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June 2017

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The Aja family (from left), Bassie, Bass, Perry, Anna and Andy, have started a direct-delivery of beef from the ranch.

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Raquel Hendrickson

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**ON THE COVER:** Noah Salinas, 18, was born a congenital amputee and has pushed all boundaries, even as a wrestler. On the cover, in a bit of photo magic, he is shown both in uniform and in his daily attire. *Photo by Victor Moreno*

# KIDS HOME FOR SUMMER?



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## Rising to the challenge

How people approach challenges is a clue to how they approach life in general. Quit, blame, whine, accept, confront, conquer, cry – there are all sorts of human responses to adversity. Or what looks like adversity ...

Noah Salinas didn't even know he was a little "different" from other kids until he started school and saw he was the only one with prosthetics. In his 18 years, his situation caused others to doubt at first glance, but Noah turned that into motivation. He shares his outlook in this issue.

Derrick Warford, defensive coordinator for the Maricopa High School football team (which included Salinas last season), defied odds by reaching the National Football League. This month, he is organizing an event for kids and teens to learn athletic skills and, more importantly, how to respond to personal difficulties.

Very different challenges are faced by city officials trying to move forward with economic development. They have been analyzing "Strengths, Weaknesses, Opportunities and Threats" within Maricopa. In these pages, we look at some of the highlights of the approach to fortifying the city's strategy.

For more than a century, the ancestors of Bass and Anna Aja took on the challenges of raising livestock for market. Now the husband-and-wife team is taking a modern approach to selling beef straight from the ranch and facing head-on the surprises that start-up businesses encounter. Read their story inside.

Check out our best photos from high school graduation nights in Maricopa and also read the inspiring addresses from MHS's two valedictorians. Read up on our reader-voted winner of Best Mom, and learn how to get your father entered in our Best Dad in Maricopa contest.

If you're wondering how some of Maricopa's local salaries stack up in the job world, you will find a sampling in these pages.

In the June issue, you will also learn how tell when your Maricopa garden produce is ready for harvest, thanks to Master Gardener Rita Bricker. You'll also learn how to warm up properly for your workout from trainer Aaron Gilbert, how the local housing market is faring from Realtor Pat Lairson, how to influence your teen's decisions about drugs and alcohol as explained by Priscilla Behnke and how to use humor effectively in your business from Kirk Shroyer.

Overall, in this month's magazine we are seeing people rising above challenges and showing the rest of us how to do it.

Happy reading.



*Raquel Hendrickson*

RAQUEL HENDRICKSON

Editor

Raquel@InMaricopa.com

520-568-0040 ext. 3

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*Publisher*  
SCOTT BARTLE

*Editor*  
RAQUEL HENDRICKSON

*Writers*  
PRISCILLA BEHNKE  
RITA BRICKER  
MASON CALLEJAS  
MICHELLE CHANCE  
AARON GILBERT  
RAQUEL HENDRICKSON  
PAT LAIRSON  
MISTY NEWMAN

*Photographers*  
MASON CALLEJAS  
MICHELLE CHANCE  
RAQUEL HENDRICKSON  
JAKE JOHNSON  
WILLIAM LANGE  
VICTOR MORENO

*Designer*  
CARL BEZUIDENHOUT

*Advertising*  
KELLIE ALBERS  
DICK BARKLEY  
VINCENT MANFREDI  
MICHELLE SORENSEN

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44400 W. Honeycutt Road, Suite 101  
Maricopa, AZ 85138

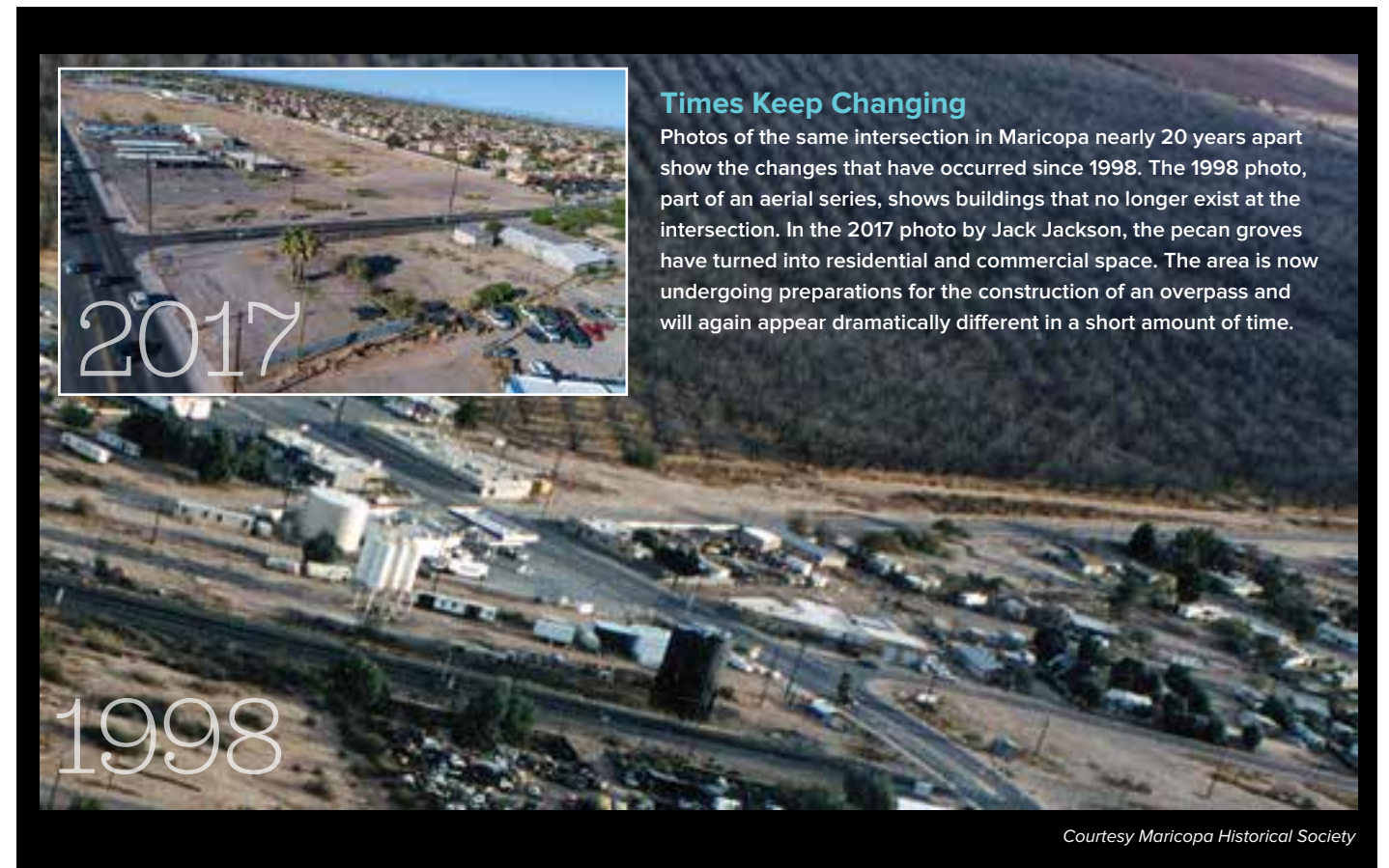
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### Times Keep Changing

Photos of the same intersection in Maricopa nearly 20 years apart show the changes that have occurred since 1998. The 1998 photo, part of an aerial series, shows buildings that no longer exist at the intersection. In the 2017 photo by Jack Jackson, the pecan groves have turned into residential and commercial space. The area is now undergoing preparations for the construction of an overpass and will again appear dramatically different in a short amount of time.

Courtesy Maricopa Historical Society



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**About Arizona State Troopers  
running another special speed  
detail on State Route 347:**

**Jim Scholz** I must of passed 5 or 6 police cars with people already pulled over around 11ish. It looked like they got them speeding through the 55 mph zones which seems to be where most of the accidents happen. Those are going to be some expensive tickets. Don't forget 20 plus over is criminal speeding and over 85 is also criminal speeding.

**Michael Cohen** You people are incredible!!! They advertise the fact they are patrolling the 347 for the sole purpose of giving tickets to speeders, and you still speed on the 347. That is rich.

**Heather Rohrbach** Another knee jerk reaction to a bad accident on 347. If they want to actually do something do an overnight

sting operation or put up speed cameras and pass the tickets out that way. But a majority of the accidents that are bad happen overnight not during morning rush.

**Savanna Gonzalez** Where are they at 5 a.m?? I Drive up to Tempe every morning and don't see one DPS. People still drive like idiots even tho there's less traffic at that hour.

**Geoffrey Stephens** Very nice. Traffic actually flows correctly when they're out. I love it. Keep it up. I wish it was daily.

**Michael Achs** I love it, people on here rah rah rah everyone getting tickets. There is speeding on each and every freeway in this state, city, town and Nation. And I bet each and every one of you have sped at one time or another on the 347 "holier than thou." What they should really do is give you a ticket for being on your phones plastered in your hands as you drive down the road, weaving, swerving and not paying attention. I see this each and every day driving. Almost side swiped this am by a woman who was looking straight down at her phone...

InMaricopa's recent followers on ...



Joshua Logan



Taryn Schultz



Jeff Marquez



Amber Cochran



Gordon Emerson



Journie Turner



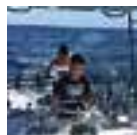
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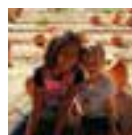
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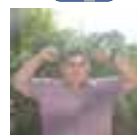
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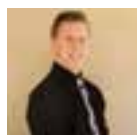
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Gallery



**1. RUF Mixed Martial Arts** hosted cage fights in the amphitheater in front of UltraStar Multi-tainment Center April 28.  
*Mason Callejas*



**2. Dignitaries at Maricopa High School's AFJROTC awards night** May 1 included (from left) VFW Commander Denis Sommerfield, American Legion Commander Derek Jeske and MPD Chief Steve Stahl.  
*Raquel Hendrickson*

**3. Former legislator Cloves Campbell Jr.** talks to a Maricopa town hall on African American Affairs May 11.  
*Mason Callejas*



**4. Maricopa Community Emergency Response Team (CERT) volunteers** (from left) Bill Robertson, Jim Fuller and Charles Morene.  
*Mason Callejas*

**5. Maricopa basket-weaver Lynnaya Joe and San Carlos artist Douglas Miles** demonstrated their crafts at Maricopa Unified School District May 11.  
*Raquel Hendrickson*



**6. The 2nd Saturday Maricopa Market** at Copper Sky ended its season May 13. It returns in the fall.  
*Raquel Hendrickson*

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Raquel Hendrickson

## Coach drills football, life skills

Warford hosting team combine event to benefit nonprofits

By Raquel Hendrickson

Born with a heart defect that caused him two heart attacks before his 36th birthday, Derrick Warford wants to spread wellness among the youth — physically, mentally and behaviorally.

A social services technician and one-time professional football player, Warford is an assistant football coach at Maricopa High School and heads AZ Elite Athletics Wellness Services (AZEAS) to provide training and resources for school-age athletes.

“I’ve always been training athletes,” he said.

Wellness is usually top of mind for him personally. He has known since he was a child his condition would get chancy as he got older. He never let the issue keep him away from athletics or his mission to prepare kids for life.

This month, AZEAS is hosting a “Wellness Tour” at Maricopa High School’s Ram Stadium. Warford said the expo is focused on mindfulness and wellness. Whether teen players come to him to find a way to use athletics to gain an education or a career or just physical discipline, he wants them to learn young the consequences of decisions they make.

