but Alley said he will have a say in the matter.

"My input will be to make the fines escalate for multiple offenses and start higher if the offense involves a high quantity of water, such as emptying a pool or spa," he said.

The Senita resident was somewhat of an outlier due to the sophisticated nature of his drainage scheme, but another resident had rigged PVC piping to shoot pool water over his back wall into the wash, Alley told the board at a recent meeting. But most residents are just looking for a convenient place to drain their

water, he said, adding that however it is done,

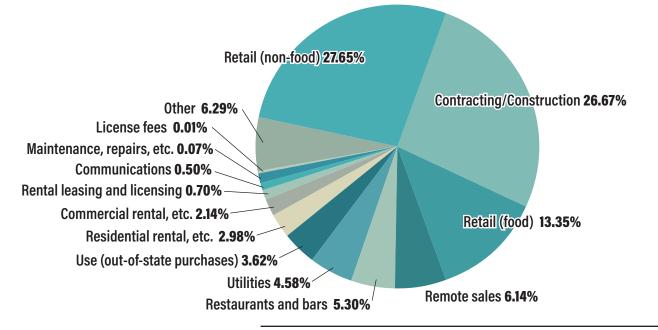
"Not everyone goes to the trouble of installing a pipe," he said. "Some probably just drop the hose over the wall. Our guess is we have repaired four different areas, at a total cost of approximately \$30,000 over the last two years."

The Maricopa FCD, which maintains miles of channels, is a special taxing district with an elected board. It spends tax dollars paid by district residents to repair damage and clear vegetation that could prevent the flow of floodwaters. It encourages residents to report abuses to keep taxes low.

Alley said those funds could be used for other flood control projects, including the cost of mowing the channels twice a year and hauling off trash dumped in the washes. The District also maintains an emergency fund to address damage from major flooding. in

# Maricopa Sales Tax Collections

In January, businesses paid nearly \$2.25 million in transaction privilege taxes, according to the Arizona Department of Revenue. Here's where people spent money based on the amount of tax collected:



#### Sales Tax Collections

Retail (non-food)

\$621,478

3021, <del>71</del> 0	rictaii (non 100a)
\$599,295	Contracting/Construction
\$300,052	Retail (food)
\$137,952	Remote sales
\$119,085	Restaurants and bars
\$102,827	Utilities
\$81,278	Use (out-of-state purchases)
\$66,995	Residential rental, etc.
\$48,082	Commercial rental, etc.
\$15,817	Rental leasing and licensing
\$11,331	Communications
\$1,528	Maintenance, repairs, etc.
\$321	License fees
\$141,294	Other

# NATIONAL LINEMAN APPRECIATION DAY

Congress established April 18th as National Lineman Appreciation Day to recognize "the efforts of linemen in keeping the power on and protecting public safety."

Join us in celebrating and honoring the hard work and dedication of our electrical line workers and their families across the country, by using the hashtag #thankalineman in social media. When you see a line worker, thank them for their service and hard work!

#### **ED3 FUN FACTS:**

- Owns and maintains over 1.100 miles of power lines.
- Receives power from the Bulk Electric System at 69,000 volts.
- Serves approximately 27.500 customers.
- Distributes approximately 700 million kilowatt-hours of energy each year.

#### **Alternative Payment Options:**

- Online www.ed3online.org
- Mobile app
- Fry's Marketplace & Walmart (fees apply)\*
- Mailing Payment with attached Billing Stub\*
- Payment by phone (520) 424-9021
- District Office Drop Box 41630 W. Louis Johnson Dr.

Maricopa, AZ 85138

\*These methods of payments may not post same business d



# The visionary

City Manager Rick Horst planning the future of Maricopa

BY IAY TAYLOR

**IF THERE IS SUCH A THING AS A PRACTICAL VISIONARY** who can survive in government, Rick Horst may be that "unicorn."

On his arrival as city manager in 2018, he set about to build a city — without creating debt.

That economic development philosophy was honed over a 30-year career in public administration. And it led him to this city in the desert with plenty of open land to execute his vision.

Horst is happy to be in Maricopa, primarily because he came for all the right reasons.

"I came because I wanted to have fun, wanted to be challenged and I wanted to have the opportunity to share my expertise with a city council that I feel continues to be progressive and forward-thinking," he said. "So, rather than being a city manager in a status quo city where I figure out how to handle the homeless every day, I wanted to build a city."

Horst's road to Maricopa went through Florida, Utah and California. Like most city managers, he's had to move around the country, with his wife Cynthia, working his way up the ladder from public works to economic development to city management.

"I have always felt that it's very important how you draw attention to your city, and build your city, and create opportunities," he said. "I feel my primary job is to create an environment where everyone can succeed, whether that's a single parent or a church or small business or a big business or a developer. I don't want to create the city of Maricopa's wealth, I want to create the community's wealth."

Economic development is a priority for Horst — and one of the main reasons he was offered a three-year contract by city council in June 2018. And he currently is making good on his promise to enact the council's vision of bringing growth to the city.

Horst is shepherding several large projects that will drive the expansion of the city for years to come, including:

- the city's first hotel
- its first hospital
- revitalization of the Heritage District

- development of the Estrella Gin business park
- construction of a new library
- removal of 11 square miles in the Santa Cruz Wash from the flood plain for development
- generation of up to \$1.8 billion in private investment
- development of a city center around the City Hall complex

He is providing a vision for transforming Maricopa to a destination city.

According to Vice Mayor Nancy Smith, that is exactly what the city was looking for in a replacement for previous city manager Gregory Rose.

"From the moment we began interviewing him for the job to the present day, City Manager Horst has been a pleasure to work with," Smith said. "Our council members hit him with many demands when he first accepted the job. He listened and responded by delivering. His 'big swings' are exciting and energize everyone involved. However, he plans to accomplish these projects in a very fiscally responsible manner that does not put the city at a high financial risk. It's brilliant."

#### **PROBLEM-SOLVER**

With a mandate to create growth, Horst went to work in a way that is foreign to leaders in other cities — get out of the way and let the market dictate where development goes.

He said many cities like to spend time, energy and "tens or hundreds of thousands of dollars" putting together master plans, but never stop to consider market conditions.

"They wait for some developer with a big checkbook to come along and do what we think is best for the community," he said. "My experience has been the market gets it right about 85 percent of the time and cities get it right about 10-20 percent of the time, so we need to pay more attention to the market."

One example of how Horst has used infrastructure as an economic development tool was his work with Thompson Thrift, the developer of Sonoran Creek Marketplace, which will be anchored by Sprouts Farmers Market.

A couple of issues arose during construction. The developer wanted the City to make improvements to Edison Road at the entrance of the center. There was a problem with water pressure on site, raising safety concerns about the ability of firefighters to provide adequate fire protection at the center. Horst stepped in,

I feel my primary job is to create an environment where everyone can succeed, whether that's a single parent or a church or small business or a big business or a developer. I don't want to create the city of Maricopa's wealth, I want to create the community's wealth."

RICK HORST



#### What they're saying

"One of Rick's biggest attributes is he likes to roll up his sleeves, get in the ditch and get his hands dirty. He does a great job of working with the council to establish priorities and figures out how to get them done."

MAYOR CHRISTIAN PRICE

"He understands enough detail to find the inefficiencies, save budget everywhere, and use it to pay for his 'big swing' ideas that move Maricopa forward without debt when possible. That's huge!"

VICE MAYOR NANCY SMITH

"He loves beautification projects. When a developer comes to town and says, 'This is where I want to be, that's what Rick loves to hear. Those are small investments in trees or plants, but the potential for the city is huge. It's part of how we lay the groundwork for those things to happen, for people to fall in love with Maricopa."

ASSISTANT CITY MANAGER JENNIFER BROWN



When Texas-based Exceptional Health Care said it wanted about 2.5 acres of additional land to expand the community hospital it is building at John Wayne Parkway and Honeycutt Avenue, Rick Horst cut a deal to make sure the hospital group could buy the land.

worked out the details with the water company, and the City made a small investment in the street improvements. That created goodwill with the developer and benefited everyone involved.

"Ricky was pivotal in making this project happen," said Andrew Call, vice president of development management for the Southwest Region of Thompson Thrift. "He consistently came to the table with solutions to problems that could have terminated the project. Of all city managers I've worked with throughout the Southwest Region, he is at the top of the list for city managers that take pride in his city and pride in creating realistic, exciting and successful projects."

Call, who also credited Horst's staff, said he looks forward to partnering with the City on another project.

According to Nathan Steele, Maricopa's director of economic development, Horst thrives on minding the details, but not getting bogged down in them. That approach helped resolve the issues at Sonoran Creek, he said.

things like getting the sidewalks built," said Steele. "But it's amazing to see how logically Rick confronts problems and gets past the fluffy haze to the heart of the problem. He knew the sales tax revenue Sprouts will generate would far outstrip the amount of money we spent to improve Edison (Road) for the store to go in."

With the shopping center expected to generate millions of dollars in sales tax revenue for the city for years to come, the infrastructure project will pay for itself dozens of times over, he said.

action was needed to resolve the issue and Horst was up to the task.

"He took the bull by the horns and worked with both the water district and the developer to help find solutions that worked for everyone," Manfredi said.

#### NO-NONSENSE APPROACH

Horst's straightforwardness doesn't always sit well with those who may disagree about his solution to a problem.

The Sonoran Creek episode is one example.

When the fire department expressed concerns the water system operated by the Maricopa Consolidated Domestic Water Improvement District could not reliably provide adequate flow for firefighting, the City began looking for solutions. One way of bringing the district's infrastructure up to par with other subdivisions would be taking over the district.

Horst went before the water board in February 2020 to present the City's plan to eliminate the taxing district, lock in water rates for current customers, retire DWID debt and pay Global Water to manage the system.

After his presentation served to infuriate the MCDWID board and the relationship deteriorated further over the summer, Horst took the issue before the Pinal County Board of Supervisors in December, hoping for a takeover of the district.

And while one MCDWID official was critical in her assessment of Horst before the supervisors tabled the matter, it was a rare rebuke of the city manager.

#### **'WE TRY TO FIND SOLUTIONS'**

Horst said he believes in healthy relationships with stakeholders, especially with developers helping to grow "Sometimes we can get lost in the process of doing the city. But that doesn't mean allowing them to take advantage of the city.

> "Frankly, most governments are at least a decade, if not more, behind the curve," he said. "We have to look at development as a partnership. Some community members think developers are the enemy. But my answer is that the developers brought everything we have — they brought the parks, the roads, the streetlights, the ability to have police and fire, all those things came courtesy of developers and the fees they pay.

"And yes, they make a profit," he added. "That's their Councilmember Vincent Manfredi said decisive job. We want to have a partnership with them, and it's easier when we all work together to find a solution. That's the key — we try to find solutions."

