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ON THE COVER: Tonya Thompson, co-owner of Water and Ice, says business doubles during the summer for her ice cream treats as well as purified water.

Photo by Victor Moreno

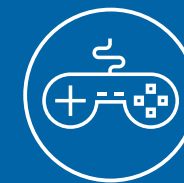
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What's cool about the summer heat

Even before summer solstice, Maricopa experienced intense heat, but that's no surprise to those familiar with the Sonoran Desert. Heat happens. The trick, especially for local businesses, is dealing with it.

In this month's issue, we turn a (very cool) spotlight on some businesses that adjust or even thrive when temperatures soar into the "excessive heat" category. From Water and Ice, which has been serving Maricopans ice cream and related treats for more than a decade, to McLaughlin Air Conditioning and Heating Service, which started fixing overworked AC units less than three years ago, there are sundry ways to take the edge off the impact of the sun.

Do you know which local workers really know the heat of a Maricopa summer? That would be postal workers, who have been delivering mail in the area since the pre-territory era of 1858. In these pages, learn how the U.S. Postal Service has evolved in Maricopa.

Catch up with local baseball club as the boys prepare for a World Series tournament this month, and learn how a local firefighter is spending his time in the Arizona Air National Guard. Other Maricopa firefighters had a reunion with a set of twins they delivered four years ago, and pair of custodians are getting Desert Wind Middle School ready to handle sixth graders.

Not far from DWMS, Santa Cruz Elementary School offered some of its extra space to Maricopa senior citizens displaced by the pending destruction of the Copa Center for the overpass. Coincidentally, you'll also find in this issue how to stay on top of activities, especially traffic changes, related to the overpass as work crews begin preparing for construction.



Of course, it's not July with Independence Day. Get a preview of what the city's Great American 4th has in store this time. The event will have an additional way to cool off "just in case" it's very hot.

Our columnists hold forth on a variety of topics, like how cool vegetables are (Aaron Gilbert) to the cool alternative of community college (Murray Siegel) and the cool impact an outdoor-loving culture has on the community (Misty Newman).

It's a perfect time to hunker down with a great read and a cold drink and experience the Maricopa summer as it evolves into monsoon season.

Enjoy.

Raquel Hendrickson

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On the Rails

The historic California Zephyr railcar (right) makes its 2001 debut in Maricopa and is greeted by a modern Amtrak train (left). The railcar, which was first in use in 1949, ran the Chicago-to-Los Angeles route until its retirement in 1970. Pinal County purchased the car and brought it to Maricopa in 2001 as a symbol of the town's historic past. Maricopa Historical Society was allowed use of the Zephyr for occasional tours and history displays. This year, the historical society bought the Zephyr from the county for \$1.

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We need a developer to build a nice, big office complex too. And if you're complaining about the lack of jobs out here but won't vote for the half-cent sales tax increase to pay for the 347 improvements, you might want to consider relocating.

About Maricopa salaries:

Whitney Rose I used this article to motivate our 17-year-old son who is starting to plan for college and his future. To show him different job options and what they pay here in town. Then I showed my almost 12-year-old (who wants to be a MPD Officer someday); they both got excited to see the different listings and a ballpark of the salary. With the growth that's happening, I know these listings will become longer and more frequent.

Bryan Williams They want to show off jobs that are not available. It's like they are mocking us because they get to work close and we have fight our way down the death trap called 347. LoL I'd brag too I suppose!

Shawn Solomon Too bad there's only retail/service/ and tire shops.

Becky Thatcher Our fire crew does awesome job

Karen Balliett I think once the 347 is widened and the overpass is done, more businesses will move out here.

Matty Thornton I can work at 2 of the 3 McDonalds

InMaricopa's recent followers on ...

Abhilash Patel	Carmen Deese	Giuseppe Corcella	Jose Luis Furentes	Maaz Aseel

Ambria Valles	Cielo Aubee	Mari Hiam	Oly Dalyana Roberts	Tahani Hanania

Gilberto Mendez	Jennifer Hardison	JN Blackwell	Lisa Maria Richardson	Shirline Housman

MFMD tech shows leadership in Arizona Air National Guard

By Tech. Sgt. Michael Matkin

Airman 1st Class Jonathan Sheaffer wears a fireman's helmet as a hazardous material technician for the City of Maricopa Fire/Medical Department, a coach's cap as an assistant high school football coach and a duty cap as a vehicle maintenance apprentice in Arizona's KC-135 Stratotanker unit.

In April, he was named Airman of the Year for the entire Arizona Air National Guard — an honor bestowed only upon the most well-rounded, high-performing junior leaders.



Tech. Sgt. Michael Matkin

Air Force Airman 1st Class Jonathan Sheaffer of Maricopa removes a bolt from a water separator filter on an R-11 refueling truck at Goldwater 161st Air Refueling Wing.

"The military, fire department and football organizations are very similar," Sheaffer said. "You can put them side by side and they will match up. The titles may be different, but there is still an organizational chart and chain of command. You still need a certain amount of people and special tools, but the structure of it is set up the same way and someone is delegating authority, whether it's the head coach, the wing commander or [fire department] captain."

Tailored Leadership

He said in each of these structures there's a leader shaping the organization, but, in his opinion, the most effective leaders are those who can tailor their leadership style to the individual.

"Knowing people interpret situations differently, your leadership style will also affect them differently," Sheaffer said. "Everyone's going to have a difference in perspective and leaders should take those perspectives in consideration."

As a football coach, Sheaffer learned firsthand the nuances of customizing leadership styles. He said some kids can be pushed hard,

while yelling at others may cause them to break down; and then he has failed them.

"I'm not just coaching them to be good football players, I'm coaching and educating them to be good people," he said. "If I cause a kid to crumble, they'll be less receptive."

Having these leadership skills helped Sheaffer when he entered Air Force basic training and was chosen as his flight's dorm chief during the first week of training; a position he held through graduation. He said his prior experience as a leader, and as a follower, made it easier to talk and listen to his fellow Airmen — urging them to do their best.

"Everyone's background and situation isn't the same, especially in the military," Sheaffer said. "There are people from all over the country with diverse cultures, so the same leadership style won't work for everyone."

He said customizing leadership and listening to subordinates is one of the great things he has learned as a junior firefighter. Firefighters have all had the training and they all know ways to complete their tasks; however, when they are on scene of an accident Sheaffer's leaders seek input from the team to come up with an incident action plan.

"Someone else may have a better plan"

"The captain will tell us 'OK, we are going to do these three steps and meet these benchmarks,'" Sheaffer said. "If we don't meet those goals we pull back and re-evaluate as a team and ask 'do we need to change strategies and do something else?' I've learned that even if you are the guy in charge, sometimes someone else may have a better plan. You have to consider other's perspectives even if it's not the right way to do it or the way things need to be done. They will appreciate you having openly acknowledged their insight."

Sheaffer said he witnessed this dynamic leadership in the vehicle maintenance shop during his first day of on-the-job training after having returned from Air Force technical school.

"We were removing the cab off one of the Security Forces trucks, and I was amazed at all the hands involved completing the task and how everyone's input was valued," Sheaffer said. "We were each assigned an area of responsibility; making sure all the lines and hoses were clear as the cab was lifted. Leadership made it known if anyone saw something snagging or any other kind of problem, you had carte blanche to halt the removal."

Sheaffer said his shop leaders' example showed him they truly care about each Airman.

"If a message needs to be conveyed that a behavior or a process needs to be changed, it is directed in a constructive manner," he said. "Just like the football player, they present it in a way that I don't internalize the message and feel criticized."

Sheaffer said he hopes as he grows in his roles as an airman and as a citizen that he can utilize the lessons he's learned from his current and past leadership.

"I won't have personal contact with everyone in my different roles, whether at a city, state or national level," he said. "However, if I conduct myself in certain way, my small part in the big machine can ultimately impact everyone. Even if it's just marginally enough that they feel safer, have a sense of pride for the nation and feel peace because we military members have done the best we can."



1. Desert Wind Middle School Principal June Celaya stands on the stairwell that will welcome sixth-graders next school year. *Michelle Chance*

2. Maricopa artist Craig Dourmashkin shows an MCE exhibit of his work, including a portrait of Bob Marley. *Raquel Hendrickson*

3. Water users in the Thunderbird Farms Improvement District crowded into a June 14 board meeting that could have, but did not, raise tax rates. *Michelle Chance*

4. Denis Sommerfield conducts the VFW/MPD Memorial Day ceremony May 29. *Raquel Hendrickson*

5. Veterans of Foreign Wars and Boy Scout Troop 993 gathered to mark Flag Day June 14 at Maricopa Veterans Center. *Raquel Hendrickson*



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Profile



Johnny Bochat and Mike Waterman do much of the physical labor as Desert Wind Middle School prepares not only for a new school year but also the addition of sixth graders.

To prepare, the two-man team is in charge of rearranging the entire school before kids return.

“Something that might have been a computer lab this year is now going to be something else this year,” Waterman said.

So while shampooed carpets and polished linoleum floors dry, the men move furniture from one end of the building to the other.

More classes to clean, and even more students to clean up after, mean Waterman and Bochat will receive a new fulltime custodial co-worker once school begins.

“It’s still going to be a lot for three people,” Waterman said.

Although the workload is heavy, the duo still finds time to lead interesting lives.

Bochat is a native Maricopan who loves working with his hands and spending time outdoors. In the past, he combined his love of craft and adventure when he lived in Alaska working as a mechanic. Soon he will vacation in Prescott to pan for gold.

Waterman is the unofficial in-house artist known as “Miko Ceviche.” Administrators and staff hang his acrylic paintings in their offices, often switching and trading them out between each other.

It’s a work culture the two men said they love.

“I’m with these people more than I am with my family,” Waterman said. “You work eight hours a day with (them) and they become your family after a while.”

Behind the scenes, school custodians smooth summer transitions

Story and photos by Michelle Chance

The halls within Desert Wind Middle School are virtually empty. Besides the few classes of children attending summer school, the building can feel vacant by the afternoon.

Lined against its olive-hued walls are hundreds of desks. Most classrooms are empty, chairs pushed to the side.

It’s the time of year most students don’t see at school — staff rearranging entire classrooms, scrubbing glue off floors, mopping and buffing them to a sparkle. But not all is quiet.

A bluesy guitar riff echoes through the school lobby.

The sounds didn’t come from the music department, but instead from within the facilities office.

Inside is Site Lead Custodian Mike Waterman, whose fingertips strum the strings of a black guitar. His audience of one is Night Custodian Johnny Bochat.

It’s a rare time the two break from the labor their summer duties require.

The pair is responsible for keeping the school operational and clean throughout the year.

“We do anything they need to make the thing move smoothly,” Waterman said.

And in the summer that means a lot of heavy-lifting around the large 48-room

campus that will soon house nearly 700 students once school starts, Waterman said.

In August, the custodial team will add 14 previously un-used rooms to their daily cleaning routes due to the influx of sixth grade students from district elementary schools.



Mike Waterman’s paintings are seen at various locations within MUSD, and he plays a mean blues guitar, too.

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‘Best Dad in Maricopa’ wouldn’t change fatherhood for anything

By Raquel Hendrickson



Raquel Hendrickson

Zack Park (center) was voted Best Dad in Maricopa in a Facebook contest sponsored by InMaricopa and Maricopa Ace Hardware, winning a grill package. With him are his family, wife Kim and kids Taylor and Cooper, InMaricopa’s Vincent Manfredi and Ace’s Troy Ricci.

In the final days, Park was in a neck-and-neck battle with Matt Lincoln, ultimately garnering 344 “likes” to win a Traeger grill with a cover and wood pellets from Maricopa Ace Hardware.

