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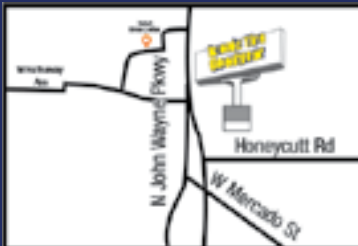
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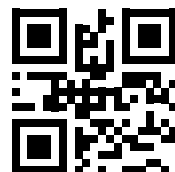
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ON THE COVER

Chris Spear is among the growing legion of food truck/trailer operators in Maricopa. Photo by Bryan Mordt.

Chow down on this month's bill of fare

I DON'T KNOW ABOUT YOU, BUT AMONG THE things in life I do really well is eat.

Evidently, we have a community full of people who are good at it, too — or want to be, judging by their clamoring for more dining choices. The demand is for sit-down places, yet a rapidly emerging culinary scene is the polar opposite: stand-up dining.

Food trucks, or in many cases food trailers, have rolled into town and built a following. These aren't necessarily purveyors of cheesy nachos or hot dogs boiled in who-knows-what, either. These are high-end eateries — meals on wheels — with upscale offerings of all genres.

You see them on Food Truck Fridays, at virtually all festivals at Copper Sky and often just standing alone in a parking lot. That's where it can get sticky with permissions.

How do you know you're being served food that is safe, from a kitchen that is clean? The food-truck industry is governed by the same rules and the same inspectors who make sure any restaurant in the county is storing meat at the proper temperature and doesn't have an unacceptable grease buildup.

Our centerpiece food-truck package is a nice read by one of our newbies, Cameron Jobson.

And with regard to sit-down restaurants, our Brian Petersheim Jr. tells us about a sports bar, The

Roost, that is blowing up its model and converting to a sit-down steakhouse to accommodate public demand.

It might be a bad pun to describe Mark Goodman, police chief for a couple of months now, as a straight shooter, but he is open and direct in an interview with our other newbie, Monica D. Spencer. And the guy rocks a beauty of a flattop.

From All-America college hurdler to successful Maricopa entrepreneur, Arnita Green took a journey through a couple of careers to get here. Read all about it.

Finally, take a look at the changes in Maricopa the past six decades through the eyes of long-time prominent residents Shirley Ann and Philip "McD" Hartman. Her backstory as a hard charger — like the horses she loves, as a festival queen, educator and seeker of a good time caused a reporter to say he'd have enjoyed knowing the 84-year-old back when. "You would have," she said.

We hope you enjoy Shirley Ann and all the others in our April *InMaricopa* magazine.



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TOM SCHUMAN

We already have plenty of days that end in "Y," but Tom tells us about a multitude of more crazy "official" days — an average of 4.4 a day. Funny.



SHERMAN AND EUPHEMIA WEEKES

Among the tricky issues of being a landlord is handling your tenant's security deposit. The Weekes explain.



RON SMITH

It's great to expect the best, but never too early to plan for the worst, as Ron reminds us. Something to consider: long-term care insurance.

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A slow ride to Scottsdale

This building was Southern Pacific Railroad's Maricopa depot from the early 1930s through 1961.

The depot was then moved to Phoenix as a playhouse in a backyard, and finally moved again in the early 2000s to the McCormick-Stillman Railroad Park in Scottsdale, where it has been restored.

THIS MONTH BACK IN...

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



2008

The median price of a home in Pinal County tanked at \$156,160 as the Great Recession raged on. That was down from \$204,600 the same quarter in 2007. Although a 30-year mortgage was 5.9 percent, higher gas prices and limited employment opportunities hampered recovery of the housing market. Home builders resorted to incentives to make sales, offering specially priced upgrades, free swimming pools and gift cards.



2013

Maricopa Unified School District announced it would offer a blended-learning program, piloted at Maricopa Wells Middle School during the 2012-13 school year, at both district junior high schools in the 2013-14 school year. As many as 50 students at each school will be enrolled in the program, called MUSD 20 + 1. If the district receives more than 50 applications at each, it will conduct a lottery.



2018

A hotel feasibility study showed despite Harrah's Ak-Chin Resort and Casino adding 200 rooms, Maricopa could support another hotel. HVS Consulting & Valuation, which conducted the study, recommended a 100-room, extended-stay, upper midscale facility. Volkswagen alone needed an estimated 12,000 room nights in 2017, which had to be made outside Maricopa.

Brian Petersheim Jr. | file



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'It's one of the great loves of my life'

Maricopa's new top cop talks about his initial impressions of the city and the job

BY MONICA D. SPENCER

IN THE BRIEF LULL FOLLOWING his swearing-in, Mark Goodman hugged Presiding Judge Stephen McCarville and offered a shy smile at the podium amidst a standing ovation. He took the mic and turned to address the crowd.

"I'm honored and humbled to have been selected to serve as the police chief for the Maricopa Police Department," he said as part of a brief statement.

More than one month after he began the job in late January, Goodman officially took the reins as the city's newest chief of police on March 7 during a City Council meeting. In a short ceremony modest on the pomp but brimming with excitement, he offered a glimpse of what Maricopa residents can expect during his tenure.

"Through community partnerships and relationships, Maricopa Police Department will ensure public safety for those who live, work and play in this city and will be an integral part of unlocking the full potential of the city of Maricopa," Goodman said.

Partnerships and relationships. Ensuring public safety. Unlocking full potential.

It all sounds good—and especially at the denouement of taking an oath of office—but in speaking with Goodman, one realizes his words were more than just bits of rhetoric for a speech.

These are intrinsic elements of his philosophies on policing and his intentions for the role.

The morning after the ceremony, the new chief sat down with InMaricopa to speak about one of his greatest loves: law enforcement. It's a topic he emphasized at the start of the conversation after noting he made a commitment to serve Maricopa for at least 10 years.

"I really have a love for public safety and law enforcement. Besides my family, it's one of the great loves of my life," Goodman said.

For Goodman, this nearly three-decade devotion to the profession highlights his ambition of becoming an approachable, hometown chief of police, his views of police work and its evolving culture, and his commitment to Maricopa.

"I really have a love for public safety and law enforcement. Besides my family, it's one of the great loves of my life."

CHIEF GOODMAN

'I want people to approach me and say hello'

Weeks later, one image from the swearing-in ceremony endures: a row of officers lined against a wall in the City Council chambers, watching, smiling, waiting. It's an expected image when any civil servant takes an oath of office, but as the chief embarked on a series of handshakes and hugs with officers, politicians and family members, that watching, smiling, waiting felt a bit more profound.

In December, Goodman noted his top priority centered on building relationships with his department and the community. That notion hasn't changed.

"I want people to approach me and say 'hello,' so I can get to know them and establish relationships and friendships in the community," he said. "They can see me in settings other than being the police chief."

And while Goodman may command a strong visual presence in a black uniform coupled with salt-and-pepper hair styled into a matter-of-fact flattop, there also exists an air of stability and ease that unfurls during a handshake and conversation with him. It's a paternal aura in a position focused on reducing fear and ensuring safety.

"People feel like they can't approach the chief

Bryan Mordt

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of police. I don't want to have that persona," he said. "I want a persona where I'm friendly and people want to engage with me and with my officers."

For Goodman, that approachability ranges from a brief wave at the grocery store to ensuring visibility at public events. In his first month, his public appearances included throwing the first pitch at Maricopa Little League's opening day and hosting town halls in the city's neighborhoods.

Each of these, he says, are key to building a relationship with the community where he hopes to "do more listening than talking."

"I want to listen to our community members and see what their needs are, then tailor our policing to those needs," Goodman said. "We need to have a conversation. At the end of the day, our community members know their individual neighborhoods better than we do."

Building those relationships not only assists in creating a deeper sense of community for Goodman, but also highlights why he opted to move to town: It adds a greater sense of responsibility for safety in Maricopa.

"It shows you have a stake in the community," he said. "When you live in the city in which you



are responsible for public safety, it really brings it home for you. When your kids are going to school here or when your family is shopping in the same places that you're frequenting, it's really important."

Mark Goodman is sworn in as Maricopa's new police chief by Judge Stephen McCarville in March.

Bryan Mordt

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Community policing is not 'soft on crime'

This heightened responsibility toward the city and cultivating relationships shapes Goodman's stance on community policing, a topic he spoke about in previous interviews with InMaricopa.

"Community policing is sort of a buzzword that kind of got thrown (around) in the '90s. It's a great way to describe building relationships with our community," Goodman said.

Initial phases took the form of police creating and attending neighborhood-watch meetings, but Goodman said this often led to a significantly greater presence of officers than community members. He lamented over lacking collaboration between departments and the communities they served, calling the ordeal "frustrating."

"Policing is kind of the same, regardless of where you are," he said. "It's sort of the 'how' in what we do that changes, and that falls into my community-policing philosophy. How do we deliver those services?"

For Goodman, part of that translates to investing time into that relationship-building



and emphasizing a greater level of input from residents. Combined with more traditional versions of crime-fighting, it ultimately will lead to creating a safer city, he believes.

"To me, the next iteration of community policing is building those relationships, giving

Mark Goodman (center, front) with members of the Maricopa City Council and Maricopa Police Department the night of his swearing-in last month.

Bryan Mordt



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people a sense of safety. It is calming fears and providing those custom police services ... to our community members so they feel like they're listened to, that they have a voice and that they're an active participant in the process," Goodman said. "It's not just us providing a service."

All that led to Goodman addressing one elephant in the room.

A native Californian, Goodman is deeply aware of the opinion most Arizonans exhibit toward their neighbor to the west. In fact, the results from an unofficial poll in December showed more than a third of InMaricopa.com readers disliked having a Californian in the position. Some reader comments on past articles and social media posts further drove this point home, equating it with "gun grabbing" and parroting "don't California my Maricopa" comments.

But Maricopa residents shouldn't translate his roots with being "soft on crime," Goodman maintains.

"I come from an agency that had a very strong community-policing philosophy, and the city of Maricopa also has a very strong community-policing philosophy," Goodman

“Most of what we thought about street crimes in the '90s was stuff taking place on the street... That's gone away for the most part because of technology. People can use technology to communicate with one another, meet up and then disappear. It's created a lot of anonymity.”

CHIEF GOODMAN

said. "Community policing is not soft on crime at all. It's still making arrests when appropriate and engaging the criminal element when it comes to our attention, then taking appropriate action to keep our community safe."

Instead, he said, that dedication to community-building equates to a more proactive police force that has an inherent knowledge in how to address issues important to its community.

Transformations in police work since 1994

Approaching a third decade in police work, Chief Goodman has witnessed a profound shift in policing and its culture. Crime trends, the ways in which departments evolved their crime-fighting methods and the internal culture of law enforcement differ greatly from when Goodman first wore a badge in Los Angeles County in 1994.

While property crime remains high around the country, one of the top changes Goodman has observed is watching technological crimes slowly take greater precedence over violent street crimes. Consider the difference between wire fraud and scams over mugging and open-air drug dealing.

"As technology progressed, criminals everywhere have adjusted to use technology to commit crime," he said. "Most of what we thought about street crimes in the '90s was



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stuff taking place on the street... That's gone away for the most part because of technology. People can use technology to communicate with one another, meet up and then disappear. It's created a lot of anonymity."

Goodman sees the proactive elements of community policing assisting in that area, where building relationships with community members and engaging in public education efforts may act as preventive measures. He also wants to focus on how his department can utilize technology in its policing methods.