> The first thing Horst worked to determine when he took over was how to pay the bills as he worked with city council on the city's growth, including how to create a business environment that was more user-friendly. When

Rick Horst chats with members of a crew installing water lines at Sonoran Creek Marketplace during a recent visit to the site.

he learned developers and builders had concerns about the efficiency of their business with the city, he eliminated business licenses. His feeling was that while they serve a purpose, they probably existed mainly to make money for the city.

Mayor Christian Price and the city council agreed it was prudent to give the money back to the owners to invest and grow their businesses, Horst said. "Because then we'll reap the benefits down the road of allowing business owners to put those funds into the growth of the business and generate tax revenue."

His assistant city manager shares the philosophy.

"Rick wants to make sure we're spending our money on what makes most sense," Jennifer Brown said. "He asks questions like, 'If we invest in this infrastructure and this thing will come, wouldn't that be a smart use of our money?' And that's smart — you're making a one-time investment for a long-term revenue gain.

"He asks hard questions," said Brown, adding he'll inquire, "You want that thing? Why? Is that the best deal you can get?' He's creative but you have to be accountable for why you want to do something."

#### A CUSTOMER-FRIENDLY POINT OF VIEW

Councilmember Henry Wade is on board with the way Horst does things.

"Working with Ricky is very exciting," Wade said. "He is extremely knowledgeable and creative and makes you feel you are a part of something big as we continue to improve Maricopa. I am on board with his big idea methods and support him 100%."

The bottom line is that Horst takes an entrepreneurial perspective on his role.

"I have a customer-friendly point of view," he said. "I want to create an environment where people can



#### **RICK HORST**

Title: City manager Tenure: June 2018-present **Age:** 62 Residence: Glennwilde Wife: Cynthia (married 41 years) Children: Six (three sons, three daughters) Grandchildren: 14, with No. 15 on the way

succeed, and our city council allows me to do that. I can tell you I've worked with hundreds and hundreds of elected officials around this country and collectively, I would stack this city council up against any of them," he said. "That's true primarily because none of them have a private agenda — they're trying to do what is best for the community. So, I don't call them politicians, I call them public servants.

"It's a high compliment, and I say that truthfully and honestly because I'm at the point in my career where if it were otherwise, I'd just pack up and leave and go somewhere else. I'm not tied here, I'm here because I want to be."

One councilmember said Horst is easy to work with and his style helps the city get things done.

"Nothing is too small, no detail unimportant for Rick to address," said Councilmember Amber Liermann. "He treats everyone with the same level of respect and this inclusive mindset makes for quality discussions.

"Maricopa is blessed to have Rick as our city manager. I don't think our growth would be moving along at the pace it is without him here."

#### **Road to Maricopa**

Rick Horst took a long, winding road to his position as city manager, building a long track record of success in cities from coast to coast. Here are the highlights of the road he traveled to Maricopa:

#### 2011-2018

City manager Rocklin, California

#### 2008-2011

City manager Ocala, Florida

#### 2000-2008

City manager South Jordan, Utah

#### 1998-2000 City manager

Santa Clara, Utah

#### 1998

Economic development consultant, Bay **County Chamber** of Commerce Panama City, Florida

#### 1994-1998

Airport/city manager, Lynn Haven, Florida 1994

#### City manager Marianna, Florida

Director of public works, public utilities, parks and recreation Lynn Haven, Florida

1989-1994

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beyond with plans to expand to an additional night, according to Lopez.

"When you come and take dance lessons, it's to have fun, to have a hobby, to learn a fun skill," she said.

A resident of Maricopa for about a year, Lopez is a Phoenix native who spent several years in Napa, California, where she was hired to open a studio, before returning to the area to work at Heritage Academy.

"I've always wanted to own my own business," she said. "As a kid I would create businesses that would help people around the house. I created this little mobile service where I would deliver lunches I made to people on my roller skates."

She began teaching dance classes in Phoenix and Tempe in November, deciding the time was right to open her own business after working for other studios. She also offers private dance lessons.

"I'm brand new to the neighborhood," she said of her pop-up events. "But I'm finding a lot of people who are excited to hear about it. My class is small, but it's growing."

She's heard from so many interested people in Maricopa she has now decided to discontinue her group classes in Phoenix and focus efforts on her home city, including plans for her own facility.

"As soon as I can, I'm going to open up a studio and I want it to be in Maricopa," she said of her dream project. "I've been looking for a way to share my passion. I want to bring joy to people's lives, and I was trying to figure out a way to do that on the biggest scale that I can, with the resources I have."

In addition to ballroom dancing, the facility would likely offer wellness, nutrition and meditation as she continues to work toward certification in yoga instruction. In short, she said, it will be a space with "all things that bring people joy."

"My favorite thing is that you get this group of people together who all just love this music in the movement, and they support each other and help each other grow," she said. "It's a good place to go and hang out and take a class. I want to build a community here since there isn't much for people to do."

Lopez makes her students feel comfortable, whatever their skill level, according to one of her students.

"If you want some pep in your step, Mandi is the right choice," said Dustin Parker of Mesa. "She makes you feel at ease, like you're not even learning, just getting lost in the music."

#### 'IT CHANGED MY LIFE'

Lopez met her boyfriend while an instructor at Heritage Academy, where he teaches French and Latin.

"He and I love it here," she said. "We're thinking about buying here. We really like Maricopa as a community, as a town. It's just so friendly and beautiful.

"I'm trying to convince my family to move out here from Phoenix."

She works as a nanny for a family in Chandler for her day job. Meanwhile, she is reaching out to small business coaches to learn how to establish and grow her business.

Her work as a nanny and at Heritage Academy made her realize how much she loves children and making an impact on their lives.

"Part of what I want to do with an actual brick-and-mortar studio is have an outreach program for underprivileged youth so they may be exposed to some of these things," she said, adding that might be achieved through scholarships or a youth dance program.

Lopez said she was never exposed to arts and culture before seeking it out as an adult. "It changed my life," she said.

She's hoping to change a few more lives as she glides across the dance floor.

The Indigo Ballroom pop-up studio will continue in March on Saturdays from 5 to 5:45 p.m. at Desert Sun Performing Arts, 19756 N. John Wayne Pkwy. Registration required through the website.

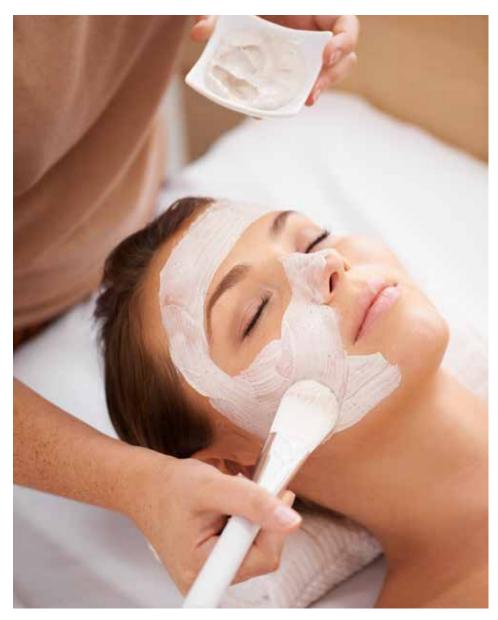


#### **MANDI LOPEZ**

Age: 34
Residence: Maricopa
Occupation: Professional
ballroom dancer
Family: "I'm dancing through life
with my wonderful partner, Jasper,
and my perfect puppy dog, Ella."
Favorite dance style: Cha cha
and Argentine tango

# Thank you, Maricopa!







## **Professional facials**; are they really needed?

BY KRISTINA DONNAY, FNP-C

OUR SKIN IS YOUR LARGEST ORGAN, and the skin on your face is the first thing people see when they meet you. So, it makes sense to take care of it.

You probably wash your face regularly? Maybe you also add moisturizer and sunscreen to your regimen? These are all good habits and will make a difference in your skin's health over time. But there are so many benefits that come with adding professional facials to your skincare routine as well. This extra effort definitely pays off in a number of ways.

If you think facials are nothing but a frivolous way to pamper your skin, think again. Even if you do not have blemishes, hyperpigmentation, severe acne, fine lines, oily skin, dry skin, excess hair growth or any other problems, your face needs to be pampered by a trained professional to keep it healthy and free of skin issues.

There are many benefits to facials. Some benefits include reduced stress, cleaning out clogged pores, exfoliating and more. According to a study published in the journal Biomedical Research, facial massage activates your

sympathetic nervous system, reducing anxiety levels and uplifting moods. Other benefits of facials include increased blood circulation in the face, decrease the signs of aging and deep cleaning of the skin. Professional facials help rejuvenate the skin, detox the skin, help treat acne and acne scarring, exfoliate and tighten skin, decrease sunspots and increase the skin's ability to absorb other products effectively.

Facials are not just for women. A lot of men realize the benefits of getting a facial. Men now make up 47% of spa-goers, a significant increase from a decade ago. And it's no wonder! Men's skin is coarser, their pores are larger and their risk of sun damage is increased. Men's facials are formulated to the unique needs of men's skin. They deal with razor burn and ingrown hair, dullness and sensitivity. Some target skin that's been damaged by sun and wind, and some target acne or aging.

Facials can also be as important to teens as they are adults. A teen's skin is more prone to clogged pores, acne and hormonal outbreaks. Other important benefits include learning healthy skin habits. A professional can educate the teen with safe and effective methods, rather than what they learn from social media or their peers. These skills can help your teen properly care for their skin for a lifetime.

Not all facials are created equally. Who you see is also very important. Medical spas are able to use higher concentrated products than day spas due to having a Medical Director on site. Also, medical spas are able to provide medical-grade treatment options. Facials should be individualized for the client's skin and most professionals agree they should be done monthly. Most comprehensive facials last 60 minutes or more to address all your skin care needs.

There are many different facials to fit the skin's needs and address certain issues.

Here at Maricopa Wellness Center, we offer laser facials, Oxygeneo hydro-facials, dermaplaning facials, acne facials, anti-aging facials, AnteAGE stem cell facials, Red Carpet facials, Morpheus8 microneedling with radio frequency and many others.

Professional facials are an essential part of skincare and beneficial to both men and women. Call us today for a free consultation to learn about the different benefits and which facial would be best for your skin. LIVE WELL BE WELL in



520-464-6193 MaricopaWellnessCenter.com

SPONSORED CONTENT



#### Give foot pain the boot

BY ALEX M. STEWART DPM, FACFAS

R. ALEX M. STEWART OF MARICOPA Foot and Ankle Center is boardcertified by the American Board of Foot and Ankle Surgery. He received his Doctor of Podiatric Medicine degree from Midwestern University and completed his residency at The University of Texas Health Science Center — San Antonio in the Department of Orthopedics.

His extensive training and current practice focus on foot and ankle trauma, diabetic care, reconstructive surgery and sports medicine. As a former collegiate baseball player and avid golfer, Dr. Stewart can relate to athletes of any age and performance level. He has been at Maricopa Foot and Ankle for nine years and has experience in treating everything from minor ailments to major trauma.

