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Dylan Hill (far left), a Junior ROTC cadet, has been nominated forfor admission to two service academies.

Joycelyn Cabrera

LEADING OFF

Editor's Letter Page 6
Contributors Page 6

Social Media Page 7

PEOPLE

A **photo gallery** captures Maricopans around town. *Page 8*

A little history on water tanks. Page 9

Jerri Early on being MUSD's longesttenured teacher. **Page 10**

FAMILY

A **photo gallery** showcases youth and family activities. *Page 12*

Be Awesome's Priscilla Behnke explains TV show's bad influence. **Page 14**

Murray Siegel celebrates blended learning programs. *Page 15*

Local student Dylan Hill has a tough choice to make. **Page 16**

BUSINESS

Entrepreneur Shane Pannell is back on the market. **Page 18**

Business briefs include openings, awards and inspections. *Page 20*

Directory Page 22

GOVERNMENT

An early glimpse at how the **2018 elections** are shaping up. *Page 26*

Copper Sky prepares for **big drop in annual funding**. *Page 28*

HOME

Most expensive and least expensive homes sold. *Page 30*

Gardeners get ready for **spring planting**. *Page 32*

HomeSmart's **Dayv Morgan** describes options for retirees. *Page 33*

HEALTH

Silver Sneakers classes help keep seniors fit. **Page 42**

Trainer Aaron Gilbert has ideas for keeping resolutions. *Page 43*

Bryan Mitchell keeps active at 88 with exercise regimen. *Page 44*

SENIOR LIVING

Harry Dieffenbach has made modelbuilding a lifetime hobby. **Page 46**

Joan Koczor explains how the American dream has shifted for seniors. *Page 49*

THINGS TO DO

Check the calendar for **Maricopa activities**. *Page 51*

Maricopa Agricultural Center hosts Ag-Venture tours. *Page 52*

Suit up for annual **Copa Color Run**. *Page 53*See what's screening at this year's **Copa**

Shorts Film Fest. Page 54

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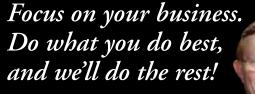
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Seniors shine in retirement

to be called a "senior citizen" and certainly not "elderly," but Maricopa's most experienced residents are in the spotlight for this month's edition.

Our cover subject is Bryan Mitchell, who is 88 years old and recently discovered the benefits of pickleball, which he has added to his regular exercise. He also takes advantage of qualifying for Silver Sneakers, a program that is also detailed in this issue.

A master model-builder, Harry Dieffenbach started scratchbuilding while in the U.S. Navy during World

War II. Now in his 90s, his models of ships and boats are displayed in Province Village Center. He talked to InMaricopa about the hobby that lasted through two careers.

Realtor Dayv Morgan talks about housing options for retirees in his column this month, and Master Gardener Rita Bricker has tips for prepping your garden plots for spring plantings.

Also in this issue, look into the financial future of the city's Copper Sky, and look back at the history

of everybody over the age of 65 likes of water tanks in Maricopa. 2018 is an election year with lots on the line at every level; see how some races are starting to shape up already.

Meet Maricopa High School senior, Junior ROTC

cadet and candidate for West Point and the U.S. Naval Academy Dylan Hill and learn about her quest to become the first member of her family in the military since WWII. As Dylan plans her career, Jerri Early plans a "phased" retirement from her career as an educator and the longest-tenured teacher in the Maricopa Unified School District.

Also in this issue, catch up with "Shark Tank" entrepreneur Shane

Pannell, find out what's new at Copa Short Film Fest and check out this month's event calendar.

Happy reading,

RAQUEL HENDRICKSON | Editor Raquel@InMaricopa.com 520-568-0040 ext. 3

ontributors



MASON CALLEJAS

The InMaricopa reporter took an in-depth look at the finances behind Copper Sky as it prepares to lose more than \$1 million in annual funding (page 37). He hopes to one day amalgamate his two degrees and produce feature-length documentaries, a sample of which will appear in the Copa Shorts Film Fest (page 54).



JOYCELYN CABRERA The high school journalism intern caught up with classmate Dylan Hill to learn how she was nominated for acceptance into two military academies (page 16). Joycelyn also landed the lead in the MHS production of "The Mouse Trap" (see

our calendar page 52).



AARON GILBERT The certified strength and conditioning specialist owns Longevity Athletics and offers fitness advice (page 43). This month, he starts a two-part column on the best ways to stick to your healthy-living resolutions.



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New Year's resolutions

Deena Cowger My 2018 resolution is to accomplish the resolutions of 2017, which I should've done in 2016 because I made a promise in 2015, which I planned on keeping back in 2014.

Taryn Reinbold Get the things done that have been needing to be done over the last 10 years. Time to clean up the tasks. Spend as much time with my kids and grandkids as possible.

Joann Rivera I need to stop procrastinating, be more patient, and not take getting cut off while driving on the

347 tooo personal. People can cut me off now and then, but I need to keep cool. Lol

Monique R Main To graduate from NAU with my BA. pass my NES professional knowledge exam, and land my first teaching position.

TR Crew Yubeta To be more greatful to God for my life and family and take more time to enjoy and just take it in.

Christina Promise To be happy. These last few years have been really hard on me and my family. There have been more problems than I can count. I just want to be able to smile more!

InMaricopa's recent followers on ...

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Hurtado









Darren Minter Cervantes



Lane

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InMaricopa publisher Scott Bartle (center) received the Maricopa Chamber of **Commerce Business** of the Year award on Jan. 20 from Patti Wasowicz, for whose late husband Bill "Waz" Wasowicz the award was named. Will Dunn (right) emceed the event at Elements Event Center.

Raquel Hendrickson



Ray Nieves, Eddie Rodriguez and Chris Cahall gathered at an after-the-fire presentation by Maricopa Fire/Medical Department Jan. 11. Michelle Chance



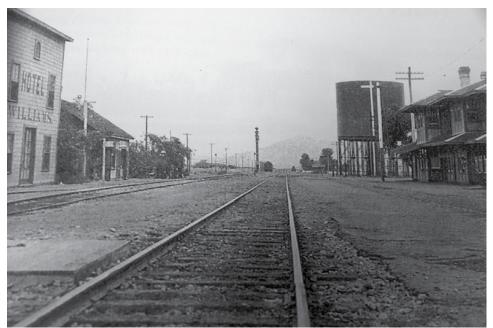
Maricopa businesses and organizations crowded into City Hall Jan. 20 to offer resources during the Senior Info/Expo. Raquel Hendrickson



Floyd Galloway (left), former president of the East Valley NAACP, chatted with Maricopa's Melvin Benning at the Martin Luther King Jr. Celebration Jan. 15. Michelle Chance



Tristan Marshell performed during the All Arizona Poetry Slam Championship Jan. 13. Raquel Hendrickson



Southern Pacific Railroad provided water for trains and the local school with its water tanks, the last of which has become a landmark of sorts in Maricopa.





Water tanks had important impact on Maricopa

By Patricia Brock and the Maricopa Historical Society

ust west of the railroad station were two very large water tanks that held over 1 million gallons of water. They were owned by the SPRR and were used to supply water to the many steam engines pulling trains the water for the homes in Maricopa.

The engines burned oil, which heated the water to create steam. The oil supply was located at Tucson and Yuma. The trains had to take on water at several stations between the two places. Maricopa was one of the water stops.

The water was taken from one well by an electric pump. The pump was driven by a very large one-cylinder engine with a large flywheel (approximately 8 feet in diameter). It was painted bright red with various parts painted a bright green. Donald DeHart said it was a beautiful piece of machinery and kept spotlessly clean by the railroad employee in charge of it. This person was Charley Barker, and his title was "pumper."

The pump did not need to run all the time. It was mainly operated from 6 p.m. until 6 a.m. daily so the citizens of Maricopa could have electric power for lights, radios, etc. This engine was the only source of electricity in Maricopa, and when Charley was late getting to work, it

caused people to miss their radio programs. At those times, Charley was not very popular.

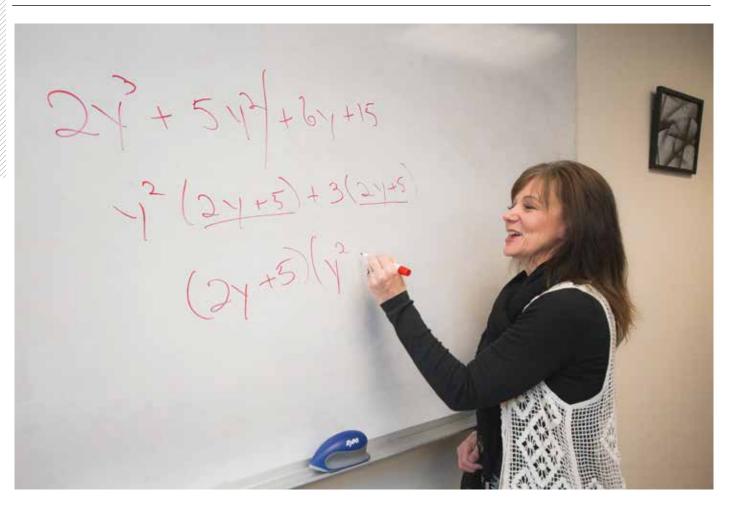
The first water tank was a tower made of steel installed in the 1890s.

The second tank was installed around 1950 through Maricopa. The tanks also supplied all and made of steel. (It collapsed in a storm around 1973.)

Southern Pacific provided water to the school in 1935; it may have installed the wooden water tank next to schoolhouse. A small water tank stood at the southwest corner of the schoolyard.

Railroad employees pumped water from the tank to fill engines for driving trains.





'Techie' teacher marks 20 years of making math fun for Maricopa kids

By Michelle Chance Photos by Mason Callejas

longtime Maricopa school teacher is preparing for retirement, but she's not going anywhere soon. Jerri Early, math coach and teacher with Maricopa Unified School District, has

taught Maricopa children for more than two decades and is the longest-tenured educator employed with the district.

She's a favorite of many students for "managing to make math fun" by accommodating interesting teaching techniques to accommodate students' many different learning styles.

A part of her strategy has been balancing her calculated lessons with a little humor.

"I understand these kids are under a lot of pressure and I know how it is when you're sitting in a class all day long," Early said. "You need to have laughs and have fun because if you can laugh and have fun, you'll do better."

Early's phased retirement won't mean an absence from the classroom quite yet, however.

Jerri Early is MUSD's longest-tenured teacher, hired full-time in 1996.

She plans to work a few additional years in her same positions at Maricopa High School and the district's two middle schools as an employee of SmartSchoolsPlus, an agency often utilized by area educators easing into retirement over an extended period. Retirees can draw their pensions but return to their same jobs, as allowed by the Arizona State Retirement System.

In addition to her work at MUSD, Early has also taught math at the collegiate level. For the past 12 years, Early has instructed night classes at Central Arizona College. At MUSD, she is mentor and coach for junior and high school math teachers and the instructor of a dual-enrollment course at MHS.

Her years spent teaching at the once small, rural district are an asset to students and staff, say Early's colleagues.

"She pushes teachers to be the best version of themselves because she believes the students

at MHS deserve to have the best teachers," said Jennifer Miller, high school English teacher and MHS alumna.

Early's career in education was preceded by a degree in electrical engineering from Arizona State University in 1986. She worked as a summer student at Motorola prior to graduating and eventually was hired as a test engineer after receiving her diploma.

During that time, she wrote software that tested airplane radar tracking systems her team developed.

The young techie and her husband Scott moved to Maricopa the same year she graduated and later began a family with the addition of their first daughter Kelsey in 1989.

"We've seen all the changes in the town from being a little, tiny, two-lane road with wild horses running across it; to the four-lane, divided highway and (Maricopa becoming) a city," Early said.

Early began her career at MUSD in 1991 as a substitute teacher when the small school district was still located on one campus.