One of those changes includes a greater emphasis on body cameras.

"Body-worn cameras are a great tool for our officers. They help us a lot in terms of being accurate and accountable," Goodman said. Accountability is big for me, and I want to make sure that our people are adhering to our body-worn camera policy. We have engaged in some tech to help us with that."

According to Goodman, the department is upgrading its camera equipment and will use software that automatically activates cameras rather than rely on officers to remember to turn on their cameras. For example, when

“Accountability is big for me, and I want to make sure that our people are adhering to our body-worn camera policy. We have engaged in some tech to help us with that.”

CHIEF GOODMAN

an officer flips on the flashing lights during a traffic stop, cameras would activate and begin filming. In most instances, the technology also would enable video to roll back as long as one minute, increasing context.

"We'll be able to see areas for improvement and then hold people accountable for those areas of improvement," Goodman said. "I look forward to being able to do that. I have experience in increasing those numbers at my former agency, so I'm encouraged by that."

'We had to ... see things that no other people should see'

Discussing those changes also led Goodman to point out one more significant change in law enforcement he's seen.

"When I came into law enforcement, it was not OK to not be OK," he said, pointing out the cultural shift to focus on wellness within departments. "We had to go to these things and see things that no other people should see, hear things that people shouldn't hear. We just had to stuff it away. We had to compartmentalize and put it somewhere where it wouldn't bother us. Well, that's very unhealthy for you physically, emotionally and psychologically."

The on-the-job stress takes a serious toll. Officers statistically experience significantly higher rates of depression, post-traumatic stress disorder, burnout and anxiety-related mental-health conditions, according to the National Alliance on Mental Health. Additionally, nearly 1 in 4 officers had suicidal thoughts in their lifetime, and that rate is higher with smaller departments. (That's the equivalent of at least 20 officers in Maricopa's police force, which has 81 sworn officers.)

The shift to focusing on wellness creates officers who can better serve their communities than those who "feel the pain and feel the trauma of those things they see and do every day," Goodman said.

The Maricopa Police Department offers services with mental-health professionals for its officers. Reminders of this service are sent quarterly. It's a major benefit for residents, according to Goodman.

"I think, in the long run, it will pay dividends for our employees and also for the people of Maricopa. They're going to get officers who are happy, are well mentally, are well physically, are well emotionally," Goodman said. "(Those officers) are ready to provide a high level of service and to help people solve problems, because that's what we do."

"People don't call us to tell us they're having a great day. They call us to tell us they're having a problem and they need help solving that problem. That's why we exist. If having that mental-health program helps our officers to remain empathetic, then that's a huge help."

Bryan Mordt



Chief Mark Goodman and his wife, Victoria, at City Hall the night of his swearing-in.

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Maintaining and, if needed, redeveloping that empathy is crucial for officers to effectively do their jobs in problem-solving, according to Goodman. It allows them to look at problems through various lenses and to better engage with the people they encounter.

“All of our officers are very empathetic when they’re hired. But over time, there’s a tendency to forget and to become less empathetic,” he said. “We sometimes feel the pressure to respond to calls for service and sometimes we don’t do a great job of just engaging with people and letting them know that we care.”

To Goodman, maintaining that empathy not only assists in service calls but can also help community relationships with police.

“We’re guardians of our community, but we’re also members of our community, so being empathetic helps to humanize us,” Goodman said. “We don’t just go home and plug ourselves in at night. Police officers are not robots. They have lives, they have feelings, they have families. It’s important for the public to understand that.”

Unlocking potential in Maricopa

A city still forging its boundaries, Maricopa’s

population is on a path to grow approximately 4% each year through 2030, the year it’s expected to reach 90,000 residents. That means providing quality police service to the city is a topic that consistently sits at the front of Goodman’s mind.

“One of my primary concerns is making sure that we right-size the department, that we have enough police officers to give a high level of service without having too many or too few,” he said. “You need to be strategic about that and make sure that we’re operating within our budget, that we’re being responsible with our tax revenues. We owe it to our community to do that, and that’s a really difficult balance.”

However, Goodman is encouraged by working with other city leaders in achieving a degree of equilibrium.

“The good news is the city has a very skilled leadership team,” he said. “It’s a team effort, it’s not just me evaluating this or analyzing that. It’s a team of people who are doing that.”

This is important because those elements had always been essential to the position.

In November, the job description showed the city was seeking “a community-service minded, innovative, and dynamic law-

enforcement professional to lead the Maricopa Police Department.” It also noted the selected police chief would be expected to serve as an active contributor to its senior leadership team.

All of this cycles back to what ultimately drew Goodman to Maricopa: its potential. The potential of the city, its police department, its officers and its residents.

“Part of what attracted me here was ‘come build the city with us, come unlock the full potential of the city of Maricopa,’” Goodman said. “It’s really interesting to be part of that experience. That’s not something you get everywhere.”

For Goodman, that potential lies in having the opportunity to build relationships, utilizing advancements in policing, boosting officer wellness and helping to grow Maricopa into a city centered on safety and stability.

“People choose where to live and establish businesses based on safety,” he said. “One of my goals is to always address issues about being fearful. We want people to have a feeling of safety here in town, we want them to be able to go about their business and feel like they’re safe.”

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Meals on wheels

Food trucks cater to every taste in Maricopa

BY CAMERON JOBSON

FINE DINING AND MARICOPA ARE NOT necessarily synonymous. Yet.

While the public clamors for casual sit-down restaurants — the lack of them being among the city's growing pains — there is a rapidly growing food-service industry delivering quality eats in nearly every culinary genre.

In recent years, food trucks have gained widespread popularity, providing a unique dining experience and unconventional menu items. From iced coffee to snow cones, from fresh donuts to lobster mac and cheese, food trucks offer a variety of local and international foods.

Italian food? Check.

Sushi? Got it.

Barbecue? You better believe it.

Thai and Korean? Indeed.

If it isn't yet in a Maricopa restaurant, you'll likely find it in a truck on Food Truck Friday or at the next big fundraiser or festival at Copper Sky.

With so many specialties to choose from, it can be hard to decide which one to visit first.

Here are a few options we've compiled:

Roots Eatery: The culinary Mafia Pop-Up Kitchen

After opening a catering business and a brick-and-mortar restaurant, chef-owner Chris Spear took his knowledge on the road.

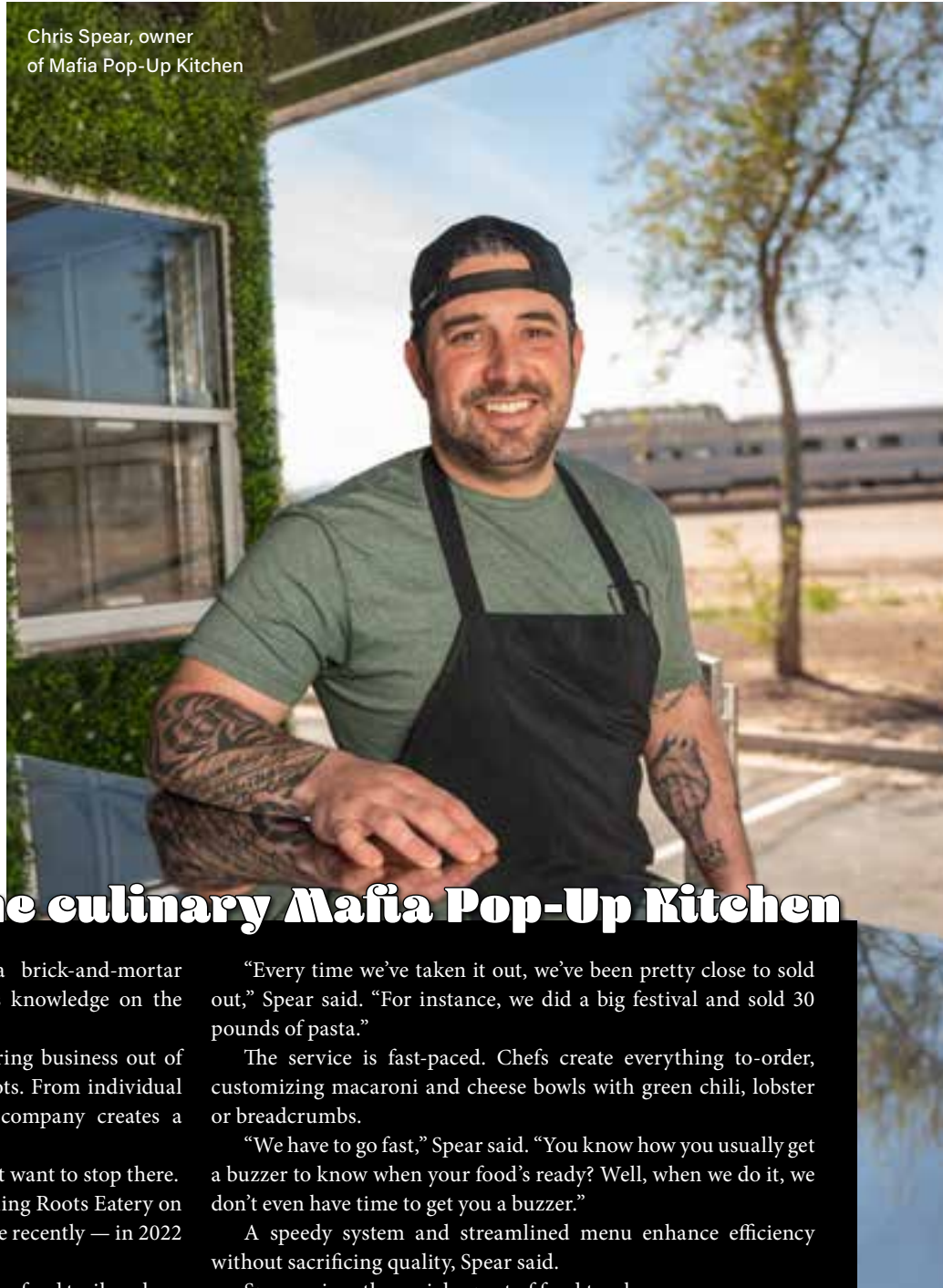
About six years ago, Spear started a catering business out of his home, known today as Cooking from Roots. From individual lunches to wedding services, the catering company creates a personalized menu for any occasion.

Spear, with his passion for cooking, did not want to stop there.

He dove into the restaurant industry, opening Roots Eatery on North John Wayne Parkway in 2020. And more recently — in 2022 — he decided to meet customers halfway.

Spear now owns the Mafia Pop-Up Kitchen, a food trailer where he can meet customers face-to-face in a different setting. He aims to get the trailer out at least twice a month to events in Maricopa.

Chris Spear, owner
of Mafia Pop-Up Kitchen



"Every time we've taken it out, we've been pretty close to sold out," Spear said. "For instance, we did a big festival and sold 30 pounds of pasta."

The service is fast-paced. Chefs create everything to-order, customizing macaroni and cheese bowls with green chili, lobster or breadcrumbs.

"We have to go fast," Spear said. "You know how you usually get a buzzer to know when your food's ready? Well, when we do it, we don't even have time to get you a buzzer."

A speedy system and streamlined menu enhance efficiency without sacrificing quality, Spear said.

Spear enjoys the social aspect of food trucks.

"Basically, you can go to the people versus trying to get the people to come to you," he said.