#### Do vou or a loved one suffer from burning, tingling or odd sensations in your feet or leas?

You may suffer from neuropathy or restless leg syndrome. The

most common complaint I get from patients is that they cannot sleep because of the burning and tingling pain in their feet. Luckily, we can treat this with several different oral and topical medications, which have very good

#### What can patients do at home to reduce their neuropathic pain?

Well, if you're diabetic, controlling your blood sugar is crucial. Studies have shown higher blood sugar levels result in more pain and

complications for patients. Another possible

cause is vitamin deficiency, which we can test for. Also, B vitamins are essential for nerve health and supplementation can often help.

If your loved one is suffering from painful neuropathy give us a call. Maricopa Foot and Ankle is open daily and we can often accommodate same-day appointments.



SPONSORED CONTENT



#### JAY TAYLOR Reporter, InMaricopa

Hometown: Reno.

Maricopan since: 2020

Community: Cobblestone Farms

Occupation: Reporter. InMaricopa

Family: Wife Gina, daughter Brooke, 23. and son, Morgan, 23

Hobbies: Golf, hiking, pretty much anything outdoors

Like least about Maricopa: The fact that no one on the 347 understands the left lane is a passing lane.

**FAVORITE...** Movie: "Good Will

Hunting" **Actor:** Denzel Washington

Song: "Drift Away." the original by Dobie Gray

Athletes: Larry Fitzgerald. Phil Mickelson

**Drink:** Beer

Meal: Filet, baked potato, veggies and salad; glass of good cabernet sauvignon

Learn more about Jay at InMaricopa.com/Community/Getting-to-know





about everyone, and now is the time to do that one last thing necessary to put 2020 in the rear-view mirror. Hopefully you are ready to dive in and get your 2020 taxes filed in the next week or two. Here are a couple of tips that may help you get it done.

#### **DO YOU NEED TO EVEN FILE?**

For a single person earning less than \$12,400 or a married couple with under \$24,800 in income, there is no requirement to file. (There are different rules for dependents.) But ... wait a minute. There are many reasons that you still should file a tax return. Do any of the following apply?

- Did you get all of your stimulus payments?
- Do you want to get your refund for taxes withheld?
- Are you eligible for Child Tax Credits or by April 15.
   Earned Income Tax Credits?
   As the

All of these types of payments are claimed on your tax return. If you are not sure whether you should file, our team at CS CPA Group can evaluate your tax situation over the phone or by email. Feel free to call us at (520) 568-3303 or email us at info@cscpagroup.com.

#### WHEN SHOULD YOU FILE?

As you might remember, last year's tax deadline was extended to July 15. No such luck for this year. In 2021, the 1040 tax filing deadline is

April 15. for individual returns, including Schedule C Sole Proprietorships. For larger businesses utilizing more sophisticated tax strategies, March 15 is the deadline for S-Corps or Partnerships.

Of course, an extension to file will allow you an additional 6 months to file. Sorry, but if you owe taxes, these payments must be sent by the April 15 deadline.

#### WHAT DO I NEED TO FILE FOR MY BUSINESS?

First and foremost, if you have employees, your payroll tax returns should have been filed in January. Get these filed first and ASAP!

Next, every business has to file a tax return. For a Sole Proprietor just starting out, their business return is filed as Schedule C on their 1040 Individual tax return. This 1040 is still due by April 15.

As the entrepreneur's business continues to grow or as they bring on business partners, there are different types of returns that would be better for the business owner. (This is a good time to remind that an LLC or Limited Liability Company is a legal classification, not a tax entity election.) The three most common business returns are described below:

• **S-Corporation** — Form 1120S. One to 100 owners. Does not pay any taxes. (For pass-through entities, taxes are paid by owners, not the business.) May reduce self-

employment tax liabilities. Tax return or extension due March 15.

- Partnership Form 1065. At least two partners. A slightly more flexible accounting and tax structure, pass-through entity, self-employment taxes due on all profits. Return or extension due March 15.
- C-Corporation Form 1120. Unlimited owners. Pays corporate income tax. Profit distributions are also taxable to shareholders. Usually used by larger companies and required for publicly traded companies. Tax Return or Extension due April 15th.

No matter the type of business you own, the number one key for your business and tax strategies are clean, well-maintained accounting records. We have seen the penalties incurred by businesses that don't "know their numbers" and those penalties are a lot more expensive than getting it right from the start. Good financials make for great tax returns.

If you have any questions or would like to discuss your needs, please give us a call or an email. We would be happy to answer any questions that you might have.

520-568-3303
CSPCAGroup.com

SPONSORED CONTENT

# Business, development around town

A permit was issued for commercial electrical work at 41535 W. Shea Way, Building A, to activate a fiber-optic internet, video and phone service feed replat of lots 18 and 19 at the Maricopa Power Center at **Oasis at the Wells**.

New conduit, pole bases and light poles will be installed for sidewalk lighting from Hogenes Boulevard and North Orchid Avenue north to West Rainbow Drive. The \$100,000 project will be done by **Maricopa Electric LLC**.



The APEX Motor Club will build a car storage facility on North Ralston Road.

A car storage facility will be constructed at **APEX Motor Club**, 22408 N. Ralston Road, Building 100, for \$378,000 by Hensler LLC. The land is owned by Apex Land Co.

A permit was granted for a 7,760-square-foot parking lot shade canopy on lots 18 and 19 of the Maricopa Power Center at the Wells, 41475 W. Shea Way. The lot is owned by **Horizon at the Wells** and the work will be done by Park N Shade of Tucson Inc. for \$46,713. Tortosa will get a new shade sail and ramada on at 18335 N. Alicante St. The \$2,400 project is commissioned by the **Tortosa** 

Homeowners Association and will be built by Gothic Landscaping Inc. The same company will build two additional shade structures in Tortosa: a \$24,000 structure at 18290 N. San Pablo St. and a \$24,000 structure at 18580 N. Los Gabrieles Way.

The **Bungalows on Bowlin** will install a perimeter and screen wall at the site at 44900 W. Bowlin Road.

The \$65,250 project for Desert Cedars Equities East LLC will be done by Alexander Building Company Inc.

Complete Fire Protection Inc. will install a wet fire sprinkler system at **Exceptional Health Care** community hospital at 19060 N. John Wayne Pkwy. The developer is EHC Maricopa LP.

**Ashton Woods** was granted a permit for a temporary sign over 7 feet high for a parcel at 36327 W. San Clemente Ave. in Tortosa. The sign will be erected by ALB Industries Corp.

The property at 40521 W. Magnolia Road has been rezoned to operate a business for **Mohammed and Farzzana Afroza**, the owner/builders.

A temporary meter will be installed at **APEX Motor Club**, 22408 N.
Ralston Road, so Electrical District 3 can provide power for Apex Land Co.

A permit was granted for a fiber-optic feed for businesses in the **Maricopa Towne Center**, 19945 N. John Wayne Pkwy. The work will be done for BKME Arizona Investment LLC by Native Technology Solutions Inc.

NPL Construction Co. will install 2,220 linear feet of new PE8100 pipe and associated services in an open trench at **Culvers**, 20430 N. John Wayne Pkwy. All work will be done on the shoulder/dirt area and will include about 56 square feet of pavement repair.

A permit was granted for a 4-footby-4-foot bell hole to be dug on the shoulder at Alterra Parkway and Gatun Avenue in the **Alterra community** by NPL Construction.

**Homestead North** was granted a temporary use permit for a sales trailer for model homes at 40397 W. Williams Way. Meritage Homes will do the work.

A permit was issue for the installation of new signs at **CubeSmart Self Storage**, 20215 N. John Wayne Pkwy,, by Global Sign Works LLC.

Discount Cleaners, 45115 W. Garvey Ave., was granted a permit for a wall sign of less than 100 square feet with work to be done by One Stop Contracting Inc.



#### 2 eateries tagged by inspectors

Two Maricopa eateries were marked down by Pinal County health inspectors from Jan. 12-Feb. 10.

A dishwasher sanitizer at Jack in the Box was found to be at 0.0 ppm chlorine. The dishwasher and dishes inside were removed from service. The unit was not to be used until repaired to provide 50-100 ppm chlorine. A reinspection was scheduled.

The inspection also found internal temperatures of jalapeno cheese dishes, milk, ice cream and salads held in the upright reach-in cooler were 55-58 degrees. The manager voluntarily discarded the items. Food in cold holding should be managed at or below 41 degrees. The ambient air temperature inside the reach-in was recorded at 57 degrees and resulted in a cold-holding violation. The manager was told not to use the unit to hold temperature-controlled foods until it can be repaired to hold internal food temperatures at or below 41 degrees. It was to be re-inspected within 10 days to confirm repair.

The internal temperatures of hot dogs, corn dogs and chicken sandwiches in vertical holders in the reach-in warmer at Walmart's Deli were 99-109 degrees. The manager voluntarily discarded the items. Foods should be maintained at or above 135 degrees for hot holding.

The inspector observed open packages of turkey and roast beef in the display cooler with expired stickers. The manager was unable to determine when the meat was originally opened and voluntarily discarded the lunch meat. The inspector reminded the manager to apply a date marking system that does not exceed seven days.

#### **EXCELLENT** [No violations found]

- Dickey's Barbecue Pit (Walmart)
- Firehouse Subs
- Fry's Marketplace
- Fry's Marketplace Deli
- Fry's Marketplace Sushi
- Maricopa Head Start
- Rilibertos Restaurant
- Roots Eatery
- Walmart

#### SATISFACTORY [Violations corrected during inspection]

- Jack in the Box
- Walmart Deli

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#### **Maricopa High School Winter Sports**

- **1.** Senior forward Madison Tyler prepares to make a pass in girl's soccer action at Mountain Pointe on Jan. 19.
- **2.** Senior Shakaiya Irving dribbles the ball for the Rams during a recent game.
- **3.** Logen Thomas, a senior defender, dribbles past an opponent during a Soccer Senior Night game against the Kofa Kings.
- **4.** Senior guard Justin Stovall moves down court in Feb. 2 action versus Tucson High School.