The June 24 event is planned to have four major components. A “Wellness Fest” and community market will have community businesses, vendors, organizations and clubs

### IF YOU GO

**What:** AZEAS Wellness Tour

**When:** June 24, 9 a.m.-6 p.m.

**Where:** Ram Stadium, Maricopa High School, 45012 W. Honeycutt Ave.

**How much:** Event is free; 7-on-7 Passing Tournament \$175 per team

**Info:** Facebook.com/AZEASCLUB

along with artists and musicians providing resources. A “Youth Engagement Zone” is an active area with games, bounce houses, arts and crafts, raffles and special guests. The free Athletic Skills Camp is for boys and girls age 8-12 who want a try at circuit training, speed drills and a combine course.

A main draw is a “Prove It” 7-on-7 football passing tournament and team combine, featuring varsity and junior varsity players from Maricopa and surrounding communities. Team entry is \$175.

Warford said proceeds will benefit Be Awesome Youth Coalition, The Streets Don’t Love You Back, Maricopa Rams and Hope for Kids.

He likes to instill “the power of athletic thoughts” through constant repetition and self-awareness. When a student quits or rages or makes another bad decision, he walks them through the process of evaluating their own reaction.

“I say, ‘Ask yourself what was your trigger. What was that moment?’” he said.

A native of Macon, Georgia, Warford played football at Alabama State University. Undrafted after graduation, he signed as a free agent with the Tennessee Titans in 2006. A preseason knee injury hastened his departure from the pro ranks.

He moved to Arizona in 2008. Soured a bit on football, he worked with at-risk youth in his social services capacity. He started AZEAS in 2009, building more relationships with youths and Valley coaches. Warford got married and moved to Maricopa the same year, 2014. When he heard MHS was looking for volunteers in its basketball program, he reached out, flirting with the idea of coaching the freshmen.

That position was already filled, however.


“But they knew about my football background, and [Athletic Director Mark] Cisterna caught me on a good day and asked me about the football team,” Warford said.

“He kind of fell into our laps,” said Rams head coach Chris McDonald, who brought him in as a defensive line coach.

Warford said it didn’t take long for the football “bug” to take hold again. “The freshmen bought into me because of the NFL thing,” he said.

At the end of the year, McDonald sat him down and offered him the job of defensive coordinator.

“He’s very demanding but respectful,” McDonald said. “He’s really good with the kids.”

Warford and his wife Raven both deal with medical challenges, he with his heart and she with epilepsy. Never again wanting to have to drive himself to the hospital in the middle of a heart attack, he worked to lose weight and control his blood pressure. The goal-setting he preaches to the kids is still getting a workout in his own life. 

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# Best Mom Cheryl Ortiz 'a beacon of hope'

By Raquel Hendrickson

Cheryl Ortiz has come through a difficult year and emerged as a strong single mother and a mother-figure to hundreds. Now she can officially claim the title of "Best Mom in Maricopa."

The mother of Caleb, age 11, Adelina, 8, and Elijah, 4, Ortiz is a first-grade teacher at Legacy Traditional School. She estimates she has taught more than 300 students in her 11 years on the job, the last four at Legacy. The mother of one of those former students, Barbie Samsel, has become a close friend who nominated Ortiz for InMaricopa's "Best Mom" contest.



Cheryl Ortiz with her children Adelina, Elijah and Caleb.

"She has been through so much and her faith in God has never wavered, and her love for her children knows no bounds," Samsel said. "She has such a kind and giving heart not only to her own children but also to the children she cares for everyday in her first-grade classroom."

Ortiz said she was "totally blown away" when her nomination received the most Facebook "likes" of 19 nominees.

"I feel undeserving and so humble," she said. "There are a million and one wonderful mothers in Maricopa."

A serious domestic violence situation upended the lives of the Ortiz family this year. She said they were instantly embraced by Against Abuse. The community also encircled them, reaching out to help, often in anonymous ways as she helped her children adjust to a "new normal." The children were "adopted" for Christmas, and cards with cash were left to help through the holidays.

The community support was clear in the nomination post as parent after parent called her "amazing."

"She's super nice and caring," her son Caleb said.

As "Best Mom in Maricopa," her prizes include a flower bouquet, a Mother's Day brunch with the family at Arroyo Grille at Ak-Chin Southern Dunes, a \$50 gift card from Ace Hardware and a month of free training at Longevity Athletics.

**"She has such a kind and giving heart not only to her own children but also to the children she cares for everyday in her first-grade classroom."** —Barbie Samsel

Mason Callejas

## BEST MOM NOMINEES



Nita Wenger Weldon

"My mom also took in three foster children and has raised them on and off for the past eight years. She created a non-profit organization that helps girls and women who are being trafficked." —Destiny Hope

Karla Torres

"Karlita, from being an army mother, which is not easy when your husband is deployed and you had to raise your babies alone, to moving back to Maricopa and having three jobs until your honey finished school, you are so mature for your age." —Adriana Square



Adriana Square

"She is such a selfless, caring and loving woman. She is my best friend, my role model and the kind of mother I aspire to be for my children. She leaves an imprint in anyone's life she meets." —Karla Torres



Becky Bird

"Becky Bird was my daughter's 2nd grade teacher. She helped her grow as a person and the whole class loved her! She has four of her own kids." —Marie Goff



Crystal Harris

"Being perfect does not mean you do everything right, but that you take the things life brings and persevere through it. She



is raising some amazing little people." —Kecia Wade Philpot

Janice R. (Miguel) Perez

"She teaches her children how to love, how to have happiness within their hearts, keeps her traditions alive by teaching her children and grandchildren the culture." —Jennifer Zepeda

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Now through June 15, nominate your father by visiting Facebook.com/InMaricopa and posting a video and/or his photo on the contest post with a brief explanation of why he is the best. Readers will then vote for their favorites. The dad with the most "likes" will win.

The winning dad will receive a \$499 Treager grill with cover, two bags of wood pellets and a complete exterior paint project from Dunn Edwards inclusive of six 5-gallon buckets of paint, 4-foot aluminum ladder, "cut-in" brushes, drop cloth, roller tray set and roller covers.

"We've been doing this since 2012, so were very happy to be doing it again this year," Maricopa Ace owner Mike Richey said.

Nominations must be no longer than 100 words or 60 seconds if video. Dads must be residents of Maricopa.

Winners will be notified on June 16 and will be announced on InMaricopa.com on Father's Day, June 18.



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## Moms

### Letha King Price

"Not my mother but my grandmother and she's pretty much raised me since I was little due to my parents being on drugs. When I was 13 she took in me and my other 2 siblings and gave up her life and retirement home for us to have a better life." — *Cheyy Todtenbier*



### Jackie Keller

"She not only has two beautiful daughters Brooklyn and Hailey but also has taken on being a mother to my son Logen. Jackie also works in Maricopa as a social worker trying to help out other families in need." — *Ryan Keller*



### Donna Aguilar

"For as long as I've ever known she has been the biggest cheerleader, cheering for us on the sidelines and having our back when times get tough." — *Maddie Aguilar*

### Karen Ball

"She is always there for me. She knows how to cheer me up. She puts up with my silliness and craziness. She is always willing to help people out and always has a positive outlook on life." — *Alexis Ball*



### Leslie Crisswell

"She worked so hard to make sure that we kept a roof over our head. To this day she is still my rock and is always there when I need her for anything." — *Faith Wells*

### Teri Nordhoff

"She is awesome at being a 2nd grade teacher at Sequoia Pathway and Mom to our two kids. Unfortunately, I am disabled and she has to do a lot around the house too." — *Steve Nordhoff*



### Jeannie Day

"She has always put her children first. She raised two kids as a single mom, worked two jobs, and was still at every concert, every track meet, and loved every minute." — *Megan Telya*



### Deb McKee Albert

"She is so sweet, so giving of her time and money, always available for her kids and uses every minute of her day to make sure everyone else has what they need before she turns her lights off to go to bed at night." — *Jacie Albanez*



### Tracy Nyhus

"Not only is my mom the best mom in Maricopa, she also is the best grandma! Tracy deserves to win something as great as she is!" — *Casey Nyhus*

### Alex Diaz

"She has devoted her life to our family and I couldn't be more grateful. She is the most kind, sweet, caring, loving, thoughtful, hardworking, beautiful and amazing woman ever." — *Jiselle Diaz*



### Tammy Sue Tucker

"She's undergone many brain surgeries and continues to hold strong. Regardless of how many times

life has pushed her down, she continues to stand back up." — *Jenna Fowler*



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Legend

# John Wayne at 110: Man meets myth in Maricopa

By Michelle Chance



**Headquarters owner Alma Farrell tells about actor John Wayne's visits to her restaurant, one of the oldest remaining buildings in the Heritage District of Maricopa.** *Photos by Michelle Chance*

Before Maricopa was a city, it was a tiny town in the Wild West. In fact, its history spans nearly 150 years prior to its incorporation in 2003. Split down the middle by railroad, Maricopa was inhabited by farmers, cowboys and a Native American tribe. It seemed to be the real-life snapshot of a scene depicted in so many Hollywood western movies. Perhaps that's one reason John Wayne spent many years here away from the spotlight.

Wayne's presence in Maricopa began over 60 years ago when he bought nearby farmland. He later partnered with local farmer Louis Johnson, and together they cultivated cotton and cattle.

The 110th anniversary of Wayne's birth (as Marion Morrison) was May 26. The impact he left in the community is still displayed throughout the city. A drive through Maricopa's main street, John Wayne Parkway, and a round of golf at "The Duke" at Rancho El Dorado is evidence of the city's romance with the star's namesake.

Despite local landmarks named after Wayne, many dispute the legitimacy of his spending time here — often chalking it up to urban legend.

"I've heard people say it was just a hoax," said Maricopa's first mayor and lifelong resident, Edward Farrell.

But he knows that's not true. As a child, Farrell met Wayne inside his family's restaurant on multiple occasions.

"There were times he'd stop at Headquarters for a cocktail and my dad would call my mom

and say 'John Wayne's here having a drink. Bring the kids,'" he said.

Farrell's family still owns and manages the mid-century-style restaurant and bar that received a name change in the 1990s as "The New HQ."

Hanging on a wall is a black-and-white portrait of Wayne.

Wayne made brief stops inside the establishment for drinks during his business trips away from the silver screen.

It was an experience the then 4-year-old Farrell couldn't appreciate at the time.

"Now I've watched all his movies. He's this big, tough cowboy who kills everybody, but he wasn't anything like that. He was a very nice, cordial gentleman," he remembered.

During dove-hunting season in September, HQ owner Alma Farrell said Wayne and his entourage filled a round table in the back of the diner after mornings spent shooting. Some notable friends who joined him were WWII Marine Corps fighter ace Joe Foss and baseball player Jay Hanna "Dizzy" Dean.

Alma laughed at the doubts some hold as

to whether Wayne dined there. "Too bad you weren't here to see it," she joked.

During dove season's fortnight, Wayne and friends rose early before daybreak to hunt. Once they reached their 10-dove limit, they brought the birds to Headquarters.

"We used to have different health regulations then," Alma recalled. "They would get together in the back of the restaurant and they would clean the doves, and that's why we have that barbecue pit in the clubroom because they would cook them in there."

On the second floor inside Edward's home is the round oak table Wayne and his friends dined over and played poker around during Headquarters' heyday.

