

# Maricopa

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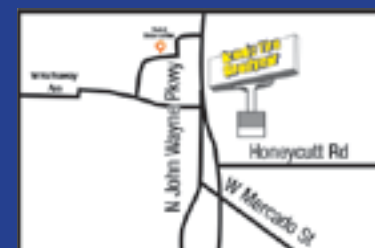
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|              |    |    |
|--------------|----|----|
| Elementary   | 18 | 20 |
| Primary      | 24 | 26 |
| Intermediate | 28 | 30 |
| High School  | 32 | 34 |
| 2015-16      | 28 | 30 |
| 2020-21      | 32 | 34 |
| 2025-26      | 36 | 38 |

Target State 2015-16Target State 2020-21

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Graduation Rate

|      |     |
|------|-----|
| 2015 | 89% |
| 2019 | 90% |

ENROLLMENT GROWTH

Enrollment

|         |       |
|---------|-------|
| 2015-16 | 6184  |
| 2020-21 | 7639  |
| 2025-26 | 9441* |

EXPERIENCED TEACHERS (4+ years)

|      |     |
|------|-----|
| 2017 | 82% |
| 2018 | 82% |
| 2019 | 88% |
| 2020 | 91% |

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## Chasing dreams



**JOE JACKSON WAS PARALYZED ON A** high school football field, but his injury couldn't sideline the lifelong athlete with a hunger for competition.

The 31-year-old Maricopa businessman will head to Tokyo to play for the U.S. Wheelchair Rugby team in the Paralympics in late August.

Jackson, who has played "murderball" for 14 years, qualified for the U.S. team in May. His competitive drive will help power the U.S. bid to win its first gold in the event since 2008.

Two other local businessmen, Jason Plotke and Matt Williams, are chasing their own dream. They are the principals behind APEX Motor Club, a racetrack on the western edge of Maricopa.

The exclusive club, still taking shape, draws wealthy sports car owners like Tom Barnett to the area for fun behind-the-wheel. In turn, Barnett, who owns a fast-food franchise in town, and other members are helping turbocharge the local economy by spending money and seeking business opportunities here.

Rob and Lucinda Boyd are familiar names to many Maricopans. Their life-skills program, The Streets Don't Love You Back, has been helping at-risk and incarcerated youth for over a decade. This month, they share how their own experiences on the streets fueled a desire to change the lives — and futures — of others.

Also, this month, we introduce C.M. Curtis, an accomplished writer of Western fiction, who will be taking readers down the local history trail in the coming months.

Plus, development news, restaurant inspections and a look at the salaries of City employees.

Finally, this issue marks my last. I'm heading back East to pursue a personal dream of my own. Best wishes to all the great people at InMaricopa and in Maricopa. It was great to know you.

Enjoy the magazine,

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

## CONTRIBUTORS



### IAN ROBERDS

The multimedia specialist at InMaricopa enjoys playing piano, traveling and cooking.



### TERRY LEAMON

The owner of My Maricopa Plumber shares tips with readers to help them avoid plumbing problems.



### RON SMITH

An aging-in-place advocate, he retired from careers in college administration and software implementation.

### ON THE COVER

Joe Jackson, a Paralympian wheelchair rugby athlete, was photographed by Ian Roberds at Ability360 Sports & Fitness Center in Phoenix, where he has trained since 2011.

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**Publisher**  
SCOTT BARTLE

**Advertising Director**  
VINCENT MANFREDI

**Editorial Director**  
BOB MCGOVERN

**Advertising**  
DEBORAH COATES  
JAIME HARRISON  
MICHELLE SORENSEN

**Writers**  
AL BRANDENBURG  
MARK DELAP  
KRISTINA DONNAY  
TERRY LEAMON  
FRAN LYONS  
DAYV MORGAN  
HARRIET PHELPS  
RON SMITH  
JAY TAYLOR

**Photographers**  
MARK DELAP  
VICTOR MORENO  
BRIAN PETERSHEIM JR.  
IAN ROBERDS  
JAY TAYLOR

**Designer**  
CARL BEZUIDENHOUT

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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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## Headquarters blaze

In 1954, the Headquarters nightclub and bar was a place for people to gather and dance to hits like “Sh-boom” recorded by The Crew Cuts and “Hey There” sung by Rosemary Clooney. But then fire struck in 1956. “It was a popular place and I remember it burning down,” Mary Lou Smith, who first moved to Maricopa in 1952, told InMaricopa in 2009. Headquarters was rebuilt as an open-air restaurant that was eventually enclosed. It still serves Maricopa diners today.



1956



2021

## THIS MONTH BACK IN...

For these and other historical stories, visit [InMaricopa.com](http://InMaricopa.com).



2004

When Robert McCullough visited St. Francis de Sales Catholic Mission to make a donation, he heard Masses were held in 100-degree heat. Efforts to secure air conditioning lacked an electrician. Divine intervention, perhaps, brought the new resident and owner of R. Dale Electrical Inc. to their doorstep. McCullough quickly offered another donation – expertise – and soon church was cool.



2005

The city parks and rec department announced residents would help name its first-ever municipal park. “The name should be easy to pronounce and conjure positive images of our city, the state of Arizona or the Southwest region,” said Marty McDonald, then-department director. In the end, the city would go with its working title for the park — Pacana, Spanish for pecan, a tribute to the land’s heritage as a pecan grove.



2009

With the opening of the new Maricopa Unified School District headquarters on Maricopa-Casa Grande Highway, administrators spread across the district were united under one roof. The \$5.5 million, 38,000-square-foot structure was designed with enough offices for an administrative staff overseeing 15,000 students, about twice today’s enrollment in the growing district.

Courtesy of Maricopa Historical Society; Brian Petersheim Jr.

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\*Preschool: Tuition is \$570/month for children ages 4 & 5

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## Bright light will soon shine on city history

BY C.M. CURTIS

**A**S A RELATIVE NEWCOMER IN MARICOPA, I HAVE BEEN surprised by how much there is to do in our town. True, we have no beaches, no amusement parks, no skiing, no whitewater rapids — not a lot of high-adventure. But there are activities and happenings galore going on at any given time.

It's about to get even better. Maricopa is soon to have a museum.

Every city — especially one that boasts the kind of history Maricopa does — needs a historical society. And Maricopa has a good one. Paul Shirk, president of the organization, said it will soon have its own visitor center and museum.

The Tracy P. MacPherson VFW Post and Bernie G. Crouse American Legion Post have moved from their location at the veteran's center on the Maricopa-Casa Grande Highway to the new Maricopa Community Center after completion of renovations at the old library on Smith-Enke Road.



Workers install sidewalks in front of the future visitor center in the California Zephyr railcar off Maricopa-Casa Grande Highway.

With the veterans relocated, the City will remodel their former home for the Maricopa Historical Society and a museum. Meanwhile, work continues to transform the historic Silver Horizon train car nearby into a visitor's center, which would be operated by the Society.

The opening date for the visitor center and museum is still to be determined but Shirk has promised to keep us updated on its progress.

### MARICOPA HISTORY AHEAD

I, for one, am excited to see tangible relics of Maricopa history at the museum. In the coming months, in fact, I'll be writing a series of articles about the city's history.

Until recently I didn't know that much about the story of our town, and you may not know either, so let me give you a preview of coming events.

#### Did you know that:

- Maricopa was formerly called Maricopa Wells and, later, Maricopaville and Maricopa Junction?
- In 1879, Maricopaville was listed as the fastest-growing town in Arizona and was predicted to be the state's future capital?
- The last major battle fought solely between native tribes of North America was fought near Pima Butte (which you may know as M Mountain)?
- Father Eusebio Kino, the Italian-born missionary and explorer, visited Maricopa Wells in 1694?
- Maricopa Wells was a stage stop for the Butterfield Overland Stage?
- A federal post office was established in Maricopa Wells in 1865? (And they say some letters mailed at that time are just now arriving.)
- The first baby born in Maricopa — after the name was adopted — was named Maricopa?
- In 1910, Maricopa claimed to lead the world in automobile ownership per capita? (The town had a population of 18 and boasted two automobiles.)

There's lots more, and it's fascinating stuff. Hope you will join me for the journey. 🗣️

*C.M. Curtis, a bestselling American Western author and historian, has published 11 novels, including eight westerns. Most are set in Arizona. His books are available on Amazon.*

Brian Petersheim Jr.



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# Letter from the chief: enhancing community policing

BY CHIEF JAMES HUGHES

**T**HE MARICOPA POLICE DEPARTMENT has focused on enhancing our community policing efforts.

The community policing model augments our vision of making every contact excellent. Community policing has become the mindset of this agency with the goal of improving the quality of life of our residents, visitors and employees. Community policing is an energetic, problem-solving model of policing. This initiative focuses on providing a greater voice to our residents in solving the problems in their community.

The primary purpose of MPD is to provide outstanding police services by maintaining a well-trained and properly staffed patrol division. Patrol is and always has been the backbone of the police department.

MPD focuses on the fundamentals of policing to deliver professional police services. This profession is about people, and it has always been about people. Having a patrol division focused on people and solving the problems of the community are imperative.

Our officers continue to engage the community to build relationships with both the business and residential communities. Building a stronger relationship with the community will improve the information our officers receive from the public. This daily dialog between residents and police officers is the foundation of problem-solving.

Community engagement must be purposeful and not superficial. Officers getting to know our resident by interacting with the public, attending community events like Shop with a Cop, Coffee with Cops and community meetings improve the trust between MPD and the residents we serve.


MPD is in the process of developing a community advisory board to meet with our leadership team on a regular basis to discuss the direction of the department and to make policing recommendations on behalf of the community. This advisory board will include faith-based members of our community along with other community stakeholders.

A major component of community policing is addressing crime problems by focusing on those small segments of the population that are



causing most of the problems and committing the majority of the crimes.

Quality of life issues are important. MPD focuses on addressing nuisance-related issues that cause our residents frustration and negatively impact their quality of life. These issues include city code-related violations ranging from graffiti to traffic and parking issues. Having a police department that cares about not only keeping the city safe but beautiful is what will make a good city a great city.

Everyone wants to live in a great community. Great communities have low crime, orderly neighborhoods and an engaged police department that addresses their needs in a professional manner. These are the cornerstones of community policing. Relationships drive progress and the more our officers get to know our residents and identify those who are up to no good will only serve to better our community. 

