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In the May issue, the following students were incorrectly identified.

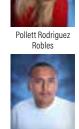














ON THE COVER

Bryan Mordt photographed Isabella Guilford, the owner of Mercantile Maricopa, at her new shop. Guilford, at 16 years of age, is young for the business world, but her experience with collectibles makes her a seasoned veteran in the industry.

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Taking the first step

AN OLD CHINESE PROVERB SAYS THE journey of a thousand miles begins with a single step.

Most people obsess over the thousandmile part of that statement, but it's that single step that matters most. Sometimes, the odds seem so stacked it's difficult to envision he knows what he's talking about. taking that initial step.

But once you do, you are harnessing the power of momentum, which many of the people featured in this month's issue are doing as they carry out their life's dreams.

Take Isabella Guilford, who recently opened Mercantile Maricopa. The 16-year-old found her calling in acquiring and selling collectibles and has been learning to deal with the twists and turns of running a business. But during our discussion, Isabella said something to me I found astonishingly mature: "There are always challenges to overcome, but what I find is that challenges are often followed by miracles."

I wish I had that kind of wisdom at that age.

Or look at the story of Mike Kintner, the general manager and vice president of Harrah's Ak-Chin Casino. In the early 2000s, he interviewed for assistant director of marketing at Harrah's Southern California and was met with rejection.

He kept digging, and in 2005, he was hired as a marketing manager at Harrah's Ak-Chin. He held three positions at the casino prior to becoming the general manager, all while he earned his Master's in Business Administration from the Eller School of Business at the University of Arizona. When Kintner tells employees to work hard and good things will happen,

And last, but not least, Nick Sanchez, the owner of Redemption Tattoo, has quite a story to tell. Last year, InMaricopa wrote a piece about how he spent seven years in prison for aggravated assault.

After his incarceration, Sanchez found work at a tattoo parlor and started working his way up the ladder in others' shops. Eventually, he started his own shop with a clientele in Chandler that he sold before coming to Maricopa.

He recently did a tattoo for me on his day off. Otherwise, it would have been September before I sat in his chair. The man never stops moving.

All three of these people, from different walks of life, had the courage to take that first step.

Thanks for reading our magazine.

JUSTIN GRIFFIN | EDITOR

Justin@InMaricopa.com

CONTRIBUTORS



Alice, a former Master Gardner with the University of Arizona, offers insight as to how sunflowers can brighten a garden as well as one's mood.



AL BRANDENBURG

With inflation going through the roof, Al explains how seniors particularly are feeling the effects of higher costs because a Social Security cost-of-living adjustment is failing to keep up.



ALEX STEWART. DPM. FACFAS

Everyone seems to love a good game of pickleball. But not the injuries that sometimes follow. Dr. Stewart discusses how a foot and ankle specialist can help.



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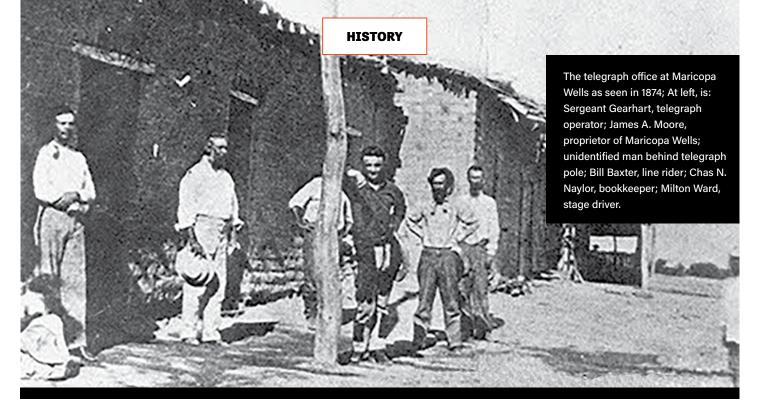
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Instant Messaging at Maricopa Wells

During the first decade of Arizona's territorial years, Maricopa Wells served not only as the hub for a network of wagon roads, but also as the central point for the military telegraph lines. In 1873, a military telegraph line connected Yuma to Maricopa Wells and ran north to Phoenix, Prescott and Tucson. It was a historic moment for this sparsely-populated Arizona Territory when the telegraph lines connected its settlements with the outside world. This instant communication over vast

distances opened the lines of telecommunications and closed the distance between communities and states. It allowed and facilitated the coordination of military and law enforcement, aided the economy of the territory through faster and more efficient communications that was so vital to the smooth operation of growing businesses. Telegraph services remained available for the railroad and local residents through the 1960s.

THIS MONTH BACK IN...

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



Maricopa native Kelly Anderson was elected mayor of the first elected City Council on June 1. Councilman and Interim Mayor Edward Farrell turned over his duties to Anderson saying, "it's been an honor serving as your first mayor of Maricopa." Anderson became the first mayor elected by the council. (Today, voters elect the mayor directly.) Anderson, a 1975 graduate of Maricopa High School, opened his term with a message: "Stay unified, work ahead; in 30 days the umbilical cord will be cut off from the county." Saying he looked forward to the challenge, Anderson said he would set and achieve both short and long-term goals.



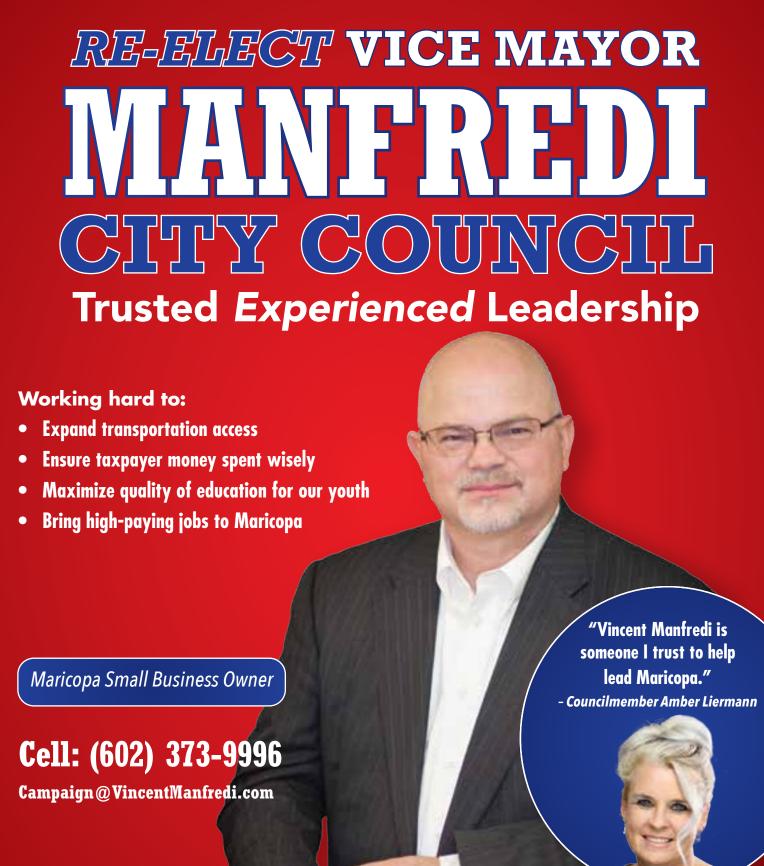
One of America's Most Wanted fugitives was captured in Maricopa on June 11. "Eddie" Cuong Viet Nguyen, 26, who was featured on the "America's Most Wanted" TV program three weeks earlier, was nabbed by Phoenix police as he stepped out of a Senita home to walk a dog. Nguyen was charged in a 2005 homicide in Orange County, California and was convicted of second-degree murder and sentenced to at least 55 years in prison. Maricopa police assisted by helping write a search warrant for the house after Nguyen's arrest and providing a detective to search the home in the 19000 block of Kristal Lane.



2016

The long-sought railroad overpass on State Route 347 in Maricopa moved forward when the State Transportation Board voted to adopt ADOT's 2017-2021 Five-Year Transportation Facilities Construction Program. On the plan, the project had a \$15 million federal TIGER grant and a \$15 million local contribution in addition to ADOT's \$19 million commitment. The objective was to alleviate aggravating traffic backups at the Union Pacific railroad crossing by replacing the existing at-grade intersection with a grade separation. Construction started in 2018 and the \$55 million overpass opened to traffic (thank goodness!) in July 2019.

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At Harrah's Ak-Chin, management bets heavily on employees

RV ILISTINI GRIFFIN

the senior vice president and general manager of Harrah's Ak-Chin Casino, the key to a successful operation lies within its people.

"When you get down to it, the most

important parts of our operation are our employees and our customers," Kintner said. "We believe in making sure that our employees have a wonderful place to work with opportunities to advance and, of course, keeping it fun."

MIKE KINTNER AT A GLANCE

Age: 50

Wife: Amanda

Sons: Mason (16) and Chase (14)

Dog: Kyah (Rhodesian Ridgeback)

Residence: West Chandler

Hobbies: Working out, the great outdoors and motorbiking with his sons

Public service: Kintner serves as a stateappointed Pinal County Council member for First Things First, an Arizona initiative that funds early childhood education. He's served as the board's chair for two years.

It's a constant effort, Kintner said. A big focus is creating multiple avenues for communication between management and employees.

"We're in the midst right now of an employee opinion survey," Kintner said. "We like to get their feedback anonymously to understand what we're doing well and what we could do better, so we can act on that information and continue to make it a great place to work."

Harrah's Ak-Chin Casino is the only casino property in Arizona affiliated with Caesars Entertainment, which operates more than 50 sites. And for that matter, it's the only tribal casino in the state of Arizona to be affiliated with an international management company of any sort.

Kintner said Harrah's Ak-Chin Casino employees are some of the highest performing in the Caesars organization.

"I'm proud to say in the past years, we have been in the top 5-10% of the company," Kintner said. "We really have a wonderful culture here, as driven by our employees.

"And when you take care of your employees, your most valuable asset, they give great customer service and take care of your guests."

Kintner said the culture at Harrah's Ak-Chin Casino is about going the extra step.

"They know customers' names," Kintner said. "They know their preferences, what they like to do, what they like to play. Where they like to eat. They know about their families and build strong relationships and that keeps customers coming back.

"It's a cycle that feeds on itself."

Looking back at the pandemic

For most businesses, the COVID-19 pandemic presented many challenges — from shutdowns in 2020 to the supply chain disruptions and employment shortages that persist through today.

But, to fully understand the culture at Harrah's Ak-Chin Casino, you must look at what happened during those trying times.

The pandemic forced the — Maricopa's largest employer with 811 employees — to close for two months in the spring of 2020 when the public health crisis was at its worst. Leaders from the Ak-Chin Indian Community, which owns the hotel/casino, responded in a big way for employees.

"I've talked about how this place is like family, and the Ak-Chin Tribal Council understood how scary this was for our employees, not only from a health perspective, but financially," Kintner said. "They stepped up in a very meaningful way and paid our employees their full salary and benefits (while) they were away for eight weeks."

Kintner pointed out that Ak-Chin leaders thought of everyone and even made up the difference for tipped employees.

"They looked at the average of the previous eight weeks of their tips and kept them whole, during that time period," Kintner said. "It was extremely significant. Our employees created an hour-long video thanking the Ak-Chin Tribal Council and Ak-Chin Community."

As elsewhere, worker shortages persist at With us,"
Harrah's Ak-Chin, but Kintner said progress in hiring is being made.

As the

"A few months ago, we were looking to fill 150 positions," Kintner said. "We've got that down to around 100 positions now.

"I joke with people that, if you can make a grilled cheese sandwich and not even a good one, we'll get you in here and we'll train you up on how we like to do things."

Like many casinos throughout the country, Harrah's Ak-Chin closed its buffet due to the high level of staffing it requires.

Two other big changes included reductions in housekeeping services for hotel guests and the elimination of valet service.

"When the pandemic hit, for obvious reasons, no one wanted to get in other peoples' cars, and people didn't want strangers driving their cars, so it made sense to cut that service," Kintner said.

To Kintner, the valet change was particularly informative.

"We never heard anyone complain about



not having valet," he said. "Our customers didn't seem to miss it at all. We learned something there."

Providing a way forward

Kintner said a big corporate focus is to attract good people and to keep them in the organization for the long haul.

One big incentive is the organization's desire to promote from within and allow employees to grow professionally.

"We want to create a culture where employees know that they can build a career with us," Kintner said. "That's important for morale."

As the casino's general manager, Kintner has walked the path of which he speaks. He's been with Harrah's Ak-Chin Casino since 2005 and held three other positions in the organization.

Kintner's first interaction with Harrah's came in the early 2000s. He was recruited to interview as assistant director of marketing at Harrah's Southern California.

"I didn't get the job because they promoted from within and we like to do the same thing here," Kintner said.

"I liked them, and they liked me," he continued. "At the time, I got to tell you, I was a little disappointed, but they said to stick with it. Something will line up."

A few years later, in 2005, an opportunity with Harrah's Ak-Chin came along.

"My wife and I really wanted to get back to Arizona and a casino marketing manager position opened," he said.

Once Kintner got through the door, it wasn't long before he moved up the chain.

"I did the casino marketing manager job for about two years, and I was promoted to a system director of marketing for about 18 months, and I was director of marketing and did that for about 12 years," he said.

And at the same time, Kintner prepared himself for growth.

"I went back to graduate school at the University of Arizona, at their Scottsdale campus. At the time, I got my MBA from the Eller School of Business at University of Arizona," Kintner said.

That decision to further his education helped Kintner improve his resume and put him in a position to take on more responsibilities with Harrah's.

"I tell this story to all our new hire classes, and I like to say congratulations to the people that get to join our team because the hardest

CAESARS ENTERTAINMENT

Harrah's Entertainment was founded in 1937 by Bill Harrah and bought by Caesars Entertainment for \$10.4 billion in 2005. While the individual hotels named Harrah's retained their names, the parent company later became Caesars Entertainment Corporation. In 2020, Eldorado Entertainment purchased Caesars Entertainment for \$17.3 billion. The name of the corporation remains Caesars Entertainment, which consists of more than 55 properties.

