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ON THE COVER

Kristina Donnay (center), Jenny Rabatin and Bill Day of Maricopa Wellness, photographed by Victor Moreno.

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It's a pleasure to tell your stories of a great community

Hello, Maricopa!

This is my first direct message to you as the new InMaricopa editorial director, and I have to say I am so impressed with the community. It's diverse. It's engaged. And it's growing.

I don't have to tell you that, though. Is there a bigger issue around here than State Route 347? Everywhere I go the sentiment seems to be, "We've identified the problem, now just widen it and build the Riggs Road overpass already." Well, as we detail for you in a transportation story in this issue, you can help make that happen when you go to the polls or fill out your early ballot in the coming weeks. Our story talks about Proposition 469 and how crucial its passage is to improving SR 347.

Another concern to everybody is health. This month, we give you a healthy dose of local stories on that topic in our annual Health Guide. Take care of yourselves, folks. There's nothing more important.

Water also is a pretty big deal here. Maricopa is in a unique place in that it relies solely on groundwater. I'm told that there is a guaranteed 100-year supply. Will the proposed surf park really use less than a subdivision would if built on that land? Be sure to check out our story this month for all the details.

From Friday Night Lights at Maricopa High to



success in college football: Jacob Cowing is catching on at the University of Arizona. We take a look.

So, who is this new guy in charge of your magazine? I became a journalist because I didn't become a rocket scientist. It's true!

After my junior year in high school, I'd exhausted the math offerings (I was a year ahead in math when we moved to Tucson from Ohio). I'd applied for early admission to Rice University, which had a nice relationship with the Johnson Space Center, intending to become an aerospace engineer, a rocket scientist.

In my senior year, because there was no more math to take, I needed another class to be eligible for sports. An English teacher recommended I take Student Newspaper for a credit. It sounded like an easy "A," exactly what I was looking for, and — voila! — I was hooked. I went to journalism school at the UofA.

I still love the profession. I enjoy connecting with the community and telling its stories. This is what I'm made to do.

Although, I confess: When my son was a Cub Scout, I helped him build his rocket.

LEE SHAPPELL | EDITORIAL DIRECTOR

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JAY TAYLOR

This month, Jay takes a look at just how much water that PHX Surf Park, the new wave park coming to Maricopa, could likely use.



ANGEL RAYMOND

Angel discusses the importance of choosing the right personal injury lawyer. Angel says to look for a lawyer with trial experience, local connections and determination.



TOM SCHUMAN

In this issue, Tom pulls double duty with a story about the Deaf community in Maricopa and a remembrance of Pat Brock, a teacher and historian.

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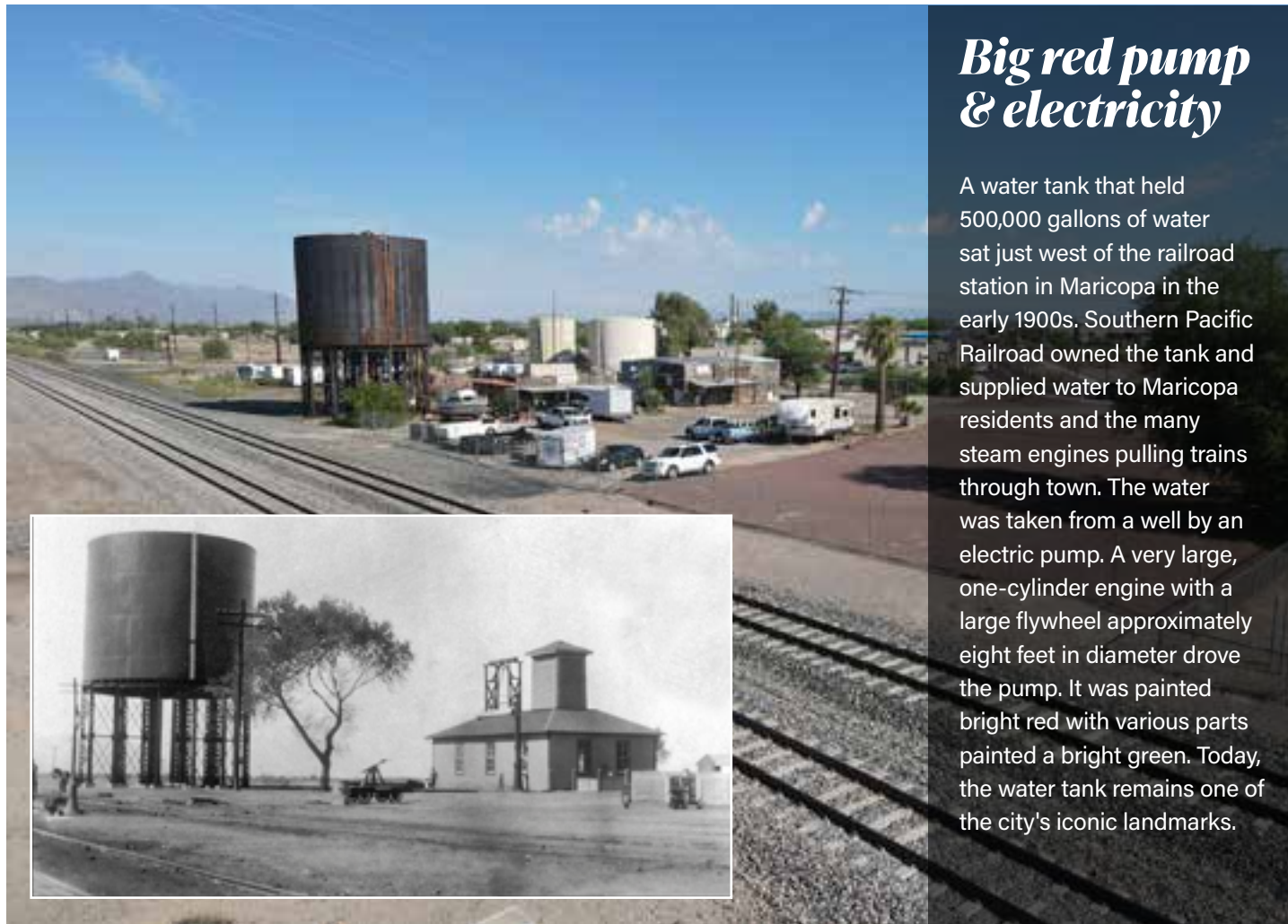
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Big red pump & electricity

A water tank that held 500,000 gallons of water sat just west of the railroad station in Maricopa in the early 1900s. Southern Pacific Railroad owned the tank and supplied water to Maricopa residents and the many steam engines pulling trains through town. The water was taken from a well by an electric pump. A very large, one-cylinder engine with a large flywheel approximately eight feet in diameter drove the pump. It was painted bright red with various parts painted a bright green. Today, the water tank remains one of the city's iconic landmarks.

THIS MONTH BACK IN...

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



2004

The first Founder's Day celebration was held at The Duke in honor of the 1-year anniversary of Maricopa's incorporation. The city was incorporated on Oct. 15, 2003. Mayor Kelly Anderson highlighted a year of accomplishments, including a proposed 20-acre park being negotiated. He mentioned three ongoing projects, including the preparation of the city's general plan and regional traffic analysis. Alan Stephens, co-chief of staff for Gov. Janet Napolitano, delivered a proclamation. "Maricopa has a tradition of raising families with respect, honor, and pride," congratulating the city for turning farms and ranches into homes. "You are doing development the right way."



2006

A "CBS News Sunday Morning" crew visited Maricopa to film a segment on population growth in America entitled "300 Million and Counting." The story, which aired Oct. 8, featured interviews with Mayor Kelly Anderson and Councilman Will Dunn by CBS correspondent Thalia Assuras. CBS used the city as a microcosm of the exploding U.S. population that was expected to surpass 300 million the next week, the network reported. Maricopa's population had grown from 1,500 to about 25,000 in the three years since its incorporation in 2003. Anderson, a Maricopa native who was interviewed on the family farm, noted the many changes he had seen in the city since he was a boy. "Life was good," noted the mayor. "It's good now."



2016

Social media accounts in Maricopa picked up a trend gaining steam across the country: violence threatened by vindictive clowns. The scary clowns (or clown apocalypse) spread threats through posts on Twitter and Facebook. At least two accounts — Maricopa Clowns and Clowns of Maricopa — popped up with the same threat: "Sorry Maricopa, But Friday Oct. 7th, we are coming to your town. Say goodbye to your friends and family. Good luck." Some follow-up posts targeted specific people and areas of town. A day later, the accounts were taken down. Local police investigated the threats. Similar threats were made at other school districts in Arizona and in 10 other states. Some of the threats were followed up with pranks that led to arrests, mostly of juveniles.

Maricopa Historical Society and Brian Petersheim Jr.

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Historical impact

Pat Brock's work will live on

BY TOM SCHUMAN

PAT BROCK, THE LONGTIME Maricopa educator and historian who died in August at the age of 80, would have been a bit uncomfortable with the accolades that accompanied her passing.

"She would be a little embarrassed but smile, nod her head and be very appreciative," said Brenda Campbell, who moved to the city in 2006 and teamed with Brock and others to form the Maricopa Historical Society. "Pat was about recognizing others, not being recognized."

Brent Murphree, a former Maricopa vice mayor and close friend of the Brock family since his younger days, agreed.

"Pat would step back because she would not want to be the center of attention. She always wanted history, the story of Maricopa, to be the center of attention," he said, chuckling before adding, "The way she did it, without bringing attention to herself, ultimately brought attention to herself."

Brock, in many ways, was the one who told the story of Maricopa, publishing multiple books highlighting the city's history.

But first and foremost, she was an elementary school teacher in Maricopa for 25 years who then spent five years as district curriculum director before retiring. Whether working in the classroom or the community, her approach was the same.

Shirley (Dunn) Kelly said she knew Brock for many years and had the opportunity to interact with her in various ways.

"She taught my children," Kelly said. "The kids all loved her. She taught to a child's needs. Pat didn't have to raise her voice. She



Pat Brock grew up in Maricopa and was a teacher at Maricopa High School for 25 years. She served as a steward for Maricopa's history, writing several books that preserved the town's story for future generations.

got more out of being quiet. She would fold her arms and look serious. That got more results than somebody who screamed and yelled."

Campbell said Brock had a nature that garnered respect from everyone.

"Pat was very personable, patient and soft-spoken. She was never firm; she didn't have to be," Campbell said. "She just had the respect of people. She was a people person, very kind-hearted."

Brock's many accomplishments included authoring several books chronicling Maricopa's history. Two volumes of "Reflections on a Desert Town" and 2010's "Images of America: Maricopa" were the result of extensive interviews and research by Brock. In the 1980s, her fourth-grade students were major contributors to the city's first history book, "Maricopa Our Town."

Raymond Nieves, a lifelong Maricopa resident and local business owner, was among those students.

"That was one of my favorite classes as a kid. At the time, we did not know she was working on a book," Nieves recalled. "She was an awesome teacher; she touched so many lives in positive ways."

"In fourth grade, kids were just that — kids," he continued. "She had a way of making us feel like young adults. She held us to a higher standard. I felt like we were at a higher level. She helped mold us, showed us the meaning of hard work — do the hard work and it will pay off."

Educational focus

Growing up, Murphree and others were on a competitive swim team based in Phoenix. Brock was among the parents who drove the local team members to Chandler once or twice a week for practice.

"You get a little more bonded with someone (in those circumstances)," he said. "Pat was pleasant, even paced and just the nicest person."

Murphree followed Brock as the second president of the Maricopa Historical Society.

"She took that teacher's approach to things," he said. "She got her students involved in their own history and loved to bring Arizona heritage to life for kids."

Recounting the variety of cultures and backgrounds he experienced as a student, prior to the city's growth and expansion, Murphree added: "Pat wanted to make sure everybody knew Maricopa was a good, diverse community where people learned from each other."

Education remained at the forefront for Brock after her retirement.

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“She cultivated a lot of artifacts,” Murphree noted. “She had a Maricopa High School yearbook from every single year, lettermen’s jackets and other education resources. She was a stalwart resource for all of Maricopa’s history.”

Dedicated to her craft

Brock, raised in Maricopa with 11 siblings, was a 1961 graduate of Maricopa High School. Her three sons all graduated from the school and her husband, Harry, was the local postman for four decades.

A second devastating flood in 1991 prompted the Brocks to move their home out of Maricopa. But it didn’t change their commitment to the community.

“Although they physically moved, her heart never left Maricopa,” Campbell said. “She loved our city and always had a presence here.

“Pat’s heart was always in history. That was her passion, having conversations, doing oral histories and videotaping them.”

Kelly witnessed Brock’s work firsthand. Her father, Sonny, was a cotton farmer for

“She had a Maricopa High School yearbook from every single year, lettermen’s jackets and other education resources. She was a stalwart resource for all of Maricopa’s history.”

BRENT MURPHREE

FORMER MARICOPA VICE MAYOR

more than 50 years and six generations of the Dunn family have called Maricopa home.

“She interviewed me one time about my mom and dad,” Kelly said. “She worked relentlessly on that. I’m not sure how many tapes she had (with similar interviews). Pat was steadfast. When she did something, she was patient and persevered until she got it done.”

Special honor


Brock’s impact was felt in many ways and will continue for years to come.

Nieves said many young people wanted to leave Maricopa when he was growing up.

“I never felt that way,” he said. “She was big on the community. (Brock and other teachers) wanted you to succeed; they wanted to help you.”

Long before her death, the Historical Society’s board of directors voted to recognize Brock’s many contributions in its soon-to-open museum and visitors center. The first compartment in the restored Silver Horizons railcar that was part of the California Zephyr train will be dedicated in her name, Campbell said.

“Pat was my teacher (as a role model),” Campbell concludes. “She is the reason I became involved in history.”

And the reason many Maricopans know the history of their hometown. 



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Funding for Riggs overpass, SR 347 widening goes back to voters

BY LEE SHAPPELL

YOU'RE DEAD-STILL, HANDS seared to your steering wheel, about 3 miles deep in stalled traffic on State Route 347. You and 40,000 of your daily commuter brethren. Every day. Whether headed north to work or south back home.

Traffic finally begins to creep and then — boom! — the traffic light at Riggs Road turns red and you're in a parking lot once again. It's scorching hot. Unless you're in an electric vehicle, you're contributing to air pollution as you sit there. And you've hit the boiling point. You're sick of it.

How much longer must you be subjected to this torture?