The next year, Early's second daughter, Tatum, was born. The family moved to Mesa and then to Tucson following Scott's career

Early started her career in electrical engineering.

with Southwest Gas.

There, Early gained her teaching certificate and worked as a full-time math teacher at Marana High School.

The family eventually migrated back to Maricopa, where Early worked at MUSD again as a substitute in 1995. The following school year, then-Maricopa Middle School Principal Mat Reese hired Early as a full-time math and science teacher.

The position with the district allowed Early to spend more time with her children, who also attended school there and shared the same vacation schedule. Raised in rodeo, the Early girls traveled with their mother when school let out every summer.

Although she loved her work as an engineer, Early said she wouldn't have it any other way.

"I really enjoy teaching and finding ways to help kids understand the material and finding different ways to approach a lesson because all kids don't learn the same," Early said.

As a 21-year-old rookie teacher 17 years ago, MHS teacher Bernadette Russoniello said Early's mentorship was invaluable.

"She listened, she observed, she made recommendations, but she never judged or criticized, or made me feel inferior," Russoniello said. "These qualities are what makes her a superstar teacher."

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The Maricopa Wells Middle School Future City team of Joseph Abel, Rylee Tarcola, Morgan Witte, Aubryana Pick and Alexis Herrera won the Arizona regional competition and will go to Washington, D.C. Submitted



Junior guard Jacob Cowing scored in a Maricopa High School win over Apollo Jan. 19. Raquel Hendrickson



When their dog Chloe went missing, Brandon Palmero and Andrea Gonzales found an overwhelming community response looking for their pet. *Michelle Chance*



MHS freshman Ashlynn Jones was in action for the soccer team's victory over Sunnyslope Jan. 16, setting up the Rams to make the play-in tournament. Raquel Hendrickson



Family Fishing Day again drew a crowd to the Copper Sky lake Jan. 6.

Michelle Chance



Maricopa High School senior Ivie Keene and Desert Wind Middle School eigth grader Raymond Torres were acknowledged as students of the month by the Maricopa Rotary Club during the MUSD Governing Board meeting Dec. 20. Michelle Chance

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Is troublesome TV show really art imitating life?

Priscilla Behnke

By Priscilla Behnke

nyone working with teens these days is aware of the Netflix series 13 Reasons Why. It was all the rage and so popular that season two is now under production. I first ignored it because the premise sounded manipulative and unrealistic,

yet almost every teen I met watched it, and loved it. So, I watched. There were the main subjects of suicide and bullying. I also noticed two other themes that aren't getting as much attention and they should.

The first is frequent substance abuse. I got the impression from watching that the writers put it in

as normal. In one scene a boy comes home drunk. His mother, upset he is late for dinner, scolds him, "are you drunk on a school night?" As if it would be acceptable for him to drink around town inebriated on a weekend. There are constant drinking parties, and most of the issues are rooted at the parties.

The second theme was lack of meaningful connection, even between the adults and teens. The parents of the young girl genuinely care for her. But they are so busy they don't

> take the time to bond with their daughter. When they do talk with her, it's about the struggling family business. School staff are all busy and focused on their to-do lists. The show's adults leave a vacuum, and what fills this void is sinister.

> The teens are desperate for relationships but conflate admiration

and popularity with caring and companionship. They end up with insincere relationships that dissolve quickly. No one steps in to provide them an alternative; not a youth pastor, coach, teacher or neighbor. In the end the one person who is paid to help won't because he is busy, and her issue makes him uncomfortable.

When students tell me they relate, it breaks my heart. I don't believe they are being dramatic; I've looked at the data. The Arizona Youth Survey shows that 51 percent of teens don't feel connected to their community (about 2,726). Roughly 17 percent of teens (about 900) drank alcohol last month. Our community survey consistently ranks parties with friends as a top source of alcohol for Maricopa youth. The city data shows between January and November there were 68 suicide attempts by adolescents.

"The Be Awesome Youth Coalition" is dedicated to developing confident, connected and successful youth. To do that, we need adults who are willing to be the opposite of those depicted in the show. Adults who will make the time, do what is difficult and refuse acquiesce in the face of youth substance abuse. You can find more information at MCAASA.org/Be-Awesome, or join us every second Wednesday at 5:15 p.m. at Maricopa Elementary.

Priscilla Benhke is program director for Maricopa CAASA and Be Awesome Coalition.

Maricopa's blended learning program an award-winner

By Murray Siegel

017 was a great year for the city of Maricopa. Building began on new stores and restaurants, ground broke for the long-awaited railroad overpass and the mayor set challenging goals for the city and its citizens. You might not

have noticed that Maricopa Unified School District's K-8 blended learning program was awarded the Golden Bell Award by the Arizona School Board Association. What is blended learning and why should Maricopans care?

To answer those questions an interview was conducted with Jackie

Hahn, a sixth-grade teacher in the blended learning program at Maricopa Wells Middle School (MWMS). Hahn brings a unique perspective. This is her first year teaching in the program. She taught sixth-grade math

and science at Maricopa Elementary School the previous four years, so she can see the program from a teacher's point of view. She is the mother of a seventh-grade student in the program at MWMS, so she can address the value of the program as a parent.

> Hahn has an industrial engineering degree from Rutgers University and spent years working as a problem solver for Johnson & Johnson, a large multinational manufacturing company, allowing her to see the future benefit students receive from blended learning.

Hahn says teaching in the MWMS blended learning program is her dream job, one that allows for flexibility and provides her with opportunities to uniquely address student interests and needs.

Students in the program, which blends

in-class and online teaching, master selfregulated learning, become independent and inter-dependent learners, develop creativity and learn time-management skills. She says students are being prepared for work in the high-tech world of the 21st century, including critical thinking and collaboration to solve problems. Most students who start in the program remain in blended learning. Some folks raise concerns that students in this program will have difficulty adjusting to the more traditional style at the high school. Hahn said her students understand how to learn and can do so in any environment.

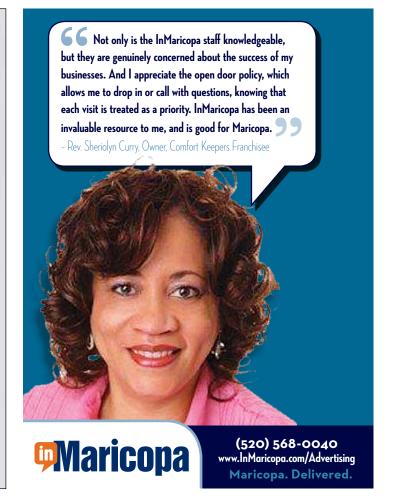
The school days are filled with passion for learning for both students and teachers. Teachers in the program meet regularly to make adjustments as they fine-tune lessons and projects to best meet their students' needs. Perhaps parents who are sending their middle school students out of town will reconsider the value of Maricopa schools' blended learning and allow their children to get an awardwinning education in this program.

Murray Siegel has a PhD in MathEd and 42 years of teaching experience.



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MHS JROTC cadet earns academy nominations

By Joycelyn Cabrera

aricopa High School senior Dylan Hill has received congressional nominations for the U.S. Naval Academy and the U.S. Military Academy (also known as West Point). After months of preparation, paperwork and interviews, the Air Force Junior ROTC cadet is on the road toward acceptance to one or both prestigious service academies.

After a long waiting process, Dylan was excited to get the news of her nomination from Rep. Tom O'Halleran (D-District 1). "Aside from the clear reason of wanting to serve my country, I also want to be in a leadership position as an officer, so I can advocate for the enlisted and contribute to the safeguarding of America and its interests."

Dylan, 17, and her family have called Maricopa home for 10 years. Her favorite classes are AP American Government and JROTC. Dylan has been involved in JROTC all four years of high school. She has been interested in the military since her middle school years and would be the first member of her family to join the U.S military since World War II.

Rather than simply enlisting after graduation, Dylan has gravitated toward an academy for the rigorous environment and training, exposure to military environments, and leadership training. Dylan believes an academy would better prepare her to lead others in any situation, as well as offer her many academically challenging opportunities.

She has been taking steps toward this goal since her freshman year. She practices timemanagement by constantly juggling AP high school courses, JROTC obligations, a job and extracurriculars. She has participated in cross country, Pinal County Teen Court, Youth Council and Governor's Youth Commission.

She also exercises at least four times a week.



Dylan Hill has performed so impressively in high school, she was nominated for two

Above all, Dylan makes it a priority to follow through with the responsibilities she is

Dylan envisions a career as a ground intelligence officer. She would be responsible for many aspects of a military unit, including deployment, tactical employment, planning and welfare of troops.

MHS JROTC Master Sgt. Dishon Gregory considers Dylan a superior student, cadet and citizen. He was "not surprised at all" she received the congressional nomination. Gregory lists Dylan finest qualities as her high standards, attention to detail, motivation, drive and leadership skills.

"I am honored to be able to work with Dylan for the past four years," said Gregory, who believes she will be successful in anything she chooses to do.

Dylan's aerospace science teacher Allen

Kirksey says she is a proven individual with the highest standards of commitment and dedication to the U.S military.

"Without a doubt, she is ready for increased responsibilities as a cadet at West Point or the Naval Academy... I feel that she will prove to be an invaluable asset to the U.S military as a

Maricopa High School also had a graduate in last year's class — John Blodgett — be nominated for admission to West Point and the Air Force Academy. He chose West Point.

MHS Principal Rick Abel said he hopes the successes of his students will encourage others to make the same level of effort to show what MHS graduates can do. "Both students have been good examples of good examples."

Joycelyn Cabrera is a student at Maricopa High













One-time 'Shark Tank' entrepreneur at last gets product to market

Bv Raquel Hendrickson

hane Pannell is back. The creator of the SweepEasy broom is finally getting his product on the market, and he couldn't be more thrilled. It's been nearly seven years since Pannell appeared on the ABC show "Shark Tank" and caught the attention of millions of viewers and two of the panelists with his invention.

Kevin Harrington and Daymond John made Pannell an investment offer at the time. which Pannell gladly accepted. It did not turn out as expected.

"I don't like to say we didn't make a deal. I just say it didn't work out," he said. "It just didn't fit their model."

But he's careful to keep a cordial relationship with the show.

"It was a good experience. I had a huge following after the show, worldwide," Pannell said. "It was crazy."

He heard from daycares, restaurants, movie theaters, pet shelters, schools, churches and school bus companies. He has been in talks with a janitorial company, big box stores and a local retailer. There is also interest in Europe.

When it was clear there was no way forward with a "Shark Tank" deal, he began looking for other investors. He and his wife Melissa tapped out their resources, including \$70,000 in credit card debt. They were very hard times financially and personally. Despite the family stress, Pannell did not want to give up.

"I knew I had a great product; I just didn't have the product made yet," he said.

The SweepEasy broom's standout feature is a retractable scraper, plastic or metal, that can be engaged to remove items stuck to the floor, such as gum, slime, dried glue and stickers.

To get the broom made, Pannell went into business with some people who turned out to be "not good guys." Pannell said they had a vision of a cheap version of his product. That was the version he first sold online, but reviews ranged wildly from one star to five

Raquel Hendrickson

Shane Pannell the version of his SweepEasy broom now on the market.

stars with nothing in between.

"People loved it because it had the scraper, but it was just a cheap broom. It was just a terrible product, and I said this is not my is the CEO of SweepEasy. His involvement vision for my product," Pannell said.

He got out of that contract and found a new investor through a mutual friend. Joshua

Looney of Phoenix said he was drawn to the simplicity of the broom's innovation and called it a "revolutionary product." Now he has allowed Pannell to build the product he imagined in the first place and finally launch it. The broom retails at \$19.95.

"Because of all the time that's been between the show and now. I've been able to fine-tune the product and make it better and better," Pannell said. "What I came out with is a product that exceeded my expectations. The quality of the broom \pm the bristles are from Italy — just the broom itself will rival any \$20 broom on the market, plus you have a \$20 scraper inside."