“It’s awesome,” Park said. “I tried to keep [the nomination] on the downlow. ‘What are you people talking about?’”

Instead, his nomination was even Down Under, with likes coming from as far away as Australia. The Parks, it turns out, have a wide fanbase.

Zack and Kim Park have been married 11 years and are the parents of Cooper and 8-year-old Taylor.

“When I first met her, I never wanted kids,” Park said. “But after having these kids, I wouldn’t change it for anything.”

Zack Park came a bit late to fatherhood. In fact, he wasn’t much interested it for the first 28 years of his life.

Now he has been voted the Best Dad in Maricopa, thanks to a serious online campaign by his 10-year-old son Cooper that was picked up by friends, family and colleagues across the globe. The contest ran on InMaricopa’s Facebook page and drew 25 nominations.

“I had to grow up really, really fast. I had to learn wisdom very, very quickly for survival. It’s probably the best thing that happened to me.”

—Matt Lincoln

Matt Lincoln (far left) picks up his second-place prize from the Best Dad in Maricopa contest at Maricopa Ace Hardware. With him are (from left) daughter Talia, son Devin, son Nicholas, William Gonzalez and Troy Ricci of Ace, wife Yvette, son Matthew and son Jordan. Not pictured: Jeshuah Lincoln.



Raquel Hendrickson

In nominating his dad, Cooper said, “He works all day in the hot sun and comes home and spends time with us. He makes sure we get to our sport events, tutoring, cheer and dance clubs on time and never misses a game. He is the best dad ever!”

“He works super-hard,” his daughter Taylor said.

“They keep us busy and keep us on our feet,” Park said. “I wouldn’t change it for anything,” he said again.

In taking second place with 328 votes, Lincoln received a Dunn Edwards exterior paint project from Maricopa Ace Hardware.

The father of six, including two adopted children, holds down two full-time jobs, one in retail and one as the youth pastor over more than 100 kids at Church of Celebration.

“It’s a blessing to even be considered for it,” he said. “That that many people actually voted and took the time to actually have an opinion about it is pretty amazing.”

Lincoln first became a father at the age of 19 when Matthew came into the world.

“It was life-changing,” Lincoln said. “I had to grow up really, really fast. I had to learn wisdom very, very quickly for survival. It’s probably the best thing that happened to me.”

He was nominated by wife Yvette and children Matthew, Jeshuah, Nicholas, Jordan, Devin and Talia. 📧

OTHER BEST DAD NOMINEES

Frank Bradstream

My dad is always there for us no matter what. How he manages to work 48 hour shifts at the Fire house, owns a business, and supports this family is beyond me! He has taught me about the importance of serving God, being there for family, and making time for the people within my community. We love our dad very much, and think he deserves more than we can give! My dad is always there for us no matter what. How he manages to work 48-hour shifts at the fire house, owns a business and supports this family is beyond me! He has taught me about the importance of serving God, being there for family and making time for the people within my community. — *Cohle Corbiere*



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Dads

Matt Garnett

His daughter is the light of his eye, his sidekick in everything he does, from woodworking to working out. When it comes to being a dad I think it gives Matt excuse to be a big kid all over again. — *Brooke Sibley*



James Chris Martinez

He is the most hardworking, loving and generous individual I have ever met. He is the captain of Thunderbird Volunteer Fire Department and he devotes as much of his time as he can in any way he can. He is the most loving and caring father and takes our daughter everywhere he goes, hunting, fishing, riding quads, working on trucks! — *Allison Butler*



Marty McDonald

He not only works hard to provide for Maverick, Marleigh and me, but he volunteers several hours each week coaching a fabulous group of young club

baseball players, the Maricopa Dusters, as well. — *Marisa McDonald*

Christopher Ruelas

He is the backbone to our family, and such an amazing father. He is a hard worker and given his all. Our daughter would like to say, “My daddy is the best because he makes the best food, he plays football with me and takes me out when I do good in school.” — *Nichole Ramos Ruelas*



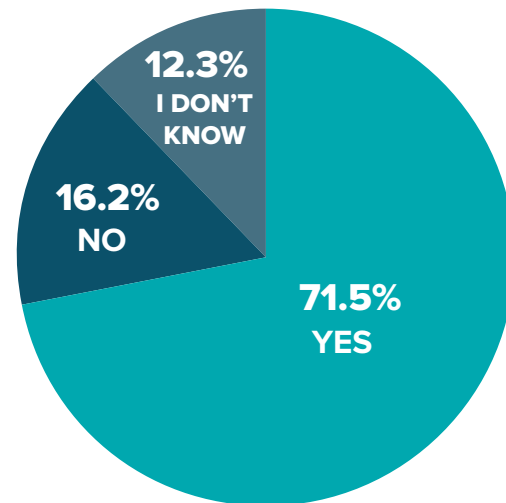
Michael Pinkstaff

He’s the rock of our family. He attends all of our kids’ appointments, and even continues the skills they learn at therapy for their special needs at home so they can continue to improve. He encourages them to strive for their best and pursue what they love, while embracing their individuality. — *Cara Pinkstaff*

 **See more great dad nominees at**
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Poll

Do you think it was a wise decision for the Maricopa Historical Society to acquire the California Zephyr railcar?



Total: 365 votes

Source: InMaricopa.com

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Breech-birth twins reunite with firefighters who delivered them

By Raquel Hendrickson



Raquel Hendrickson

Figuring they were old enough to comprehend the meaning, Maricopa mom Sherese Hicks brought her twin daughters to Maricopa Fire Station 575 on June 17 to have them meet the first responders who helped bring them into the world. Zoe and Zolee, now 4, were born under extreme circumstances Feb. 27, 2013. Even before going into labor, Hicks knew the girls were not situated properly, and family members were telling her to prepare for a caesarian section delivery.

The girls did not wait around for that. As Sherese was being driven by her uncle and aunt, it was clear she needed immediate help. The crew of Engine 575 met them at the Circle K at the corner of John Wayne Parkway and Smith-Enke Road, where firefighter/paramedic Josh Eads helped Hicks deliver the first twin. To his surprise, the girl came out feet-first.

After eight years on the job, it was Eads' first baby delivery. His response was, "What is that?"

The baby was not only breech but also had the umbilical cord around her neck. Eads' training had covered more typical birth scenarios, but he and the crew were able to sort out the situation safely and get Hicks ready for transport to the hospital.

The second baby was born — again feet first — en route to the Chandler Regional Medical Center.

"Typically, with a breech kid, we're not going to deliver them in the field," Eads said. "The idea is to give them that supportive care — IVs, fluids, medications if they need it — and then get them to the professional to do it."

Eads said he was calm walking into the situation, both because of the consistent training the crew gets for emergencies and because of the naivete of never having the experience of delivering a baby. Hicks, who has three older children, was calm for a different reason.

"I wasn't worried because I knew that it's all part of God's plan. I knew that it would be fine," she said, including the firefighters in her faith.



Raquel Hendrickson

Above, engineer Jimmy Huerta hugs one of the twins his crew helped deliver in emergency circumstances four years ago. Left, Zoe and Zolee, with their mother Sherese Hicks, hear about the day of their birth from MFMD crew Josh Eads, Chris Bolinger, Jimmy Huerta and Anthony Stimac.

"They had to have been a part of God's plan. For them not to ever have delivered a breech baby and [Eads] not to ever deliver a baby, it was like, 'Oh, my goodness.' It had to be."

At the reunion Saturday, Zoe and Zolee hugged the members of the Engine 575 crew and received child-friendly goodies in return. The team on Engine 575 that night was Eads, Capt. Chris Bolinger, engineer Jimmy Huerta and firefighter Anthony Stimac.

"Any time there's more than one baby, it's a high-risk delivery. In this case the babies were born breech," MFMD spokesman Brad Pitassi said. "We train for worst-case scenarios, and this was a worst-case scenario ... with the best outcome we could possibly imagine."

"Paramedics that responded that day as well as paramedics on the ambulance, the EMTs that assisted — this was a team effort, and everybody performed just like they're trained to do in responding to such emergencies."

Bolinger said the crew looks forward to continuing the relationship with the family and watching the girls grow up.

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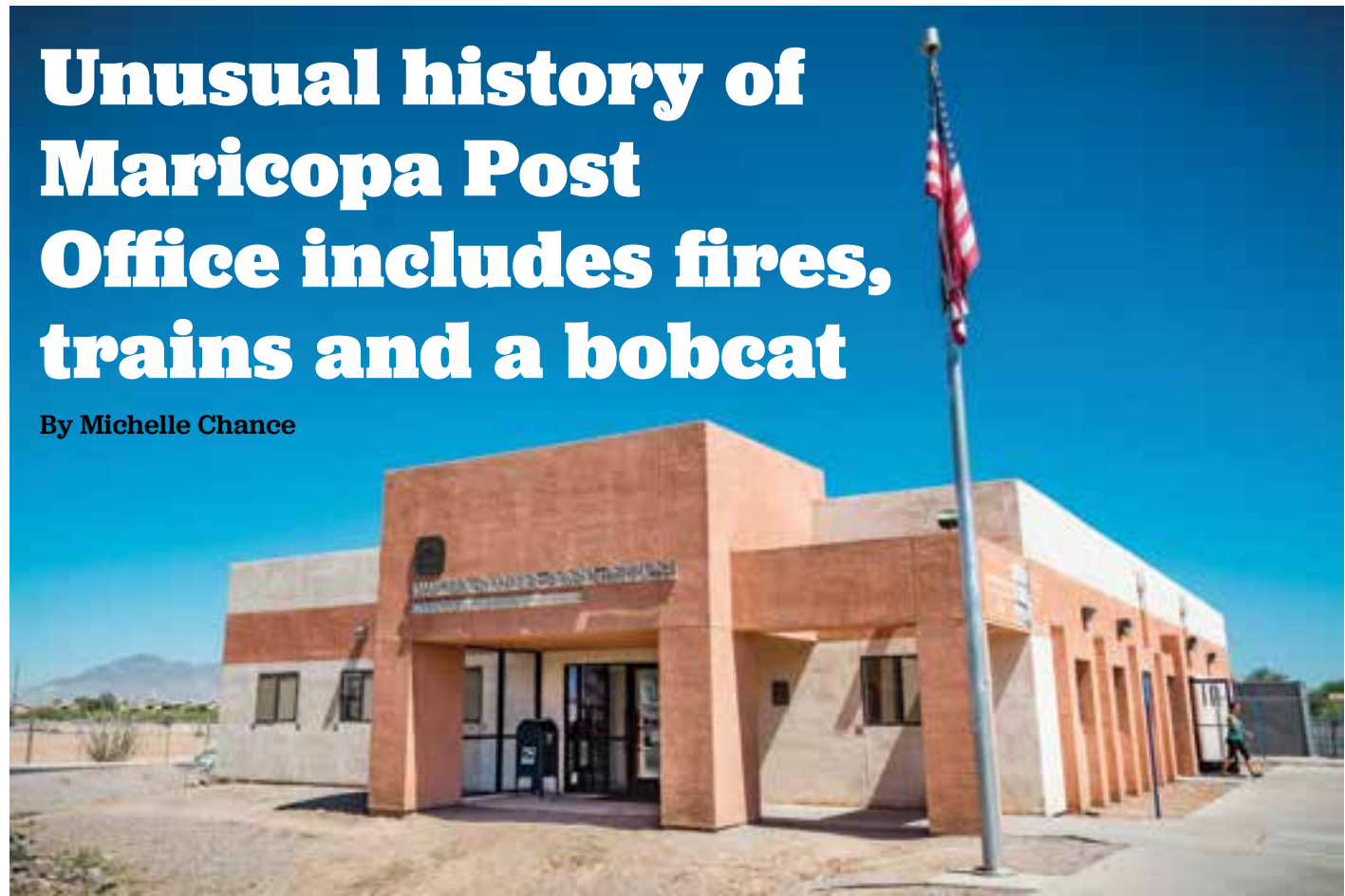
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Unusual history of Maricopa Post Office includes fires, trains and a bobcat

By Michelle Chance



Mason Callejas



Maricopa Historical Society

In the early 1950s, a man named Harry Brock moved to Maricopa to begin work as a rural mail carrier. He roomed in the two-story Maricopa Hotel, the largest building in town. Inside, it once held a grocery store and the post office. The post office had already moved to another location, which was lucky for the young mailman, because one month into his tenancy, the grand hotel burned to the ground.