As the story goes, Wayne, distracted by his card game and fueled by cocktails, would set his lit cigarette on the edge of the table, letting it burn to its end. The practice eventually stained the edge of the wood, leaving behind permanent, vertical streaks.

The famous cowboy left his mark on Maricopa in more ways than one, and Edward Farrell said it's one more bit of Maricopa's legacy that should be preserved.

"I think it's very important that we keep those roots in our history and know where Maricopa's coming from — not just where it's going," he said.

Obituary

**Terry Lynn Johnson, 62**, passed away Tuesday, May 9, 2017 at the La Casa Serena, Beehive Assisted Living Facility in Eagar after a 31 year battle with Multiple Sclerosis and a 6 year battle with Alzheimer's. She was born December 5, 1954 in Odessa, Texas, the daughter of Kenneth Keith Patterson and Patsy Ann Patterson.



Terry graduated from San Marcos Baptist Academy in 1973. She then graduated from nursing school in Kermit, Texas as a Licensed Practical Nurse (LPN) in 1975 and was voted outstanding student of the class. Terry then went to work for a nursing home in Monahans, Texas and became Director of Nursing.

In October 1975, Terry was married to Jimmy L. Johnson. Terry was a full time wife and mother beginning at the birth of her oldest son. For the last 15 ½ years Terry was a pastor's wife at First Baptist Church of Maricopa where her husband, Jim, was the pastor.

Terry loved working in the yard and flower garden, fishing, taking "sister trips", taking care of her grandchildren and studying the Bible with her husband and ladies of the church.

Terry is survived by her husband, Jim of 41+ years, Eagar; sons, Keith (Julie) Johnson, Winfield Illinois; James (Sarah) Johnson, Eagar; Daniel (Stephanie) Johnson, Chandler; grandchildren, Ellianna, Kaiden, Teagan, Gavin, Quinton, Everett, Blake, Emma Joyce (to be born middle of October); sisters, Peggy Patterson/Bruhn, Baker City, Oregon; Vivian York, Midland, Texas; Jackie Ann Sharp, Odessa, Texas; numerous nieces, nephews, great nieces and great nephews.

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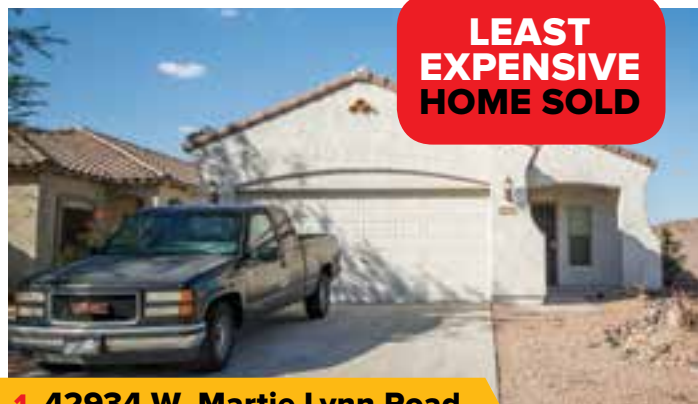
Mason Callejas

### 1. 22226 N. Reinbold Drive

The most expensive home sold in Maricopa from April 16 to May 15 was snatched up in less than two weeks and just \$9,000 below its asking price. It is a large, two-story home with three lofts connected by a catwalk. The lot on The Duke golf course is more than 10,000 square feet and includes a swimming pool. The 12-year-old house has had only one owner and sports lots of luxuries and great views.

**Sold:** May 12  
**Purchase price:** \$380,000  
**Square feet:** 4,066  
**Price per square foot:** \$93.45  
**Days on market:** 12  
**Builder:** Hacienda  
**Year built:** 2005  
**Bedrooms:** 4  
**Bathrooms:** 2.5  
**Community:** Rancho El Dorado

**Features:** Golf course lot, private pool, formal dining room, bonus room loft, built-in barbecue  
**Seller's agent:** Daren Freeman, Keller Williams Realty  
**Buyer's agent:** Michelle Mazzola, Berkshire Hathaway HomeServices



Mason Callejas

### 1. 42934 W. Martie Lynn Road

The least expensive home sold in Maricopa from April 16 to May 15 is a no-frills, starter home that sold for more than \$1,000 over its asking price. The \$110,000 purchase price was just \$100 more than its previous sale two years ago.

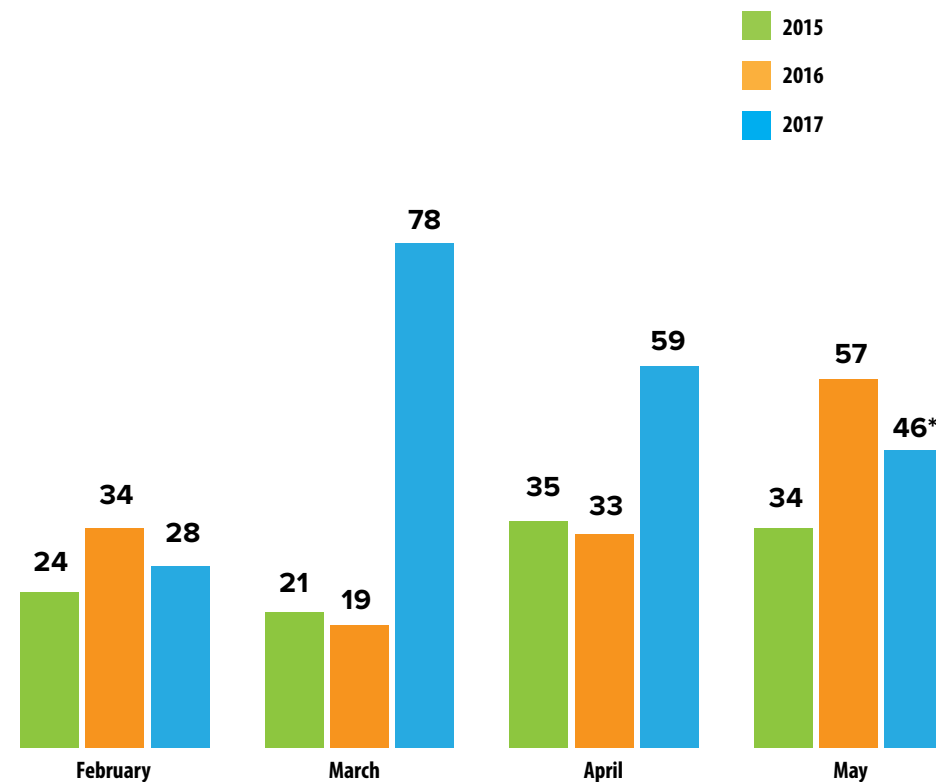
**Sold:** April 27  
**Purchase price:** \$110,000  
**Square feet:** 1,061  
**Price per square foot:** \$103.67  
**Days on market:** 56  
**Builder:** Pulte  
**Year built:** 2008  
**Bedrooms:** 2  
**Bathrooms:** 2

**Community:** Senita  
**Features:** Small home with appliances included, solar power, natural desert landscaping  
**Seller's agent:** Janell Bettis, Delex Realty  
**Buyer's agent:** Bob Doyle, Realty Executives

2. 19271 N. Toledo Ave., Tortosa, \$130,000
3. 21272 N. Duncan Drive, Rancho El Dorado, \$130,000
4. 36516 W. La Paz St., Tortosa, \$130,000
5. 17981 N. Lettore Circle, Sorrento, \$136,400

For a full list of last month's Maricopa home sales, see [InMaricopa.com/Real-Estate](http://InMaricopa.com/Real-Estate).

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Source: City of Maricopa

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# Harvesting Your Garden Bounty

By Rita Bricker

Now is the time of the year when many of the fruits and vegetables growing in our yards are starting to ripen. There is nothing tastier than a fresh tomato picked right off the vine or a juicy peach just plucked from your backyard tree. But how do you know when your homegrown food is ready to harvest? Let's find out!

**Apples** – The fruit is ready when it can be easily separated from the tree.

**Beans (Snap)** – For best flavor pick when pods are thinner than a pencil and seeds are tender but not fully formed.

**Cantaloupe** – The rind should be tan, not green, between the netting. The melon will readily release from the plant when you see a crack around the base of the fruit stem.

**Corn (Sweet)** – Harvest when silk tips are brown and ears feel firm. Pierce a kernel with your fingernail; if the juice is milky, the ear is ready to pick.

**Cucumber** – For pickling, sweets can be harvested when 1½ to 2 inches long and dills when 3 to 4 inches long. For fresh slicing cukes, pick when 7 to 9 inches long and bright, dark green in color.

**Eggplant** – These are ready when the fruit is firm and bright in color. Cut with 1 inch of the stem attached.

**Grapes** – The best indicators of ripeness are color and taste. Grapes must completely ripen on the vine to achieve maximum sweetness before picking them.

**Peaches, Nectarines** – These should be allowed to ripen fully on the tree. When the skin of the fruit is the expected color and the fruit easily separates from the stem, it's ready.

**Pears** – Pears are ready to pick when the green color lightens and the stem parts easily from the spur, but they should still be hard. Pears ripen best off the tree. They are ready to eat when the stem end of the fruit yields slightly to pressure.

**Peppers** – Green bells will be firm to the touch when ready. Sweet peppers will turn

from green to red, yellow, orange, chocolate brown or purple when they are ripe. For best flavor, hot peppers should be allowed to ripen fully on the plant before harvesting.

**Summer Squash** – The best flavor and texture for zucchini are obtained when they are harvested at about 4-8 inches long and about 1½ inches in diameter. Scallops are best enjoyed when they are about 3-4

inches in size when picked.

**Tomatoes** – Harvest these when they have fully changed color to red with the slightest touch of softness. However, they will continue to ripen after picking if they are harvested when still firm.

**Watermelon** – These lovelies are ready to pick when the curly tendrils are dry and brown and the skin of the fruit is no longer shiny, but

dull. The bottom of the fruit (resting on the soil) will change from light green to cream or yellow when ripe.

Did you know most vegetables should be harvested early in the morning when their water content is highest? Corn, however, should be picked later in the afternoon when the sugar content is at its peak.

Watch for the ripening treasures in your garden. Harvest them, clean them, store them properly (a topic for another time), and enjoy them at their best.

Rita Bricker is co-coordinator of the Master Gardeners in Maricopa. She supervises the staff and activities of the Pinal County Master Gardener diagnostic office in the Maricopa Agricultural Center.



Rita Bricker



in **Maricopa.com**

1 DPS nets 90 speeders in 5 hours on SR 347

2 MHS student arrested after gun found in car

3 Man faces child endangerment charge after DUI arrest



4 MHS graduates earn \$6.75 million in scholarships

5 Defense fails to get 2nd remand in Valenzuela murder case

6 MPD urges safety preparation for summer

7 School staff pay prioritized over after-school busing

8 Murder-suicide suspected in couple's death

9 Food bank moves out, struggles to find new home

10 Pinal RTA sees challenges in SR 347 project

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# Maricopa housing market is even-steven

By Pat Lairson

There does not seem to be any slowdown in the Maricopa real estate market.

With school out, many families are now free to move in the upcoming summer months. Homes prepared to sell, meaning they are decluttered, clean, paint and landscaping in good condition and priced right, are moving very quickly.

If you are a seller, be prepared to see offers where the buyer asks you to pay some closing costs. It is common with the current lending grant program for buyers to also need some help with they're closing costs. These offers usually are at or above list price, though.