The brooms are made at a factory in Malaysia run by two U.S.-educated brothers. Pannell has visited once, and Looney has gone twice. Both are satisfied with the quality of the work. When the first boxes arrived, and Pannell finally saw the product he envisioned, he cried.

Get lots of advice from different consultants, you don't necessarily have to pay for it. Reach out and network."

-Shane Pannell

"I'd always wanted to invent, ever since I was a little kid. I don't know if saw an invention movie or what," he said. "I never stopped thinking about things. I have about 1,000 ideas, but I've really got five that are going to be really

Originally from Boise, Idaho, he now lives in Rancho El Dorado. The Pannells moved to Maricopa in 2005 after being chosen in a lottery to buy a home. He started a pest-control business but eventually sold that company and became a work-from-home-dad.

What does he tell others who have big ideas they want to get into the marketplace?

"My advice would be to get lots of different opinions. Get lots of advice from different consultants, you don't necessarily have to pay for it. Reach out and network."

The process has been an education, sometimes a painful one. But being able to launch the product he envisioned nearly a decade ago has put much of that into perspective.

"I've learned what not to do and what to do, and believe me, we made a lot of mistakes, a lot of money mistakes, like 'Ouch, that hurts. That's a \$5,000 mistake.' It's part of the game. If you make a mistake, don't do it again. But don't ever quit." 📮



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Community Award Winners

Recipients of Community Awards from Maricopa Chamber of Commerce: (from left) Chamber Chairman Chris Cahall, Chairman's Award winner Steve Durkee, Was Business of the Year winner Scott Bartle of InMaricopa, Small Business of the Year winner Robert Kistler of Impressive Imaging, former Chamber board member Adam Saks, Sonny Dunn Citizen of the Year Brenda Campbell, Renate Chamberlin Volunteer of the Year Paul Shirk and Chamber Director Terri Crain.

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Business evolutions

Copper Nail Construction's **Shane Graser** was granted a bond release request Jan. 16 for work at **Maricopa Grand Professional Villages,** 41600 W. Smith-Enke Road.

Maricopa Auto Spa at 19864 N. John Wayne Parkway received a permit for nonstructural tenant improvements valued at \$12,500.

As part of another tenant improvement, a demolition permit was issued Jan. 9 for a 1,412-square-foot dental office at 20917 N. John Wayne Parkway in the former Copa Tan location. That work is valued at \$10,000.

Global Water received a development review permit for its well property at 18303 N. Piccolo Drive in Rancho Mirage. Jan. 16, City Council agreed to a re-plat request for two parcels to create one parcel, where the company will develop a raw water well site.

Sunrise Preschool, owned by Legacy Charter, where are proud to be the recipient of an received a permit for a lot split Jan. 10 on its property at 19287 N. Porter Road.

We are proud to be the recipient of an accolade named after the late Bill "Waz" was wicz, who contributed selflessly to his

Businesses receiving sign permits were **VP Edison** for its tenants under construction at 20595 N. John Wayne Parkway, **Liberty Tax** and **Longevity Athletics**.

F.O.R. Maricopa received a zoning permit to Combine its two recently purchased lots at 19428 N. Support. John Wayne Parkway.

Copa's Caring Hands received a zoning permit for its group home at 42251 W. Bravo Drive.

Chamber award testament to passionate staff, responsive community

By Scott Bartle

The Maricopa Chamber bestowed a great honor upon InMaricopa at its annual awards banquet Jan. 20. We are very proud to be named Business of the Year by our fellow chamber members.

We joined the chamber 15 years ago and have been working tirelessly to serve our community since. Our journalists are passionate about informing Maricopans and our advertising team is equally passionate about helping local businesses succeed. It's awesome for them to be recognized by our fellow chamber members with this prestigious award.

Raquel, Michelle, Mason, Vince and Chance, congratulations and thank you! You deserve this honor, and I hope you are as proud of yourselves as I am of you. I also celebrate the work of your predecessors, from Joyce to Dick and everyone in between who helped lay a positive foundation for our company.

Though our analytics and survival skills — not many pre-recession Maricopa startups are still serving and employing Maricopans today — indicate our publications are well-read, it is extremely gratifying to be recognized by the community in this way. Our team's intrinsic rewards come from fulfilling our mission of informing readers/viewers and enriching advertisers. Being recognized publicly for those efforts is exceptionally meaningful.

Without our readers supporting our advertisers, and our advertisers supporting us, we would not be able to provide what we believe is an invaluable benefit to our community. We are proud our first two sponsors, Orbitel Communications and Harrah's Ak-Chin, still see value in advertising with us today, and we cherish every new relationship developed a decade and a half later. Thank you for your support!

We are proud to be the recipient of an accolade named after the late Bill "Waz" Wasowicz, who contributed selflessly to his community and chamber. We appreciate The Maricopa Real Estate Company for sponsoring the award, the chamber for hosting it and all chamber members who voted for us.

Thank you for all for your readership, and support.

Scott Bartle is founder and publisher of InMaricopa.

Lack of hot water gets F.O.R. in hot water

Only one of 17 Maricopa food establishments did not score excellent after being inspected by Pinal County's health department Dec. 16-Jan. 15.

F.O.R. Maricopa's food bank

continued to have trouble with hot water at its distribution location in Santa Cruz Elementary School. Hand-washing sinks are required to provide water at 100 degrees within seconds. During inspection, after 10 minutes, hot water was at only 70 degrees. F.O.R. Maricopa was requested to correct the problem as soon as possible.

Excellent [No violations found]

- Cilantro's Mexican Cocina
- Culver's of Maricopa
- Francisco's Mexican Food
- Fry's Marketplace
- Fry's Marketplace ± Deli
- Fry's Marketplace ± Starbucks
- Fry's Marketplace ± Sushi
- Gyro Grill
- Jack in the Box
- Maricopa Head Start
- · Native Grill & Wings
- The New HQ
- Panda Express
- QuikTrip
- Say SushiTacos 'N' More
- Satisfactory [Violations corrected

during inspection]

• F.O.R. Maricopa

Needs Improvement [Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection]

None

Unacceptable [Gross, unsanitary conditions necessitating the discontinuation of service]

None

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2018 Election Preview A look ahead at a political year

By Mason Callejas

It may be an "off-year" election, but a U.S. Senate race is already heating up, a Maricopan is making a bid for Congress, and state and local races may prove to be contentious.



U.S. REPRESENTATIVE DISTRICT 1







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After a tumultuous 2017, Arizona's political role on the national stage is likely to continue down the same raucous path during the 2018 mid-term elections.

U.S. Sen. Jeff Flake, who butted heads with President Trump, announced he will not seek re-election, leaving his seat vacant due to what he considers an unsavory political climate among fellow conservatives where there exists a "flagrant disregard for truth or decency."

"[What] if decency fails to call out indecency," Flake asked rhetorically during an Oct. 24 speech on the Senate floor. "Were the shoe on the other foot, would we Republicans accept such behavior on display from dominant Democrats?"

In the wake of his announcement, Republicans began to flex their campaign muscles preparing for what's likely to be a contentious battle to fill Flake's seat.

Thus far, from the relatively moderate end of the conservative political spectrum, Republican U.S. Rep. Martha McSally from Arizona's second legislative district brings a bipartisan approach to hot-button issues such as healthcare and social security.

"While there is a lot of attention on areas of disagreement on healthcare, I am committed to working to find areas of agreement and governing," McSally said in July 2017 press release.

At the far-right end of that spectrum lay more fiery GOP candidates, including former Maricopa County Sheriff Joe Arpaio and state Sen. Kelli Ward of Arizona's fifth legislative

district, both ardent Trump supporters. Arpaio was convicted of criminal contempt of court for violating a judge's order when he "continued to detain and harass" suspected undocumented immigrants who had not been suspected of or charged with a crime.

President Trump pardoned Arpaio in August 2017, and called him an American patriot who "kept Arizona safe."

Both Ward and Arpaio are staunch supporters of Trump's immigration policy, including his now-defunct ban on immigrants from predominantly Muslim countries, save for the recent barring of immigrants from Venezuela and North Korea. McSally defended Trump's attacks on the press.

In opposition, Democrats are offering their own dose of partisan fervor to tilt the political scales to the left.

Phoenix attorney and Democrat Deedra Abboud is also running to fill Flake's seat. Abboud is an American-born progressive Muslim who states on her website "we must be free to forge our own futures, to determine our own destinies, and to follow our own faith, including no faith at all."

Also on the left, fighting for Flake's seat is Kyrsten Sinema, a Blue Dog Democrat with moderate liberal views many consider to be "GOP-friendly." With political clout and actual campaign capital, some see Sinema as a formidable force capable of turning the red

In the race for U.S. representative for District 1, conservative Republican state Sen. Steve Smith of Maricopa and other candidates are challenging incumbent Tom O'Halleran, a moderate Democrat who resides near Sedona.

Smith and fellow Republican candidates Kevin Cavanaugh and Tiffany Shedd have their work cut out for them in creating name recognition in a vast district that is nearly equally divided between the majority parties.

O'Halleran, a former Republican and former independent before winning his seat two years ago, has shown a moderate bent in D.C., with a record of bipartisan work with veterans and law enforcement.

For the governorship, incumbent Doug Ducey has not yet officially declared his intention to seek re-election. Campaigning for the job are Democrat state Sen. Steve Farley and Army veteran and educator David Garcia, as well as numerous candidates from other parties and

For Secretary of State, Republican Lori Corbin and Democrats state Sen. Katie Hobbs and attorney Mark Robert Gordon all want incumbent GOP Michele Reagan's job.

For Attorney General, Republican incumbent Mark Brnovich, who has not declared his intention to run, is being challenged by Democrat January Contreras.

Other state-level positions up for grabs are Superintendent of Public Education, State Treasurer, Mine Inspector, and two Corporation Commission seats.

Legislative District 11

Republican state Rep. Vince Leach and Democrat Ralph Atchue are running to fill the Senate seat vacated by Republican Steve Smith.

Running for two seats in the House of Representatives, one vacated by Leach seeking the Senate seat, are three Republicans: incumbent Mark Finchem, Maricopa Constable Bret Roberts and former Maricopa City Councilmember Bridger Kimball. Running in opposition are two Democrats: Hollace Lyon and Barry McCain.

Pinal County

In Pinal County, incumbent Clerk of Superior Court Amanda Stanford is running unopposed

For Justice of the Peace of the Maricopa/ Stanfield Justice Court, incumbent Republican Lyle Riggs has not yet declared his intention to seek re-election.

For Maricopa/Stanfield constable, three men are running for the seat being vacated by Bret Roberts, who seeking the LD 11 representative seat. Declared candidates are Republicans Glenn Morrison, Bill Griffin and Michael Sloan and Democrat Andre LaFond.

Maricopa

Registration for Maricopa City Council candidates opened Jan. 22 and will close April 30. Candidate packets must be returned from April 30 to May 30. Three seats are up for election.

Two seats are available on the Maricopa Unified School District Governing Board. Candidate packets will be available from the Pinal County Superintendent's Office in mid-March. Due date to file is July-August, but those dates have not yet been set. The school board election is only on the General Election ballot.



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Mason Callejas

City scrambles to fill Copper Sky funding loss

By Mason Callejas

For the past 15 years, city councilmembers, city managers, planners and other administrators have emphasized different areas of growth and identity in an attempt to put Maricopa "on the map."

In 2008, a major move was made to bolster that development when voters approved a \$65.5 million bond measure to expand the city's parks, recreation and library facilities. The bonds were placed on a 15-year amortization schedule and are to be paid in full by 2030 via a secondary property tax.

on track to selfNot only w taken away after currently experiments.

Fred Gray said.