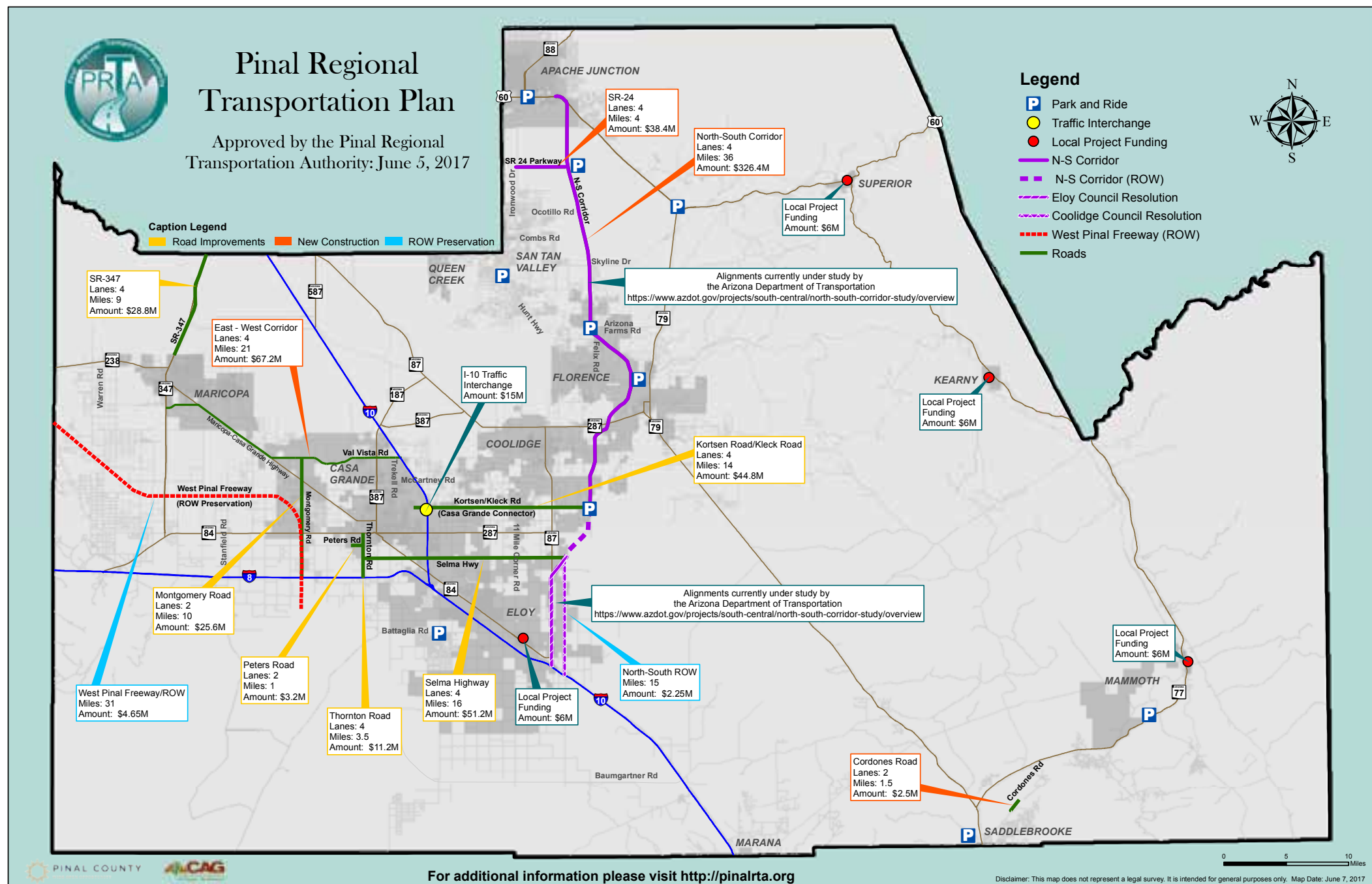
In 2017, it appeared relief was on the way when the voters of Pinal County approved Propositions 416 and 417. Prop 416 was a collection of road projects in Pinal County that included improvements to SR 347. Prop 417 allowed for a half-cent sales tax to fund the road projects in Prop 416.

The Arizona Supreme Court shot down Prop 417 earlier this year, and in November, Pinal voters will decide whether to improve the county's roads by voting for or against Proposition 469, a retooled version of Prop 417.

In June, the Pinal County Board of Supervisors unanimously approved sending the new, half-cent sales tax to voters to fund the Pinal Regional Transportation Authority.

The earlier version of the tax was challenged by the Goldwater Institute because it exempted purchases of more than \$10,000, and two-tier taxes are prohibited under Arizona law.

Prop 469, which will be on the ballot as a replacement for Prop 417, eliminates that exemption. It is similar to Prop 400 in Maricopa County, a half-cent sales tax that built the metro Phoenix freeway system.



Two of the projects voters will decide whether to fund in November are the widening of State Route 347, above, and completion of Sonoran Desert Parkway.

Brian Petersheim Jr.; Bryan Mordt



Maricopa began work on Sonoran Desert Parkway this year. It will extend to Interstate 10 and provide a quicker commute to Casa Grande.

Prop 400, which expires in 2025, was approved by the Legislature to go to voters in November for extension, but Gov. Doug Ducey in July blindsided nearly every municipality in the Valley by vetoing a bill that would have allowed Maricopa County to ask voters to extend it again to fund major transportation projects for the next 25 years.

The Maricopa Association of Governments likely will attempt to get it back on the ballot under a new governor and new state Legislature before it expires in three years.

Prop 400 money is important because a section of SR 347 runs through Maricopa County.

U.S. Rep. Tom O'Halleran, whose First Congressional District includes Maricopa, believes relief is within sight despite the state Supreme Court ruling that set back plans to widen SR 347 from Interstate 10 to Maricopa and build an interchange at Riggs Road.

“I do think roads, first responders and police departments are things constituents don't normally have a problem supporting.”

ELI CRANE

CANDIDATE FOR CONGRESS

O'Halleran's opponent in the newly formed Second Congressional District race in the Nov. 8 general election, Republican Eli Crane, said obtaining additional federal

funding to widen SR 347 “is something I'd like to look into more.”

“Honestly, it's not one of the issues constituents talk to me about on a daily basis, even when I come to Pinal County,” Crane said of more federal funding for the widening. “I do think when it comes to taxes, because that is something the federal government has oversight of, I do think roads, first responders and police departments are things constituents don't normally have a problem supporting.”

The Arizona Department of Transportation estimates nearly 72,000 cars a day will travel that stretch of highway by 2040.

About \$80 million of tax revenue from Prop 417 remains in escrow with the Arizona Department of Revenue until a plan is enacted for its return to businesses that paid.

“The decision by the courts here in Arizona didn't help that process, but we've had multiple conversations with the people of Maricopa

Brian Petersheim Jr.

and Pinal counties,” O'Halleran said. “The underlying factor is the Infrastructure bill that went out the door. I worked hard on that to make sure the funding was there to be able to accomplish those goals, whether it was the 347 or the widening of I-10. We've been working on that for a few years now. We are moving incrementally to address those objectives.”

Last year, O'Halleran brought U.S. Secretary of Transportation Pete Buttigieg to view SR 347 and I-10.

“By coming out to the site and seeing it firsthand, he understands the issue now at a much higher level,” O'Halleran said.

The congressman added The American Rescue Plan also brought in more dollars “to be able address those issues.”

“We've provided now enough money to have flexibility to do it, but now people have to put the deal together and finish the deal,” O'Halleran said. “I'll be there to provide any help I can. I think we're pretty close to addressing those issues.”


The Arizona budget for the current fiscal year includes more than \$66 million for work on State Routes 347 and 238. About \$35 million from the previous year's budget remains available to fund a portion of the Riggs Road overpass, which is the highest priority on SR 347 and will be addressed first. ADOT has it on the Active Project List for construction in 2025.

The Riggs overpass is nearing the design and environmental studies stage, due in large part to former state Rep. Bret Roberts, who helped secure the \$35 million in funding.

State Rep. Teresa Martinez and state Sen. TJ Shope were instrumental in landing a \$19 million allocation in the state budget for design study. Any overage would go toward State Route 238 widening and pavement repair, including the John Wayne Parkway/Smith Enke Road intersection.

The SR 347 project remains hundreds of millions of dollars shy of starting construction, but the design study is a precursor to requesting more state and federal construction funds.

Proposition 469, if approved, also would provide some funding for construction of the city's secondary access, the Sonoran Desert Parkway, linking southern Maricopa with I-10 across the northern edge of Casa Grande.

An ADOT study showed road construction costs have climbed 72% in the past six years. With time being of the essence, money from Pinal and Maricopa counties to augment funding already in place could speed the timetable and would prevent costs from rising more. 



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Crane says experience as Navy SEAL prepared him to be Maricopa's congressman

BY LEE SHAPPELL



Eli Crane, an Oro Valley resident and native Arizonan, said he is running for Congress out of concern for the direction the country has taken.

WHILE IN THE DESERT OF IRAQ as a U.S. Navy SEAL, becoming a politician and running for office was the furthest thing from Eli Crane's mind.

Yet, he says, that training and service serves him well as he attempts to unseat incumbent Democrat Tom O'Halleran in Arizona's Second Congressional District in the Nov. 8 general election.

"Absolutely," Crane, 42, said during an interview with InMaricopa before a recent appearance in front of Republican supporters in Maricopa. "This is not a game for weaklings. Politics is a nasty business. If you can't take criticism, can't take insults, this probably is not a good place for you to be."

"The military helped prepare me for the mental toughness it takes. In Special Forces, you learn to think outside the box. In this case, if I'm not innovative and creative, I'll probably get the same results as the people before me have gotten. So, I'm going to try to be innovative and creative. One of the first things they talk about in SEAL training is you're nothing by yourself. You must build a good team. The military taught me humility, just understanding teamwork. Don't ever try to think you have all the answers. If you can do that in business or in politics, you stand a much better chance of being successful."

The week after 9/11, Crane joined the Navy. He went on five war-time deployments, three of them to Iraq with SEAL Team 3, while serving for 13 years. Afterward, the combat veteran became a small-business owner, husband and father.

An Oro Valley resident and native Arizonan, Crane and his wife Jen started Bottle Breacher, a company featured on television's "Shark Tank," where they landed a deal with Mark Cuban and Kevin O'Leary. Bottle Breacher employs and gives back to veterans nationwide.

It was fulfilling, Crane said, yet things he was seeing in the U.S. kept gnawing at him, resulting in his run for office.

"I'm just concerned about this country, what I see going on at the border, what I see in our economy, the fact we've had an avowed socialist come in arguably in the top four of the last couple of presidential cycles, the fact I see cultural Marxism in the major institutions that we have — from the media, to Big Tech, academia, even now our military. It really concerns me," Crane said. "I think we're headed in the wrong way. I'm afraid we, as Americans, have become so passive and complacent that we've just kind of checked out, don't really pay much attention, and because of that, our country's in kind of a free-fall right now."

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Maricopa will directly benefit in other ways too, such as the new 21-mile, four-lane East-West Corridor between Maricopa and Casa Grande, another route to I-10. There are many other transportation benefits that will help Maricopa residents too, as well as Dial-A-Ride services for seniors and the disabled, and all for the cost of just 56 cents per day for the average household.

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"As the new Mayor of the City of Maricopa, I remain concerned about an old problem that needs to be addressed. Roads and freeways in Pinal County have not kept pace with our growth. That's why I am asking you to vote YES on Proposition 469. Prop 469 reauthorizes a sales tax to pay for a long list of transportation needs including for vital improvements to State Route 347 in and out of the City of Maricopa."

- Mayor Nancy Smith

Vote Yes on November 8th, or look for your early ballot in the mail, to reauthorize funding for Pinal County roads and freeways.

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Arizona Congressional District 2, approved by the Independent Redistricting Commission late last year, is mammoth and diverse. It includes Maricopa, Casa Grande and Florence in Pinal County and extends to Arizona's eastern border and north to the Four Corners area. It also includes Flagstaff and Prescott as well as six Native American reservations, including: Gila River, Ak-Chin, San Carlos, Fort Apache, Navajo and Hopi.

Some Maricopa officials are concerned the new district, which is larger than its predecessor, is too big and the city might not be represented by someone with extensive local knowledge of issues important to its residents. Crane, for example, acknowledged he is not well-versed in the traffic woes on State Route 347.

Arizona's current congressional delegation is made up of five Democrats and four Republicans, and O'Halleran's seat is considered among several across the country that are vulnerable and could lead to a change of majority in the U.S. House of Representatives.

It is a challenge managing the vast expanse, Crane said.

"If my wife wasn't amazing, there's no way I could run for office," Crane said. "It seems like we're in the car all day long. I try to listen to folks, listen to what they want, try and be a representative of the people. One of the best ways to be a good representative of any district is just listen to people and be willing at times to take something onboard that you might not necessarily want to hear."

"Also, hustle. Last night we were in Show Low. Then we drove to Prescott, with the Republican Women of Prescott, and then we hurried down here. Tomorrow, we're back up in Prescott, then I'll come back and spend the evening with my family, and then right back up in Yavapai County. You just have to be willing to hustle and understand it's going to be a hectic pace, and you better be willing to work."

Crane on the issues

On the recently passed Inflation Reduction Act: I think it's in line with many of the spending bills the Democrats have proposed in modern days. With a lot of the legislation proposed, it's almost like the outcome will be the exact opposite of whatever the bill is named. I think it has a lot of the Green New Deal in it. It's got 87,000 new IRS agents in it, which would double the size of our IRS, which is of concern not only to myself but Americans of every ilk and political party. Tom O'Halleran was asked in an interview



Congressional hopeful Eli Crane addresses a crowd of Maricopa Republicans at a recent gathering held at a local restaurant.

“*One of the best ways to be a good representative of any district is just listen to people and be willing at times to take something onboard that you might not necessarily want to hear.*”


ELI CRANE

why he supported 87,000 IRS agents. He said he supported it because government needs more revenue streams. I don't think most people believe the government needs more revenue streams. I think most hard-working folks believe the government needs more fiscal responsibility.

On the U.S. southern border: I like to keep things simple when possible. I think the

first thing we need to do is go back to Trump-era policies as soon as possible. We need to finish the wall, we need to re-establish with Mexico policies that we had. I think we need to end catch-and-release. What we see coming through the border now is night and day compared with the Trump era.

On a path to citizenship for undocumented immigrants who have been in the U.S. long term: I'm OK with the possibility of having talks, but I think we have to fix the problem first. When you start talking about amnesty and other things politicians have been talking about for a long time before you fix the actual problem, I think it incentivizes people to continue to stream across that southern border. We need to first shore up that border, and after that we can have conversations about how we want to fix our broken immigration system.

On what can be done for homeless Pinal County veterans who may have mental-health issues: Honestly, I'm really cautious about suggesting solutions for this massive problem with the federal government, because I've seen firsthand how a lot of what the federal government touches, they screw up. I've worked with a lot of veteran nonprofits. I think solutions to a lot of our veterans issues are going to come from the private sector. The VA is doing a good job caring for our veterans, but I'd like to see a lot of solutions to this problem come from the private sector. 

Lee Sheppell

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As Election Day nears, here's a look at key races, issues

A DIZZYING ARRAY OF STATE-wide propositions and all of Arizona's key leadership positions will be decided in the November General Election, but a county issue with local implications, Proposition 469, might be the most important of all to Maricopa residents.

Both Legislative District 16 House seats as well as the district Senate seat will be determined.

Mail-in ballots go out Oct. 12. Election Day is Nov. 8 for those who prefer to go to the polls.

Proposition 469, a half-cent sales tax to fund Pinal County's Regional Transportation Plan, is a retooled version of Proposition 417 that Pinal County voters passed five years ago for transportation projects, including the widening of State Route 347 from Maricopa to Interstate 10 and the construction of an overpass at Riggs Road.

The road tax isn't the only decision voters will be making.

LD 16 Senate

TJ Shope, a Republican, faces Democrat Taylor Kerby. Shope is a current member of the Arizona Senate. Due to redistricting, this is his first time running in Maricopa.

Shope, who has been instrumental in lining up funding for the SR 347 project, is a former Coolidge Unified School District Governing Board member.

Shope was elected to the Senate in 2020, where he serves as vice chairman of three committees: Natural Resources, Energy and Water; Transportation & Technology; and Education.

Kerby was a public-school teacher for seven years and has been on the Casa Grande Union High School District Governing Board since 2021.

LD 16 House

Incumbent Republican Teresa Martinez, Republican Rob Hudelson and Democrat Keith Seaman are vying for two seats. (The other seat is currently filled by Republican Mark Finchem, who is his party's nominee for secretary of state in the general election.)