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part is getting in," Kintner said.

Other programs at Harrah's Ak-Chin Casino help employees find a career path both locally and beyond.

The Harrah's Development System (HDS) helps develop leaders within the Ak-Chin Indian Community. Members can pick up on-the-job training in many different aspects of the gaming industry and develop skills to qualify for management or other key positions.

"The goal is to get Ak-Chin Community members to work in all aspects and areas of the business," Kintner said. "They can work in food and beverage, front of house, back of house, casino operations."

Kintner said that participants work in all departments, including housekeeping, event marketing, finance and human resources.

"When they graduate, they're able to pick where they'd like to do an internship in their area of choice," Kintner said. "And if they'd like to continue on, they can get a job in that area and then the idea is for them to work their way up into management of the casino."

One initiative, titled SAVVY, focuses on the empowerment, support and advancement of women within the company. Another, titled SALUTE, actively seeks to bring together team members who are military veterans and veteran allies who embrace the core values of duty, honor and selfless service.

A UNIQUE ADVANTAGE

The Ak-Chin Indian Community entered the gaming industry in 1994 as part of the 1993 Ak **Chin Indian Community Tribal State Gaming** Compact and established a management agreement with Harrah's, A central element to the property is a focus on the tribe's rich history. Throughout the property, guests see Native Americaninspired artwork and design elements that highlight the culture and traditions of the Ak-Chin Indian Community.

Another big draw for the property is its participation in the Caesars Rewards program.

"I hear it all the time," said General Manager Mike Kintner. "People tell me that they drive



right past two or three closer casinos to come to Harrah's Ak-Chin because the service is outstanding and the Caesars Rewards program."

"We're just outside of metropolitan Phoenix, 30 miles from the airport," Kintner said. "That brings in people from out of area and our customers can play locally and then earn their status, whether it's Gold, Platinum, Diamond or Seven Stars, and take that status with them

and the Reward Credits they earn to any of our 55-plus properties across the United States."

The points add up.
Kintner explained the
benefits for a guest can
mean free rooms, free
meals or and shorter
lines for hotel check-in.
There's also the chance
to attend exclusive
parties and meet-andgreets after shows at
Harrah's Ak-Chin Casino
Resort or other locations
around the country.

AN INTERESTING TRACK TO A CAREER IN GAMING

A self-proclaimed military brat, Harrah's Ak-Chin Casino General Manager Mike Kintner moved around quite a bit growing up.

Kintner was born in Texas, where his father attended flight school. The family moved all over the country and the world, including stops in Delaware, Turkey, and England.

Kintner discovered a love of horses in England.

"I tell people all the time that in America, it seems like everyone has a bike in their garage," Kintner said. "But in England, it seems like everyone rode ponies." As a result, Kintner took horse riding lessons and found he was a pretty good rider.

After a few years, his family relocated to Turkey, where they leased a horse. His love for horseback riding grew and when the family moved back to the States — this time to Kansas, where he attended the University of Kansas — Kintner took notice of a horsemanship class at the college.

"I was interested," Kintner said. "So, I called my mom and said, 'Hey, it's an extra \$235 on top of the tuition. She sent me the check and I was able to do it. From there, I joined the equestrian team."

Kintner also rode on the club team at the University of Kansas

and, at one point, owned two horses. Eventually, the next step of his equestrian journey began when his father was relocated to Davis-Monthan Air Force Base in Tucson, where his sister was attending Arizona University.

During his junior year at Kansas, Kintner had a change of heart. He explained to his father that he no longer wanted to pursue a career in law or the military. He now wanted to become a horse trainer and was ready to transfer to Missouri to follow his dream.

After talking with his mother about his new direction, she encouraged him to look at the Race Track Industry Program (RITP) at the University of Arizona.

It turns out, that was just the ticket for Kintner.

"It was the only program of its kind in the U.S.," Kintner said of RITP, which has produced track luminaries like Bob Baffert, who trained the last two Triple Crown winners, American Pharoah (2015) and Justify (2018), and Todd Pletcher, who has trained multiple Kentucky Derby winners.

Kintner transferred to Arizona, where he earned a scholarship and graduated with a Bachelor of Science degree in animal sciences. From Tucson, Kintner's next stop was Santa Anita Park in California, where he worked for nine years, prior to his arrival at Harrah's Ak-Chin.



Exceptional Community Hospital in Maricopa Accepts All Government And Private Insurance Plans

Exceptional Community Hospital — Maricopa honors all in-network benefits for emergency services provided to our patients.

We bill in-network copayments, deductibles, and coinsurance. We do not balance bill patients for any amounts in excess of in-network benefit patient costs, thus network status with Health Plans should not hinder access to emergency care for any insured community member.

OUR SERVICES

No matter your injury or ailment, Exceptional Community Hospital in Maricopa is ready and equipped to quickly treat you and your loved ones with our "Concierge Care" service standard. Our facility features minimal wait times, a caring staff, highly individualized care and state-of-the-art technology, ensuring your healthcare and service needs are met in every way.

*At Exceptional Community Hospital (ECH-M), we accept ALL Commercial Insurance Plans and any Medicare, Medicaid (AHCCCS), TRICARE plans and IHS/Tribal and VA plans. Note that ECH-M is State licensed but is pending Medicare Certification. Once Medicare certified, we will bill for services after the Medicare participation date, Medicare, Medicaid and TriCare services will not be billed to insurance or the patient prior to Medicare certification.

19060 N. John Wayne Parkway (520) 534-0700 **ECHMaricopa.com**



Teen channels passion for collectibles into new business

BY JUSTIN GRIFFIN

T 16 YEARS OLD, ISABELLA
Guilford may be a young business
owner, but in the world of
collectibles and antiques, she's a
seasoned veteran.

"I've been around collectibles all my life," said Isabella, proprietor of Mercantile Maricopa, who grew up around auction houses. Auctions and estate sales remain a favorite activity for her family.

While Isabella has always held a keen interest in collectibles, her enthusiasm for the profession surfaced at a storage auction.

"I was just 7 years old at the time," Isabella said. "I remember my parents telling me not to bid on anything. But I got excited and had to buy a storage unit."

As Isabella recalled, the excitement was short-lived.

"I just remember it was nothing but a bunch of random boxes," she said. "I was so excited, until I started opening the boxes and found there was really nothing there."

Shortly thereafter, Isabella's father, Nathan, saw that spark in his daughter. He encouraged it and has many fond memories of her at storage locker auctions years ago.

"I told her that she was in charge of bidding, and she'd have to decide how high to go," Nathan said. "And the thing is, she got good at it.

"I loved watching her intimidate grown men at those storage auctions. None of them wanted to bid against her."

These days, Isabella is just as interested in items, but now, she is thinking about their history and finding them a new home.

One item in her store is a coffee grinder from the late 1800s. It was part of a lot she bought at an estate sale, and when she was sifting through the goods, she was taken aback.

"I didn't even know that I had that item," Isabella said. "I did a little research and found it was from the 1800s. It's so interesting that people had to go through all that work to grind their coffee. Now, people just use a compact electrical version of the same machine."

The coffee grinder tells a story that's more than a century old. But that's not to say everything



Isabella Guilford, 16, recently opened Mercantile Maricopa, a shop specializing in antiques and collectibles located in the Shops at Maricopa Fiesta.

is old and dusty at Mercantile Maricopa, which opened in April. (The store's name evokes local history, too. Maricopa Mercantile was a fixture in town for decades — its building dated to the 1930s — before it was torn down in 2014 to allow the widening of Honeycutt Road.)

Many items in Isabella's shop related to pop culture from decades past will recall childhood years, including sports memorabilia. As you walk in, you'll notice boxes of sports trading cards from the '80s, signed baseballs and jerseys, along with a Nintendo NES game console with cartridges.

There's a diversity at Mercantile Maricopa you don't see elsewhere.

Isabella is aware of her market.

"Maricopa is a young city," she said. "It's still fairly new and it's not as developed as Phoenix."

It's the focus on classic collectibles, along with pop culture items, that Isabella feels will relate well with Maricopa's young population.

"It gives us a larger reach of people in Maricopa," Isabella said. "For people my age

and the younger generations, we wanted merchandise that would catch their eye."

An opportunity arose when Isabella bought out a sports collectible store in Phoenix.

"We felt that this would fit perfectly with our theme and more than that, it would prove to be a good draw to get people to come in and learn about history through our items," Isabella said.

The thrill of the chase

It's safe to say every sale at Mercantile Maricopa began with a successful hunt.

In some cases, it's a treasure hunt.

"You never know when you're going to pick up a knickknack for \$3 and look it up on Google and find out you have a \$700 item on your hands," Isabella said.

But for Isabella, the real treasures are the relationships forged.

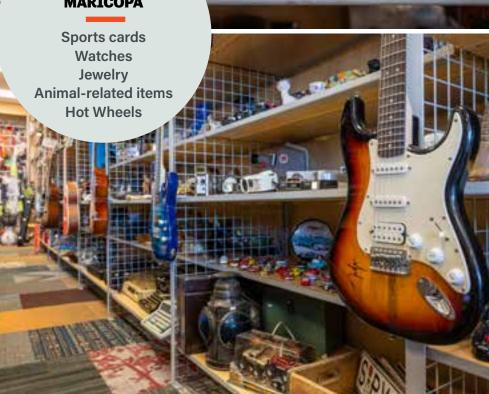
"I love being out in public and interacting with people," she said. "That's a big reason why I got into this business."











Bryan Mordt

Isabella regards her day-to-day dealings with people as a crucial lifeline for her business.

"I love networking," she said. "I love working with people. I get most of my business from word of mouth. When I come into someone's estate and they have a lot of antiques and collectibles, or they bring it to the shop and we give them a good deal, they tell their friends, and it leads to more business."

Sometimes Isabella can offer deals that some bigger businesses can't.

"Since I own the company and we're local, I can give people a good deal," Isabella said. "If someone comes in and spends a couple hundred dollars, I'm going to give them a good deal."

If an item is marked \$65 and a customer offers \$50, she just might take it, Isabella said.

Isabella pointed out that some items have no wiggle room, mainly sports collectibles that have been graded and come with Certificates of Authenticity (COAs). That's due mainly to the fact that those items must be sent off to be professionally graded, which costs money on top of whatever she had to pay for the item to begin with.

And sometimes, the deal doesn't work out.

"I had a lady come in and offer me a Texaco gas pump from the early 1900s and she wanted \$5,000," Isabella said. "I had my expert come in and evaluate it and it was worth \$5,000. But we couldn't give her \$5,000."

Isabella explained she would have had to resell it for \$7,000 or \$8,000 to make a profit and it wasn't going to bring that much.

"So, I had to offer her \$3,000," she said. "She turned down the offer, which was totally OK."

And like anyone who has ever gone fishing, Isabella has a story about the one that got away.

"There was an older gentleman who used to live here but was moving away and he had these beautiful stainless-steel horses that were filled with concrete," Isabella said. "They were beautiful. But someone came in the middle of the night and dragged them right out of his yard. I'm guessing they were worth \$10,000."

Beginnings of a future

Isabella grew up in a family where auctions and estate sales were the norm. Her father, Nathan, owns Liquidate AZ, a company that specializes in closeouts and auctions. Before moving to Arizona, he learned the auction trade in Texas and also ran auction houses in that state and Florida.

As a youngster, Isabella worked as a "ringer" or a "ring-man" for his business.



An 1880s coffee grinder is an example of the historical pieces available at Mercantile Maricopa.

"I'd help bring the items out for auction and would also help collect bids," she said.

Nathan marveled at his daughter's presence

"She fit right in," he said. "She was telling people where to sit, how to bid and could tell people about items for sale."

To Nathan, opening Mercantile Maricopa is just a natural progression for Isabella.

There are always

overcome, but what

challenges are often

followed by miracles."

I find is that those

challenges to

ISABELLA GUILFORD

her to follow her dreams."

In the next two years, part of Isabella's first order of business will be to complete her high school education. As a sophomore this year, she attended A+ Charter, but has plans to enroll in ASU Digital Prep, an online school that allows students to take on accelerated coursework.

Her future — and the opening of Mercantile Maricopa — has been on her mind for some time.

"We've been thinking about it since December," Isabella said, "We had the idea and then Vanessa McDill's (insurance office in the Shops of Maricopa Fiesta) opened up. It's the spot I'd wanted all along."

It was the perfect example of hurry up and wait — and then hurry up.

"We had our challenges at first," Isabella said. "At first there were difficulties in contacting the right people and getting things sorted out and then, all of a sudden, everything fell into the right spot and on top of that, rent was lowered

"There are always challenges to overcome,

"She's really smart," Nathan said. "I'm happy to be in a position where I get to enable her. I want to be in a position where I can encourage

Isabella is thankful for her father's help.

"He really showed me a lot about the business," she said. "I wouldn't be where I'm at

for the first couple of months.

but what I find is that those challenges are often followed by miracles."

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Exceptional Community Hospital, Felix Appliance **Heating & Air honored**

The Maricopa Chamber of Commerce gathered at Elements Events Center at Ak-Chin Circle recently to recognize a few of its own for outstanding achievement during its annual awards banquet.

Exceptional Community Hospital, a 20,000-square-foot facility that just opened in December, won the WAZ Business of the Year award.

"So many people have made this hospital a reality for the community.



Robert and Maria Felix accepted the award for Small Business of the Year for their family-owned company, Felix Heating and Air.



WAZ Business of the Year award winners from Exceptional Community Hospital, from left: CEO Saeed Mahboubi, CNO Julie Willoughby, COO Bruce McVeigh and CMO Dr. Fredrick Johnson.

... Because of the community's support, over 250 lives have been saved in our hospital, which we're here to accomplish," CEO Saeed Mahboubi said.