In July, for

After almost five years of planning, flood mitigation and eventually construction, Copper Sky Regional Park and Multi-Generational Center opened in the spring of 2014 at a cost of \$52 million. The facility, being brand new, was expected to create an initial budgetary deficiency, Mayor Christian Price said.

"We've never operated a facility like this before... so you look around and see how other cities do it," Price said. "But you have to remember that as soon as this facility comes out of the ground, you have a giant hit to the General Fund."

To help cushion that blow, a \$7.4 million grant was awarded to the city by the AK-Chin Indian Community to be distributed over the course of five years at \$1.48 million annually.

To prevent undue burden on the city when the grant runs out, Price said, council set a goal.

That goal, he said, was to generate enough revenue through usage fees to cover at least 75 percent of operational costs and eventually shrink that margin to cover 100 percent of the cost.

Now, as the city enters the fifth and final year of the Ak-Chin grant, administrators are sifting through the facility's budget in an attempt to lower overhead and get the facility on track to self-sustainability.

Not only will the \$1.48 million cushion be taken away after next fiscal year, but the city is currently experiencing only about a 65 percent return, Interim Community Services director Fred Gray said.

In July, former Community Services Director Kristie Reister presented a financial

PARKS & REC DEBT SERVICE

- · Voter approved 2008 for \$65.5 million
- Paid through secondary property tax
- Started Jan. 1, 2014 at 3%
- Ends July 1, 2030 at 6.335%
- Ak-Chin grant \$7.4 million (\$1.48 million annually) ends July 1, 2019
- Rate of return: 65%

review of Copper Sky at a Budget, Finance and Operations (BFO) Subcommittee meeting in an effort to address the impending situation and to both reduce costs and increase revenue.

The aquatic center was heavily scrutinized for its high overhead. Other suggested cuts were to simple expenses such as office supplies and advertising.

Additionally, in light of the recent increase in state minimum wage, increasing membership rates to reflect an increase in general labor costs was discussed at the July

BFO meeting. This is most likely to take the form of increased day-use fees to encourage the purchase of monthly and annual memberships.

However, when considering rate increases, Price wants to err on the side of caution.

"Where's the break-even point? How much do you let go so that you subsidize that because that's what the taxpayers demand?" Price said. "They want to use [Copper Sky] for an economical price."

Gray has since replaced Reister as head of the Community Services Department on an interim basis.

Gray has extensive experience in Community Services, including more than a decade as Tuscon's Parks and Recreations director. And though his time with the City of Maricopa is currently considered provisional, he does agree changes must be made.

However, he said, any changes need to be done in such a way they "don't impact services."

Though officials seem to be working hard to compensate for the lack of a grant, Financial Services Director Brenda Hasler insisted that despite any potential shortcomings in the Copper Sky budget the city would never be in jeopardy of defaulting on any bond payments. Doing so would mean a significant blow to the city's credit rating, so the city would make other budget shifts to prevent that from happening.

"We budget conservatively," Hasler said.
"We never budget [overall] expenditures over and above revenues."

Accordingly, as the city prepares for life without the Ak-Chin grant, they must consider the impact of an increased burden on the city's General Fund, the fund that AKIC grant money was channeled through.

And therein lies the rub.

As Price put it, the city must continue to subsidize the facility in such a way that rates do not price out the residents. As Gray put it, the city should be leery of sacrificing services. And as Hasler put it, the city cannot default on its debt obligations.

Instead, a balancing act must be performed that in the end keeps residents happy, Copper Sky afloat and the city financially solvent.

Additionally, for those who suggest issuing the remaining \$13 million bond money to compensate, Price said, no way. The city doesn't want to over-leverage itself and risk its credit-worthiness.

"Just because your credit card limit says \$100,000, does it mean you should spend \$100,000 if you only make \$50,000 a year? No, it doesn't."



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F.O.R. Maricopa PO Box 82 Maricopa, AZ 85139 or online at: www.ForMaricopa.org

Home Sales





Mason Callejas

The least expensive home sold in Maricopa Dec. 16-Jan. 15 was a 46-year-old house across the street from Maricopa High School. It was the first time the home, built in 1972, had been on the market. Its selling price of \$117,500 was \$7,000 under its asking price. Though refurbished inside, the property showed its age in the Heritage District.

Sold: Dec. 20
Purchase price: \$117,500
Price per square foot: \$100.42
Days on market: 13
Year built: 1972
Builder: Custom
Bedrooms: 3
Bathrooms: 1.5
Community: McDavid

InMaricopa.com | February 2018

Features: Tons of upgrades, from wood flooring to granite countertops, new, stainless-steel appliances, shed, RV area, barbecue
Lister's agent: Danielle M. Nichols, The Maricopa Real Estate Company
Seller's agent: Robert
Dishman, North & Co.

| 2. 42512 W. Bunker Drive, Rancho El Dorado | \$132,500 |
|--|------------------|
| 3. 36490 W. La Paz Street, Tortosa | \$136,000 |
| 4. 19296 N. Costa Verdez Ave., Tortosa | \$139,000 |
| 5 17/153 N. Avolina Driva Sarranta | \$142 500 |

The most expensive home sold in Maricopa Dec. 16-Jan. 15 was a two-bedroom home in Province, selling for \$365,000. It was on the market less than a month. The home was previously on the market in June 2017 for \$10,000 more. Though the asking price this time was near that, owners accepted the lower offer.

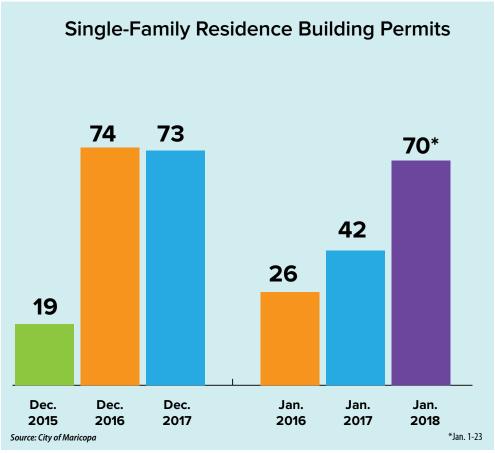
Sold: Jan. 3
Purchase price: \$365,000
Price per square foot: \$130.12
Days on market: 20
Builder: Engle Homes
Year built: 2004
Bedrooms: 2
Bathrooms: 2.5
Community: Province

Features: Lakefront property with patios front and back, three-car garage, lots of storage, rotunda entry, great views Lister's agent: Mary Jo Santistevan, Berkshire Hathaway HomeServices Arizona Seller's agent: Diane Welch, The Daniel Montez Real Estate Group

| 2. 40966 W. Desert Fairways Drive, Rancho El Dorado. | \$345,000 |
|--|-----------|
| 3. 20959 N. Sweet Dreams Drive, Province | \$325,000 |
| 4. 40637 W. Hopper Drive, Homestead | \$295,000 |
| 5. 42959 N. Mallard Road, Province | \$287,000 |

For a full list of last month's Maricopa home sales, see InMaricopa.com/

Permits

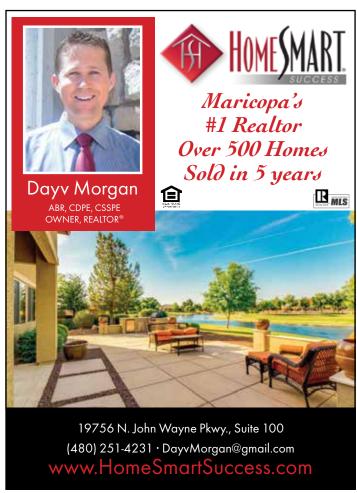








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(520) 494-1090

MFAAC.com

21300 N. John Wayne Parkway, Suite 126 *lust south of ACE Hardware*



Ahwatukee Foot & Ankle Center

(480) 893-1090

AHWFAC.com

15810 S. 45th St., Suite190 Just south of Chandler Blvd.

Gardening



By Rita Bricker

With the delightful, moderate weather we are experiencing this winter, I can imagine many of you are eager to get your vegetable gardens growing. The average last frost date in our neck of the woods is Feb. 6, and the growing season before the punishing heat sets in is relatively short, so now is a great time to exercise your green thumb.



IF YOU GO

10 a.m.-2 p.m.

Enke Road

Where: Maricopa

What: Master Gardener

Soil preparation is a key step to success in our area with its typically alkaline and often compacted soils. Around Maricopa, we very often deal with clay soil, which requires substantial amendment with compost and sometimes gypsum or even sulfur to

get the right mix for optimal planting. If you have a previously used garden plot or are starting fresh, now is the time to dig in about a foot deep, turn the soil over, add those amendments and incorporate them throughout the When: March 3, loosened soil.

Next, inspect your watering system to ensure it is working properly. If it Agricultural Center, isn't, make any needed repairs now 37860 W. Smithbefore watering becomes critical.

Naturally, you can plant from seed Info: 520-374-6262 if you are so inclined. Basil, beets,

cucumbers, melons, green onions, radishes and squash can all be started from seed this time of year. You will need to follow the directions on the seed packets concerning planting depth and spacing. However, let me suggest an even better alternative to get your garden underway.

On Saturday, March 3, from 10 a.m. to 2 p.m., the local Master Gardeners are holding their popular Spring Plant Sale at the Maricopa Agricultural Center. About 2,000 plants will be available for purchase. Plants were started in a greenhouse earlier in the year. There will be 20 kinds of tomatoes, including six varieties of cherry tomatoes, 10 varieties of peppers, two kinds of eggplant, three kinds of summer squash, four melon varieties, four kinds of cucumbers, tomatillos and a variety of herbs.

We will also have flowers, shrubs, cactus and agaves, and more for purchase. And the plants we offer are specifically grown for our locale to help you succeed in your gardening efforts.

Retiree housing options grow in Maricopa

By Dayv Morgan

Whether you're retiring, downsizing or purchasing a new home, Maricopa offers plenty of real estate options.

The newest option might attract seniors who want to live with family, but desire a separate living space. One builder currently has a single-story model for sale in Santa Rosa Springs that is a great

"multi-generational" floorplan has an area with a private family room, bedroom, bathroom and kitchenette, along with its own entrance from the exterior while still being attached to the main house. The properties are essentially

two homes in one, and the HOA is only \$65 per month, so it is a more affordable option than the adult community in the city.

Province, Maricopa's fabulous 55+ community, was voted the best active-adult community in the country in 2006 by the National Association of Home Builders.

It features a 32,000-square-foot clubhouse and resort-style outdoor pool surrounded by

> a scenic 50-acre lake. Additionally, it is a guard-gated community, providing residents safety and security, especially for those who do not occupy the home year-round.

> However, these added benefits do come with a cost: Homes in Province have the highest price per square foot and the highest HOA of any subdivision in Maricopa. HOA fees

are \$678 per quarter for single-family homes and \$918 per quarter for the Villas, which share an exterior wall with another home.

Those looking to buy a home in other subdivisions might consider reverse mortgages — a unique option for seniors age 62 or older. With as little as a 20 percent down payment, purchasers can actually end up without a monthly loan payment.

Reverse mortgages do come with a few conditions:

- 1. The home must be a primary residence, and certified as such each year.
- 2. The property condition must be maintained.
- 3. The homeowner must still pay the property taxes, HOA and insurance.

Additionally, reverse mortgages can allow homeowners to refinance their existing loan and convert home equity into cash. The money can be paid in a lump sum, through a line of credit or with monthly payments. Fees and interest are charged on the loan amount, therefore over time the loan balance increases and your home equity decreases.



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√ DayvMorgan@gmail.com













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Community Resources



Banner Casa Grande Medical Center, part of the nonprofit Banner Health, is a regional medical center boasting the neighborhood convenience of a community hospital while leveraging the clinical expertise of one of the nation's leading health systems. The state-of-the-art facility cares for patients through all phases of life, offering adult and pediatric Emergency and Trauma Care, Women's Care, Maternity Services, Surgical Care, Orthopedics, Laboratory Services, Medical Imaging, Rehabilitation, and more.