Bryan Mordt



Dave Verlennich, owner
of Monsoon Coffee

Monsoon Coffee

In Arizona, monsoons signify a changing of seasons, with strong winds accompanied by precipitation during the summer. They represent a transition.

The Verlennich household faced a monsoon of their own in August 2019, when cancer took a member of their family, prompting a sudden change in the family's future.

Dave Verlennich and his wife, Lori, had dreamt of opening a food truck — the idea brewed in their minds for years. Dave started roasting coffee as a hobby in the late '90s, while Lori had an extensive background in the restaurant industry. But when Lori passed away, Dave opened the food truck in October, a bit sooner than anticipated.

"It was a huge change of seasons in our life," Dave said. "And so that's when we just decided it would be Monsoon Coffee."

Dave swiftly purchased a used food truck, redesigned it and wrapped the outside with the black and purple Monsoon Coffee logo.

Monsoon Coffee is food truck known for its skilled "art of the brew." Dave and his son, Gunnar, run the operation, creating menu items, engaging with customers and maintaining the truck. Dave's daughter, Arika, helps two days a week.

Although Dave has a background in food, construction and chemistry, he was always drawn to coffee.

Pride oozes from his pours.

"It was just something fun to do," Dave said.



Dave knew he wanted to get back into the restaurant business.

Since, Monsoon Coffee has established a reputation for high-quality coffee and providing a sense of community.

They have a go-to menu that includes caramel vanilla latte, mocha and chai latte.

"We try to have those things, and we try and do them with a more coffee-forward flavor," Dave said. "Our whole thing is trying to create balance with the flavors of the seasons."

With the turn of each season, Gunnar takes the lead creating new menu items for customers to enjoy, incorporating seasonal flavors and trends.

In the future, the Verlennich family hopes to move into a brick-and-mortar shop where they can further grow their customer base.

They love to educate their customers about coffee, what makes it good and bad. It's more than just coffee, it's an art, Dave said.

"The concept of our business is not a food truck," Dave continued. "It's really the community and interacting with our people."

FOOD TRUCKS ARE COOL, BUT WHO REGULATES THEM?

Brick-and-mortar restaurants are held to a high standard by county inspectors.

But what about food trucks?

In Pinal County, regulations for food trucks are set by the Environmental Health Services division to ensure the safety and health of the public.

To get up and running, food-truck owners in Pinal County must first obtain a food-service permit, which allows it to operate within the county. The permit must always be displayed in a visible location.

In some instances, food-truck operators utilize a commissary, or an established commercial kitchen, where they store or prepare their food before selling it from the truck. In these cases, operators are required to get a permit for the commissary, as well.

Each year, the food truck must pass a health inspection by the county and at least one more inspection at random, which includes a review of the food preparation and storage area, the water supply and disposal system, and the overall cleanliness of the truck.

Food-truck operators also must comply with specific regulations regarding food storage and preparation. All food must be stored at appropriate temperatures to prevent spoilage and contamination. This includes raw and cooked foods, as well as ingredients used in food preparation.

All food preparation must also be done in accordance with established food-safety guidelines, such as hand-washing and proper sanitation of surfaces.

The regulations for food trucks in Pinal County are designed to protect the health and safety of the public, while also allowing food-truck operators to run their businesses successfully, according to the Pinal County Health Department website.



Sean FitzPatrick and
Damon Hahn, owners
of Coast 2 Coast BBQ

Coast 2 Coast BBQ

Sean FitzPatrick and Damon Hahn are long-time friends turned business owners who opened their barbeque food truck in 2021.

Coast 2 Coast BBQ is the perfect solution for comfort foods. The duo restock their fridge every time they open, serving up hefty portions of sliced brisket, loaded potatoes, pork ribs, macaroni and cheese, creamed corn and any other fixin'.

FitzPatrick and Hahn crossed paths in 2012 when they were both Maricopa Boy Scout leaders for Troop 993. The two assisted with catering dinners, cooking at campouts and other community service events.

"We both really liked that," FitzPatrick said. "Based on the feedback we received at these events, we started branching out and doing catering here in town."

After getting involved in the culinary industry, FitzPatrick and Hahn floated around the idea of opening a food truck.

In 2020, the two hit the pavement, filling out paperwork and processing their permits. But it wasn't until 2021 that the food truck was finished and fully operational.

They decided to keep their truck in Maricopa, to stay involved in their home community.

"We loved the small-town feel," Hahn said. "We were talking about doing things with Tempe or Chandler. Then our soft opening out here with the city of Maricopa started to blow up."

FitzPatrick grew up in the Bay Area — on the coast of California — and moved to Arizona in 2005. Hahn was born and raised on Long Island, New York and relocated to Maricopa in 2007.



"Hence, coast to coast," FitzPatrick said.

Since then, Coast 2 Coast BBQ has built quite a following.

Between FitzPatrick and Hahn, they split up the daily duties right down the middle. Their skills complement each other perfectly.

"From shopping to prepping to cooking to cleaning — it's a team effort," FitzPatrick said. "Damon's more of the construction builder and I'm more of the accounting numbers, business side."

Their truck is more than a business; it's a way to serve their community. The friends are proud to be a part of Maricopa, getting involved in other organizations such as the Veterans Center and Boy Scouts.

"We love seeing our regulars and meeting new people," FitzPatrick said. "It's what makes this all worth it."

Bryan Mordt



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A vast array of culinary genres are represented in food trucks and trailers that pop up around town.

Asian Seoul

Charlotte Stessel has lived in Maricopa since 2002, watching the city's food scene evolve and grow the past two decades.

When she first moved to town, food trucks were scarce. But over time they grew in popularity, eventually inspiring her to open Asian Seoul in 2019, diversifying the city's cuisine.

"It was something that Maricopa didn't have," Stessel said.

Stessel's food truck is known for Asian cuisine — her fixed menu consists of egg rolls, bowls and loaded fries. Everything else is very adaptable.

"I'm Korean, but we don't stick to Korean," Stessel said. "We also have fried rice, which is Chinese, and teriyaki, which is considered Japanese."

She often adds to the menu, such as her popular dessert eggrolls and apple pie. "It all depends on what my customers want," Stessel said.

When Stessel was raising her children, they served as her test kitchen. She experimented with different recipes and let them have the first bite.

"In order to afford good food, it's cheaper to make it yourself," Stessel said. "And luckily, my kids have a very wide palette. They like a lot of different foods because I would cook a lot of different foods."

As her children got older, Stessel signed up for culinary programs at Central Arizona College and graduated in a few semesters.

She wanted to further pursue her dreams and started looking for food-truck builders and trailers.

"From the time we decided to do it to the time that we had our truck was about a year," Stessel said. "It was a lot of trial and error."

As the owner and head chef of Asian Seoul, Stessel's days are filled with hours of cooking, restocking and prepping the food.

"Three hours before we open and close, I have to be there," she said. "It's a lot of work."



Although Stessel is the head of operations, her children help when they can. She likes to keep the recipes in the family, cooking marinades with her son on the weekends.

"The only ones that really know the recipes are immediate family," Stessel said. "Other than that, doing some standard prep, it's pretty much me and my son that do all of the cooking."

From attending city events, to adjustable working hours, Stessel enjoys the flexibility of the food truck. Especially during the summer months, when the food truck can be more than 120 degrees.

"It gets really, really brutal," Stessel said. "Last summer, we went down to three days a week. If the temperature reached over 114, we were not open."

In the upcoming summer months, Stessel wants to possibly hire additional staff to help with food prep and serving.

"We could reduce the amount of hours each person works and still possibly be open five days a week," she said.

In the meantime, Asian Seoul will be serving their customers in their usual spot at 41600 W. Smith-Enke Road.

"It's quite a ride," Stessel said. "But we're learning a lot."

Bryan Wordt



BUSINESSES VS. FOOD TRUCKS: IS ALL COMPETITION HEALTHY?

Although food trucks have the advantage of being mobile, it doesn't mean that they can park anywhere and serve.

What would happen if a taco truck parked 300 feet in front of Taco Bell? It would lead to some rivalry, that's for sure.

The state of Arizona allows food trucks to park in any public place for up to two hours at a time, before relocating.

But when scoping out a parking spot on private property, food-truck owners must get permission from whoever owns the land — not the store manager, not the business employees.

The landowners have complete jurisdiction over their space, deciding who and what can operate in their lots.

"If there's already a food business in that plaza, they're paying rent," Asian Seoul owner Charlotte Stessel said. "So why would they want us to park there for free?"

Courtney Tyler owns a State Farm agency at 41600 W. Smith-Enke Road. When

Stessel inquired about parking in the plaza's lot, Tyler granted permission.

So, when a taco truck pulled up next to Asian Seoul, the decision was up to Tyler, who ultimately denied the second truck permission.

"The parking is already limited in that plaza," Stessel said. "So, she chooses wisely."

Monsoon Coffee is also situated on Smith-Enke Road, but the two food trucks don't seem to have an issue.

Monsoon Coffee usually takes the morning shift, serving caffeinated beverages to the early-risers. While Asian Seoul opens in the afternoon, plating lunch and dinner specials.

If the landowner changes their mind at any time and chooses to revoke parking permission, the food truck owners must relocate.

These regulations are put into place to protect businesses from squatting trucks that would take up parking space or block the store front and to protect the public from improperly built trucks.

So, if there's ever a taco truck parked 300 feet in front of a Taco Bell, they are likely in cahoots.

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GETTING TO know

CHRIS SPEAR
Chef/Owner, Roots Eatery

Hometown: Commack, NY
Reside in: Maricopa
Maricopan since: 2015
Family: Blended family
Pets: Rex and Roo (Golden Doodles)
Cars: Ford F-150
Hobbies: ATVs, shooting, boating
Pet peeve: Leaving doors open
Dream vacation: Italy
Like most about Maricopa: Small-town feel
Like least about Maricopa: SR 347



FAVORITE ...

Food: Chinese

Drink: Coffee

Meal: Whole roasted chicken

Restaurant: Restaurant Daniel NYC

Quote: Always work harder than the person beneath you.

Words to live by: If you're going to do it, do it right!

Joke: What has no body and no nose? ... Nobody knows.

Website: RootsEateryAZ.com

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

On the right track

Former college hurdler giving gold-medal service as Maricopa entrepreneur

BY CAMERON JOBSON



ONE STRIDE AT A TIME, ARNITA Green has made her mark as a successful Maricopa business owner.

Knowing she is a former three-time All-America at The Ohio State University, who in 1991 set the 400-meter intermediate hurdles record in the venerable 100-year-old

Horseshoe, Ohio Stadium, sheds light on her determination. It is an event that from the outside can appear to be so graceful with its carefully measured steps, and yet is regarded as the hardest in the sport, indicating on the inside Green has grit that drives her to success.

After a lengthy career in pharmacy, she applied that drive to becoming a successful

estate planner, adept at showing clients how to overcome hurdles. She now owns Greentree Financial Solutions.

“As long as you just keep moving forward, all the pieces at the end kind of show up,” Green said. “So every step I take is a step of faith.”

Green grew up in the New Jersey countryside, her childhood filled with many 5 a.m. wakeup calls tending to the gardens and livestock.

“I’m a country girl at heart,” she said.

She’s still a morning person, often enjoying the sunrise at Copper Sky.

“Most successful people wake up early,” Green said. “If you want to be successful, you have to do what successful people do.”