Family-owned-and-operated Felix Appliance Heating & Air was recognized as Small Business of the Year. Owner Robert Felix started his business in 2018 and had been nominated for the chamber award twice before.

"It was exciting to be recognized by our business peers. More than anything, we wouldn't be in the position we are out without our team members," said Felix, who dedicated the award to his nine employees.

Harrah's Ak-Chin rewards program honored

Harrah's Ak-Chin Casino, Arizona's first and only tribal casino to have an international management partner, announced that parent company Caesars Entertainment received national recognition for its loyalty

Caesars Rewards recently collected Freddie Awards for "Best Customer Service" and "Best Promotion" in the Americas region at the 31st annual Freddie Awards ceremony in New Orleans. The Freddie Awards are voted on by millions of frequent flyers and rewards program members to honor excellence in the travel loyalty industry.

"Our loyal customers regularly tell us that the Caesars Rewards program is one of the best in the state," said Samantha Gulick, director of marketing for Harrah's Ak-Chin in Maricopa. "They can earn rewards here at Harrah's Ak-Chin and use those benefits at any Caesars property. Receiving this national recognition is proof that our customers know how much we value them."

The annual Freddie Awards launched in 1988 to give frequent flyers and travelers the opportunity to recognize the world's best airlines, hotel loyalty programs and loyalty credit cards.

Business, development around town

Pet food and supply retail store Pet Planet has applied for zoning compliance for a 1,905-square-foot tenant improvement project at 20350 N. John Wayne Pkwy. The mercantile entity is in a shell building north of Sprouts in Sonoran Creek Marketplace.

The **Circle K** at 21212 N. John Wayne Pkwy. will spend \$50,000 on a project to relocate its food service equipment and cabinets, which includes plumbing and electrical work.

Paragon Hampton Edison will build two new buildings at 45305 W. Edison Road: a new, \$94,261 leasing office for its single-family homes for rent community and a \$181,881 fitness center. Diamond Commercial LLC will do the work.

ACP Painting will make interior and exterior tenant improvements including mechanical, electrical and plumbing at its 1,730-square-foot suite at 19342 N. Maricopa Road. The work, valued at \$500,000, will be done by All Aspects General Contracting Inc.

Kooline Plumbing, Heating & Air will undertake a \$50,000 tenant improvement of its 2,400-square-foot offices at 40521 W. Magnolia Road. The project will create new offices, a breakroom, a restroom, warehouse and office space. Owners Nazeem Mohammed and Farzana Afroza will do the work.

\$207,000 in commercial tenant improvements as part of its final plat. Construction Solutions Company LLC will do the work.

Smith & Kelly Feed Company has applied for a minor development review permit for a planned feed mill improvement project at 38351 W. Cowtown Road.

Richmond American Homes will spend \$10,000 to convert a garage at 40435 W. Rio

Grande Drive to a sales office for the Lakes at Rancho El Dorado Phase 3. The work will be done by Richmond American Construction Inc.

Construction will begin on eight buildings at Copa Flats Apartments at 17485 N. Porter Road with a total cost of \$25.2 million. The buildings will contain a mix of one-, twoand three-bedroom apartments. The work is being done by Johnson Carlier LLC.

APEX Motor Club will spend \$355,375 for underground utilities, water, sewer and septic systems for Phase 1 of its garage condominium project at 22408 N. Ralston Estrella Gin Pad A2, Suite 100 will get Road. Work will be done for Apex Landco LLC by John D. Hensler LLC.

> Sorrento will have Azalta LLLP undertake \$500,000 in on-site improvements

> **Lennar Communities Development Inc.** will make on-site improvements as part of Anderson Farms Phase 1B at 17394 N Freeland Lane for owner Anderson Palmisano



SONORAN CREEK SUCCESS

The Sonoran Creek Marketplace along John Wayne Parkway is developing into one of the most popular spots in the community as new retail establishments are opening throughout the year.

One of the most anticipated businesses, Marshalls, a department store with over 1,000 locations nationwide will soon be open next door to Sprouts in Maricopa. Construction teams have made exceptional progress on the building as the community watches and waits with anticipation.

That's not the only exciting thing happening at Sonoran Creek. Crumbl Cookie and Jimmy John's are also on the way as construction began earlier this year. Restaurant lovers will be happy to hear that Cold Beer and Cheeseburgers and Filiberto's also received their building permits and should begin construction soon.

There will be more additions coming in the future. Construction is well under way on another multi-tenant building which will offer over 5,500 square feet of retail space in the southern end of Sonoran Creek Marketplace. This will add a variety of retail options to this area which is sure to please the growing community.

"It wasn't that long ago that only a handful of businesses were there along the 347 to greet thousands of drivers as they came into town each day. It's so exciting to see how it's all coming together now and people who haven't been to Maricopa in a while always tell us how amazed they are by the growth and aesthetic improvements the city now enjoys." - Nathan Steele, Chief Economic Development Officer

Eager shoppers won't have to wait long. Construction on the Marshall's building is slated for completion sometime this fall!

To keep up with all that's coming to Maricopa, subscribe to the City of Maricopa e-newsletter on our website, www.Maricopa-az.gov





Maricopa CPA eyes state House from neighboring district

BY TOM SCHUMAN

IM CHASTON MIGHT BE ONE OF the most well-known politicians in Maricopa running for office. But no one in Maricopa can

vote for him.

The former Maricopa resident is seeking election to the Arizona House of Representatives in Legislative District 12 (south Tempe, west Chandler and Ahwatukee) after moving to Ahwatukee about four years ago. Maricopa is in adjoining Legislative District 16.

"It's been a long time coming," Chaston said of his political aspirations. "I was looking at 2018 and 2020 and some of the things that happened, particularly at the State Legislature. And then when COVID hit, the government mandates and government overreach. I'd had enough. It's time for good people to step up, and that's why I decided (to run)."

While he's moved 30 minutes north, Chaston has a long history with Maricopa. He's served in a variety of public and private sector roles over the years to facilitate Maricopa's

growth. He was the city's first finance director and opened its first accounting practice.

He seems to have a knack for being in the right place at the right time.

A keen eve on Maricopa

Chaston's family moved a great deal when he was young, and he primarily grew up in Utah and Arizona. When it came time for him to determine where he wanted to study and live in the early 1990s, he returned to Arizona — and has been here ever since.

Chaston earned his undergraduate degree in accounting from Arizona State University in 1994. A CPA certification came three years later, followed by a master's in taxation in 2001. He moved to Maricopa in 2003, a pivotal time in the community's history.

"I was the first CPA. There wasn't a whole lot here," he recalled. "The city was incorporated in October 2003, and I was the first city finance

He served on the Maricopa Unified School District Governing Board from 2004-2008,

including a stint as president. The common theme at the time — in the city and schools —

"Back then, I actually thought Maricopa would be bigger at this point," Chaston said. "I thought we would have the second high school (set to open in July) by 2012 or 2013. When we had the recession, everything slowed down. It was not quite a standstill, but growth really shut down for five to six years."

In the work column, Chaston has been focused from Day One on partnering with local, small business owners to help them save money and be successful. It's a perfect tie with the city's objectives.

"I think locally owned, small businesses are massively important for a community," he said, noting the importance of bringing and supporting local businesses, and not sending dollars out of town to Chandler or Phoenix.

"If we had more locally owned businesses and people were buying from local business owners, they could hire more people because they have more business — and that means more jobs in the economy," he pointed out. "Those dollars duplicate themselves."

"Ak-Chin has some entertainment," he added, "but maybe some more entertainment options and some more professional buildings. I know the city is working on it."

While the mission remains relatively the same as when he moved here, so do several of the challenges, according to Chaston.

"Infrastructure is still one of the big issues, especially for small business owners. It's location. Do they have to build their own building? And transportation. Getting in and out of Maricopa is still a big issue.

"There's more opportunity now. There are more people living here, more services are needed. There's more opportunity for businesses out here. It's just making sure we've got the infrastructure to support small business

Chaston is optimistic that Maricopa will remain on the right path, noting the city will continue to attract more residents.

Fiscal priorities

Chaston's community leadership also includes working with the Chamber of Commerce, Boys and Girls Club, Boy Scouts, Little League and various nonprofit boards.

"It's all about organizations that help people. For me, that's what it's about — effecting change that makes people's lives better. The city has done a great job, in my opinion, in a lot of ways. Especially fiscally. It has not let the budget get

out of control. They don't get into debt or allow debt to handcuff them."

And while the state has been operating with a budget surplus, there is room for improvement.

"There's not a single CPA in the state legislature and there hasn't been for 20 years," Chaston said. "There's still a lot of spending you can curtail. Wasteful spending. Having a CPA who has worked at city, county, tribal, school board levels, then also the small business level that I do all the time, I am uniquely qualified, having worked with both government and business."

firm that assists more than 300 companies with accounting and related business services. The menu includes payroll, bookkeeping, tax preparation, tax optimization and more.

busier with the decision to seek state office.

"It's a matter of bringing in the right staff here to take care of our clients. I have taken a smaller role, but I'll continue to be here," he said. "It's setting client expectations. Here's what I am doing, and we have good staff here to take care of you. (I tell clients) I'm taking a bigger

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role so I can support you at the state level, not just for your business and your taxes."

Chaston will face off against Terry Roe in the Aug. 2 Republican primary. Five Democrats — Patricia Contreras, Sam Huang, Ajlan Kurdoglu, Anastasia Travers and Paul Weich — are on the primary ballot. The top two Republicans and top two Democrats in the primary will face off for two seats in the Nov. 8 general election.

On the run

Chaston and his wife Pamela have three children in their 20s. All live in the Phoenix area.

His hobbies revolve around the outdoors. Chaston is a CPA at CS CPA Group, a They enjoy hiking — South Mountain is a local favorite — and made a backpacking trip to Bryce Canyon last year. They want to hike some other trails in northern Arizona and southern Utah.

In the last few years, Chaston has taken on His already-hectic schedule became even new challenges — triathlons and Spartan races.

> A Spartan race is a series of obstacle races of varying distances and difficulty, which could range from three miles to the length of

> "As a kid, I ran 10Ks with my dad all the time. I swam as a younger kid and also did some biking," he recalled. "When I was 45, I put

it all together and started doing some triathlons (eight of them in 2021)."

Two years ago, Chaston broadened his horizons while supporting a friend recovering from a heart attack.

"He wanted to run a Spartan race but was afraid. I said I would go with him. We got some friends together, enjoyed it and we have done seven or eight since."

The Spartan Trifecta involves completing 5K, 10K and 21K (half-marathon) races in a calendar year. Chaston accomplished the feat in 2021 and will do so again this year. The final event, the half-marathon, will take place in August in Hawaii. The trip will also be a birthday celebration for Pamela.

Whether it's running his business, seeking public office, serving his community or enjoying the outdoors, Chaston has a similar approach.

"I challenge myself all the time. I'm always working to improve myself," he said. "If you're not moving forward, you're falling back period. Bodies don't stay stagnant; they're going forward or they're going back. The same with our minds."



ChastonForAZ.com



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Is testosterone only for men?

BY KRISTINA DONNAY, FNP-C



OW TESTOSTERONE IN WOMEN IS much more common than most people realize. It's no secret that testosterone plays an integral role in male health with libido and muscle mass. Testosterone replacement therapy can transform a man's health, but we've greatly overlooked the influence of testosterone on female health.

The truth is testosterone is just as important for women as it is for men. However, few women realize that testosterone therapy could be the answer to their unexplained symptoms, like weight gain and fatigue.

Testosterone For Women's Health

Testosterone influences female health just as much as estrogen and progesterone. The symptoms of testosterone imbalance in women are very similar to the symptoms observed in men.

- · Low libido and sexual desire
- Depression
- Fatigue
- Muscle weakness
- Weight gain
- Hair loss
- Slowed collagen production
- Thinning and dry skin

• Trouble sleeping

- Menstrual cycle irregularity
- Loss of bone density
- Mood changes
- Brain fog

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These symptoms are difficult to ignore. Other conditions may mimic the symptoms of low testosterone levels in women

such as Hypothyroidism, iron deficiency, and depression. It's always important to see a provider so that EXCEPTIONAL all potential underlying issues can be identified accurately and treated properly.

Current research shows that testosterone supplementation can drastically affect how women feel overall. Most notice increased libido, improved sleep and decreased brain fog. They also see better results when exercising because muscle mass increases and body fat decreases when testosterone is in balance. Studies also report that women see an overall change in mood and are more motivated and energized.

A study published in the New England Journal of Medicine, revealed that women

receiving testosterone therapy were able to lose two times more body fat and gain more muscle mass compared to women who were given a placebo.

Aside from the benefits of enhanced libido, mood, and energy, testosterone therapy for women also plays a vital role in overall health and longevity.

Most women report feeling like their old selves again after just a few weeks with increased mood and motivation. Other hormonal shifts occur in the perimenopause and menopausal stages of life such as decreased progesterone and estrogen. All hormone levels should be tested for optimal health and well-being.

Don't take your symptoms lightly. Whether you're chronically fatigued or unusually moody, hormone imbalance could be the issue.

Give your symptoms the attention they deserve by finding a provider who will listen to you and help you feel like yourself again.

There are just a few times when testosterone therapy isn't the best solution, including for women who are pregnant, could become pregnant, have cancer or have other chronic conditions. Talk to your provider and see if hormone replacement is right for you.

520-464-6193 MaricopaWellnessCenter.com 41600 W. Smith-Enke Road **Building 14, Suite 3**

SPONSORED CONTENT





Maintenance checkpoints on your plumbing this summer

BY TERRY LEAMON, MY MARICOPA PLUMBER

ummer is a great time to encourage homeowners to perform a mainten-ance check on their plumbing.

Water usage soars during the summer months from heat and summer-time activities. As they play and swim, many families will find themselves with a few extra loads of laundry per week and maybe a few extra showers.

Homeowners can start the season off right with a quick check throughout the home and property to conserve water and avoid a hefty repair bill.