Merenzi Young



**Learn about this new initiative  
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A community partnership with the City of Maricopa







# Public safety dominates city six-figure earners

**I**F YOU WORK FOR THE CITY OF MARICOPA, congratulations. You're probably doing very well for yourself. In public information requested from the city of Maricopa, a list of the salaries for the 350 full-time city employees in 2020 was gathered. Government salaries are public information.

It shows 136 employees earn salaries of \$70,000 or more annually, with 32 of those earning more than \$100,000 and 11 earning more than \$130,000.

The average salary for city employees was \$67,042. Salaries ranged from a low of \$27,546 (maintenance worker II) to a high of \$198,568 (city manager). Mayor Christian Price is paid \$33,600 annually and members of city council earn \$20,500.

Seventy-one salaries were associated with the Maricopa Fire/Medical Department, including the fire chief, assistant fire chiefs, fire battalion/deputy chiefs, fire captains, fire marshal, fire engineers and firefighters, totaled \$5.54 million. The salaries ranged from \$50,482 for a probationary firefighter to \$161,263 for the fire chief. The average salary in the department was \$77,996.

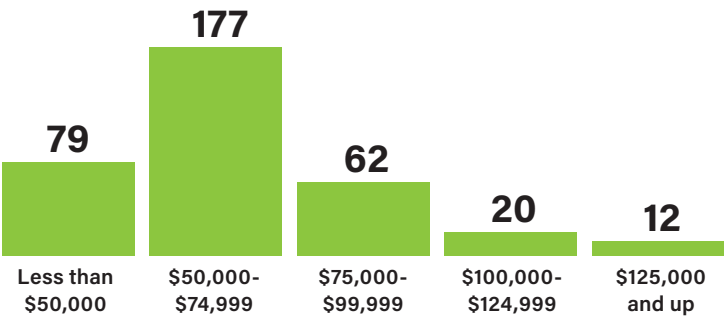
Seventy-eight salaries were associated with the Maricopa Police Department, including the police chief, commanders, lieutenants, sergeants and officers, and totaled \$5.78 million. Salaries ranged from \$51,408 for a police recruit to \$158,719 for the police chief. The average salary in the department was \$74,101.

## Top 32 salaries add up to nearly \$4 million

Nineteen of the 32 city employees earning at least \$100,000 work in the police and fire departments:

- \$198,568:** Rick Horst, *city manager*
- \$161,263:** Brady Leffler, *fire chief*
- \$158,719:** James Hughes, *police chief*
- \$146,504:** Jennifer Brown, *assistant city manager*
- \$138,016:** Vanessa Bueras, *city clerk*
- \$135,243:** Michael Campbell, *police commander*
- \$133,966:** Jerome Schirmer, *assistant fire chief*
- \$133,250:** Matthew Kozlowski, *chief financial officer*
- \$132,094:** Nathan Ulliot, *community services director*
- \$131,265:** Dale Wiebusch, *intergovernmental affairs director*
- \$130,036:** John Storm, *assistant fire chief*
- \$128,244:** Stephen Judd, *police commander*
- \$124,418:** Maria Osgood, *chief human resources officer*
- \$123,477:** Joshua Plumb, *city engineer*
- \$122,138:** Robert Miller, *fire battalion / deputy chief*
- \$122,138:** John Pantoja, *fire battalion / deputy chief*
- \$122,138:** Kenneth Pantoja, *fire battalion / deputy chief*
- \$120,677:** Brenda Hasler, *financial services manager*
- \$118,684:** Brad Pitassi, *assistant fire chief*
- \$116,725:** Michael Collins, *chief information officer*
- \$113,676:** Sean Marchese, *police lieutenant*
- \$111,996:** Kathleen Elliot, *police lieutenant*
- \$111,996:** Timothy Miller, *police lieutenant*
- \$111,424:** Jennifer Hagen, *public safety communications manager*
- \$111,211:** Michael Riggs, *public services director*
- \$109,929:** Nathan Steele, *economic / community development director*
- \$107,253:** Angele Ozoemelum, *financial services manager*
- \$104,061:** Hal Koozer, *police sergeant*
- \$104,061:** Leonard Perez, *police sergeant*
- \$104,061:** Elliot Sneezy, *police sergeant*
- \$104,061:** Mary Turner, *police sergeant*
- \$103,729:** Joshua Paulsen, *police lieutenant*

## Number of employees by pay range



Source: City of Maricopa



U.S. Transportation Secretary Pete Buttigieg, center, chats with Gov. Stephen Roe Lewis of the Gila River Indian Community, left, and Maricopa Mayor Christian Price during his recent stop.

# Buttigieg visits SR 347 to hear safety concerns

BY MARK DELAP

**U**S. TRANSPORTATION SECRETARY Pete Buttigieg stopped by State Route 347 and Riggs Road on July 15 to hear the concerns of local leaders about the dangerous roadway.

Serious accidents and fatalities on the highway have drawn cries for help from state and local officials in Maricopa and Pinal counties. Congressman Tom O'Halleran, District 1, used the visit to elevate visibility of the safety issue to the top official in the U.S. Department of Transportation.

As rush-hour traffic streamed by, Buttigieg and O'Halleran chatted with Mayor Christian Price, Gov. Stephen Roe Lewis of the Gila River Indian Community and Chairman Robert Miguel of the Ak-Chin Indian Community at the deadliest intersection on the 13-mile stretch of road

connecting Maricopa with the Valley.

In 2019, 308 accidents occurred on SR 347, with 57 in the vicinity of milepost 185 near the Riggs Road intersection, according to the Arizona Department of Transportation. In the past two years, nine motorists have died at the intersection.

Price told the secretary the growth south from Phoenix and north from Tucson puts Maricopa right in the middle of a growth explosion. He intimated with more growth, there would be more problems unless something was done to address safety on the highway.

Buttigieg and his entourage met at the southwest corner of the busy intersection where he could observe weeknight traffic. Just moments before the secretary's car arrived, in fact, there was a fender bender at the intersection.

Buttigieg, at age 39 the youngest-ever transportation secretary, has been visiting cities with traffic problems since his February confirmation. Standing at the roadside he was asked what he could do to change the situation on SR 347.

"Of the priorities we pursue in our department, safety is No. 1," Buttigieg said. "It is, in my view, why this department exists. And so, to hear as we did throughout our conversation with tribal leaders, and certainly to see this example of what's at stake with safety, it illustrates why we need to be doing more."

He expressed the need for more resources and funding to make improvements.

"That's why there's both a safety-specific pocket of funds and more support for things like roads and bridges that are designed with safety in mind," the secretary said. "Part of it's in the way we work with states, with tribes, with local governments. Like speaking to the mayor, who has a vision for where his community is headed."

Mark Delap





Lucinda and Rob Boyd founded The Streets Don't Love You Back nonprofit in 2009 based on the principles of Rob's book of the same name. Both Lucinda and Rob lived life on the streets and use lessons they learned to help at-risk and incarcerated youth work toward a brighter future.



# ‘Streets’ program labor of love for Boyds

BY JAY TAYLOR

**T**HERE IS NO VOICE LIKE THE voice of experience. Someone who has been there and done that is a more respected source than someone who has studied theories.

That is what makes Maricopa residents Lucinda and Rob Boyd's program, The Streets Don't Love You Back, so effective. The nonprofit organization they co-founded in 2009 is dedicated to equipping at-risk and incarcerated youths with tools to improve their situations through a variety of educational and life-skills programs. The program educates participants about the dangers of gangs, drugs, violence, abuse and other life issues, focusing on both prevention and intervention.

Rob and Lucinda, both 58, have lived the street life and come out the other side. The

Villages residents know what put them on the streets – and also how to get off them.

“When you can get somebody who is incarcerated and let them learn from the life lessons of someone who has been there, that is an incredibly effective message,” said former Arizona state senator Steve Smith, who was instrumental in helping get the Streets program in Arizona's jails and prisons. “For people who may be on the wrong path, they can hear from someone who's walked in their shoes that there's another way. That's how you get people to pay attention.”

Rob's experience with street and gang life was both firsthand and in-depth. He grew up in a ghetto on the east side of Detroit where his father, a prominent minister and well-known author, chose not to be a part of his

life. His stepfather raised Rob and his siblings as his own, but when Rob was 9 he witnessed his grandfather stab his stepfather to death, a moment that changed the direction of his life. By age 10, he was involved in a gang, dealing drugs and leading a violent street life – a life he lived for the next 35 years.

He eventually became the leader of the gang and drug kingpin. After spending his youth on the streets, several years in prison, and all of his adult life as a gang leader, Rob began to realize the path he was on would lead to a short and unhappy life.

Lucinda had her own experiences in the streets. While never living the gang life Rob did, she had her own formative experiences, including being sexually abused and turning to alcohol as a teenager.

Brian Petersheim Jr.



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With time and wisdom, things changed. “What got me out was when I met Lucinda,” Rob said. “I was 45 when I got out of the gang life, and she’s the one that got me out. I mean, I joined a gang at 10 years old and I had prayed to get out of that life for years, and for God to send me a good woman. When I met her, I realized that God had sent me someone I would listen to and who believed in me from Day One.”

Their connection was instant, but Rob faced a choice when they met. He was in the gang life, and Lucinda wanted no part of that.

“She knew I was in that life, and she gave me an ultimatum,” Rob said. “Now understand, in my position I was used to being the one who gave the ultimatums. But she told me it was either her or I could keep doing what I was doing. And God had something way bigger for me to do, so I walked away and closed the door on that life.”

#### BASED ON THE BOOK

A new door opened for them almost immediately as Rob and Lucinda began working to develop The Streets Don’t Love You Back organization, based on Rob’s book of the same name. They put their experiences to work.



Lucinda and Rob Boyd have received thousands of letters from people telling them how much the program changed their lives.

Once they had the program developed, they worked in the community and through Rob’s radio show to share their insights to help as many people as they could. Wanting a better program that could make more of an impact, Lucinda sat down and devised a curriculum and workbook on life skills and intervention.

“My goal was to reach out to youth and at-risk youth so they wouldn’t end up incarcerated or in the system and to help them before they got to that point,” Lucinda said.

Their first major rollout was with those who would need more than prevention. Inmates in Arizona’s jails and prisons were prime candidates.

A Detroit native, Smith heard about Streets and helped them get it into the prison system.

“I heard his story and saw what he’s doing with his life, and when you see people like that and how they give back and are so selfless and giving, how can you not want to help them?” Smith said. “He wanted to make it bigger and bigger, and we did whatever we could to help.”

Lucinda and Rob also gained the endorsement of the law enforcement community, which quickly saw the impact the program was having on those already on the wrong path and serving time.