Photos by Victor Moreno



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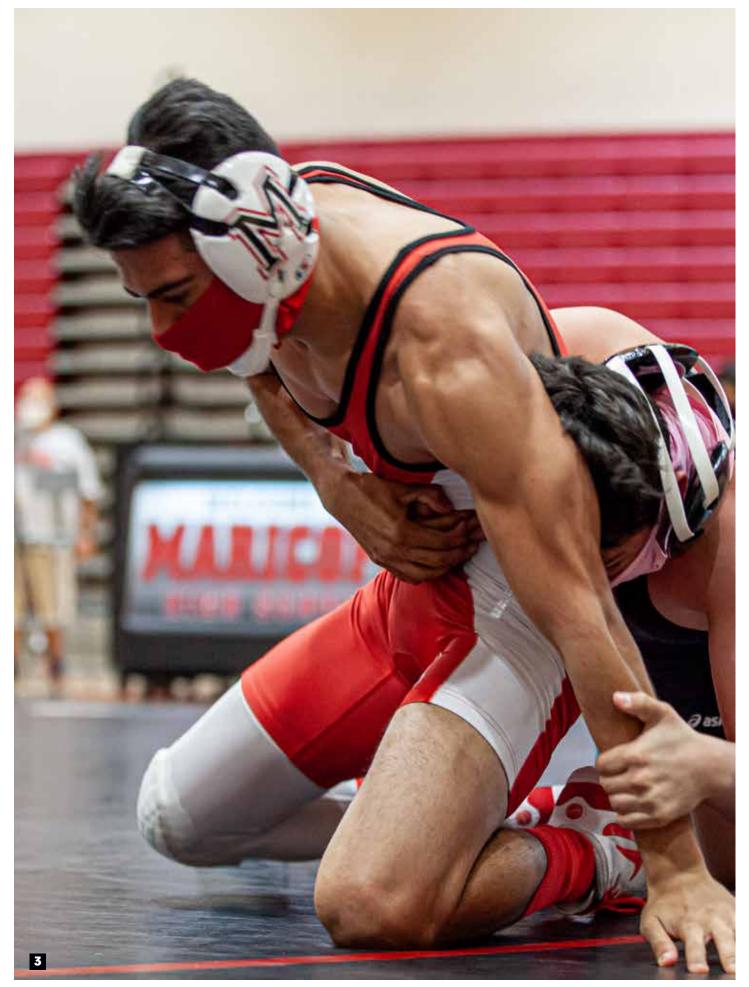
#### Maricopa High School Winter Sports

- **1.** Merhauti Xepera, a junior forward for the Rams, battles for a rebound during a 66-61 loss against Tucson High in Feb. 2 action. *Victor Moreno*
- **2.** Maricopa guard Mike Boyce gets ready to pass the ball during home action on Jan. 28 against the Mountain Pointe Pride.

  Sammantha Herbaugh / Mako

  Photographic Studios
- **3.** Rams wrestler Angelo Romero competes during a recent meet. *Victor Moreno*





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# Elementary math: an easy solution

BY MURRAY SIEGEI

N TWO PREVIOUS COLUMNS, WE LOOKED AT HOW THE teaching of math in the elementary grades has reduced the number of students taking advanced math classes and suggested solutions to increase the number of Americans successfully entering STEM (Science Technology Engineering Mathematics) careers. One way is requiring college faculty teaching math to future elementary math teachers to teach themselves in a real elementary classroom.

There is another simple solution. Offering an advanced math program (AMP) in third, fourth and fifth grades allows capable students to be challenged and leads to greater interest and the opportunity to take more AMP classes in middle and high school. It requires the hiring of a qualified teacher, or the training to quickly develop that qualified teacher, but produces students who successfully complete two years of calculus and obtain a STEM degree.

Here are two examples demonstrating how an AMP leads to more STEM careers. These students are from populations underrepresented in the STEM fields, minorities and women.

Eric Glover was in a seventh-grade AMP class in elementary school. His mathematical knowledge was accelerated, allowing him to accept serious challenges. His AMP teacher advised him to consider becoming an engineer due to his excellent analytical ability.

Eric's success in seventh grade led to success in Advanced Placement Calculus in 12th grade. He studied civil engineering at Virginia Tech as one of a group of African Americans in various engineering programs. Eric reported that only 12% of his fellow students graduated with engineering degrees, and all had taken calculus in high school. He knew his AMP class was a contributing factor to his becoming a civil engineer. Today, Eric is the city engineer for South Fulton, Georgia.

Shanda Blackmon was a student at the same elementary school as Eric, and she attended the AMP from third through seventh grades. A strong interest in art led her to an undergraduate degree in art. After a year in the art business, she realized she needed to make a change, and she pursued a medical degree. Shanda knew art was not the standard preparation for medical school, yet her AMP experience had convinced her she possessed a strong intellect and the ability to meet rigorous challenges. She earned a medical degree, completed an internship and became a resident in thoracic surgery. Her skill as a surgeon led to her promotion as chief of thoracic surgery at Houston's Methodist Hospital.

Today, she is a professor of surgery at the Mayo Clinic in Minnesota, where she created a smartphone application used to drive better patient outcomes after esophagectomy (removal of all or part of the esophagus) and has patented another surgical device.

Murray Siegel, Ph.D., has more than 44 years of teaching experience and volunteers at Butterfield Elementary School.

InMaricopa.com/Columnists









# Parenting is more than luck!

DR. HARRIET PHELPS

a family group and observed smiling adults with well-behaved children. Your next thought may be, why are they so lucky? It takes more than luck to raise children to be healthy, caring, successful adults then it takes us to do our job as parents. Our children need parental supervision, guidance, rules and boundaries to live by. When rules and boundaries are not taught at home it

is more difficult for the child to fit in and causes many consequences for them.

Three parenting styles can help manage children's environments and help them develop the skills they will require to be successful.

**Permissive parenting** has few rules and limits. Parents do not clearly define rules in the home and enforce them. Generally, the children are driving the rules and environment of the home. The result is a child who does not follow social rules or respect authority figures. These children have difficulty with appropriate relationships and struggle with anxiety and depression. Rules give us security when we know what to expect.

**Authoritarian parenting** is the extreme opposite of permissive. Parents set strong, harsh rules with no room for negotiation. Such parenting is typically inflexible and military-like. The rules are handed down and the child is expected to adapt with little input. Opinions are treated like arguments or defiance which results in rebellion. The child is busy fighting back and not understanding what rules are about.



Authoritative parenting is the most ideal style. Boundaries are set clearly with flexibility while understanding what is negotiable versus non-negotiable. Rules are explained to understand their purpose. Negotiable rules change and adapt with the maturity of the child. A clear authority is established and respected while focusing on skills and knowledge.

The Luck of the Irish comes from the Irish Gaelic in the Celtic language. The expression reflects a traditional blessing on the one bestowed. There are thousands of ways to express luck. Our children have the Luck of the Irish when we love them and care about them.

As always, Be Awesome. 🗓

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- **1.** Ronnie Lamboso, an Exceptional Student Services teacher at Maricopa High School, get his first dose of COVID-19 vaccine during an inoculation clinic for district staffers administered by Sun Life Center for Women. *Kyle Norby*
- **2.** A volunteer nurse injects the Moderna vaccine into the arm of Sadanand Marrott at a Jan. 23 inoculation clinic at Copper Sky. *Bob McGovern*
- **3.** Zach March, left, and Emilio Egnew play Magic: The Gathering, a collectible card game, during a Feb. 5 draft event hosted by the Maricopa Tabletop Society at Copper Sky. Bob McGovern



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WHERE ARE THEY NOW? Noah Salinas

# MHS grad wrestles life's challenges with positive attitude

BY KYLE NORBY

**OUR YEARS AGO, NOAH SALINAS WAS** a Maricopa High School senior looking ahead to the future. His academics in order, he had competed on the wrestling mat and was thinking about a career in physical therapy.

But it's been a bumpy few years for the determined

Now living in his hometown of Sterling, Colorado, he is still fueled by a passion to better himself in all aspects of life.

Born missing the lower half of both legs as well as his entire left hand, a condition known as tri-amelia, Salinas has never slowed down and welcomes the challenge. After high school graduation, he took a year off to work for his dad as a welder.

"I wasn't too sure what I wanted to do with my career. I started thinking that I should start applying to colleges and got a bunch of offers to wrestle," Salinas said. "I decided to pick the one back home (in Colorado)."

Accepted at Northeastern Junior College, the natural athlete wanted to pursue a sports medicine degree and become a physical therapist. He began his studies and joined the wrestling team. But in his sophomore year, COVID-19 flipped everything

"I had started practicing and getting ready for tournaments. COVID hit and ended our season pretty quick," Salinas said.

Like many college students living on-campus, Salinas was sent home during the height of the coronavirus pandemic, moving in with his girlfriend's parents before getting a place of his own.

Full virtual learning proved too onerous for Salinas to maintain and he withdrew from his classes, a decision abetted by the arrival of a new wrestling coach.

"I didn't get along with him very well and some of my teammates started picking fights with me. So, I thought, well this is not for me anymore," he said. "I ended up getting a job in welding."

The change was a bright spot for Salinas, but he developed pain in his legs from being on his prosthetics more than eight hours a day. Using his only hand to do the work, an injury put him on worker's compensation, and he was eventually terminated.

**NOAH SALINAS** Age: 21 Noah Salinas returned to Sterling, Colorado, his Residence: Sterling,

Colorado Occupation: Unemployed

**Education:** 3 years of college **Favorite Maricopa** 

memory: Sports. I love the energy and pride of the Maricopa family.



Noah Salinas appeared on the cover of InMaricopa in June 2017.

hometown. He wants to become a physical therapist.

"It's a learning process for me. You have to stay positive," Salinas said. "I'm going to continue to figure things out and move forward."

At Maricopa High School, Salinas tried to play football, but didn't compete because coaches didn't want him to get hurt. In his senior year, he went back to the mat and had a nearly even record, pinning six opponents.

Salinas keeps in contact with close friends and family and stays in touch with the McDill family, who hosted him during his senior year so he could graduate from MHS after his parents had to move for work reasons. He keeps up with local news and encourages future MHS students to try out every club and sport they can, no matter how daunting it may seem.

"There's plenty of sports and activities. Even if you think you might not do well, just try anyway," he said.

Salinas plans on going back to school this fall to work on his degree, perhaps back at Northeastern or a different junior college.

"I want to be doing physical therapy and just help people," he said. "Even if I'm not doing wrestling or any sport, I just want to get a degree and be happy in life, working in something I can retire doing." in

#### **Arizona Tax Credit** contributions FAQ

#### When is the deadline to make a 2020 Tax Credit contribution?

The state of Arizona allows taxpayers to claim credits for gifts through April 15, 2021 for the 2020 tax year.



The Boys & Girls Clubs of the Sun Corridor began operations in 1998, and as of February 2020, we operated five Clubs (one in Arizona City and four in Casa Grande) that served approximately 650 Club Members every day. In August, we opened our first Club in Maricopa (our sixth total Club) at Santa Cruz Elementary School. Our mission is to "inspire and enable all young people, especially those who need us most, to realize their full potential as productive, caring and responsible citizens". Our vision is to provide a world-class Club Experience that assures success is within reach of every young person who enters our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship, and living a healthy lifestyle. Ultimately, we want to expand our services in the community (in terms of capacity and number of Clubs) so that our programs are available to all young people in Maricopa.