Martinez is another strong proponent of Prop 469. She is former political director of the Arizona Republican Party. Appointed to the House seat vacated by Bret Roberts of Maricopa in 2021, she is seeking election to the position.

Hudelson, a pastor and U.S. Navy veteran, says he is pro-life and supports gun rights, limited government, parental rights, secure elections, secure border and religious freedom.

Seaman served in the U.S. Air Force and Army Reserve. An educator for four decades as a teacher, principal and administrator, he is vice president of the Coolidge Unified School District Governing Board.

Statewide propositions

Do you want a lieutenant governor? How do you feel about tuition costs for undocumented Arizonans, medical-debt curtailment, election ID laws, the role of dark money in politics and the future of ballot measures themselves?

Those are among the 10 statewide ballot questions.

Of them, Prop 132, the Supermajority Vote Requirement, would require any tax bill or referendum to get at least 60% of the vote to go into effect.

Proponents argue it protects taxpayers from runaway spending by requiring the same kind of supermajority vote at the ballot lawmakers need at the Capitol to raise taxes.

Opponents claim lawmakers already need a two-thirds majority to pass any increases on taxes or to roll back tax credits and exemptions, and that supermajority requirement has hindered lawmakers' ability to pass even common-sense tax increases.



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Ex-chief says job ‘was not best fit,’ but probably not finished with policing

BY LEE SHAPPELL

DID MARICOPA JUST GET TO BE too big for James Hughes?

During an interview with InMaricopa two days before his 21-month tenure as the city's police chief ended, he acknowledged the city's growth has changed its complexion, and that while the basics of policing remain unchanged the nuances are much different and it became apparent the job was not the best fit for him.

There have been rumblings that Hughes, 56, and City Manager Rick Horst often did not see eye-to-eye, but Horst praised Hughes when he announced his resignation.

The former chief, a native of northern New Jersey, offered his views on where he is in life and where the city and its police department are today.



James Hughes speaks at a 9/11 remembrance ceremony in 2019. Directly behind him is Fire Chief Brady Leffler, who also resigned earlier this year.

What are you going to miss most about being Maricopa police chief?

James Hughes: The interaction with people. That's the small-town cop in me. Any good beat cop loves talking to people and engaging. I'm old enough to remember the beat cop, who knew the business owners, knew their children ... As a growing city, we're focused on providing services on a daily basis, and we always seem to be playing catch-up with the growth, whether with officers, with the programs. Maricopa is so unique with people from everywhere and they have different expectations of services. That's huge.

You've been chief for less than two years and you're leaving. What happened?

JH: A lot of things happen, and it works both ways. If the fit is not great, both people have to look at that. My wife will tell you I'm far from perfect. I made some mistakes. I own those. I really think it's about the fit, and if you are not super happy in your role.

Why was this not the best fit for you?

JH: I prefer not to go into that, but I respect the question.

Are you OK with the city manager?

JH: Rick is very smart. He knows his economic development. He's brilliant in a lot of ways. He has a strong leadership style, and he knows how to do his job.

Are you finished with policing?

JH: Probably not. Maybe in a smaller community. Maybe where I can do what we're doing today, where I can talk to people about policing issues, talk to them about the positive stuff happening in the community, engaging volunteers. I'm kicking around some ideas. I really love dealing with employees, developing them. I can see myself moving into (human resources) and using my experience to do that. I've already blown the dust off the resume. I have the luxury of not having to work. I want to work, and I think that's important. You have to have a purpose. You have to have something where you feel like you're contributing in a positive manner.

I've already blown the dust off the resume. I have the luxury of not having to work. I want to work, and I think that's important. You have to have a purpose. You have to have something where you feel like you're contributing in a positive manner."

JAMES HUGHES



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🗣️ Officers are not trained mental-health professionals, yet they're often thrust into situations involving people with mental-health issues. What's the solution?

JH: There are social problems, mental illness and homelessness. Often those calls happen on hours when the city is closed. So, who gets the call? The police. I think police should still be involved in some of those people-related things. If you've engaged with the community, you know who Joe is and what his problems are. He may be a veteran who maybe served his country and was injured and is having some problems. Yet when you have a 25-year-old police officer who is trained in compliance with patrol and he's saying, "Get your hands out of your pocket! What are you doing here? No, you can't go to the bathroom," it's not going to end well.

We've done a good job teaching officers that if you ask these people to do the same thing six times, the seventh time is not going to be the magical response. Re-evaluate what you're doing. Inject a little humor or take a different approach. That's how you de-escalate. I've been in this business 36 years and there's not a lot of scars on my face and that's because I knew how to talk to people. We now have a mobile crisis



team in the city of Maricopa, trained mental-health/behavioral health professionals. If a person has not committed a crime, if the person is not a danger to himself or others, it's not a police problem. These people who suffer mental illness should be treated like medical patients and not like criminals. I strongly believe in that.

Chief James Hughes, with Pinal County Attorney Kent Volkmer, speaks at a recent Coffee with Cops event.

Brian Petersheim Jr.



Maricopa Meadows resident Rommel Gloria accepts a certificate and coin recognizing his heroism from Chief James Hughes, right, during an event last year. At left is Cmdr. Stephen Judd.

File

🗣️ Where are we with the department? Do we need the new chief to come in and do a top-to-bottom audit?

JH: No. The department is really, really sound. We have a lot of great men and women. Chief (Steve) Stahl left me with a great department. We do have some concerns, like retention. We

can always get police officers, but my question is can we get the right police officers? For the right reasons? That's the secret of a great police department, because you're only two or three bad hires away from big problems ... To use a sports analogy for the next chief, you're inheriting a talent-laden team that's not in a rebuilding mode. We do police work really well. You look at our use of force. It's low. I know we've had some officer-involved shootings recently but that's reacting as a police officer. You can de-escalate all you want but if force is perpetrated upon us, we have to respond in kind. We've made some good progress in addressing mental-health issues, making progress in employee wellness. I tell officers if you can collaborate you won't have problems. Are you engaging with business owners? Are you talking with your people? I'm a community guy. My mentality is trying to keep Maricopa in that small-town, Norman Rockwell-feel. The law is black-and-white, but police work is truly an art. It puts a lump in my throat how kind and supportive the people of this community have been. 🗣️

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Surf park will use water — but not as much as you think

BY JAY TAYLOR



PHX Surf Park will include two 5-acre wave pools and a lazy river, along with an upscale hotel and spa with 80 rooms between the wave pools, plus 42 one- and two-bedroom surf villas and several restaurants.



An aerial shot of the site of PHX Surf Park, which sits south of State Route 238 and west of North Loma Road.

But a local water utility official and the usage reported at similar facilities suggest those concerns might be premature.

Testing the waters

PHX Surf Park, announced in May 2021, will rise on 71 acres south of State Route 238 and west of North Loma Road. It is an ambitious project with numerous amenities, including

an on-site hotel, 31,000 square feet of retail space, restaurants and outdoor entertainment.

But water activities will anchor the attraction, with surf lagoons and their wave machines serving as the park's centerpiece. In addition to surfing — even under the lights — patrons will be able to traverse water slides, glide along a “lazy river” and swimming pools.

So how much water will be required to keep

hundreds of people surfing, sliding, swimming and floating every day?

InMaricopa reached out to the developers of PHX Surf Park to get more information about the expected water usage, but company officials did not respond to multiple requests.

To get an idea of how much water might be used at the west Maricopa attraction — and attempt to answer the drought concerns raised

SURF PARK PLANS

- Upscale hotel and spa with 80 rooms to sit between the lagoons, plus 42 one- and two-bedroom surf villas and a 30-site RV campground
- Restaurant and shopping area elevated above the surf beach
- Two 5-acre surf pools, a lazy river, water slides and swimming pools
- Pump track, outdoor concert stage, picnic and play areas, and walking trails.

THE PROPOSED PHX SURF PARK will be a tourist attraction, economic development engine and attention-getter for Maricopa.

With two 5-acre surf lagoons, a lazy river, water slides and swimming pools, it is certain to draw hordes of residents and visitors alike to cool off in the desert heat.

But in the middle of a decades-long drought in the Southwest that has led to unprecedented federal water cuts and forced Pinal County farmers to leave some fields fallow, many have expressed concern about the amount of water the park will use.

When InMaricopa reported on the surf park plan in May 2021, some readers raised doubts on Facebook about the wisdom of building a water park in the desert during a severe drought.

One reader commented: “Deep into an exceptional drought that may very well become the new normal ... ‘Let’s build a water park in the middle of the desert!’ Does anyone realize the abject stupidity of even considering this folly?”

Another added: “Where in the world do they plan to get all this water from when the farmers who feed us are facing cutbacks? We don’t need the humidity it will generate when we are sweltering in 120-degree weather.”

And another reader asked: “How do you justify a water park when we need water for food. Don’t say reclaimed because you can divert that to cattle dairy farmers.”

Just last month, new Mayor Nancy Smith fielded a question about the surf park’s water usage during a mock news conference she held for students at A+ Charter Schools.

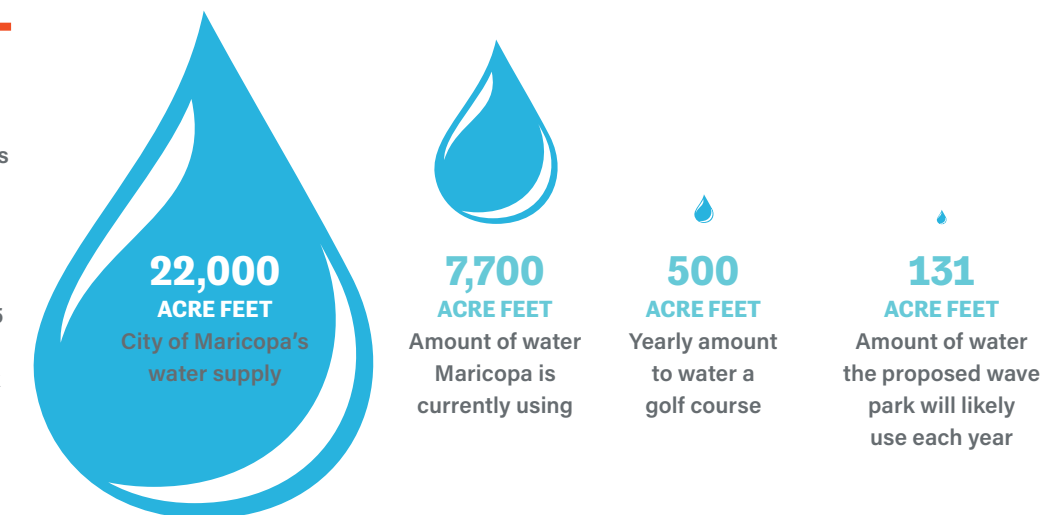
HOW MUCH?

The average amount of water used annually on an Arizona golf course is about 500 acre-feet per year, according to a 2019 report, three times the likely usage at PHX Surf Park.

One acre-foot of water — the amount to cover an acre of land with one foot of water — equals 325,851 gallons, which would supply about 3.5 typical Arizona households for a year.

The 131 acre-feet of water the park could expect to use annually would represent about 0.02% of the city’s current water use, and .006% of the city’s total allocation.

Bryan Mordt



by some in the community — InMaricopa looked at a comparable surf park to get an idea of water requirements for operation.

DSRTSurf park in Palm Desert, Calif., features a single 5.5-acre surf and wave pool, a little over half of the size of the projected size of PHX Surf Park. Because Maricopa and the Coachella Valley have similar climates, the environmental conditions are comparable.

In an August 2022 article in Wave Pool Magazine, a DSRTSurf spokesperson discussed the amount of water used annually at that park.

“Our surf pool holds roughly 7 million gallons of water,” the spokesperson told reporter Evan Quarnstrom. “Between evaporation, filtration, maintenance and other ancillary items, we will use roughly 24 million gallons each year. While this sounds like a lot, 24 million gallons is roughly equivalent to (a yearly watering of) just 1.3 holes of golf at the average 18-hole course in the Coachella Valley.”

That equates to about 1.27 million gallons per acre to fill a wave pool, plus a total requirement of about 4.3 million gallons of water per acre annually to keep a pool in operation.

At PHX Surf Park, about 12.7 million gallons would be needed to fill the two surf/wave pools, with a total annual usage of about 43 million gallons of water, or about 131 acre-feet of water per year.

Drop in the bucket?

Jake Lenderking, Global Water’s senior vice president of water resources and legislative affairs, said the park’s water usage isn’t as much as it might seem.

“In the grand scheme of things, it’s just not a lot of water when compared to the full city’s usage,” Lenderking said. “Maricopa is currently using only about 7,700 of its 23,000-acre-foot supply. And they are doing some unique things there that will conserve or reuse some of that amount.”

Industry expert Allen Clawson of Utah-based Cloward h2O told Wave Park Magazine evaporation accounts for about 50% of water loss at a water park. He said the rate of evaporation increases by 30% to 70% for a surf pool (as compared to regular pool) as wave action, spray and mist cause more water to be carried away by wind.

According to Lenderking, PHX Surf Park developers intend to employ a conservation method where they will use treated water from the backwashing of pool filters for irrigating the park’s landscaping.

He added developers are still completing the design of the facility, and the exact water usage is impossible to gauge at this point, though it has been a topic of conversation among the developers, Global Water and the City.

Conservation has been a major concern for all parties involved, Lenderking explained.

“We have had several rounds of talks at a high level about how to make the park a wise water user,” Lenderking said “This project is big for the community, for jobs and for tourism, but we want to be sure they are seeing the broader perspective on water use, and that’s where the backwash system came up.”

In California, which is suffering the same, if not worse, drought conditions as Arizona, three proposed wave pools have been approved to access water supplies. Thermal Beach Club and The Palm Springs Surf Club in the Coachella Valley, and Coral Mountain Surf Resort in La Quinta, have received the green light to fill their wave pools and lagoons.



A summary of the Aug. 12 - Sept. 12, food inspections by Pinal County Environmental Health Services.



Cooking and Baking Equipment
Observed heavy accumulation of food debris on frying baskets.

Time/Temperature Control for Safety Food, Hot and Cold Holding
Internal temperatures of meatballs and sauce held in the steam well 108-127°F (≥135°F required).

Cooling Methods
Internal temperatures of cooked pasta in reach-in cooler 94-97°F (≤41°F required).



Time/Temperature Control for Safety Food, Hot and Cold Holding
Internal temperatures of corn held in upright-warmer 91-93°F (≥135°F required).



Equipment, Food-Contact Surfaces, Nonfood-Contact Surfaces and Utensils
Heavy accumulation of food debris on racks, trays and pans at chicken-breeding station.

Time/Temperature Control for Safety Food, Hot and Cold Holding
Internal temperatures of cooked chicken in upright warmer 125-130°F (≥135°F required).

Cooling Methods
Internal temperature of coleslaw in walk-in and on prep line 47-48°F (≤41°F required).

Cooling, Heating and Holding Capacities-Equipment
Ambient air temperature in upright reach-in cooler 125°F (≥135°F required).

Sanitizing Solutions, Testing Devices
Using quat sanitizer without testing strips.

Cleaning, Frequency and Restrictions
Buildup of debris on floors and walls throughout kitchen.

Cleaning Ventilation Systems, Nuisance and Discharge Prohibition
Buildup of dust around air vents above open food-prep areas.

Clean Condition-Outer Clothing
Chicken-prep employee's clothing had heavy accumulation of flour and debris.

Good Repair and Proper Adjustment-Equipment
Upright hot holding cabinet door hinges broken. Walk-in cooler door panel damaged.

Equipment, Food-Contact Surfaces, Nonfood-Contact Surfaces and Utensils
Buildup of food accumulation and debris on non-food contact surfaces: prep cooler doors and handles, under and around hot holding cabinets, on chicken-breeding area prep units and inside soda machine cabinet.