The six-week, self-guided Life Skills Intervention Program includes education and discussions on substance abuse dependency, making decisions, anger management, attitude, behaviors, problem-solving, self-improvement, setting goals, AND? identifying strengths and skills.

According to Pinal County Sheriff’s detention officer in charge David Linderholm, the program is making a direct impact on the lives of inmates.

Jay Taylor

“Our inmates are extremely happy to have something like this as a way to learn and grow,” Linderholm said. “It’s vindication that they are taking steps to become a better person.”

One youth who gained from Streets is Dominic “Nico” Ciccirello. After being arrested for crimes including curfew violations and car theft, he was placed in the custody of child protective services.

“Rob was always there for me,” said Ciccirello, now 18 and a licensed barber with a shop in Phoenix. “I’ve been involved with Streets since I was 13 years old. “He deals with very troubled kids, and I was one of them.”

#### FROM STREETS TO SCHOOLS

The next step for Streets is to expand its presence in school systems. Maricopa Unified School District volunteer Jim Irving said he hopes to soon expand the program from Maricopa High School to two elementary schools, with a different twist to make it appropriate for fourth and fifth graders.

Irving said one of the reasons for the success of the program is Rob gets the kids talking about themselves rather than listening

to him. He learns about their issues, then relates their experiences to what he’s been through and the bad decisions he’s made in his life.

Mayor Christian Price said part of the effectiveness of Streets is the program empowers people to make their own changes.

“What we don’t do enough in corrections, and what his program does do, is help kids actually problem-solve and make positive decisions,” Price said. “Plus, they’re spending an inordinate amount of their time and personal treasure to help others, and really, what more can you ask of someone?”

The fact of the matter is that it doesn’t matter how great the curriculum is, or where it is available, if those in it don’t believe. And that buy-in is built through the obvious fact both Rob and Lucinda have walked similar paths and care deeply about helping those at-risk or already incarcerated.

Rob said getting results is the bottom line.

“We define success by whether a person is doing the same things they were doing before they came into the program. If you were doing negativity and now, you’re doing positivity, that’s a success for us.”

#### HOW THEY MET

Rob and Lucinda Boyd didn’t meet on the street.

They found love on the internet.

In 2009, Rob was writing songs and posting them on Myspace, one of the first social networking sites. Lucinda, a critical care nurse who has lived in Maricopa 37 years, happened to listen to one of Rob’s songs, and the rest was history.

“He was sharing a song that he had done and saw my picture and reached out to me because he thought I was cute,” Lucinda said. “We became friends first, and I got to know about him and his life living in the streets, and we talked a little about my life and my struggles. I knew that with my testimony and his testimony that we could reach out and help kids, and maybe they could talk to somebody, and they wouldn’t go through some of the same things that we went through.”

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# Q&A: Joseph Jackson, wheelchair rugby Paralympian

**W**HEN THE 2020 PARALYMPIC Games kick off in Tokyo Aug. 24, a Maricopa athlete will be going for the gold.

Joseph Jackson, who lives in Acacia Crossings, qualified for the Paralympic team in May. A member of the U.S. Wheelchair Rugby team since 2017, he is one of 16 players on the training squad. He was among the 12 selected to go to Japan, which is holding the Games a year later due to the pandemic. Jackson has been an athlete since he was young.

During a Hamilton High School football scrimmage for a state playoff game in November 2005, he ran over to help on a gang tackle. He did not get up. He broke his C6 vertebrae on the play and became an incomplete quadriplegic, meaning his injury caused partial damage to the spinal cord and left connections between the brain and areas below the level of injury.

Jackson started playing quad rugby in 2007 and four years later joined the team at Ability360 Sports & Fitness Center in Phoenix, which provides adaptive sports and fitness programs for people.

His wife Sarah said he made the Team USA training squad for the first time shortly after they started dating.

“Joe has dedicated a huge portion of his life to Team USA and the chance to win a gold medal. It’s the ultimate dream, right?” she said. “Over the last five-and-a-half years, he’s continued to amp up his game, his training and his dedication to this dream and to his team. He’s really come into his own in his position.

“It’s amazing to see him getting recognized for all his hard work. I know he will be a pivotal part in fighting for that gold medal!”

Jackson, who runs a foundation to help children with spinal cord injuries, answered a few questions during a break in training.

## JOE JACKSON

**Age:** 31  
**Hometown:** Chandler  
**Maricopan since:** 2018  
**Community:** Acacia Crossings  
**Occupation:** Owner of assisted living facility  
**Family:** Wife Sarah, mother, father and brother  
**Education:** ASU  
**Favorite athlete:** Michael Jordan  
**Training diet:** Large amounts of fruit and vegetables, nuts, fish, chicken, beef and rice

**How long have you lived in Maricopa, and what brought you here?**  
JJ: I’ve lived in Maricopa for two-and-a-half years. We bought a house out here to start our family. It reminded me of Chandler in the late ‘90s. It’s a growing, family-oriented city.

**You were a teenager when you suffered your spinal cord injury. What were your emotions at the time as far it’s impact on your future?**  
JJ: I was honestly worried about how I was going to complete my junior English paper. I had just

Ian Roberts

finished my rough draft. I wasn’t too worried about what was ahead. I was really upbeat and positive about the whole experience. I believe that was because I had an athlete’s mentality. I looked at everything I needed to do to be successful as a workout and challenge. I really enjoyed physical and occupational therapy sessions. My favorite part of the day when I was in the hospital was when I had outpatient rehab.

**What does your training regimen look like and how did you have to adapt with COVID-19?**  
JJ: When I’m home, I train 5-6 times a week for two hours. When I’m at training camps with my teammates, we stay in Birmingham, Alabama, training at Lakeshore Foundation Olympic & Paralympic Training Site. These camps can last anywhere from 6 to 14 days. We train for three hours, twice a day, anywhere from 4 to 9 days depending on the camp.

When COVID-19 hit, it wasn’t too hot outside, so I’d train 5 to 6 days a week at the basketball court in my neighborhood in my rugby chair. I lifted weights in my backyard. Summer hit and Ability360 was closed until June (because of pandemic restrictions). Luckily, a former teammate from football at Hamilton High School, Dontay Moch, invited me to his outdoor gym, where he’d be my personal trainer. I’d wake up at 4 a.m., leave my house at 5 a.m., get to his gym by 6 a.m.,

## INSPIRED BY ‘MURDERBALL’

Joe Jackson and fellow Paralympian Lee Fredette were inspired to take up wheelchair rugby after seeing the 2005 documentary “Murderball,” which introduced the world to the full-contact sport.

With its focus on the rivalry between the U.S. and Canadian teams leading up to the 2004 Paralympics in Athens, the gripping 88-minute film looks at the intense sport and everyday challenges faced by quadriplegics.

Produced on a \$350,000 budget, the R-rated movie took in at least \$1.5 million

THINKFilm



at the box office, earned an Academy Award nomination for Best Documentary and won the Audience Award at Sundance for Best Documentary Feature. It is No. 1 on Rotten Tomatoes’ list of top sports movies.

In his review of the documentary, film critic Roger Ebert wrote, “This is one of those rare docs,

like ‘Hoop Dreams,’ where life provides a better ending than the filmmakers could have hoped for ... It’s not really a sports film; it’s a film that uses sport as a way to see into lives, hopes and fears.”

The film can be watched for free at Crackle.com and on Peacock (account required).

## PEOPLE

work out for an hour and head home at 7 a.m. I got up early to beat the heat. I worked out with Dontay from August to October and got back to working out at Ability360 in November.

**Rugby is a tough sport no matter how you play it. What is it like to play wheelchair rugby, which was originally known as murderball?**  
JJ: Man, it’s exciting! Being able to compete and be an athlete again is beautiful, especially when you’re unsure if it’s possible. Chair-to-chair contact is encouraged. Big hits, people falling, people getting juked, making impressive passes and spectacular catches. It’s a rush and extremely strategic at a fast pace. There’s no other Paralympic sport like it.

**What are your expectations for Tokyo?**  
JJ: As a team we expect to win gold. I expect it will be something I’ve never experienced. I’ll have to remind myself to enjoy every moment of it.

**What will you be doing at the Olympics when you are not competing?**  
JJ: At the Paralympics, we are put in the Athlete Village, so I’m sure we’ll be watching other sports. We aren’t really allowed to explore too much due to COVID-19 restrictions. A lot of hanging out with the team and going over strategy so we can win.

## U.S. TEAM HOPES TO STRIKE GOLD AGAIN



The U.S. Wheelchair Rugby team seeks a return to glory in Tokyo.

Winner of the most gold medals since the sport debuted as a demonstration sport in the Atlanta 1996, the Americans have not been atop the medal stand for 13 years. They captured gold in Atlanta and Sidney 2000, the first year as an official sport, and most recently at Beijing 2008. The team settled for silver at Rio 2016 and bronze at Athens 2004 and London 2012.

Played on a basketball court, mixed quad rugby is a high-scoring game with elements of rugby, handball and ice hockey. All players are classified on a scale from 0.5 to 3.5 representing lower to higher levels of functional ability.

Four players from each team are allowed on the court at a time, but the sum of their classification points can’t exceed 8. If at least one teammate on the court is a woman, their team is allowed 8.5 points.

Joe Jackson has a classification of 1.0.

## HOW TO WATCH



Maricopans will have a number of opportunities to watch their hometown Paralympian in action. Watching live matches might require staying up late, however, because of the 16-hour time difference.

A record 1,200 hours of NBC Universal coverage of the Tokyo Games will include live wheelchair rugby action. NBCSN will televise action from all events from 6 p.m. to 6 a.m. MST daily. Early wheelchair rugby matches will be livestreamed on NBCOlympics.com and the NBC Sports app. Medal-round coverage will be broadcast on Peacock.