It wasn't the first time flames would destroy a building in old Maricopa. Years later in 1972, fire would consume the post office itself, this time from inside the old Honeycutt Shopping Center, which was located northeast of the present-day Maricopa High School baseball fields.

The genesis of Maricopa's post office is chronicled by Brock's wife, and longtime Maricopa Elementary School teacher, Patricia Brock in her book "Reflections of a Desert Town."

"Nothing stops the mail service!" Patricia Brock wrote in her history book, published first in the 1990s and then revised in 2007.

The phrase depicts the persevering attitude of Maricopa postal workers who often faced natural disasters like flood and flame.

Immediately after the '72 fire, Postmaster Fred Cole rose the operation from its ashes and sorted envelopes on his front porch after the mail was delivered from Phoenix. That same March morning, Brock is seen in a black-and-white photo with Cole and others

Today's post office, above, was built on Hathaway Avenue in 1990. Left, a mule train at the post office in Maricopa Wells, where mail was delivered 1865-1878.

as they sift through the mail and prepare it for Harry's route.

Eventually, the post office was rebuilt on the same site where the shopping center stood. It wouldn't be until 1990 when construction on the current post office building would finish on Hathaway Avenue. The operation expanded 20 years later to include an annex building on Honeycutt Road, which serves as home base for mail carriers.

The modern-day Maricopa Post Office boasts a large operation in what is still considered a rural community.

USPS spokesman Peter Hass said it employs 37 workers and serves 30 mail routes with a total of 21,400 deliveries daily.

Despite its expansion, the growth of the Maricopa Post Office was not delivered overnight.

Its earliest location dates back to the pre-civil war era when the town was located



Clockwise from top: The Edwards/McCarthy Hotel was PO at Maricopa Junction from 1913 to at least 1919. Robert and Don DeHart at their home in Maricopa where Arthur DeHart was postmaster 1930-35. Honeycutt Shopping Center was Maricopa PO from the 1950s until it was destroyed by fire in 1972. The current post office in its brand-new state in 1990. The Maricopa Hotel was PO from 1936-1946. The building burned in the 1950s.



Maricopa Historical Society

BY THE NUMBERS
Today's Maricopa Post Office
WORKERS: **37**
ROUTES: **30**
DAILY DELIVERIES: **21,400**
Source: USPS

northwest of the Pima Butte "M" mountain and south of the Gila River.

Back then, the pre-territorial community was referred to as Maricopa Wells. Records show the post office was in operation for 20 years before relocating approximately eight miles south to Maricopaville.

Mail was delivered there for eight years, until the post office was discontinued and local mail was forwarded to Phoenix.

One year later, in 1888, the revived post office moved to the location of present-day Maricopa, referred to then as Maricopa Junction.

The nomadic nature of the Maricopa Post Office was due in large part to the town's richest resource: The location of the Southern Pacific Railroad. In fact, trains delivered mail to Maricopa until 1957.

Patricia Brock wrote that after the town settled in its current location, the post office bounced around to various temporary sites. It is theorized it was first housed within the Hotel Williams, whose owner was also the postmaster. It is reported that Postmaster Perry Williams' pet bobcat was kept outside of the

post office for nine years, and was a favorite tourist attraction.

After statehood in 1912, the post office functioned inside a grocery store, then later within Postmaster Arthur DeHart's home, and finally inside the doomed Maricopa Hotel by 1936.

The rest is history.

Harry Brock's career as mail carrier at the Post Office would span 40 years. He received awards for his service including the U.S. Postal Service Pride Excellence Award for Outstanding Customer Service for the western region of the United States. In 2008, Patricia wrote in Harry's biography he later became part of the "Million Mile Club" of USPS for outstanding performance, which included driving 1 million miles over 30 years without a preventable accident.

Patricia Brock said despite various weather roadblocks, Harry "always got his mail delivered." He passed away in 2012.

In the biography, Harry Brock recounts his opportunity to become postmaster before deciding that it was not his dream.

For him, the appeal of independence


delivering mail as he drove down desert roads outweighed a position indoors.

"I enjoyed the freedom and open air," Harry Brock said. "I enjoyed talking to the people, the few that I met every day."

Once, Patricia Brock said, she accompanied Harry on his route, which included trekking as far as Bon, Stanfield and Hidden Valley. At the time, he was the only mail carrier in Maricopa. She was dazzled by the desert's beauty and at the warm relationship her husband had with the rural inhabitants to whom he delivered mail.

"To a few of these people, Harry was the only human contact they had for weeks and sometimes, months," she said.

He traveled 60 miles a day to deliver mail to 70 boxes when he first started in 1954. His route grew to 160 miles and 400 mailboxes by the time he retired in 1994.

Those figures continue to grow as Maricopa's population booms. It seems the post office has finally found its permanent home after its harrowing past. Despite the city's growth, USPS officials said there are no plans to expand its current retail location. 

Homes sales



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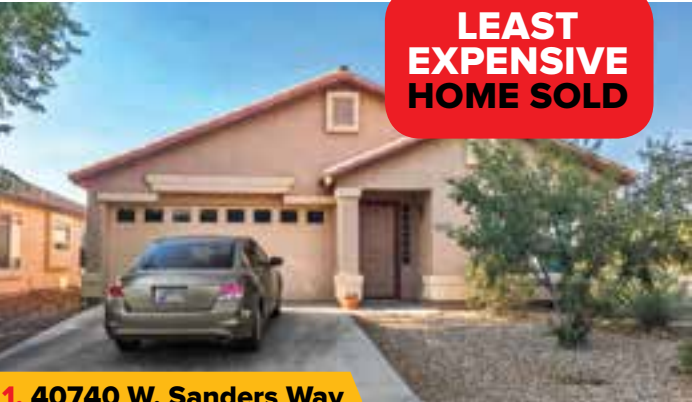
1. 42463 W. Blue Suede Shoes Lane

Mason Callejas

The most expensive home sold in Maricopa from May 16 to June 15 is a waterfront lot in Province with four bedrooms and an in-laws quarters. Selling for its list price of \$400,000, the 11-year-old house was on the market more than a year and sold for 10.6 percent less than its previous sale two years ago. The property first sold in 2010 for \$269,000.

Sold: June 15
Purchase price: \$400,000
Square feet: 3,173
Price per square foot: \$126
Days on market: 441
Builder: Engle
Year built: 2006
Bedrooms: 4
Bathrooms: 4
Community: Province
Features: Two master suites, three-car garage, covered back patio with gas fire pit, four bathrooms, upgrades
Seller's agent: William G. Menkhus, HomeSmart
Buyer's agent: Chris Levally, Launch Real Estate

- 2. 21884 N. Olson Court, Rancho El Dorado, \$379,500**
- 3. 2226 N. Reinbold Drive, Rancho El Dorado, \$370,000**
- 4. 40955 W. Hopper Drive, Homestead North, \$355,000**
- 5. 22129 N. Cline Court, Rancho El Dorado, \$352,500**



**LEAST
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1. 40740 W. Sanders Way

Mason Callejas

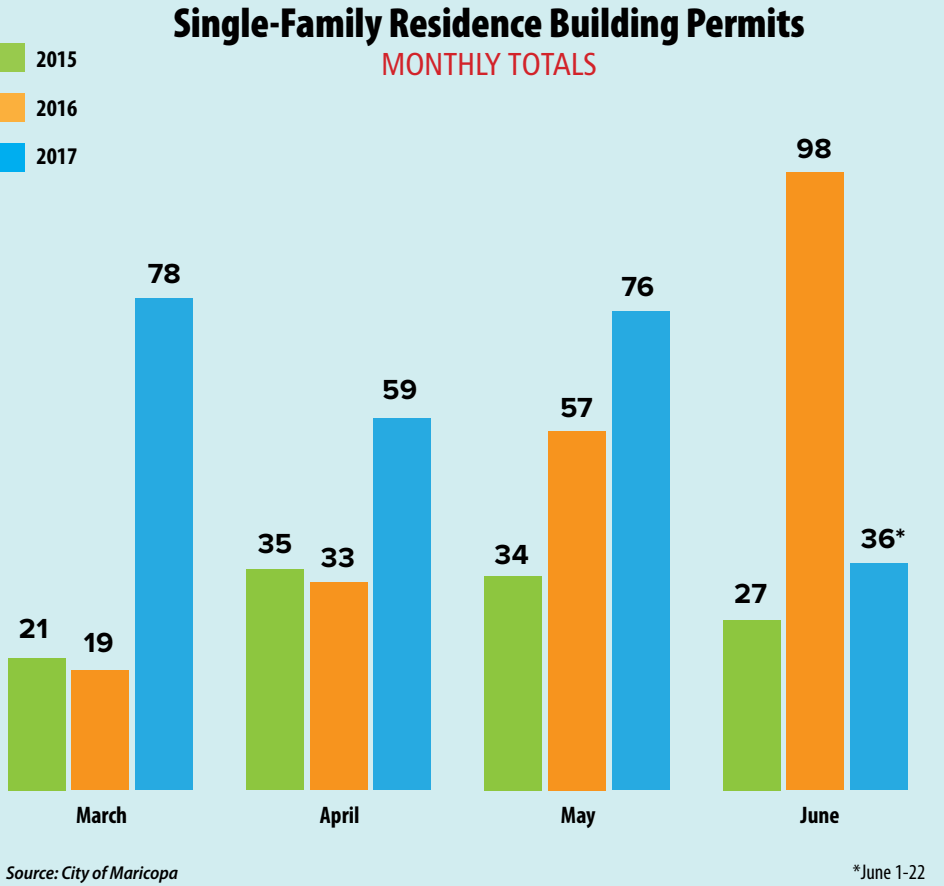
The least expensive home sold in Maricopa from May 16 to June 15 went for 21.7 percent above its previous sale price but \$20,000 below its asking price. The three-bedroom home in Homestead has an open design for a spacious feel. The 1,500-square-foot house sits on a 6,000-square-foot lot and sold the day it went on the market.

Sold: May 19
Purchase price: \$125,000
Square feet: 1,527
Price per square foot: \$81.85
Days on market: 0
Builder: DR Horton
Year built: 2010
Bedrooms: 3
Bathrooms: 2
Community: Homestead
Features: Covered patio, kitchen appliances, vaulted ceilings, marble bath tops, birch cabinets, master bath with double sinks
Seller's agent: Kum Ran Han, HomeSmart Success
Buyer's agent: Marc Montgomery, HomeSmart Success

- 2. 42551 W. Colby Drive, Rancho El Dorado, \$129,000**
- 3. 36516 W. La Paz St., Tortosa, \$130,000**
- 4. 19271 N. Toledo Ave., Tortosa, \$130,000**
- 5. 21272 N. Duncan Drive, Rancho El Dorado, \$130,000**

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

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Battle heat during summer desert vegetable gardening

By Ron Bernier



Ron Bernier

The good news in the low desert of Arizona is that there are two growing seasons. That means you can grow a wide variety of vegetables during the course of the year. The bad news is the growing seasons are short, and we have to plan to get the most production from our home gardens in this short amount of time.