Located at 1800 E. Florence Boulevard in Casa Grande, the hospital serves Casa Grande, Coolidge, Eloy, Arizona City, Florence, Maricopa and other communities in Pinal County. It is integrated with the nationally recognized Banner Medical Group, bringing primary care, pediatric, orthopedic and surgical specialists to Pinal County. Banner Urgent Care in Casa Grande serves patients who need immediate medical attention, but whose conditions don't require emergency medical care.

Banner Casa Grande Medical Center

Emergency & Trauma Care

Banner Casa Grande operates a comprehensive Emergency department, providing emergency medicine and trauma care to adult and pediatric patients. It follows Banner's "Door-to-Doc" triage process, ensuring that patients receive the most appropriate care as quickly as possible.

Cardiology Services

The cardiac catheterization lab provides lifesaving medical care, including stent placement and balloon angioplasty, to stop or prevent heart attacks. Providers also leverage interventional cardiology services and devices like pacemakers and loop recorders to diagnose and treat cardiac conditions.

Surgical Care

Banner Casa Grande's hallmark surgical program features eight operating suites equipped with advanced medical technology and the latest in surgical robotics, including the da Vinci Xi® Surgical System, enabling surgeons to provide minimally invasive inpatient and outpatient surgery in the areas of:

- Cardiology
- · Gastrointestinal/digestive health
- General Surgery
- Gynecology
- Nephrology
- Orthopedics
- Podiatry
- Urology

Orthopedics

Expert orthopedic care is delivered through the Banner CORE Center for Orthopedics at Banner Casa Grande, a collaboration between Banner Health and The CORE Institute. To treat injuries and disorders of the bones, joints, muscles, ligaments, tendons and cartilage, physicians provide:

- Total and partial joint replacement
- Fracture repair
- · Treatment of sports injuries
- Education classes on joint replacement and recovery

Gastroenterology

Digestive health is essential to one's overall health and well-being. Banner Casa Grande offers a wide range of inpatient gastrointestinal health services to treat conditions such as:

- Diverticulitis
- Gastroesophageal reflux disease (GERD)
- Inflammatory bowel disease
- Irritable bowel syndrome
- · Gallbladder or liver disease

To view the esophagus, stomach, small intestine, large intestine and more, physicians use highly specialized upper and lower endoscopy services, including:

- Endoscopy retrograde
 Cholangiopancreatography (ERCP)
 that combines gastrointestinal
 endoscopy and X-ray technology to
 examine the bile and pancreatic ducts
- Colonoscopy to examine the inner lining of the large intestine (rectum and colon)



Imaging Service

Onsite inpatient and outpatient medical imaging services, including:

- Bone Densitometry
- Computed tomography (CT Scan)
- Image-guided biopsies and procedures
- · Interventional radiology
- Magnetic resonance imaging (MRI)
- Positive Emission Tomography (PET/ CT Scan)
- Ultrasound
- X-ray

Banner Casa Grande also offers

comprehensive breast imaging such as:

- Digital and 3-D mammography for screening and diagnosis
- Breast ultrasound and breast MRI
- Stereotactic biopsy, ultrasound-guided biopsy and needle localization

Women and Infants Services

OB/GYN Care

Banner Casa Grande delivers familycentered maternity care from obstetrician/ gynecologists and other women's health and newborn care experts. They create individualized birthing plans that take into account the childbirth wishes and labor and delivery needs of mothers-to-be and their unborn babies.

Newborn Care

Newborns at Banner Casa Grande are cared for in their mother's room to help promote family bonding and provide opportunities for breastfeeding support. Newborn care includes:

- Metabolic screening
- Hearing exams
- Pulse oximetry
- · Circumcision services
- Onsite photo services

A four-bed Level II Special Care Nursery led by neonatologists and neonatal nurse practitioners provides round-the-clock care for newborn babies who require more attention than can be provided in the mother's room.

Rehabilitation

Banner Casa Grande's evidence-based approach to rehabilitation helps patients achieve the best possible medical outcomes in the most efficient and effective manner. It is the only facility in Pinal County to offer three disciplines of adult and pediatric rehabilitation: physical therapy, occupational therapy and speechlanguage pathology.

Outpatient rehabilitation serves patients experiencing:

- Back and joint sprains and strains
- Arthritis, tendonitis, tendon injuries and carpal tunnel syndrome
- Speech delay, communication disorders and voice disorders
- Swallowing disorders
- Neurological conditions and cognitive impairment
- Sports and workplace injuries
- Balance and vestibular disorders

Sleep Lab

The sleep lab blends state-of-the-art technology and equipment with a hotel-like atmosphere to diagnose and provide treatment recommendations for virtually all sleep disorders. This comprehensive outpatient sleep facility is accredited by the American Academy of Sleep Medicine and staffed by sleep medicine experts who are committed to helping patients rest easy.

Wound Care and Hyperbaric Services

A robust wound clinic treats chronic and slow-healing wounds using dressing changes, skin grafts, and advanced therapies such as:

- Hyperbaric oxygen therapy to promote healing through increased oxygen intake
- Negative-pressure wound therapy, commonly called a wound VAC, to promote healing by decreasing pressure on a wound

Patient Amenities

Ensuring a true family and patient-centered healing environment, Banner Casa Grande features 133 private hospital rooms that include recliners for visiting family members, telephones and wireless internet access. The campus also offers an outdoor courtyard, gift shop, cafeteria and retail pharmacy to make the hospital experience more comfortable and convenient. Hospital meals are served via a room service dining program that enables patients to choose from menu selections based on their individual dietary requirements and preferences.

Urgent and Provider Care

Urgent Care

Whether it's a sprained ankle, a cough or something in between, Banner Urgent Care provides the care you need when you need it. While no appointment is necessary, you can schedule an arrival time using an online reservation system to save your spot in line and minimize your time spent in the waiting room. Access the online check-in/reservation tool from your desktop



computer, smartphone or tablet at www. BannerHealth.com/UrgentCare.
Banner Urgent Care, open daily from 8 a.m. to 9 p.m., accepts most insurance plans.
Affordable cash-pay (no insurance) options are available and include X-ray and most laboratory services.

Banner Urgent Care treats such illnesses and injuries as:

- Abdominal pain
- Allergies
- Animal bites
- Asthma
- · Broken Bones
- Conjunctivitis (pink eye)
- Cough
- Cuts or lacerations requiring stitches
- Dehydration and heat exhaustion
- Diarrhea
- Ear infection
- Fever
- Flu, including flu shots and other vaccinations
- Headaches
- · Minor burns
- · Minor head injures
- · Minor infections
- · Nose bleeds
- Rash and skin irritations
- Respiratory infections
- Shortness of breath
- Simple fractures
- · Sinus infections
- Sore throat
- · Sprained joints
- Urinary tract infections (UTI)
- Vomiting
- Work injuries

Banner Medical Group

Banner Medical Group primary care physicians and advanced practice providers are based at Banner Health Centers and Clinics throughout Pinal County and Banner Health medical centers. Physicians at these locations provide a wide range of health services that span:

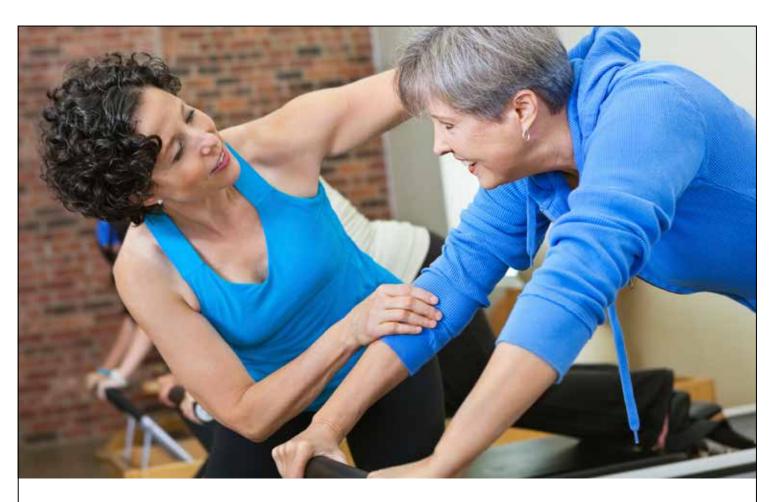
- Family medicine
- General Surgery
- Internal Medicine
- Orthopedics
- Pediatrics
- Primary care
- Sports Medicine
- · Women's care
- They also work closely with specialists to address specific health issues such as those related to:
- · Behavioral health
- Cardiology
- Gastroenterology
- Nephrology
- Pulmonology
- Urology

Banner Health Partners

Patients requiring additional monitoring and support benefit from Banner iCare, a robust ICU team providing 24-hour remote monitoring of patients by intensive care physicians and nurses via closed-circuit cameras and technology.

Banner Casa Grande providers collaborate with colleagues across Banner Health. Systemwide use of a robust electronic health record platform ensures a seamless transition of care between Banner Health hospitals, clinics, centers, urgent care locations and more. Banner Casa Grande also partners with other Banner Health facilities to provide extended specialty services for oncology, cardiology, neurology and pediatrics at the following locations:

- Banner Heart Hospital
- Banner Desert Medical Center
- Banner MD Anderson Cancer Center
- Banner Children's and Cardon Children's Medical Center
- Banner University Medical Centers in Phoenix and Tucson



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Women's Center



Location Banner Casa Grande Medical Center

1800 E. Florence Blvd 1st Floor Casa Grande. AZ 85122

For more information, please call (520) 381-6300 or visit us online at Bannerhealth.com/casagrande

Childbirth & Breastfeeding Classes 2018

Childbirth Class

OB Childbirth Preparation Classes will give you the knowledge, tools and techniques to help you face your "labor day" with confidence. During the course, you will learn:

- What to expect during your hospital stay
- What is happening inside your body during labor and delivery
- Choices and options for yourself and your baby
- · Ways to be active during labor
- Comfort techniques for labor
- · Medication and epidurals
- Cesarean births
- · Relaxation and breathing
- · What to expect in your baby's first few days
- Your body after childbirth

You will also tour Banner Casa Grande Women's Center. Please dress comfortably. Snacks and water will be provided, but feel free to bring food. Bring "Parent's to Be" booklet (received from your doctor) and two large pillows.

Class Dates

Saturday, February $24\pm8:30$ a.m. to 4:30 p.m. Saturday, April $7\pm8:30$ a.m. to 4:30 p.m. Saturday, May $19\pm8:30$ a.m. to 4:30 p.m. Saturday, June $30\pm8:30$ a.m. to 4:30 p.m. Saturday, August $11\pm8:30$ a.m. to 4:30 p.m. Saturday, September $15\pm8:30$ a.m. to 4:30 p.m. Saturday, October $27\pm8:30$ a.m. to 4:30 p.m. Saturday, December $8\pm8:30$ a.m. to 4:30 p.m. Saturday, December $8\pm8:30$ a.m. to 4:30 p.m.

Breastfeeding Class

What is your motivation to breastfeed your baby? Come explore how breastfeeding can help you develop your own unique mothering style. You will learn how to:

- Help breastfeeding get o to a great start in those vital first hours and days of your baby's life.
- Ways to establish a full milk supply.
- · Positioning and latching baby for feedings.
- How to work through some of the bumps of breastfeeding.
- How to know your baby is getting enough milk.
- Reading hunger cues.
- How to continue to breastfeeding after returning to work or school.

Class Dates

Saturday, February 24 \pm 4:30 p.m. to 5:30 p.m.

Saturday, April 7 \pm 4:30 p.m. to 5:30 p.m.

Saturday, May 19 \pm 4:30 p.m. to 5:30 p.m.

Saturday, June 30 \pm 4:30 p.m. to 5:30 p.m.