Right now, the number of active listings and homes under contract is even-steven. We

have about 280 homes available for sale and about 280 homes under contract, too. This should give you an idea of the pace we are in right now. Since January, 655 homes have closed in Maricopa.



Pat Lairson

If you have not driven around Maricopa's various subdivisions in a while, you probably don't realize how many empty lots are being completed. DR Horton is still building in Homestead in their gated community and in The Villages. They will begin in Glennwilde and Santa Rosa Springs soon. Fulton will be filling in the rest of the empty lots in Glennwilde this summer. LGI is now building in Rancho Mirage, and KB Home is still completing Desert Passage and parts of Homestead.



As you can see, there is a lot going on. If you are selling or buying in Maricopa, using an agent who lives and works in Maricopa is most important. Knowing the area and the market will help ensure an easier and more profitable transaction for you.

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Mason Callejas

# City analyzes 3 keys to boost economic development

By Mason Callejas

As the city approaches its 14th birthday, officials are reaching for the stars, hoping Maricopa’s growth will not only accelerate but also happen in a sustainable fashion.

To achieve this, the city has engaged with a third-party consultant, IO.INC, to assess the city’s economic fortitude to ensure future development parallels the city’s 2040 Strategic Plan.

At a City Council retreat May 9, representatives from IO.INC joined department heads, the mayor and city council to discuss their assessment and offer suggested plans of action to boost economic growth.

IO.INC’s president and chief strategist Ioanna Morfessis laid out the Economic Development Strategy for Maricopa she said was based largely on an analysis of “Strengths, Weaknesses, Opportunities and Threats,” or SWOT.

IO.INC offered remedies, which echo the Strategic Plan, emphasizing three key objectives: improving city customer service to better support businesses, maintaining the assisted growth and sustainability and providing educational opportunities.

## Customer Service

The city made it a point in the Strategic Plan to assist businesses of all sizes looking to open in Maricopa. Unfortunately, Morfessis’ assessment found some businesses license applicants were dissatisfied.

City Councilmember Vincent Manfredi

said things are inherently easier for bigger businesses. Those with legal help know how to navigate the licensing and permitting process, he said, whereas smaller businesses that lack legal assistance have little idea of the process.

“Economic Development should hold their hands,” Manfredi said.

After a couple of anecdotes of bad customer service experiences, Development Services Director Martin Scribner said he was not aware of any such incidents, or he would have corrected them.

As much as he would like to help everyone, he said, some people just don’t get it. For some of these businesses, he said, “it’s not just holding their hand, it’s breast feeding.”

Continuing the metaphor, Scribner said “sometimes they just don’t take.”

## Sustainability

Trying to avoid any potential boom-and-bust scenarios, the city has made multiple efforts to invest in long-term developments for both small business and the larger light-industrial sectors.

These efforts are apparent chiefly in the project at Estrella Gin Business Park and in the city’s support of the Maricopa Center for Entrepreneurship, neither of which has seen success.

Several aspiring renters at the Estrella Gin Site have been reluctant, citing high prices. The cost was lowered to around \$9 per square foot annually, but comparative light-

**Councilmembers and department heads mulled some of the challenges of creating economic development at a retreat May 9.**

industrial space in Chandler can be found for as little as \$6 per square foot.

Would-be tenants have also cited higher-than-average utility costs in Maricopa as a reason they would not want to develop in the city.

Questions were raised during the retreat about the return the city has seen on its investment in MCE.

At the April 18 City Council meeting, MCE Director Quintin Baker provided an update of his efforts, which seemed to be more nuanced than precisely measurable. Since joining the organization in November, Baker believes he has made improvements in the review process and in tracking growth of client businesses.

Baker has not, however, been able to provide specific client growth data, nor has he been able to provide details regarding MCE distribution of small business loans funded by the federal M-Loan program issued via the city.

To the former, Baker said they are helping businesses develop systems to track their growth. Baker said the M-Loans are simply “being reviewed.”

Aside from a lack of concrete assessment, Councilmember Peg Chapados indicated further concern she had with MCE considering neither Baker nor any representative from the organization was present at the City Council retreat.

Baker said he wasn’t made aware of the meeting.

## Education

The demographic study conducted by IO.INC indicated around 37 percent of Maricopa residents possessed a higher education of two years or more. This fact, Morfessis said, is a good sign for businesses looking at Maricopa.

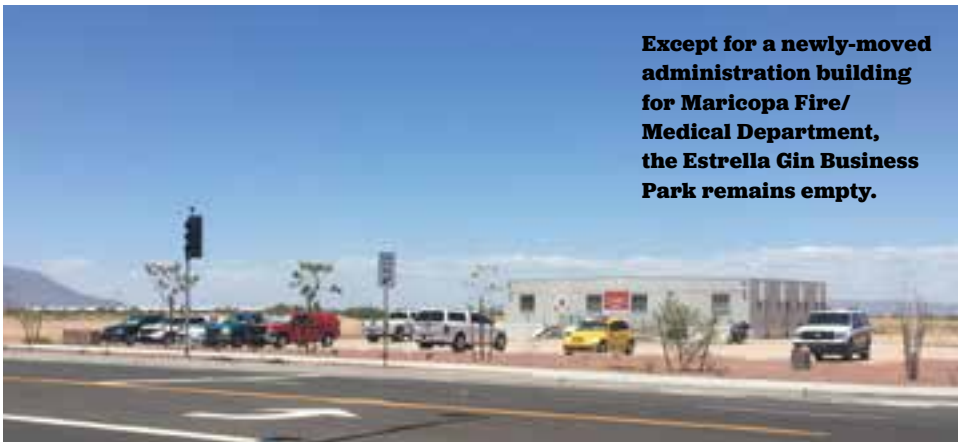
“If we can get them here, we have a qualified workforce,” Morfessis said.

Knowing considerable growth occurs around industries not dependent on college degrees, Mayor Christian Price suggested an emphasis on vocational and entrepreneurial training is equally important.

Utilizing a collaboration between local businesses, high schools and community colleges, he said, is just as important as having a high average of bachelor’s degrees.

Also, Morfessis said the city is seen by some as having a “love affair with charter schools.”

She claims this can be seen as a positive attribute when drawing in businesses with employees concerned about school choice, or a negative attribute as some view that support comes at the expense of the local public schools, a factor that could drive potential industries away.



Raquel Hendrickson

**Except for a newly-moved administration building for Maricopa Fire/Medical Department, the Estrella Gin Business Park remains empty.**

## Flood Plain

A fourth obstacle mentioned at the meeting — which, aside from string-pulling, the city has little recourse to correct — was the flood plain.

Much of Maricopa’s undeveloped land lies in that flood plain. For the past several months the city has been awaiting a final adjusted analysis of Maricopa’s flood risk under the Federal Emergency Management Agency’s risk assessment.

If the Army Corps of Engineers and FEMA deliver new higher flow rates, which the city believes they will, Maricopa will have to reassess their flood mitigation plan. That

included channelizing the flood plain for a heavier flow. These efforts could double or triple the cost of the mitigation plan.

Morfessis and most city officials present concurred this reassessment is one of Maricopa’s greatest issues at hand.

“We have to solve this flood-plain problem,” Morfessis said.

Crossing his fingers, Price said the city might have people close to President Trump who may be able to help.

Morfessis said, “That’s great; maybe we can Trumpify it.”

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# What's it pay?

According to the U.S. Census, Maricopa's median household income is around \$68,000. Much of that comes from jobs out of town. So what can employees make who work close to home?

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Resource/clerical: \$63,000

**Ak-Chin**  
Firefighter/EMT: \$46,345

## POLICE DEPARTMENT



Most numbers indicate mean.

**City of Maricopa**  
Chief: \$135,000  
Commander: \$115,000  
Lieutenant: \$104,000  
Sergeant: \$84,000  
Officer: \$60,000  
Resource/clerical: \$51,000  
Dispatch manager: \$95,000  
Dispatcher: \$45,000

## RESTAURANTS



Numbers are averages.

**Fast-food**  
Management: \$11.25/hour  
Crew: \$10/hour

**Sit-down**  
Manager: \$35,000-\$65,000  
Wait staff: \$7/hour + tips  
Dishwashers: \$10/hour  
Host/hostess: \$10/hour

**Coffee shop**  
Manager: \$29,933  
Barista: \$8-\$12/hour

## SERVICE/REPAIR

**Absolute Air**  
Lead tech: \$17/hour  
Assistant tech: \$15/hour  
Office: \$425/week

**Maricopa Appliance Repair**  
Supervisor: \$50,000  
Tech: \$35,000  
Office: \$11/hour

## RETAIL/SERVICE



**Big O Tires**  
Service/Garage: \$35,000+  
Sales desk: \$17/hour

## WELLNESS



**Longevity Athletics fitness training**  
Personal: \$30/hour  
Certified: \$12-\$16/hour  
Non-certified: \$10/hour

**Comfort Keepers home care**  
Manager: \$35,000  
Caregiver: \$10/hour

## GOVERNMENT

**City of Maricopa**  
City manager: \$173,000  
Assistant to the city manager: \$110,000  
Director: \$108,000  
Management Analyst: \$81,000

**Elected officials**  
Mayor: \$23,000  
Councilmember: \$18,000



**Parks**  
Manager: \$69,000  
Crew leader: \$54,000  
Maintenance: \$32,000

**Recreation**  
Manager: \$74,000  
Coordinator: \$55,000  
Services lead: \$32,000  
Aide: \$10/hour  
Head lifeguard: \$13/hour  
Lifeguard: \$11/hour

**Library**  
Manager: \$82,000  
Coordinator: \$49,000

Assistant: \$31,000  
Page: \$10/hour

**Transportation & Infrastructure**  
Transit planner: \$70,000  
Street maintenance supervisor: \$69,000  
Traffic signal tech: \$50,000

## EDUCATION



Numbers are averages.  
Annual figures are base salaries.

**Maricopa Unified School District**  
Superintendent: \$147,000  
Principals: \$81,305

Directors: \$75,037  
Assistant principal: \$55,780  
Teachers: \$41,586  
Service providers: \$57,912  
Classified: \$23,512

**Leading Edge Charter Network**  
Principals: \$90,200  
Assistant principals/coordinators: \$57,000  
Teachers: \$40,600  
Classified: \$11.50-\$15.50/hour

**Legacy Traditional Schools**  
Principals: \$75,500  
Assistant principals: \$64,000  
Teachers: \$38,000+  
Classified: \$12/hour

**Camino Montessori**  
Directors: \$70,000  
Teachers: \$35,000+  
Classified: \$10-\$13/hour

**EdKey Inc. (includes Sequoia Pathway)**  
Teachers: \$38,000+  
Others: Would not disclose

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# Designer selected as SAR artist-in-residence

School for Advanced Research's Indian Arts Research Center in Santa Fe, New Mexico, has chosen Maricopa clothing designer Loren Aragon for a fellowship this summer. Three fellowships are given annually to advance the work of mature and emerging Native artists. As the 2017 Ronald and Susan Dubin Fellow, Aragon will be in residence June 15-Aug. 15 and will present an evening lecture and studio tour.