Here’s the U.S. Wheelchair Rugby team schedule (all times MST):

**Aug. 24, 7:30 p.m.** – U.S. vs New Zealand  
**Aug. 25, 7:30 p.m.** – U.S. vs. Canada  
**Aug. 27, 1:30 a.m.** – U.S. vs. Great Britain  
**Aug. 27, 7:30 p.m. and Aug. 28, 1:30 a.m.** – Semifinals  
**Aug. 29, 2 a.m.** – Gold medal match





1



2



3

## Festive Fourth

1. Dacoda and Kaleigh Ward and daughter Alivia, 5, displayed their patriotic colors at the Independence Day tailgate at Copper Sky. The park hosted a family funfest. *Victor Moreno*

2. The Great American Fourth celebration included an exhibition by Maricopa freestyle motocross rider Vince Morgan. *Victor Moreno*

3. Fireworks lit up the night sky to conclude the festivities. *Victor Moreno*

4. Bobby Bruce whooshed down a 40-foot waterslide at the tailgate party. Activities included a cornhole tournament and snowball launching competition. *Brian Petersheim Jr.*



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DISTRICT ADMINISTRATOR

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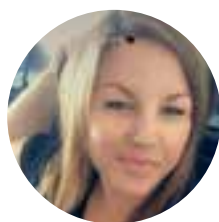


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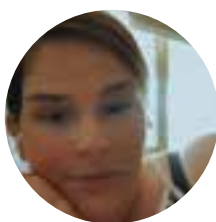




# 'top fans'



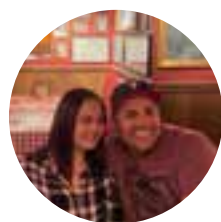
Adrienne Williams



Alward Ashley



Barbara Marie



Ben Garcia



Ben Munoz



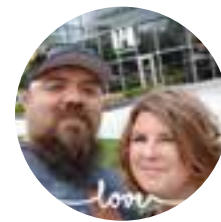
Carson Cook



James Flowers



Lewis Felicia



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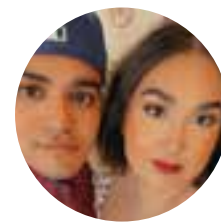
Quentin Smith



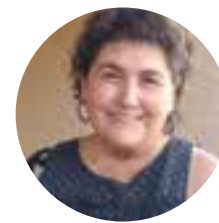
Shari Berry



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# APEX drives growth in Maricopa economy

BY JAY TAYLOR

APEX features a state-of-the-art, 2.27-mile track at its facility on State Route 238, four miles west of Maricopa. The club has about 250 members who race their own cars at the track. A second track will be built on the club's 280 acres as part of future development.



Tom Barnett has been a member of APEX Motor Club since its inception. The owner of 53 Burger King restaurants around Arizona, including one in Maricopa, is looking to further boost the city's economy by opening a Slim Chickens franchise here.

APEX has already developed about 100 acres of the site, including the first of two tracks, a challenging 2.27-mile road course, and a just-completed storage facility for 45 cars. Early next year, construction will start on 48 garage condos spanning four buildings. Each garage

has a mezzanine that can be used as a hospitality area, and the premium locations are situated directly behind pit lane.

The centerpiece of the club's facilities will be a 10,000-square-foot clubhouse with a full-service restaurant that cantilevers over pit lane.

Courtesy of Tom Barnett; Courtesy of APEX Motor Club

The clubhouse also will have an open hospitality area, lobby, fitness center, locker rooms, swimming pool and restaurant.

"It's a country club," said Plotke. "We want people to be able to come here, bring the family and friends, and their kids can play in the pool while they're out turning laps."

APEX already has spent about \$15 million on construction of the planned \$60 million club. Still ahead for members is another two-plus mile track that can be a separate course or linked to the original track to provide drivers a run of more than four miles.

## FAST CARS, FAST FOOD

While all this sounds wonderful for the wealthy car enthusiast, the club and members are having a major economic impact on Maricopa.

Tom Barnett, founder of Barnett Management Group, a Phoenix company that owns 53 Burger King franchises around Arizona, is a perfect example.

He first heard about Maricopa from friend and El Dorado Holdings founder Mike Ingram. Barnett opened his first Maricopa Burger King in 2018 and has been a member of APEX "since before the asphalt was laid," he said.

Barnett and Ingram had talked on and off about the need for a burger restaurant in town, Barnett said.

"We found the location we're at now and it's one of our top restaurants of the 53 we own," he said. "And because of the success of that restaurant, we're building a second location in town near Walmart."

Barnett is a visionary who sees things not as they are, but what they are going to be.

"The track brings me down here fairly often and every time I'm here I see the potential of what this city can and could be," he said. "If it weren't for the track, I wouldn't have had a reason to come here. And now I end up driving around thinking what could go here, what could go there."

Barnett is currently scouting locations in the city for one of the 32 Slim Chickens restaurants he recently agreed to build in Arizona. He says the chain competes with Chick-fil-A.

Despite the explosive growth in town, Barnett said he has yet to find a pad to accommodate the eatery, but he is undeterred.

"Right now, there is no nice chicken restaurant in Maricopa, and we want to be that," he said.

Other growth drivers are more subtle.

Dominic Palmieri, an APEX member and owner of the Shops at Maricopa Village strip



General partners Jason Plotke, left, and Matt Williams spearheaded development of APEX. "It's a country club," Plotke said. "We want people to be able to come here, bring the family and friends, and their kids can play in the pool while they're out turning laps."

center, said he's all about getting the club's members to use local businesses.

"I've helped connect several local businesses in Maricopa with APEX," Palmieri said. "Rather than having them bring someone down from the Valley, we try to get them to use local businesses here. And once they do, they find that the products and services are just as good if not better."

Roots is a prime example. With Palmieri's help, owner and chef Christopher Spear began catering races and driving academies

at the track during the pandemic. Now, the restaurant is a preferred lunch provider for members and food coordinator for VIP events.

Adobe Blinds and Maricopa Renovations have also done work at the track.

Palmieri has set up several APEX members with vacation rental homes in town when they wanted to have an extended stay in town rather than commuting to the Valley. And of course, he and many other club members frequent the city's auto parts stores.



## INTERNATIONAL APPEAL

APEX staff member Mark Soriano, a resident of The Lakes at Rancho El Dorado, sees the value of the track to the city.

“It’s not just people who come here from inside Arizona, it’s international,” he said. “A lot of our members are from Canada. We have a lot of people come through here that would never hear of, much less see, Maricopa if it weren’t for APEX. We also have lots of professional athletes come through here.”

He said UFC world middleweight champion Israel Adesanya, who visited the track with his entourage, enjoyed his experience and wants to come back. Another notable sports figure, former Arizona Cardinals Pro Bowl cornerback Patrick Peterson, stopped by before heading off to join the Vikings as a free agent.

That kind of organic exposure to the community is what impresses Nathan Steele, the city’s director of economic and community development.

“APEX has proven to be a significant driver for economic development in Maricopa,” Steele said. “I can’t tell you how many times a significant retailer or site selector says that



APEX Motor Club recently completed the first permanent building at the track, a garage and storage facility that can hold up to 45 cars. Members can store their cars on site. The club will eventually include 48 private, 1,250-square-foot garage condominiums, clubhouse with a full-service restaurant, swimming pool, fitness area, race tower and snack bar.

they’ve spent time at APEX, and it makes them want to bring more of their business to Maricopa. These site selectors, remember, bring jobs to the community, and we are in talks with several of them who first got to know about Maricopa because of APEX.”

### ‘WHOLE NEW BALL GAME’

One of APEX’s biggest contributions is yet to come.

Plotke and Matt Williams, vice president and general partner, have been clamoring to get water service to the track from the start, knowing it was vital to the club’s success.

Victor Moreno

“We’ve been subsisting for the last two years with the promise of water at some point,” Plotke said in April. “Nothing is going to happen on our end until we have water. Hopefully, that will be taken care of with the new pipeline.”

For now, water is trucked in for major events at the track.

A 12-mile pipeline, announced in May by City Manager Rick Horst, would begin in the southern part of the city, travel west around the Ak-Chin Indian Community and then north to SR 238, creating an entire new corridor of opportunity.

There is also a chance Global Water will be permitted to extend a water main west along SR 238 from Loma Road.

“We’re still working through the process with the Ak-Chin community on the easement,” said Jon Corwin, general manager of Global Water. “If we can get the easement taken care of, we can get the line out 238. It’s just a different process than we normally do.”

The pipeline would have to cross Ak-Chin tribal land at its Southern Dunes Golf Course.

“One of those two options will eventually be flowing in here,” Plotke said.

Either way, the city and water company are building a station on Ralston Road to provide APEX water before and after pipeline installation. Plotke said the city has told him water should flow on-site in a year or two. him water should flow on-site in a year or two.

When it does, Mayor Christian Price envisions the track becoming a huge driver for the local economy.

“I think APEX, once the water pipeline is done, will be a whole new ball game,” Price said. “It will be something we’ve never seen before.”

Plotke is well aware of the potential for development and economic growth along SR 238 once water is delivered.

“It’s just tremendous,” he said. “I know the city has put a lot of value in the industrial opportunity that exists along the 238.”

Plotke noted metro Phoenix can no longer offer areas with maximum growth opportunities for large-scale industry. Moreover, Maricopa has an “incredible employee base” in almost every sector, a major draw for industries that may want to locate in the city. The rail line through town offers huge opportunity for companies that manufacture or need to receive goods.

“Land in the Valley is being soaked up,” he said. “It’s getting more expensive as the sprawl continues, so where does the next opportunity lie? I think it’s right here. If you’re not in a service industry, you need your conduits for access to be ideal, and I think Maricopa checks all those boxes.”

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## Maricopa boasts Pinal's best of growing med-spa industry

BY KRISTINA DONNAY, FNP-C



**I F YOU ARE LOOKING FOR NONSURGICAL** treatments to rejuvenate your skin and body, you're not the only one. Countless Americans are, too, and with the increasing demand for less-invasive cosmetic options the past 20 years, there has been an increase in the number of med spas.

A med spa is a combination of an aesthetic medical center and a day spa that provides nonsurgical aesthetic medical services under the supervision of a licensed medical provider known as a medical director. Who you trust with your face and body are important.

Top med spas have experienced aesthetic professionals who work closely with the supervising medical director to develop the treatment menu, oversee operations and even consult directly on certain cases. There are good reasons why states require the involvement of a medical director in a med spa's operations.

With more and more med spas opening as less-invasive procedures are gaining popularity, how do you know which one is best for your skin and beauty needs? Searching for a top-quality med spa doesn't have to be a luck-of-the-

draw affair. Taking the time to do your research upfront will save you money, avoid hassle and help you find for the right provider.

Maricopa Wellness Center has been voted Best Med Spa in Pinal County for 2021 and Kristina Donnay, FNP-C, has been voted Best Medical Provider in Pinal County. The staff at Maricopa Wellness Center is honored to be so recognized.

Maricopa Wellness Center opened in April of 2019 and has won numerous awards.


Maricopa Wellness Center has won Maricopa Small Business of the year 2019, Best New Med Spa in the West of 2019 and Kristina was voted Local Businessperson of the Year 2020-2021. Maricopa Wellness Center was also the first Head to Toe Body Contouring by InMode facility in Arizona.