In the Home

Check washing machine hoses for bulges, leaks and cracks. Washing machine hoses should be replaced every three years.

four inches from the wall, so hoses won't kink and damage.

Do a thorough cleaning on your dryer lint trap regularly to avoid

Don't send grease, fats or food down the drain. When washing foods like corn, be sure the strings don't go Terry Leamon water bill. down the drain and clog your pipes.

Heat and humidity will cause ducts to create condensation, which can easily back up drains if they are not clear. Check for leaks and condensation on your pipes regularly.

Clean up your garbage disposal by placing a cup of ice inside. Then, while running cold water, turn on the unit. Repeat a few times to ensure it's clean. Then place a capful of vegetable oil down the disposal, which will act as a natural lubricant.

Outdoors

Inspect hoses and outdoor faucets for leaks and

Don't just turn off the hose nozzle; turn it Be sure your washing machine is at least off at the connection. A leaky hose could burst

> under pressure if water is still pumping, causing water loss and ruining your equipment.

> Set up a rainwater barrel to collect water for your plants. This not only helps conserve water for the environment, but also will help you save money on your

Extended Trips

Going away for a while? Turn off the water and turn down the temperature. This will save energy while you're away and in the event of a leak or break, prevent a bigger mess from occurring.

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Brewers Air Conditioning & Heating

Reside in: Stanfield (soon to be annexed by Maricopa) Maricopan since: 1994 **Occupation:** Small business owner Family: Married since 1994; 3 kids, 4 grandbabies and 1 on the way Pet peeve: The (corny) phrase "back in the day" Like most about Maricopa:

Hometown: Winslow, Arizona

Its roots; small, rural community blossoming into a modern city

FAVORITE...

Charity: Numerous charities we support, donating the complete AC systems; we just completed our 25th home in 2021, partnered with the Southwest Lutheran Coalition is something we are very proud of.

Song: Mostly country music, old and



Musician: Jason Aldean

Team: Cardinals, Suns Food: Tacos and pizza

Restaurant: Outback or Texas Roadhouse

Quote: "Inspect what you expect."

Words to live by: Believe it, and you can achieve it.

Learn more about Mark at InMaricopa.com/Getting-to-Know.







Manual and Mechanical Warewashing Equipment, Chemical Sanitization-Temperature, pH, Concentration and Hardness Chlorine-based sanitizer in in-use dish machine at bar tested twice at 0.0 ppm. Manager adjusted unit and retested at 50-100 ppm.

nternal temperature of cooked rice held in a 10-inch pot in walk-in cooler overnight was 47-48°F. Chilled foods to be kept at ≤41°F.

Ice Used as Exterior Coolant, Prohibited as Ingredient (P)

Observed mixing bottles held in direct contact with ice shared with consumable ice at bar.



April 12 inspection

When to Wash

Employee picked lemon off floor, removed their gloves, blew their nose and continued with food prep.

Handwashing Cleanser, Availability; Hand Drying Provision

Wait station did not have hand soap. Wait station, restroom and dish pit hand sinks did not have paper towels.

Manual and Mechanical Warewashing Equipment, Chemical Sanitization Temperature, pH, Concentration and Hardness

Chlorine sanitizer in in-use bar sink and kitchen dish machine tested to be 0.0 parts per million chlorine. Proper level is 50-100 ppm.

REPEAT VIOLATION: Internal temperatures of cooked chicken, pasta, mashed potatoes, ground beef held in plastic bags in reach-in and walk-in coolers were 49-53°F. Chilled foods to be kept at ≤41°F.

Time/Temperature Control for Safety Food, Hot and Cold Holding

Internal temperatures of cooked beef, chicken, cream sauce held in steam well for about one hour were 99-114°F. Hot foods to be ≥135°F.

Time/Temperature Control for Safety Food, Hot and Cold Holding

Internal temperatures of ham, Canadian bacon, turkey held in walk-in cooler were 55-59°F. Chilled foods to be ≤41°F.

Ready-To-Eat Time/Temperature Control for Safety Food, Disposition

Boiled eggs, ground beef, rice, sausage dip, meat loaf, chicken, ham and Canadian bacon had expired or no date marks. Date marks not to exceed seven days, including the day item made/prepped.

Food Temperature Measuring Devices

Operator does not have a working food probe thermometer

Good Repair and Proper Adjustment-Equipment

Gaskets on the upright reach-in cooler, wait station prep cooler and cook line prep coolers are dirty and severely damaged.

Fixed Equipment, Spacing or Sealing-Installation

Large space between wall and hand sink and drain board on dish machine. Adjust equipment to be fixed and sealed to walls.

Sanitizing Solutions, Testing Devices

Operator uses chlorine and quat-based sanitizers without testing strips.

Equipment, Food-Contact Surfaces, Nonfood-Contact Surfaces, and Utensils; Nonfood Contact Surfaces

Excessive food debris and build-up on grill, stove, oven, prep coolers, waffle iron, blender base and cold holding drawers.

Toilet Room Receptacle, Covered; Cleaning of Plumbing Fixtures

Ladies restroom trashcan had no lid. Toilet bowl dirty.

Cleaning, Frequency and Restrictions

Build-up of debris, grease and food residue on the floors throughout the facility.

Ventilation Hood Systems, Filters

Build-up of grease on hood filters.

April 15 inspection

Handwashing Cleanser, Availability Hand soap not available at wait station.

Manual and Mechanical Warewashing Equipment, Chemical Sanitization-Temperature, pH, Concentration and Hardness (P)

Manager asked to run dish machine to verify correction. Machine was run three times and tested at 0.0 ppm. Sanitizer container was empty.

Internal temperatures of ground beef held in deep metal pan and potato salad and ground beef held in plastic bags in reach-in cooler were 47-51°F. Internal temperatures of cooked pasta held in deep metal pan in walk-in cooler were 48-50°F. Chilled foods to be ≤41°F. Repeat violations require Risk Control Plan.

Time/Temperature Control for Safety Food, Hot and Cold Holding

Internal temperature of sausage held in steam well was 115°F. Water was 125°F. Hot foods to be >135°F.

Chlorine sanitizer in in-use bar sink and wait station sanitizer bucket tested to be at least 200ppm. Manager notified. Solution corrected to be at 50-100 ppm.

Cooling, Heating and Holding Capacities-Equipment

Water in right side of steam well recorded at 125°F and resulted in critical hot holding violation. Repeat violation. Hot foods to be ≥135°F.

Excessive flies in kitchen and dining areas. Front and both back doors propped

EXCELLENT

- Aliberto's Maricopa
- Bahama Bucks
- Domino's Pizza
- Firehouse Subs
- Helen's Kitchen

- Jack in the Box
- Papa John's Pizza

SATISFACTORY

- Plaza Bonita
- Sunrise Diner (two inspections)

EXCELLENT No violations found.

SATISFACTORY Violations corrected during inspection. **NEEDS IMPROVEMENT** Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection.

UNACCEPTABLE Gross, unsanitary conditions necessitating the discontinuation of service.

Source: Pinal County

Maricopa Foot and Ankle can help with pickleball injuries

BY DR. ALEX M. STEWART DPM, FACFAS

and Ankle Center, is certified by the American Board of Foot and Ankle Surgery. He received his Doctorate of Podiatric Medicine from Midwestern University and completed his residency at The University of Texas Health Science Orthopedics.

His extensive training and current practice focuses on foot and ankle trauma, diabetic care, reconstructive surgery, and sports medicine. As a former collegiate baseball player and avid golfer, Dr. Stewart relates to athletes of any age and performance level.

Dr. Stewart has been at Maricopa Foot and Ankle for the past 10 years and has experience in treating everything from minor ailments to major trauma.

R. STEWART, OF MARICOPA FOOT Do you have pain from Pickleball?

Pickleball has been growing in popularity over the last few years. Over time, we have seen an increase in pickleball associated injuries as well. 32% of all pickleball injuries are in the lower extremities. Ankle sprains, Achilles and peroneal tendonitis and forefoot pain are the Center — San Antonio in the department of most common. We offer many treatments in the office to take care of these issues to keep you playing and having fun. In most cases, we can get patients in to see the doctor within 24 hours.

How do you treat these common injuries?

Most injuries that arise from pickleball can be treated conservatively in our office. Simple R.I.C.E. (Rest, Ice, Compression, Ele-vation) can help with minor injuries. If your pain is not going away, you may have strained or torn ligament or tendon, and it is important to get

it evaluated and properly treated. You don't need to suffer in pain, our doctors are here to help keep you on the court.

We at Maricopa Foot and Ankle understand that even a small foot issue can be very painful and debilitating, so give us a call and let us help get you back to your activities pain



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The 5 Cs of creditworthiness can unlock new opportunities

BY JIMMY AND SYLVIA RIOS

Y WIFE SYLVIA HAS A RUNNING joke in our household that I have NO COMMON SENSE and maybe many other husbands out there also get this. What I do know is that I have learned some sense that is not common with regards to credit knowledge and more specifically, what factors are considered in credit decisions. The 5 C's are:

Conditions

Collateral

Capital

Capacity

Character

CONDITIONS

Internal and external factors that could have a negative effect on repaying a loan. External factors could be a pandemic, surging interest rates and increase in home prices as we've recently seen. Internal could



be how you are going to spend the money or what reason specifically do you need the loan. i.e.: Vegas trip vs. Fixing your car to get to work

Risk is always at hand when lenders want to consider parting with their money. The more security they have in the loan the easier the approval process comes. With someone who doesn't have a credit history,

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the easiest way is to open a secured credit card using your own money. If you are going to get a personal loan — using a car for collateral is almost always going to get you an approval as opposed to not having any security.

In accounting, you have assets and liabilities. Assets include savings accounts, life insurance, investments, 401(K), IRAs, equity in your home and cars that are paid off, which becomes your CAPITAL. Normally, the more capital you have or can show, the less risk you become to the lender. Because if something negative were to happen you have the CAPITAL to withstand the problem and keep paying on your debt.

CAPACITY
Capacity is looked at by lenders as the Debt-to-Income (DTI) ratio that one must have to positively qualify for a loan. This is found by adding up all your monthly debt payments and dividing it by your pre-tax or Gross monthly income. So, if you have a \$1,500 mortgage payment + \$500 in credit card payments that's \$2,000 and if you make \$5,000 a month, your debt to income is \$2000/\$5000 = 40%. It's recommended to keep your DTI ratio

CHARACTER

for all debts at 36% or lower.

This is how you've managed to pay your debts in the past. Seen through the three credit bureaus of Experian, Equifax and TransUnion they will report your FICO® and Vantage Score® and look at late payments, foreclosures, inquiries, collections and bankruptcies to factor on the decision to grant you credit. Generally, the better you handle your credit habits monthly, the higher your score.

Jimmy or Sylvia Rios live in Maricopa and can be reached at:

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THE Huffington



Getting inked

Tattoos and the changing face of those who wear them

BY JUSTIN GRIFFIN



IT WASN'T LONG AGO THAT TATTOOS TOLD QUITE A different story.

The assumption was that if you had a tattoo, you were either a sailor, a member of a motorcycle club or maybe did some time in the joint.

And if you did not fit into one of those groups, the ink was probably the result of an ill-advised night out.

Nowadays, the clientele for tattoo shops is almost mainstream.

An ever-changing clientele

Sitting in the lobby of Redemption Tattoo, a Maricopa shop run by Nick Sanchez, you see all kinds.

One minute, it's an elementary school teacher. The next, it's a grandmother. In fact, far more white-collar professionals are getting inked than ever before.

There are so many different types of customers — first responders and entrepreneurs of all sorts among them — it is difficult for Sanchez to keep track.

"I tattoo a lot of teachers," Sanchez said. "You know, just yesterday, I took my 5-year-old daughter to a daddy-daughter dance, and I ran into a teacher that complimented me on some work I had done for them.

"I get a lot of people who own their own businesses," he said. "There are a lot of different people, and so many times, they inspire me to take my work to the next level."

When asked about his average customer, Sanchez said there's no such thing.

"That's one of the biggest reasons why I feel so blessed to do this work," he said. "I meet so many people from so many different walks of life that I would have never met otherwise."

Nick Sanchez, the proprietor of Redemption Tattoo, works on a tattoo for Justin Griffin, the author of this story. Sanchez has been a tattoo artist for 16 years and has seen the business change from improved technology, allowing tattoos to heal faster, and with the clients who are now getting work done.

TATTOO VIGNETTES



RUTH STRICKENGLOSS Ruth's tattoo is an aspen tree that extends all the way down her back. The

significance is that her granddaughter's name is Aspen, and she claims Colorado,

home of some of the largest aspen groves in the world, along with Nebraska, as home.

There's also a religious meaning with Psalms 23 on one side of the root system and Corinthians 13 on the other.

To add to the meaning, there are three black birds flying around the tree, that represent Ruth's three children and her love of the Beatles and their song "Blackbird."

"They've all moved out, so I have three blackbirds taking flight in my tattoo." The piece took four six-hour sessions.



NORM BRADLEY

Norm's tattoo is a tribal design he had done eight years ago that didn't quite turn out the

way he'd envisioned. Nick Sanchez at Redemption Tattoo repaired and extended the tattoo with a freehand drawing.



For Norm, the piece is a work that developed over time, and now, the finished product is what he had hoped for in the first place.

Norm has always been into tattoos and appreciates the freedom of expression they afford.

"As a younger man, I was trying to make it in the corporate world of 'no tattoos, no tattoos,' and you had to cover them up with a shirt," he said. "Now I'm a little older and in a more senior position, and I started to feel like, you only live once and I'm going to do it. I'm going to express myself and I don't care what people think."



Nick Sanchez outlines a tattoo, which will become Foghorn Leghorn at a typewriter and consist of black and gray colors.

Sometimes, I feel like

a counselor ... In some

especially with the larger

cases, I'm spending

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and them, they lay some

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me. Sometimes, I don't

know how to respond.

That's why they call it

So, I just listen ...

'ink therapy."'