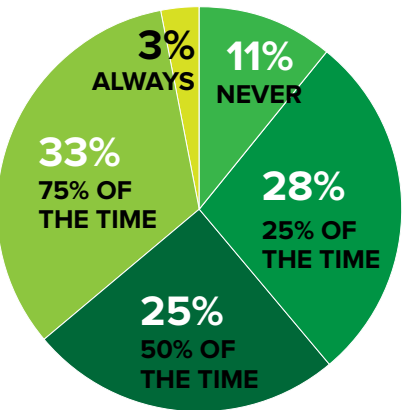
A mechanical engineer by trade, Aragon uses couture fashion to capture ideas predominantly influenced by the pottery

culture and traditional dress of his native Acoma Pueblo community. During his time at SAR, he plans to research and employ new, perhaps less practiced methods and techniques in textile design, jewelry and fashion design. Aragon plans to display his work in a capsule collection made up of four one-of-a-kind pieces highlighting textile design and ornamental metal work.

 **For more on Aragon and samples of his work, visit [InMaricopa.com/?s=Loren+Aragon+](http://InMaricopa.com/?s=Loren+Aragon+).**

## INMARICOPA.COM POLL

**How frequently do you do business at locally-owned companies in Maricopa?**



328 votes  
Source: [InMaricopa.com](http://InMaricopa.com) April 27-May 9

# School volunteers recognized

At Maricopa Unified School District's Best of the Best awards presentation May 17, district parents Carol Shrock and InMaricopa's Vincent Manfredi were named Volunteers of the Year. With them are Superintendent Steve Chestnut (left) and Student Development Advocate Jim Irving (second from right).



West Drive Thru Elevation

## Proposed Burger King gets variance

The Maricopa Board of Adjustments approved a construction code variance allowing the national chain Burger King to move forward with plans to build a restaurant at the Edison Pointe development site on the northeast corner of John Wayne Parkway and Edison Road.

The company requested the variance after construction plans submitted to the city for its Maricopa location were found to violate current city code for the site. The current code prohibits pedestrian access from being cut off by restaurant drive-through lanes. However, given the unique nature of the location in relation to John Wayne Parkway, both representatives for the restaurant and city officials felt the submitted plans best suited the situation and thus should be approved.

Burger King is one of several businesses considering Edison Pointe as a future home. Ross and Petco are also likely tenants of the commercial space.



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**Family:** My husband, Kyle and I have been married for 25 years, have six children, 13 grandchildren and 3 great grandchildren!  
**Maricopan since:** 2012  
**Occupation:** Comfort Keeper, Retired Life Enrichment Coordinator  
**Favorite Food:** Southern fried pork chops and apple pie  
**Favorite Vacation:** Caribbean  
**Favorite Pastime:** Enjoying people, DJ, and riding my motorcycle



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# Harrah's Ak-Chin Casino honors 2017 Caesars Award of Excellence winners

Harrah's Ak-Chin Casino announced its 2017 Caesars Award of Excellence recipients, a distinction given to employees who consistently provide best-in-class service to guests, coworkers and the community, all while serving as role models and demonstrating an exemplary commitment to the Harrah's brand.

**The 2017 winners are:**

**Leadership:** Leah Huarte, gift shop/wardrobe

**Superior Guest Service:** Karla Rodriguez, beverage

**Superior Guest Service:** Daniel Main, casino host

**Superior Internal Service:** Brittney Ramirez, finance

**Superior Internal Service:** Twila Andring, human resources

**Innovation:** Paul Ferry, slot performance

**Community Service:** Jane Stimmel, human resources

**Suggest:** Shelly Christian, total rewards



Submitted

From left (standing) Paul Ferry, Twila Andring, Karla Rodriguez, Leah Huarte, Shelly Christian and Daniel Main; (sitting) Jane Stimmel and Brittney Ramirez.

Main, Ramirez, Rodriguez and Stimmel are all residents of Maricopa.

## Commercial business licenses on the upswing

The following businesses applied for businesses in the city of Maricopa April 16-May 15.

**Commercial:** Aalpha 1 Systems LLC, American Tower Investments LLC, Ameripro Service Systems Inc., Desert Rage LLC, Raspado's Locoz, Toby's Auto Mechanic

**Home-based:** Cobblestone Assisted Living, Elite Residential Cleaning Services, Horseshoe Enterprises LLC, Julia's Cookies LLC, Konadu Family LLC, Leisa's Luscious Lips, Seville's Luxury Services, Share Conceptz, Stromboli Sicilian Sauce

**Out of town:** BH Skating Parks LLC, East West Bedding LLC, Fins and Whims, LP Rent a Fence LLC, Total Transit Enterprises

**Peddler:** Streamline Solar

## Maricopa Ace leads state in Children's Miracle Network fund-raiser

Maricopans made their Ace Hardware the state leader in the company's April "Round Up for Kids" campaign for Children's Miracle Network. Ace customers opted to have their bills rounded up to the next dollar, with the extra cents going to a local CMN hospital.

In Maricopa, 34.7 percent of customers participated, raising \$3,870.69 for Phoenix Children's Hospital, according to store owner Mike Richey. That was 13th out of about 850 participating stores in the country and the best in Arizona. (Frontier Ace Hardware in Apache Junction was next closest in 25th place with \$3,112.29.)

"We're just fortunate enough to be in a community that supports us and supports these types of programs," Richey said. "The community of Maricopa cares, and so we're simply involved in the community, and it all works out just great."



Jake Johnson

## Home Street cuts ribbon

Home Street home loans had its grand opening and ribbon cutting with the Maricopa Chamber of Commerce on May 5. Managed by Aaron Anderson, the office is at 21300 N John Wayne Hwy, Suite 103-4.



Mason Callejas

## Health inspectors ding 3 eateries

Three of 20 food establishments inspected in Maricopa April 16-May 15 fell below the top standard of "excellent," according the Pinal County health department. All three had problems with cold-holding units.

At Good Donuts a refrigerator was keeping food items at 43 degrees instead of the required 41 degrees or cooler. Inspectors also requested an organized cleaning schedule. At Cilantro's on refrigerator had items as high as 51 degrees, and temperature logs were recommended. At Plaza Bonita, some items in the refrigerator were at 46-51 degrees and some food items were not properly date marked.

**EXCELLENT** [No violations found]

- Aliberto's
- Brooklyn Boys Italian
- Culver's
- Domino's Pizza
- The Duke at Rancho El Dorado
- Fry's Marketplace
- Fry's Marketplace — Deli
- Fry's Marketplace - Sushi
- Helen's at Copper Sky
- Helen's at Pacana Park
- Little Caesar's Pizza
- Papa John's Pizza
- Papa Murphy's Pizza
- Penascos Mexican Restaurant
- Pizza Hut
- Raceway Bar & Grill
- Tacos 'n' More

**SATISFACTORY** [Violations corrected during inspection]

- Cilantro's Mexican Cocina
- Good Donuts
- Plaza Bonita

**NEEDS IMPROVEMENT** [Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection]  
None

**UNACCEPTABLE** [Gross, unsanitary conditions necessitating the discontinuation of operation]  
None



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Raquel Hendrickson

# Beef straight from the ranch

Ajas grow traditional business with modern marketing

By Raquel Hendrickson

When Bass Aja married Anna Groseta in 2009, it was a binding of two ranching families with near iconic status among Arizona cattlemen. They were from farm people who went back generations, even to the Old World — the Ajas from Spain and the Grosetas from Croatia.

Both families started in mutton and then shifted to beef.

Now in the Maricopa area, Bass and Anna have turned into beef entrepreneurs, starting the 9F Cattle Company. The focus of the business is delivering fresh beef straight from the ranch.

“It’s a rich history for both of us,” Anna Aja said. “My grandpa was born in Middle Verde, and he and his father would, by wagon, take up meat and produce to the miners in Jerome. My grandmother was born and raised in Jerome and they’d meet up there when they would go and take meat and produce.”

That is a tradition that is being reimagined for the 21st century with the 9F Cattle Company. Direct-from-the-ranch beef sales is something Anna always wanted to try.

“There’s a lot of people I’ve seen try to sell direct, and they sell for a while and then they don’t. It either works or it doesn’t,” she said. “I thought, ‘What does it hurt? Might as well try it.’”

Cattle the Ajas raise on Groseta and Aja ranches are an Angus cross called Balancer and mostly grass-fed. They primarily use a butcher in Tucson connected to the University of Arizona food laboratory. The beef is dry-aged up to 21 days and then frozen for delivery. The Ajas also have beef on hand, renting commercial freezer space in Mesa.

“People want to know who’s raising their beef and who’s raising their food,” Anna said. “It’s not for everyone. The price point’s not for everyone, and that’s totally fine. Really I just want people to eat beef and enjoy it.”

Customers can buy 10 pounds of ground beef at \$6 per pound or a 400-pound full beef with everything at \$9 per pound. Delivery is free to customers in Maricopa or to anyone who orders 300 pounds or more. Anna said she would eventually like to sell direct to restaurants.

“If I can provide the connection for someone to know us and know our family and know where it was raised, whether it was south of Buckeye or in Cottonwood, and what it ate and the kind of life that it lived, I really enjoy that,” Anna said.

With parental support for the venture, Anna Aja set up a website and got the business moving last year when she was in the late stages of pregnancy with her third child. While on maternity leave, she took

**Anna and Bass Aja raise an Angus cross called Balance, with the meat harvested in Tucson and personally delivered. Right, the Ajas with their children Bassie, Andy and Perry.**

newborn Perry with her as she picked up beef orders in Tucson and drove them to customers.

Much of the marketing has been on social media because she has not had time to work farmer’s markets yet. So far, her time and resources for getting the word out have been limited, but she wants to build it beyond a home-based hobby.

“I do a lot of focused, targeted ads on Facebook, and then word-of-mouth,” she said. “We also targeted foodies and insta-blogger people and offered free beef and asked them, if they like it, to talk about it.”

One-on-one conversations have been very fruitful, as well.

She met Kristen Lee of Phoenix at a communal summer-table dinner.

“We started talking about our passion for food and how much I enjoy knowing where my food comes from,” Lee said.

After learning about the Ajas’ 9F beef, which sounded exactly like what she was looking for, Lee put in an order.

“Buying in bulk, it was more economical than I thought it would be,” she said. “I really enjoyed it. It has a much beefier flavor. It’s leaner. You can actually taste the meat.”

She said she likes knowing the cattle are humanely raised with no hormones or additives. She also likes helping out a small business.

Cortney Tyler was one of several gym-mates in Maricopa who became Anna Aja customers.

“I never bought meat directly from a rancher. We only had store-bought meat,” Tyler said. “My husband was saying, ‘This is going to be a waste of money.’ But it was amazing to taste the difference. The meat was really, really good.”

She praised every cut in the 10-15-pound variety pack, from ground beef to tenderloin.

“We’ll definitely be ordering again. I have a family of five, so it doesn’t last that long,” she said.

The Ajas also are a family of five. Bassie is 5, daughter Andy is 3 and Perry is 1. They are growing up rural like their parents did. The Ajas spent early May moving into their new home between Maricopa and Stanfield.

“I grew up helping on the ranch and showing in 4H and FFA,” Anna



Aja said. “I had my own little flock of sheep and showed steers and enjoyed doing that as I grew up.”

Her parents, Andy and Mary Beth Groseta, own the W Dart Ranch in Yavapai County. Anna is a fourth-generation ranch girl and still has cattle on the W Dart.


Bass (Basilio) Aja’s great-grandparents came to the United States as sheepherders, working and saving to own their own ranches.

“So I grew up mostly in sheep and transitioned to ranches and cattle,” he said.

His mother’s family settled Perry Mesa, which bears their name. Bass grew up in Buckeye. The family ranch was south of Wickenburg and another ranch was near Joseph City.