Maricopa Wellness Center is a licensed medical facility specializing as a full-service med spa utilizing cutting edge technology for comfort offering patients the latest treatment options for their bodies and skin.

Maricopa Wellness Center is run by a father-daughter team and strives to provide top quality care. Kristina Donnay FNP-C is a

family nurse practitioner and board-certified in aesthetics, board-certified in anti-aging and a Certified Master Injector. Kristina is the onsite medical director and her father Bill Day is the office manager. Their focus is helping people look and feel better in their own bodies combining medical-grade services in a relaxing spa-like setting.

Maricopa Wellness Center's treatment menu includes laser services, laser hair removal, skin tightening, body contouring, acne treatments, Morpheus 8, micro-needling, Botox, fillers, chemical peels, IPL, dermaplaning, Oxygeneo facials, customizable facials, rejuvenation services, medical weight loss, IV therapy, Lipo MIC B-12 shots, bio-identical hormone replacement and much more.

Come visit Pinal County's Best Med Spa and see for yourself why they have won so many awards in such a short time. 

 **520-464-6193**

**MaricopaWellnessCenter.com**  
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**Building 14, Suite 3**

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## Restaurants tagged by inspectors

5 eateries marked down by Pinal County Health

### Cilantro's Mexican Cocina

The inspector observed internal temperatures of potato soup and chili held in the steamer at 124-127 degrees. The manager was instructed to reheat items to at least 165 degrees and maintain foods in hot holding at or above 135 degrees. Items were reheated to 178-200 degrees.

The inspector observed a buildup of debris on the non-food contact surfaces of the inside and outside of the prep coolers. The manager was asked to keep clean.

### Fry's Marketplace Deli

The inspector observed open packages of ham, beef and ham with expired date marks. The manager was asked to monitor date marks not to exceed seven days, including the day packages were opened. The items were removed from service to be discarded.

The inspector observed a build-up of debris on the walls and floor in the deli area and the rails of the display case doors and asked manager to keep clean.

### Headquarters

The inspector observed an employee rinse raw fish with bare hands, rinse their hands in the three-compartment sink and then continue with food prep. The employee was immediately stopped and the person in charge was asked to instruct employee to wash their hands after handling raw animal material and prior to food prep. The inspector reviewed when to wash, where to wash and glove-use limitations.

The operator is offering



hamburgers, eggs and steaks "cooked to order" without the use of a consumer advisory. The inspector reviewed consumer advisory requirements with the person in charge. A re-inspection was scheduled to verify correction.

### Li's Garden

The inspector observed in-use serving bowls held in the cookline handwash sink basin. The handwash sink must remain accessible at all times, and the bowls were removed.

The inspector observed internal temperatures of cooked


broth with vegetables held in covered 5-gallon buckets in the walk-in cooler were 122-128 degrees. The internal temperatures of cooked pork being held in a deep, plastic, covered containers were 87-110 degrees. Per the manager, the items were cooked about one hour before testing. The inspector reviewed cooling methods to include the use of ice baths, ice wands and/or shallow, metal uncovered containers. The manager reduced the pork to flat pans and placed the vegetable broth into shallow tubs.

The inspector observed an

excessive number of flies in the kitchen. The back door and back screen door was observed standing open. The manager was instructed to close the screen door to protect kitchen from pests.

### True Grit Tavern (now The Roost)

The manager observed internal temperatures of cooked cheese sauce held in a 16-inch double boiler on the grill to be 99-102 degrees. The internal temperatures of red sauce held in the steam well were 97-100 degrees. Water in the well was about a half-inch deep and tested at 127 degrees. The manager, who stated the items were in hot holding for almost two hours, was instructed to reheat the items to at least 165 degrees and maintain foods at or above 135 degrees.

The internal temperatures of cooked pasta held in a covered, plastic container in the walk-in cooler were 72-76 degrees. According to the manager, the pasta was cooked and placed in the walk-in cooler about 90 minutes before testing. The inspector reviewed cooling methods to include the use of ice baths, ice wands and/or shallow, metal uncovered containers. The manager moved the pasta to a shallow, uncovered metal pan in the walk-in cooler. 

#### EXCELLENT [No violations found]

- Culver's
- Dollar Tree
- F.O.R. Maricopa
- Fry's Marketplace
- Panda Express
- Pizza Hut
- Say Sushi
- Starbucks Maricopa Station, 21423 N. John Wayne Pkwy.
- Walgreens, 21274 N. John Wayne Pkwy.
- Wingstop
- Yogurt Jungle

#### SATISFACTORY [Violations corrected during inspection]

- Firehouse Subs

- Fry's Marketplace Deli
- Headquarters
- Li's Garden
- True Grit Tavern (now The Roost)

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

None

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

None

Source: Pinal County, June 15-July 13



# Business, development around town

Maricopa 240 LLC will begin construction of the 93,856-square-foot main building for **Maricopa Unified School District's second high school** at 16200 N. Murphy Road. The work will be done by Chasse Building Team at a cost of \$9.2 million. A 1,015-square-foot building will also be built on site by Chasse for \$55,965. Another project will widen Farrell and Murphy roads at the school site and extend water/sewer and irrigation lines from Hartman Road to Murphy Road, with the work performed by Overley's Inc.

**Richmond American Homes** will add an air conditioning unit to a model home garage for a construction personnel office at 19902 N. Wilford Ave. in Homestead North at a cost of \$2,500. The work involves a re-plat of parcel 18. The work will be done by Richmond American Construction Inc.

**Discount Tire** obtained a permit to begin construction of its Sonoran Creek store at 20240 N. John Wayne Parkway, with a project cost of \$1.4 million. The store will sit on lots 2 and 3. The work will be done by FI West Inc.

**Fast and Friendly Express Car Wash** will build a \$1.8 million, 5,383-square-foot facility in Maricopa Power Center at The Wells, 42020 W. Maricopa-Casa Grande Highway. The work will be done for owner CAPDEVLO60 LLC by AP Global.

A re-plat and tenant improvements in the existing shell will be done for new offices at the **Maricopa Grand Professional Village**, 41664 W. Smith-Enke Road, Suite 100. The \$158,400 project will be done for PHT Property Holdings by RSG Builders LLC.

A model home sales office will be added at 22334 N. Daniel Drive on Parcel 43/48, Phase III at **The Lakes at Rancho El Dorado**. The \$10,000 project for Richmond American Homes will be built by Richmond American Construction, Inc.

**K Hovnanian Homes** will build a \$20,000 temporary sales office in a model home garage at 18658 N. Los Gabrieles Way in Tortosa South.

**DR Horton Homes** will convert a garage into a construction office at 41025 W. Sunland Drive in The Lakes at Rancho El Dorado. The \$5,000 project on phase III, parcel 59, lot 1558 is being built by DRH Construction.



Heavy equipment works at the Murphy Road construction site of the new Maricopa Unified School District high school.

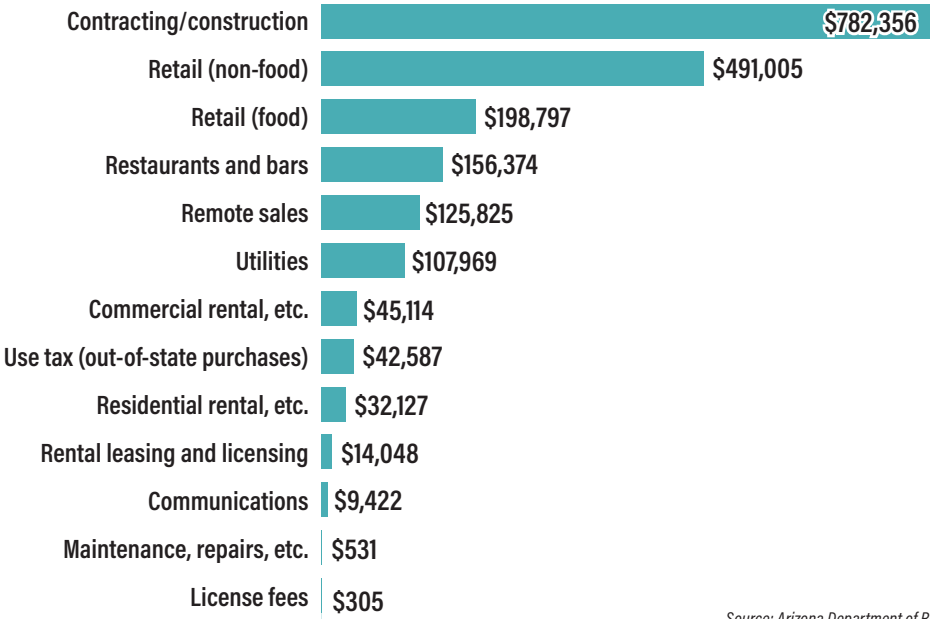
DR Horton has requested construction permits for all remaining subdivision improvements associated with Parcel I at 35780 W. San Ildefonso Ave. in **Tortosa South**. The \$647,336 project will be done by Knochel Bros. Inc.

Rough grading work will be done on Porter Road between Smith-Enke and Honeycutt roads from the existing property wall to the existing edge of the pavement. **Buesing Corp.** will do the work.

Brian Petersheim Jr.

## Maricopa Sales Tax Collections

In June, businesses paid more than \$1.74 million in transaction privilege taxes. Here's where people spent money based on the amount of sales tax collected:



Source: Arizona Department of Revenue

# Global Water prepared for likely water shortage

BY SHAINA SHAY, WATER RESOURCES & CONSERVATION SPECIALIST

THE COLORADO RIVER BASIN, LIKE Arizona, is in the midst of a 20-plus-year drought that is stressing water supplies.

Due to decreasing water levels in Lake Mead, it is highly likely the U.S. Secretary of the Interior will declare a Tier 1 shortage for 2022 in August of this year. If a shortage is declared it will primarily affect agricultural users, not municipalities.

A shortage on the Colorado River doesn't mean a shortage at your tap.

Global Water Resources does not rely on Colorado River water to provide water for our customers.

Ample water supplies have been secured for current and future customers, enabling



development in the city of Maricopa to continue for the foreseeable future.

We have been preparing for water shortages since the beginning.

To combat water scarcity, Global Water Resources practices Total Water Management and has committed to using water wisely, encouraging conservation and planning for the future.

Arizona, along with other states in the Colorado River Basin and Mexico, have had many years to prepare for shortage. Joint collaboration resulted in the signing of a Drought Contingency Plan in 2019.