Cleaning, Frequency and Restrictions
Buildup of debris and water on floors and in chicken-prep and fry areas.

Floors, Walls and Ceilings-Cleanability
Several floor tiles and baseboard tiles missing or damaged.



Time/Temperature Control for Safety Food, Hot and Cold Holding (P)
Internal temperatures of corn dogs, chicken and hamburgers in upright warmer 85-101°F, warmer not on (≥135°F required).

Good Repair and Proper Adjustment-Equipment
Hot water faucet handle on back hand sink broken.

System Maintained in Good Repair
Tape around drain pipes at three-compartment sink.

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- Mod Pizza

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- Papa Murphy's Pizza
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- Roots Eatery
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Colorado River update: What’s happening and what’s coming

BY SHAINA SHAY, CONSERVATION SPECIALIST AT GLOBAL WATER RESOURCES

AUGUST ALWAYS HAS BEEN AN important month for Colorado River water users because it is when the Bureau of Reclamation releases the 24-month study determining how water supplies will be managed the following year.

Last year, results of the August 24-month study initiated the first-ever Tier 1 water shortage for 2022. The Tier 1 shortage decreased Arizona’s access to Colorado River water by 512,000 acre-feet¹. This water reduction most heavily impacted central Arizona agricultural users.

There was even more at stake this August. Throughout 2022, Colorado River hydrology forecasts did not improve and water levels in storage lakes (Lake Powell and Lake Mead) continued to decline. Modeling scenarios for the Colorado River system are showing higher possibilities for storage lakes to decline to a point called “dead pool” where no more water can be pumped out for users.

This situation spurred the commissioner of the Bureau of Reclamation, Camille Touton, to request that all seven Colorado River basin states² come to an agreement to reduce total water use in the system by an additional 2 million to 4 million acre feet. An update on this basin-wide agreement was due to be released in August 2022 with the regularly scheduled 24-month study.

August has come and gone and there is still no official agreement or plan to reduce Colorado River water use, but negotiations continue as do the calls for action. The most recent 24-month study determined a Tier 2A shortage level for the Colorado River in 2023. This shortage level reduces Arizona’s water supply by an additional 80,000 acre-feet beyond the Tier 1 reductions.

There is, however, good news for Maricopa. Global Water Resources does not use Colorado River supplies and our community will not be impacted by these shortages.

Global Water Resources is dedicated to keeping our community informed about what is happening and what you can do to help. We were founded with water scarcity in mind which is why we practice Total Water Management (TWM). TWM promotes sustainable



While we continue to wait and see what comes next for the Colorado River, it is more important than ever to consider how you are managing your water use at home. Did you know that you can set a goal for your household’s monthly water usage through your GWResources.watersmart.com/index.php/welcome Portal? You can elect to receive email or text notifications if you are approaching your water-usage goals. Tell us how you are doing by sending an email to conservation@gwresources.com.

¹ An acre-foot equals 325,851 gallons of water, or enough water to cover 1 acre of land with 1 foot of water.
² Colorado River basin states include Colorado, New Mexico, Utah, Wyoming, Arizona, California and Nevada.

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Personal injury law: For us, it’s personal

BY ANGEL RAYMOND, ESQ.

PERSONAL INJURY LAWYERS REPRESENT individuals who have been injured because of another person’s actions or inactions. This area of law often includes auto accidents, slips and falls, animal bites, medical malpractice and product-defect cases.

A. A. Raymond Law Firm has the experience and expertise to handle all personal injury matters.

What makes attorney Angel A. Raymond, of A. A. Raymond Law Firm different?

1 Local Law Firm: Operating a business in Maricopa is a blessing and I absolutely love doing it. A significant percentage of my clients are personal referrals. My current and past clients know that I am a passionate advocate and trust my firm to do right by them and those they care about. I operate my business and manage my cases with the knowledge that my clients are my neighbors. I will run into my clients around town, as we all do, and see them at any given time.

2 I have trial experience and will represent you through litigation: Almost every “billboard lawyer” you see has a firm filled with attorneys who have zero trial experience. Insurance adjusters absolutely take this fact into consideration when responding to demand letters. Many of these law firms have thousands of cases. Clients who don’t elect to accept a final insurance settlement offer are deemed “difficult” and their cases may be dropped, leaving them without a lawyer, shortly before the deadline to file a lawsuit.


3 Personal connection: My mom and I were involved in a very serious car crash in Washington state in 1990. The driver of the truck that hit us left the scene and left us for dead. I suffered internal bleeding and was released after only one week in the hospital. My mom’s life was forever changed because of her injuries. The right side of her body was crushed. She was put in a medically induced coma and underwent a series of surgeries. My mom never received a dime from this accident. The personal injury attorneys came to the hospital, made her promises and signed her up. The driver of the vehicle that struck us



was drunk, and his girlfriend reported her truck as stolen. Her insurance company refused to accept liability. Unknown to my mom, her boyfriend, who was driver of the car we were in, wasn’t insured. The lawyers understood that the case would have to be litigated and it was going to be an uphill

battle. They dropped us. My mom was young, seriously injured, alone, and had no idea what her options were. Knowing what I know now, I recognize exactly what happened and I see it happening to people every day.

A. A. Raymond Law Firm provides exceptional legal services with passion and heart. If you or someone you know needs a personal injury attorney, call to schedule a free consultation.

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Business, development around town

A ramada is being constructed in the common area at **Century Communities**, 19180 N. Los Gabrieles Way, at a cost of \$39,000. Agave Environmental Contracting Inc. is doing the work.

A new shade sail will be installed at the park at 39971 W. Michaels Drive in **The Lakes at Rancho El Dorado** by Silver Fern Companies. The \$35,000 project is being done for owner Richmond American Homes of Arizona Inc.

The **Copa Flats** apartment community will spend \$463,000 to install 422-kilowatt and 541-kilowatt commercial solar panels on the roof at 17485 N. Porter Road. The system is

being installed by Commercial Solar Arizona LLC.

Maricopa has been issued a design review permit for its new **Public Safety Facility** to be built south of the current police station and east of the library at 39700 W. Civic Center Boulevard.

Bungalows on Bowlin LLC have begun work on 14 single-story, one-bedroom duplexes at 44900 W. Bowlin Road. The units are 676 square feet. Also, 14 three-bedroom units of 1,355 square feet will be built. Each \$2.8 million phase of construction will be done by La Casa Dulce LLC.

Duplex construction is underway at **REV@Porter** at 17805 N. Porter Road. Seven one-bedroom and seven two-bedroom units will be built at a cost of \$2.1 million for owner EVR Porter LLC. The one-bedroom units will be 782 square feet; two-bedrooms will be 1,093 square feet. Also under construction are multi-family units of two and three bedrooms. The latest phase will include nine two-bedroom units of 1,106 square feet and one three-bedroom, 1,291-square-foot unit. The cost of this phase is \$1.7 million with all work being done by Sodella Construction LLC.

REV@Porter will begin construction on a community swimming pool and spa at 17805 N. Porter Road at a cost of \$109,500. The 1,326-square-foot pool and spa are being built by Rondo Pools and Spas for EVR Porter LLC.

Commercial on-site improvements have begun for the **Innovation Village phase of West Maricopa Village** at 21055 N. Village Parkway. The \$12 million initial construction phase for the project comprises 182 one- and two-bedroom, single-family homes for rent on 16.3 acres. The work will include grading and drainage, stormwater pollution prevention, on-site paving, and underground stormwater storage. The work is being done for Maricopa 35 LLC by Crabtree Contracting LLC.

The **Volkswagen Proving Ground** at 17169 N. Murphy Road will undergo improvements to underground storm drains with Hunter Contracting Co. doing the work.

A 1,124-square-foot commercial pool and spa is being built for the community at **Copa Flats** apartments, 17485 N. Porter Road., Building D at a cost of \$178,000. The project, which includes a 400K BTU heater, is being built by Presidential Pools. 📞

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According to the Drug Enforcement Administration, fentanyl is a synthetic opioid **50-100 times stronger than morphine.**



The family of Tyler Champagne, a man who died of a fentanyl overdose, from left: Kayla Ragan, Lisa Tyler, Willie Tyler Jr., and Trysten Tyler.

Fentanyl overdoses wreak havoc on Maricopa families

By Lee Shappell

THE DAY MARICOPA RESIDENT LISA TYLER FOUND HER SON UNRESPONSIVE IN his bed was a devastating heartache she wishes on no one. “This is my son,” Tyler said, holding an urn. “His name is Tyler (Champagne); he was 27 years old.”

Lisa Tyler was at an August City Council for the proclamation of Aug. 21 as National Fentanyl Prevention and Awareness Day in Maricopa. She wanted to help create awareness “because I don’t want anybody to have the pain that I go through.”

“I found my son on May 10 at 3 p.m. in his bed,” Tyler said. “If you guys don’t educate yourselves and your family, you’ll either be at a cemetery or you’ll be holding an urn at the funeral.”

Tyler’s son died of a fentanyl overdose, an all-too-common occurrence in Pinal County, Sheriff Mark Lamb explained at the same event.

“My heart goes out to the Tylers for the loss of their son Tyler Champagne,” Lamb said. “This is happening way too often. What do I say as a sheriff when I show up at their house, or what does the (Maricopa police) chief say when he shows up at their house?”

Lamb said Pinal County typically has about 750 overdoses a year and the number is growing. He refers to those incidents as “poisonings.” Lamb said in Arizona, 33 children have died of fentanyl this year, seven of them under the age of 1.

Tyler spoke of the destructive nature of her son’s death.

“I was the first one to hold him, and I was the last one,” she said. “He’ll never get a chance to marry, have children, finish school. His life was ended that quick, and in the meantime, it destroyed my whole family. My kids will never have the parents back that they had, my husband will never have his wife back. So just please, please, please, pay attention. These social media (sites), they literally deliver it right to their door, and they use emojis on Snapchat.”

Identifying qualities

According to the Drug Enforcement Administration, fentanyl is a synthetic opioid that is 50-100 times stronger than morphine.



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ON THE COVER: Exceptional Community Hospital, Maricopa’s first hospital, opened its Fast Track ER over the summer.



The drug was originally developed by pharmaceutical companies for pain medication in cancer patients. It was mainly applied with the use of a patch on the skin.

Due to its powerful effects, it's often added to heroin and other drugs to increase potency.

In many cases, overdose deaths occur when users believe they are purchasing heroin and have no idea it's fentanyl.

Lucinda Boyd, co-founder of local nonprofit The Streets Don't Love You Back, said use of the drug is reaching epidemic proportions.

"Fentanyl is the single deadliest drug threat our nation has ever encountered," she said. "Fentanyl is everywhere. From large metropolitan areas to rural America, no community is safe from this poison. We must take every opportunity to spread the word to prevent fentanyl-related poisoning and overdose deaths from claiming scores of American lives every day. We must stop the stigma, the stereotype, the drug user assumptions and



Pinal County Sheriff Mark Lamb shares a moment with the family of Tyler Champagne, who fatally overdosed on fentanyl.

misconceptions that fentanyl poisonings occur only with addicted users. Anyone can die; most are not drug addicts.

"Fentanyl poisoning is real, and our children are dying."

Spreading awareness

Lamb explained the problem needs attention and should be at the front of everyone's mind.

"When this becomes the leading cause of death in America, with over 100,000 lives lost in a year, it should be on the front page of every newspaper, on every news station and every politician's mouth, but unfortunately, it's not. It's going unspoken of, and it's left for us to clean up the mess."

Enough to Kill

Fentanyl is a powerful synthetic opioid drug that can kill an adult with a dose as small as 2 milligrams.

Just how big is that you might ask? The following weigh 2 milligrams:

- Small feather
- Small mosquito
- Lead tip of a pencil



Fentanyl Facts

107,375
U.S. deaths of drug overdose and drug poisoning in 12-month period ending in January 2022

67
Percentage of deaths involving synthetic opioids like fentanyl

50
Times stronger illicit fentanyl is than heroin.

21
Fentanyl poisonings' rank in death for U.S. adults ages 18-45, surpassing suicide, gun violence and car accidents

9
Minutes between fentanyl-related deaths

94
Percent teen-deaths have increased in one year

6.9 million
People who could have died from fentanyl seized in the U.S. in one year

Source: Centers for Disease Control and Prevention

Tracking Fentanyl

Most fentanyl is produced in China. While a portion of it is smuggled directly from China to the United States, most of the fentanyl that makes its way onto the streets in the United States is sent to Mexico and smuggled over the border. While it's been known to have come in from Canada, that method is less likely than the Mexico route.



Source: Drug Enforcement Administration



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Lotus Evolutions — A Desert Spa Oasis in Maricopa

By Keri Berardinelli

WELCOME TO LOTUS EVOLUTIONS, A WELLNESS SPA CONCEPT

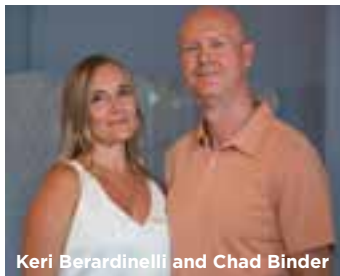
founded by Keri Berardinelli and Chad Binder. Their business centers on holistic skin care, stress reduction and personalized nutrition for gut and skin health.

Keri has been in the aesthetic and wellness fields for nearly 20 years. She is a licensed aesthetician and CLT, and a nutritional wellness coach with an emphasis in alternative culinary applications. She has numerous certifications in colon hydrotherapy, digestive health and detoxification, aromatherapy and elemental reflexology.

Chad has worked in public affairs and, since meeting Keri in 2020, has embraced a passion for nutrition and wellness. He has experienced firsthand how empowering it is to have control over your health through diet alone, as he lost 25 pounds and gained a new sense of vitality.

Lotus Evolutions takes the approach that inner wellness is at the heart of beauty, healthy skin and supportive aging. The skin is a reflection of health and in particular gut health. In the science community it is referred to as the “gut/skin axis.” These two organs have critical roles in immune and neuro-endocrine regulation and are intimately related in purpose and function.

In fact, there are more similarities between the skin and the gut than not, and numerous studies have linked gut health with skin homeostasis (balance). Diet, nutritional status, stress and exposure to toxins all greatly



affect the health and balance of the gut, which ultimately affects the health and balance of the skin.

Skin is often overlooked as a vital functioning organ. Many people are overexposed to chemicals found in most beauty and hygiene products. These chemicals find their way into our bodies, adding to the toxic burden we already bear. Over time, this contributes to poor skin, gut and brain health and can disrupt metabolic and hormonal functions. In truth, what we put into our body affects our skin and what we apply topically to our skin affects our body.



Lotus Evolutions has designed offerings that combine clean and organic topical treatments with inner-body care. Keri educates and coaches her clients on how to support gut and skin health through diet and lifestyle. She says this is the missing link in achieving optimal results following facials, peels and other skin resurfacing treatments, emphasizing results don't happen overnight and consistency is key.

Keri and Chad also create and produce organic, cold-pressed juices and customized juice-cleansing programs to provide clients with extra nutritional and cleansing support following scheduled skin and wellness services. Much of the produce comes from Arizona farms.

Considering that chronic stress is a major contributor to poor gut and skin health, Lotus Evolutions places importance and focus on the ambiance and comfort of their clients. Aromatherapy, meditation music, lighting and decor are harmoniously integrated to achieve inner balance and rejuvenation.

Keri and Chad view their “360-degree approach” as being at the forefront of skin and wellness care. They plan to expand their concept into

Maricopa's premier destination for nutrition, inner rejuvenation and holistic wellness.