Bass and Anna, both 32, first met at an Arizona Junior Livestock Association gathering during an Arizona Cattlegrowers Convention when they were 15. That was little more than an introduction because they lived so far apart, but they discovered each other again while attending the University of Arizona. Her friend was his roommate, who reintroduced them.

After marrying, they lived in Welton, near Yuma, where Bass ran a feed yard. Anna worked for the Arizona Beef Council. Now Bass runs the Pinal Feeding Company feed yard, and Anna works for the Arizona Cattlegrowers Association, at least until their oldest son Bass IV starts kindergarten next year.

Bass’ grandmother gave them the brand 9F that had belonged to her father. It stands for the nine fruits of the Holy Spirit as defined in the Bible, Galatians 5:22-23. 

 **9FCattle.com**



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LanceLaneInsurance.com

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# The business benefits of humor

By Kirk Shroyer

Laughter and a healthy sense of humor are among the most overlooked and important tools at the entrepreneur's disposal. Plenty of studies show stress is released and reduced during times of laughter. There are health and business benefits to laughter.

Laughter can ease tension on presentations and meetings, and make you and your company more approachable.

Laughter is essential. It helps create a healthy company culture, keep the team on the leader's side, reduce the stress of the rough patches, open new ways of thinking, enable trust and open sharing.

Humor makes things more fluid and less rigid.

Humor lets those around you know you are normal, and sometimes we simply take things too seriously.

Humor is a universal language that everyone understands.



Kirk Shroyer

Appropriate humor does not come at the cost of individuals, it is not critical, it is not off-color, it does not embarrass, no dirty words, and it should not encourage inappropriate communication or behavior. Avoid politics, special interests, polarized opinions, religion, sex or anything that would make your audience uncomfortable.

Humor causes the teller to seem more self-assured. As long as a joke is appropriate, do not be afraid of a flop — or that not everyone thinks it is funny.

For humor to be effective you must know your audience. Context is everything; the jokes you tell your audience are not the jokes you tell your best friend after having a couple drinks.

A minimal number of very short personal stories are fine. But only those stories with a point — specifically in context to your audience — or only those stories that make a humorous point should be shared.

Being an entrepreneur without really focusing on the fundamental things is like a day without sunshine — or in other words, you know, night (Steve Martin). Behind every successful entrepreneur is someone rolling their eyes (Jim Carrey).

Sometimes it is a fine line between confidence and conceit. Strong leaders know how to make the audience feel good about themselves. Strong leaders know it is about others' growth and opportunity. Let your audience know you are normal with a couple very short examples of how you are human, make mistakes, have fears.

When you arrive at the top and you are CEO, remember no one is too good to take out the garbage.

Kirk Shroyer is a business coach and owner of the Maricopa Business Center.

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# Warming Up 101: The Essentials

By Aaron Gilbert

## What is warming up?

Warming up prepares the body for more intense movement and activity. It literally “warms up” the body by increasing core temperature.

A proper warm-up consists of movements that:

- Move joints through their full ranges of motion
- Enhance mobility
- Release connective tissue bonds
- Distribute fluid in the joint space
- Boost speed/force of muscle contractions
- Promote oxygen uptake

## Why warming up is important

While age-related body changes and water loss can contribute to inflexibility, most of it comes down to “use it or lose it.” A proper warm-up helps counteract negative effects of aging while enhancing performance. Not warming up can lead to poor mobility/flexibility, injuries and stiffness.

## Warm-up Types

Movements used during a warm-up might include:

- Movements intended to get the core temperature up and the whole body moving (e.g. brisk walking or light jogging while swinging the arms)
- Dynamic movements such as stretching while moving (e.g. walking lunges for



hip flexibility, or tipping your head side to side for neck mobility)

- Foam rolling should be included before the dynamic movements as part of a warm-up since it helps with mobility and breaks down scar tissue/adhesions. This relaxes the fascia and makes muscle more pliable.



Aaron Gilbert

## Flexibility, mobility and injury

Some consider the warm-up a time to build flexibility and mobility. Flexibility is the capacity of a joint to move freely through a full range of motion. Mobility is our ability to produce a desired movement. Both are based on the elasticity of muscle, ligaments and connective tissues, but while poor mobility is correlated with injury, poor flexibility is not necessarily.

We want some areas to be more mobile but other areas to be more stable and strong. For most folks, this means it's important to mobilize:

- Front of shoulders
- Ankles
- Front of hips and IT band

- Hamstrings
- Thoracic spine

Tightness in these areas can contribute to tears and impingements.

Nearly 70 percent of the population will suffer from a shoulder disorder at some point in their lifetime — largely due to the inherent instability of the joint combined with the modern “rounded back” posture that pulls the shoulders forward and hunches the upper back.

While minimal flexibility is related to injury, performing static stretching (exclusively) during a warm-up doesn't seem to decrease injuries. And too much stretching and flexibility may even increase the rate of injury. Many people, in fact, suffer injuries caused by excessive movement and flexibility in the:

- Shoulder joint
- Knees (especially women)
- Cervical and lumbar spines

## Summary and recommendations

Consider your warm-up period an essential part of the workout — not optional free time. It'll make you stronger and improve your body control, balance, movement mechanics and agility.

Most benefits of a warm-up come from actually warming up the body, which can be accomplished by 4 to 15 minutes of dynamic movements. Find a warm-up that makes your body feel the best, and one that you can stick with.

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

520-261-4661  
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# Test aging adults on independent living

**Q My parents are getting older (in their early 70's), and are starting to have more difficulty getting around. However they insist on staying in their home. I want them to be happy, but what can I do to make sure they are safe, and that it is realistic for them to remain at home? I fear a time is coming when I will have to supervise their care and I don't know where to begin. Please help!**



Rev. Sherielyn Curry

their independence. They don't want to go to assisted living, a nursing home, or even live with their adult children.

Knowing where to begin starts with knowing what you are dealing with. The next time you are at your parent's home take note of the following, as the observations will provide information for if their desire to remain at home is even feasible:

1. Notice what is NOT getting done. Are dishes accumulating in the sink? Is there expired food in the refrigerator or pantry? Is laundry piling up? Does the house have an odor?
2. Do they still drive? Let them drive you around and observe how they are able to maneuver the car and their response time to others on the road.
3. Is the current home still appropriate for them now that they're getting older? If there are stairs, can they manage the stairs, or would they do better on one level? Is the possibility of downsizing an option?

4. Does the home have any safety hazards? Is it free of clutter, slippery rugs, or exposed electrical? Could simple modifications to the home make it more convenient and safe?

5. Can they manage in their existing home with the help of a Caregiver? Do they need daily assistance, or a few days per week? Are they open to receiving care if it allows them to remain at home?

These are not all of the questions you will need to ask, but certainly enough to get you started. And, as always, you are welcome to call me and I can help you navigate through the maze of options for Senior Care..

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## Importance of Oral Hygiene

By Andrew H. Jones

Oral hygiene is essential to a person's overall health. "The simple acts of brushing and flossing are instilled in us so that we maintain our "pearly whites;" yet, oral health is much more than clean teeth; it involves the gums and their supporting tissues, the palate, the lining of the mouth and throat, the tongue, the lips, the salivary glands, the chewing muscles, the nerves, and the bones of the upper and lower jaws" (Benjamin, 2010). Good oral hygiene is important not only for social interactions with others, for a self-esteem aspect, but also imperative for heart health too. Let us explore how oral hygiene effects the body.

Diseased, crooked or missing teeth can interfere with speech; compromise the ability to chew food properly without

difficulty and pain. Bacteria from improper oral care of the mouth will lead to infection in other parts of the body.

- **Heart disease** - Bacteria in the bloodstream can travel to the heart and lead to a heart attack.
- **Endocarditis** - Bacteria may find its way to the inner linings of the heart and valves, which in turn, create growth pockets of bacteria. These pockets cause inflammation and infection of the inner linings of the heart.
- **Stroke** - It is a belief that oral bacteria may be a contributing factor to the arteries narrowing as well as blood clots easily forming because of the body's negative response to the bacteria in the bloodstream.



- **Inflammation** - Inflamed gums and bleeding may cause systemic inflammation.
- **Rheumatoid Arthritis** - It is a known fact that periodontal disease will worsen the pain already suffered by those inflicted with this autoimmune disorder.
- **Lung Condition** - Those already suffering from COPD (chronic obstructive pulmonary disease) and pneumonia may have their condition worsened due to an increase of bacteria in their lungs from the lack of good oral hygiene" (Six health problems linked to bad oral hygiene, 2017).

For those who need a refresher, here is why oral health is so crucial: Every time you eat, food particles stick to your teeth. If you do not brush and floss daily, the particles attract bacteria and form a slimy coating on teeth called plaque. With less than a week of inattentiveness, plaque calcifies into hard tartar that does not come off without dental assistance, and begins to lodge into the gum line. Thus, the gums become inflamed (gingivitis) the first stage of periodontal (gum) disease; little pockets

open up between the teeth and the gums. Over time, the pockets get bigger, driven by festering bacteria that eat away at the tooth and its supporting architecture, eventually consuming it.

Prevention is always the best form of health care.

- Establish daily brushing and flossing routines
- Dental check-ups every six months
- Avoid tobacco, high-sugar content foods and beverages

"Oral health can be a gateway to your overall well-being. Oral hygiene, a balanced diet, and regular dental visits can help reduce the risk of developing oral health issues and disease (Dr. Maryam Mahmood, DMD, Sun Life Family Health Center, 2017). Sun Life Family Dentistry offers comprehensive services to prevent, diagnose and treat those who may be suffering from oral health discomfort to achieve dental health that we all desire. Our highly trained and skilled providers are advanced with cutting-edge technology in dentistry to provide the most current treatment options for our patients. Standing true to the Sun Life Family Health Center Vision: Excellence in: Health - Wellness - Education

### REFERENCES

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Six health problems linked to bad oral hygiene. (2017). Retrieved from <https://www.dentalhealth.org/blog/blogdetails/96>

### TIP OF THE MONTH

#### Oral Care

Oral health tips are easy to come by; but putting them into practice is sometimes not. Don't make oral health care a Morning & Night only routine. Include it in your daily work schedule. #OneSmallChange



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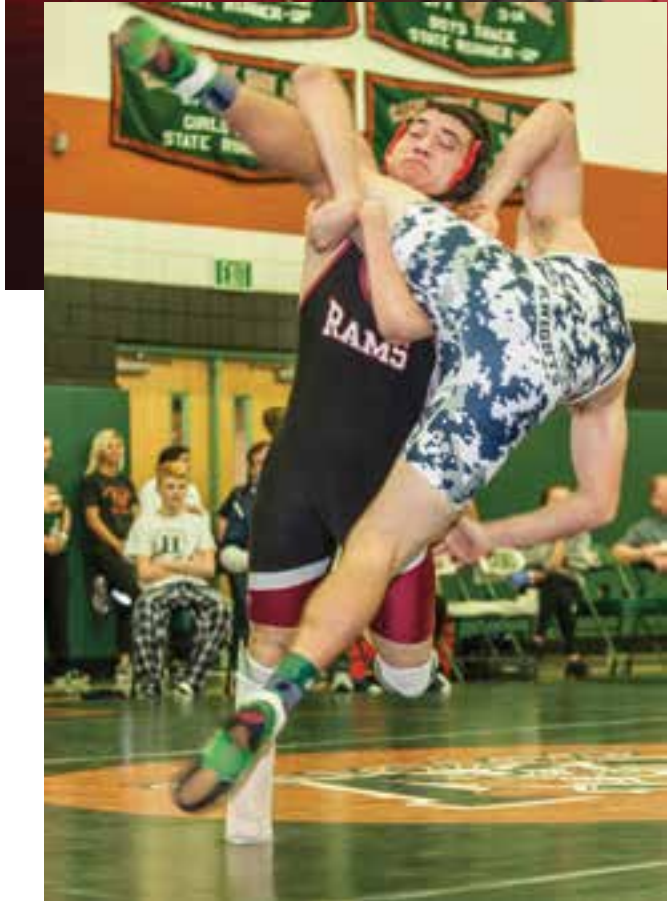




# ‘Proving them wrong’

MHS student-athlete overcomes adversity

By Mason Callejas



Victor Moreno



William Lange

**Noah Salinas came to Maricopa for his senior year of high school and made an impression on the wrestling mat.**

For Salinas, nothing could be further from reality. He became an athlete.