This plan, along with other agreements, established a system for sharing water surpluses. Additionally, states are working through a process called reconsultation, and by 2026 plan to further align demand for Colorado River water with the effects of climate change.

Arizona continues to invest in water infrastructure, alternative water supplies and conservation programs.

All of those proactive efforts means Global Water customers will have plentiful water for years to come.

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GETTING TO know

JOSHUA DARROW

STORE MANAGER

Iconic Tire & Service Centers

Hometown: Moreno Valley, Ca

Reside in: Cobblestone

Maricopan since: 2018

Family: My wonderful partner Michele, our 6 combined kids and 1 granddaughter

Cars: 2015 Lexus RcF, 2019 Chevrolet 2500 HD, 2018 Can AM Maverick Turbo

Pet peeve: Having my beer go empty at a restaurant twice.

Like most about Maricopa: Small town vibes! I love to know everyone!

FAVORITE ...

Movie: All the Fast and Furious

Musician: George Strait

Team: Los Angeles Angels

Food: Mexican everything!

Meal: Mom's ground beef taco dinner

Restaurant: Roka Akor

Quote: No one gets out alive. . . Live accordingly!

Joke: I have a new one every day! Come see me!

Learn more about Joshua at [InMaricopa.com/Community/Getting-to-Know](https://InMaricopa.com/Community/Getting-to-Know).

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# Prenda microschools empower students in their learning

BY BOB MCGOVERN



**I** N AUGUST 2019, TOM BOGLE opened a microschool in Maricopa for a few students in grades 3-8 and was soon joined by a neighbor who agreed to start one for grades K-2.

This coming school year, about 200 students will attend school with Prenda learning “guides.”

The big jump in enrollment occurred in summer 2020 when some parents, frustrated by the virtual learning-from-home brought on by the COVID-19 pandemic, started looking for options to get their children back to in-person schooling. Prenda’s small-group approach provided an alternative, and even though Prenda went virtual for a time, his student’s technology prowess made it easier on them, Bogle said.

Three Prenda microschools were operating in the city in May 2020. But that number ballooned to 25 microschools by the opening of the 2020-2021 school year. An average of eight students attend each school, mostly in the homes of their guides.

Bogle, a resident of Glennwilde, had been in education more than a decade when he started the process of building a different learning model. In his research, he found Prenda offered an approach that was new and different.

“It was just about everything I wanted,” he said. “My goal, ultimately, was to start a high school. Prenda is only K-8 because building a high school is a very different beast. The accreditation process is very, very different from what it is for K-8 in every single state. My own

Tom Bogle, a microschool guide training manager for Prenda, seen with daughter Hannah, opened the company’s first Maricopa school in his Glennwilde home in 2019. There are now at least 25 Prenda microschools in the city.

children were mostly elementary age and so this was going to work great for my family.”

Bogle has four children in microschools and two at Heritage Academy.

He and other parents appreciated how the Prenda model gives children more autonomy over their learning and a say in how they approach their education. In fact, more than half the parents who had children in Bogle’s microschool went on to become Prenda guides themselves.

Brian Petersheim Jr.

By leveraging the use of technology for academics, guides — they are not called teachers — can focus on the social aspects of learning, helping students deepen connection and human relationships and providing them emotional support, Bogle said.

“Because that’s what humans do really well,” he said. “The technology just can’t do that right now.”

## ‘TEACHING IS IMPOSSIBLE’

Prenda grew out of founder and CEO Kelly Smith’s desire to have his children learn computer programming as part of their education. Not wanting them to have to learn it on their own, he enlisted a group of volunteers and kids and started a coding class at Mesa Public Library in 2013.

As he watched children work on projects each week at Code Club, he soon realized two things: learning is a choice and teaching is impossible.

Bogle said Smith, an MIT graduate, saw there could be a better way.

“That led to the idea of, ‘Hey, can we apply these different lessons that we’ve learned from here into an education system,’ he said. “Can we build a different learning model that takes advantage of this idea that kids actually are much more motivated to learn when you empower them to take more control over their learning.”

Smith started the company in 2015 and three years later opened a microschool in his home for seven neighborhood children. Today, more than 4,000 children in 12 states are learning in Prenda schools.

The company helps parents and others operate microschools by partnering with regulated, state-credentialed educational institutions to engage small groups of 5-10 students in mastery-focused, project-based learning.

In Arizona, Prenda partners with Edkey Inc., which operates Sequoia Pathway Academy in Maricopa. In April, the Arizona Attorney General’s Office launched an investigation into the relationship between Prenda and EdKey that allows Prenda to educate children in the home with little regulation.

The attorney general is looking at the arrangement in which EdKey enrolls the microschool students in its online school and collects charter school funding from the state. As a result, Arizona students can attend Prenda for free.

“Our partnership with regulated, licensed education institutions was recently reviewed by the Arizona Charter Board and the Arizona Attorney General’s office,” Prenda said in a statement. “We were happy to cooperate

with these inquiries, as they represented an opportunity for Prenda to demonstrate how seriously we take our responsibilities to the communities in which we live, learn, and work. We are likewise happy to report that both the Charter Board and the Attorney General gave us a clean bill of health and we look forward to continuing our working relationships with both.”

## CONQUER, COLLABORATE, CREATE

The schools are generally structured in grades — K-2, 3-5 and 6-8 — with students in similar stages of academic and emotional development.

Kim Park of Maricopa said Prenda has been a positive experience for her daughter, Taylor, 12.

With Taylor setting her own pace, she feels less stress and more confidence while making strides academically, Park said.

“They have to master their work before moving on,” Park said. “That has helped her.”

There are three main learning modes in the Prenda school day — Conquer, Collaborate and Create.

School starts with a community circle to help students build social and emotional connections with each other through interaction, but in a way to identify each other’s ambitions and goals. Learning goals are set for the day.

In Conquer mode, students work on core academic subjects through online programs that adapt to their performance and require mastery of before moving on, Bogle said.

Student-led group learning activities are the focus in Collaboration mode. Every student is invited to participate and contribute to the best level they can on activities around science, history and other core academic subjects the kids aren’t working on individually during Conquer time, he said.

The Create mode features projects designed to show kids creativity is a part of the learning process and the learning process itself is inherently creative, according to Bogle. Students can work on projects independently in small groups, with most designed to be completed in two or three days and build a portfolio of creative projects to demonstrate their independent learning.

The day ends with a brief reflection meeting, where the children share their biggest victory or challenge of the day.

“We cheer for the kids’ wins and we share their successes,” he said. “We also cheer for their struggles because it’s in their willingness to take on that challenge where the real learning takes place.”

## TOM BOGLE

**Age:** 42

**Hometown:** Chandler (though my father used to farm out here and my grandfather worked in Maricopa since after WWII)

**Occupation:** Microschool guide training manager for Prenda

**Community:** Glennwilde

**Family:** Natalie and I will have been married for 20 years this November. We have six children ages 5-17.

**Education:** Master’s degree in education from ASU

**Favorite subject in high school:** History, economics

**Learning philosophy:** Start with heart. Figure it out. Build a foundation of trust. Dare greatly. Choose learning over comfort. Learning is a messy process of trial and error, reflection and reiteration. Trust children to want to learn, then give them the space to do so.

## FOUNDATION FOR LIFE

Bogle sees the model as a foundation for students to guide them the rest of their lives.

“It’s so much more empowering to teach kids those skills at a young age so that they can start that work much earlier, rather than someone like myself who had this awakening in his early 30s, saying ‘This life that I’ve built for myself is not really what I want’ and having to completely transition” he said. “They’re constantly working toward a life of deeper purpose for themselves.”

Bogle did not lead a microschool during the last school year, taking a different role with the company that includes exporting the Prenda model to additional states. Currently, he is working with educational partners in Kansas, Louisiana and Arkansas to help set up pilot programs.

“Here in Maricopa, we have some great public schools and some great charter schools,” he said. “But Prenda is not just a different schooling environment, it’s a different learning environment that takes the institutional design of school and restructures it.”

A big believer in Prenda, he said it is not the right fit for everyone. Some will try it out and decide it is not for them.

“That’s fine,” he said. “We’re not trying to be everything for everyone.”



## 4 secrets about early childhood education in Maricopa Unified School District

### 1 MUSD OFFERS SIGNATURE PROGRAMS

MUSD is offering two preferred preschool options for the upcoming 2021-22 school year — a Community Preschool, open to children three to five years of age, and a Dual-Language Immersion Preschool option for children four to five years of age. A Dual-Language Immersion Kindergarten program is also available tuition-free to children who turn five before Sept. 1, 2021.

The MUSD Community Preschool provides fun, skills-based activities that help children explore science, literacy, math, art, music, dramatic play, technology, physical education, and more. A rich curriculum aligns with Arizona Early Learning Standards to build skills and promote healthy social-emotional development. Students work and play together to explore their curiosities, build confidence, and develop problem-solving skills for a life-long love of learning.

The Dual Language Immersion Program aims to introduce preschool and kindergarten students to a second language. The world of bilingualism, biliteracy and cultural competency comes alive as students receive instruction and delve into content in both English and Spanish. Dual Language Immersion develops the building blocks that will prepare students to be fluent speakers of a second language.

Benefits of the dual-language program include developing higher self-esteem and confidence, improved reading abilities, enhanced problem solving, greater cognitive stimulation, higher levels of engagement, promotion of bilingualism and biliteracy, and greater cultural competency.

### 2 MARICOPA'S FIRST CHOICE IN EARLY CHILDHOOD LEARNING IS ALSO AFFORDABLE

Maricopa Unified School District offers full-day Community Preschool and Dual Language Immersion Preschool for \$570 per month. And full-day Dual Language Immersion Kindergarten is always tuition-free. Extended-day childcare is also available for an additional fee.



### 3 FULL-DAY ACADEMIC PROGRAMMING IS LED BY CERTIFIED TEACHERS

Both the Community Preschool and Dual-language Immersion programs offer full-day academic programming led by certified teachers who deliver the research-based curriculum. Each classroom is also staffed with a paraprofessional to assist the teacher with daily activities. Classes are offered Monday-Friday from 8:35 a.m.-3:35 p.m. Kindergarten and preschool programs are open the entire school year, from July 22, 2021 to May 26, 2022.