We are currently in the warm growing season. The season ends when the temperatures get too high for plants to produce viable pollen and the pollinators (mostly bees) are less active.



Ron Bernier

Warm season plants are typically those that have edible fruits — corn, cucumber, eggplant, tomatoes, melons, squash, peppers, pumpkins, jicama and okra. For a detailed vegetable planting schedule for Maricopa, visit the Master Gardeners' page on the University of Arizona web site.


You can make the warm growing season longer by following these tips:

1. **When possible, plant varieties that can be started from transplants.** Plants that are started indoors from seed or in a greenhouse can give you a great head start on days to harvest.
2. **Monitor your plants daily for heat stress.** Plants show stress by leaves withering and stunted growth. Use a moisture meter daily to ensure your plants have the right amount of water as the days grow longer and hotter. Adjust watering durations as required.
3. **Make sure your plants have sufficient nutrients available.** Many vegetable plants are heavy feeders and will require additional applications of fertilizer during the growing season. Follow the recommendations on the package when

TIPS

It is not early to start thinking about what you want to plant for the cool season. Cool season plants typically have edible leaves, stems and roots. Examples include beets, cabbage, broccoli, asparagus, carrots, lettuce, mustard, parsley, radish, turnips and peas. The cool season runs from August, when temperatures start to fall, and runs until the first frost. You can start planting seeds in August while the ground is still warm enough to encourage germination. Transplants usually go in starting in September. You will be able to harvest until the first frost. Use the Vegetable Planting Schedule mentioned above to help select plants and timing for your own garden.

applying fertilizer. Remember that as you increase the amount of water required in the hot months, you will also have to shorten the time between feedings as water will leach nutrients from the planting bed.

4. **Use shade cloth to protect plants from overheating and sunburn.** Install shade cloth to protect plants from both mid- and late-day sun (west side of garden). Shade cloth comes in varying degrees of sunlight filtering. Use cloth that offers 60-70 percent protection. Don't completely block the sun as this will really slow down growth and production. 

Ron Bernier is a Master Gardener and a resident of Maricopa.

 Extension.Arizona.edu/master-gardeners

Trending

inMaricopa.com

1 Highway Patrol detail cites speeders on SR 347

2 Global Water addresses customer complaints, return on investment

3 Anti-Apex petitions filed at City Hall

4 Maricopan drops 100 pounds in 5 months

5 MPD pursuing child-sex charges against Idaho man


6 Best Dad in Maricopa wouldn't change fatherhood for anything

7 Water district's proposed tax hike dies, but fees will rise

8 Man accused of crashing stolen SUV

9 Winter changes plans, becomes MUSD athletic director

10 School board OKs budget, continues debate on staff raises

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How easy is it to buy a home?

By Pat Lairson

Whether renting or owning, everyone needs a place to live. With the price of rents soaring across the Valley, why do people choose to still rent over buying?

The average rental amount in Maricopa is \$1,200 a month, and the average rental price in Chandler is \$1,811 a month. It takes about three years from the time you purchase your home to gain enough equity to sell it again and have some equity left to put in your pocket. If you know you will live in a certain area for up to three years or are OK to become a landlord should you move, then buying a home now should be on your to-do list.

If you choose to proceed to buy a home,

the first step is to get prequalified. The three most typical loan types are conventional, FHA and VA. All require different criteria and different amounts of a down payment.



Pat Lairson

Any loan where a buyer does not put 20 percent of the purchase price down usually results in PMI, or a private mortgage insurance cost added to your monthly loan amount. In the state of Arizona your taxes and home insurance are impounded into your escrow account so the monthly mortgage you pay will include these two items.

There is still a No Down Payment Assistance program available for buyers who

have little or no down payment or simply want to use this program instead of their own funds. It is called Home Plus, and here are some of the qualifications for this program:

1. AZ E-housing gift amount is between 3 percent and 5 percent, depending on the type of loan, that can go toward down payment or closing costs.
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There are approximately 280 available homes for sale in Maricopa. The current price range starts at \$144,000 and goes up to \$480,000.

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Left, Student Choice High School give the city \$4,000 to pay for a fence at Santa Cruz Elementary. Below, Santa Cruz opened two rooms for senior activities.



Mason Callejas

Maricopa seniors get cozy in new home

By Mason Callejas

Maricopa senior groups are settling into their new home at a local elementary school this summer after being displaced by the construction of the State Route 347 overpass.

The groups, formerly located at the Copa Center, had been searching fervently over the past several months to find an alternative home. Cooperation with officials at the city and Maricopa Unified School District landed them at Santa Cruz Elementary.

Joan Koczor of the Age-Friendly Maricopa Advisory Committee called the rooms “amazing,” noting they were clean and freshly painted.



Joan Koczor

“Much more than I expected. And several steps up from when we had originally seen them.”

She is also on the advisory board for Maricopa Seniors Inc., one of the organizations at whom the project was targeted.

City Community Services Director Kristie Riester worked closely with the Age-Friendly Maricopa Advisory Committee and several of the groups affected by the transition. So far, she said, the transition is going well.

“It’s been phenomenal,” Riester said. “They have two beautiful classrooms with tables and chairs and cabinets that are open Monday through Friday, 7:30 a.m. to 4 p.m.”

To make things work at Santa Cruz, the city and school district worked together to construct a chain-link fence to separate the seniors from the students.

The cost of the fence was absorbed in large part from a \$4,000 donation made to city Senior Services by Student Choice High School, an area charter school which operates out of Copper Sky.

This fence allows senior groups to maintain their own separate entrance to their area of the building without causing security concerns for the school. Without it, the seniors would have been denied access to the two classrooms, thus forcing them to rely on an a much more limited space at Copper Sky.

Locked interior doors serve the same purpose inside the building.

Senior groups, organized or otherwise, had used the Copa Center for their events, such as card games, crafts and volunteer efforts, for the past few years. But the Copa Center will be one of the casualties of the pending overpass construction.

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Left, expected and unexpected traffic delays have resulted from prep work near the intersection of State Route 347 and Maricopa-Casa Grande Highway. Below, a sheltered parking structure was removed near SR 347 to clear a path for the overpass. Bottom, crews did night work to lessen the impact on traffic flow.

Raquel Hendrickson



Raquel Hendrickson


City starts webpage to track overpass progress

Though groundbreaking for the construction of the overpass is expected in autumn, preparation work has been obvious along John Wayne Parkway from Hathaway Avenue to Alterra Parkway. That has already impacted traffic, and the City of Maricopa launched a webpage to keep residents apprised of road activity.

OverpassTracker.com offers updates and maps and links to the project page hosted by Arizona Department of Transportation.

Work this spring included relocating utility lines on portions of State Route 347, Honeycutt Road and Maricopa-Casa Grande Highway. Workers moved the fire administration building off its site in the path of the overpass to its temporary location on Edison Road. Parking shelters were also removed. Much of the work affecting traffic was done at night, but some utility work unexpectedly clogged daytime traffic as well.

The overpass webpage and a hotline (520-316-6910) were created to keep citizens informed of such changes.

The \$50 million project creates six lanes on a bridge over the Union Pacific Railroad tracks to relieve the convergence of more than 31,000 cars and 40 trains a day. 



Raquel Hendrickson

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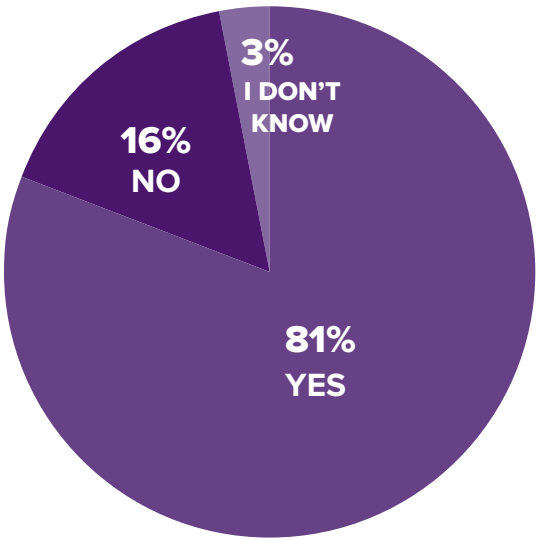
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Total: 823 votes
Source: InMaricopa.com Poll May 22-30

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As residents of the Sonoran Desert, we are all aware of the value of water and the impact water has on our quality of life. In reality, there is a limited supply of water and conservation must also be a daily part of our lives to preserve this most precious resource.

The southwestern United States, including Arizona, is in a prolonged drought. Photos show the declining water levels in Lake Mead and, despite being hundreds of miles away, declining levels in Lake Mead impact water supplies in Maricopa.

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Hourly Reads

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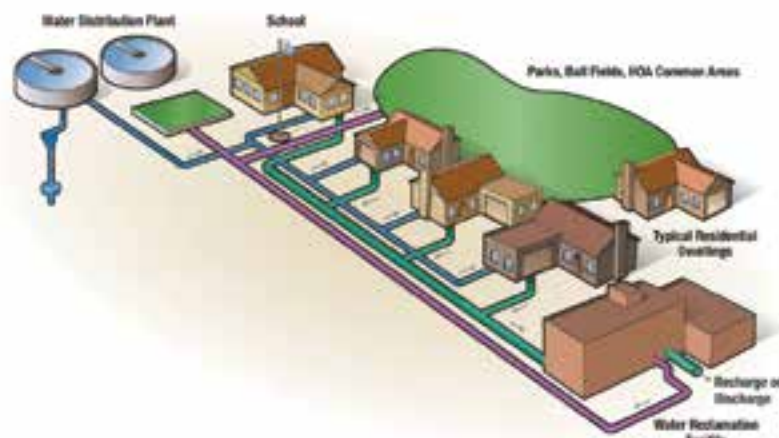
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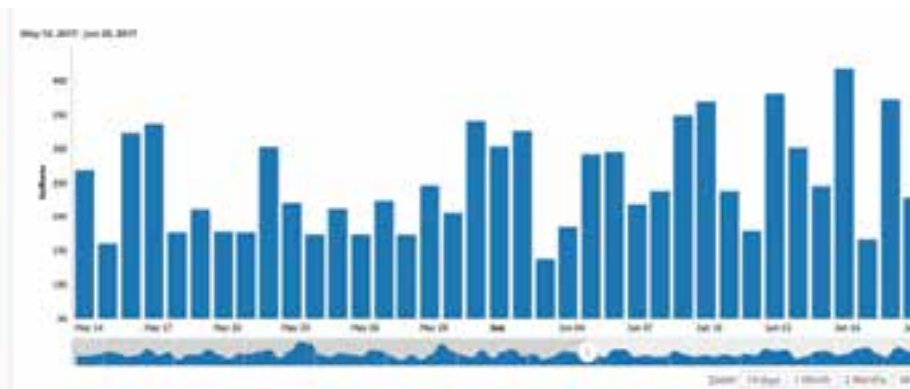
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Keepin' It Cool

How local businesses help Maricopans chill out in the long, hot summer

Maricopa summers are inevitably among the hottest in the state, so finding ways to stay cool is a high priority for residents. The heat can have a negative impact on some business, but many adjust to create different ways to keep their customers refreshed. For some business owners, in fact, summer is the busiest time of the year. Following is a sampling of Maricopa businesses meeting the challenge of summer head on.



Submitted

Bet on it

1 Harrah's Ak-Chin Casino

Director of Marketing and Operations:
Michael Kintner

Products/Services: Entertainment, hospitality, gaming and dining
In Maricopa since: 1994

How does summer impact your business: We say goodbye to our winter visitors, but we are excited to continue to host our loyal Total Rewards members. Everyone knows everyone and we enjoy spending time with our local friends.