Before starting school, Salinas had no concept of being different. It didn't dawn on him until he showed up the first day of kindergarten and saw other kids without prosthetics.

He returned home that day and received a rather straight-forward explanation from his parents, one that evidently had a major effect on the way he would later approach life.

Soon after discovering this potentially constraining position in life, around age 5 or 6, he found surprising success at one of the activities few would imagine he could even attempt — wrestling.

Salinas was a natural athlete, according to his mother Amber, and he became interested in other sports, including the very physical game of football. A few years after playing in a few pick-up games with his cousins, Noah joined a youth team in Colorado.

When trying new, daunting tasks Salinas claimed to never make much of a consideration for his condition.

"I don't really think about it; I never really let it get to me," Salinas said. "I just kind of try it and go from there."

Others are not so capable of overlooking his prosthetics. For those people, Salinas has a special response.

"I would always just make jokes about myself," he said. "So they knew I didn't care and that I was going to do what I needed to do to be successful in life."

While growing up, Salinas switched back and forth periodically between football and wrestling. In 2015, after his family came to



Mason Callejas

**Salinas shows off his prosthetics.**

Arizona, Noah attended Williams Field High School in Higley and made the football team. Due to the coaches' attempts to shelter Noah, his mother said, he was never allowed to play in games.

Noah was the recipient of the national Sports Authority Courage Award in 2016.

His family decided to bring him out to Maricopa, where they hoped he would have a chance at playing. Again, he was not on the field much. But, like much of his life, he never really let that get him down.

"I guess they [football coaches] were afraid of me getting hurt," Salinas said. "I understand that."

With all the focus on football, he avoided the mat most of his high school career until his senior year, when he thought he'd give it one last try.

He finished with an almost even record at 16 wins and 18 losses in the 182-pound weight class, pinning six of those opponents and earning a respectable 85 points for his team throughout the season.

To give himself better purchase on the mat, Salinas removes his prosthetics when wrestling and instead dons rubberized socks. Removing his prosthetics gives him another advantage as well.

He towers over most opponents when wearing his prosthetics, standing well over 6-feet tall. However, with his legs removed, he is slightly shorter than most of his opponents, making it more difficult to take him down.

"That makes it so they can't really get to me the same," Salinas said.

All athletic prowess aside, Salinas is an otherwise typical teenager, with concerns about girls and friends. But most importantly, Noah is looking to the future.

Hoping to follow in his father's footsteps, Salinas is considering a career in welding. And though he hardly ever wears his prosthetic hand because it causes discomfort, he has conceded when it comes to welding he will most likely have to have some sort of prosthetic.

Because of work, Salinas's family had to return to the Higley-Queen Creek area this year before school could finish. Fortunately for Salinas, he said, his close friend and fellow MHS wrestler Kevin McDill has a "really great" family who offered to let Noah stay through graduation.

Salinas plans to attend one of the community colleges in the area to receive the vocational training needed to become a professional welder.

He isn't afraid of any barriers he could face in the often rough-neck field of metal workers and welders. He simply plans to stay true to his philosophy.

"When somebody says, 'you can't do it,' and I do it anyways, it proves them wrong," Salinas said. "I like proving them wrong."

*Congratulations, Class of 2017*



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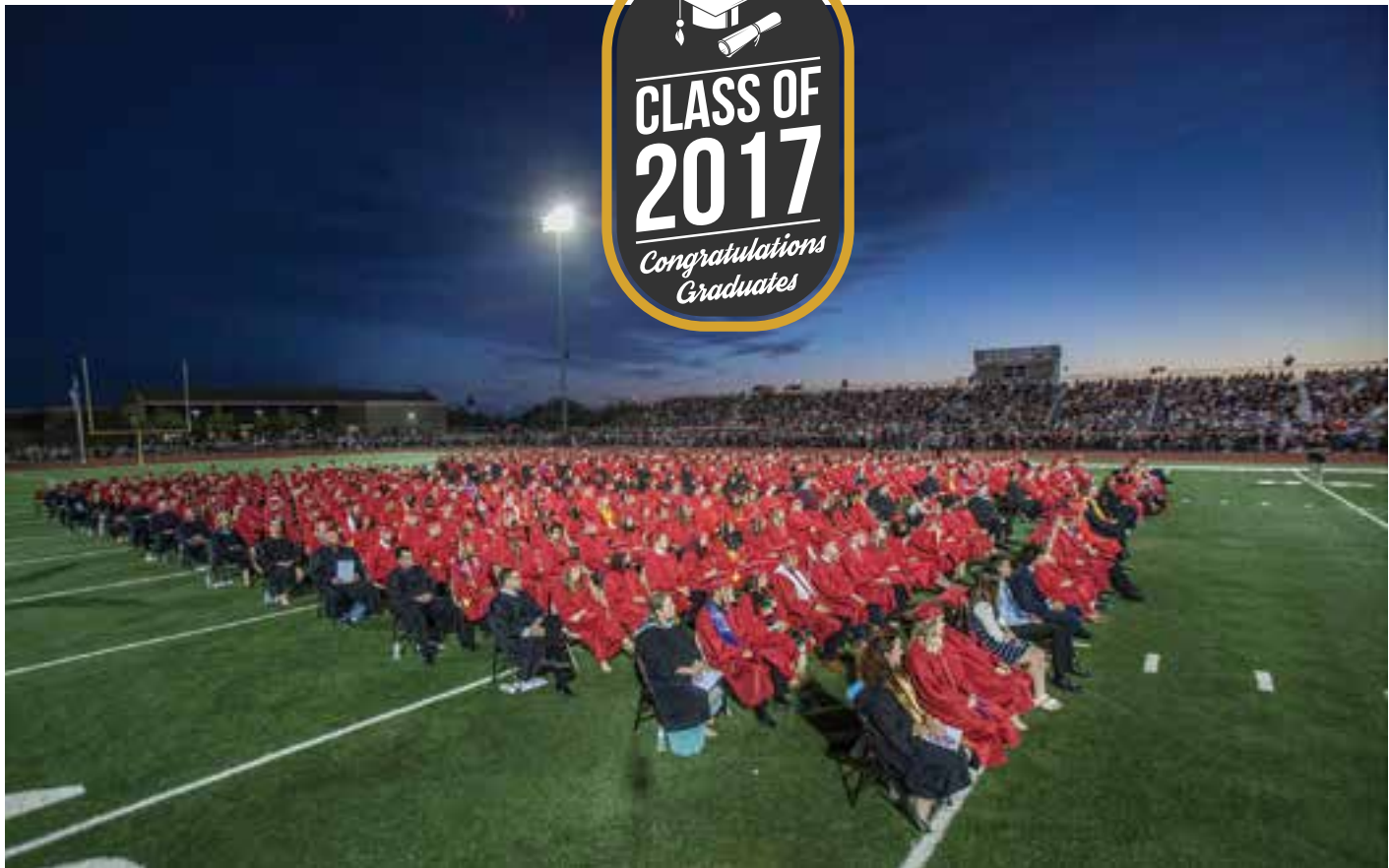
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More than 380 students graduated from Maricopa High School during ceremonies at Ram Stadium May 25. The Class of 2017 earned \$6.75 million in scholarships. Both the number of graduates and the amount of scholarships were school records. The speakers included Mayor Christian Price and Ak-Chin Chairman Robert Miguel along with co-valedictorians John Blodgett and Alfred Abraham and salutatorian Rachel Blakely. *Photos by Victor Moreno*







# Co-Valedictorian: Overcome obstacles by moving forward

By Alfred Abraham

**M**y name is Alfred Abraham and I am proud to be the co-valedictorian of the Maricopa High School Class of 2017. I was originally born in India and spent the first three years of my life in Singapore. When I was 3 years old, my family moved to the United States.

I started out with a lot of difficulties. I acquired the ability to speak in sentences significantly later than most kids, at the age of 5. I was placed in special education because of my difficulties in speaking and writing. Countless nights were spent, tears were shed and plenty of teachers were contacted to get me where I am today.

I have exceeded the expectations of most people, but the credit for that achievement doesn't just go to me; it goes to my parents and my younger sister Freya who always urged me to aim high.

In my four years in Maricopa High School, I have had many great experiences. One such experience was the time when I played the piano for the Jekyll and Hyde school musical during my sophomore year. Music is something that everyone loves. Whether it be jazz, pop or rap, the beats that bring us together are just like MHS, that makes us RAMily.

Another such experience was the time when I joined a robotics team that showed what could happen when good minds collaborate. Like any group project, we didn't know quite where we were going, but we did our best, and we finaled at competition. In my life I've seen this theme repeat: You don't have to have all the steps planned out to get to success; you just have to keep moving.

Throughout my high school career, I also had access to great teachers who paid attention to my needs much more than they were required to while maintaining high academic standards. I was given no excuses, and no reasons to do anything but my best. Counselors like Mr. Veltrie helped me pick classes that were best for my abilities. Without the help and the encouragement of all these people, I would not be here today.

In all honesty, I am so grateful that Maricopa was my high school. Nowhere else will you find such a collection of caring, dedicated teachers and friendly students that welcomed me into what was our four-year home. To all of you, too many to name who have said hello or answered my email, thank you.

Everyone who is going to receive their diploma right now knows the value of sacrifice. The principle of scarcity of resources is something that is emphasized repeatedly in economics courses. This principle applies to time since time is, after all, a scarce resource. There is only so much of it.

Students who want to get decent enough grades to graduate on time must use their time wisely. It must not be wasted on distractions. All of us who are going to receive our diploma know this to be true. We have had to give up time checking social media, playing video games or whatever else we would rather do in order to study for tests and do assignments. Why do we do this? Because we know that the payoff, a



Alfred Abraham

Submitted

high school diploma, is a major stepping stone to success in life.

To reach this step we all have gone through our own hills and valleys. We have all broken down at one point or another. We have all felt unworthy and incapable. We all know the temptation to give up. I remember telling myself, "It doesn't matter anyway. At least I've gotten this far." If I had listened to myself, then I wouldn't be speaking to you now. Through all the obstacles we faced we kept going. I would like to congratulate you all for doing what it takes to be here today.

But not all of us are here. There are some who gave up, who were overwhelmed. Even now, plenty of us are wondering what we will do, and how we will do it.

There is one lesson I have learned in my life: The word "impossible" is not in the dictionary of God. So anyone who is going through difficulties of any kind — students, teachers, parents and relatives, remember this: If you set the bar too low, you'll never see what you can reach.