Currently, Lotus Evolutions offers:

Skin care

- Facials
- Gua Sha sculpting massage
- Light-depth skin peels
- Derma plane
- Micro needling
- Our locally crafted Desert Love facial products

Personalized nutrition

- Body typing
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Wellness support

- Full-spectrum infrared sauna
- **Supports** - detoxification, heart health, muscle recovery, pain relief, skin health, weight-loss and over-all relaxation of the body and mind.
- Lotus Evolutions anticipates adding additional products and services in the upcoming months. This includes massage therapy and expanding their Desert Love line of desert-optimized skin care products.

If you're ready to look and feel amazing, give us a call!



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Community leaders gathered at Exceptional Community Hospital over the summer to celebrate the opening of the hospital's Fast Track ER.

The doctor will see you now

Exceptional Community Hospital opens Fast Track ER

By Justin Griffin

IF YOU ARE HEADED TO THE EMERGENCY ROOM, chances are, you need attention in a hurry. Well, at Exceptional Community Hospital, that won't be a problem as the facility opened its Fast Track emergency room over the summer.

The project itself was on a fast track and was completed less than eight months after the hospital's opening in December of 2021.

The new emergency room is designed to reduce wait times and will be available Monday through Friday, 10 a.m. to 8 p.m.

Exceptional Community Hospital, 19060 N. John Wayne Pkwy., is committed to concierge care, which includes minimal to no wait times for patients.

The new emergency room was another step for Maricopa's first hospital.

At the end of 2021, ECH-Maricopa's 20,000-square-foot Phase 1 debuted with a state-of-the-art facility that includes a specialty internal-medicine hospital; digital imaging suite, including CT Scan, X-Ray, mobile MRI and ultrasound; in-house laboratory as well as outpatient and inpatient hospital beds for acute admissions and overnight observation of patients.

Additionally, in partnership with higher-level hospitals in the Phoenix area, Exceptional

Community Hospital features a landing area for air ambulances to ensure the fastest transfer of patients needing a higher level of care.

The ceremonial ribbon-cutting at Exceptional Community Hospital-Maricopa earlier this year ushered in more than a new era for the city with its first hospital. It provided a glimpse into the future growth of that hospital.

More to come

According to Saeed Mahboubi, CEO of Exceptional Health Care, even with those capabilities, the



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Exceptional Community Hospital opened its Fast Track emergency department during the summer.

community is ready for more services, and Exceptional is preparing to provide them.

“Phase 2 will be just north of the existing building and will include additional rooms attached to the hospital — mostly in-patient rooms and emergency department,” Mahboubi said. “That’s where we’re lacking space. So, we’ll have more rooms, and Phase 2 also will include an OB/GYN department. Then Phase 3 will be surgery and medical office space.”

The Phase 2 and 3 expansion is on top of an already-announced expansion of services within the existing hospital walls.

Exceptional began its initial expansion just weeks after opening its doors. That expansion, into a space left vacant by design so the hospital could react to the specific needs of the community, will help the hospital implement its “Fast Track” care option that will help the ED reduce wait times and lighten the patient load in the triage area.

“Although we have been open only a few weeks, we saw an opportunity to improve efficiency and care inside the Emergency Department,” Mahboubi said when the initial expansion was announced. “This will not only speed up the time it takes for patients to be treated, but also improve care times for our more critical patients.”

The hospital already is proving to be a huge benefit to all parts of the community. Robert Miguel, Chairman of the Ak-Chin Community, said a hospital was long overdue.

“Finally,” Miguel said. “I mean, really, finally. I was born and raised here before we had anything up and to finally have a facility to care for not only Maricopa but also Ak-Chin has been much needed for a long time, so this is definitely a dream come true for the citizens of Maricopa and the members of Ak-Chin.”

All plans are welcome

Mahboubi said Exceptional Community Hospital-Maricopa, accepts all insurance plans.

“Exceptional Community Hospital—Maricopa honors all in-network benefits for emergency services provided to our patients,” he said. “We bill in-network copayments, deductibles and coinsurance. We accept all commercial insurance plans and any Medicare, Medicaid (ACCCHS), TriCare plans and HIS/Tribal and VA plans. Exceptional Community Hospital-Maricopa is state licensed but is pending Medicare certification. Once Medicare is 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.”

The new hospital is situated in the heart of Maricopa on State Route 347 at the south end of the overpass. The 20,000-square-foot, state-of-the-art facility includes nine in-patient rooms and eight emergency room treatment rooms allowing those sick or injured in town to receive emergency treatment without a half hour hospital ride to Chandler or Casa Grande.

Mahboubi said insurance network status should not affect the hospital’s ability to provide care to anyone who needs it.

“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,” he said. “We appreciate people choosing Exceptional Community Hospital in Maricopa, and we are dedicated to providing expert medical care for the entire community and all those patients in need.”



Award-winning care

This year, Exceptional Community Hospital earned The Joint Commission’s Gold Seal of Approval® for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care.

Exceptional Community Hospital underwent a rigorous, unannounced, onsite review June 1-2. During the visit, a team of Joint Commission reviewers evaluated compliance with hospital standards spanning several areas including emergency management, environment of care, infection prevention and control, leadership, medication management, and rights and responsibilities of the individual.

The Joint Commission’s standards are developed in consultation with health care experts and providers, measurement experts and patients. They are informed by scientific literature and expert consensus to help health care organizations measure, assess and improve performance. The surveyors also conducted onsite observations and interviews.

“As a private accreditor, The Joint Commission surveys health care organizations to protect the public by identifying deficiencies in care and working with those organizations to correct them as quickly and sustainably as possible,” said Mark Pelletier, RN, MS, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission. “We commend Exceptional Community Hospital for its continuous quality improvement efforts in patient safety and quality of care.”



JOANN VITIELLO, FNP-C

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Caring for the whole patient

With an integrative approach, Sun Life offers world-class care convenience and a personal touch.

By Justin Griffin



WHEN CHOOSING A DOCTOR, IT'S IMPORTANT TO FIND A physician who focuses on you and your mental, emotional and physical needs.

And in Maricopa, there's no better place to find that health care provider than Sun Life Health.

At Sun Life, the focus is on the whole patient and making sure the treatment programs developed for each patient have the best chance for success. They do this by involving the patient in their care and going the extra step.

According to Samantha Reinhard, Sun Life's director of community outreach, it starts by including things in an office visit for which Sun Life may not be able to bill your insurance, such as a visit with a clinical pharmacist about medication management.

"We have programs that insurance doesn't always consider as billable, but we feel like they are valuable to patients for their care," Reinhard said. "Those items are included as patient perks."

Part of the patient-first mentality at Sun Life includes a focus on convenience.

Take for example a patient who has just been diagnosed with diabetes. That person

might be reluctant to change the behaviors that affect their condition, like their diet, exercise habits or glucose monitoring.

Instead of requiring the patient to visit multiple offices and storefronts to get started on a path to wellness, Sun Life offers the ability to address all those needs in its Maricopa location.

The lab work can be done on site, and the prescriptions filled at the pharmacy just down the hall.

Diabetes counselors work with patients to help determine effective treatments, and in-office, integrated, behavioral health professionals help develop strategies for making the lifestyle changes needed to achieve the patient's health goals.

As part of its unique approach, Sun Life also teaches patients about nutrition, exercise and medication management to give patients an understanding of how each aspect of care works, how they interact and what their benefits are. The staff also talks with patients about their habits and listens for red flags that could impede the patient's ability to manage their condition.

It goes beyond Diabetes management.

From infants to seniors, Sun Life offers a full continuum of care, often referred to as integrated care as opposed to the traditional models of healthcare silos.

Reinhard said that is Sun Life's biggest advantage over other healthcare providers.

"We don't work in silos," she said. "The care team can look at a chart from each service line. If one of the doctors wants to know what our OB team did, they can just look at the chart instead of relying on the patient to remember what happened at their OB appointment, or the

OB's office sending the records. We don't have to spend time going through siloed systems or dealing with a medical office phone system, so our patients get whole care, not siloed care."

That approach has garnered Sun Life attention nationally.

The group recently earned national acclaim for its maternity care, when Banner Casa Grande Medical Center was recognized as one of the nation's premier maternity hospitals by Newsweek Magazine. The center is staffed with providers from Sun Life.

At Sun Life, the goal is to make the whole patient better, not just one aspect.

"We are affecting the whole patient, the whole you," Reinhard said. "We look for things you might not be looking for. If we're talking about nutrition, we don't just talk about eating better, we make sure you have access to good food. We want to treat people the way we would expect someone to treat our mom or grandma; we take that level of care."



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Best of Pinal County 2 years running

By Dr. Kristina Donnay
DNP, FNP-C

IF YOU ARE LOOKING FOR NONSURGICAL TREATMENTS TO

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

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

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

With more and more med spas opening as less-invasive procedures are gaining popularity, how do you know which one is best for your skin and beauty needs?

Searching for a top-quality med spa doesn't have to be luck of the

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

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

Maricopa Wellness Center was also the first Head to Toe Body Contouring by InMode facility in Arizona.

Maricopa Wellness Center opened in April of 2019 and has won numerous awards, among them Maricopa Small Business of the year 2019 and Best New Med Spa in the West (national) of 2019. Kristina was voted Local Businessperson of the Year 2020-2021.

Maricopa Wellness Center has been voted Best Med Spa in Pinal County for 2021 and 2022. Dr. Kristina Donnay DNP, FNP-C, has been voted Best Medical Provider in Pinal County for the second year in a row. The staff at Maricopa Wellness Center is honored to be recognized.

Maricopa Wellness Center is a family run team and strives to provide top quality care. Dr. Donnay DNP, FNP-C is a family nurse practitioner who is board-certified in aesthetics, board-certified in anti-aging and a Certified Master Injector. Kristina is the onsite medical director, and her father, Bill Day, and husband, Chris Donnay, are the operations managers. Their focus is helping people look and feel better in their own bodies, combining medical-grade services in a relaxing spa-like setting.

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

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Quest to look best, feel best drives Maricopa Wellness' dynamic owner

By Lee Shappell

SHE'S A MOM TO TWO YOUNG CHILDREN, A WIFE, a business owner, a national trainer for a medical device — which requires frequent travel — and as of August a holder of a doctorate degree obtained in 13 months in a program that typically requires 18 to 24 months.

She's been wired for success since she was a little girl, growing up in a home with a pair of entrepreneurial parents who've owned several businesses. It's no surprise, then, that Kristina Donnay is a high achiever.

Donnay founded Maricopa Wellness Center in 2019 after obtaining an associate degree in nursing from Central Arizona College, then bachelor's and master's degrees from Arizona State University and Grand Canyon University, respectively. She capped it in August with her doctorate as a family nurse practitioner from Chatham University in Pittsburgh.

"She just doesn't sit still," said Debi Sovis, Donnay's friend, client and hairdresser. "She's incapable of relaxing."

Bill Day, who, with his wife Levina, is approaching two decades as a Maricopa resident, recalls the day in 2018 their daughter approached them about going into business together.

"And I'm literally, 'No — but tell me more,'" Day recalled.

Donnay then laid out her plans for what would become Maricopa Wellness that Donnay and her husband Chris and her parents now own at 41600 W. Smith Enke Road, Building 14, Suite 3.

But there is no question the dynamo behind it all is Donnay.

"I saw that Maricopa didn't have a facility like this," she said. "It can be so beneficial, but because it is a cash-based business, we've seen in Chandler and Phoenix too many practices like this opening with maybe not the best values and I didn't want it to get a bad name. So, I wanted to open one here first before anybody else to prevent the city from seeing these services in a negative light."

As a cash business, Maricopa Wellness cannot accept insurance, according to Donnay, although patients can submit to their insurance on their own for possible reimbursement. The center is not a primary-care provider but a med spa, a hybrid of an aesthetic medical center and day spa that provides nonsurgical aesthetic medical services — Botox injections, chemical peels and hormone injections and other treatments — under the supervision of a

licensed medical practitioner.

"We started April of 2019, and we did not have our first client," Day said. "We literally went into this with just our positive attitude. The last time one of our email campaigns went out, I believe we had about 1,200 active clients."

By the end of its first year, the high-tech facility offering cutting-edge treatments with state-of-the-art, FDA-approved equipment, was named the Maricopa Chamber of Commerce Small Business of the Year and Best New Med Spa in the Southwest, and on its way to great things.

And then came the COVID-19 pandemic.

"You know, that wasn't in our business plan," Donnay, 39, said with a laugh. "My dad and I put together different business plans: If this happens, if a recession happens, how are we going to deviate, grow and change? A pandemic was not part of that planning."

And the pandemic wasn't particularly small-business friendly.

Donnay, the medical director, and Day, the office manager, were forced to shut down, but they made the decision to continue paying their employees.

"And this was before any of the COVID-relief programs, PPP and those things," Day said.

Consequently, Maricopa Wellness re-emerged with

essentially its entire crew intact, "but, looking back, we probably came closer than we would have liked" to not making it through, according to Donnay.

During the time it was precluded from rendering its usual services, the center was the first in Maricopa to offer COVID-19 testing and among the first to offer the Johnson & Johnson vaccine until it could reopen for aesthetic treatments.

"Honestly, it's been difficult. We saw a lot of clients suddenly move, and not just move into Chandler or Tempe but move out of state without warning," Donnay said. "The pandemic definitely threw a wrench into it."

Prior to COVID, a box of gloves cost Donnay \$5. After COVID, the price jumped to \$25-\$30. Paper sheets to cover beds that had cost 2 cents before COVID, skyrocketed to 50 cents each.

"So, finding supplies — alcohol, wipes, disinfectant, gloves, masks, you name it, the list goes on and on — it's still a struggle," she said. "During this whole process, I've really tried to not raise my prices. We've taken a huge hit on those profit margins, mainly because, in my head, I keep thinking, 'Well, it's got to get better.'"

The clients are coming back, and Sovis said Donnay's approach is among the reasons.

"First, her knowledge base is off the chart," Sovis said.

Kristina Donnay is a mom, wife and owner of Maricopa Wellness. In August, she added a doctorate to her resume. Here's a look at both of her worlds through the magic of photographer/visual illustrator Victor Moreno.



Victor Moreno



“She’s way too smart for her own self. She has such a great way of explaining things that you completely understand it. She doesn’t give you false expectations, either.”

Day recalls a story illustrating his daughter’s determination. She was turning 16.

“We bought her a car, a little VW Cabriolet, and it was so funny because Kristina didn’t know we had bought it, and we parked it in the driveway,” Day said. “I had the keys, and we gave her a book, ‘How to Win Friends and Influence People.’ I told her she had to read that book before she was going to get the keys. You should have seen the look on her face. And I told her not only do you have to read it, because I’ve read it multiple times, but I’m going to ask you questions to make sure you’ve actually read the book.”

“She did it. I think she really learned and has taken that through. My wife and I owned a dog-grooming and pet store in the ’70s, owned five bridal shops, I owned a trash-hauling company in Phoenix. Kristina’s always seen my wife and I, our drive, so she’s been around it all of her life.”

Building a reputation

There are no secrets about the mission of Maricopa Wellness: Donnay wants clients to look good and feel good.

Men and women are treated. The profile of an average client is age 35 through 55, working-class adults with children and family, wanting to live their healthiest life, Donnay said.

Bio-identical hormones — or hormone replacement — is the most popular service.

“By the time somebody comes to see me, they’ve spent a lot of money, probably, seeing other



Kristina Donnay is shown with her father, Bill Day, who is a partner in the practice.

people, buying stuff over-the-counter that just did not work,” Donnay said. “Sometimes we just need that win, that thing that’s going to actually work, that you feel you’ve actually invested appropriately for. Once that happens, it changes our perspective of what we can accomplish overall, how great we can feel, how good we can look.”