Saturday, August 11 ± 4:30 p.m. to 5:30 p.m.

Saturday, September 15 \pm 4:30 p.m. to 5:30 p.m.

Saturday, October 27 ± 4:30 p.m. to 5:30 p.m.

Saturday, December 8 ± 4:30 p.m. to 5:30 p.m.

(Breastfeeding class taught in conjunction with Pinal County WIC)

Register Today

Registration is for the pregnant woman (the support person is included). All patients must register by calling 800-230-CARE (2273).

Classes take place in the Discovery Room which is located across the hospital cafeteria. Questions can be addressed by Ruth Ann at (520)381-6543. Please leave a brief message and she will return your call.



Do you dream of getting a good night's sleep?

Approximately 22 million Americans suffer from a disorder known as sleep apnea. The sleep center at Banner Casa Grande diagnoses and treats Obstructive Sleep Apnea and other sleep disorders in children and adults.

- Are you tired and doze off during the day?
- Do you snore?
- Have you been told you stop breathing during sleep?
- Do you have high blood pressure?
- Is your neck size larger than 16 inches (for women) or 17 inches (for men)?

If so, it may be time to put your sleep problems to rest. We can examine your sleep issues at home or with an overnight sleep study at our center. Ask your doctor if a sleep study is right for you or your child.

Sleep Center Appointments: (520) 381-6423





Banner Health Serving Pinal County, including Casa Grande, Coolidge, Eloy, Florence, Arizona City and Maricopa

H Banner Casa Grande Medical Center 1800 E. Florence Blvd.

Casa Grande, AZ 85122 (520) 381-6300

Banner Urgent Care

1676 E. McMurray Blvd., Suite 1 Casa Grande, AZ 85122 (520) 316-0688 Open daily from 8 a.m. to 9 p.m.

Banner Occupational Health Clinic

1676 E. McMurray Blvd., Suite 2 Casa Grande, AZ 85122 (520) 381-6783

Banner Health Coumadin Clinic

1676 E. McMurray Blvd., Suite 3 Casa Grande, AZ 85122 (520) 381-6787

Banner Children's Banner Health Clinic

1760 E. Florence Blvd., Suite 100 Casa Grande, AZ 85122 (520) 374-6605

Specialties

Pediatrics

 Banner Wound Center at Banner Casa Grande Medical Center

1800 E. Florence Blvd. Casa Grande, AZ 85122 (520) 381-6150 Banner Children's Specialists

1811 E. McMurray Blvd. Casa Grande, AZ 85122 Urology – (480) 412-7474 Cardiology – (480) 412-6336

Banner Health Clinic Casa Grande

1811 E. McMurray Blvd. Casa Grande, AZ 85122 (520) 374-6530

Specialties

Family Medicine, Primary Care & Orthopedics

Banner Health Clinic

1828 E. Florence Blvd. Casa Grande, AZ 85122 (520) 876-4006

Specialties

General Surgery

Banner Casa Grande Outpatient Services

1828 E. Florence Blvd.
Casa Grande, AZ 85122
Rehabilitation – (520) 381-6326
Medical Imaging – (520) 381-6700
Breast Center – (520) 381-6745
Sleep Center – (520) 381-6423

Banner Health Center Maricopa

17900 N. Porter Road Maricopa, AZ 85138 (520) 233-2500



Sometimes, wounds don't heal as quickly as they should. If not treated, these wounds can cause additional problems. At Banner Casa Grande Wound Center, we will create an individualized care plan, including the use of hyperbaric oxygen therapy, if needed, to speed up healing. We'll help you feel confident to effectively care for these wounds in between visits and get you back in the swing of things.

keep you from kicking up your heels.

Wound Care Appointments: (520) 381-6150 • Mon-Fri, 7:30 a.m.-4:00 p.m.









Silver Sneakers gets seniors on the move - often for free

By Michelle Chance

Doctors generally suggest regular activity is good for the body and mind, but as bodies age, keeping an exercise routine may prove difficult.

Only 28 to 34 percent of adults ages 65 to 74 are physically active, according to the U.S. Department of Health and Human Services. Silver Sneakers is a program that offers free access to athletic classes and is often covered by Medicare and other types of insurance.

Copper Sky Recreation Center and Anytime Fitness provide Silver Sneakers classes in Maricopa.

"It's primarily designed for adults age 65 years and older, but it's just a low-intensity exercise program that is really appropriate for a lot of different populations," said Stephanie Murphy, Silver Sneakers instructor at Copper Sky.

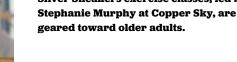
Murphy said the program is also beneficial for people with physical limitations and disabilities, regardless of age.

Copper Sky morning classes meet upstairs in a large dance studio at 9:30, Monday through Thursdays.

Led by Murphy's direction and motivated by an upbeat, music playlist, participants transition from standing to seated exercises.







"There are a lot of options and a lot of variety in terms of exercise that are available and different modifications that people can do," Murphy said.

It's not just classes but a general health program. When 88-year-old Bryan Mitchell moved to Maricopa a couple years ago, he checked out Copper Sky's resources.

"They said, 'Are you Silver Sneakers?' And I said, 'What the hell is that?' They said, 'If you're on Medicare, you may qualify.' So, I checked, and sure enough, I do qualify, so I play out here for nothing. You can't beat that."

Murphy has taught Silver Sneakers classes for a year and a half and said she frequently sees improvements in balance and flexibility. Copper Sky offers four Silver Sneakers classes (classic, cardio, circuit and splash).

accessible to people of all ages and abilities and fitness levels," Murphy said.

Ways to hack your 2018 resolutions

By Aaron Gilbert

Hack 1: Eat slowly and to "satisfied" instead of "stuffed"

The most effective tool for healthy eating and weight loss resolutions may also be the simplest one: Eat slowly. And stop at "satisfied" instead of "stuffed."

This strategy helps you avoid overeating for two main reasons:

Physiological: It takes 15-20 minutes for your digestive system to let your brain know you're satisfied. Slowing down a meal allows that to happen before you overeat.

Psychological: When you slow down and savor your food, you feel content with much less. This means you'll eat less and enjoy what you've eaten more.

Hack 2: Eat well on the go

When your busy schedule has you on the go, pack some smart snacks, such as:

- Nuts and seeds
- · Cut fresh fruit
 - Grilled chicken breast
 - Quality protein bar (higher protein, lower sugar)
 - Plain Greek yogurt or cottage
 - A few scoops or protein powder and PB2 ± add water as needed. • Quality meat jerky (lower in
- sodium and sugar) · Raw veggies and hummus
- · Celery with nut butter
- · Hard-boiled eggs
- Tuna in a pouch
- Edamame

Hack 3: The "No Excuses" Workout

It's one of the most common patterns we see among incoming Longevity Athletics clients: Folks who want to get (or stay) fit will exercise diligently for months, only to "fall off the wagon" for the entire year and battle with getting back into it to achieve resolutions. That's why we came up with this short, simple and effective workout you can do anywhere.

☐ Get the details on these exercises in the March issue of InMaricopa.

Aaron Gilbert, CSCS, owns Longevity Athletics.



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Aaron Gilbert

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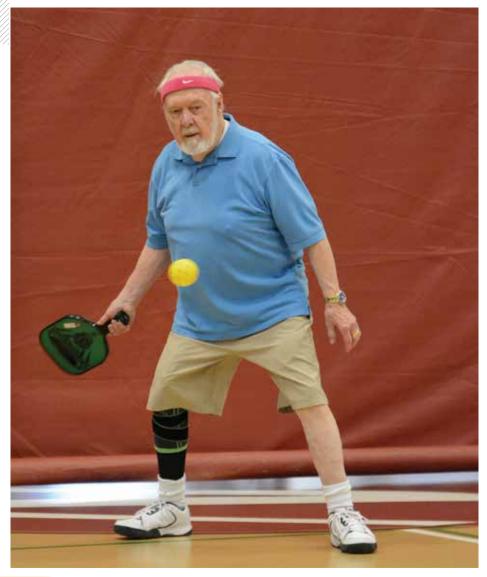
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Octogenarian picks pickleball, treadmill to stay fit

Story and photos by Raquel Hendrickson



Bryan Mitchell will be 89 years old in April. A retired executive, he takes physical fitness seriously. On his own or with new friends, he has a fitness regimen for every week day.

"I watch my diet so that I get the right foods, but I don't necessarily cut back on the sweets, so I gotta keep working at it," he said.

A resident of the Redwood neighborhood of Glennwilde, Mitchell came to Maricopa after his 2015 retirement. It was actually his second retirement.

A native of Chicago, he worked his first career there with what was then the

A.C. Neilsen Company (now The Neilsen Corporation). As a controller in the mid-'80s, he was among staff transferred to New York. After two years, the struggling company reorganized and laid off those employees.

Opting not to return to Chicago, Mitchell took early retirement and became a real estate broker. It was his occupation for 28 years in New York, even after his wife died in 2012. He finally called it quits at the age of 86.

His daughter, Susan Bellfield, had moved to Maricopa to be near friends around 2005. She thought the community would be a good



Glennwilde resident Bryan Mitchell joins dozens of pickleball players at Copper Sky twice a week.

fit for her father. So, when she stayed with him after his retirement, she talked him into moving to Arizona.

"I like the weather here," he said. "And it's less expensive to live here."

Attributing Mitchell's long, independent life at least in part to physical activity is an easy assumption. He used to play tennis and racquetball. Once he moved to Maricopa, he was ready to try something new both for activity and society.

He heard talk at his church about one of the congregants playing pickleball in Province, and he set out to find out what it was and where it might be available to non-Province residents.

That led him to Copper Sky, where he fell in with a motley crew.

"I enjoyed it right from the beginning," Mitchell said. "It took me a little while to learn it, but it's really a lot of fun. I look forward to it. They're a great bunch of people here, too. They're a lot of fun to play with."

Now he plays pickleball with a growing group of players at Copper Sky on Tuesdays and Thursdays. Mondays, Wednesdays and Fridays, he hits the treadmill at home, where he lives with "a little dog that's about as old as I am in dog years."

Mitchell promotes the benefits of pickleball to others looking for light recreation to stay active.

"It's a great sport for almost any age and any condition," he said. "You have people who are overweight, people who are underweight, old people, younger people. It's good for everybody. And you get good exercise from it because they run you around."

Integrated Behavioral Health Services

By Andrew H. JonesCommunity Relations Coordinator
Sun Life Family Health Center

WHAT is Integrated Behavioral Health?

Integrated Behavioral Health is a program available to patients within Sun Life Family Health Center that provides services as part of their overall good health care. The purpose of this service is to offer assistance when stress, worry, or emotional concerns about physical or other life problems are interfering with someone's daily life.

WHO is the Behavioral Health Consultant and WHAT kinds of problems can they help with?

The BHC is a Licensed Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC) or a Licensed Psychologist (LP) with specialty training who works as a member of the primary care team. This team approach allows us to consider physical, behavioral, and emotional aspects of health. For example, BHCs can help develop plans for behavioral change programs, such as smoking cessation or other lifestyle modifications. BHCs can also help with emotional or behavioral problems such as family or relationship difficulties, bereavement, excess stress, depression, anxiety, or anger problems.

WHAT should I expect when I see the Behavioral Health Consultant?

You can expect the BHC to ask you specific questions about your physical symptoms, the emotional concerns you are experiencing, your behaviors, and how all of these might be related. You can expect your appointments to be no longer than 30 minutes, in general, and for the BHC to provide brief solution-focused interventions. You can also expect to be seen in the exam room or in a comfortable office at Sun Life and the BHC will maintain a close working relationship with your primary care provider in offering the best overall care. Remember: Your primary care provider remains in charge of your health care — the BHCs primary job is to help develop and implement the best integrated health care plan for YOU!

HOW is this service different from Mental Health?