Most frequent request at your business during summer: It doesn't matter if it's summer; our guests always enjoy cool drinks and hot games... and a jackpot or two doesn't hurt!

What is your favorite part of summer: Enjoying time with my family and friends. Camping and taking out the new RV and staying cool with the dogs.

Submitted

2 Creamy Coolness
Maricopa's Water and Ice

Owners: Tonya Thompson and Michael Thompson
Products/Services: Best tasting purified water and ice through extensive reverse osmosis, alkaline water, water bottles/ crocks/stands, Thrifty Ice Cream, real fruit smoothies, wall of nostalgic candy, over 100 Hawaiian Shaved Ice Flavors, Advocare "We Build Champions" products, soft-serve ice cream — shakes, sundaes and biggest banana splits.
In Maricopa since: 2004
How does summer impact your business: Business doubles! We cool off twice as many people in the summer as we do in the winter with cool treats.
Most frequent request at your business during summer: Hawaiian Shaved Ice and Thrifty Ice Cream
What is your favorite part of summer: Seeing all the smiling faces coming through the front door to cool off!

3 Some light refreshment
Arroyo Grille at Ak-Chin Southern Dunes Golf Club

Executive Chef: Neil Magbanua
Products/Services: Breakfast, lunch and dinner
In Maricopa since: 2005 (original clubhouse restaurant)
How does summer impact your business: Summer slows down dramatically because of the heat; as a result, we are more diligent with scheduling and product ordering.
Most frequent request at your business during summer: Milkshakes, salads and light, refreshing meals
What is your favorite part of summer: There is more time to spend with friends and family and vacations.

4 A nice cold beer
Native Grill & Wings

Owner: Pat Kieny
Products/Services: Family restaurant and bar
In Maricopa since: 2005
How does summer impact your business: During June and July as customers are vacationing, it is slower. The rush at night starts later because of the heat.
Most frequent request at your business during summer: Make sure the AC and the beer are cold.
What is your favorite part of summer: I like that the roads, golf courses and shopping are not as congested.

5 Something in the air
McLaughlin Air Conditioning and Heating Service

Owner/Operator: Bruce McLaughlin
Products/Services: Air conditioning and heating repairs, installation and new-build construction for homes and businesses located within 100 miles of Maricopa.
In Maricopa since: We have had family here in Maricopa since 2004 and started McLaughlin Air full time at the end of 2014.
How does summer impact your business: Summer time for



Photos by Anita McLeod

any air conditioning company can be challenging and very demanding. The smile on a happy customer who now has a working AC makes it worthwhile.
Most frequent request at your business during summer: The most common call we get is, "The AC has been running great for years and we never serviced it but now has stopped cooling." The misconception on an AC unit is that if it's running and cooling it must be OK.
What is your favorite part of summer: Any water sport is a must, and nothing beats stopping into the local Water and Ice store for some ice cream or shaved ice. I really enjoy the skies at night and the electric storms with the monsoon season. As someone who enjoys the heat when below 110, summer is very enjoyable and the rest of the time we make do and drink lots of water.

6 Cool down bug-free
Absolute Companies, LLC

Owners: Shane and Brennan Phillips
Products/Services: Air conditioning service, pest control and pool services
In Maricopa since: 2010
How does summer impact your business: The higher temperatures create more demand for all our services. Air conditioning maintenance and repair is in high demand due to the increased wear and tear placed on the equipment. Summer also brings out the ticks, bedbugs and bark scorpions. Pools are in full use in summer.
Most frequent request at your business during summer: We are a growing company, but the air conditioning repair is currently our busiest segment.
What is your favorite part of summer: I always enjoy the monsoon lightning shows. Some nights can have hundreds of lightning flashes.

7 Shake it up
Copa Craze

Owners: Lisa and J Curtis
Products/Services: Energy drinks plus smoothies packed with Herbalife Nutrition, coaches to help people get great health results
In Maricopa since: 2012
Most frequent request at your business during summer: Icy drinks, smoothies and teas, also ice cream sandwiches
What is your favorite part of summer: I love the extra family time in the summer months.

8 The frozen treat
Yogurt Jungle

Owners: Bo Johnson and Michelle Harl
Products/Services: Frozen yogurt, smoothies, banana splits, shakes and floats
In Maricopa since: 2011
How does summer impact your business: A nice cold treat and nice cold AC draw a crowd.
What is your favorite part of summer: Swimming and eating frozen yogurt, of course

MHS teacher to get Yale business perspective

Joby Thompson has been selected to attend the “Business Perspectives for Creative Leaders” program at Yale University in New Haven, Connecticut, July 23-28.

The conference is a week-long executive education program for design professionals in partnership with Yale University’s School of Management. The curriculum features case studies, lectures, hands-on activities, and group work to give creative leaders a more complete understanding of business and design.

Maricopa High School is a member of the Central Arizona Vocational Institute of Technology (CAVIT), which is paying all expenses for the training.

Thompson is currently the MHS Career and Technical Education (CTE) Department chairperson where he teaches graphic design classes.



Joby Thompson

Businesses land permits for expansion, services

In the past month, an array of businesses landed permits for upcoming or ongoing work.

Global Water received a permit for a 1,200-foot wall for the perimeter of its campus in The Lakes at Rancho El Dorado. The company also received a grading-and-drainage permit as part of an expansion project valued at \$1 million.

Volkswagen Group of American, whose Maricopa facility suffered two fires in the past month, was granted a permit for a 6,000-square-foot, factory-built metal building. It is being installed by Willmeng Construction and valued at \$400,000.

Maricopa Unified School District is installing restroom additions for its CTE classroom at the high school, a project costing \$75,000.

American Promotional Events received permits to sell fireworks and pyrotechnics in Fry’s and Wal-Mart.

The new Gyro Grill, located in the space formerly occupied by Radio Shack at 20917 N. John Wayne Parkway, was granted a permit for an illuminated sign.



Mix of industries apply for Maricopa business licenses

The following businesses applied for business licenses in the city of Maricopa May 16-June 15.

COMMERCIAL: American Fire Equipment Sales & Service, Desert Rose Nutrition, Drotz Venture LLC, Jordan Law LLP

HOME-BASED: Designs by Diane, Hand-Crafted by Lani Girl, Mobile Auto Body Specialist, Gilbert Barela’s Landscaping, PinalCo Re-Bath, Robert Frederick CPA, Scoopy Doo, Unwind Massage Therapy by Annalisa

OUT OF TOWN: Ausi’s Building & Construction LLC, Bayou Bistro, Cobb Event Designs, Interstate Restoration LLC, Pat Thompson Food Vendor, Santa Rita Landscaping, Starlight Home, Temperature Pro of Metro Phoenix, Tri-State General Contractors

SPECIAL USE: Redemption Tattoo

CPA hosts free seminar on financial statements

James A. Chaston, CPA, will host a free seminar July 5 from 11 a.m. to 1 p.m. at Maricopa Public Library.

The topics to be covered are:

- How to read your financial statements
- What do these statements mean to me and my business
- How can I use that information to make my business more profitable

Chaston has over 22 years of experience in public, private and governmental accounting, specializing in closely held small business consulting and tax planning. He said he is sponsoring the free seminar because he believes, “To be successful, you must help others be successful.”

There will be snacks and drinks.



DQ dinged for ongoing issues during food inspection

Though only eight eateries in Maricopa were inspected between May 16 and June 15, two were inspected twice in that period. Only one restaurant did not receive an excellent rating.



At Dairy Queen/Shell, the inspector listed ongoing problems. One was a prep table that was not cold-holding food at 41 degrees or cooler as required. The other was holes in a wall next to the ice machine and gaps at the back door, which had been written up in February. The business was also ticked for not having a food thermometer in the prep table.

EXCELLENT [No violations found]

- Aliberto’s Maricopa (2)
- Bashas’
- Bashas’ — Deli
- Culver’s of Maricopa
- Fry’s Marketplace — Sushi (2)
- Helen’s at Copper Sky
- Honeycutt Coffee

SATISFACTORY [Violations corrected during inspection or given deadline]

- Maricopa Shell — Dairy Queen

NEEDS IMPROVEMENT [Critical items noted during inspection cannot be corrected immediately]

None

UNACCEPTABLE [Gross, unsanitary conditions necessitating the discontinuation of operation]

None

Get ready for MCE Pitch Competition

Maricopa Center for Entrepreneurship is hosting its first Pitch Competition. They are looking for six local businesses to pitch to a panel of judges in hopes of winning the first or second-place prize. The competition is Aug. 24, 5:30-7:30 p.m. at Elements Event Center, 1600 N. Maricopa Road. The last application will be accepted July 15.

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Massage code change may signal loosening regulations for mobile businesses

By Mason Callejas

Maricopa City Council approved an ordinance change June 6 that allows traveling massage therapists to be exempt from regulations concerning home-based or brick-and-mortar businesses.

The decision was made largely on the basis massage therapists should not be considered “home-based” just as mobile physical therapists and nurses, or lawn and pool services are not.

“This amendment basically will effectively allow licensed legitimate massage therapy professionals to provide their services in other people’s homes by exempting them from certain sections of city code that would ordinarily prohibit a business to operate in a residential neighborhood outside of the regulations that concern home-based occupations,” Director of Development Services Martin Scribner said.

Scribner suggested the current regulation requiring massage therapist to maintain a storefront was prohibiting them from getting a license and, thus, needed to be changed. This prohibition, he said, was forcing mobile massage therapists to essentially break the law if they wanted to do business in the city.

Council member Henry Wade expressed concern about reporting crimes associated with in-home services like massage therapy.



Mason Callejas

Maricopa Police Chief Steve Stahl encouraged the change, which he feels will keep crimes from going unreported.

“Victims who are robbed during the illegal act often don’t report their victimization,” Stahl said. “And so, sometimes these are very hidden crimes that go on for a long time before they come to the police department’s attention.”

As more businesses are bucking the brick-and-mortar model, some argued the city must keep up with economic trends that, when embraced, could help the city grow.

Mayor Christian Price said he feels it’s crucial for the council to help loosen these regulations and promote growth wherever possible.

“We know that’s obviously a challenge here in Maricopa to make a living, especially if you’re a small, home-based business,” Price

said. “I think that meets the overall goal of this council — to promote small business — and I see that moves us in the right direction.”

Massage therapist and seven-year Maricopa resident Marisol Reyes agreed with Price, saying the move will make it easier for those massage therapists to be self-employed, when they either cannot afford to open their own parlor or they simply do not want to.

“It’s already such a burden,” Reyes said. “Getting licensed and getting an LLC, not to mention insurance, it can be a lot.”

All these factors, Reyes added, can lead to a massage therapist doing the easy thing and getting a job working for a parlor or clinic, of which Maricopa has few. If she had the chance to operate as a self-employed message therapist in Maricopa, she said, she would probably be making quite a bit more money than she does now.

This change could potentially open the door for other ordinance changes concerning mobile services that otherwise, under current city code, must abide by the “brick-and-mortar” regulations prescribed to their type of business.

The change was approved 6-0 by the council. Councilmember Vincent Manfredi abstained due to a conflict of interest; his daughter is a massage therapist.

Tips for Managing a Business – and Household

Business – and life – lessons from our least experienced colleagues

By Scott Bartle

I’m a bit of a business geek, and I like to learn new “tricks of the trade.” With upwards of 1 million business books published annually in the United States alone, there is no shortage of learning opportunities. However, given I read about as fast as I run these days, I’m forced to complement self-help books with other resources.

I discovered two such resources in the most unlikely of forms and places — a 2-year-old and a 4-year-old, under my own roof.

I got married in March and was lucky enough to acquire two terrific toddlers in addition to a wonderful wife. Having spent the last two decades or so living alone, I am acutely aware of the many changes my new roommates and lifestyle have brought. While I am very new to parenting, I find many strategies parallel what we do — or should do — as business owners.