At Ohio State, those words rang true. Not only did Green have a daunting class load while she studied pharmacy, but she also was a leader on the track team. Green quickly learned the value of organizing time while juggling classes, a sport and student life.

Green competed in the intermediate hurdles at the 1992 U.S. Olympic Trials in New Orleans, placing sixth in the finals, and missing the Olympic team by a fraction of a second.

“I just am thankful that I was able to make it that far,” Green said. “I was training for the Olympics twice a day while juggling a physics lab, organic chemistry, biology and a biology lab.

“And you know what? You just make it happen.”

Green’s post-college career

After graduating, Green jumped headfirst into a pharmacy career that lasted a quarter century.

She settled in Chandler and raised her two daughters, now 22 and 24.

Once they went off to college, Green yearned for something new.

“You’ve got to know when your life is taking you on a different direction,” Green said. “And

you have to embrace it. So that’s what I did.”

She moved to Maricopa in 2020 and saw a need for estate planning during the peak of the COVID-19 pandemic.

The following year, she retired from pharmacy and founded Greentree Financial Solutions, quickly building it into a full-time gig.

“This is my Olympics,” Green said. “I still feel like I’m carrying the torch. I view everything as a race, and this is just another hurdle to jump.”

She set out to help residents secure everything they have worked for financially, in the event of death.

“This is my Olympics. I still feel like I’m carrying the torch. I view everything as a race, and this is just another hurdle to jump.”

ANITA GREEN

“It really resonated with me,” Green said. “I thought it was a perfect match.”

The biggest change was that it’s not as consistent as a typical 9-to-5 job.

“When you have your own business, it’s different than expecting a paycheck every two weeks,” Green said. “It was a pretty smooth transition, but still, my mindset needed to be adjusted.”

She is responsible for managing her clients, answering their questions and guiding them. No two days are ever the same. Education is 95% of the job, Green said.

“Many people just think you need a will and that’s it,” Green said. “People don’t realize what they don’t know.”

Green hopes to expand Greentree Financial Solutions to other cities. That she has excelled in just about all of her endeavors can be traced to her grit and dedication, she believes.

“Having the opportunity to serve members of my community is an honor,” Green said. “And I’m at peace. I’m as happy as I could ever be.

“The thing that I’m excited about is with faith, there are no limits. If you lean into it, another world opens.”



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Manager Charles Norice



Manager Daniel Jimenez



Executive Chef Bill Gomez

From bar to steakhouse: The Roost to be a Maricopa first

BY BRIAN PETERSHEIM JR.

SOCIAL MEDIA AROUND TOWN IS filled with a recurring theme when it comes to dining: We need an upscale, sit-down restaurant.

The pleas have been heard. An established local eatery, best known as a sports bar, is undergoing substantial changes to address desires long expressed by the Maricopa dining community.

The new management team at The Roost Sports Bar & Café is retooling the menu and changing the ambiance of the establishment to a higher-end, sit-down steakhouse.

“The changes we are going to see here are actually based on what the community has asked of us,” said restaurant manager Charles Norice.

The first change was in hours of operation. The new hours are 11 a.m. to 11 p.m. Sunday through Thursday, and 11 a.m. to 2 a.m. Friday and Saturday.

According to Norice, new offerings will include steak, fish and rack of rib.

Some items will stay.

“We will be keeping some oldies but goodies,” Norice said.

“We are changing the ambiance here from where you would go to hang out and party to more of a place where you would bring your family and loved ones,” Norice said.

Other changes include converting to larger tables and creating a new atmosphere — which means goodbye to the sports-bar feel and arcade games. Those changes are expected in



The new management team at The Roost Sports Bar & Café is retooling the menu and changing the ambiance of the establishment to a higher-end, sit-down steakhouse. The games are going away.

April, according to Norice. Upgrades to the restrooms will come this summer.

Ralph Skrzypczak, 43, remains the owner. He moved to Maricopa in 2015 and quickly became a local business owner with the purchase of O’Shay’s Pub and Grill, which was soon transformed into True Grit, and then The Roost.

Samantha Lipke, the restaurant’s general manager, initially was hired as a bartender in 2018.

The Roost welcomed executive chef Bill

Gomez, a Maricopa resident since 2013, in February. Gomez studied and subsequently taught at Central Arizona College’s culinary arts program, and he owns a catering business and food truck.

Norice and Daniel Jimenez are the managers.

Norice, a Navy veteran and former mortgage banker, has experience in the restaurant industry. He joined The Roost in late 2022.

Jimenez, hired in 2021 as a janitor, was trained to be a manager.

Brian Petersheim Jr./Bryan Mordt

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ED3 looking back and forward

BY ELECTRICAL DISTRICT NO. 3

IT'S HARD TO BELIEVE THAT 2022 IS OVER and 2023 is in full swing. We were honored to receive the 2022 Crème de la Copa award for Best Utility from you, our supportive community.

It's important to recognize that a utility is nothing without its skilled and dedicated workers. In 2013, the U.S. Senate declared April 18 National Lineman Appreciation Day. Our linemen put more than 8,000 hours into their apprenticeship alone and continue to hone their skills well after reaching Journeyman Lineman status. Last year, Electrical District No. 3 linemen participated in the annual state Lineman Rodeo in Benson, created to offer line workers a way to demonstrate their pride and ability in their profession. We are proud to share that our linemen won several awards: two for Best Overall Team, three for Individual Top Score in Team Transformer Change Out, one for Top Hand, one for Best Overall Apprentice & Top Team, and one for an Individual Top Score in Lineman's Knowledge Test & Top Team awards. Our ED3 linemen are among the best around! Please be sure to thank our hard-working linemen on social media or in our community on April 18! #ThankALineman

As part of our new energy-transition plan, we are embarking on several demand-response programs, which allow customers to play a role in operation of the electric grid by reducing or shifting their electricity usage during peak electrical-demand periods. These programs lower energy consumption, cut carbon emissions and safeguard the grid during times of peak energy use.



While still in development, we are happy to announce both a smart-thermostat (Peak Rewards) and a pilot water-heater demand response program, which will be released this year. They focus on using enrolled devices during high-demand events throughout a program season, when slight changes in settings can save electricity. Enrolled customers will not only receive incentives,



From left: ED3's Nathan Purden, Tyler Russell, Joseph Peralta, Patrick Wallis and Sean Scarlatto.


but the opportunity to lower their bills while serving the community. Keep your eyes on our website and social media for a chance to take advantage of the smart-thermostat program and our pilot electric water-heater program.



Residential and small-business customers can now participate in our new Green Select Rider Program, in which customers may purchase power from renewable-energy resources that produce Renewable Energy Certificates or RECs. This allows renewable-energy attributes or RECs to be associated with their account on a monthly basis. It is a simple and affordable way for customers to use energy that is more environmentally friendly without making a long-term commitment. It also helps customers meet their individual goals for renewable energy. Among the reasons this program was created was to meet needs of a growing customer base, including those who live in apartments.


This program assists customers who are not interested in or able to install solar but want to

ensure they are using renewable energy. It also benefits customers who use solar and want energy they receive from their utility to be renewable. The Green Select program is a great way to achieve those goals without breaking the bank. The revenue from Green Select supports our Commitment to Community, which includes customer rebates, educational programs and community support initiatives. Programs like this allow our community to contribute to their personal goals while supporting our energy transition efforts that support our entire service territory.

Electrical District No. 3 is proud to be serving and growing with Maricopa and will continue going above and beyond for the community we serve. 



Scan QR code for the latest information on our programs, events and news!

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SPONSORED CONTENT

Restaurant inspections

SATISFACTORY

Cooling
Temperatures of cooked beef in walk-in freezer 54-67°F (≤41°F required).
Temperatures of cut lettuce in cooler 53-54°F (≤41°F required).

Cleanliness
Heavy accumulation of grease and food debris on fryers, walls around fryers, plumbing and gas lines around fryers, inside proofing cabinet, doors, handles and vent covers on reach-in cooler, and wire pizza oven racks.

Heating, ventilation, air conditioning
Buildup of grease on walls and ceiling around fryer and pizza oven.
Buildup of dust and grease on fryer-station hood filters.

Cooling
Temperatures of cooked beef in freezer 48-49°F (≤41°F required).

Hot holding
Temperatures of cooked pork held in prep cooler 97-103°F; should be in steam well and 135°F.

Food labelling
House-made packaged salsas and pico de gallo without food labels.

Preventing contamination
Cook used bare hands to plate ready-to-eat bacon.

Hot holding
Temperature of gravy and marinara sauce 94-124°F (≥135°F required).

When to wash
Employee handled dirty dishes and sprayer at sink then immediately returned to food prep.

Sanitizers
Heavy accumulation of dried milk on milkshake machine.
Employee used sanitizer with at least 500 ppm (150-400 ppm required) to clean milkshake machine.
Employee cleaned food-contact surfaces of milkshake machine and placed back into service without sanitizing. Manager stated they were out of sanitizer.

Maintain water system
Hot and cold faucets in women's restroom plumbed opposite to indications.

Hot holding
Temperatures of cooked beans and enchilada sauces in steam well 112-115°F (≥135° required).
Temperatures of cooked beef in steam well 97-109°F (≥135° required).

Cooling
Temperatures of cooked soup in cooler 48-51°F (≤41°F required).

Time Control
Pork and green salsa in coolers with expired dates.
Cleanliness of floors, walls and ceilings
Walls and coving around door into dry storage damaged. Floor tiles missing or damaged in food-prep areas.



A summary of the Feb. 12-March 13 food inspections by Pinal County Environmental Health Services

EXCELLENT

- The Box Meat Shop
- Brooklyn Boys Italian Restaurant & Pizza
- Burger King
- Circle K (41433 W. Honeycutt Road)
- Dairy Queen
- Jimmy Johns
- Little Caesar's Pizza
- McDonalds (41710 W. Maricopa- Casa Grande Highway)

- McDonalds (20700 N. John Wayne Parkway)
- Molly's House of Little Feet
- The New HQ
- Our Lady of Grace Church
- Santa Rosa Elementary School
- Shell Food Mart
- Subway
- Sunrise Preschool
- Sweet Cravings

EXCELLENT No violations found.
SATISFACTORY Violations corrected during inspection.
NEEDS IMPROVEMENT Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection.
UNACCEPTABLE Gross, unsanitary conditions necessitating the discontinuation of service.



Permitting around town

The following commercial permits were issued by the city Feb. 16-March 15:

Tractor Supply, which is building a store at 42000 W. Maricopa-Casa Grande Highway for \$3.3 million (T&K Contracting), has several ancillary projects in the works.

A 1,000-gallon propane tank was approved for Tractor Supply at 17840 N. Porter Road. The big-box will build a shed for feed and hay at 41788 W. Maricopa-Casa Grande Highway, which will cost \$143,450. It also will construct a 3,744 square-foot greenhouse at 41788 W. Maricopa-Casa Grande Highway. The structure is estimated to cost \$200,000. And Tractor Supply will put up a \$60,000 fence at 17840 N. Porter Road. Maxbuilt, Inc. is the contractor for all the ancillary projects.

Cobblestone Dental Center, 44600 W. Smith Emke Road (Cobblestone Fiesta), is expanding into Suite 104.

DR Horton will put a \$15,000 commercial-grade flagpole at 17690 Piccolo Circle, Lot 9, in Sorento Phase 2.