#### **Types of credit**

- **1. QCO-** Qualifying Charitable Organization (Filing an Individual Return- \$400 /Filing a Joint Return- \$800) / BOYS & GIRLS CLUBS OF THE SUN CORRIDOR QUALIFY FOR THIS CREDIT!
- 2. Public School Credit
- Private School Tax Credit.
- **4. QFC0-** Qualifying Foster Care Organization

#### **Deduction vs. Credit**

**Deduction-** A tax deduction lowers your taxable income and thus reduces your tax liability. Note- It is beneficial for most taxpayers to take the standard deduction (highlighted below in yellow). Tax Credit- A tax credit (highlighted below in green) is an amount of money that taxpayers can subtract directly from taxes owed (or already paid) to the government.

	Deduction	Credit
Gross Income	\$50,000	\$50,000
Standard Deduction	\$12,400	\$12,400
Taxable Income	\$37,600	\$37,600
State Tax	\$1,064	\$1,064
Boys & Girls Club QCO Tax Credit	\$0	(\$400)
Net Tax Liability	\$1,064	\$664

All figures shown above show examples for an Individual Return. For more information, please consult your tax advisor.

#### Can I claim multiple tax credits in a year? Or put another way, can I claim tax credits for gifts to the Boys & Girls Club and a school?

**YES**, taxpayers can claim multiple credits (in any combination) up to their Net Tax Liability (highlighted below in blue). However, taxpavers cannot claim credits for more than the limit in each individual credit (taxpavers cannot give \$400 to their local elementary school and their local high school).

	No Credit	Credit
Gross Income	\$50,000	\$50,000
Standard Deduction	\$12,400	\$12,400
Taxable Income	\$37,600	\$37,600
State Tax	\$1,064	\$1,064
Public School Credit	\$0	(\$200)
BOYS & GIRLS CLUB QCO TAX CREDIT	\$0	(\$400)
Net Tax Liability	\$1,064	\$464



Can I still make a Tax Credit contribution if I'm already expecting a refund after completing my taxes? Or put another way, can I still claim a tax credit if I've already paid my taxes through paycheck withholdings all year?

**YES**, taxpavers can still make a Tax Credit contribution if they are already expecting a refund. Claiming tax credits will just increase the taxpayers' refund by that amount.

	Taxes Withheld / No Credit	Taxes Withheld / With Credit
Gross Income	\$50,000	\$50,000
Standard Deduction	\$12,400	\$12,400
Taxable Income	\$37,600	\$37,600
State Tax	\$1,064	\$1,064
Public School Credit	\$0	\$200
BOYS & GIRLS CLUB QCO TAX CREDIT	\$0	\$400
Net Tax Liability	\$1,064	\$464
Taxes Withheld in 2020	\$1,100	\$1,100
Tax Refund	\$36	\$636



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#### www.BGCSunCorridor.org

Boys & Girls Clubs of the Sun Corridor P.O. Box 10291 Casa Grande, Arizona 85130 520-876-5437

#### **II** /InMaricopa

















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#### Hollyhocks: Give them some space and watch them bloom

BY ALICE BATSCHE

HERE'S NOTHING QUITE LIKE
Hollyhocks for an impressive
display of color from spring
through summer. The plants will
grow well in the low desert areas of Arizona as
long as they have room to spread.

Hollyhocks, Alcea rosea, belong to the mallow family (Malvaceae) which includes hibiscus, cotton and okra. These flowers lend their beauty to English country gardens and are a romantic addition to our American ones.

The flower symbolizes fertility and fruitfulness, which is evident from its seed basket. Encased in a round husk, the small seeds are arranged in a circle.

Although we don't detect any fragrance from Hollyhocks, they are loved by bees and hummingbirds. Painted Lady Butterflies use them as their host plant.

Some varieties will bloom the first year if planted in early March, but most are biennials that grow leaves the first year then flowers the second year. By planting seeds in August or September, you will ensure blooms in the spring. The lovely blooms come in all colors, including black.

Simply amazing, they are available as a single flower or a fluffy double one. Halo Blush is a familiar single type, while double-ruffled favorites are Majorette, Chater's Double and Creme de Cassis.

The flowers grow up the stalk opening more each day.

Dwarf varieties, under 3 feet tall, are excellent for borders.

Double Dwarf and Fiesta Time are two well loved ones.



Above: Hollyhock plants thrive in low desert areas as long as they have room to spread. Below: Fashioning a Hollyhock doll from a colorful blossom is a favorite activity of girls.

Hollyhocks love full sun and moist, well-drained soil with an acidic to slightly alkaline

pH. Most Arizona soils fall into this category at 7.5-8.5 pH but it is helpful to add a small amount of fertilizer in the summer.

To keep them blooming, cut the stalks of the spent flowers at the base of the plant. Removing seed heads will also ensure more blooms. In November, cut the stalks down to six inches and cover with mulch.

These plants have a very large tap root making them difficult to transplant, so keep this

in mind when choosing a location. Containers can be used but need to be at least 16 inches deep and two feet wide. Some tall types may need to be staked as they will reach nine feet. Plant them near a wall or fence.

There is a type of rust spores that only preys on hollyhocks. Cut lower leaves if discolored and discard them. It's important to clear debris from around the stalks and keep water off the leaves.

Enjoy the flower show these old-fashioned plants bring to your garden, and don't hesitate to grow them in Pinal County.

Alice Batsche is a Master Gardener.

# The James Sanson Team



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# Contractor builds business that would make his father proud

BY BOB MCGOVERN

**HETHER FRANK MAGALLON IS** installing a new vinyl plank floor or renovating a kitchen with new quartz countertops, thoughts of his father are never far off.

He started helping his father, a property manager, as a kid in California, sprucing up properties between tenants. He would go into places and remove socket covers, carpet and cabinets, or help with fresh paint, tasks he performed for about eight years.

At 19, he took a job at a high-end flooring company and began to perfect his craft.

"I grew up doing this type of work with my father," he said. "I think of him all the time, every day. It's usually when I'm teaching the kids how to do something, and a memory will pop up."

Magallon, who owns Giovanni's Custom Flooring & Renovation, said his 25-year career in home improvement is built on the foundation provided by his father. The Maricopa company, which also specializes in kitchen and bath projects, is named for his 11-year-old son.

Now, Magallon is passing along his knowledge and expertise to two employees, his son Seth, 18, and another young worker, who are both going to school to learn while working in the trade. His son is working on his contractor's license and recently earned a license in hardwood refinishing. The company is growing and plans to offer more services.

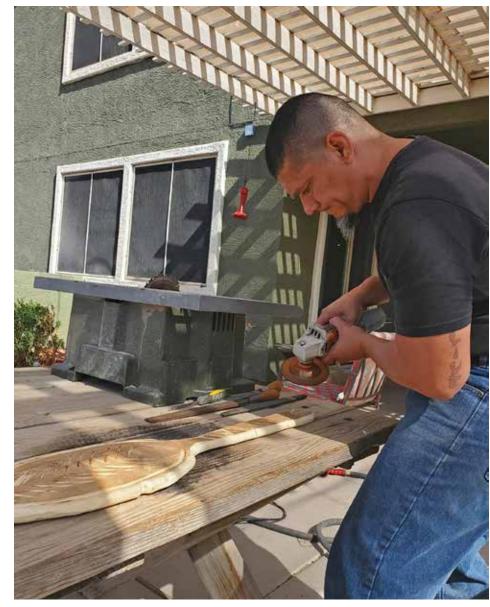
"I'm paying for them to further their education in the field as well as get handson experience," he said, expressing his desire to create a program so more young men and women can get hands-on training in the field.

#### **RECESSION LED TO OPPORTUNITY**

Magallon came to Maricopa from Visalia, California. He and his wife, Danielle, have eight children —ages 11 to 21. The family lives in Glennwilde.

Arriving in the city in 2006, he took a job as a crane operator for a steel foundry. But when the economy collapsed two years later, he found himself out of work like so many others.

"I stayed home for a couple of weeks trying to figure out what to do," he recalled. "I don't have a high school diploma and I had a child.



Frank Magallon, owner of Giovanni's Custom Flooring & Renovation, works on a project. A 25-year veteran of the industry, he would help his father spruce up properties as a kid.

You have to take care of the family."

He decided to fall back on all that knowledge and training that began with his father, and he began flooring and renovation work. It began slowly, mostly projects for family and friends, but business picked up as word got around, and within a year he was getting calls from strangers who wanted to hire him.

he absolutely loved.

So, for the next 10 years, he would work 8-10 hours at his night job operating a crane, head home and sleep for 3-4 hours and then work on

When the economy rebounded, the steel foundry wanted him back. But he didn't want to give up the dream of owning his own company, doing the home improvement work Frank Magallon and his wife, Danielle,

came to Maricopa in 2006.

home projects for Giovanni's until going back to

A few years ago, as his flooring and renovation business grew, Magallon had a decision to make: go all in on Giovanni's or give it up. He went all in and gave up his foundry job instead.

Today, Magallon is running a successful business, with licensed electrical and plumbing subcontractors handling most of the installations.

"It's been fabulous," he said of building a small business in Maricopa. "It's not hard to get customers when you're working with passion, when you love what you do. It's not hard to find people who want that service."

"There's so much support from the community to help out each other and help out other up-and-coming companies. There's plenty of work for everybody."

#### **PANDEMIC: GREAT FOR BUSINESS**

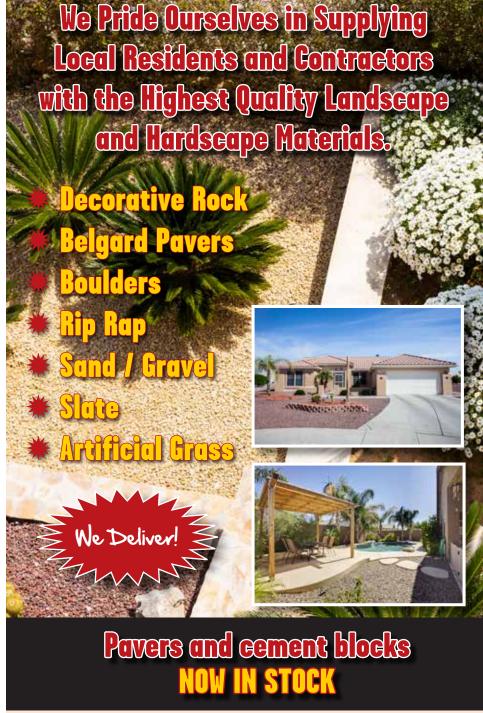
Magallon acknowledged the home improvement industry in the city is competitive.

And while he is a competitive by nature he has many years of martial arts training —his approach is less about what others are doing and more about improving the experience of his own customers.

"The way I see it, our last job was fantastic, but how do we beat that?" he said. "What more can we do, what more can we bring to the client? How can we think outside the box? Most of my customers want something different from everybody else, so it's my job to bring the ideas."

Magallon has been busy since the pandemic struck early in 2020. "Business-wise, last year has been great," he said.

Working from home and spending less on vacations, people have taken the opportunity to turn rooms into offices or finally having a bathroom renovated, he said.