1 Be a “yes” (wo)man. One parenting theory presented to me was to “never say no.” That may be effective for some families, but it lasted about six minutes in my household. Nonetheless, a related tip from my mom — say yes whenever possible — applies to kids (and spouses) and coworkers.

There will inevitably be those times when you must yell “NO!” whether literally when your toddler reaches for a hot stovetop, or figuratively when an employee wants to implement a new program you know will create chaos for your company. But when presented with opportunities you are reasonably confident will not harm your kids or company, try to say yes. Encouragement and acceptance will yield greater results for your people (however short) than discouragement and denial.

2 Create structure. I’m a process-oriented guy and see value at work and home by having structure. Kids thrive with it, and it’s important your staff know your standard operating procedures. It helps manage expectations and allow your people to focus on what they do best — even if that’s playing with Hot Wheels and Legos.



Scott Bartle is learning more every day thanks to his new family: John, 2; Neil, 4, and Colleen.

Submitted

For more of Scott’s observations and tips, visit InMaricopa.com/Opinion.

3 Hold them accountable. A vital offshoot of structure is accountability. Accountability is not limited to top-down parent-child or supervisor-subordinate relationships. Every person privy to the successful operation — including spouses and teachers, and customers and vendors — should be held accountable to agreed-upon expectations. Of equal import, you need to create a culture in which your kids, spouse, employees, customers, et al., are compelled to hold you accountable, too.

4 Prioritize. You cannot get it all done, so quit trying. Be realistic with what non-mission-critical activities you can take on, and prioritize prioritize prioritize.

5 Be productive every (quiet) moment. There aren’t many at work or home, but quiet times are imperative for getting caught up (and, one day I hope, getting ahead). I try to maximize every minute when the kids go to bed. Productivity during this precious time could be different for everyone; for my wife and me it ranges from laundry and kitchen detail to exercise and computer work. It could be getting one’s “zen” time in front of a TV or book.

At the office, I have to be intentional about creating the quiet time by blocking time sans interruptions to focus on high-priority tasks. I’ve always had the luxury of “tonight” or “this weekend” to address the overload at work; not anymore!

6 Delegate. Another bane of my Type-A existence is delegation. I know I can’t achieve my goals for my business or family without it, yet it’s oftentimes hard for perfectionists to let go. While getting more done is always a goal, giving your kids/staff more responsibility and opportunities to learn will yield great and long-lasting benefits.

7 Celebrate small victories. I’m trying to turn a professional liability into a parenting asset by celebrating small victories. I recognize more than ever how important wins of any size are to people of any size. Positive reinforcement is really important, so make sure your people at home and work know they’ve “done good.”

Being a business owner makes me a better parent. I’m optimistic being a parent will make me a better business owner, too.

Scott Bartle is publisher of InMaricopa.

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Like least about Maricopa: A hospital and more shopping would be nice.

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4 simple steps to loving your veggies



By Aaron Gilbert

Whether vegan or paleo, some carbs or no carbs, almost all “health-conscious diets” agree on one thing: You should eat your greens!

Despite unique taste preferences, almost anyone can learn to love their veggies daily with this easy 3-step formula. It creates flavor combos that balance out the bitterness and taste great.

STEP 1 Challenge Yourself

Choose a vegetable you’ve avoided in the past or have been a little afraid to try. Research shows veggie distaste is reduced with exposure. It can take 3-4 tries to start liking something you previously didn’t.

Least Bitter to Most Bitter

- 1 — Spinach
- 2 — Asparagus
- 3 — Broccoli
- 4 — Brussels Spouts
- 5 — Belgian Endive
- 6 — Swiss Chard
- 7 — Collard Greens
- 8 — Kale
- 9 — Chicories
- 10 — Rapini
- 11 — Radicchio
- 12 — Dandelion Greens

STEP 2 Complement Your Greens

Select 1-3 complementary items for your veggie from these categories:

Spice:

- Crushed red pepper
- Chopped fresh chilies
- Smoked paprika
- Black pepper
- Chopped garlic
- Ginger
- Cumin



Aaron Gilbert

Sour:

- Fresh lemon juice
- Fresh lime juice
- Vinegar (wine, cider, or rice)
- Preserved vegetable (pickles, chilies, etc.)
- Fermented vegetables (sauerkraut, kimchi, etc.)
- Wine

Salty:

- Dijon mustard
- Salt
- Capers
- Anchovies
- Olives
- Seaweed
- Brined cheese (feta, etc.)

Complements create flavor harmony, pushing several taste buttons at the same time. This covers up the certain “veggie flavors” you may not enjoy.

STEP 3 Buffer the Bitterness

Select 1-2 buffering items for your veggie.

Sweet:

- Maple syrup
- Honey
- Cooked onions
- Fortified wine
- Berries
- Oranges, tangerines, mandarin
- Mirin

Fat:

- Tahini
- Chopped Walnuts
- Olive oil
- Cooked bacon
- Avocado
- Soft cheese (goat, etc.)
- Sliced almonds
- Butter

Don’t freak out if these buffers sound calorie-dense. It only takes a little bit to balance out bitterness, not a cup of oil or a pound of bacon.

STEP 4 Pick your method

Wash your vegetable thoroughly. If cooking, chop them into equal-sized pieces.

Raw:

1. Cut veggies to desired size and arrange them on your plate.
2. Top with complements and buffers.

Recommended veggies:

- Spinach
- Broccoli
- Brussels sprouts
- Belgian endive
- Kale
- Chicories
- Radicchio

Steam:

1. Place veggies in a single layer in steam pot with 1 inch of water.
2. Cook over high heat for 3 min.
3. Garnish with complements and buffers.

Recommended Veggies:

- Spinach
- Asparagus
- Broccoli

Sauté:

1. Place damp veggies in single layer in sauté pan with a drizzle of cooking oil.
2. Cook on medium-high for about 10 min.
3. Add salty, sweet and/or spice midway through cooking.
4. Garnish with sour and/or fat.

Recommended veggies:

- Belgian endive
- Swiss chard
- Collard greens
- Dandelion greens
- Kale
- Chicories
- Rapini

Braise:

1. Place veggies in single layer in large pot over medium heat; drizzle with cooking oil.
2. Add salty, spice and/or sweet along with enough water to half-submerge veggies.
3. Lower heat, cover and cook until tender but still firm, 15-45 min.
4. Garnish with sour and or fat.

Recommended veggies:

- Belgian endive
- Swiss chard
- Collard greens
- Dandelion greens
- Kale
- Chicories
- Rapini

Aaron Gilbert, CSCS, founder/owner of Longevity Athletics.

520-261-4661
Aaron@LongevityAthletics.com

Hydration and the elderly

Early warning signs of dehydration can be difficult to detect in the elderly. Some of the reasons are:

- Elderly adults don’t feel thirst as strongly as other adults, and thirst is a common early warning sign for mild dehydration.
- Total body water decreases with age (from 60 percent to 52 percent in men, and from 52 to 46 percent in women). Therefore, an adult over 60 years old has less water to lose before becoming dehydrated.
- Chronic diseases, neurologic conditions and some prescription medications, to name a few, all can exacerbate dehydration quickly.



Rev. Sheriolyen Curry

- **Swallowing disorders** caused by stroke, Parkinson’s disease or dementia
- **Obesity**
- Patients **over 85 years old**
- Being **bedridden**
- **Diarrhea, vomiting or excessive sweating**
- Having 5 or more **chronic diseases**
- Taking 5 or more **prescription medications**
- Diminished drinking due to **fear of incontinence**

Here are some tips to help prevent dehydration in Elderly Adults:

1. Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
2. Five 8-ounce glasses of water per day is a good bench for elderly patients. Although everyone’s needs are different, studies have shown that elderly adults who drink 5 glasses of water experience lower rates of fatal coronary heart disease.
3. Try to avoid coffee, alcohol and high-

There are several risk factors caregivers should recognize that heighten the risk for your patients of developing dehydration. Understanding these risk factors and helping your patients recognize them can lower the risk for dehydration. Factors include:

protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or exacerbate dehydration.

4. Encourage older adults to drink water, milk or juice with every meal, and keep favorite beverages nearby.
5. Learn to recognize the early warning signs of dehydration. Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.
6. Eat foods high in water, like fresh fruits, vegetables and some dairy products, which can help you meet your daily water needs.
7. Fear of incontinence can diminish a person’s urge to drink voluntarily. Therefore, drink more during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help.

Summer in Arizona is no joke. Make sure you stay hydrated, and remember to check in on your elderly neighbors. We are all in this together.



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Every Child Needs a Well Child Exam

By Andrew H. Jones

Summer is here and the next school year will be here before you know it. It's time to start thinking about the physicals your children need for the upcoming year. Often times students are required to get both a sports physical and an annual well-child exam if they attend school and play a sport. "Participation in sports is an excellent way for your child to begin to develop healthy habits that will last a lifetime" (Dana Rodriguez, CPNP, PhD, Sun Life Family Health Center, 2017).

There is a difference between a sport physical and an annual well-child exam. A well-child exam is more than just a physical. It is a comprehensive check-up and follow-up of any health issues your child may have. Let's explore the differences between the two and which would be the most beneficial to you and your child's wellbeing.

What is a sports physical?

A sports physical is different than the annual wellness exam because it focuses on reviewing your child's current health status and medical history to ensure that your child is healthy enough to play his or her sport. Your physician will review any previous or existing injuries and assess your child's current fitness level "Checking for any abnormalities, concussions and etc. to determine if there is or isn't any risk for your child playing his

or her sport. If your physician detects any issues that may put your child's health at risk, further tests will be conducted to ensure the safety of your child on and off the field" (Christine James, DO, Sun Life Family Health Center, 2017). The areas of focus during a sports physical will include:

- Height and weight
- Vision
- Heart health
- Blood pressure
- Bone and muscle health, flexibility and strength

What is an annual well-child exam?

An annual well-child exam is different from a sports physical because it not only focuses on the physical health of your child but the developmental, emotional and social aspects of your child's health as well. Your physician will focus on the overall health of your child by doing "a more thorough and complete physical examination. During a well-child exam, we can address any issues and review immunization records to make sure the child is up to date" (Christine James, DO, Sun Life Family Health Center, 2017). A full assessment of your child's cognitive and social milestones will be looked at to ensure proper development. Your physician may also use this time to discuss important topics such as puberty, healthy relationships, peer



pressures, drugs and alcohol. Developing a healthy and trusting relationship with your child is an important aspect of your child's annual exam for providers at Sun Life. The areas of focus and topics discussed during your child's annual wellness exam should include those listed above from a sports physical as well as include the following:

- Health history
- Nutrition
- Hearing
- Sleep habits
- Immunization history
- Lab work, if needed
- Adolescent issues
- Behavioral health screening, if needed
- Preventative health

Can I get my child's sports physical and annual well-child exam done in the same visit?

Yes! Sun Life providers would be happy to perform both a sports and a well-child exam during the same visit. It is recommended that every child between the age of 1-18 needs an annual well-child exam, regardless of them playing sports or not. Today, most insurances will cover a comprehensive well-child exam at no cost to their insured. Of course, before you schedule your child for their well-child exam you will want to verify with their insurance policy first. During this visit don't forget to ask to have the school physical form completed by the provider.

REFERENCES

InMaricopa.com. (2015). Maricopa Rams High School Football Image. Retrieved from <http://www.inmaricopa.com/football-preview-rams-need-rebound-against-seton/>

When was the last time you took your whole family in for annual physicals?

Here at Sun Life Family Health Center we want you and your family to be as healthy as possible. We feel that regularly scheduled wellness exams help to ensure positive growing and development. Please let us help you in providing a bright future for your child.