“I want to provide people with that win. I want to provide people with the safe, effective treatment that makes a positive difference in their lives.”

Maricopa Wellness owns four state-of-the-art, InMode

Some of our machines are the first aesthetic lasers to have artificial intelligence and so it’s regulating the temperature at 1,000 times a second, making it extremely safe. These aren’t the old lasers that caused a lot of down time and difficulty recovering and look scary. These aren’t that.”

Day said his daughter’s status as a national trainer for InMode is a great benefit for Maricopa Wellness by her knowing and implementing the latest procedures and how to get the best results.

“That’s really put us on the map nationally,” Day said. “We have people that come from California, Utah, and the farthest we’ve ever had was someone from New York to have procedures done here at the spa.”

“We’ve had many people come into our facility tell us, ‘This is so nice, you could be in Scottsdale.’ That’s what we want to promote. Kristina and I both feel Maricopa people deserve just as good, if not better, service than they get in Scottsdale. We want to provide the quality services for people so they don’t have to fight the (State Route) 347 traffic to go into town for procedures.”

The Days as well as Sovis and her husband Richard, a cardiac nurse with Banner Health, all are on hormone-replacement therapy at Maricopa Wellness.

“When I first started coming in, I was just looking for amazing facials,” Sovis said. “Then I did hormone replacement. My husband and I both do that. It’s life-changing.”

Day, 64, echoed Sovis’ assessment.

“My wife and I have been on it three years now,” he said. “It’s turned the clock back 25

aesthetic lasers, on which Donnay not only is highly trained but flies around the country training others on their use.

“Education and training help me provide the best services safely and effectively,” she said. “We’re top of the line, cutting edge. We’re using the newest technology. I have invested in science behind everything. I am extremely diligent. Any treatment we offer, any product we offer, has to have significant research and science behind what I’m recommending.”

“I hope I’m good at explaining why it’s really safe.

“The funny one was me going through a change of life when I was doing her hair and she just looked at me and said, ‘Oh, honey, **you don’t have to suffer any longer.** Please let me help you.’ - DEBI SOVIS

years for me. I have the kind of energy I had when I was 40.

“People get great results. Kristina really does her due diligence and research into these devices and what we’re doing here. We’ve always tried to do things where people are getting results. When they get results, they look good and they feel better.”

Sovis, 53, was among Donnay’s first clients.

“First thing, her staff’s amazing,” Sovis said. “She’s had basically the same staff since she opened, which says a lot about her: She doesn’t go through employees. I just like the relaxed atmosphere and they’re so professional, with a little sense of humor thrown in on the side.”

“I am also her hairdresser. I just kept looking at her hair and going, ‘Girl, I can help you.’ She’s so beautiful. She wants everyone to be the best they can possibly be and that’s what I love about her.”

But, Sovis added, Donnay never stops working.

“She’ll be getting her hair done and hear somebody talking about a hot flash or a facial and she’s like, ‘I can fix that, I can help that,’” Sovis said.

“The funny one was me going through a change of life when I was doing her hair and she just looked at me and said, ‘Oh, honey, you don’t have to suffer any longer. Please let me help you.’ Even when she’s getting her hair done, she’s talking to

my other clients about what they can do. I try to get her to just relax while I do her hair but that’s a very foreign thing to her. I wish I could say something bad about her, but I cannot. She’s just a good human.”

Donnay says she counts herself fortunate to be in Maricopa and thriving.

“Over the years, I’ve been able to see other female business owners be successful and growing in Maricopa,” she said. “Myself, my husband and my dad continually see the ones that continue to grow and the ones that don’t make it. It’s how well you can adapt and change. As our city grows, people’s needs change. So, we don’t have this rigid plan of X, Y, Z. It has to be flexible.”

After a long week recently, which included a trip to San Diego to give a training session, Donnay said she attempted to unwind and spend a few extra days on the coast with Chris, their 4-year-old son and 7-year-old daughter.

“We’re finally taking vacation time together,” Donnay said. “It’s been really difficult managing being a mom, being a wife, being a business owner, provider, national trainer and getting a doctorate. It’s been quite a year.”

“I’m excited to take a couple of days of quality time with my family.”

That brought a chuckle to Sovis.

“I’ll believe that when I see it,” she said.

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Is my relationship toxic?

By Brianna Reinhold, LPC, CFRC

DOMESTIC VIOLENCE (AKA INTIMATE partner violence, dating abuse or relationship abuse) is defined as a pattern of behaviors used by one partner to maintain power and control over another partner with whom they are in an intimate relationship. DV does not discriminate against age, race, gender, sexuality, religion, education level or economic status. It can include a variety of behaviors to include physical, sexual, emotional and mental harm.

Whenever one is starting a new relationship, it can be hard to see what the future may hold. Dating, in essence, is like trying on new clothes. We must see what works and what doesn't before we make the final decision to continue long term. At the start of a relationship, it usually is impossible to see whether someone will later become abusive. This is known as the "honeymoon" stage


of a relationship and usually everything is going great. The partner presents as an "ideal partner" and someone you'd most likely want to continue dating. As the relationship grows, there can be red flags, or signs, that your partner is trying to assert their power and control. You may dismiss it at times. They may apologize profusely and swear it will never happen



again, and you may just be so head-over-heels for them that you just don't want to see the signs that are there. The abusive traits can start to intensify as the relationship continues to grow, but again, it doesn't happen overnight and usually the abusive partner does well with convincing you "things aren't that bad" or "it's your fault."

DV revolves around power and control. The abusive partner uses a variety of tactics to keep their partner from not only leaving them but from telling anyone about the abuse. Over time, the abuse generally becomes more intense, more violent and more frequent. For a breakdown of some of the most common tactics, refer to the Power and Control Wheel created by the Domestic Abuse Intervention Project.

If you ever find yourself in a situation where there is abuse present, it may seem impossible to get help or get

out. The most important thing to remember is that you are never to blame for the actions of your partner or others. You can create a plan to keep yourself and your children safe as you work toward a long-term plan to get out of the relationship. There are advocates and hotlines that can be of help in guiding you. Your local victim's advocacy center can direct you to shelters and other points of contact. If you are in therapy, you can inform your therapist, who can work to help you stay safe and find resources. It will most likely not be easy, but it can be done and there are many people willing and wanting to help you. Once you have realized you deserve better and want a change, you have taken the biggest step toward a happier and safer life. 

Brianna Reinhold is a licensed professional counselor and owner/clinical director of Northern Lights Therapy.



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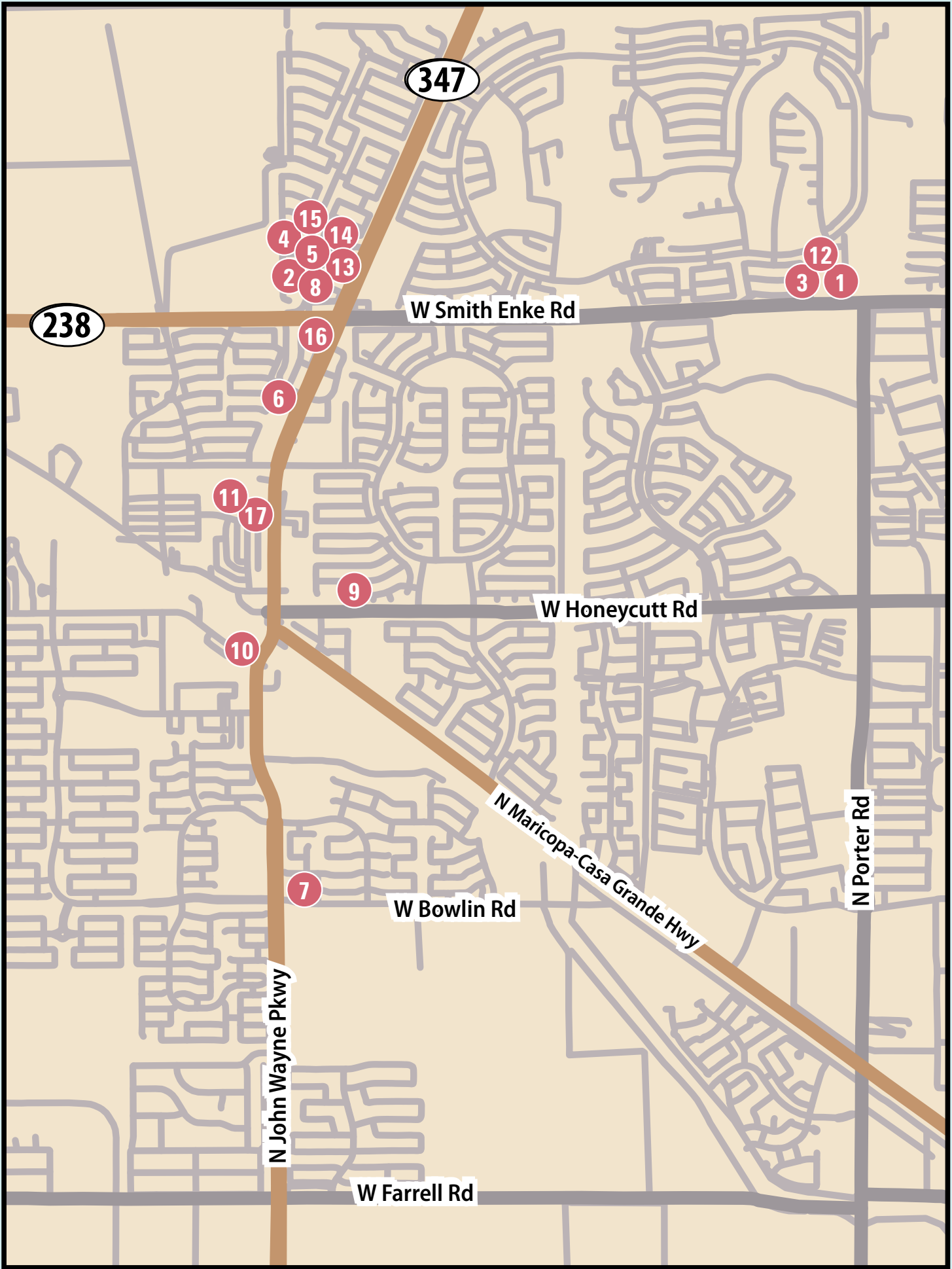
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7 Sun Life Health

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8 Vitiello Primary Care

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520-568-2723

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Suite 116
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15 Maricopa Foot & Ankle Center

21300 N. John Wayne Parkway
Suite 126
520-494-1090
MFAAC.com
See ad on page HG15

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16 Native Grill & Wings

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NativeGrillAndWings.com
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17

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SunLifeHealth.org
See ad on page HG5, HG12

8

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Bike rodeo

PHOTOS BY BRYAN AND JENECE MORDT

The Maricopa Police Department, along with Tyler's Tune Ups and Phoenix Children's Hospital, held a free Bike Safety Rodeo at Copper Sky Park. There, kids learned the rules of the road for cyclists, along with navigating road hazards. Children were also checked to make sure their helmets were properly fitting and that their bikes were in proper working order.



Advocates seek to meet challenges faced by local Deaf community

BY TOM SCHUMAN

FRED GREENSPAN'S ADVOCACY for the Deaf community started 13 years ago while living in Mesa.

An early arrival for a business meeting at a diner in Phoenix, he asked a fellow customer four seats away to pass the milk and sugar for his coffee while he waited.

Repeated attempts garnered no response.

"I thought people in Arizona were supposed to be friendly," Greenspan wondered.

He eventually learned, by a conversation written on a napkin with the fellow diner, that the man was a deaf college graduate with good grades and a degree in computer science who came to the diner every day with his computer to search for jobs.

Greenspan got to know the young man and found his six-month employment quest had resulted in frustration and getting "ushered out the door quickly" when he did get an interview.

Looking to help, Greenspan called a friend, who was CEO of a credit union, where the deaf man would go on to work for several years. The CEO told Greenspan, "Fred, you should teach this," referring to his ability to open the lines of communications between the two parties.



Fred Greenspan is a resident of Maricopa and an advocate for the Deaf and Hard of Hearing. He created a deaf-sensitivity training class called, "I Never Gave THAT A Thought."

Greenspan, who is also hard of hearing, took it as a sign and enrolled in classes at Mesa Community College and later created a deaf-sensitivity training class titled "I Never Gave THAT A Thought!"

But Greenspan and other Maricopans have given thought to the challenges faced by the Deaf community in Maricopa, including finding opportunities and available services.

It's a double-edged sword. The stigma attached to being deaf or hard of hearing can sometimes lead people with the condition to remain silent. As a result, it's difficult to quantify the size of the community in the city, making outreach and delivery of services difficult.

According to Greenspan, who conducts deaf-sensitivity training nationwide for law enforcement agencies, city governments and court personnel, about 12% of the general population is either deaf or hard of hearing. He explained that rate increases in warm-weather states like Arizona, due to the fact that those states are retirement destinations. As people grow older, they're more likely to experience a loss of hearing.

In 2015, Greenspan organized "Here Us, Hear Us" social gatherings in Maricopa, as a way for the Deaf and hearing communities to come together. Later, pre-COVID, Starbucks' locations in Maricopa and Casa Grande were sites for get-togethers for deaf residents.

Bryan Mordt

Greenspan isn't alone in his efforts of outreach.

Kasey Turik, a teacher at Heritage Academy, was pleasantly surprised when she offered an American Sign Language course at Heritage last year.

More than 180 Heritage students registered for the 50 spots in the two ASL 1 classes, Turik said.

"This is something that is out there and let's see how our community can get involved," she said of her motivation. "We want to make it more welcoming for the Deaf community. I want them to know our students are learning how to communicate with them. I just want to open up the communication channels."

Those completing the first class a year ago are now in ASL 2, with two new ASL 1 sections being offered. Again, demand surpassed the available seats.

One man's story

Greenspan used sign language and texting to chat with a 39-year-old deaf man (who asked not to be identified) who has spent much of his time in Maricopa over the past decade.

The man said he has alternated living between Maricopa and an out-of-state location since 2011. He currently does not have a job in Maricopa.

"There's not too much to pick from," he signed, of employment opportunities for the Deaf. "That's why I go back and forth, back and forth."

Greenspan said the man had previous jobs at a local restaurant and retail stores. While managers were on board, staff either did not know he was deaf or were unable to make accommodation.

"They treated him like a little baby, which defeats one's self-worth," Greenspan said. "Sometimes when you have a door opened, it might be an open door with a brick wall right behind it."

The challenges are "often problems with communications," the man said, citing as examples the difficulty of reading lips or the employer/business not having an interpreter in place to assist.

His solution, he indicated, may be to move to a more metropolitan area, where services are often more readily available.

Asked whether improvements have been made over the last decade in society's efforts to effectively communicate with the Deaf, Greenspan quickly replied.

"It's gotten worse," he said. "Ignorance plays a giant part in it."



Miranda Schroeder is completely deaf in her left ear. Her twin brother, however, has no hearing issues.

Learning to succeed

One of Turik's ASL 1 students this year is 15-year-old sophomore Miranda Schroeder. At age 3, she failed a preschool hearing test and was eventually found to be totally deaf in her left ear. Her twin brother has no hearing issues.

"I did sign language with them when they were babies before they started speaking," said Miranda's mom, Carrie Schroeder, who had no idea hearing challenges would impact her family. Miranda, however, finds ways to adjust and is adamant she will not be prevented from reaching any of her goals in life.