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Magallon stains the top of a wooden dog crate with the help of his 11-year-old sons, Giovanni, center, and Salvador,

In addition to helping residents spruce up homes that may be 10-15 years old, Giovanni's is doing new construction work as well. After some homebuyers have closed on their new residence, they are bringing in Magallon to upgrade from builder flooring or cabinets, or to install a large kitchen island.

Many times, contractor options are limited and homeowners just want something different, he said, adding that he had four or five such projects in early February.

He also has a dream to offer homebuyers something a lot more different.

"I'd like to start building log homes out here," he said, "something unique that could be customized for a family."

Soon, he will be visiting a facility that fabricates the logs for home construction to learn more about the process. He hopes to someday build some of the structures that have been so popular with homebuyers in other areas of the country.

And he'd only want to do it in Maricopa, a city he feels fortunate to have made his home and business. It could have just as easily been Page, the other town that caught his eye as he considered the move to Arizona all those

"I feel like I got lucky," he said of his eventual decision to move to the city. "I was drawn to Maricopa. It just had the small-town feel."





What more can we do, what more can we bring to the client? How can we think outside the box? Most of my customers want something different from everybody else, so it's my job to bring the ideas."

FRANK MAGALLON



#### **HOT HOME U** TRENDS

To give his customers the best experience. Frank Magallon keeps up on the latest home trends. He shared a few of them with InMaricopa:

#### 1 Vinyl plank flooring.

This alternative to tile and hardwood floors offers the best durability at a good price point. Suitable for just about every room, the vinyl plank costs about \$3 a square foot, plus installation. On average, decent hardwood is about three times the cost, and typically costs more to install.

#### Irregular floor transitions. The

blending of different flooring materials along an irregular line think tile transitioning into hardwood in an entryway - has been growing in popularity. The technique requires good execution, but the effect can be stunning.

#### Quartz countertops.

With the popularity of granite and marble waning, more homeowners are going with quartz, an engineered material consisting of about 95% ground natural quartz with 5% polymer resins. It is more durable and less porous, making it more resistant to staining.

#### / White kitchens.

Homeowners desiring a timeless kitchen often go white for the shiny, clean, luxurious look. Some go all white, while many others prefer to have accents of wood grain or color in their cabinetry or countertops.

#### Shaker cabinets.

Oharacterized by a five-piece door with a recessed panel in the center, shaker cabinets and drawers offer a modern aesthetic with a simple but interesting design detail. In bright white, the design results in a clean look that can make kitchens appear airy and spacious.



#### 3 simple steps to avoid AC breakdowns

BY RAY NIEVES, 911 AIR REPAIR

HEN YOUR AIR CONDITIONER BREAKS DOWN in the middle of the summer, it's no joke, especially here in the blistering Arizona heat.

Some simple steps can go a long way to extending the life of your equipment and reducing the chances of breakdowns.

#### Schedule a tune-up

Being proactive rather than reactive can save you money and heartache. It's better to catch a minor problem in a springtime tune-up before it snowballs into a major repair come July.

#### Check and change your air filter

Changing your air filter monthly should become part of yourAC routine. Your system circulates air through the filter. A clogged filter will not only keep your unit from working correctly, it can cause long-term damage as well.

#### Be mindful of your surroundings

My last piece of advice is to keep an eye on your condensation drain line. If you drive around and look at

some of your neighbors' homes, you might notice a big nasty rust stain running down the side. This is a sign of a clogged condensation line and not something to take lightly. Annual maintenance is an easy way to avoid clogged lines. 📮



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# How much water does a leaky faucet waste?

BY TERRY LEAMON, MY MARICOPA PLUMBER

LEAKY FAUCET IS A PROBLEM FOR more than one reason. It's an issue that will probably only grow worse, and it can cost you more money on your water bill. Beyond that, it wastes a lot of water. But how much water does a leaky faucet actually waste? It may not seem like much, but over a period of time the gallons add up.

A single drip every couple of seconds may not seem like a lot of water. But think about it this way. If you let your faucet drip every day, 24 hours a day, it is going to add up. Imagine what would happen if every faucet in your home was dripping or every faucet in your neighborhood. It would not seem like such a small amount of water anymore.

In terms of how much water is actually wasted by a leaky faucet, every drop of water is a different size and falls at a different rate.

For the most part, however, every drop of water coming from a faucet (according to the U.S. Geological Survey) is between one-fifth and one-third of a milliliter. Using those calculations and 1/4 of a milliliter as an average, the USGS estimates that about 15,140 drips from a faucet equals one gallon of water.

It may not seem like much, but 15,000 drops

are a LOT of drops. If your faucet dripped once every second every day, all day, it would only take four-and-a-half hours to waste one gallon of water. Every day you would waste 5 gallons of water, or 2,082 gallons per year. That is 10% of the average water used by a standard 3.5 gallon per flush toilet on a daily basis. Now, imagine what happens if you have more than one drippy faucet, or the leak is larger than average, or the leak is at the bathtub, which will likely drip more than a faucet.



In short, the cost of a leaky faucet may not seem like much, but as time passes, it will add up and, if it is not taken care of, the cost will only grow as the leak gets bigger and potentially new leaks start in other faucets inside or outside your home. Do not let it drip forever — take action now and reduce the impact to the environment and your wallet.

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# Realtor: HOA fees can impact purchasing power

BY DAYV MORGAN

hen it's time to list their home, many sellers don't think about the impact high fees will have on resale. It is important to keep in mind what buyers will consider when shopping for a home in Maricopa, including homeowners association fees.

It's also important for buyers to research costs associated with nearby HOAs and how they may affect purchasing power.

Let's take a look at an example: At a 4 percent interest rate over 30 years, \$50 a month in HOA fees equates to about \$10,000 in purchasing power. We'll say a buyer is qualified for up to a maximum of \$260,000 and the lender estimated the HOA at \$50 per month. The buyer could make a purchase in Homestead North, where the HOA is \$48.50 a month at \$260,000.

But, if he purchases in Desert Passage

where the HOA fee is a bit more than double in Homestead, he will only be able to afford a home up to \$250,000, assuming taxes and interest are the same.

Another overlooked cost is HOA fees that must be paid at closing. Palo Brea, for example, has more than \$1,500 in disclosure and capital improvement fees, compared to Rancho El Dorado's \$400 disclosure and transfer fees. While these can be negotiated to be paid by either buyer or seller, in this seller's market they usually end up as an additional expense for the buyer, who may want a lower price.

Even worse, the buyer could walk away altogether at the thought of paying the HOA over \$1,500 in a future buyer's market.

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

#### HOA FEES

	Monthly	Transfer	Working Capital/ Reserve
Acacia	\$76,47	\$350.00	None
Alterra	\$62.92	\$125.00	None
Cobblestone Farms	\$93.44*	None	\$221.15
Desert Cedars	\$75.00*	None	\$225.00
Desert Passage	\$102.00	\$75.00	\$375.00
Glennwilde	\$92.25	\$150.00	\$286.60
Homestead North	\$48.50	\$97.00	None
Lakes / Rancho El Dorado	\$67.00	\$80.40	\$201.00
Maricopa Meadows	\$70.00*	\$200.00	\$280.00
Palo Brea	\$70.00	None	\$1140.00
Province (Villas)	\$393.71*	None	\$710.07
Province (Not Villas)	\$255.80*	None	\$710.07
Rancho El Dorado	\$45.43*	\$155.00	None
Rancho Mirage	\$99.21	\$159.00	None
Santa Rosa Springs	\$73.00	None	None
Senita	\$58.00*	\$177.00	None
Sorrento	\$75.50	None	\$377.50
Tortosa	\$81.00	\$125.00	\$324.00
Villages / Rancho El Dorado	\$86.00*	\$155.00	None

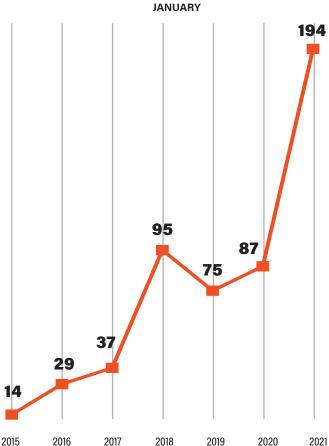
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#### SINGLE-FAMILY HOME PERMITS







# Home median list prices keep rising

BY BOB MCGOVERN

N A JAN. 25 ANNOUNCEMENT to residents, city officials crowed the median list price of a home in Maricopa had risen to \$300,000.

The crowing is about to get louder.

Less than a month later, the 7-day average of median home list prices has increased another 10%, to \$329,990, as of Feb. 15, according to the Arizona Regional Multiple Listings Service.

"Maricopa has seen an influx of development since its 2003 incorporation," according to the city's statement. "Development has proven to be extremely valuable, with property in town very important for builders, and homeownership is proving to be a worthwhile investment as well."

Median home list prices have been hovering in the high \$200,000 range since late 2020 before hitting the \$300,000 mark on Jan. 22. From January 2020 to January 2021 the median price has risen 25%.

Prices continue to rise as a seller's market persists amid low inventory.

"The real estate market, specifically pricing, is going through what is similar to a perfect storm," said Brian Petersheim, a Realtor with

**Median Home List Prices** \$329,990 \$299,850 \$300,000 \$289,850 \$293,990 \$279,000 \$280,245 \$259,500 \$259,900 \$267,490 \$279,00 0ct Nov Dec Sept

HomeSmart Success. "Multiple circumstances are happening concurrently to push listing prices higher and faster than we have ever seen."

Petersheim said three factors are at work not only in Maricopa, but throughout the

- More people are moving into the Valley
- There is a shortage of resale homes (down 80% from two years ago).
- A shortage of lumber and concrete are slowing build times and the number of

new homes.

"I expect the market to continue in the same direction it has been going as many homebuyers are outpriced in Maricopa County," he said. "Pinal County is one of the areas that homes are still affordable, and there will always be buyers that appreciate value."

Meanwhile, real estate agents are writing 15-20 offers for clients and still being outbid, Petersheim said. Some buyers are removing inspection and appraisal contingencies to strengthen their offers, but they are still having a hard time against cash offers.

"I get stopped at the grocery stores or the post office all the time and people ask me 'How's the market doing?" he said. "I ask them, 'Hey, do you remember last year when you had to search and search everywhere in town for toilet paper?' and they say, 'Yeah. I remember that.'

"I look at them and say, 'That's our home real estate market right now."

Petersheim is also watching to see if a recent Valley trend returns to Maricopa.

Many builders are holding "lotteries" for home lots, he said. There may be 100 interested buyers on the list but only three names are drawn to be able to move forward with newhome construction.

Such lotteries were common in the city in the mid-2000s.

"While it is more prevalent in the larger cities - Chandler, Gilbert, Glendale and Mesa — the lottery system may find its way back to Maricopa sooner rather than later."



A new home rises in Sorrento. A shortage of resale homes is driving prices up.