FREE EVENT!

July 29th, 2017

8:00 a.m. — 12:00 p.m.



Team Up for Teens!

Free sports physicals at Sun Life Family Health Center in Maricopa on July 29th, 2017 from 8:00 a.m.— 12:00 p.m.

Walk in only, physicals will be provided on a first come, first serve basis. Don't miss out on this great opportunity.

Please bring your sports paperwork with your portion already completed. Please answer all questions in the sports physical form and sign where needed (for both parent and child). #TeamUpForTeens



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TIP OF THE MONTH

Make your family's health a priority...

Encourage your family to make small changes, like taking a walk after dinner or going for a bike ride.
#OneSmallChange



Opioid death counts among Arizona residents and non-residents in Arizona from 2007 to 2016



Opioid Epidemic

Arizona raises red flag on deadly addiction

By Raquel Hendrickson

When Gov. Doug Ducey declared an emergency June 5, physicians were not surprised.

Given the rise local doctors have seen in the use of both legal and illegal opioids, Davis Plunkett said he, too, would describe opioid abuse as an epidemic.

Plunkett has been the manager of Integrated Behavioral Health at Sun Life Family Health Center since 2010. Over the past decade, he said, more patients have been treating pain only with opioids rather than incorporating other management programs.

Doctors look for signs of “patients who are taking more than they should or just relying on the medication to help with pain,” Plunkett said.

While he said health providers like Sun Life have a “pretty efficient” system to prevent doctor-shopping, they also see patients “go to the streets” for heroin or other illicit drugs.

An opioid study released by the Arizona Department of Health Services prompted Gov. Ducey to make his emergency declaration.

The study, which looked at data involving opioid-related deaths in the state from 2007 to 2016, showed an increase of 74 percent since 2012. The state documented 790 opioid deaths last year. Of those, 308 involved heroin and 482 were from prescription medication.

With some patients taking twice as much opioid medication as they are prescribed, Plunkett said physicians “will do pain

diversion,” a therapy to keep the mind occupied and lessen the pain number.

The emergency declaration of an opioid epidemic sets up an “enhanced surveillance advisory” and requires a rapid response from the health department.

The declaration allows Arizona to coordinate government and private partners and utilize all public health resources. That includes distributing naloxone (Narcan) throughout the community to help prevent drug overdose deaths. Naloxone has been used in the United States since 1971 to block the effects of opioids, reducing the rate of death in overdoses.

The report includes some data from 2017, showing the number of overdose patients that first responders had to treat with naloxone. That hit a high of 517 in March.

Patients who have overdosed on opioids can be administered naloxone by EMTs and other medical professionals. Plunkett said it is effective but not a guarantee.

Of the 514 treated in May, 27 percent needed multiple doses.

The declaration and enhanced surveillance advisory will provide for enhanced reporting of overdose deaths from doctors and hospitals, according to the governor’s office.

“As the number of opioid overdoses and deaths increase at an alarming rate, we must take action. It’s time to call this what it is — an emergency,” Ducey said.

“The only way we will be able to make an impact in the opioid epidemic is to come together as a community, and this declaration helps us move forward quickly.”

– Dr. Cara Christ



The report showed fewer than 10 deaths in the Maricopa area in 2016. The highest concentrations of opioid-related fatalities were in North Mountain in metro Phoenix and the central and south areas of metro Tucson.

The cost of treating opioid-related emergencies rose 125 percent between 2009 and 2015, according to the study. Those dying from opioid use between 2007 and 2016 tended to be white and under the age of 54.

The study showed heroin-related deaths to have the sharpest rise among opioid users. Nearly 86 percent of opioid deaths also involved other non-opioid drugs.

“The only way we will be able to make an impact in the opioid epidemic is to come together as a community, and this declaration helps us move forward quickly,” said Dr. Cara Christ, director of Health Services. “We will look into improving prescription practices, addressing poly drug use, and analyzing raw data on overdose deaths that occur to see where the problem areas are and learn how we can make changes to save lives.”

Plunkett said physicians who identify an opioid addiction try to direct patients to effective substance-abuse programs.

“I’m a big advocate of 12-step programs,” he said. “They seem to have very good results.”

CAC offers smart alternative to university education

By Murray Siegel

Many high school students are advised to consider a four-year university education following high school graduation to prepare for adult life. For some this is great advice, but for many, a four-year degree may not provide opportunities for a high-paying job.

Add the outstanding debt accrued to pay for that education, graduates (and those who could not complete a four-year program) may find that upon reflection, a university degree was not the proper path. University graduates with degrees in liberal arts typically find the job market for those degrees limited to positions that are not known for their outstanding starting salaries.

Thanks to a leader with real experience, Central Arizona College (CAC) offers residents

of Maricopa an opportunity to obtain leading-edge training to prepare students for high-paying jobs with a real future. Dr. Jackie Elliott, the new CAC president, knows Pinal County has great potential for young people with the right technological education. She brings 27 years of experience as a senior-level community college leader.

The college has an Advanced Manufacturing program which has started training students for immediate positions requiring knowledge in modern technical skills. Abbott Nutrition and Frito Lay, each of which has a major production facility in Casa Grande, have signed on

as advisory board members for the program. These corporations will insure the graduates of CAC’s program will have the skills to enter their employ.



Murray Siegel

Lucid Motors is opening a plant to construct electric cars in Casa Grande in 2019, and this company is coordinating with CAC to guarantee that Advanced Manufacturing Program graduates will be ready to enter the line at their plant.

Engineering and Technology Department Chair Kristen Benedict has gathered an instructional staff with the knowledge to give students what they need to be successful in the world of modern manufacturing. One program in Advanced Manufacturing is a two-semester sequence leading to a certificate in one of three pathways: Production technician, production maintenance and industrial maintenance. These certificates are stackable, which means that they can lead to a two-year associates degree and to a four-year degree through Northern Arizona University.

CAC is providing the education that will assist Maricopa in recruiting new high-tech manufacturing facilities to our city.

Murray Siegel has a PhD in MathEd and 42 years of teaching experience. He and his wife Sharon are volunteer teachers of advanced math classes at Butterfield Elementary School.

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Youth baseball team to play in USSSA World Series tournament

By Mason Callejas

Submitted



Mason Callejas

Duster players heading to Colorado include Ethan Chavez (above) and Maverick McDonald (right).



Mason Callejas

One of Maricopa's own youth baseball teams has secured a place in a USSSA World Series tournament in Denver, Colorado, in July, giving the kids a chance to compete among some of the West's toughest teams.

The Maricopa Dusters, age 11 and under, qualified for the Under Armour/USSSA Global World Series last fall with wins at both the Veterans Salute NIT in Peoria and Thanksgiving Shootout in Phoenix. Their momentum continued through the spring, and a recent upset at the Arizona USSSA State Championship solidified their reputation with a 5-0 record, scoring an average of 10 runs a game.

Dusters head coach Marty McDonald believes these numbers prove the team is athletically well-rounded, but for him it's their resolve that makes them truly unique.

"We've been in situations where we've been down by several runs and we've come back to win games," McDonald said.

They're strong hitters and pitchers, McDonald added, but it's "their heart, their character and their desire to play the game" that could take them all the way this year.

Assistant coach Randy Richardson feels the team's strengths lay in their ability to field the ball, allowing an average of only four runs a game during the state tournament.

At age 11, it's easy to get distracted, he said, so as long as they concentrate on their objectives and recognize where they fall short,

he has no doubt they can take home the big win in Denver.

The players, some of whom have played baseball since they could walk, seem to already know how to help each other stay focused, and most importantly, how to help each other improve.

"We know each other so good that we can discover what [each other's] comfort zone is and we can help them push it," second baseman and outfielder Maverick McDonald said.

Many of these young athletes have played on the same team for three years or longer, and now with the Dusters being announced as the official youth club feeder program for Maricopa High School, the kids can look forward to many more years backing up each other on the field.

"It's good that we know each other [so well]," 11-year-old Ethan Chavez said, "because we're probably going to be playing with each other for a while."

This is the Dusters' second trip to a USSSA World Series. In 2016, they competed in Dallas and finished fifth out of 46 teams.

July 20 is their first scheduled game in this year's tournament. Their opponents will likely be released a week or two prior to the tournament.



Submitted



Mason Callejas

The club baseball team Maricopa Dusters went on a roll late in the season to qualify for a United States Specialty Sports Association's World Series Tournament in Denver. Left, Dusters coaches are Marty McDonald and Randy Richardson.



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1. Kids enjoy The LEGO Batman Movie for the finale of the Movies Under the Stars, Dive-In Movie at Copper Sky June 17. *Mason Callejas*

2 Fire and Ice science show at Maricopa Public Library had children in giggles June 8. *Michelle Chance*

3 Magician Craig Davis entertains children at the library with close-up Magic June 5. *Michelle Chance*

4 Students of Desert Sun Performing Arts presented their recital at Maricopa Performing Arts Center June 3.

5 Teens show off the T-shirts they made during a session with Red Rohall June 14. *Velly C*

6 At the ASU Gammage High School Musical Theater Awards, Maricopa High School's Carlos O. Venegas (pictured) won outstanding vocalist while Nikolas Mase won best supporting actor. *Raquel Hendrickson*

Things to do

Outdoor culture has positive effect on community

By Misty Newman

Having a focus on outdoor recreation and activities creates a healthy and vibrant culture in communities. Culture includes the beliefs, customs, ways of life and behaviors that exist in a place or organization.

An outdoor culture has a direct correlation with the types of recreation offered, the number of active people, mental and physical health, conservation, social aspects and even the types of restaurants and businesses in the area.



Misty Newman

Take Sedona for example. Uptown is lined with tour companies, jeeps running everywhere and cyclists riding up Oak Creek. There are many bikes shops, like Bike & Bean, where you can stop for coffee and buy a bike and bike parts. Now, I fully realize the terrain of an area can be a natural draw for tourism and outdoor exploration. We don't have to be a Sedona or Flagstaff, though, to still embrace an outdoor culture.


From my experience, Maricopa is a place that has already implemented a variety of activities and events throughout the years that contributes to a culture geared toward the outdoors.

We have fun runs, farmers markets, and festivals that provide residents with opportunities to be active and eat healthy. As Maricopa grows, it's important to cultivate this culture so we'll have even more chances to bring in businesses and recreation that contributes to this culture.

An outdoor culture also creates a social community. For example, the Salsa Festival is rooted in Maricopa's culture; I could not imagine having a year go by without this festival. I'm sure many residents would be disappointed if this event no longer took place. The Salsa Festival provides opportunities to have great food, spend time with family, meet new people and see to top-notch entertainers.

Also, the Outdoor Recreation Program at Copper Sky established and operated by Josh Bowman, has set a high standard for how outdoor recreation programs. This program provides accessible, fun and affordable ways for residents to see our great state. The trips include camping, hiking, caving and even museum visits. Participation in these trips contribute to a healthy, active and engaged community.

We are setting the stage now for how we want our city to operate 20 years from now. Establishing outdoor-related businesses, implementing trails that meander throughout the city and creating more outdoor-related events will be influenced by how residents perceive the importance of outdoor activity and recreation. Like many of you, I want my kids active and outdoors as much as possible.

I strongly believe having a community focused on the outdoors creates a place where people are proud to live and sustains a healthier and happier community overall. 

Misty Newman is the owner of Maricopa Outdoor Adventures.