Copa Flats, 17485 N. Porter Road, will install a \$10,000 shade structure for its park next to Building D. The contractor is Hesscor, Inc.

Maricopa Modular Apartments will install a shade structure for \$11,844.28 at 45760 W. Village Pkwy. The contractor is Caretaker, Inc.

GNC at Edison Pointe, 44460 W. Edison Road, will perform a \$100,000 improvement. Integrity Building Corp will handle the work.

A fire booster-pump enclosure will be built at **Desert Sunrise High School** by Chasse Building Team at a cost of \$600,000.

An above-ground, diesel-fuel tank, holding 2,500 gallons, will be installed at **Hwy 238 Auto Repair**, 22111 N. White Road.

At 17985 N. Greythorn Drive, two 500-gallon fuel tanks will be installed for **S3 Biotech**.

Residential

Permits were issued for eight single-story, one-bedroom duplex units and six single-story, detached two-bedroom units at **Innovation Villas at West Maricopa Village**. Maricopa 35 LLC is the owner and T&K Contracting is the contractor.

Ashton Woods was permitted to build eight single-family homes in Tortosa South. The owner is CW Tortosa LLC.

DR Horton Construction got the green light to construct three homes in Sorrento Phase 2.

K. Hovnanian Homes will be building 10 single-family homes in Santa Rosa Springs and seven single-family homes in Rancho El Dorado Phase III.

Lennar Arizona secured permits for three single-family homes at Anderson Farms Phase 1A.

Richmond American of Arizona was permitted for two single-family homes at Rancho El Dorado Phase III.

PERMITS ISSUED

57 SINGLE-FAMILY DWELLINGS

21 RESIDENTIAL SOLAR PANELS

12 RESIDENTIAL SWIMMING POOLS

Meritage Homes received permits for four single-family homes in Province.

Century Communities of Arizona will build six single-family homes in The Trails, Phase B.

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Seeds of Change, Night of Stars places to see, be seen

Seeds of Change Gala (this page) sold out Harrah's Ak-Chin Hotel & Casino Events Center as 350 people helped raise about \$80,000 for Maricopa Women's and Children's Domestic Violence Shelter. While entertained by The Brown Brothers, the 189 at Central Arizona College Foundation's A Night of Stars (at right) at Windmill Winery Lake House in Florence raised \$43,000 to send Pinal County students to CAC.



Victor Moreno





With rhyme and reason

All-AZ Poetry Slam champion describes 'constant balancing act' of creativity

BY CHANTELLE FULCE



Frankie Marchi

TALENT, SKILL, POISE IN FRONT of audiences at the professional level: These characterize prize-winning artists of every type. Maricopa's creative community boasts such gifted residents.

Among them is slam poet extraordinaire Frankie Marchi. The top-prize winner in the 2022 All-Maricopa Slam Poetry competition

last fall, Marchi added to his accolades as winner of Maricopa Arts Council's 2023 All-AZ Poetry Slam Championship on March 11.

Marchi's poetry is a colorful display of expression, emotion and realism. He has performed across multiple platforms. During a recent interview, he shed light on his creative process.


Q Would you tell us about yourself?

A I graduated from ASU with a degree in communications. I've done performance work in theater, speech and debate, and events around the country. I try to maintain a balance of poetry and performance in essentially every arena of my life. And, yes, I mean arena. It feels like in slam and life these days I am always fighting for what is right. I am fighting for my voice to be heard. I am fighting to keep poetry moving forward. It feels like I am setting up a lemonade stand in the eye of a hurricane, and I am waiting to see which one of us will blink first.

Q What sparked your interest in slam poetry?

A I started my love for poetry when I was 8. My garage had this hardcover copy of Shel Silverstein's "A Light in the Attic," and I would read that copy over and over again. Through the years, I'd read a collection of poetry here and there until one day — senior year of high school — I found myself at another school's library killing time. I picked up a copy of SLAM, a poetry anthology. I opened to a poem called "The Quiet World" by Jeffrey McDaniel, about a silent dystopia, and I was stunned thinking, "Poetry can be this good?" And then I thought, "I want to do that."

Q Your poetry is direct and artistic, painting a visual perspective for listeners. What is your creative process?

A I focus on resonance in my poetry. I find it strange to write just for myself and dangerous to write solely for others. So, my process is a constant balancing act of blending those ideals. My inspiration is often larger than my aptitude. I'm constantly shelving ideas that need more time to work on and coming back to writings years later to add or eschew certain words and segments. I think the best visual of how my process works is a spinning-plates routine, but in my mind the plates don't slow down, and I can always work harder to spin them a little faster. 

 mrfrankiemarchi@gmail.com

Chantelle Fulce, a visual artist and owner of Chantelle Fulce Art, is co-director of the Maricopa Arts Council and a Maricopa resident since 2019.

Submitted



Some of these special days will leave you in a daze

BY TOM SCHUMAN

JUST THINK ABOUT IT: THE opportunity to celebrate National Maricopa is a Great Place to Live Day.

Don't laugh. You could make it a reality. There are 1,500 national "days" throughout the year — an average of four a day for every day of the year.. The founder of the National Days Calendar says his group receives 20,000 petitions a year. A handful are selected to join the already long, long, long list of "special" occasions.

And even if the Maricopa idea is not selected, what's to keep the city from declaring its own Maricopa is a Nice Place to Live Day? It just wouldn't be national.

But you'd like to think it has a chance based on some of the days that have made the cut.

Let's focus on April. There are 130-plus opportunities to celebrate your favorite days. Let's break it down into two categories: legit ones and a much longer list of "Huh, what were they thinking when they came up with this?" ones. We'll sprinkle it with a little local commentary.



These make sense, sort of.


- **First Saturday in April — National Love Our Children Day** | But shouldn't we be doing that every day?
- **April 4 — National School Librarian Day** | A group among the unsung education heroes, including those at our local traditional schools, charters and academies.
- **April 9 — National Former Prisoner of War Recognition Day** | Always worth remembering their sacrifices to preserve our freedom.

- **April 15 — National Tax Day** | It ironically shares, with among others, National Take a Wild Guess Day and National Bean Counter Day.
- **April 22 — National Earth Day** | An environmental tradition since 1970, the special meaning here is the beautiful natural areas surrounding Maricopa must be treated well and preserved.



Really?

- **April 5 — National Deep-Dish Pizza Day** | OK, I'll consider it if you give me some Rosati's.
- **April 11 — National Eight-Track Tape Day** | I just lost the younger portion of the audience that has no idea what an eight-track tape is.
- **April 16 — National Wear Your Pajamas to Work Day** | Meant to be a break after a late night meeting the previous day's tax filing deadline, it became more of a reality in the post-COVID work-from-home reality. This year, it falls on a Sunday.

- **April 19 — National Hanging Out Day** | A possibility, but do it at Copper Sky.
- **April 25 — National Hug a Plumber Day** | The My Maricopa Plumber team is ready for that one.
- **April 26 — National Richter Scale Day** | Who doesn't want to honor seismologist Charles Richter? Also, National Pretzel Day: Did you know more than 80% of U.S. pretzels are produced in Pennsylvania?
- **April 29 — National Zipper Day** | A 110-year tradition I've somehow failed to acknowledge until now.
- **April 30** — There are no fewer than 10 reasons to commemorate the final day of the month. They include **National Oatmeal Cookie Day** (Crumbl Cookies can do that and about 170 more flavors), **National Honesty Day** (as in, I have lived in Maricopa for less than two years, but I absolutely love it here) and **National Bugs Bunny Day** ("Eh, what's up doc?" which summarizes this column). 

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ASK KRISTINA

An effective way to lose weight? Semaglutide may be your answer

BY DR. KRISTINA DONNAY DNP, FNP-C



MARICOPA WELLNESS CENTER'S medical director, Dr. Kristina Donnay, DNP, FNP-C, gets many emails asking aesthetic and wellness questions. We have decided to answer some of the most-common questions about the weight-loss peptide Semaglutide in this article.

What is the difference between Ozempic and Semaglutide?

A Semaglutide initially was developed to treat type 2 diabetes in adults and marketed under the brand name Ozempic. Semaglutide (generic Ozempic) is a medication injected under-the-skin weekly and is the first FDA-approved drug for chronic weight management in adults with general obesity since 2014. Semaglutide is used to treat obesity as a chronic metabolic disease, forcing medicine to look at obesity as a chronic disease rather than perpetuating the misconception that obesity is a problem that can be overcome by willpower.

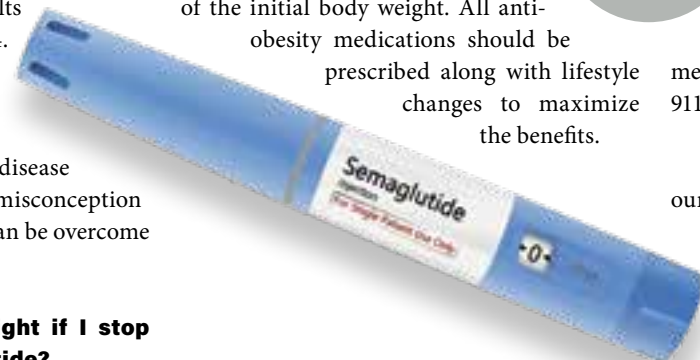
Will I gain back weight if I stop Ozempic or Semaglutide?

A Semaglutide works by mimicking the hormone glucagon-like peptide-1 (GLP-1), which targets areas of the brain that

regulate appetite and food intake. The drug and class of medications is not new though. This class of GLP-1 analogue medications has been used for more than 15 years to treat type 2 diabetics.

Semaglutide doesn't work for everyone and there are some chronic conditions that make it not a good fit. But, when Semaglutide is successful, it can help someone shed 10% to 20% of their body weight. For many people, the medication appears to work. The results of a clinical trial published in *The New England Journal of Medicine* showed the average weight loss was 12.5% against the placebo group and one third of the participants lost 20% of the initial body weight. All anti-obesity medications should be prescribed along with lifestyle changes to maximize the benefits.

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Is "Ozempic" face real?

A Yes, and no. Rapid weight loss spurred by Ozempic, Semaglutide or any other means can change the skin and reduce fat volume all over the body, including in the face. So, weight loss in general can cause skin laxity.

Ways to combat skin laxity include using collagen peptides, RF facial treatments and surgical removal.

Here at MWC, we recommend the use of our collagen peptide powder and Evoke treatments.

Maricopa Wellness Center's collagen peptide contains a unique blend of three that are patented and supported by clinical research, showing their efficacy for supporting collagen production to strengthen bones, joints and improve skin elasticity.

Evoke features cutting-edge technology for jowl lifting, collagen strengthening and skin tightening for the face and neck. Evoke is a quick, pain-free treatment that provides a naturally younger-looking facial appearance with no downtime.

If you have a question you want answered in the next edition of "Ask Dr. Kristina," email it to maricopawellnesscenter@gmail.com

You should always speak with your provider before you start, stop or change any part of your care plan or treatment. This article is not considered medical advice, diagnosis or treatment. If you think you may have a medical emergency, call your provider or dial 911 immediately.

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Nurtured by nature

Spending time outdoors rejuvenates, calms us

BY HARRIET PHELPS, PSYD. RETIRED

WE HAVE OUR SON VISITING FROM THE FRIGID NORTH and he is currently thawing out.

He loves Arizona, mostly for soaking up sunshine and warmer temperatures before returning home to snow.