NICK SANCHEZ

hours with them,

z outlines a tattoo,
come Foghorn Leghorn

Multiple studies have been conducted on who's getting

tattooed. While the numbers differ depending on which report you read, they all seem to hint at the same fact: tattoos are on the rise.

In 2019, an Ipsos study concluded 30% of all Americans

In 2019, an Ipsos study concluded 30% of all Americans have at least one tattoo, a number that had increased 21% since 2012. And a January study by Rasmussen Reports found nearly half of all adults under the age of 40 now have at least one tattoo.

Tattoos used to represent an element of danger, or perhaps signal running with the wrong crowd. It's a different situation altogether now. Still an outlet of artistic expression for the artists and the inked, the reasons people get tattoos are varied, Sanchez explained.

"I have a lot of clients who want to celebrate a special moment in their lives," he said. "Or maybe they want to use it to tell a story that's meaningful to their journey."

Greg Grossi, 43, used an entire arm sleeve tattoo to highlight his growing family. It took multiple sessions over the course of a year to finish.

"I wanted something to represent my family, my kids and fiancee," Grossi said. "I wanted to do something meaningful."

Norm Bradley, 45, works at the Nissan Proving Ground in Stanfield. He had his first tattoo at 19, but has grown more comfortable with age showing them, adding to his collection over the years.

"I've always wanted tattoos and found them intriguing," Bradley said. "As a younger man, I was trying to make it in the corporate world of 'no tattoos, no tattoos,' and you had to cover them up with a shirt. Now I'm a little older and in a more senior position, and I started to feel like, you only live once and I'm going to do it. I'm going to express myself and I don't care what people think."

and I'm myself a

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MY TATTOO

Needles are not my thing. I used to pass out when I had to get a vaccination as a kid. Watching the needle touch my skin, even to this day, makes me lightheaded.

Despite my fear, I've always considered getting a tattoo. From conversations with my wife, I knew that Foghorn Leghorn would be somehow involved. He was always my favorite Warner Bros. cartoon growing up. So, after years of thinking about it, I decided 2022 was going to be the year. I've recently moved from West Virginia, and the timing seemed perfect.

The next decision: Who was going to do it? I always try to patronize businesses that support the publication I work for. I did it back East and here in Maricopa, it's no different

I went and talked with Nick Sanchez, the owner of Redemption Tattoo. It wasn't a sure thing, however, that he was my choice.

It was important to me to talk to him about what kind of work he was comfortable doing and I wanted to look at his shop. I was looking for all the things anyone should consider cleanliness, organization, whether the shop looks like a comfortable place for clients. I also wanted to feel out the shop's vibe. On top of that, would he even agree to do the tattoo I wanted?

A sign in Nick's parlor says, "Everyone gets the tattoo they deserve." He's right. This is not a decision to be taken lightly. Tattoos are permanent and require some thought. I was looking for something amusing, but with a meaningful undertone.



I shared my idea with Nick, whose specialty is black and gray. With my newspaper background, the idea resonated with me, like newsprint and the printer's ink that's long ran in my

So, in the end, we planned it, and the day came. I showed up and looked at the piece Nick had drawn up for me. I laughed. But in a good way. Foghorn Leghorn - at a typewriter was perfect. And the black and gray motif gave it an old-fashioned feel. It fit me

I wasn't expecting it, but Nick did what any good artist does, he took my idea and merged his thoughts and came up with something both amusing and thoughtful.

Soon, I was in the chair. After a few moments of setting everything up just right, the stenciled artwork was on my arm, and it was time for the needle to hit my skin.

I looked away and made a point not to look directly at the work being done. The needle stung a bit at first, but the discomfort wasn't too bad. As time went on it was nearly a three-hour session, by the way - the pain started to mount.

I likened the experience

to eating hot wings - by the time you get to the last one, you're sweating. Occasionally, I told Nick to find a stopping point so I could take a minute to collect myself. Even at those points, it wasn't all that bad. I just wanted to make sure I could remain still.

But the pain really worsened during the last 10-15 minutes of the session, as Nick filled in white highlights. At that point, my skin was thoroughly irritated, and I was ready for the session to be done.

And then it was over. At home, I took ibuprofen to reduce the swelling, drank plenty of fluids and passed out on the couch. I wasn't tired, or so I thought, but my body was flooded with endorphins. I was relaxed on a level I hadn't been in months,

maybe even years.

The pain after the fact was like a rough sunburn, with the tattoo itself warmer than the surrounding areas. It took three days for the redness to dissipate, followed by light itchiness. By the fifth day, I had some light peeling. I washed it three times a day, followed by the application of an aftercare salve Nick provides all his customers.

With everything considered, it wasn't a bad experience. I like the artwork gracing my left arm. The pain, while present, wasn't overwhelming and as of this writing, my tattoo seems to be healing well.

I can almost hear the old rooster pecking away. "I say, I say, I say!"

-Justin Griffin



JENECE MORDT

Mountain biking is Jenece's escape, and in some ways, salvation. It's also the inspiration

for a tattoo on the back of her neck.

"It means freedom, because you can go anywhere

you want," she said. "Mountain biking is a very physical form of biking because you are making sharp turns and navigating all forms of different terrain.

"It's a great way to check out. There are

no phones or devices. It's just you and your bike and nature and there's nothing better than that."

Jenece holds mountain biking dear because she'd had nearly 38 back procedures and it was through many early-morning bike rides she was able to end the surgeries and pain medications that confined her to the couch.

The bike tattoo tells a story not only for what mountain biking means to Jenece, but also where it's located.

"It's in a location that's numb from all my back surgeries, so I didn't really feel much of anything on when I got it done or anything afterward."



GREG GROSSI

Grea's tattoo is in the theme of a family of lions. "I did it to represent my family, myself, my kids,

I have four kids, I got four cubs on it to represent them and

then I did my fiancee. Grea started the tattoo last year and it took nearly a

year to complete. "We would do a little bit and then I would come back and do a little bit more," he said. "I believe we did at least five sessions



that went six to eight hours each."

In many ways, the piece is Greg's family's coat of arms, on his arm.

Bradley has a 22-year-old son who recently sat for a a workout," Sanchez said. "Because in a lot of ways, you

"At first, I didn't really want my son to get a tattoo while he was young," Bradley said. "But then he told me about how established people in his field were getting work done and I came to realize that times are changing."

'Ink therapy'

Depending on how long a tattoo session lasts, Sanchez really gets to know his clients.

"Sometimes, I feel like a counselor," he said. "In some cases, I'm spending hours with them, especially with the larger pieces. People tell me all kinds of things. And especially if it's just me and them, they lay some pretty heavy things on me. Sometimes, I don't know how to respond. So, I just listen."

"That's why they call it 'ink therapy," Sanchez said. The pain of getting a tattoo can also prove to be

"Many times, people get a tattoo of a relative who just passed or they're trying to make it through a heartbreak or a challenging time in their life," he said.

Getting a tattoo has a way of transforming mental and emotional pain into a physical pain, which for some people, can prove therapeutic.

"You are kind of releasing that pain and it's almost like offered some advice.

are putting your body through a stress while you get the

"While you are getting the tattoo, your body is constantly releasing endorphins, which are going to make you feel better."

There's also the feeling of finality.

"And when you are done with the tattoo, you feel like you've completed something, or you feel like you've made it through it," Sanchez said.

That stress is why not everyone is a candidate for body

"That's why we don't tattoo pregnant women," Sanchez said. "Because you're putting the body under stress and you don't to do anything that might cause a miscarriage."

Choosing the right artist

As society changes, so are tattoo parlors. Most shops today are clean and inviting environments.

It's a far cry from what you might see on TV or in a movie, where an unshaven gruff tattoo artist chomps on a stogie while digging the needle into the skin of a patron.

Tattoos are permanent and some require a time

said. "I had an uncle who thought I looked like that character and the name stuck even after I got older and didn't look like him anymore. Once I started Jenece Mordt, a retired teacher with a few tattoos, tattooing, it started to make sense again."

MAYBEIT WAS A

SIGN ALL ALONG?

When Redemption Tattoo

nicknamed "Tattoo" after

the character portrayed

by Herve Villechaize

hit "Fantasy Island."

on the 1970s television

were the last thing on

my mind," Sanchez

"At that age, tattoos

owner Nick Sanchez

was a child, he was



COMMUNITY

"I think you've got to look at the artist and the kind of work they do," she said. "I think you've also got to look at the shop and how it looks and whether it's clean. You really have to make sure that you've got a good vibe with

Bradley said he learned from his first tattoo as a 19-year-old

"I picked something, and I thought it was going to be cool. As I got older, it wasn't so cool," he said.

Eight years ago, Bradley decided to take another swing at it.

"I was going to a nice taco shop in Laguna Beach (California) and there was a tattoo shop nearby. I stopped in, picked something out," he recalled. "Thought it was going to be cool and then, the same thing happened again."

Ruth Strickengloss, who's retired from the Navy, has seven tattoos. She feels it's important to take charge of the situation.

"Make sure you know what you want," she said. "Ask to look at their portfolio. Figure out what kind of tattoos they do best. Do your research if you want quality."

Sanchez, who has been a tattoo artist for the last 16 years, recommended going online to look at an artist's work before sitting in their chair. And many artists post their work on social media outlets like Instagram.

"You want to look at the work they do and see if it fits what you are looking for," Sanchez said. "You also want to look at how clean their shop is and ask a few questions, like, do they practice cross-contamination prevention procedures?"

Along with that, there's a personal side to getting a

"Take time to talk with them and figure out whether you have that vibe with the artist and whether you sense anything," he advised. "Because they are going to put something on you and it's going to be with you forever." in



You want to look at the work they do and see if it fits what you are looking for. You also want to look at how clean their shop is and ask a few questions, like, do they practice cross-contamination prevention procedures?"

NICK SANCHEZ

"I always wanted something meaningful. I'm 43, and I just couldn't think of anything more meaningful than having my kids and my fiancée on my arms.

His kids' names are included in the tattoo.

"Gianna is 11 and then Gunner is 3," Greg said. "Then, I have Gabby, who just turned 2 and a newborn who was born in December of last year."



DAWN HOULE

In her 20s. Dawn had a small tattoo on her hip. In 2013, she added a tattoo as a "fitting tribute" to

Ambrose, the man she called Dad. It's a Medicine Wheel, used by generations of Native American tribes for health and healing. It embodies the Four Directions and Father Sky, Mother Earth and Spirit Tree — all symbolizing dimensions of health and the cycles of life.

In January 2021, Dawn decided to add a third, in part to acknowledge the discovery about her birth mother. She took her idea to the **Redemption Tattoo** shop in Maricopa. A heavy metal fan, she wanted a tattoo that would incorporate a phoenix — a



symbol of rebirth from Greek mythology - and the opening lyrics to "Snuff," a song by one of her favorite bands, Slipknot: "Bury all your secrets in my skin. Come away with innocence and leave me with my sins."

And she wanted the tattoo for her stepfather incorporated. Dawn thought the theme of a falcon rising from its ashes captured a life that started in poverty and through diligent ambition and hard work became very successful.

Owner Nick Sanchez worked up a drawing he kept enlarging until it was a huge tattoo that would require the canvas of her full back. Finished in June 2021, it was a big, neck-totailbone inking that required 20 hours.

TATTOO CARE — **BEFORE AND AFTER**

Prior to getting a tattoo, you should:

- Avoid getting a sunburn or other trauma to the area you want to tattoo.
- Eat a decent meal beforehand to avoid any bouts of dizziness.
- Drink plenty of water to ensure you are wellhydrated. It will help your skin better deal with the

- stress of the tattoo. If you are considering
- a large tattoo that might take hours. you might want to take some ibuprofen before the session to help reduce pain.

After you get a tattoo, you should:

- · Keep it clean.
- · For the first few days, ibuprofen can help reduce swelling.

- Apply the aftercare ointment suggested by your artist three times a day for the next 10 days.
- Avoid direct sunlight or tanning beds for two weeks.
- Avoid hot tubs and swimming pools for two weeks.
- · Take showers instead of baths for two weeks.
- Don't pick at the tattoo; let it peel naturally.



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Best Mom InMaricopa contest highlights 'amazing' mothers



From left: Keira Shaw, who nominated her mother, second-place winner Maggie Witt; Jim Carlisto of 72SOLD, presenting sponsor for the contest; and Jennifer Westmiller, first-place winner, with her son Dante, who nominated her, and the rest of her family: Rowen, Brynn, Chloe and husband Jamie.

WORDS DESCRIBE THE three winners of 2022 Best Mom InMaricopa contest. "Absolutely amazing," declared Jim

Carlisto of 72SOLD, a presenting sponsor for the contest. "I don't know how they accomplish it all - the time management to fulfill the needs of everyone in the family is absolutely amazing."

Jennifer Westmiller won the top prize, with Maggie Witt and Lou Hunt taking second and third place, respectively.

A crisis leader for Chandler Fire Department, Westmiller is mom to Dante, 15, Brynn, 13, Chloe, 10, and Rowen, 10.

Dante wrote in his nomination "she supports me and my siblings in any way possible. She is the most caring and loving person I know."

Westmiller said many moms could have earned this honor. She and her husband, Jamie, emphasized the "importance of being part of a family, being involved and caring for others."

A Maricopan since 2004, Westmiller

describes herself as a "lifelong social worker." Her job requires a strong support system both within and outside the family.

The best part about being a mom, she said, is "watching them succeed and seeing them grow, change and evolve as they become who they are

Carlisto said so many "amazing" moms play crucial roles every day. It was an easy decision to get involved with this year's program, he added, as "there is not a greater job or task in the whole world than being mom."

Westmiller's prize package totaled \$1,925. 72SOLD provided dinner for two at Harrah's Chop, Block & Brew as well as a facial from The Spa at Harrah's. Additional prizes included a \$200 bill credit from Electrical District No. 3, family photo session from Victor Moreno Photography, a house cleaning from The Maids of Maricopa, laser treatment from Maricopa Wellness Center, smart thermostat — from 911 Air Repair and Keurig K-Express coffee brewer from Liquidate AZ.