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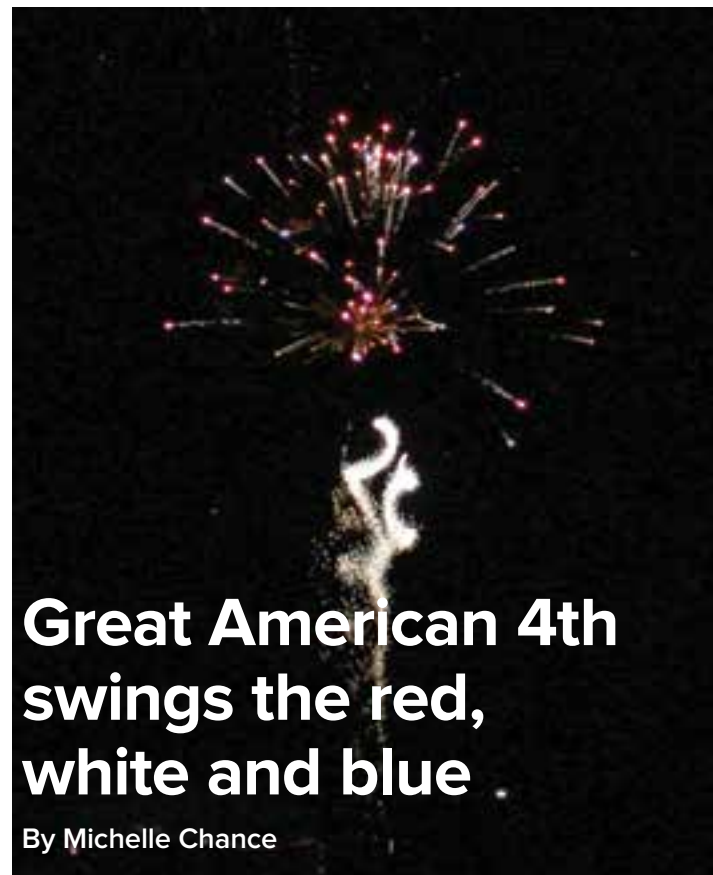
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Things to do



Great American 4th swings the red, white and blue

By Michelle Chance

Submitted

Independence Day in Maricopa is often marked by traditional firework displays and sweltering heat.

This year, the city of Maricopa will combat the summer weather during its annual Great American 4th Celebration by incorporating a pool party into the event.

Online registration prior to the pool party will be required for admission inside the Copper Sky Aquatic Center. Copper Sky members over the age of 3 can purchase a wristband through the city website for \$10. Non-members will pay \$15.

The pool party is open for the duration of the celebration from 6 to 10 p.m.

As in previous years, the evening will include free admission to the event held on the grounds of Copper Sky Regional Park. The city will host live entertainment, a kids zone, food vendors and a beer garden.

Special Events and Marketing Manager Niesha Whitman said the patriotic celebration is a convenient, family-friendly option for residents.

“Maricopa is always about family and togetherness, so we want to celebrate that and encourage people to come out and support local,” Whitman said.

Homegrown, three-man band Combust will lead off the night's entertainment, followed by a set from local singer Laura Walsh. Headliners Outside the Line will perform from 7:30 p.m. to 9:30 p.m.

General parking at the event will be \$5; VIP parking will cost \$20 and must be purchased online prior to the event.

The city will provide a free shuttle service from 5:30 to 11 p.m. at seven locations: Santa Rosa Elementary School, Santa Cruz Elementary School, Butterfield Elementary School, Saddleback Elementary School, Maricopa Elementary School, Maricopa Wells Middle School and Ace Hardware.

Whitman said fireworks will begin around 9:10 p.m., after remarks by Mayor Christian Price and city councilmembers.

JULY CALENDAR

2

Narcotics Anonymous

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

3

Color Me Calm

12:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

Maricopa Historical Society Meeting

5:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

Narcotics Anonymous

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

3-6 (except the Fourth of July)

Summer Fun & Fitness: SES

1-5 p.m., Saddleback Elementary School
18600 N. Porter Road

Summer Fun & Fitness: MES

1-5 p.m., Maricopa Elementary School
18150 N. Alterra Parkway

Teen Summer Volunteer Program

1-5 p.m., locations vary

Maricopa Children's Theatre Summer Camp

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

4

July 4th Scramble

7:30 a.m., Ak-Chin Southern Dunes
48456 W. Highway 238

Great American 4th

6-10 p.m., Copper Sky Regional Park
44345 Martin Luther King Jr. Blvd.

Things to do

5

CAC Chef's Farmer's Market

8-11 a.m., Central Arizona College — Maricopa Campus
17945 N. Regent Drive

Free Seminar on Financial Statements

11 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Harrah's Club 777 Toastmasters

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

6

Lapsit

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

Movers & Shakers

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

Li'l Explorers

10 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Narcotics Anonymous

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

7

Blood Drive for Library Fines

10 a.m.-3 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

Al-Anon Meeting

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

8

Paddlesports Education Course

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

Guided LEGO Build

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

9

NABI Basketball Tournament

Opening Ceremony
6:30 p.m., Copper Sky Multigenerational Complex
44345 W. Martin Luther King Jr. Blvd.



Submitted

Paying fines with blood an option for library patrons

By Raquel Hendrickson

Maricopa Public Library is again hosting a Red Cross bloodmobile, allowing patrons to exchange a blood donation for a fine.

Library Manager Erik Surber said fines up to \$25 will be waived for those who give blood during the drive, which is set for July 7 from 10 a.m. to 3:30 p.m. at the library, 41600 W. Smith-Enke Road.

To give blood, donors must bring a driver's license or two other forms of identification.

The fine waiver does not apply to replacement charges, so if you lost a book, you'll still need to pay for it. Library patrons who do not owe fines cannot use the blood donation as an opportunity to accumulate credit.



Erik Surber

According to the American Red Cross, although an estimated 38 percent of the U.S. population is eligible to donate blood at any given time, less than 10 percent of that eligible population do so each year. That is around 6.8 million donors annually.

The Red Cross supplies about 40 percent of the nation's blood supply. Around 36,000 units are needed every day.

To register for the blood drive at Maricopa Public Library online at rdcrss.org/2to48ge or call the Red Cross at 1-800-733-2767. For a

complete list of requirements and helpful tips for potential donors, visit RedCrossBlood.org/Donating-Blood.

IF YOU GO

What: Blood for Fines

When: July 7, 10 a.m.-3:30 p.m.

Where: Maricopa Public Library, 41600 W. Smith-Enke Road

How Much: Free



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

Things to do

9
Narcotics Anonymous
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

10-14
15th annual NABI Basketball Tournament
9 a.m.-9 p.m.
Locations vary

10-13
Summer Fun & Fitness: SES
1-5 p.m., Saddleback Elementary School
18600 N. Porter Road

Summer Fun & Fitness: MES
1-5 p.m., Maricopa Elementary School
18150 N. Alterra Parkway

Teen Summer Volunteer Program
1-5 p.m., locations vary

Maricopa Children's Theatre Summer Camp
6 p.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

10
Ronald McDonald
10 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Color Me Calm
12:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

11
Daytrip to Colossal Cave
9 a.m.-7 p.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

Coffee with Friends of the Maricopa Library
1:30 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.

Celebrate Recovery Coffee & Karaoke
5 p.m., Maricopa Community Church
44977 W. Hathaway Ave.



12
CAC Chef's Farmer's Market
8-11 a.m., Central Arizona College — Maricopa Campus
17945 N. Regent Drive

Harrah's Club 777 Toastmasters
3 p.m., Harrah's Ak-Chin Casino
15406 N. Maricopa Road

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

13
Chamber Breakfast Mixer
7 a.m., Elements Event Center at Ak-Chin Circle
16000 N. Maricopa Road

Lapsit
9 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Movers & Shakers
9:30 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Li'l Explorers
10 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Magic with the Amazing Kaden
2 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

Maricopa Police Explorer Post Meeting
5 p.m., Maricopa High School
45012 W. Honeycutt Ave.

Celebrate Recovery Coffee & Karaoke
5 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

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

City Council Work Session
7 p.m., Maricopa City Hall
39700 W. Civic Center Plaza

14
Al-Anon Meeting
7 p.m., Community of Hope Church
45295 W. Honeycutt Ave.

16
Narcotics Anonymous
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

17
Color Me Calm
12:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

17-20
Maricopa Children's Theatre Summer Camp
6 p.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

18
Trip to Phoenix Science Center
9 a.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

Coffee with Friends of the Maricopa Library
1:30 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.

Celebrate Recovery Coffee & Karaoke
5 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

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

19
CAC Chef's Farmer's Market
8-11 a.m., Central Arizona College — Maricopa Campus
17945 N. Regent Drive

Maricopa Job Fair
10 a.m., Maricopa Unified School District
44150 W. Maricopa-Casa Grande Hwy.

Harrah's Club 777 Toastmasters
3 p.m., Harrah's Ak-Chin Casino
15406 N. Maricopa Road

20
Lapsit
9 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Movers & Shakers
9:30 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Li'l Explorers
10 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Things to do

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

21
Al-Anon Meeting
7 p.m., Community of Hope Church
45295 W. Honeycutt Ave.

23
Narcotics Anonymous
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

24
Color Me Calm
12:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

25
Coffee with Friends of the Maricopa Library
1:30 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.

Celebrate Recovery Coffee & Karaoke
5 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

26
CAC Chef's Farmer's Market
8-11 a.m., Central Arizona College — Maricopa Campus
17945 N. Regent Drive

Harrah's Club 777 Toastmasters
3 p.m., Harrah's Ak-Chin Casino
15406 N. Maricopa Road

26-29
Operation Arctic VBS
6-8:30 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

27
Lapsit
9 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Movers & Shakers
9:30 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

Li'l Explorers
10 a.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

28
Multigenerational Game Night
6:30 p.m., Copper Sky Multigenerational Center
44345 W. Martin Luther King Jr. Blvd.

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

Joey Molland's Badfinger
8 p.m., The Lounge at Harrah's Ak-Chin
15406 N. Maricopa Road

29
Free Sports Physicals
9 a.m., Sun Life Family Health Center
44572 W. Bowlin Road

30
Narcotics Anonymous
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

31
Color Me Calm
12:30 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

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Wednesday Morning Chef's FARMER'S MARKET

JUNE 7TH - JULY 26TH
WEDNESDAYS, 8:00 AM - 11:00 AM

CAC's Culinary Department will be selling organic vegetables from the garden along with fresh-baked artisan bread.

CAC Maricopa Campus
17945 N. Regent Drive
Maricopa, AZ 85138

(If we're not in the kitchen, we will be behind Building C tending the garden!)

For FREE vegetables and bread, stop by at 7:00 am to help weed and harvest the garden!

For more information, contact:
Chef Gabe Gardner
gabriel.gardner@centralaz.edu





44400 W. Honeycutt Road
Suite 101
Maricopa, AZ 85138

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Permit No. 13



**COME WATCH YOUR
DIAMONDBACKS!**

\$19.99

24 WINGS ANY STYLE

Must present coupon at time of purchase.
Not valid with any other offer.
Valid only at Maricopa location.
Expires 7/31/17.

native grill wings

\$5 OFF \$25

**GET \$5 OFF ANY PURCHASE
OF \$25 OR MORE!**

Must present coupon at time of purchase.
Not valid with any other offer.
Valid only at Maricopa location.
Does not include alcohol, tax, or gratuity.
Expires 7/31/17.

native grill wings

**FREE
LUNCH**

**BUY ONE LUNCH GET ONE FREE
MONDAY - FRIDAY 11AM - 3PM**

With the purchase of 2 beverages.
Must present coupon at time of purchase.
Not valid with any other offer.
Valid only at Maricopa location.
Maximum value \$7.
Expires 7/31/17.

native grill wings



native grill **est. 1979** wings



**FOOD - FUN - FAMILY
YOUR NATIVE**

21164 N. John Wayne Parkway, Maricopa
Kitchen Open 11am-11pm • Lounge Open 11am-2am
520-568-6077 • NativeGrillAndWings.com