The services provided by the BHC serves as another part of your overall health care. Follow up sessions will be scheduled as necessary and dependent upon your specific situation. If you request, or if the BHC thinks you would benefit from specialty mental health services, the BHC will provide a referral. Documentation, assessments and recommendations will be written in your electronic health record.

Sun Life Family Health Center welcomes you to learn more about our Integrated Behavioral Health Department and the services rendered. Sun Life offers continuous and comprehensive healthcare to individuals and the entire family. In addition to providing care when you are ill, we will also work with you to help achieve a healthy lifestyle and help prevent future illness. For more information, call our Sun Life Family Health Center location today at (520)836-3446.



DAVIS L. PLUNKETT, LCSW

Mr. Plunkett is a Licensed Clinical Social Worker (LCSW 11772). He received his Bachelor of Science degree in 1994 in Psychology from Franklin Pierce University, Rindge, New Hampshire. He received his Master's in Social Work at San Diego State University, San Diego, California, in 1999. Mr. Plunkett joined Sun Life Family Health Center in 2010 to develop and manage Integrated Behavioral Health services at Sun Life. Born in Methuen. Massachusetts, Mr. Plunkett moved to Arizona in 2003. He enjoys fitness and travel.



SARAH ALDRIDGE, PSYD

Dr. Aldridge received her Bachelor of Science degree in 2010 in Psychology from Purdue University, West Lafayette, Indiana. She received her Doctorate in Clinical Psychology from Indiana State University, Terre Haute, Indiana, in 2015. She completed her residency in Indianapolis, Indiana, at Richard L. Roudebush VA Medical Center. Dr. Aldridge is a board certified Psychologist and member of the National Register of Health Service Psychologist. She joined Sun Life Family Health Center in May of 2017. She enjoys learning and trying new things and is skillful in problem solving and responsiveness to patients. She brings a high level of motivation and is excited to be part of the Sun Life team. Born in Anderson, Indiana, Dr. Aldridge just recently moved to Arizona in 2017. She enjoys playing tennis, running, hiking, walking her dogs, reading, and baking.







A Model Life

WWII vet loves Maricopa, scratchbuilding

By Fran Lyons Photos by Victor Moreno



Harry Dieffenbach of Province has been building models since he was a child in New York City. One of his displays can be seen at the Province Village Center.

Harry Dieffenbach began his lifelong love affair with model-building when he was a kid in New York City. He started with aircraft models, which he built throughout his youth and even into war.

Dieffenbach joined the U.S. Navy in 1942 during World War II. He traveled the seas serving his country until 1946.

"I was not sure where I wanted to land after leaving the service," he said.

He didn't actually "land" at all, taking an assignment with the U.S. Weather Bureau doing weather patrol at sea for the Coast Guard. The On Station patrols were 21 days plus travel time to and from port. The long days could be pretty monotonous.

"I recall when I went to sea in September of 1948, the weather was wild. Just before my second patrol I bought a model ship kit to pass the time. 'What the hell are you building that for; I'll give you a set of ship plans,' barked the chief engineer. It was actually the ship we were on. That's how I got the bug to scratchbuild



(modeling to scale)," Dieffenbach said.

Scratchbuilding requires everything be meticulously researched, planned and painstakingly reproduced to scale to the last detail. "It gets tedious at times, and I got a T-shirt that often described my mood ± 'Salty, Old, Navy Vet," he said.

After leaving the Weather Bureau in 1951, Dieffenbach went to school to study engineering. Sometime later, he made a career move and secured a position at Fairfield Camera and Instruments in California, where he did machine designing and work on semi-conductors, computers and photo equipment. His career, adding to his skills of precision and attention to detail, dovetailed well with his passion for modeling.

Among the high-points of his life, Dieffenbach includes 50 years of marriage. After becoming a widower, meeting a wonderful life companion, Esther Carrarini. They have been together over 15 years and both love Maricopa.

"From traveling the world together to living in Maricopa and sailing the model ships on our serene lake, life with Harry is always an adventure," she said.

They relocated from Reno, Nevada, and have lived 11 years in Province. They love to travel, particularly on riverboat cruises. Their favorite destination is Italy. Harry said, rather gleefully, "I moved to Maricopa for the weather, the lifestyle and also to get away from my children."

Dieffenbach has two sons, five grandchildren and 13 great-grandchildren.

Within a year of living in Maricopa, Province offered to host an impressive display of Harry's work in the Village Center. He also has a ship — the ice breaker "Eastwind" — on display in a museum in Newbury Port, Mass. In a special event, Dieffenbach donated his model "The Water Witch" to Helping Hands in Maricopa.

"Amazing, just amazing to see," Carrarini said of the Province display. "The finest details of the smokestacks, the cannons and hatch-covers are totally built from scratch. Also, these models are built to sail on water. We enjoy going to one of the lakes in Province to sail a ship. I like to watch, but

on occasion I have to grab Harry by the shirttails so he doesn't fall in."

Dieffenbach, now 93, experienced another high-point in his life last year. In September, he and 20 other veterans of WWII, ranging in age from 90 to 98, were invited on a trip to Washington, D.C., sponsored by a generous donor from Texas. They were taken on a sightseeing tour, starting their day at 6 a.m. and ending at 8 p.m. They visited all the monuments and memorials dedicated to those who served our country. The highlights for Harry were

the Vietnam Wall and the Korean and WWII memorials.

He said the Vietnam War Memorial "brought tears to my eyes."

"This trip was just outstanding. Being acknowledged that we served, and being greeted at the airport by so many people when we arrived was spectacular."

"To be able to share my life at this point in time, is very important to me," Dieffenbach said. "Connecting with people gives me a sense of satisfaction and contribution."







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Using technology in caregiving

By Sheriolyn Curry, Comfort Keepers Franchisee

Seniors and Technology. Those are words that usually not used together, at least not without some frustration. However, the use of technology can, and is, very helpful in providing continuing care when a Caregiver is not present. You can think of it as having a

virtual Caregiver, when your Comfort Keeper is not around.

Some of the technologies that are available to assist Seniors are:

GPS (Global Positioning System) Tracker. This is a technology

that can pinpoint where a Senior is geographically located. This is especially helpful for a person who

has a form of dementia and wanders off. Alerts can be set up to notify family members when the Senior has moved out of a specified area.

Through the tracking device, the family can determine the exact location of the Senior and help them return home safely.

PERS (Personal Emergency Response **Systems).** You may be familiar with the

> commercial where the woman has fallen and is unable to get off the floor. She pushes the button on the device around her neck to call for help. That is a type of PERS. There are many on the market to meet different needs. All provide a sense of security for the Senior living alone, as well as peace of mind for the family.

Medication Reminders. This is extremely helpful for the Senior who forgets to take medication as scheduled. A med reminder alerts the Senior that it is time to take the medication, and can also alert the family if the scheduled dose has not been taken. The medication reminder has proven to be successful in preventing prescription overdoses.

The GrandPad. The Grandpad, offered by Comfort Keepers, is a tablet like an iPad, without the complicated features of other tablets. It is used to connect the Senior with loved ones, wherever they may be, so they no longer have to miss a memory in the making. Whether through picture sharing, video chatting, email messages, connecting with loved ones happen at the touch of a button. It is also helpful to connect the Caregiver with the office and family members to have real time discussions about the Senior's care. Seniors find the Grandpad's ease of use is especially delightful. The wireless charging, and autoon features mean the Senior doesn't have to fumble with on-off switches, cords or the likes. For more information on the GrandPad, call Judy Housely at 480-659-9201.

We would love to help you sort through how technology can improve the Caregiving services you receive, and/or introduce you to the world of technology. Give us a call today!

American Dream evolves for seniors

By Joan Koczor

The meaning of the American Dream has seen many changes since first introduced as early as

The American Dream is mentioned in the Declaration of Independence, which states "all men are created equal" with the right to "life, liberty and the pursuit of happiness." Freelance writer James Adams

popularized the phrase "American Dream" in his 1931 book "Epic of America," in his 1963 "Letter from a Birmingham Jail," Martin Luther King Jr. based the civil rights movement in the African Amer-

ican quest for the American Dream.

As young adults, many believed they could achieve the American Dream by working hard, saving a little to provide an education for their kids so they could have a better life than they did, and retire with sufficient funds to see them through their retirement or golden years hopefully, mortgage- and debt-free.

The new reality is people are living longer, more expensive lives with very little money in

> The result is Americans older than 65 are working ± nearly 1 in 5. Over the past decade those numbers have risen faster than any other age group. Today there are 9 million seniors working compared to 4 million in 2000.

Some seniors are returning to the Joan Koczor workforce by choice while others are returning out of need. A recent poll

showed many older people are more concerned with running out of money than dying.

Theresa Ghilarducci, a labor economist said, "There is no part of the country where the majority of middle-class older workers have adequate retirement savings to maintain their standard of living in their retirement."

Seniors are traveling the nation looking for seasonal jobs offering hourly wages and few or no benefits.

Amazon's Camper Force program hires thousands of seniors to box online orders during the Christmas rush. Walmart has hired many elderly employees as greeters and cashiers. Websites such as Workamper News have been created listing various types of jobs.

This is not the case with all seniors. There are some who have adequate funds to enjoy a carefree lifestyle. That makes some of us wonder where we went wrong. How did they accumulate all that money?

A little grim? Reality can be like that.

Ask yourself ± how important are money and possessions. You can't put a dollar amount on sharing each day with the person you love, and having reasonably good health, a place to call home, food on the table and friends to share the good times and bad. Φ

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



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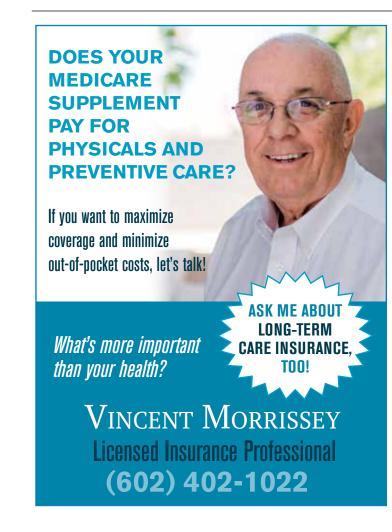
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Things to do

FEBRUARY

SUNDAYS

Narcotics Anonymous

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

MONDAYS

Seniors play Pinochle

8:30 a.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Senior Bowling

10 a.m., UltraStar Multi-tainment Center 16000 N. Maricopa Road

Narcotics Anonymous

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

Parents of Addicted Loved Ones

7 p.m., 19395 N. John Wayne Parkway, Suite 16

TUESDAYS

Seniors play Pinochle

8:30 a.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Coffee with Friends of the **Maricopa Library**

1 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Seniors play Canasta

1 p.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Celebrate Recovery Coffee & Karaoke

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

Al-Anon Meeting

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

WEDNESDAYS

Creative Sisterhood

9 a.m., Santa Cruz Elementary 19845 N. Costa del Sol Blvd.

Babytime

9:30 a.m., Maricopa Public 41600 W. Smith-Enke Road

Harrah's Club 777 Toastmasters

3 p.m., Harrah's Ak-Chin Casino . 15406 N. Maricopa Road

S.M.A.R.T. Kids

3:30 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Maricopa Police Explorer Post Meeting

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

AWANA

6:30 p.m., First Baptist Church 18705 N. John Wayne Parkway

THURSDAYS

Seniors play Pinochle

8:30 a.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Seniors play Farkel

9 a.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Seniors play Canasta

1 p.m., Santa Cruz Elementary 19845 N. Costa del Sol Blvd.

Family Story Time

4 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Narcotics Anonymous

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

FRIDAYS

Seniors play Pinochle

8:30 a.m., Santa Cruz Elementary School 19845 N. Costa del Sol Blvd.