### 4 OPEN TO ALL, BUT SPACE IS LIMITED

Community Preschool and Dual Language Immersion programs are located at Santa Rosa Elementary School, but enrollment is open to anyone who wishes to take advantage of the innovative offerings. Parents should enroll their children as soon as possible, space is limited and a waiting list will be established when the programs reach capacity. Call 520-568-6150 to begin the enrollment process. You may also visit [www.musd20.org/preschool](http://www.musd20.org/preschool) or [www.musd20.org/duallanguage](http://www.musd20.org/duallanguage) for more information.



|                                    |                      |         |                     |
|------------------------------------|----------------------|---------|---------------------|
| <b>most expensive</b><br>HOME SOLD | 20950 N. Lauren Road | July 12 | <b>\$</b> \$603,000 |
|------------------------------------|----------------------|---------|---------------------|

The most expensive home sold in Maricopa June 13 to July 12 was a two-story in Homestead North. This large home sits on a 25,000-square-foot lot on a cul-de-sac. The long driveway leads to a three-car garage, with a second-floor balcony. It has 18-inch, upgraded tile in major traffic areas and hardwood floors in the living and dining rooms. The large kitchen has plenty of cabinets, granite countertops, stainless steel appliances and an island. An oversized backyard features a pebble-tec pool with grotto, waterfall, built-in water slide and hot tub. The outdoor living area includes a kitchen with sink and bar, seating for six, a great view of a four-hole putting green, horseshoe pit and two cabana seating areas. The home sold for \$24,000 over asking in just over a month on the market.

**Square feet:** 3,813  
**Price per square foot:** \$158.14  
**Days on market:** 42  
**Builder:** Unknown  
**Year built:** 2007  
**Bedrooms:** 4  
**Bathrooms:** 2.5

**Features:** Three-car garage, RV gate, heated diving pool, spa, synthetic grass, covered patio, two ramadas, storage shed, built-in barbeque, water softener,reverse osmosis, loft, solar.

2. 42463 W. Blue Suede Shoes Lane, Province.....\$538,000
3. 20676 N. Wishing Well Lane, Province.....\$514,450
4. 42591 W. Blue Suede Shoes Lane, Province.....\$500,000
5. 42442 W. Jailhouse Rock Court, Province.....\$500,000

|                                     |                        |         |                     |
|-------------------------------------|------------------------|---------|---------------------|
| <b>least expensive</b><br>HOME SOLD | 46081 W. Sheridan Road | June 28 | <b>\$</b> \$247,200 |
|-------------------------------------|------------------------|---------|---------------------|



Brian Petersheim Jr.

The least expensive home sold in Maricopa June 13 to July 12 was a single-story in Maricopa Meadows. The home features an open floorplan with great room open to the kitchen and dining areas. Tile floor in all wet areas with laminate wood flooring throughout. While the front yard is desert landscaping, the backyard has a large, extended, covered patio and grass. The home sold for \$7,300 over asking price after just over 90 days on the market.

**Square feet:** 1,196  
**Price per square foot:** \$206.69  
**Days on market:** 92  
**Builder:** Elite Homes  
**Year built:** 2005  
**Bedrooms:** 3  
**Bathrooms:** 2

2. 36073 W. Catalonia Drive, Tortosa.....\$259,460
3. 44743 W. Alamendras Street, Acacia Crossings.....\$260,700
4. 45082 W. Sandhill Road, Alterra South.....\$265,990
5. 19549 N. Salerno Circle, Rancho Mirage.....\$270,000





## Dog days of summer cause panting foliage

BY AL BRANDENBURG

**A**LTHOUGH WE'VE MADE IT through the hot, dry months of June and July, our vegetable gardens have pretty much given up the ghost. Most of my plants look like ancient skeletons on the desert floor.

Gardening and landscaping in August may seem challenging and infuriating. After all, going outside can feel like you've just stepped inside an oven. The extreme Arizona heat can be tough on

both gardeners and the vegetation they try to keep alive. Cooler days will be here before we know it. But until they arrive, we still need to pay close attention to our garden plants and landscape.

The climate in the Phoenix area can change in minutes. The temperatures are still going to be high, so you will want to apply more water to your landscape and garden. With irrigated systems I suggest 90 minutes in the first half of the month decreasing to 60 minutes in the last two weeks. Do not overwater as you will rot the roots.

With trees, the abundant sunlight in the summer means sunburn is more prevalent. Young trees, particularly citrus, need more protection. Provide protection and prevent sunburn with a protective tree wrap. In addition, the material in our landscape is dealing with the stressors of August. All those high temperatures are causing trees and shrubs to show stress. A good liquid fertilizer will help as long as they are applied at the recommended rate.

If your tree leaves are turning yellow, you'll want to water less frequently and perhaps add ferrous sulfate or iron chelates. In addition, make sure to check the mulch around your plants. Mulching allows the roots to keep moist and cool. If you notice there is little or no mulch,

be sure to put in a 3 to 4-inch layer, which can conserve moisture.

August is the time to start your fall vegetable garden. Plant vegetables such as broccoli, Brussels sprouts, Chinese cabbage, carrots, collards, lettuce and other cool-season vegetables. You will also want to remove any old vegetable plants that have stopped producing to help eliminate pests and diseases from your garden.

For your flowers, cut off spent blooms to stimulate rebloom. Make sure to stay on top of weed removal, and don't let them go to seed or get tossed into your saved compost. If you notice the soil level has gone down in your plant beds, it means compost in the soil has decomposed and you will need to add more.

*Al Brandenburg is a Pinal County master gardener.*

**Master gardener, 520-374-6263, 10 a.m.-2 p.m.; macmastergardener@gmail.com**

**InMaricopa.com/Columnists**

Sources: *cals.arizona.edu, growinginthegarden.com, A&P Nurseries, desertgardencare.com*



## Realtor: Maricopa's market tough on renters

BY DAYV MORGAN

**INVESTORS ARE SELLING THEIR RENTAL** properties to cash out their equity in a red-hot seller's market. Canadian landlords are also benefiting from the local market by getting about an extra 25 percent return, thanks to the currency exchange rate.

These factors have helped decrease supply in Maricopa in recent years.

Through July 13, only 12 homes were available to rent on the Multi Listing Service, not including short-term/vacation rentals or

homes in Hidden Valley.

Today, the least expensive home for rent is \$1,695 per month.

Only one pool home was available, listed for \$2,500 monthly.

In this highly competitive market, landlords often get more than one application and can be more restrictive on their terms, like not allowing pets.

Tenants with less-than-perfect credit can increase their chances of getting approved by including with their application a referral from current and previous landlords. They can also offer to pay a higher security deposit — which, by state law, cannot exceed 1.5 times the monthly rent amount.

Buyers should be wary of advertised rentals on Craigslist or other classified advertising websites that seem too good to be true.

In most cases, there is no cost for using a Realtor, and they can help make sure the home is not in foreclosure and that a legitimate lease is signed.

As rent prices go up, renters may want to consider buying, because payments will be about the same.

### BETTER TO BUY?

Here is an estimated monthly payment breakdown for a \$300,000 home at 3.5% interest with FHA financing and the minimum down payment of \$10,500.

|                |                               |
|----------------|-------------------------------|
| <b>\$1,306</b> | principal and interest        |
| <b>\$200</b>   | mortgage insurance            |
| <b>\$125</b>   | property taxes                |
| <b>\$75</b>    | HOA fee (can vary)            |
| <b>\$60</b>    | homeowners insurance          |
| <b>\$1,766</b> | monthly total to own the home |

Several mortgage companies in Maricopa offer buyers free, no-obligation credit evaluations.

*Dayv Morgan is a Maricopa Realtor and owner of HomeSmart Premier. He is a 15-year resident of the city.*

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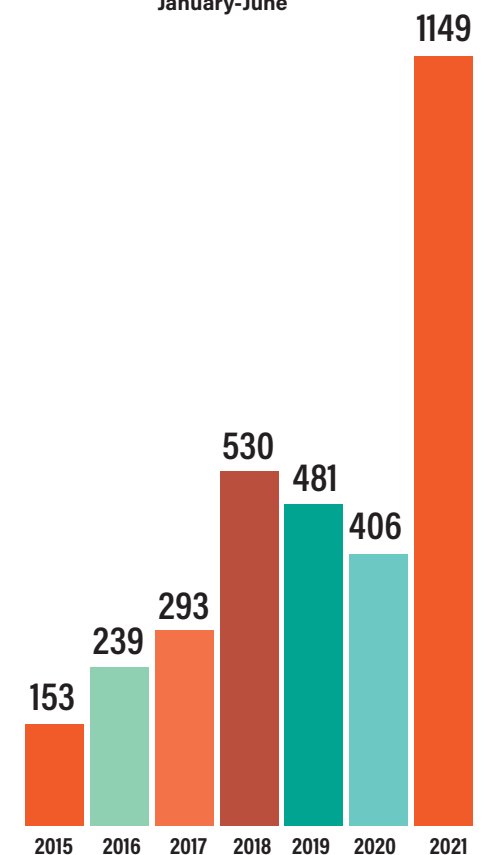
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## SINGLE-FAMILY HOME PERMITS

January-June



Source: City of Maricopa



# At 911 Air Repair, it's all about cool customers

BY FRAN LYONS

**K**EEPING ONE'S AIR CONDITIONING system running was more important than ever in 2020.

The Phoenix region had the hottest summer in its history, shattering the record for the most 100-degree days in a calendar year, with 144. A record was also set with the mercury reaching a high of at least 110 degrees for 50 days. Moreover, August was the hottest ever since records originated in 1895, with an average high temperature of 110.7 degrees and an average overall temperature of 99.1 degrees, both the warmest ever, according to the National Weather Service.

The region also had its hottest autumn in history, with an average high temperature of 93.2 degrees from Sept. 1 to Nov. 30.

"We experienced the hottest temperatures on record," said Ray Nieves, owner of 911 Air Repair. "It was crazy. We were extremely busy with each tech averaging 8 to 10 service calls a day and we had to bring two more guys onto the crew. Between the heat and people stuck at home from the pandemic, urgency and immediacy contributed to the need."

With summer arriving again and temperatures again reaching 115 degrees and beyond, it's safe to say that when an air conditioner goes on the fritz, homeowners sweat a quick fix.

Nieves and his team at 911 Air Repair, a local heating, ventilation and air conditioning business, are busy keeping customers cool.

Nieves started his career in the Arizona HVAC business in 2006, learning the skills of the trade by repairing, installing and servicing every type of air conditioning system, both old and new.

In 2017, he made the decision to open his own business in his hometown of Maricopa.

"911 Air Repair launched with an emphasis on service to the customer and the community, commitment to building relationships built on trust, and quality of workmanship through training and certification of its technicians," he said.