# **MUSD Spotlight** Recognition

# **Community Leaders**

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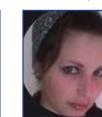
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Community Leaders Maricopa Wells Middle School



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Jessica Huwe **Business Partner** Santa Cruz Elementary Schooll





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**Audria Sanchez** 3rd Grade Pima Butte Elementary School



**Tatum Ash** Juanita Palmer 5th Grade Kindergarten Santa Cruz Elementary School Santa Rosa Elementary School



Lexie McKenzie 7th Grade Desert Wind Middle School



**Ava English** 8th Grade Maricona Wells Middle School



**Kaden Rogers** 11th Grade Maricopa High School



most expensive HOME SOLD



42662 W. Bravo Drive, Rancho El Dorado



**\$** \$410,000

The most expensive home sold in Maricopa Jan. 16-Feb. 10 was a singlestory home in Rancho El Dorado. The home sits on a large corner lot and has a 3-car garage and 10-foot RV gate. Vinyl wood flooring and tile is throughout the home. The kitchen has granite counters and plenty of cabinets. The master offers a custom tile shower with glass door and oversized walk-in closet. An adjoining Arizona Room overlooks a large backyard with pool, hot tub, outdoor kitchen and large pergola for plenty of shade. Freshly painted, this home sold in four days for just over asking price.

Square feet: 2,900 Price per square foot: \$141.37 Days on market: 4 Builder: Hacienda Year built: 2005 Bedrooms: 4

Bathrooms: 2.5 Community: Rancho El Dorado Features: 3-car garage, RV gate, den, vinyl and tile flooring, new irrigation lines, pool, hot tub, pool

2. 43955 W. Mescal Street, Desert Cedars	\$410,000
3. 40908 W. Walker Way, Homestead North	
4. 41948 W. Sussex Drive, Glennwilde	\$400,000
5 17754 N. Carmon Avanua Alterra	\$380,000

least expensive **HOME SOLD** 



36509 W. San Pedro Drive, Tortosa





**\$** \$207,000



The least expensive home sold in Maricopa Jan. 16-Feb. 10 was a single-story, three-bedroom house in Tortosa. The home has vaulted ceilings throughout. Open and bright kitchen with custom tile backsplash and tile floors. The home sold the day of listing for \$4,000 over asking price.

Square feet: 1,371 Price per square foot: \$150.98 Days on market: 1 **Builder:** DR Horton Year built: 2006

**Bedrooms: 3** Bathrooms: 2 **Community:** Tortosa Features: Vaulted ceilings. custom tile backsplash, tile floors

2. 45067 W. Desert Cedars Lane, Alterra North \$208,000 3. 42804 W. Sunland Drive, Rancho El Dorado. \$215,500 4. 35747 W. Velazquez Drive, Tortosa \$219,000 5. 41380 W. Little Drive, Rancho El Dorado. \$221,000

#### **Diabetes: Control it before** it controls you

BY IOAN KOCZOR

**ORE THAN 34 MILLION** Americans have diabetes and one in five don't know they have it, according to the Centers for Disease Control and Prevention. Another 88 million-plus have prediabetes and more than 84% of them don't know it.

Diabetes is a chronic condition in which the body does not properly process food for use as energy. The body can't make enough insulin or isn't able to use its own insulin as well as it should. As a result, sugar builds up in your blood. It is the seventh-leading cause of death in America — and may be underreported.

There are two types of diabetes.

Type 1, which accounts for 5%-10% of cases, is when the body does not produce insulin. It may start as early as childhood. Type 2, when the body doesn't use insulin properly, is 90%-95% of cases. Sometimes called adultonset diabetes, it is more common in people who are overweight and may be hereditary.

Serious health complications can include heart disease, blindness, kidney failure and lower-extremity amputations.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population ages and becomes more overweight.

People in those ranges should be aware of

Pain or numbness in the hands and feet, extreme fatigue andblurry vision are just a few of the warning signs that you might be at risk for diabetes. Check with your doctor if you are experiencing any of these symptoms. Early detection and treatment can decrease the risk of possible complications.

Living with a chronic condition, such as diabetes, can leave you feeling tired or depressed. Some days will be harder to get through than others.

Take care of your emotional health. Diet, exercise and taking time to relax are very important and contribute to your overall health. Have regular checkups. Do simple things you enjoy. Go to a movie. Take a mini road trip. Read a book.

And more importantly — keep informed. Make a list of questions and take them to your next doctor appointment.

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

www.diabetes.org; dietary guidelines, MyPlate.gov

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#### Are aging adults getting enough vitamin D?

BY AL BRANDENBURG

OME 41% OF ADULTS AGE 65 AND older report they are in good or excellent health, according to the U.S. Centers for Disease Control and Prevention. This is good news with average life expectancy rising and many 65-year-olds living to age 80 or beyond. Planning for healthy later years is as important as planning for your healthy. financial future.

One vital nutrient to keeping in good health is vitamin D, which helps form and maintain strong bones by ensuring the body

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gets sufficient absorption of calcium and phosphorus. Produced in your body when the sun's ultraviolet rays shine on your skin, it bolsters immunity and functions as a hormone, with an effect on weight and organ functioning. As many as 42% of Americans may not get enough vitamin D, based on recent studies.

Getting an ample amount of the nutrient is key to warding off elderly conditions like osteomalacia (softening of the bones) in adults and osteoporosis (a bone disease). Vitamin D may also help to reduce inflammation and boost immune function and cell growth. It can protect against respiratory infections, cognitive decline, dementia and improve symptoms of depression, especially important during the COVID-19 pandemic. Other benefits include reduced risk for Type 2 diabetes and defense against heart disease and stroke.

Until next month, stay safe and stay

Al Brandenburg, Maricopa Senior Coalition



InMaricopa.com/Columnists



#### How much D for thee?

Vitamin D requirements vary with age. In general, the older you get, the more you need. Here are the recommended daily allowance (RDA) amounts: ADULTS. 600 IU per day (15 mcg).

#### **SENIORS (OVER AGE 70).**

800 IU (20 mcg) per day. Getting vitamin D from food is a priority. Make sure your diet is rich in the following fare to increase your intake of the vitamin: salmon, tuna, mushrooms, fortified milk, orange juice, yogurt, sardines and eggs. Vitamin D2 and D3 supplements are available at pharmacies and health food stores in both liquid and capsule form.



## What would you want for your funeral?

BY KRISTIN GRAMANDO, I. WARREN FUNERAL SERVICES

DMIT IT, YOU'VE THOUGHT ABOUT it. It's OK though, a lot of people think about it. It's normal. You've asked yourself, "I wonder what my funeral will be like?" Maybe you've even thought about some specific things you

would like to have happen at your funeral. Many people take comfort in the fact that they're able to preplan the details of their own funeral. They feel good knowing the service will be something that best reflects their unique life and will bring a measure of joy to their loved ones on that difficult day.

tailored to match any personality. They can be solemn and dignified affairs, quick and simple moments, celebratory parties or something else entirely. A person can prearrange virtually anything that suits them for their funeral.

Many think about the kind of music or specific songs they might want to have played. Maybe they have a favorite poem, passage or scripture they would like to have read. Some may want to be dressed in a particular outfit or laid to rest in a special casket that reflects unique parts of their personality. Others even plan their own funeral procession and

No matter how you choose to go about it, your funeral will be a tremendously important The details of a funeral service can be event to your friends and family. A service that accurately reflects your personality and wishes can provide great comfort to your loved ones after you're gone. It can also allow you to help shape the legacy you leave behind

and help people remember you the way you would've wanted.

There's no shame in thinking about your final wishes and preparing for that day well in advance. In fact, you might be surprised by how many people, just like you, have taken their thoughts and turned them into action by preplanning their funerals.

By prearranging you can ensure that your final wishes are carried out exactly as you had intended. You'll also see there are a number of economical ways to prefund your funeral service, which spares your friends and family from the economic burden.

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# Longer lives in good health: gift or burden?

BY RON SMITH

HE GIFT OF TIME IS VERY REAL. LIFE EXPECTANCY HAS increased dramatically because people are in much better overall health than prior generations. In 1950, for example, a person age 65 could expect to live another 14 years, with about half of those years in good health.

Today, people live 19 years on average past 65 with 12 of those years in good health. And lifespans are likely to continue increasing. So, are these added years a gift or a burden?

"It is a time for us to let go of both our fantasies of eternal youth and our fears of getting older, and to find the beauty of what it means to age well," Joan Chittister wrote in her 2008 book, "The Gift of Years: Growing Older Gracefully."

"It is time to understand that the last phase of life is not non-life; it is a new stage of life," she wrote. "These older years — reasonably active,





mentally alert, experienced and curious, socially important and spiritually significant — are meant to be good years."

These are the capstone years that bring to bear all of the experience, wisdom and desires we have to make a whole new life. The gift of these years is the opportunity to become more fully alive. How we manage and master this gift of time will determine the success, satisfaction and rewards enjoyed during this life stage.

"Time is the coin of your life," Carl Sandberg said. "It is the only coin you have, and only you can determine how it will be spent."

Do you have the understanding and tools necessary to address this phase of your life?

When we were children, our parents, family and teachers helped us understand how to navigate in life. Later, we had the structure of our careers, education and continuing support from our families. There were many support systems or examples to help guide us. Learning from experience was normal because we usually had time to adapt or recover from bad decisions.

Many people approach retirement with a general understanding of how to plan for their eventual financial, housing and lifestyle needs. They remember how their parents or grandparents seemed to do these things. But very few people receive any specific assistance to successfully navigate this next phase of their lives. We are generally on our own.

Without any structure, some retirees will start thinking about regrets and things they wished they had done. Or they may start thinking about what they don't have. They may very well start preparing for their next phase of life simply by dwelling on their past.

With new challenges popping up unexpectedly, the gift of time can become more of a burden than an opportunity to blossom. Focus groups conducted by the National Council on Aging (NCOA) report most retirees favor quality of life over longevity, so it may be necessary to break some old habits and explore new directions. We will need to form new habits in our "senior" years.

We need to understand our talents and how we might want to share them with others. How do we perceive our accomplishments in this phase of our life? How will we tackle barriers that might confront us? Do we understand our purpose? It can and should be a fulfilling adventure.

Ron Smith is a Maricopa resident and an aging-in-place advocate. He is a member of the Age-Friendly Maricopa Advisory Committee, a member of the Maricopa Senior Coalition and a certified Aging-in-Place specialist.

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#### calendar 03,21

#### l Veteran Support Group

6:30 p.m. Northern Lights Therapy 21300 N. John Wayne Pkwy. #103

#### 2 Maricopa City

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

#### 3

#### MUSD Governing Board Meeting

6:30 p.m., Maricopa Unified School District Office 44150 W. Maricopa-Casa Grande Hwy.