Al-Anon Meeting

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



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Free Filmmaking Workshops (Saturday morning, Feb.17)

Matthew Earl Jones, Director, Arizona Office of Film and Digital Media -"Filming in Arizona: What Arizona Can Do for You"

Steve Wargo, Cinematographer – "Drones, Moviemaking and the FAA.

Stephen Wade Nebgen, Entertainment Attorney – "Film Funding: Show Me the Money'

> **Music** — Arvel Bird (Awards party) Native Spirit (VIP party)

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CopaShortsFilmFest.org/2017/tickets

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



MAC Farm hosts Desert Ag-Ventures

By Raquel Hendrickson

Maricopa Agricultural Center is set for a busy February.

The MAC Farm hosts its annual Desert Ag-Ventures Tours for senior residents and winter visitors on four days. Registration fee of \$20 includes a hot lunch.

Ag-Ventures are an opportunity to learn how agriculture works in Arizona and how farming in the west may be different than it is elsewhere in the country. The tours typically draw "snowbirds" from the Midwest who already know a thing or two about farming.

Extension agent Victor Jimenez, who will demonstrate how to siphon water and also allow participants to give it a try, said there will be six other presenters. Speakers may vary depending on the dates of

Long-time Maricopa resident Oliver Anderson of Anderson-Palmisano Farms will talk about Arizona agriculture. Jay Subramani, a researcher in the School of Plant Sciences at the University of Arizona, will discuss Arizona cotton. U of A Assistant Professor Pedro Andrada will explain precision agriculture.

Master Gardener Judy Walp will be in the garden that bears her name to talk about home gardens. U of A microbiologist Natalie Brassil has a presentation on Arizona water. Public health entomologist Lucy Li will also talk about agriculture.

The tours are Feb. 6, 8, 13 and 20. Each day starts with check-in at 9:30 a.m. Registration is limited. The programs run from 10 a.m. to 2 p.m. and include a ride around the farm on a tractor-trailer.



Things to do

The Mousetrap

7 p.m., Maricopa Performing Arts 45012 W. Honeycutt Ave.

2

8-Bits

4 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

The Mousetrap

7 p.m., Maricopa Performing Arts 45012 W. Honeycutt Ave.

The Mousetrap

7 p.m., Maricopa Performing Arts 45012 W. Honeycutt Ave.

Maricopa Historical Society

Presentation on Japanese Internment Camp 5:30 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Musical Instrument Museum Davtrip

9 a.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr.

MAC Desert Ag-Venture Tours

10 a.m., Maricopa Agricultural 37860 W. Smith-Enke Road

City Council Work Session

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

City Council Regular Session

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

Wine Class 101

6 p.m.. Ak-Chin Southern Dunes 48456 W. Highway 238

Chamber Breakfast

7 a.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

MAC Desert Ag-Venture Tours

10 a.m., Maricopa Agricultural 37860 W. Smith-Enke Road

Our Lady of Grace Festival-Carnival

4 p.m., 18700 N. Saint Gabriel

2nd Saturday Maricopa Market

8 a.m., Sequoia Pathway Academy 19287 N. Porter Road

Our Lady of Grace Festival-Carnival

10 a.m., 18700 N. Saint Gabriel

March of Dimes Bowling 4 Babies

Noon, UltraStar Multi-tainment 16000 N. Maricopa Road

Black History Month Music Revue

2-7 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Liberty Quartet at Maricopa Community Church

6 p.m., Maricopa Community 44977 W. Hathaway Ave.

Maricopa Lutheran Church **Anniversary**

9 a.m., Desert Wind Middle 35565 West Honeycutt Road

Our Lady of Grace Festival-Carnival

Noon, 18700 N. Saint Gabriel

Tombstone Daytrip

8 a.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr.

MAC Desert Aq-Venture Tours

10 a.m., Maricopa Agricultural 37860 W. Smith-Enke Road

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

Things to do

Maricopa Unified School District Governing Board Meeting

6:30 p.m., MUSD District Office 44150 W. Maricopa-Casa Grande

16

8-Bits

4 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Copa Shorts Film Fest Opening **VIP Party**

7:30 p.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

Film Funding: Show Me the Money

9 a.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

Drones, Moviemaking and the FAA. Rules. Rules. Rules.

9 a.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

Filming in Arizona: What Arizona Can Do for You

10:30 a.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

Copa Shorts Film Fest

Noon, UltraStar Multi-tainment 16000 N. Maricopa Road

Copa Shorts Film Fest

11 a.m., UltraStar Multi-tainment 16000 N. Maricopa Road

Copa Shorts Film Fest Wrap Party

7:30 p.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

MAC Desert Ag-Venture Tours 10 a.m., Maricopa Agricultural

Center 37860 W. Smith-Enke Road

City Council Work Session 6 p.m., Maricopa City Hall

39700 W. Civic Center Plaza

City Council Regular Session

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

Multigenerational Game Night

6:30 p.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr.

23-24

Pinon-Huffman Memorial **Baseball Tournament**

Maricopa High School, 45012 W. Honeycutt Ave.

Picacho Peak Hike

8 a.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr. Blvd.

Copa Color Fun Run/Walk

9 a.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr. Blvd.

Inside the Creative Mind

2 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Maricopa Unified School District Governing Board Meeting

6:30 p.m., MUSD District Office 44150 W. Maricopa-Casa Grande

March 2-3

Peter Pan

6 p.m., Legacy Traditional School 17760 N. Regent Drive

March 3

2018 Spring Fling Craft and Vendor Event

8 a.m., Maricopa Community Church 44977 W. Hathaway Ave.

Sun Life Chocolate Run

8 a.m., Copper Sky Regional Park 55345 W. Martin Luther King Jr.

MAC Master Gardeners Plant Sale

10 a.m., Maricopa Agricultural Center 37860 W. Smith-Enke Road

Seeds of Change Gala

6-11 p.m., Province Town Hall 20942 Province Parkway

FEB The annual Copa Color Run/Walk at Copper Sky will have some changes this year.

Copa Color Run debuts pancake breakfast

By Michelle Chance

Maricopa's most colorful race returns to Copper Sky Regional Park this month, this time with pancakes.

The fourth annual Copa Color Fun Run and Walk begins 9 a.m. on Feb. 24. The race includes a 5K run and 1-mile walk.

The event opens to attendees at 8 a.m. for pre-registration. However, organizers encourage registering online or at the Copper Sky service desk ahead of the event to ensure a spot in the race. Advanced registration will also save participants \$5 per admission.

Copper Sky fitness coordinator Matthew Reiter said more color and more prizes are ADULTS expected this year, including an '80s-themed Pre-Registration: \$25, costume contest, first- through fifth-place Same day: \$30 race winners and swag gifts for every Youth (12-17): Pre-

Beginning earlier in the morning than Same day: \$20 in previous years, the fun run will partner with American Legion Post 133 for a pancake CHILD (7-11): breakfast, also starting at 8 a.m.

Post and Auxiliary members will accept Same Day: \$15 a \$5 donation per pancake plate. All funds (6 and under): Free benefit veterans and programs within the (no head band or color local American Legion.

Additionally, 5 percent of the proceeds raised for the color run will benefit the CopaColorRun.com Maricopa Police Foundation.

"If we can find a way to attach these events

to causes that can generate income for local organizations, it is really the ultimate goal," Reiter said.

Three photographers will be snapping shots of attendees as event workers powder them with color. Participants are encouraged to publish their own social media-worthy photographs online as well.

"This year is about the selfie, the fun and the family event," Reiter said.

Registration: \$15,

Pre-Registration: \$10,

packet)

Things to do





Copa Shorts Film Fest buoys young filmmakers, military veterans

By Raquel Hendrickson

They had so much fun last year, they are doing it again.

The second Copa Shorts Film Fest is set for Feb. 16-18 at UltraStar Multi-tainment Center. The 68 films to be screened range from middle-school projects to a film short-listed for the Academy Awards. They also range in length from 2 minutes to the limit of 20 minutes.

Films are divided into film blocks, each block totaling less than an hour in film time but interspersed with Q&A's with the filmmakers. Each block includes seven to nine films.





The Ak-Chin Movie Club, with equipment from the library and use of the teen room, created four shorts that will be screened at the festival.

Organizers have picked up more sponsors, contributing partners and resources since last year. Showcase film blocks are Native American, military veteran, college and noncompeting high school/middle school films.

In the Native American showcase is *Lost Face*, an Australian-produced film based on a Jack London story. It is short-listed for the Oscars in the short-film category.

"It is so well done," festival Executive Director Shelley Gillespie said. "And it builds to a tension level. There's an amount of violence, so it's not one small children should see."

She said she intends to create a 15-second moment in the block to warn attendees of the content and allow them time to remove kids from the audience if they choose. Most films with extreme violence or other adult content are in the "After Hours" film block late Saturday.

Gillespie's personal favorite in the festival is in the College Showcase. *The Chocolate Soldier* is set in World War II, placing a young refugee in the path of the enemy.

Film block themes are "Human... Nature," "After Hours," "People and Challenges" and "High and Low Tech." The script table reads are Sunday afternoon and will involve four screenplays and local actors.

The Native American Showcase includes the work of children, specifically the Ak-Chin Movie Club. Most of those filmmakers are between 8 and 14 years old. Their four short films are not competing in the festival and will be screened but not judged.

Jeffrey Stoffer of the Ak-Chin Library said Gillespie attended the club's own festival and picked out projects they would like to see in Copa Shorts. One of those films, Ak-Chin Rez Dogs, is a public service announcement video that won the 2017 Tribal/EPA Region 9 Conference Youth Video Contest.

Being able to see their work screened among professional films in a festival setting is a big boost.

"It gives them the self-confidence that lets them know they can do anything they want to," Stoffer said.

The movie club, 30 members strong with a long waiting list, uses the library's teen room, which has three green-screened walls and movie-production computer programs. They script, shoot and edit with help from Stoffer, Cecily Peters and Sandiin Mitchell. Peters, for example, may polish their editing and then explain exactly what she did and why.

The program provides the resources for the "generation of makers and creators" who might not have the equipment or a script or even an idea for a script but want to create a story. Stoffer said the whole purpose is to "help build their creativity and confidence."

Local middle school students are also returning with new films for the festival, having learned what they needed to do to improve from last year's submissions. There are four middle school films and nine high school films, including one from the Philippines, in the showcase.

"I really hope we get a good audience for these because they're really fun and imaginative," Gillespie said.

Jason Stahl, a teacher in San Tan Valley, plans to bring busloads of students both days of the festival. That includes attending the free workshops. Stahl is on the festival's advisory board.

"I'm thrilled because we'll have all those kids," Gillespie said. "They want to see their friends."

The three workshops Saturday morning in Elements Event Center are presented by entertainment attorney Stephen Nebgen, cinematographer Steve Wargo and Arizona Office of Film & Digital Media Director Matthew Earl Jones. Nebgen will present "Film Funding: Show Me the Money!" Wargo will present "Drones, Moviemaking and the FAA Rules. Rules. Rules." Jones's topic is "Filming in Arizona: What Arizona Can Do for You."

A film block showcase drawing notice is for films created by military veterans. The block includes seven films on Saturday afternoon. Military veterans can attend that film block for \$3, thanks to two sponsors. The veteran and senior/student rate for all other film blocks is \$10. General admission for each block is \$12.

A day pass is \$70 for Saturday and \$75 for Sunday. Parties at the beginning and end of the festival are \$30 each. The Opening Night VIP Party will feature entertainment by Brian Hammill & Native Spirit. The Closing Night Wrap Party, which includes awards, features acclaimed musician Arvel Bird.

In the spirit of full disclosure, InMaricopa multimedia journalist Mason Callejas' documentary *Still Standing: The Copa Central Story* was accepted into the festival, and InMaricopa client loyalty coordinator Michelle Sorensen was a film reviewer for Copa Shorts Film Fest.

CopaShortsFilmFest.org



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