MAGGIE WITT

2ND PLACE

After reading the words her 16-year-old daughter Keira wrote in her nomination — "she is always a shoulder to lean on and my built-in best friend" - Maggie Witt admitted, "It literally brought me to tears."

Witt balances taking care of her family with her career as a kindergarten teacher at Legacy Traditional School in Chandler. She says it helps that Keira and brother Colten, 13, are both "really good kids."

Witt said she focuses on some basics that cannot be overlooked.

"You want your kids to be honest, to be good people and make good choices," she asserts. "As parents, you just do what you have to do."

Like Westmiller, Witt is enjoying witnessing the positive changes taking place.

From seeing how they do in school and being healthy and active to "becoming themselves. They're like little adults right now, and you get a glimpse of the people they want to be."

Witt, who has lived in Maricopa since 2005, received \$475 in prizes. Her package included a facial from The Spa at Harrah's and movie night for two at Ak-Chin Circle Entertainment Center, both from 72SOLD; \$50 Visa gift card from Wildcat Landscape Supply; a \$50 gift certificate for Wynn Salon & Nails from Wildcat Landscape Supply; \$50 gift certificates from Just Haul It LLC and Mercantile Maricopa; \$25 gift certificate from Miss Bugs Treats; gift basket from Northern Lights Therapy; and a copy of the "Decoding the Mystery of Business Credit" book from NextLevelCredit.net.

LOU HUNT 3RD PLACE

Reading has always been as essential part of the learning process for Lou Hunt, mother of nine and grandmother of 41.

"We didn't have a television for 31, 32 years," she revealed during a telephone conversation from Idaho, where she was visiting family. "We went to the library and got books and did crafts. My husband would read to the kids every night, sometimes for three or four hours."

After her youngest was in school, Hunt became an assistant teacher in the Montessori method of education. She worked in that field for nearly 20 years but was always home for her own children during the summer and school

Hunt utilizes the teaching background with her grandkids today, helping them via Zoom with reading, spelling and more.

"It's just a daily thing that I do," she said

Daughter Kaylea Stoddard wrote in her nomination her mom is the "most kind person you will ever meet. She always has a happy, positive attitude. Momma Lou, as we call her, is my hero!"

Her \$300 in prizes include a Buff City Soap gift basket from 72SOLD; \$75 gift certificate from Donovan's Landscaping LLC; \$50 gift certificates for Wynn Salon & Nails and Honeycutt Coffee, both from Wildcat Landscape Supply; and a \$25 gift certificate from Miss Bugs Treats.

MORE GREAT MOMS

CHARLENE ALARCON

Daughter-in-law Audrey Alarcon: I've never really had a mom in my life. My mother-in-law has brought so much love into my life and my kids' lives. | Daughter-in-law Jacqueline Sanchez: Charlene is the best mom in Maricopa because she is so loving and selfless. She is always willing to go above and beyond for her family. | Son Chris Sanchez: My mom has always been the one person I can tell everything to. She has been my shoulder when I needed it the most. I love her so much! | Granddaughter Charlotte Sanchez: My nana is the best because she is super sweet and kind. She gives the best hugs!

She provides everything for me. She's never given up on me. She's loved me even when I didn't love myself. She's the woman I inspire myself to be every day. She's very hard-working! I couldn't ask for a better

SYLVIA ASHLIN

Daughter Lucinda: She is my mother and a grandmother. I could not ask for a better mom. She is a lovely person and will take care of our needs before herself. I remember she had cancer over 25 years ago. I was about 5 years old. She still would cook and get me ready for school. She is a strong woman. Also, she helped me to be a mom myself. I have always looked up to her and told myself I would love to be a mom

ASHLEY AVINO

like my mom.

Husband Thomas: Ashlev Avino is a beautiful mother of four beautiful girls and

works very hard at Fry's dealing with all sorts of stress and issues but always comes home to ensure a happy home regardless of the headaches we give her here. She gives 150% to everything she does and never quits. I can't think of a better mother to deserve this title. We love her with all our hearts and know you would as well.

Daughter Analisa: My mom Liz is the best mom is Maricopa because she has helped me love myself and has always been there for me

if I needed to talk. She does so much around the house, and she never gets time to herself. She's the most caring person I know, and she loves me and my dad so much. She keeps her promises, and she has a positive attitude when I don't. She has helped me with my mental health, too, and I think that shows she isn't just caring on a certain level, she is caring on all levels.

CRISTINA BECERRA

Spouse Jay Garcia: My wife Cristina is a wonderful mother to our 7-vear-old daughter and 2-year-old son. We moved to Maricopa a

year ago from California. Three months later, my mother-in-law passed away after a battle with COVID. When we returned from the funeral in California, we discovered COVID was passed to us. I didn't think I would survive. My wife, also battling COVID, lifted herself up and took care of



MANDY ARAGON two of the most dashing sons. **Daughter Destiny Sanchez:** She encourages them to follow their dreams. She



our house. She would awaken, get our daughter ready for school, feed the kids and me, and then go to work. My wife is more than a great mother. She is a superhero.

KAMIE BEST

Adopted daughter Rose
Moore-Best: Kamie has
helped take care of me
from the time she was 16. She
worked two jobs, went to school fulltime and
raised three kids as a single mom. The past
year has been back-to-back heartache for her,
but she has shown strength and dignity. She is
always smiling and a listening ear for anyone.
Kamie holds such kindness and forgiveness, it's
inspiring.

DENISE BIANCO

Daughter Britni Kanies: My mom is the best mom in Maricopa because she is giving, loving and fun.

She moved to Maricopa to be near me and her grandchildren, who she now watches for me so I can work, of which I am forever grateful. She deserves to win because she has given me the best example of how to be a wonderful mother and she is an amazing grandmother of seven. She does everything for me, and I'd love to be able to give her something in appreciation of the hard work she did raising three kids as a single mother. She always finds a way to make everyday fun and full of love.

JANASHA BLESS

Sister-in-law Sherry Ramey-:Janasha is very loving and caring and always puts her kids first above everything. It's the little things she does

like sitting on floor reading with them or helping with schoolwork or going to Little League practice. She has a full-time job, then comes right home and tends to her motherly duties every day. | Mother-in-law Kara Bless: She feeds them extremely well, takes them on walks and to parks and different places to have fun; always telling them positive things and shows love.

PAMELA BRIAND

Friend Brandy Jaffe: I
have gotten to know Pam
through work and she has
become my go-to mom
for everything. My husband
and I left our home state and moved to Arizona
without knowing anyone and Pam has become

family. She is an amazing mother to her three kids and so selfless of all that she does for everyone around her. She calms me down when I'm freaking out as a newer mom as she's been through it all. She deserves it all!

TANYA BROWN

Daughter Erin Herndon: Tanya is the kind of person you meet once in a lifetime. Her heart is warm, and she

stretches herself so thin to provide for everyone while making a remarkable woman of herself every single day. | Husband Travis: One hundred words aren't enough to say, but Tanya Brown is the greatest mother in Maricopa. | Daughter Andria De Bruyne: My mom is the best mom because she is literally the strongest person I know and has always been there for me and my siblings. | Mother-in-law Robin Svacha: She is always available for her kids, grandson, and her in-laws. | Son-in-law Hayden Owens: She is an All-American hard-working woman. She is fierce, independent and strong.

ASHLEY BUCKMAN

Husband Billy: My wife is a very loving person. She cares about everyone she meets and comes across. She

goes out of her way to help people in need, and she would give anyone the shirt off her back. If you're having a rough day, she can make it a better day and just her presence will uplift your soul. I can give you a million reasons why she should be nominated, but you would have to experience her for yourself to know what I mean.

DANIELA CARR

Husband Jeramie Carr: She has been caring for our newborn, who has struggled with a Grade 1 tongue tie that required laser

surgery. She has been constantly breastfeeding to help him comfort. She has been amazing for our son and done everything for him through his struggles.

GUADALUPE COFFMAN

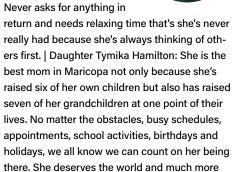
Sister-in-law Elena Reyes: Guadalupe is the best mom not only in Maricopa but in the world. After her husband was injured at work and be-

came paralyzed, Guadalupe stayed home to take care of him fulltime. A few years ago, Guadalupe lost her oldest daughter, Angel Coffman Diaz,

in a house fire. Since then, Guadalupe has been taking care of her loving grandson, Christopher. She is a positive ray of sunshine. She will give you the shirt off her back and food out of her mouth if it would help anyone out. She is selfless and loving and deserves the world.

ANGEL CRUZ

Daughter Laurel Hamilton: She continues to help my siblings and me and is now raising her grandchildren. Never asks for anything in



for the effort, energy, care, support, love and

MARIA FERCHAU

Daughter Maria Yubeta:
My mother is a beautiful
lady on the inside and out.
She raised four children on
her own. Mom taught us faith

happiness she has offered.

and love. Despite her health issues, she is now raising her grandchildren. My mother is also caring fulltime for her 95-year-old father and never complains. Mom is a true testimony of faith and strength.

LAUREN GAMBOA

Husband Daniel Gamboa: Lauren is a mother of three boys, ages 8, 6 and 3. She is so patient and loving in any circumstance. She is a stay-at-

home mom while keeping up with her bookkeeping business. Lauren is also getting involved with children's ministry on Sunday mornings within Maricopa Alliance Church. We recently celebrated our 10-year anniversary. Since there isn't a happy wife's day, it's fair I mention here that she is the most caring and loving person I know, and we are so blessed to have her in our life.

VERONICA GARCIA

Son Joseph Reyes: My mother is the strongest woman I know. She raised five successful children,



family, and makes every holiday and event special. She functions off four hours of sleep a day. I wish I could give her the world! | Daughter Alyssa: My mom is the best mom in the world because she does absolutely everything for her kids. She's an amazing woman to look up to and is such a good role model for her kids. | Mother Lydia Verdin: Veronica is an extraordinary mother of five. She takes time to make each one of her children feel special.

works nights at the hospital to support our

CARRIE GOETTL

Sister Carolyn Morrison:
Carrie, a mother of five,
always puts her family
first! Each of her children has

physical challenges and one has special needs. The medical bills are astronomical. She has conquered the maze of state funding for her son with special needs and has been able to get him all the therapies he needs, as well as putting him in a private school that specializes in special needs. Carrie also conquered the state funding maze for our mother with dementia. She was able to get her on the Arizona Long Term

Care System and find her an assisted living and group home.

EMILY GRECO

Husband Rob: Emily is in nursing school fulltime while working as a parttime student nurse for Honor Health. She also takes care

of our daughter Gemma while I work fulltime in the Army. It's not easy for her to have any time to herself but Emily goes above and beyond the mom duties and keeps us going and happy. Being nominated as the Best Mom wouldn't even come close to how amazing of a mother she is to our daughter. She is our rock.

JAZMIN GUTIERREZ

Husband Edgar: My wife
Jazmin Gutierrez has been
working very hard the last
two years. She has been a
fulltime student to finish her
degree in business administration,
works fulltime out of town, on top of being an
awesome mommy all year round. She also

helps coach our daughter's t-ball teams for the Maricopa Little League with me. She's a busy mommy and deserves to be acknowledged. I am very proud of her and all her accomplishments.

MICHELLE HILL

Daughter Gracie: My mom has endured loss, trauma and many hardships in her life. Through these hard times she has still managed

to be an amazing mother to her four daughters. She never left us girls not knowing how loved we are, and she always put herself above us. | Son-in-law McKale Holte: Michelle is the best mother-in-law anyone could ask for. She makes sure everyone is happy above herself. She works fulltime to provide for all her girls and contributes to local events as well.

JOY HOLSINGER

Daughter Rebecca Holsinger: My mom is the best mom because she is an amazing person. She helps everyone around the





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community. She volunteers for the Relay for Life. She offers everyone her help when they come to her work. She's the manager for the Arizona Storage on Honeycutt Road. Ask anyone around town, she's the best person to know.

KIM KRINER

Daughter Melynda Martinez: She is the best! She sold her house to move to Maricopa and help take care of my daughter with special needs. Since then, my husband died and she has stepped up ever more to help me. She is the only help and family support that I can count on. She is dedicated to her family, very supportive and truly is the best. I couldn't do life without her.

CHARITY MADISON

Friend Leslie Fenstermacher: Charity deserves the Best Mom in Maricopa. She is caring for her daughter with rare infant leukemia, caring for her older daughter and supporting her family through this tough time

AMY MAHER

in their lives.

Husband Trevor Carr: My wife will do anything for our son. Every day she goes to work, and it breaks her heart that she is away from our son. With what time she has with him, she does everything to make him smile.

ANGELA NEWSOM

Friend Lisa Phelps: This mother has four children - three with autism. She's always putting her children and husband first. She's the most selfless and kind person

I've ever met. Angela is always on the go, taking her kids to and from therapy for their autism; she also has a sensory area in her home for them. Her heart is pure gold. I have learned a lot from her over the years I've known her. She's a blessing in my life to know such a sweethearted person.

KATHRYN NOGA

Husband James: Kathryn has devoted herself to our daughter since the day she was born. She ensures



our daughter is safe and always has what she needs to be successful. In addition, she takes on additional responsibilities for her students at the high school and goes above and beyond to make sure they feel safe and have a support system behind them.

SERENA PEREZ

Mother Christina Yubeta: Serena is an amazing young lady. This May, she will be graduating from ASU. She is wonderful with

her beautiful daughter and strives to provide her with love, faith and encouragement. Things have not away come easy for her, but her perseverance has helped her through anything that came her way. This October, she will marry an amazing young man and it will be wonderful to watch them become a beautiful family. It has been my greatest honor to be her mother and I am so excited to see what the Lord has in store for her and her beautiful family.