Since fourth grade, she has taken advantage of a frequency modulation system. Miranda's teachers wear a small microphone, with the sound delivered directly into the receiver in her hearing aid. At times, she will use the system in choir practice — giving one of her classmates the microphone so Miranda can hear the proper notes and pitch.

"When people are talking, I tend to turn my ear toward them," she said. "Or, if we are in the hallway at school and someone is on my left side, I will go to the other side of them."

She also utilizes captions as much as possible, although there are serious limitations.

Some movie theaters, for example, make assistive listening devices available and others do not. Even when in use, "sometimes the captions come up on the screen too soon or too late," Miranda said. "On YouTube, when the captions are automated, they tend not to work. Sometimes they say the most ridiculous things."

Both mom and daughter are thankful Miranda still has some hearing.

"She's very empathetic. We've always taught her to advocate for herself," Carrie said. "It's important for people to be aware (of those with hearing challenges) and be kind to everyone."

Miranda admits there are still times people don't understand why she is using captions or turning up the volume to hear better.

CONVERSATION TIPS

Learning American Sign Language is a great way to communicate with the Deaf. Here are other conversation tips:

Before the conversation:

- Keep your face and mouth visible.
- Be sure your face is adequately lit.
- Face the person directly when speaking.
- Reduce background noise or move to a quieter location.
- Maintain eye contact.

During conversation:

- Speak clearly and at a moderate pace.
- Use short sentences.
- Be ready to reword phrases if necessary.
- Keep movements to a minimum.
- Use facial expressions and gestures when appropriate.

“If they don’t understand, I prefer they ask,” the teenager said. “I guarantee I won’t be offended. I just really want to learn as much as I can. I know I’m lucky to have hearing in my right ear. I just want to help people who are deaf.”

While many her age are still pondering the future, Miranda has shifted from an initial goal of becoming a teacher to instead focusing on a legal career in child advocacy. She is currently taking an elective in criminal law that earns both high school and college credit.

Limited outreach

A new videophone service was unveiled at the Maricopa Public Library in 2018. It incorporates interpreters, allowing the Deaf and Hard of Hearing to communicate with those who don’t know sign language.

City officials cited the videophone — which originated from a grant — as one public service offered, but staff at the Maricopa Library & Cultural Center say they are not aware of much usage.

It’s difficult to get a count of the city’s Deaf population and there are few indications deaf residents have many local employment options or significant programs to help them thrive.

Inquiries to major employers in Maricopa

REACHING OUT FOR ASSISTANCE

While there’s very little in the way of help in Maricopa and Pinal County, The Arizona Commission for the Deaf and the Hard of Hearing is a place to start. The group partners with public and private sector entities to improve accessibility for the deaf and hard of hearing.

The website, which can be found at www.acdhh.org, offers assistance with the following:

- Locating an interpreter
- Telecommunications relay services
- Locating medical providers
- Hearing aids
- Schools for the deaf and hard of hearing
- Self-advocacy
- Emergency preparedness
- American Sign Language Interpreter Licensure



Heritage Academy students Carleigh Mrosko, Dallin Huff, and Manuel Garcia work on their signing skills during an American Sign Language course at the school.

revealed no official count of deaf employees. All were asked about their own workforce and how they serve deaf customers, patients or students.

Representatives of Maricopa, Walmart and LaQuinta Inn & Suites confirmed they have no deaf employees. A public relations representative for Harrah’s Ak-Chin noted “hearing impaired rooms” are available at the hotel with flashing lights and other visual signals in case of emergencies.

AnnaMarie Knorr, the community outreach coordinator for Exceptional Community Hospital-Maricopa, responded via email that “we have programs and services available to assist the Deaf and Hearing Impaired, should they need medical care, and we are and always have been an equal opportunity employer.”

Lindsay Stollar Slover, Director of Exceptional Student Services for Maricopa Unified School District, said the system’s goal is to approach each situation on individual basis.

“We always prioritize the needs of the individual student,” she said, declining to give the total number of students who are deaf or hard to hearing, citing privacy concerns. “We get to know the student and their wishes and goals, and make sure we understand what those needs are.”

The district has an ongoing partnership with the Arizona State School for the Deaf and Blind. The agreement provides classroom services for students and “assessment and support as well as training for teachers.”

Rather than broad district-wide instruction for all teachers, Stollar Slover said the unique

needs of deaf students make it better to “bring teachers in to provide some specific training for that student.”

She recalled while serving as a principal in another district a deaf student in her school desired no special help and wanted to be treated like all other students.

Teaching moments

Reducing the ignorance or lack of knowledge, at least among some high school students, is among Turik’s goals. She is in her second year of teaching ASL, with students able to take two years of classes to fulfill their world language requirements. The plan is for a third-year class in 2023-2024 to be dual enrollment, providing both high school and college credit.

“In level one, we do vocabulary as much as possible and some grammatical structure,” she said. “It is not the same word order between English and ASL. On the cultural side, we study how to get a deaf person’s attention, and I want them to be comfortable doing an introduction.”

The ASL 2 classes this year are expanding the vocabulary and cultural work. They also incorporate additional activities that, while unable to duplicate the challenges facing the deaf, give the students an idea of what it is like.

Turik’s daughter, Emily was in one of the first ASL classes last year. This summer she used sign language in her job to communicate with a deaf family that came to the local yogurt shop. “She was so excited, particularly about how happy they were that someone could communicate with them,” Turik said.

Bryan Moritt

A longtime teacher in both Texas and Arizona, Turik is pleased to finally capitalize on her interest in ASL. She took classes at both Pima Community College and online at Rio Salado College after first learning some sign language as a third grader in Washington state.

Doing it all

Greenspan has seen the proverbial light bulb go on for many who have taken part in his sensitivity-training sessions. The first takeaway he likes to see is “they learn the ASL alphabet. It’s easy.” A phrase he emphasizes is, “When in doubt, write it out ... but be sure the deaf person knows English.”

The bottom line is similar for all.

Advocates say the Deaf and Hard of Hearing community is a linguistic and cultural minority with lives full of beautiful and rich traditions.

Still, many students are surprised by what they learn when watching videos about the Deaf community, Turik said.

“It also makes them realize that being deaf is not your entire world,” she said. “There are things you might have to do a little differently, but you can still do every single thing that any hearing person can do ... but hear.”

Carrie Schroeder said her daughter’s deafness in one ear “has not stopped (Miranda) from doing anything she wanted to do.”

Her condition will never hold her back, Miranda acknowledged.

“I may sometimes need to ask more questions or need slightly more help, but I can still do it.”

 **DeafSensitivity.com**

HELP WITH CONNECTING

A captioned telephone (CapTel phone) can make communication a lot easier for people with hearing loss. A CapTel is a special telephone that has a built-in screen to display in text (captions) everything the other person on the call says. When an outgoing call is placed using a CapTel phone, the call is connected automatically to a Captioned Telephone Service (CTS). Fred Greenspan, a Maricopan who runs sensitivity training courses for the Deaf, urges anyone who needs a captioned telephone to email him at: DeafSensitivity@DeptOfEd.org.

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Fridays come alive with prep football

The football season is underway for Maricopa's high school teams. As of press time, Sequoia Pathway had earned two wins this season and Maricopa was looking for its first victory. Desert Sunrise High School, which will play a junior varsity schedule this season, started out the year with two wins.



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Maricopa grad puts UofA on the scoreboard this season

BY JUSTIN GRIFFIN

A MARICOPA HIGH SCHOOL graduate has become an impact player for the football team at the University of Arizona.

Wide receiver Jacob Cowing has played a direct role in two Wildcat victories. The first came in a 38-20 victory over San Diego State in the season opener, catching eight passes for 152 yards and three touchdowns. The second came when he caught the go-ahead touchdown with 4:53 left to go in a 31-28 win over North Dakota State on Sept. 17.

Through the first three games of the season, he had 21 receptions for 253 yards and five TDs.

Cowing, who graduated from Maricopa High School in 2019, seems to make an impact wherever he goes.

The 5-foot-11 junior standout began his career with the University of Texas at El Paso, where he played immediately as a true freshman, starting in seven games. He went on to lead the Miners in receiving all three seasons.

While at UTEP, Cowing's third year was his standout season as he caught 69 passes for 1,354 yards and seven touchdowns, the fourth best single season for a receiver in school history. He was named First Team All-Conference USA and ranked ninth nationally among all receivers.

Cowing's statistics made him an attractive option for schools looking for a strong transfer. When he entered the NCAA's transfer portal earlier this year, he garnered scholarship offers from Arizona State, Mississippi State, LSU and the University of Arizona.

At the Pac-12 preseason media day in July, Cowing explained two things brought him to Arizona: his son Chase and the relationship he quickly formed with Arizona's new coach Jedd Fisch, who is entering his second year and trying to rebound from a 1-11 record last season.



Jacob Cowing has caught touchdown passes in crucial moments this season to help Arizona win two of its first three games. Cowing played football at Maricopa High School, where he caught 89 passes for 2,065 yards and 21 touchdowns.

It's about a six-hour road trip from El Paso, to Chandler, where his son lives. By choosing the Tucson-based program, Cowing cut that down quite a bit.


"I have a little baby boy who just turned 2 in November," Cowing said, referring to his thought process in the spring when he decided to make the move. "He's up in the Chandler area. I just want him to kind of be closer for my last couple years of college so I can see him a lot more."

Along with the familial reasons, Cowing had a good feeling about Arizona from the start.

"I just had a great conversation with Coach Fisch and [wide receivers] Coach [Kevin] Cummings," Cowing said. "You know, those guys just kind of made it feel even more like home. One of the biggest deciding factors was having that relationship with the coaches."

Prior to leaving for El Paso a few years ago, Cowing lived in Maricopa for most of his life. The son of Monte Cowing and Nycole Parker, he has two sisters.

"I'd been there since I was 5 years old," Cowing said. "I grew up there. I was born in the Phoenix area, so I was kind of familiar with the whole Tucson area, so it's kind of like home to me."

While at Maricopa, Cowing was regarded as one of Arizona's top receivers. For his career, he caught 89 passes for 2,065 yards and 21 touchdowns. 

Mike Christy / Arizona Athletics



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Corn, an American crop with Arizona roots

BY ALCIA HAYES

CORN IS ONE OF THE MOST significant economic agricultural products on Earth.

An iconic American food crop grown as one of the three sisters (with beans and squash), it's known as Hopi blue corn, required for succotash and forever tied to the Midwest and the first Thanksgiving.

Before the pilgrims were sharing their first meal of thanks, corn had long been an important crop to the people of the Americas and had been a staple food crop in Arizona for thousands of years.

Zea mays ssp mays is a cultigen that requires human intervention to propagate and is derived from a grass native to southwestern Mexico. Some 9,000 years ago, the ancestor of modern corn was cultivated. Corn dating to 6,000 years ago appears in archeological sites in South America and to 4,500 years ago in northern Mexico. In 2009 in Tucson, archeologists recovered specimens of corn 4,100 years old from along the Santa Cruz

River — the oldest corn found in what is now the United States.

Corn was likely a supplemental food source at first. Early varieties were only 1 inch in length and had only one cob per plant. Over time, different varieties were traded into Arizona and the Southwest, or were developed locally.

Prehistoric peoples primarily grew popcorn, dent, flint, flour and sweet corn. Popcorn, one of the oldest varieties of corn, has a hard, brittle kernel. When heated, it pops. The popped corn was then ground and made into a coarse meal and added to dishes.



Flint corn has a hard outer protective layer over the kernel, is less susceptible to insect and rodent predation, and stores well for long periods. The kernel of dent corn shrinks when dry due to

the soft interior of the kernel and appears dented. Flour corn appeared in southern Arizona about 1,600 years ago and became increasingly popular over time. Around 800 years ago, in the largest communities like those at Casa Grande Ruins in Coolidge or Pueblo Grande in Phoenix, people began to use comals, a ceramic plate-like surface used historically to make tortillas. Flour corn remains the preferred variety for cornmeal, pinole, Hopi ceremonial Piki bread, atole, etc. Sweet corn is sweet and enjoyed straight off the cob.

People in prehistoric communities found in Pinal, Maricopa and Pima counties aggregated to irrigated crops. They often had a surplus, as recorded by Father Kino in 1694 when he visited what is today Sacaton. In a large archeological community along the Gila River, east of Maricopa, corn kernels and cobs of Chapalote, Reventador and Oneveño corn from 800-1,600 years ago were recovered by archeologists.

Those varieties are still available today. Corn has for thousands of years been rooted in Arizona. 📍

For further information about Heirloom corn and other native plants, visit Native Seed Search online or in Tucson. Ramona Farms (online) in Sacaton sells heirloom O'dham (Pima) corn for cooking. To learn more about prehistory of Arizona and the southwest, visit Archeology Southwest online and join their free newsletter.

Alycia Hayes is a University of Arizona Master Gardener volunteer.

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Consider renting your house rather than selling in today's market

BY SHERMAN AND EUPHEMIA WEEKES

THE RENTAL MARKET REMAINS robust. Rents are at a record high and there is not enough inventory to meet the needs of tenants.

Here are reasons to consider offering renting rather than selling:

1 Interest rates: The Fed increases in interest rates have put the brakes on the housing market with homes taking much longer to sell. Despite a higher sales inventory many buyers have left the market opting to wait until rates are more affordable.

2 Increase tax deductions against paying taxes: Renting out that second home allows someone to increase tax deductions. Some of those that could be claimed on a rental property include property taxes, insurance, mortgage interest, repairs and maintenance,

utilities, HOA fees, travel to and from the property, management fees and property depreciation over the applicable life and class of the property. On the contrary, if you sell the home, taxes become payable on capital gains. Please check with your tax advisor, who will recommend what is best in your circumstances. To do research on your own, refer to IRS Publication 527. You also don't want to lose money by selling when the market is down. It is likely that the rent you can get for your house is higher than your mortgage, HOA dues and expenses for upkeep. Listing the house as a rental could buy you some time and allow your home value to increase.

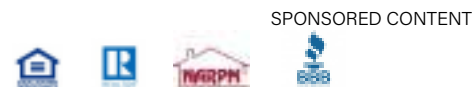
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HOME

most expensive HOME SOLD



42809 W. Sparks Lane

 Aug. 22

\$ 630,000

This two-story home in Rancho El Dorado offers seven bedrooms, three bathrooms and a 4-car garage. The formal living room includes a fireplace, with a few steps up to the dining room. The large kitchen has stone counters, stainless steel appliances, an island, plenty of cabinetry and an eat-in area. A few steps down, the family room has a dry bar and sliding doors out to the backyard. The bedrooms are upstairs, including the master with a large, custom, storage closet. The home sold for \$52,000 below the original list price.

Previously sold: \$297,500 on 10/24/2016

Community: Rancho El Dorado
Square feet: 4,011
Price per square foot: \$157.07
Days on market: 45

Builder: Hacienda
Year built: 2006
Bedrooms: 7
Bathrooms: 3

- 2. 41848 W. Barcelona Drive, Glennwilde.....\$605,000
- 3. 44207 W. Palo Abeto Drive, Palo Brea.....\$585,000
- 4. 19436 N. Lousandra Drive, Senita\$560,000
- 5. 18465 N. Falcon Lane, Glennwilde.....\$557,500

least expensive HOME SOLD

36187 W. Vera Cruz Drive

 Aug. 26

\$ 250,000



This single-story home in Tortosa offers an open floor plan with French doors leading to the covered back patio. The kitchen features stainless steel appliances, tile counters and a bay window in the eat-in area. The home sold with a cash offer in four days for \$71,500 below the asking price.