Since we live out in the country, he has commented on how calm and serene it is sitting outside. His dad tests him with, "Do you hear that?" Silence. Occasionally, a dove is cooing from the electric wire above.

We also have a view of the lower valley, 450 feet lower. Daytime is awesome but nighttime is incredible. There is no light pollution unless we turn on a light. We see South Mountain's red lighted towers, planes lined up to land at Phoenix Sky Harbor International Airport and, best of all, the Milky Way and constellations in the night sky.

South Mountain is 50 miles away, as is Sky Harbor. The Milky Way? Well, you know the estimate.

Why is this significant? For us, it brings joy. Research shows nature benefits your mental health.

Housing developments have used this to their benefit. Note green spaces with trees, other greenery and playgrounds for their residents. We are happier in nature. Requirements by HOAs for trees and plants maintain the overall pleasurable consistency of nature's aesthetics.

We are nurtured by nature.

As a child, I did not have to be told twice to go play with the neighbor kids. Everyone looked out for the kids. There is something beyond measure in the activity of play, fresh air and expending energy to sleep well at night. As a young family, our vacation time was spent camping. We would take our sons camping for our week off. After the fresh air, activities and nature had reduced the negative energy of work, school and everyday stress, then returning to those activities was easier to accept.

Gardening has the same effect. Digging in the dirt is wonderful relaxation and has a bounty of rewards.

Recent Japanese studies support the practice of Shinrin-Yoku, or forest bathing. The art of bath is ritualistic in Japan. It is not just a practice of cleanliness but of release and wellness. Forest bathing engages all five senses: We listen to the sounds of nature, we breathe in clean air, we smell the clean fragrance of the forest or other environment, we see the sights and we can touch the texture and shapes of nature. We almost taste the environment around us.

All of this is a state of mind in sensory experience. These practices reduce chronic stress, which contributes to anxiety, depression, insomnia and mood. The physiological problems of high blood pressure, muscle tension and lowered immune response are also improved.



Recognizing the negative effects stress can have on mental health, we must also understand we need to take a break in nature because the high demand for real estate has taken its toll on cities, with poor green space and fewer trees and parks.

My fondest memory at age 6 was lying on a blanket at a picnic and having my grandmother show me how the clouds were moving across the sky.

I was in awe! Nature is awe-inspiring.

Harriet Phelps is a retired psychologist and a volunteer at Be Awesome Youth Coalition and Maricopa Senior Center.

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Education Notes



In celebration of **Black History Month**, students in Jennifer Seamons' kindergarten class at Pima Butte Elementary explored the artwork of Alma Thomas. They learned her connection to nature inspired her work through use of vibrant colors and how she used mud near her home to create art ...



Back (red row) left to right: Fiona Valencia, Nathaniel Cano-Lopez, Elena Burlingame
Orange row (left to right): AJ Fenyo, Ariyah Correa, Mercy Lindsey, Antonio Vigil
Green row (left to right): Neela Yazzie, Victoria Sajovic, Camden Palmer
Blue row (left to right): Ethan Pigon, Kaylee Cooley, Emmanuel Fockelr, Khristopher Perez
Front (purple row) left to right: Cassiel Liddell, Weston Benca, Charlotte Cramer, DonMinick Whittaker-Moore



Maricopa High graphic design students put on another successful **Art for the Heart Arts & Crafts Festival**, raising nearly \$800. The money was donated to the American Heart Association. Students Matthew Lebron, Bernie Gundrum, Abigayil Gindiri, Jayden Malone, Jessica Bailin and Jayden Garcia spearheaded the event under the guidance of MHS graphic design teacher Maria Pour ...

Athletes from Maricopa High's winter sports were recognized during a Governing Board meeting in March, representing basketball, soccer and wrestling.



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As Central Arizona College marks a decade at its Maricopa Campus, it celebrates unique features, including its **Esports Gaming Room**. It also features state-of-the-art culinary and nursing assistance classrooms, makerspace lab and community rooms, which are available to rent ...

Registration is open for CAC's 2023 **Summer Bridge Program**. Recent high school graduates (classes of 2021, '22 or '23) and GED recipients are invited to experience life as a college student at the five-day residential orientation to college program Aug. 6-10 at the CAC Signal Peak Campus. Participants will stay in CAC residence halls and participate in activities and workshops that will assist them in becoming successful college students while meeting new friends.

Summer Bridge is designed for incoming freshmen who plan to attend CAC's Signal Peak Campus in fall 2023 ...



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CentralAZ.edu/summer-bridge

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Education Notes

Six Central Arizona College students were selected to the **Phi Theta Kappa International Honor Society All-Arizona Academic Team**. Among the six is Robert Serrano from the Maricopa Campus.

All-Arizona students demonstrate academic excellence and intellectual rigor combined with leadership and service that extends beyond the classroom to benefit society. The Arizona Board of Regents awards scholarships and tuition waivers to those selected for Arizona State University, Northern Arizona University or the University of Arizona.

Maricopa's Serrano is majoring in civil engineering and plans to transfer to Arizona State to complete his bachelor and ultimately master of science. His goals include designing new highways to solve congestion and designing a sustainable city of the future. While at CAC, he has served as a Phi Theta Kappa officer, member of Mu Alpha Theta Math Honor Society and was on the President's List. Outside of his studies he volunteers his time at a local food bank.



CAC Students names to All Arizona Academic Team – Ralph Emmanuel Rosales, Sevasti Silvia, Kyle Morris, Robert Serrano, Sabine Mahi and Bridget Bachicha.



Sequoia Pathway Elementary students celebrated **Dr. Seuss** and enjoyed a visit from Sequoia Pathway Secondary students to read great books together ...



With the help of Jon West of West End Mechanix and four fifth-graders, two new trees were planted on the playground. **Desert Plant Collection** donated the trees, which will provide decades of shade for students ...

Sequoia Pathway Secondary promoted college and career readiness for its juniors and seniors with in-class presentations **Central Arizona College** ...

Sequoia Pathway Secondary **Principal Rehema Stephens** was a guest speaker for the Department of Education at Grand Canyon University.

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MUSD spring sports going strong

The Maricopa High Rams baseball team won its first three games and opened the season 6-2, generating excitement on campus that was equaled only by the Lady Rams softball team opening 10-3-1.

It had been a rough fall and winter for sports at MHS and the spring success is welcome.

Although the Rams football team went winless, three players received college scholarship offers and signed their letters of intent in a special ceremony in the school library.

Meanwhile, at new Desert Sunrise High, the fledgling track and field program sprints out of the blocks this spring.



Bryan Mordt



Bryan Mordt; Victor Moren





Choosing a garden style driven by time, money, space

BY RICK GOLISH

BEFORE DECIDING ON A STYLE FOR your garden, here are a few things to consider. What are your goals for the garden? Food production?

Landscape beauty? Wildlife attraction? Enjoying the outdoors? Getting sunlight and exercise? Also, consider your budget in money and time.

Next, you must determine how much space is available. How much sun light and shade

(vegetables need 6-8 hours of sunlight per day). Where is the water source?

There are three main categories of gardens: in-ground, raised bed and container.

In-ground may include rows, mounds or orchards and can be formal, informal or wild.

Raised beds include many sizes and shapes. Size and height to fit your space and needs. Construction material options include wood, cinder block, brick and metal or plastic siding.

Anything can be a container as long as it is sturdy enough to hold the plants and soil and has good drainage. Some options are plastic buckets, bathtubs, old appliances, horse troughs, ceramic or clay pots and wooden barrels.

Now that we have determined our goals and understand the types of gardens let us look how we can incorporate style into our landscape. The following table illustrates where different styles are applicable.

Here are examples of garden styles.

Water or pond garden

- Can be small or large.
- Requires a lot of maintenance.
- Fish are a popular option.



Japanese garden

- Provides peace and tranquility.
- Once complete, easy to maintain.

English garden

- Use your imagination.
- Can be formal or informal.
- Typically lots of paths and view points.

Mediterranean garden

- Can be very colorful.
- Use of stone for paths and terraces.
- Select desert hardy plants.

Flower garden

- Can be simple or complicated. Annual or Perennial.
- May attract butterflies, hummingbirds and other pollinators.

Cacti and Succulent Garden

- Suitable to the low desert.
- Conserve water.
- Easy to maintain.
- Can utilize all three garden categories: in-ground, container, raised bed.

Fruit garden

- Can be large or small.
- Choose dwarf varieties if space is limited.
- Determine whether self-pollinating or needs a pollinator.
- Choose low-desert-tolerant varieties.
- Containers work well.

It is possible to utilize multiple styles in your landscape. Let your imagination be your guide!

Rich Golish is a Master Gardener with the University of Arizona.

InMaricopa.com/Columnists

most expensive HOME SOLD



42275 W. Bravo Drive Feb. 17 580,000

This two-story home in Rancho El Dorado has no neighbors behind as it backs to the 18th hole of The Duke golf course. The first floor offers a kitchen, living space and half bath. Upstairs is a loft, master bedroom and balcony facing the golf course. The backyard features a built-in grill, firepit, pool and hot tub. The home sold for \$45,000 below original list price.

Community: Rancho El Dorado **Builder:** Hacienda
Square feet: 3,875 **Year built:** 2004
Price per square foot: \$149.68 **Bedrooms:** 5
Days on market: 32 **Bathrooms:** 3

- 2. 41651 W. Harvest Moon Drive, Province.....\$550,000
- 3. 42264 W. Rummy Road, Province.....\$550,000
- 4. 42496 W. Cheyenne Drive, Glennwilde.....\$535,000
- 5. 44344 W. Adobe Circle, Cobblestone Farms.....\$499,999

least expensive HOME SOLD

42538 W. Candyland Place March 3 220,000



This home in Province is a duplex-style home with two bedrooms and two baths. It is in a gated active-retirement community with plenty of amenities, such as sports courts and swimming pool. The home has a two-car garage and a covered patio. It sold for \$29,000 below original list price.

Community: Province **Builder:** Meritage
Square feet: 1,194 **Year built:** 2005
Price per square foot: \$184.25 **Bedrooms:** 2
Days on market: 154 **Bathrooms:** 2

- 2. 41268 W. Capistrano Drive, Glennwilde.....\$250,000
- 3. 42586 W. Anne Lane, Rancho El Dorado.....\$274,000
- 4. 43556 W. Colby Drive, Rancho El Dorado.....\$275,000
- 5. 45126 W. Windrose Drive, Alterra.....\$275,000

Source: MLS, Feb. 10-March 9



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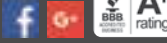


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Common mistakes by landlords in handling tenant security deposits

BY SHERMAN AND EUPHEMIA WEEKES

LANDLORD-TENANT DISPUTES OVER return of the security deposit are among the most-common issues that end up in litigation.

Here are four major reasons why disputes arise in handling tenant security deposits:

1 No move-in form to document property conditions

At move in, the landlord must provide tenants with a copy of the lease and a move-in condition form, which will be used for move-out inspection. The form is required by law and is not always provided. Lack of this documentation at move in could create disagreements at the end of the tenancy. The form should be returned by the tenant to the landlord and must be kept for the move-out process. Many times, the tenant may not receive the form or they do not complete it.

2 Missing documentation of property condition

Landlords should take photographs and videos of the property before the keys are provided to the tenant and at the end of the lease. These simple but important steps allow the landlord to prove that certain damages were caused by the tenant in the event of a dispute. This will be the basis for charges being assigned to the tenants.