VERONICA RAMIREZ

Daughter Briana Zamorano: She gives me everything I need and more. When I'm having a bad day, she tries to do little things to make me feel better and sometimes gets me little gifts just to show me how much she loves me. | Son Miguel Zamorano: She takes care of me and supports me.

MARAVILLA RODRIGUEZ

Daughter Alondra Borbolla: She is the best mom of three, always teaching her kids to be hard-working and go out of the way to get

the things you want in life. She is not afraid of what people may think, what she likes she'll get. She moved to a country not knowing the language for a better life. That and much more makes her the best mom.

AVA SABO

Boyfriend Andrew Garcia: I believe Ava is the Best Mom in Maricopa because she has determination stronger than anyone I have ever met. She powered through school, a long-distance relationship with me while taking care of our daughter alone, as I was away, and always made ends

meet somehow. She overcame postpartum

depression through this all and is truly so deserving of everything good in life. She has been so incredibly strong and independent raising our beautiful, healthy daughter and I could not be more thankful for her.

DORIS SANTANA

Husband Miguel: Doris is not only an amazing mother, but she loves giving back to the community. Doris cares for children in the community and gives them the very best care. She's very passionate in what she does. After caring for our five children, she still manages to take on more with so much

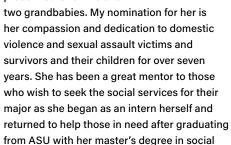
ERIN SCHMUCKER

Daughter Meyah Serrano: It's always just been me and my mom as a kid. She was known in Maricopa.

I would go to work with her every day at the old recycling center when I was 7. Then when I was 10, she worked at the U-Haul and I would go to work with her every day. I'm so thankful I did. I got to see my mom work so hard every day for me. She made me into the smart hard-working woman I am today. Not only is she the best mom in Maricopa. She's the best mom in the universe.

SHERRY SMITH-DUNN

Friend Holly Valdez: Sherry is a veteran of the U.S Navy, with 20 years of service. She is a very proud mother of five and



CLAUDIA VERDUGO

work.

Son Robert: I want my mom to be the Best Mom in Maricopa. Not only has she done so much for me. but my mom is someone who

has made her life about others. She is also a mom to my stepbrother and stepsister, always

making sure we have everything we need and raising us to be good and be the best we can be. My mom deserves to be the Best Mom. She never complains and always loves to make us happy. Mom, I love you. No matter what, whether you win or not, you will always be the best mom.

KURSTY WADE

Daughter Savannah: She went back to work a year ago after being a stay-athome mom for 15-plus years.

She's always putting us first before herself; she stops whatever she is doing to help us, always making sure that us kids are doing well. Never fails to make us laugh/smile when we need it. She's someone you can 100% count on for whatever you need.

GRACE WIGFALL

Father Paul Greer: My daughter is a beautiful, hardworking Maricopa County deputy sheriff raising three academically successful children of her own. She is well-loved and respected by her

family, neighbors, coworkers and friends. A devout Christian, she will gladly help others when in need. I cannot imagine a life without my dear Gracie in it. She's a true asset to Maricopa. | Sister Rachel: Because she simply is! Works for Maricopa County Sheriff Department while taking care of three children!

KATHRYN YBARRA

Mother-in-law Alice Goen: While working a full-time job at Banner Health as an RN, Kathryn also makes sure her husband Leonard

and sons, Leonard and Evan, are taken care of. Dinner is always ready. The boys never miss a soccer practice or game. The house is always clean. She is also very active in her church. On Sundays, she makes sure every child is checked into Sunday school and all the church members are greeted with a smile. I call Kathryn "Super Mom."

LISA YIM

Husband Hvung Yim: Through thick and thin, distance and much understanding ... this lady has always kept things under control and kept it cool. We have moved through four states, and the family has never seen a difference from one landscape to another. She is the epitome of a mom. Our kids - two are now adults - have been able to adapt and overcome in every environment. They are productive because of their mother's love. Moms are the staple of a family, and this family is together and strong. We are bound together with love, through her everlasting determination and undying resilience.

MERENZI YOUNG

Friend Shav: Merenzi is a superstar mother. She is selfless and loving to her two children, Ellaree and Emric. She is currently expecting her third child, and while doing so she is still a phenomenal mom. She puts in so much effort and I see it every single day. She is

Editor's note: Nominations edited for space and

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Keys to effective communication

BY HARRIET PHELPS

ETTING OTHERS TO UNDERSTAND OUR NEEDS AND ideas can be complex. The desired outcome is understanding, but how do we get there? What is good communication?

There are several categories of communication, including spoken or verbal communication, which consists of what we say to another person, regardless of whether it's face-to-face or on the phone. Nonverbal communication includes body language, gestures and how we dress or act.

We pay attention to nonverbal clues in conversation. The tone we use, emotion expressed, use of hand gestures or rolling of the eyes all send a message. Without those cues, written communication can be more difficult.

The goal is to understand and be understood. Understanding does not just happen. It is a process with each person playing their role consciously or unconsciously.

'I' versus 'You' statements

Using the word "you" implies blame and raises defenses. "I" statements, on the other hand, imply ownership and take responsibility for our feelings and needs. "I" statements state feelings instead of accusations.

For example, try, "I am upset when you do not make eye contact when we discuss something," instead of "You never listen to me."

Rules for communication

Take time to listen to the other person describe their feelings and needs. Avoid waiting for an opening to state your thoughts. Focus on their points. Ask questions from their point of view to understand them. When you understand where they are coming from, describe your own feelings and thoughts.

Use the talking stick method. The first speaker holds an object and talks about the issue without interruption and the other asks questions for clarity and understanding. When that person is done, they hand the object to the other person to speak about the issue for them.

Think about your feelings before you speak. If you are angry or upset, ask why you feel that way. If the other person is angry, ask why they are upset with you. If there is too much emotion, take time to calm down and discuss later without strong emotions.

Discuss or focus on one topic at a time. Hone in on what's happening in the present. Don't obsess over past history.

Discuss the issue, not the person. Otherwise, the issue becomes heated, and emotion breaks down the conversation. Use the "I" statements discussed

No stonewalling. When we retreat into our shell and refuse to answer, that is stonewalling. The problem remains unresolved. That lack of engagement can escalate the problem.

The goal is to come to a compromise or new understanding.

There is no perfect answer to an argument. Both sides must be prepared to give some and take some to work toward a solution.

Harriet Phelps holds a doctoral degree in psychology.



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Celebrate Good Times

Maricopa High School students danced the night away at the school's prom on May 7.













Instead of ending Algebra 2 requirement, redesign it

BY MURRAY SIEGEL

ARLIER THIS YEAR, THE Arizona
Legislature considered House
Bill 2278, which would end one
requirement — Algebra 2 — that
causes problems for some students trying to
earn a high school diploma.

Mastery of Algebra 2 is needed for college admission. Students entering college who do not pass a math placement test must take a non-credit course, Intermediate Algebra, which is Algebra 2. Students must pay tuition for Intermediate Algebra and purchase the textbook, yet no college credit is received.

The thought behind HB 2278 was: Why require students not bound for college to take this course? Those opposed to this legislation argued that, if passed, it would "dumb down" our students. What the politicians should have done is seek real information on how Algebra 2 can be designed to meet the needs of various students, including those not bound for college.

My teaching experience makes me an expert on Algebra 2. I have taught remedial, grade-level and honors versions of the course. I taught the course to a class of exceptional eighth graders and I have taught Intermediate Algebra at various colleges. Some years ago, I was contracted by The Teaching Company to design — and be the instructor for — a 15-hour educational video series titled "Algebra 2." I had to discern which topics were vital for the 30-lesson series to be successful.

The video was used by many homeschoolers, and its sales continued for 16 years. I know what belongs in Algebra 2.

Why is Algebra 2 vital for all?

must be aware of specific types of mathematical models taught in the course. College-bound students should take the standard Algebra 2 course in 11th grade; those who have excelled in math can take the course prior to their junior year.

Students who have struggled with math should wait until 12th grade to take Algebra 2 for Seniors, which uses an Intermediate Algebra text and helps the student avoid paying for the course in college. I have taught this course at three different high schools with great results. These students are focused on college and do a better job completing the coursework.

Math teachers should design a new Algebra 2 course in coordination with local business leaders to prepare students entering the workforce for the mathematical skills needed for many jobs. This must be done to ensure all Arizona high school graduates are properly prepared for life ahead.

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

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able to attend college. Pinal Promise provides

funding for any tuition need that has not been

met, meaning that Pinal Promise funds will be

OR MORE THAN 50 YEARS, CAC has been serving and educating the diverse communities of Pinal County by providing accessible, educational, economic, cultural, and personal growth opportunities for those of all ages.

Central Arizona College opened its doors in the fall of 1969 near the base of Signal Peak Mountain in Coolidge, AZ and in January 2013, the Maricopa Campus opened for business.

Central Arizona College is dedicated to providing a world class learner experience and empowers its students and staff to succeed by providing a TRUE Learning community.

It is the College's goal to be as clear, coherent, and transparent about what is needed for each program of study or transfer pathway while providing inspiring and relevant courses. CAC's guided pathways provide a clear road map of sequenced courses that lead to a specific degree or certificate. With nine areas of interest, students can find the pathway they want to a great career. For a listing of the nine areas of interest and related guided pathways maps, visit: https://centralaz.edu/academics/areas-of-interest/.

Community members are provided multiple learning opportunities through career training, personal enrichment classes, online and university transfer courses, and continuing education classes.

Students who choose Central Arizona College to pursue their educational dreams can do so without the worry of having to pay too much for their continued education. Instate tuition for the 2022-2023 academic year is \$50 per credit.

All students who reside in Pinal County and graduate from a Pinal County high

applied after all other Financial Aid has been applied to the student's account (this excludes student loans).

To be eligible for Pinal Promise, students

To be eligible for Pinal Promise, students must reside in and graduate from a Pinal County high school, participate in 20 hours of community service that can be completed in high school or while attending CAC and complete the CAC Scholarship application. For a complete listing of requirement and additional information, visit www.centralaz. edu/pinalpromise.

Classes begin on Mon., August 22. Advising appointments are available face-to-face on campus, virtually through Microsoft TEAMS, or by phone. To schedule an appointment with an advisor visit www.centralaz.edu/advising.

CAC business hours are 8 a.m. until 6 p.m., Monday through Thursday. For additional assistance, please call 520-494-5111 or email centralhelpdesk@centralaz.edu.

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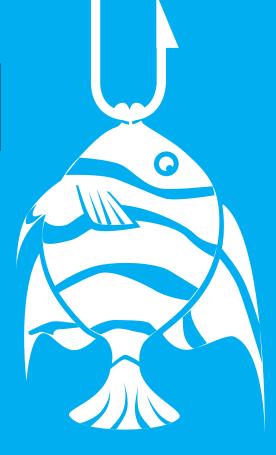
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Above; Leading Edge Academy Maricopa students compete in the CAA Track and Field Meet.

Left: Principal Mat Reese with the Leading Edge Academy Maricopa winners from the Leading Edge District Poetry Contest.

Educational opportunities abound at **Leading Edge Academy**

BY ERIK GRAY

EADING EDGE ACADEMY MARICOPA is proud to be finishing up its 12th year serving the Maricopa community. LEA Maricopa continues to boast some of the best test scores in the entire city. The K-8 school had many highlights this year, including our first annual band festival, the updating of our community garden, the expansion and success of our athletics program as well as the other extracurricular activities.

Principal Mat Reese, who has served the Maricopa community for over 30 years as a teacher, coach and principal, is proud of a great 2021-2022 school year and is already looking forward to 2022-2023.

Leading Edge Academy Maricopa is still enrolling for the 2022-2023 school year with very limited space available. If you are interested, please go online to www.LeadingEdgeAcademy.com or call us at 520-568-7800.

Leading Edge Academy Maricopa and Mr. Reese credits the success of the last 12 years to its amazing staff who truly care for their students.

LEA Maricopa is looking to round out its staff for the 2022-2023 school year as well. They are looking for teachers for the following positions: 2nd Grade, 4th Grade, 5th Grade, Middle School ELA, Middle School Social Studies and Middle School Science as well as Instructional Aides. If you are

interested in applying, please visit us online at www.LeadingEdgeAcademy.com/employment.

Thank you to the Maricopa community for the last 12 years and we look forward to continuing to be a part of this amazing city!

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44314 W. Yucca Lane

\$ 595,000

This two-story home in Desert Cedars has a backyard oasis. A covered patio extends to a Pebble-Tec pool complete with waterfall, synthetic lawn and gas line waiting for a grill. Inside the home, the kitchen has stainless-steel appliances, granite countertops, backsplash, walk-in pantry, an island and a separate breakfast bar. One bedroom and bathroom are downstairs; the other four bedrooms and two bathrooms are upstairs. There is an oversized bonus room and loft. The master bedroom features a double-door entry, large ensuite and walk-in closet. The home was on the market for four days and sold for \$61,000 over the original list price.

\$314,000 on 1ay 30, 2019

Community: Desert Cedars Square feet: 3,528 Price per square foot: \$168.65 Days on market: 4

Year built: 2006 **Bedrooms:** 5 Bathrooms: 3

2. 20687 N. Enchantment Pass, Province	\$590,000
3. 44159 W. Canyon Creek Drive, Cobblestone Farms	\$590,000
4. 40587 W. Dennis Lane, Smith Farms	\$589,000
5. 41744 W. Cribbage Road, Province	\$580,000

least expensive HOME SOLD

42441 W. North Star Drive



\$ 324,900



This single-story home in Province has two bedrooms and two bathrooms. New carpet, new interior paint and newly resurfaced bath and showers refresh this home. The kitchen offers granite countertops and new stainlesssteel appliances. On the market for 107 days, the home sold for \$5,000 under list price.