Previously sold: \$128,000 on 4/9/2016

Community: Tortosa
Square feet: 1,322
Price per square foot: \$189.10
Days on market: 4

Builder: Unknown
Year built: 2007
Bedrooms: 3
Bathrooms: 2

- 2. 45386 W. Hathaway Ave., North Maricopa\$260,000
- 3. 36638 W. Santa Clara Ave., Tortosa.....\$274,990
- 4. 40013 W. Sanders Way, Homestead North.....\$290,000
- 5. 42706 W. Hillman Drive, Rancho El Dorado.....\$300,500

Source: MLS, July 10 to Aug. 9

Brian Petersheim Jr.

HOME



Scarce commercial listings a challenge for new businesses

BY DAYV MORGAN

WITH INTEREST RATES ON THE rise, residential real estate availability in Maricopa has increased over the past few months.

But one form of real estate that remains scarce in Maricopa is commercial real estate. There isn't a lot of it out there to be had. The prices reflect it too.

A high-profile example is the now-defunct Sunrise Diner property that closed this year. The 2,800 square foot property located at 20917

N. John Wayne Parkway is listed on Propertyshark.com for \$25 per square foot per year, which translates to a rent of \$70,000 per year, or \$5,833 per month.

The property might be economically priced when you consider that five brand new spots at Edison and John Wayne Parkway, are going for \$32-\$34 per square foot per year, which would equate to rents of \$7,466 to nearly \$8,000 per month for the same square footage.

While there are cheaper prices to be found in the Valley, it all depends on where you look. High traffic areas with brand new construction will sometimes reach \$40 per square foot per year. But, you can also find plenty of properties in the \$15 to \$20 per square foot range.

Casa Grande also has commercial properties from \$15-\$20 per square foot per year. One spot, also 2,800 square feet, was priced at \$2,000 per month.

While the prices are certainly a barrier for business owners in Maricopa, the biggest problem is the lack of availability. One search shows there are 101 listings for retail and commercial properties in Chandler. Casa Grande has 22 spots available. While in Maricopa, there are just 10 properties.

Having the money available to pay the rent isn't

enough either. Most of the time, finding a property takes months and a strategy.

One example can be found with Mercantile Maricopa, a business which opened in May and was featured by InMaricopa a few months ago, where Isabella Guilford, the owner, described her experience.

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

Guilford had a positive result in her search, but it took patience.

It's possible to find commercial real estate, both in the forms of office space and retail space in Maricopa, but don't fool yourself into thinking that it's going to come easily or cheaply. 

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



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It's always a good time to get heart-healthy

BY AL BRANDENBURG

IT'S THE BEGINNING OF OCTOBER. With temperatures falling, it's time to consider how to take care of ourselves so we can enjoy the upcoming holiday season with our families.

A good place to start is your heart, which is the hardest-working muscle in your body. Heart disease is a leading cause of death making it important to adopt a healthy lifestyle. While some risk factors can't be changed — family history, age and sex, for example — we can do some things to improve our heart health.

Live healthier. A heart-healthy diet and regular exercise are keys to a stronger heart. Studies have shown women who eat lots of fruits and veggies, whole grains and lean proteins, and maintain a healthy weight, are 92% less likely to have a heart attack. (Men, obviously, would benefit as well.) Getting your heart rate up for 30 minutes every day by walking, biking, swimming, etc., along with eating right, will improve heart function. Start with small steps. Join a gym and follow a regular workout schedule. It can work wonders for your libido and help you get/stay in shape. Many gyms have programs formulated for seniors.


Quit bad habits. If you smoke, it's time to quit. Believe me, I know it is difficult. Smoking tobacco increases the risk of heart disease. Talk to your doctor for advice on kicking the habit. Numerous over-the-counter aids can help.

Unwind a little. Relax and unwind every day. Turn off the TV or electronic devices. When we get stressed out, our bodies increase adrenaline, which overworks our hearts. Talk to a friend. Exercise, do yoga or sit quietly and meditate. Working in the garden does wonders for my stress level (I wish I could say the same for my golf game), and reading a good novel in a comfortable chair puts my mind at ease.

Rest. Sleep is good for your heart. It allows our bodies to recover, which is good for all aspects of our health. As we sleep, our blood pressure and heart rate go down, giving your heart a break. Research shows people who don't get enough sleep are more than twice as likely to die of heart disease. Experts recommend at least seven hours a day and avoiding blue lights and playing computer games just before going to bed.

Stay social. For better heart health, exercise with a friend. Having a social support system not only helps one stay motivated, but it can lower your risk of heart disease. Studies show people who stay socially active have significantly lower blood pressure and other factors for heart disease than those who are isolated.

Finally, **make an appointment** to visit your doctor. Knowing your "good" cholesterol (HDL) and "bad" cholesterol (LDL) levels, as well as your blood pressure, weight and body mass index (BMI) are the first steps to improving heart function. Follow up so you can keep up with your progress.

Stay safe and stay healthy. 

Al Brandenburg is a member of Maricopa Community Advocates.

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Senior housing and care: so many options!

BY RON SMITH

WHEN IT COMES TO DECISIONS regarding housing at the time of retirement, most everyone is simply trying to decide where they want to live. Will they stay put or move to a new location? What kind of opportunities and amenities are they seeking?

Maybe they are considering downsizing their home, but initially, most are focused on a new, exciting lifestyle to chase their dreams.

Independent living

Our primary decision is usually: Where do we want to live? What do we want to do there? Who do we want around us? We may make age-related decisions, such as moving to a single-story home to avoid climbing stairs, but few are considering aging in place. After all, we're healthy and searching for the "active adult" lifestyle! Your primary choices generally are:

- **Remaining in your current home — a no brainer.** You love your house, your neighbors and your community. There's no need to change doctors, auto mechanics or where you shop. Besides, you'll need that extra space when the kids and grandchildren come to visit.
- **A new home in another community.** This is generally a matter of chasing lifestyle — more sun, water sports, year-round golf or tennis, no snow blower, etc.
- **Active adult/55+ retirement communities.** You've decided you want to live in a resort-style community with other seniors. Residents typically live in purchased single-family homes, condos or townhouses. You've selected your new bathing suit, polished up your golf clubs and asked, "What is pickleball?"
- **Senior apartments are becoming the rage.** Flexibility is the key, with all



the benefits and amenities of the more traditional retirement communities, except you are leasing and free to do something else after your lease runs out. A great way to test the lifestyle and location and still have the freedom to go elsewhere. Space constraints will probably require you to downsize your possessions.

- **RV living.** RV life gives you the freedom to explore all those places you've heard about and possibly identify where you would like to settle down after the adventure wears off. For most, this is a 1 to 2-year activity, but it can last as long as you want.

Housing options with assistance

Health problems, the availability of caregiver resources, financial security, loneliness, the lack of safe housing and the lack of family support often force retirees to reconsider where and how they will live during various stages of their retirement years. Accidents or sudden declines in health can dramatically change housing needs.

- **Living at home with additional homecare support** provided by agencies, friends or family. This is where a home properly prepared for aging in place pays off. Most people, according to AARP studies, want to stay in their own home as long as possible. COVID-19 drove home the value of living in your own home. Care can range from cleaning assistance, companionship, support with the activities of daily living (ADL) and even skilled nursing.

- **Assisted living** is residential living in a small group home or a large facility. It helps those in need of minor or limited assistance and 24-hour monitoring and provides an opportunity for socialization, meals, laundry, activities and coordination of medical services.
- **Nursing homes** are similar to assisted living, but medical support plays a larger role; rehab training, more frequent access to doctors and an RN always on duty.
- **Memory care facilities** offer specialized services and facilities to care for loved ones with dementia or related illnesses and protect residents from wandering away. Caregivers need special skills to deal with this horribly progressive disease.
- **Skilled nursing facilities** are in-patient rehabilitation and medical treatment centers staffed with trained medical professionals. They can provide the medically necessary services of licensed nurses, physical and occupational therapists, speech pathologists and audiologists.
- **Combinations of the above** are provided in some communities. Such care can be expensive but eliminates the need for residents to move to different communities as medical assistance and care requirements increase.
- **Continuing-care retirement communities (CCRC)** offer two or more of the above care options within one facility and program.

- **University-based retirement communities** are university-based like the new Mirabella Retirement Community offered at Arizona State University. This is a true continuing care retirement community integrated with lifelong learning through ASU.
- **Life Plan Communities**, the new name for CCRCs, offer an all-inclusive, maintenance-free and low-stress lifestyle that ensures maximum independence and a full social calendar. They provide peace of mind, security and predictability for your future by offering residential living, assisted living, skilled nursing and short-term rehabilitation services and memory care — all on one campus. Life plan communities help provide a secure and predictable solution to live out your life with confidence.

responses to the needs for lower cost housing options, shared responsibilities/caregiving and social isolation.

- **Living with your kids in their house.** Moving in with your children can be a good solution under the right circumstances. Typically, it is most successful when the family can maintain some boundaries with mutual respect.
- **Accessory Dwelling Units.** Sometimes known as "granny pods," these are separate, self-contained, smaller housing units located on the grounds of a single-family home. You have privacy but remain near your family. Zoning regulations are the main impediment to ADUs.
- **Co-housing** uses a shared decision-making model, and residents are expected to participate in chores and meal preparation. Co-housing is a shared option that is often intergenerational, mixing seniors and children resulting in more diversity and energy in the community.
- **Home-sharing/roommates** Companies like Silvernest, Nesterly and Senior

Homeshares, help seniors to rent out extra space and avoid isolation at the same time. In smaller communities, word of mouth suffices.

- **Board and Care** is the name often given to a small, assisted living-style home. Services may be limited but can include medication management, personal help and transportation.
- **Intergenerational communities** are a popular option in college towns, where seniors rent extra space to students. The advantage is that the senior gets extra income and has someone in the house for conversation and security, and sometimes light chores.

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.

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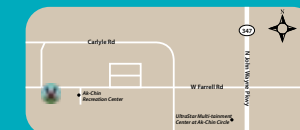


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THINGS TO DO



OCT 22

Haunted Hustle Run

Central Arizona College invites you to shake off the cobwebs and get ready to run, walk or stroll at the Maricopa Haunted Hustle 5K & Monster Dash Fun Run on Saturday, Oct. 22, at the Maricopa Campus, 17945 N. Regent Drive.

Proceeds from this race will benefit the Pinal Promise Scholarship Fund and will help open the doors of educational opportunity for students who reside in and graduate from a high school in Pinal County.

The event will feature a 1 Mile Fun Run (recommended for families with strollers) and a Family Friendly 5K. Additionally, attendees can learn about CAC's amazing programs at the academic open house, enjoy food trucks, music, raffle prizes and more.

Participants wearing a Halloween costume will be entered into a raffle to win an amazing prize.

IF YOU GO

3:00 p.m.	Packet pick-up @ CAC Maricopa Campus
4:30 p.m.	Monster Dash 1 Mile Fun Run
5:30 p.m.	Haunted Hustle 5K Run/Walk
7:00 p.m.	Raffle (don't need to be present to win)

Haunted Hustle 5k Run/Walk - \$30 Prior to 11:59 p.m. Oct. 21
Monster Dash 1 Mile Fun Run - \$10 prior to 11:59 p.m. Oct. 21



Click here to register



THINGS TO DO

October

3
Maricopa Historical Society
5 p.m., Redwood Room
Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

4
Maricopa City Council
6 p.m., City Hall
39700 W. Civic Center Plaza

10
Friends of the Library
5:15 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

11
Maricopa Planning & Zoning Commission
6 p.m., City Hall
39700 W. Civic Center Plaza

14
Streaming of "Hocus Pocus" by Be Awesome
7 p.m., Copper Sky
44345 W. Martin Luther King Jr. Blvd.

18
Maricopa City Council
6 p.m., City Hall
39700 W. Civic Center Plaza

19
MUSD Governing Board
6:30 p.m., Maricopa Unified School District Office
44150 W. Maricopa-Casa Grande Hwy.

22
Craft Fair
9 a.m. — 2 p.m., Maricopa Veterans Center
41600 W. Smith Enke Road

Haunted Hustle 5K & Monster Dash Fun Run
3 p.m., Central Arizona College
17945 N. Regent Drive

26
Pacana Park Pumpkin Walk
6-8 p.m., Pacana Park
19000 N. Porter Road

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

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

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
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 Ave.

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

ALL EVENTS ARE TENTATIVE

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



OCT 22

Craft Fair

We are excited to announce our first Craft Fair to support our local veterans here in Maricopa. The Craft Fair is sponsored by the American Legion Auxiliary and will take place on Saturday, Oct. 22 from 9 a.m. to 2 p.m. at the Veteran's Center at 41614 W. Smith Enke Road, Suite 110, Maricopa AZ.

Vendors will include: wreaths, kid activity kits, hair accessories, throw pillows, fused glass, tumblers, resin bowls, clothing, paintings, cupcakes, dog treats, dog leashes, 3D printed stone, concrete planters, vinyl stickers, aprons, quilts, coasters, car freshies, keychains, wood signs, and much more. Perfect for holiday shopping. Make sure to stop by and see all the varieties that the vendors have to offer.

If you have any questions, please reach out to Michelle at buchananm2020@gmail.com.



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WHEEL OF FORTUNE LIVE!: The Events Center Box Office will open 3 hours prior to the show start time and close 30 minutes after the event starts. The Events Center Box Office is located on the first floor of the casino, next to the Oak & Fork Restaurant. Will Call tickets can be picked up during the Box Office hours of operation on the show day. Customers must present the actual credit card used to purchase tickets, a valid photo I.D. and the confirmation number. Free garage parking. Our casino facility is ADA compliant. There is accessible seating available for all shows. The Events Center is located at the Harrah's Ak-Chin Casino in Maricopa, AZ. Photo I.D.s are required to enter the facilities. Cameras and recording devices are never allowed at concerts unless otherwise notified. Outside food or beverages are not permitted inside the building. Guests wearing obscene or indecent clothing are not allowed to enter the building. Guests using foul or abusive language or gestures will be escorted out of the venue. Laser pens and pointers are not permitted. Policies subject to change depending on the nature of the event. No refunds, no exceptions. Harrah's Ak-Chin is a casino facility, therefore, all minors must be accompanied by adults 21+ at all times.

CAESARS REWARDS SIGN UP: Only new members of the Caesars Rewards program are eligible at Harrah's Ak-Chin Casino. New members are defined as those individuals 21 years of age or older who sign up for a first time Caesars Rewards membership at the Caesars Rewards Center at Harrah's Ak-Chin Casino at any time October 1 – December 31, 2022 at 11:59PM. When depositing Free Slot Play to your bank, balance expiration is based on time of deposit and will expire 72 hours after deposit if not downloaded to a slot machine. Re-deposited Free Slot Play will expire within 24 hours after re-deposit. Receive one free entry after accepting \$15 in Free Slot Play prize at a slot machine. Drawings will be held at the end of the month for new members in that respective month. Winner will be contacted via email within 5 business days of drawing. Prize must be claimed within two business days of notification. Prize must be redeemed by March 31, 2023 or prize is forfeited. Winner will receive three free nights and 50,000 Reward Credits. Travel is not included. Offer is subject to availability. Please see Caesars Rewards for Free Slot Play and Reward Credit expiration details. Valid only at Harrah's Ak-Chin Casino.

Management reserves the right to change or cancel these promotions at any time without prior notice. Valid only at Harrah's Ak-Chin Casino and must have a Caesars Rewards card and valid photo ID to participate. Must be 21 or older to gamble. Know When To Stop Before You Start.® Gambling Problem? Call 1-800-522-4700 or 1-800-NEXT STEP. ©2022 Caesars License Company, LLC. See official rules at the Caesars Rewards Center for complete details.



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