3 Failure to itemize deductions from tenant's security deposits

Arizona law requires the landlord to provide a statement to the tenant itemizing what deductions and costs were made from a security deposit. At the end of a tenancy, landlords regularly make deductions from the tenant's security deposit and then return the balance of the deposit without providing a statement. You must provide a statement and itemize the deductions.

4 Failure to return the security deposit on time

It is the duty of the landlord to mail an itemized statement and refund to the tenant within 14 days, excluding Saturday, Sunday and legal holidays, after the landlord has taken possession of the property from the tenant. If the tenant made a request for the deposit and a landlord fails to return the itemized statement with balance due, this could be the basis for legal action. The tenant could recover twice the amount of money wrongfully withheld.

Landlords should always be prepared to deal with security-deposit disputes by tenants. Having a system with proper documentation during the lease and correctly and accurately states a security-deposit disposition at the end of a lease will help keep the landlord out of litigation. Property-management companies deal with these issues all the time and are prepared to handle and manage tenants' dispositions and disputes.

Please reach out to us if you have questions or concerns about handling tenant security deposits. 📞

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A resale home might be worth another look

BY DAYV MORGAN

IF YOU ARE IN THE MARKET FOR A HOME AND are leaning toward a new build, perhaps you should also look at resales.

When you consider that Maricopa is a relatively new city, most of the "older" homes are less than 20 years old and in good condition.

There are several factors that might make a resale home a better deal for you. First is availability.

If you need a home quickly, a new build is usually not a good option. Since the pandemic, a

big problem facing the housing industry has been labor and supply shortages, frustrating buyers with long wait times and missed deadlines.

With a resale home, the house is ready, and assuming financing works out, you have a predictable path to moving in.

Another positive is familiarity. When you buy a resale in an established neighborhood, you already know how close your neighbors sit and what kind of houses they have.

If you buy a new build, you may have a vacant lot next door, but you don't know what kind of home will be built next to yours, how close it will be, or even when it will be built. Those nice open views you now have could someday be taken away by a towering 2-story home built on the adjacent lot.

Resale homes are usually in established neighborhoods with established streets and utilities. That is a large knowledge base for new owners to draw from. Realtors, HOAs, neighbors and you should know the history of local problems and how they have been resolved. You may have a template for correcting similar issues in the future. New homes on new streets come with a lot of unknowns.

Price is always a top issue. The price per square foot of a new build is often higher than a resale. If the resale is a nice property, you could look to save some money.

Additional savings could come in the upgrades that a lived-in house has that a new build doesn't.

A few examples include:

- **A finished yard with mature landscape.** Most new homes come with a dirt backyard. Adding hardscape, irrigation, and plants can cost tens of thousands of dollars. And citrus trees can take several years of care before they start bearing fruit.
- **Appliances and fixtures.** Many resale homes come with refrigerators, washers and dryers included. You may also get energy-saving features like sunscreens or solar panels. Some new build homes don't even include ceiling fans or blinds on the windows. 🗨️

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

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Pros, cons of long-term care insurance

BY RON SMITH

D ID YOU KNOW SOMEONE turning 65 today has nearly a 70% chance of needing long-term care or support during their remaining years?

Last month, I wrote about how investment in a continuing-care retirement community may provide peace of mind for your long-term care. In this article, I discuss another option: long-term care insurance.

Long-term care insurance can finance day-to-day cost of caregiving for those with chronic illnesses or loss of cognitive or mental capacity. Most policies pay for home-health care, assisted-living care or skilled nursing at home or in a nursing home. LTC is necessary because neither your health insurance nor your Medicare plan cover it.

Demand for long-term care will continue increasing as 10,000 boomers turn 65 every day through 2029. With increasing life-

expectancies, there is greater risk of injury or disability as people age. Increasing demand and difficulty in recruiting health-care workers are driving up costs.

In a 2021 survey, Genworth found median annual costs to be \$54,000 for an assisted-living facility, \$61,776 for a home-health aide and \$94,900 for a semi-private room in a skilled-nursing facility.

Long-term care insurance can be pricey – and even more so if you wait too long because rates go up as people age. People also develop more health reasons for not qualifying. LTC insurance specialists recommend 45-55 as the optimal age range to acquire LTC coverage.

Age and health are primary components of pricing an LTC policy, as are the amount, period, elimination period and inflation rider. How you structure these options determine policy cost and how the benefit will be disbursed. You can estimate the full cost or determine a partial amount to offset some future cost. The higher the coverage, the higher the cost.

The benefit period can be written as a length of time or a dollar amount. Again, the longer the period, the higher the cost. The elimination period is a deductible or copay period in which you pay the full amount. All costs during this period are the responsibility of the insured. The longer the elimination period, the lower the policy cost. Finally, there is the inflation rider. If you add one, the benefit will increase by a percentage in future years.

Arizona and several other states offer a long-term-care partnership agreement, in which a portion of LTC premiums can be deducted on your taxes. These policies are guaranteed renewable and you qualify for nonforfeiture benefits should you default on a payment. These are important differences that can protect your assets.

New hybrid policies offer riders allowing withdrawals for medical payments. Policy payments don't go up and death benefits go to your estate. An annuity-based variation eliminates increases because it is paid in a lump sum and deposited money grows over time. If needed, money can be withdrawn for long-term care without penalty. If the insured dies without needing long-term benefits, the value of the annuity is paid to the estate. Because it is an annuity, there are no medical questions to qualify.

There are pros and cons.

Pros:

- It provides peace of mind.
- You are likely to require long-term care at some point.
- Out-of-pocket costs for long-term care are expensive and going up.

Cons:

- There is no certainty in pricing with the exception of newer hybrid policies, such as the annuity policy.
- It's difficult to determine how much insurance coverage you might need.
- Benefits may not be paid as you need them because you must wait for the elimination period to expire.
- You might not qualify.

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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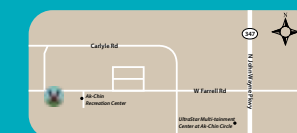


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Living life at a gallop

Shirley Ann Hartman rode into town and, with hubby 'McD,' built a legacy

BY LEE SHAPPELL

BEAUTY. GRACE. HARD charging. There is a wistful congruency between the horses Shirley Ann Hartman loves and Shirley Ann Hartman.

Philip "McD" Hartman likely didn't know what he was getting himself into when, as a sophomore at the University of Arizona, he began dating this freshman who rode onto campus as one of the hottest babes in Tucson.

Of course, he has figured it out over the 6½ decades they've been together.

The girl loves horses.

"When Mac married me, I told him he had to marry me and my horse," she said.

And she wasn't kidding. That's another thing he's learned about her: She's pretty direct.

Together, they've been pillars in the community as it grew from about 1,500 people when they arrived in 1960 to approaching six figures in Maricopa and surrounding area.

She was a schoolteacher and founder of the women's precision horseback drill team Quadrille de Mujeres. He was a farmer, head of the UofA Experimental Farm in Maricopa and still a member of the Pinal County Planning and Zoning Commission.

So, horses. Shirley Ann, 84, says she fell in love with them as a girl in the East Coast countryside. It was among many stops for her father, a career Navy man.

"My brother said, 'you're going to outgrow it,' but I never did," she said. "We couldn't afford to have one then."

But by the time her father was stationed in Panama when she was in high school, they could.

"You could hold a glass of water when he paced and it wouldn't spill. He was a stallion," she said of her first horse.

She recalls rides through the jungle.

"It was paradise. I was having a fabulous time," she said. "When I had to sell my horse in Panama, it about killed me. I couldn't take him with us. My dad said if you get grades and do OK in school, I'll get you another horse."

There was a tour of duty in Long Beach, Calif., and then a move to Tucson, where Shirley Ann's parents had purchased property



Shirley Ann and Philip "McD" Hartman still enjoy the rural lifestyle for which they came to the Maricopa area in 1960.

years before. And she got her horse.

She eschewed her parents' advice that she attend Smith "like some of those other gals, but of course we couldn't afford that and I don't think I really had the grades, either."

Smith College, an elite women's school in Massachusetts, and Shirley Ann Hartman somehow do not seem congruent.

She stayed home and attended the UofA, majoring in education with a minor in physical education.

"I didn't want to leave. I had a ball all four years," she said.

Philip, 86, known as "McD" because his father's name also is Philip and his mother's maiden name was McDavid, couldn't help but notice the arrival of a dynamo.

"She was the queen of everything," he said. "She had a good friend from Chandler. My good friend was dating her good friend and we double dated one time."

McD, as it turned out, also enjoyed horses.



"One of the things that probably attracted Shirley Ann to me was I'd had horses all my life," McD said.

He had a broken collarbone, a broken arm and a kick in the head ("That's what's wrong with him," Shirley Ann quipped) to show for it.

"Shirley Ann needed a helper with her horse, of course. She'd need to have his feet trimmed and need to have him brushed and need to have him put over here or over there," he said.

Shirley Ann points out what really sealed the deal was McD being a member of Sigma Alpha Epsilon.

"They had the best parties," Shirley Ann said.

"Yeah," McD affirmed, "she liked the parties."

Before she left campus, Shirley Ann would become a Wildcats' cheerleader, homecoming queen and La Fiesta de los Vaqueros rodeo queen, in which, of course, she got to ride a horse in the world's largest non-mechanized parade.

As a result, McD's uncle, Leonard McDavid, asked her to come to Maricopa and appear on a horse at Stagecoach Days.

"I brought my horse up, rode him down where the racetrack used to be and back, and so the first Stagecoach Days queen was me. Really, it was only because I was the Tucson rodeo queen."

On hiatus for a few years, there are efforts to bring back Stagecoach Days.

"Well, you know what? They should have it because it is Maricopa. We used to have a ball," she said. "We used to have dance in C.P. Honeycutt's barn with the horses. We had wonderful, wonderful food. Oh, my gosh, the whole community got together. They'd dig a pit to cook the meet. Beer, of course. Everybody just got together. It was dusty. It was dirty. We just enjoyed it."

Bear in mind this is a woman for whom square dancing "was just too slow."

The Hartmans immediately took to the rural Pinal County lifestyle.

"Well, because of my horse," she said. "My husband was very, very wise."



McD's father was a noted Mesa surgeon. When he needed a getaway, he'd bring the family out to land east of what became Maricopa, land that had been donated to McD's grandfather, a Presbyterian minister, in the 1930s. The land, coincidentally, was on Hartman Road. McD, a city boy, was hooked on the rural lifestyle.

"I told my mom I don't need to go to college, I'd just go straight to the farm and become a farmer," he said. "She said, 'Son, just go one semester to the UofA and then tell me if you want to continue your education.' I went one semester, and I said I want to continue my education at the University of Arizona in the College of Agriculture."

McD's father began searching tax rolls and found a property with a back-tax lien. It was a section and a half, a section being roughly one square mile, on Hartman Road. His dad bought it and it became Hartman Ranch. In their first house, he brought the telephone system to Maricopa, with old crank phones. The first two phone numbers were Logan 1 and Logan 2.

"We'd heard they have a road that was named Hartman Road and people said 'Hartman' should be taken off that road because the Hartmans haven't contributed anything to the Maricopa area. That kind of fired us up a little bit."

"That's the way it got started. It used to be all mesquite trees. One thing in the early days, if you saw mesquite trees on the property, then you knew it was good soil."