911 Air Repair strives to be a "one-stop shop" for customers, repairing all brands of residential HVAC systems and honoring manufacturer's warranties.

"Preventative maintenance is the key," Nieves said. "We recommend a twice-yearly



911 Air Repair owner  
Ray Nieves

checkup for your HVAC, spring for the AC and fall for heating."

Stellar reviews on social media give testimony to the company's dedication and drive for excellence in performance and customer service, according to Nieves.

"We operate from the mentality of customers come first," Nieves said. "When you treat people well, trust is developed. People will recommend you to their friends and neighbors. 75% to 85% of our business is from referrals and word-of-mouth."

Born and raised in Maricopa and a graduate of Maricopa High School, Nieves is a tireless advocate and youth activity sponsor. He lends financial support to several high school sports teams, Little League teams and wrestling events. He is also involved in esports at Copper Sky and outdoor football and basketball events at Pacana Park. In addition, he works with local nonprofits, including the Maricopa Pantry, Maricopa Chamber of Commerce and Maricopa Police Foundation.

He also sponsored the "Maricopa Wild Horses" public art initiative, purchasing a decorated horse sculpture.

He also was a sponsor of the "Maricopa Wild Horses" public art initiative, purchasing a decorated horse sculpture.

"This is part of his legacy to my children as a Maricopan," he said. "I grew up here,

my children are growing up here and I want them to know how much pride I have in this community and the people in it. My footprint is here in Maricopa."

Nancy Rollins, his fifth grade teacher at Maricopa Elementary, recalled Nieves as an "amazing student" interested in everything and enthusiastic about science and social studies. In 1995, she said, Nieves and four classmates entered the Honeywell Aerospace Challenge and placed second.

"This was a first for our school and Maricopa and set the tone for future first-place wins," she said.

Rollins also remembers Nieves for more than academics.

"Quiet-spoken and thoughtful, close to friends and his family, Ray was always helping others," she said. "He was really community-minded even as a 10-year-old."

Over 25 years, Rollins said she has watched Nieves develop his character and relationships with people.

"He's just really a good guy," she said. "He honestly cares about people and service to his community. He is always willing to extend a helping hand."

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HOME IMPROVEMENT

HOME

# 12 items to never flush down your toilet

BY TERRY LEAMON, MY MARICOPA PLUMBER

**T**OILETS ARE A MODERN-DAY convenience meant to dispose of human waste, and nothing else. Flushing household products and other items can lead to clogged drains and expensive repairs. Sooner or later, you will find your toilet, house and even your yard backing up.

Items not safe for sewer drains yet often flushed down the toilet include:

- 1 Flushable wipes**, despite the great marketing, are not flushable as they do not break down in the drains like your toilet paper.
- 2 Paper towels** are made to absorb water, not dissolve in water like toilet paper does.
- 3 Tissue products**, like paper towels, are absorbers, not dissolvers.
- 4 Cotton balls**, rounds and cotton swabs do not break down in water and tend to build up in your lines resulting in blockages and bent or broken pipes.
- 5 Feminine products** are made to absorb and swell, which will lead to sewer and septic system problems.
- 6 Dental floss** builds up over time and gets caught up in and wrapped around other items going down sewer drains creating large clumps.
- 7 Hair**, like floss, can stick to the inside of the pipes causing clogs and back-ups.
- 8 Band-Aids** and their generic equivalents are made from non-biodegradable plastic and can pollute the water systems. The adhesive can also stick to other items resulting in larger clogs down the road.
- 9 Medications and hazardous material** will contaminate the water system.
- 10 Cigarette butts** introduce potentially harmful chemicals into the environment and don't always go down when flushed.
- 11 Fats, oils and grease** will build up in the lines — just like they do in your sink drains.
- 12 Kitty litter** not only backs up and clogs your lines but can also cause harmful parasites in the drains and water lines.

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## Staying safe during monsoon season

BY HARRIET PHELPS

**WE HAVE ALL HEARD ABOUT** monsoon awareness and safety. The information bears repeating, so the review and safety tips on preparedness would be both timely and prudent.

Monsoon season in Arizona lasts from June 15 until Sept. 30. The word monsoon is derived from the Arabic word mausim, which means season of winds. For centuries, the dynamics of the monsoon were noted by seagoing traders off the coasts of Arabia and India as the weather changed from winter to summer bringing torrential rains. In North America, the monsoon impacts Arizona, New Mexico, Utah, Colorado, Texas, California and Mexico.

Arizona and New Mexico receive about half their annual rainfall during the monsoon, which is created by the sun heating up land and the Pacific Ocean at different rates. Land surfaces warm faster than the ocean, creating low-pressure zones as hot air rises. We also get monsoon conditions from hurricane activity in the Gulf of Mexico.

During drought, the soil hardens and it takes longer to absorb the moisture. Heavy rain runoff forms flooding waters, moving debris with it. As we entered the 2021 season, we have extreme drought conditions rolling over from 2020, when monsoon conditions largely failed to develop amid record-setting heat.

Already this year, monsoon has been more active, so it's a good time to review some facts and how to stay safe.

### Heat

- Stay inside in a cool ventilated place.
- Restrict outdoor activities to early morning or evening.



A storm floods Rancho El Dorado Parkway in front of Santa Rosa Elementary School.

- When outside, wear loose fitting light clothing, drink plenty of water and take frequent breaks.
- Check frequently on the young, elderly and those with medical conditions as well as your pets.
- In nature, excessive heat increases wildfire risk.

### Blowing dust

- If a dust storm approaches while you are driving, pull over as far as you safely can, put your car in park, turn off lights and take your foot off the brake. This will prevent other drivers from thinking you are moving and trying to follow you.

### Downburst winds

- If storms approach, move inside a strong building and stay away from windows.
- During a tornado warning, move to the bathroom and get in the tub covering your head with protective material. Stronger wall supports in the tub area offer increased protection.
- Stay away from downed power lines and alert authorities.

### Flash flood safety

- Most flash flood deaths occur in vehicles. Moving water 1-2 feet deep will carry away most vehicles. When the roadway is flooded, turn around, don't drown. Stay out of the water.



- When heavy rain is in the area, keep children away from creeks, washes and storm drains.
- Be especially careful at night, when water depth and road conditions are harder to see. Pay attention to road warnings and heed them. Do not enter when water is present.

### Lightning safety

- If you hear thunder, move inside a strong building or hardtop vehicle.
- Lightning provides a physical warning by static electricity raising the hair on your arms and back of neck. If you feel it, go to safety.
- Lightning strikes can start fires. If conditions are favorable, fires can grow quickly. Report fires to authorities and observe restrictions.

Resources: [climas.arizona.edu/sw-climate/monsoon](https://climas.arizona.edu/sw-climate/monsoon); National Weather Service; National Oceanic and Atmospheric Administration; U.S. Dept. Of Commerce

Harriet Phelps is an InMaricopa contributor.

Scott Bartle



## Sleep – it's a big deal!

BY RON SMITH

**ON AVERAGE, ADULTS NEED** about 7-9 hours of sleep. Researchers say people can survive longer without food than without sleep! It's a time for cell growth, rest for the body and housekeeping for many bodily functions. It is also a time to form long-term memory and learning functions. Less sleep may cause our brains to age faster.

The sleep process is all about light, deep and REM cycles. Internal biological mechanisms (circadian rhythm and homeostasis) help control when you are normally asleep or awake.

**Sleep deprivation.** For older adults, sleep is an issue when we don't get enough. It's called sleep deprivation and it has many warning signs, including feeling drowsy or falling asleep during the day while watching a movie or driving, forgetfulness, lack of focus and depression. Stimulants like coffee can't prevent the effects of severe sleep deprivation.

Common sleep issues for older adults include:

- Frequent waking overnight to use the bathroom prevents deeper sleep cycles.
- Aches and pains inhibiting a comfortable sleeping position.
- Disorders such as sleep apnea, restless leg syndrome or other movement disorders.
- Insomnia sometimes caused by medication interactions and increased anxiety and stress from isolation and the loss of independence.

**Tracking your sleep.** A multitude of wearable devices today can collect and help analyze our sleep patterns and data.

**Safe sleeping.** Sleep problems can lead to a higher risk of falls and accidents. Reduce risks in the bedroom and make it easier to seek help in case of a problem.

## Tips for better sleep

- Follow a regular sleep schedule.
- Exercise regularly but no later than five hours before going to bed.
- Avoid tobacco, caffeine, alcohol and large meals late in the day.
- Get daily sunlight.
- Stay well-hydrated.
- Keep your bedroom at a comfortable temperature.
- Avoid electronic devices with screens before bedtime.
- Get checked out by a doctor.

Source: Lunden, Joan (2020), "Why Did I Come into This Room — A Candid Conversation about Aging." Forefront Books, pp 77-78.

Ron Smith is a Maricopa resident and 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.

[InMaricopa.com/Columnists](https://inmaricopa.com/columnists)

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## calendar 08.21

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**Historical Society meeting**  
5 p.m.  
Maricopa Library and  
Cultural Center, 18160 N.  
Maya Angelou Drive

3

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

5

**Maricopa Flood Control  
District meeting**  
6 p.m., via Zoom  
MaricopaFCD.com/Notices

6

**Gary Allan**  
8 p.m., The Events Center at  
Harrah's Ak-Chin Casino  
15406 N. Maricopa Road



9

**Maricopa Planning & Zoning  
Commission meeting**  
6 p.m., City Hall  
39700 W. Civic Center Plaza

11

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

14

**Evening of Social Dancing  
and Special Performances  
by Indigo Ballroom**  
7:30 p.m., Maricopa Library  
and Cultural Center, 18160  
Maya Angelou Drive

17

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

25

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

27

**Caifanes**  
8 p.m., The Events Center at  
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15406 N. Maricopa Road

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  
20699 N. John Wayne Pkwy.

**Alcoholics Anonymous**  
6:30 p.m.  
50881 W. Papago Road

**Celebrate Recovery  
Small Group Meeting**  
7 p.m., Maricopa  
Community Church  
44977 W. Hathaway Ave.

Thursdays

**Maricopa Police Cadets meeting**  
6 p.m., Maricopa High School  
45012 W. Honeycutt Ave.

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

Fridays

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

**Alcoholics Anonymous**  
Open Meeting  
7 p.m., 50881 W. Papago Road

ALL EVENTS ARE TENTATIVE



For details on these and other local events — and to list your own — visit  
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# Janean Jump

The Lakes at Rancho El Dorado resident captured a lightning bolt during an early-morning storm on July 14.

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