# Spring Break Extravaganza

9 a.m. Millar Airport 54307 W. McDavid Road

#### The All-Arizona Grand Slam!

5:45 p.m. Facebook Live

#### Veteran Support Group

6:30 p.m. Northern Lights Therapy 21300 N. John Wayne Pkwy. #103

#### 15

#### Veteran Support Group

6:30 p.m. Northern Lights Therapy 21300 N. John Wayne Pkwy. #103

#### 6

#### Maricopa City Council Meeting

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

#### 22 Veteran Support Group

6:30 p.m. Northern Lights Therapy 21300 N. John Wayne Pkwy. #103

#### 24

#### MUSD Governing Board Meeting

6:30 p.m., Maricopa Unified School District Office 44150 W. Maricopa-Casa Grande Hwy.

#### 2/ Salsa Night Market

5 p.m. Copper Sky Regional Park 44345 Martin Luther King Blvd.

#### CONTINUING

#### SUNDAYS

#### Narcotics Anonymous 7 p.m., 45295 W.

Honeycutt Ave.

#### MONDAYS Narcotics Anonymous

7 p.m., 16540 N. Porter Road

#### **TUESDAYS**

#### **Maricopa Cruise-in** 5-9 p.m., behind

Burger King

#### Celebrate Recovery Small Group Meeting

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

#### **THURSDAYS**

#### **Narcotics Anonymous** 7 p.m., Ak-Chin

Social Services 48227 W. Farrell Road

#### FRIDAYS Al-Anon

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ALL EVENTS ARE TENTATIVE



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# Want in?



# Slam contest promises poetry in motion

A dozen of the best Slam poets in Arizona will compete March 6 in Maricopa.

The All-Arizona Grand Slam! will feature two city poets competing in the state-wide real and virtual contest in performance poetry.

The poets will perform live at City Hall, with judges and spectators watching performances on Facebook Live. The event will run from 5:45 to 9 p.m. An audience of more than 3,000 watched the Maricopa Poetry Slam online in November.

Strict health guidelines will be followed at the venue, where participants will be masked at all times except when performing, and social distancing is mandated.

The Maricopa ARTS Council (MAC) will produce the event, which is sponsored by Vice Mayor Nancy Smith and Councilmembers Vincent Manfredi and Henry Wade. MAC will award money prizes to the three best poets.

Over the past six years, MAC has held a city championship and an Arizona All-State Slam Championship at venues ranging from cafes to City Hall.

Bernard Schober, MAC's long-time Slam master and poet, will preside over the action. A veteran Slam competitor at state, regional and national levels, he performs as "The Klute." He selected the 12 competitors for the March event.

MAC Slams feature a prelude segment of Art-on-the-Spot to celebrate a sister art form. For this event Shelley Gillespie, executive director of Copa Shorts Film Fest, will explore their fifth season, devoted to comedy, beginning at 5:45 p.m. A previous Copa Shorts winning film will be screened.

#### **IF YOU STAY**

What: The All-Arizona Grand Slam!

When: 5:45 p.m. March 6

Where: Facebook Live, fb.me/e/3rT9OueVz

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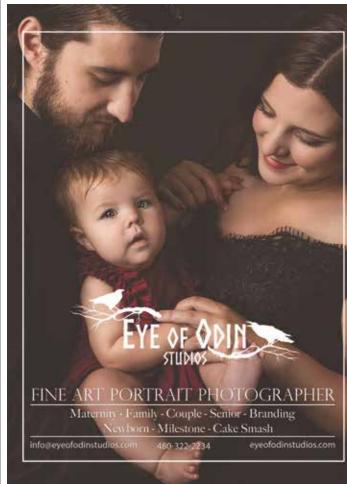
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502-568-5712 TheUpsStore.com

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#### **Be Awesome Youth Coalition** 520-428-7750

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Blue Star Mothers of Maricopa, AZ

PO Box 1397

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520-836-0736 UnitedWayofPC.org

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Public Library 520-568-8094

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520-350-4080 MaricopaLittleLeague.com

#### Maricopa Veterans Center

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#### Relay for Life Maricopa

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#### The Streets Don't Love You Back Po Box 1093

TheStreetsDontLoveYouBack.com

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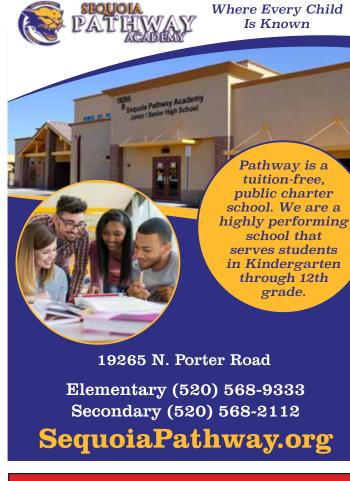












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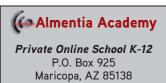
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17945 N. Regent Drive 520-494-6400 CentralAZ.edu

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Maricopa Wells Middle School 45725 W. Honeycutt Ave.

520-568-7100 MWMS.MaricopaUSD.org

**Pima Butte Elementary School** 42202 W. Rancho El Dorado Parkway

520-568-7150 PBES.MaricopaUSD.org

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

SES.MaricopaUSD.org

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

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

SCES.MaricopaUSD.org

Santa Rosa Elementary School 21400 N. Santa Rosa Drive

520-568-6150 SRES.MaricopaUSD.org



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# trending





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Real Estate V COVID-19 Opinion Traffic











#### TRENDING



Transportation Committee approves SR347-Riggs overpass



Too much spread, too little vaccine, health director tells city



Obituary: Lupe Gomez, 47, of Maricopa



in varsity action (GALLERY)



Man allegedly resists officer MUSD votes to call budget override election until Taser comes out, police



Groundbreaking set for new



Flood Control District moves fast on Santa Rosa Wash repairs



\$25M east-west thoroughfare is transportation priority

#### POLL



Is there an aggressive or dangerous dog in your neighborhood?

Yes



March is the ideal time to check for outdoor leaks. Here are some tips to find and fix outdoor leaks:

First, walk around your property to look for leaks. Check the irrigation valves and look for wet spots, small holes and depressions, as these may indicate an underground leak.

- Inspect irrigation valves for signs of leaks, such as mud or standing water, in the irrigation valve box.
- Eheck sprinkler heads when they are not running. Continuous seeping often indicates a malfunctioning valve.

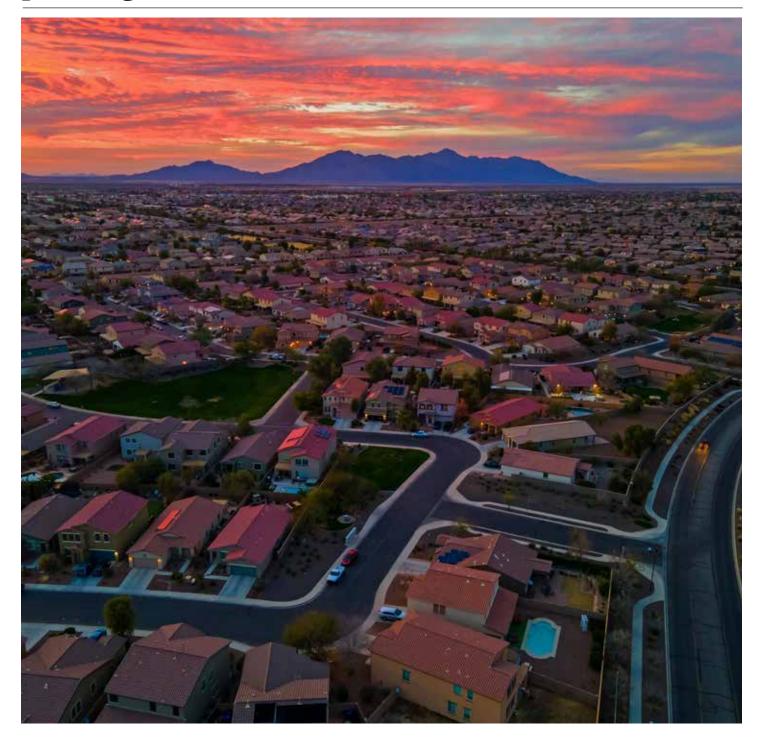
**Next,** run the irrigation system and walk around your property again to look for leaks that only occur when the system runs.

- Look for missing or broken drip irrigation emitters or cracked tubing. (Water should trickle rather than squirt from emitters.)
- Look for missing or broken sprinkler heads/bubblers or cracked riser pipes.
- Inspect your yard for wet spots, small holes or depressions, as these may indicate a leak.

#### **Additional Water Conservation Resources**

- www.smarthomewaterguide.org
- www.gwresources.watersmart.com

# parting shot



#### **Bryan Mordt**

This aerial view of Maricopa west to the Sierra Estrella mountains from Glennwilde was taken with a drone by Bryan Mordt on Feb. 9.

Have a great photo of Maricopa?
Email it to Photos@InMaricopa.com for consideration as next month's "parting shot."

# Maricopa Unified School District announces a new online K-12 experience!

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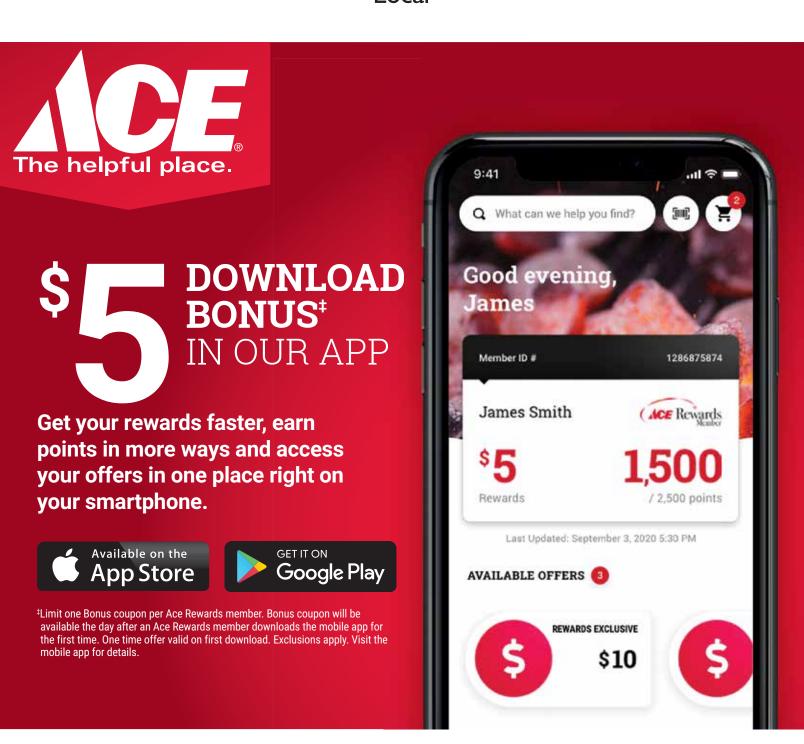


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