McD and Shirley Ann built a farming and livestock operation that reached 1,100 acres, which they operated until their two sons graduated from college. Bryan, 58, has his own farm a couple of miles down Anderson Road from Shirley Ann and McD. He is a board member of the Maricopa-Stanfield Irrigation and Drainage District, who is also on the advisory board of a UofA project studying sustainable farming practices in Pinal County. Dale, 56, works at Shamrock Farms in Stanfield.

Wide open vistas with spectacular views and the splendor of nature and, of course, horses, distinguish Hartman Ranch.

Shirley Ann, meanwhile, was teaching second grade and building Quadrille de Mujeres, which appeared at La Fiesta de los Vaqueros annually, and in 1987, the 12-member team rode in the Tournament of Roses Parade in Pasadena, Calif. What separated her drill team from other all-female teams was the precision movements were with the horses at full gallop. She built a reputation for being a crusty, demanding, no-nonsense taskmaster as she whipped the team into shape.

"I guess so, I guess so," she said with a smile. "I had to be, because they were putting their life on the line, and the horse's. It lasted 50 years. Most drill teams are just loping at a trot. We never, never did that. Ours were at a dead run. I'm not the kind that likes to just go out and walk around."

In the classroom, she didn't put up with much, either, during two stints covering 20 years in the Maricopa Unified School District, bookended around a two-decade break while raising her sons.

She taught second grade in Room 7, her favorite number, at Maricopa Elementary. In the afternoon, she walked over to the high school and taught PE. During her second stint, she started MUSD's gifted program. Along the way, she received awards for distinguished service as she taught kids who would grow up to be leaders of Maricopa, among them Alma Farrell, Pat Brock and Judy Honeycutt.

Students were respectful and well behaved, she said.

"Just good old farm kids," she said. "The beautiful thing about Maricopa at the time is they could go through our system, they didn't have to get tutored, and then go to the UofA and graduate. The farmers built a beautiful school."



Old-time farm equipment dots the landscape in front of the Hartmans' 1970s-era slump-block, ranch-style home.



“We didn’t have parental interference. They were happy to have their kids in school and supported the school. It was a different atmosphere.”

When she returned to the classroom after a 20-year break, that wasn’t always the case.

The 1960s marked a time of change in the country, brought on by deteriorating family units, permissiveness, the Vietnam War and drug use.

“I didn’t think it was very good,” she said. Ever the education proponent, Shirley Ann served on the Central Arizona College foundation for 33 years, through 2021, and was involved in forming the program that today is Pinal Promise, which pays for any graduate of a Pinal County High School to attend CAC free.

Meanwhile, the farming wasn’t going so well after the Hartmans went into business with their sons and formed Hartman Ranch Partnership.

“We’d need this and that, and we started going in the hole, big-time,” McD said.

To cover expenses, they sold more than 600 acres to Mike Ingram, another pillar of Maricopa.

McD took a job running the UofA Experimental Farm to make ends meet. It was a 15-year run.

He was involved in civic ventures, including a stint as president of the Rotary Club.

“Rotary Club used to do everything for the people — Stagecoach Days, the swimming pool, scholarships, the whole thing,” said McD, a Rotarian for a quarter century.

Change has come to Maricopa. The Hartman’s ranch still is in the country, with wide-open vistas of mountains on the horizon. A series of washboardy, dirt roads must be traversed to reach it. But residential encroachment is not far from their 1970s slump-block, ranch-style home accented by ancient farming equipment in the front yard.

“Maricopa was a special little town. It was the people,” Shirley Ann said. “I don’t like all the fast-food crap. They should have kept something that was more typical of the area architectural-wise. It would be more of a draw. We’ve got to preserve our history, that’s all there is to it. It has no personality anymore.”

She’s not opposed to progress, though. In fact, when Bashas’ came to town Shirley Ann called it “a godsend.”

“Before, I would keep an ice chest in the truck and I would stop at Bashas’ in Ahwatukee,” she said.

As farmers sold land to developers, 3 1/3-acre suburban ranches began to pop up in Saddleback Farms, Hidden Valley and Thunderbird Farms.

“It’s really interesting,” McD said. “The people who moved in said they couldn’t stand where they lived and wanted to get out into rural life. But as soon as they got into rural life, they wanted to make it just like home was. We still have that going on today.”

The newcomers didn’t like agricultural spraying or the odor from the farms or the narrow roads, where farmers take up the entire width with their slow-moving equipment.

McD went on the county Planning and Zoning Commission “to help our Maricopa area protect the way it was.” That meant creating spraying easements and odor easements, which mandate real estate agents tell potential buyers of what would surround them. With his eyesight declining, he said his three-decade run on the panel might soon be up.

“When you gain people, there’s always new ambition, new ideas,” McD said. “The younger generation, they’re not farmers and they’re not really physical workers. It’s all electronics and computers.”

Time seems to be catching up with Shirley Ann, as well.

“Shoot fire, I was a dynamo until I was 81,” she said. “Then, the crap hit the fan.”

A blood clot caused a stroke. She lost partial use of a hand.

“It’s a pain in the butt, is what it is,” she said.

Her larynx collapsed and now she labors to talk.

Then, she fell out of bed and broke a hip.

“So, they put three screws in there,” she said. She walks with an assistive device.

“I used to be able to do whatever I want, when I want,” she said. “Now, I kind of limp around a little bit, but I’m getting better. It’s just been tough.”

As she’s asked to reflect on her legacy, she tears up.

“Hopefully I’ve helped a lot of people along the way. I think I have,” Shirley Ann said. “I’ve helped a lot of women, gave them opportunities to do things they didn’t know they’d be able to do. I still keep in touch with some of my schoolkids. Don’t make me cry, but I dearly love Maricopa.”

Bryan Moritt

April

1
Amateur Radio Association
9-11:30 a.m., Maricopa Public Library & Cultural Center
18160 N. Maya Angelou Drive

Maricopa Music Circle
“Springtime Serenade”
7 p.m., Leading Edge Academy
18700 N. Porter Road

Spring Musical
2 p.m. and 7 p.m., Maricopa High School Performing Arts Center
45012 W. Honeycutt Ave.

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

8
InMaricopa Egg Hunt
All-day, citywide

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

12
MUSD Governing Board
6:30 p.m., Maricopa Unified School District Office
44150 W. Maricopa-Casa Grande Hwy.

15
How To Have A Healthy Mind Conference
9 a.m., Copper Sky Recreational Complex
44345 M.L.K Jr. Blvd
Topics covered include finding joy in your life, breaking harmful habits, finding mental, emotional, and spiritual freedom, and how to have better relationships.
📍 churchofcelebration.com/healthy-mind

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

22
Copa Cultural Night Market 2023
5-9 p.m., Copper Sky Regional Park
44345 M.L.K. Jr. Blvd.

26
MUSD Governing Board
6:30 p.m., Maricopa Unified School District Office
44150 W. Maricopa-Casa Grande Hwy.

28
Country pop singer Jordan Davis
5 – 10 p.m., Harrah's Ak-Chin
15406 N. Maricopa Road

Sundays
Narcotics Anonymous
7 p.m., Maricopa Meadows Community Park
45511 W. Honeycutt Ave.

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

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

Tuesdays
Maricopa Cruise-in
5 – 9 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 Large and Small Group
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

Wednesdays
AI-Anon – New Beginnings
10 a.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Alcoholics Anonymous
12 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

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



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

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

Fridays
Narcotics Anonymous
4:30 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

AI-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

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

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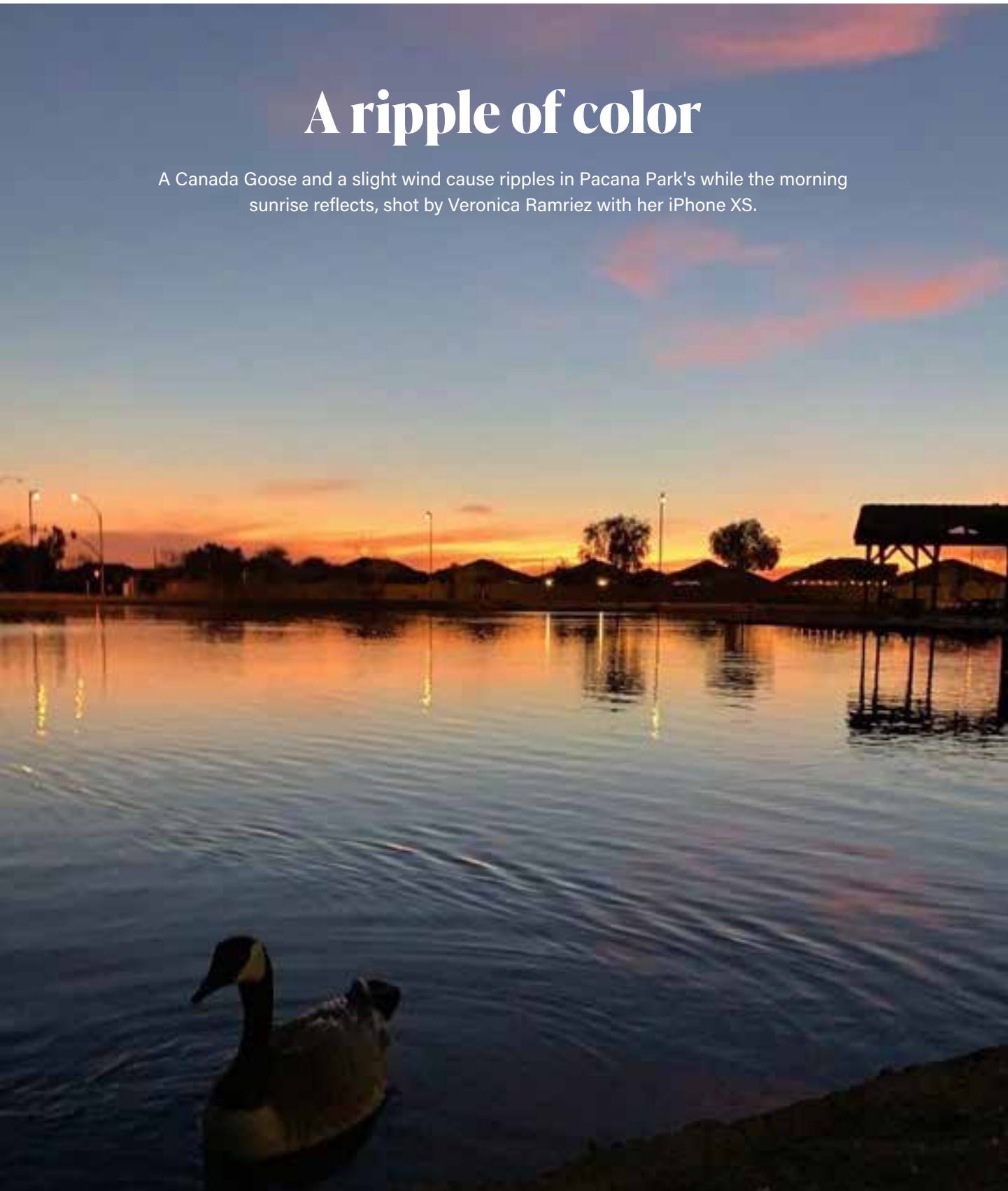


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A Canada Goose and a slight wind cause ripples in Pacana Park's while the morning sunrise reflects, shot by Veronica Ramriez with her iPhone XS.



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