Source: MLS, April 10 - May 9

Community: Province Square feet: 1,542 Price per square foot: \$210.70 Davs on market: 107

Year built: 2004 Bedrooms: 2 Bathrooms: 2

2. 43570 W. Colby Drive, Rancho El Dorado	\$335,000
3. 19421 N. Rose Road, Rancho Mirage	\$336,000
4. 40844 W. Sunland Drive, Rancho El Dorado	
5. 20130 N. Leo Lane, Province	
5. 20:00 til 200 2atto, i totti od i i i i i i i i i i i i i i i i i i	



Keeping your monthly payment low amidst interest rate hikes

BY DAYV MORGAN

HE PRICE OF HOUSING IS ON THE RISE. In and of itself, that statement is nothing new these days. A severe shortage of housing inventory has driven home values through the roof.

But there's another wrinkle that's making house hunting even more expensive.

To stave off record inflation, the Federal Reserve recently raised interest rates by 50 basis

points, doubling the increase of 25 basis points that most professionals expected to see anyway.

Back in December, the interest rate for a 30year mortgage was 3.11 percent. In May, it was at 5.53 percent.

The average home value in Maricopa is \$400,000. In December, assuming a good credit rating and a 20 percent down payment, with taxes and insurance, your monthly payment would have been \$1,634.86. Now, that payment is \$2,089.62 — a difference of \$454.76.

The recent interest rate hike likely won't be the last this year.

So, if you are in the market for a home, financing is going to be just as important as the price of the property you are looking to buy.

While the cost of financing will increase for everyone, there are actions you can take to keep your monthly payments as low as possible:

Pay down your debts: A mortgage broker is going to look at two items when trying to determine your creditworthiness: Your debt-toincome ratio and your credit score. Paying down your debts will help both. Lenders give the best rates to people with a debt-to-income ratio of 42 percent or better.

Check your credit report: You need to look at the same information your lender is going to use to make their decisions. Make sure there aren't any delinquencies or false information. You can get a free report from each of the three credit reporting agencies every year at: annualcreditreport.com.

Increase your income: Depending on the amount you are trying to borrow you may need to figure out how to make more money. Maybe it's time to look for a better paying job or get an

Shop around: Make sure to price shop with multiple mortgage lenders. Rates can sometimes vary wildly between different lenders. And, if the rates are the same, you may end up saving a pretty penny on fees. If you don't have time to shop around, consider using a mortgage broker. They will shop for the best rates for your and most of the time, their fees are paid by the lender.

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



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Smile-making sunflowers

BY ALICE BATSCHE

that will make you smile! Find a sunny place with welldrained soil and plant seeds in early spring or fall, placing the pointy end of the seed down and topping it with one inch of soil. Keep the soil moist and seedlings should appear in 7-10 days. If starting them in pots, transplant to the ground when two sets of leaves appear.

A good idea is to plant many in stages as the blooms only last one to two weeks. For the longest lasting displays, cut flowers in the morning. This will encourage new buds to form.

It is so interesting to watch sunflowers as they turn toward the sun. At dusk they shift to the East waiting for the morning light. Their scientific name is Helianthus annulus from the Greek word for sun "helios" and flower "anthos." They belong to the daisy family known as Asteraceae.

Native Americans have grown sunflowers for food, oil and flour for centuries. In fact, sunflower seeds were found in Mexico dating back to 3000 B.C. The seeds are full of fiber, high in protein and contain antioxidants. What a perfect snack! This truly American crop was transported to

Europe by the Spanish in the 1500s and is LANT SUNFLOWERS FOR A garden now grown around the world. North Dakota produces the most sunflowers of any state in the United States.

> Bees, butterflies and hummingbirds are important pollinators attracted to sunflowers. Bees will stay on the flower's center for several minutes

catching pollen on their hind legs. Sunflowers are usually yellow with a brown center, however there

are many other varieties. As many

as 2,000 tiny flowers may grow in the center, later becoming seeds.

Children love the bright yellow "Dwarf Teddy



Chianti Hybrid

Bear" variety, which is perfect for containers. It features sturdy stems, grows 2 inches to 3 inches tall and has edible petals and seeds. The flowers resemble pompoms!

For plump seeds, try "Mammoth Gray Stripe." The large 20-inch heads can be harvested when the petals dry out and seeds are rounded. This variety can reach 12 feet tall and needs to be staked. Harvest the seeds when the back of the flower head turns brown.

"Chianti Hybrid" has lovely wine-colored petals with gold flecks in them. It is a branched and pollenless sunflower that can reach up to 5 feet in height. The flower heads are 3 inches to 4 inches wide, making this variety a dramatic cut flower. A similar type is "Fire Catcher," with its brilliant shades of red and yellow.

Sunflowers absorb toxic waste by taking it up in the leaves and stems of the plant. Millions of these flowers were planted after the nuclear disasters in Fukushima, Japan and Chernobyl, Ukraine. (It is Ukraine's national flower and has become a symbol of solidarity since its invasion by Russia.) In fact, the symbol of a nuclear weaponsfree world is the sunflower.

No wonder sunflowers make us smile!

Alice Batsche is a former University of Arizona Master Gardener.



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A focus on men's health

BY JOAN KOCZOR

UNEISMEN'S HEALTH MONTH, A NATIONAL observance which began in 1994 to raise awareness about health care for men and encourage boys, men and their families to practice and implement healthy living decisions.

According to the Centers for Disease Control and Prevention, men in the United States die five years earlier than women, on average, and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

It is important for men to be aware of preventable risks. Make a commitment to have a health checkup. Overall good health relies on screenings and other evaluations with health care providers. Schedule routine tests for early detection of disease. Document your family history with your physician.

Men's Health Month was created by the Men's Health Network, a non-profit organization founded in 1992 to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. Wear BLUE Day will be celebrated June 18 to highlight those efforts.

> During the month of June consider taking the first steps to improve your health. Make healthy food choices and stay active. If you smoke, think about quitting. Take care of your mental health.

Keep in mind how important you are to so many - family, loved ones, friends, colleagues. So, if not for yourself, do it for them. The decisions you make about your health and wellbeing also affect them.

MensHealthMonth.org

Ioan Koczor is a senior advocate and a member of the Age-Friendly Maricopa Advisory

InMaricopa.com/Columnists







Long-term care system broken for those in 'gigantic middle'

BY RON SMITH

AST MONTH, AARP CEO JO ANN JENKINS WROTE IN THE group's bulletin "the system for helping people who can no longer care for themselves is broken and costly."

This is important because, as she noted, "Nearly 70% of American who reach age 65 will someday require help from others to get through their day. On average, women will need help for 3.7 years, and men for 2.2 years."

Unfortunately, the system providing these services is deeply flawed. Only a small number of Americans have the resources to obtain longterm health care needs. Medicaid has programs — for those who qualify on the other end of the economic spectrum — that can provide a bed, food, nursing care and enough support to live with a modicum of dignity

SEEKING WAYS TO HELP

In September, the RAISE Advisory

Council released a report based on two years of assessing the current

support family caregivers. It made

and public awareness of

their needs and challenges.

partners in providing health

care and long-term services

Improve access to services and

support, such as respite care,

counseling and transportation.

Ensure their financial and

workplace security.

education for family caregivers

the following recommendations:

Expand outreach and

Engage caregivers as

for their loved ones.

patchwork of federal efforts to

FAMILY CAREGIVERS

and comfort. The problem is the "gi-

gantic middle," as termed by Nancy LeaMond, AARP's chief advocacy officer. They include many Americans who can't qualify for Medicaid or cashflow their own caregiving either at home or in an institution. Their care is likely to come from an unpaid family caregiver. Some 53 million Americans of all ages devote

More than 1 in 5 Americans are caregivers and 61% of them also work, with 24% of these caregivers caring for more than one person. About 61% are women and at least 45% of them have suffered at least one financial impact. With 10,000 boomers turning 65 every day

through 2030, the need for unpaid family caregivers will increase.

The toll is great because of the flaws in the systems intended to assist them. The support needed from employers, government or the healthcare industry falls short or is too confusing to obtain. This is further complicated by the nature of what happens during a medical crisis. Family members get thrown into chaos, changing schedules

as they relate to home, career and, of course, finances. Most family caregivers aren't prepared to deal with that new set of tasks.

Since the Older Americans Act of 1965 established the U.S Administration on Aging, the federal government has sought to help older people maintain maximum independence in their homes and communities. Most services are delivered through State and Area Agencies on Aging. Locally, the Pinal-Gila Council for Senior Citizens does a great job of providing services and programs to county residents. It's also a great first stop to learn about available services.

But these services don't reimburse lost salary or out-of-pocket expenses for caregivers, who spend about 24 hours per week providing homecare. A June 2021 AARP study found 78% of family caregivers spend more than \$7,200 per year on care. Moreover, they get no training on how to provide proper homecare support. Yet, they carry the medical support system on their backs though their own health often suffers.

In 2018, Congress and President Donald Trump passed the Recognize, Assist, Include, Support and Engage (RAISE) Family Caregivers Act. It directed the Secretary of Health and Human Services to develop a national family caregiving strategy to identify support opportunities by communities, providers, government and others (see box).

Ron Smith is a living-in-place advocate, a member of the Age-Friendly Maricopa Advisory Committee, a Certified Aging-in-Place Specialist and a Certified Living in Place Professional.

InMaricopa.com/Columnists





Seniors fend off threats to Social Security now

BY AL BRANDENBURG

HE COVID-19 PANDEMIC EXACERBATED MANY OF THE issues faced by Social Security, which provides at least 70% of income for about one in six seniors. About 45% of Black seniors and 52% of Latino seniors rely on Social Security for all or most of their income. Social Security will be solvent through 2037, according to experts.

High reliance on Social Security for the wellbeing of the elderly is typical regardless of sex, race or state of residence. Nationally, the median recipient at age 65 over-relies on Social Security for 67% of their income. But this economic reality isn't just relevant for today's older adults. All Americans should ask: What will a compromised Social Security or Medicare program, or the absence of a meaningful pension, mean for me when I retire?





Older adults have been disproportionately harmed by the recent financial crisis. According to the National Council on Aging, more than 23 million Americans age 60-plus are living on \$27,925 or less per year. Meanwhile, the Social Security and Medicare programs are under attack. If weakened, these programs would put more costs on the backs of seniors and renege on the promise of a safety net.

Retirees may be suffering from inflation sticker-shock everywhere — from the grocery store to the gas pump. Those rising prices could mean an even higher Social Security cost-of-living adjustment next year. A preliminary estimate from The Senior Citizens League, a non-partisan senior group, finds the 2023 cost-of-living adjustment, or COLA, could be as high as 7.6% based on the latest Consumer Price Index data. In comparison, the Social Security COLA for 2022 in January was 5.9%, the highest bump in 40 years.

The League also found the 5.9% COLA for 2022 is falling short. And when SSI rates increase, Medicare, HMOs and other programs raise the fees taken directly out of monthly checks. The recent bump was offset by an increase in Medicare. As medical costs increase, this pattern will continue.

The average retiree benefit is around \$1,564, according to The League. But to accommodate for an 8.6% year-over-year increase in the Consumer Price Index, the benefit would have to be \$1,699.

To shore up the program, lawmakers have a choice of increasing taxes on benefits, raising payroll taxes and/or increasing the retirement age.

"An increase in the full retirement age is just a benefit cut," said Joe Elsasser, founder and president of Covisum, a provider of Social Security claiming software.

Social Security advocates are staunchly against tweaking retirement ages. All of us are seniors-in-waiting. As a nation, we need to be forward-thinking about policies and practices that will allow Americans to retire and live with dignity and economic security. But seniors need to be proactive. Write or call your congressman and senator to voice your concerns over present and future SSI changes.

Sources: cnbc.com, epi.org, AARP, usnews.com, theseniors.center

- **U.S. Sen. Kyrsten Sinema: 202-224-4521**;
- 🔁 U.S. Sen. Mark Kellv: 202-224-2235:
- Tep. Tom O'Halleran: 202-225-3361

Al Brandenburg is a member of Maricopa Community Advocates.

InMaricopa.com/Columnists

5-10

Vacation Bible School

6 p.m., First Baptist Church of Maricopa 18700 N. John Wayne Pkwy.

6

Maricopa Historical Society meeting

5 p.m., Redwood Room Maricopa Library & Cultural Center 18160 N. Maya Angelou Drive

7

Maricopa City Council meeting

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

- 13

Friends of the Library meeting

5:30 p.m., Maricopa Library & Cultural Center 18160 N. Maya Angelou Drive

Maricopa Planning & Zoning Commission meeting

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

15

MUSD Governing Board meeting

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

17-18

The Arizona Seals will hold a

two-day challenge fundraiser at the Copper Sky Aquatic Center. The event will begin at 7 a.m. each day. The Seals are a year-round competitive swim club serving youth in Maricopa and surrounding areas. The event offers a chance for swimmers to practice while earning funds for training equipment and to host team events. For more information please contact Crystal at crystalcsl3@hotmail.com.

21

Maricopa City Council meeting

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

Sundays

Narcotics Anonymous

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

Mondays

Narcotics Anonymous

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

Alcoholics Anonymous

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

Tuesdays

Maricopa Cruise-in

5 p.m., Parking lot behind Burger King 20699 N. John Wayne Pkwy.

Alcoholics Anonymous

6:30 p.m., Mountain View Community Church 50881 W. Papago Road

Celebrate Recovery Small Group Meeting

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

Wednesdays

Alcoholics Anonymous

7 p.m., Mountain View Community Church 50881 W. Papago Road

Al-Anon — New Beginnings

10 a.m., Maricopa Library & Cultural Center 18160 N. Maya Angelou Drive

Thursdays

Maricopa Police Cadets meeting

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

Narcotics Anonymous

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

Fridays

Al-Anon — Strength & Home AFG

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

Alcoholics Anonymous

7 p.m., Mountain View Community Church 50881 W. Papago Road

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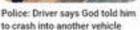






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parting shot



In Bloom

Albert Copley took this shot of California Poppies right outside town last year.

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