Graduating high school is not the end of our journey; it is merely the beginning. It is a milestone to greater achievements in life. I encourage everyone here to continue working hard and achieving. Everything you have accomplished and endured is something that will really help in the real world.

With that, I would like to congratulate the entire class of 2017 once more for their achievement. I really am thankful to be the co-valedictorian of this graduating class! 📣

*Alfred Abraham is a co-valedictorian of the Maricopa High School Class of 2017. He will attend Arizona State University.*

# Congratulations, graduates!



Irene Arrendondo



Raven Humeyumptewa



Autum Manuel



Alexandra Osife



Morgan Peters



Mario Rodriguez



Madeleine Van Sickle



Tyra Williams



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# Co-Valedictorian: Graduates can ‘make the world a better place’

By John Blodgett

Good evening, Class of 2017. If you don't know who I am, my name is John Blodgett. I would just like to note to the audience out there, that yes, the valedictorian does indeed have to write their own speech (without SparkNotes, I checked). When I asked my mother if I could just wing it, she said, and this is a direct quote mind you, "John, you are my very favorite son and always will be, so please don't embarrass me." So, I wrote this for her; and sorry Matt and Alex, there is always second place.

Tonight, is a special night. It is the end of our first chapter, and the beginning of the next one in our book of life. Since I know none of us read these days, it is like we are ending one Snapchat story and beginning the next one. In our time here at MHS, we have laughed, cried, and I'm pretty sure some of you thought going to Dutch [Bros.] was part of the curriculum.

Among us, we have a great number of accomplishments. Many of us competed at the state level in countless sports, multiple bands, orchestra and color guard. Some of us even qualified for nationals in DECA, theatre and Skills USA. On top of that, we even have a couple of state champions. Oh, and did you know we pulled in almost \$7 million in scholarships? I mean we didn't even need to take a 30-minute bus ride to some "better school" to do so! Also, I think we can all agree we are the best-looking class to graduate from MHS, just saying.

We could not have reached these accomplishments, however, without a great deal of support. I would like to thank all of our wonderful teachers who put up with us for four years, the administration for keeping the campus up and running, our school board, bus drivers, counselors, principal, coaches, janitorial staff, cafeteria staff, athletic trainer and, of course, our parents.

Although each of us got here because of our own hard work, I think everyone who supported us along the way deserves a round of applause.

Now, however, those times have come to a close. We will be off in many different directions to do many different things. Personally, I will be flying 2,467 miles away, to the United States Military Academy, better known as West Point.



John Blodgett

Victor Moreno

As Mark Twain once said, "The two most important days in your life are the day you are born and the day you find out why." So first, shout out to all our mothers for doing step one. The next is a little harder.

During my summer visit to West Point, I determined it was my calling to go there. In four years' time, I will be commissioned as a United States Army Officer. That is the beginning of my purpose, to protect our country, and support my community. There is no cookie-cutter way to find your purpose in life, though. You must go out and find it.

With that being said, I leave you with a challenge: No matter what your purpose ends up being, go out and make the world a better place. I know you can do it. Everyone in the stands knows you can do it. All that is left is for you to believe you can do it. When you believe in yourself, anything is possible, and I expect some great things to come from Maricopa's Graduating Class of 2017.

Congratulations to each and every one of you. Good luck, have fun, and Go Army! Beat Navy!

*John Blodgett is a co-valedictorian of the Maricopa High School Class of 2017. He will attend the U.S. Military Academy at West Point.*

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## Congratulations Class of 2017!

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# Parents wield influence on kids’ alcohol, drug use

By Priscilla Behnke

The Be Awesome Youth Coalition administers a community survey with Cenpatico Integrated Health every quarter to use current and relevant data to prevent youth substance abuse. Data from March 2017 showed us that parties, friends and home are common ways for teens to get drugs and alcohol. Most common sources of drugs and alcohol:

- Party with friends, without adults present [alcohol, marijuana, prescription drugs]
- Someone age 21 or older who is not parent or guardian [alcohol]
- At home from parents or guardians [alcohol, prescription drugs]
- From someone at school [marijuana, prescription drugs]


Hollywood would lead one to believe it is a

normal rite of passage for teens to use alcohol and other drugs at a party while parents are away.



Priscilla Behnke

The truth is, most teens aren’t using drugs and alcohol. In fact, in Maricopa teen use is trending down. Parents don’t have to be passive bystanders while their kids experiment with chemicals that can lead to poor choices with life-altering consequences. Parents are the No. 1 influencer in their kids’ lives and should wield that influence. So, what is a parent or guardian to do? Be there. It’s simple but profound. Family attachment is a key predictor in whether a child chooses to get drunk or high. Check in with your kids to let them know you care. Talk to your kids. Talk to them about drugs and alcohol, and why you want them to do something better. Explain the risks to

them. Listen to your kids and what they think about the issue. Set clear limits on drug and alcohol use and hold them accountable. Let them know what the consequences are physically, legally and, of course, with you. Monitor the alcohol and prescription drugs in your home. Lock them up if you need to. Know where your kids are going. Make it clear that parties with drugs and alcohol aren’t acceptable. Know the friends your kids are spending time with. Encourage them to get involved in activities where they will make healthy friendships, such as church youth groups, after-school service clubs, sports or the Be Awesome Youth Coalition. For more information on the facts of youth drug and alcohol use visit drugfree.org. To join the fight and local prevention efforts, contact the Be Awesome Youth Coalition at pbehnke@macaasa.org. Our general meetings are on the third Saturday of the month at 18150 N. Altera Parkway from 10 to 11:30 a.m.  Priscilla Behnke is program director for Maricopa CAASA and Be Awesome Coalition.

## Things to do

### Exercise outdoors for a change of scenery



By Misty Newman

Lacking motivation to get to the gym? It may be time to take your workout into Mother Nature; a playground of endless workout opportunities, free and open 24 hours per day. You have the added benefit of the fresh air and sunshine. A study published by *Environmental Science and Technology* found that people who exercise outdoors have higher energy levels, decreased tension and stress than people who only workout indoors. So, if you spend a lot of time in your home, office, gym or car, getting a great workout with the sun beaming on you might be exactly what the doctor ordered to relieve stress. Outdoor workouts are great for your mental health, but they also have amazing physical benefits. For example, hiking or walking on uneven terrain (like at a park or hiking trail) requires more body control and balance. Here are some ideas for CrossFit exercises that you can do outdoors at one of our many lovely Maricopa parks.



Misty Newman

### Use Your Body Weight

- Workout 1 (5 Rounds)
  - 5 Pushups
  - 10 sit ups
  - 15 squats
- Workout 2 (5 Rounds)
  - 10 burpees (squat thrusts)
  - 20 Bench Jumps
  - 30 Pushups
  - 40 squats
  - 50 Lunges

### Just Burpees

Do 100 burpees in as little time as possible. If you do this at full intensity, it should leave you short of breath. Experts in the CrossFit community agree burpees can be extremely taxing on the body when done repetitively. According to health and wellness writer, Katherine Martinko, this movement, when done correctly, “will teach efficiency of movement, build explosiveness and develop that all-important ‘engine’ that keeps you going through a tough workout.”



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### Play Ball

No gym, no problem! Use a variety of balls outside to get a total-body strength and cardio workout. Collect all the balls you have — basketballs, soccer balls or Swiss balls to create different drills. You can use them as weights or cones, or to do unstable pushups.

### Get Creative

Playgrounds, parks and paths all have a myriad of equipment that is perfect for training. Try different bodyweight exercise like inverted rows, dips and pull-ups. Take along a resistance band to attach to a bar for a full-body workout. Stairs are another excellent way to get exercise. It’s the perfect outdoor workout because the intervals are built in. Add variety to target the different muscle groups. You can bound up every other stair, side step, high knees or even sprinting up the stairs like Rocky.

### Fun Runs

Forget the treadmill and go on a fun run instead. Before you begin, decide on five or so bodyweight exercises (push-ups, burpees, lunges, etc.) and choose landmarks (park bench, red light, Amtrak Station) where you have to stop and do 10 reps of that move. These outdoor workouts are just a few examples out of endless possibilities. Make your workouts fun and head outdoors to reap both the mental and physical benefits. 

Misty Newman is the owner of Maricopa Outdoor Adventures.

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# ONYX Young Choreographers Showcase to conclude Maricopa arts expo

By Raquel Hendrickson

Homemade dance hits the stage June 3 in the conclusion of “Got Arts, Maricopa.”

Besides the established schedule of fine arts and performing arts events, Maricopa Arts Council’s arts expo introduced the city to poetry slams, studio crawls, a world music showcase, performing arts gala and a movie-shorts competition.

The concluding event is another Maricopa first: ONYX Young Choreographers Showcase.

Desert Sun Performing Arts director Ceylan Gentilella called it “something really cool.”

“Dancers in our contemporary company, young adults and teenagers will be choreographing their own dances,” she said. “It’s nice to see what they come up with, who’s got the eye for movement.”

Staged in between two performances of the 11th annual DSPA recital “Better When I’m Dancing,” the choreography challenge will be judged by the audience. People’s Choice awards go to first, second and third place, with prize money of \$300, \$150 and \$50, respectively.

Gentilella said the event was originally conceived as an adult competition, but she was seeing something special among her ONYX troupe.

“We’ve got real talent,” she said.

Eddie Perry, part of the Maricopa High School Class of 2017, has already choreographed locally for Families First CDC. He is one of the nine choreographers presenting six dances.

“I love choreographing because it helps me with my teamwork and being able to communicate properly,” he explained in his pre-recital notes.

Dances in performance are also choreographed by Riley Bell and Erin Hildick, Allison and Madison Tucker, Giselle Sanchez and Crystabel Sanchez, Samantha Perry and Katie Sherrod. [📍](#)



Submitted

## IF YOU GO

**What:** Young Choreographers Showcase

**When:** June 3, 3 p.m.

**Where:** Maricopa Performing Arts Center, 45012 W. Honeycutt Ave.

**How Much:** \$5

[📧 Dance@DesertSunPerformingArts.com](mailto:Dance@DesertSunPerformingArts.com)

**What:** Better When I’m Dancing

**DSPA Recital**

**When:** June 3, 1 p.m. & 5:30 p.m.

**Where:** Maricopa Performing Arts Center, 45012 W. Honeycutt Ave.

**How Much:** \$15-\$20

[📞 520-483-8915](tel:520-483-8915)

## ONYX Young Choreographer’s Showcase

**Choreographers:** Riley Bell and Erin Hildick

**Dance:** Escalate

**Song:** Escalate

**Artist:** Tsar B

**Choreographers:** Allison Tucker and

Madison Tucker

**Dance:** We Get What We Deserve

**Song:** Way Down We Go

**Artist:** Kaleo

**Choreographers:** Giselle Sanchez

and Crystabel Sanchez

**Name of dance:** Love on the Brain

**Song:** Love on the Brain

**Artist:** Rihanna

**Choreographer:** Eddie Perry

**Dance Name:** Monster

**Song:** Joy/Monster/Forget You/You

Don’t Know My Name SMLE Remix

**Artists:** Nicki Minaj, Missy Elliot,

Ceelo Green, Alicia Keys

**Choreographer:** Samantha Perry

**Dance Name:** Water Guns

**Song:** Water Guns

**Artist:** Todrick Hall

**Choreographer:** Katie Sherrod

**Dance Name:** Wicked Game

**Song:** Wicked Game (Live)

**Artist:** James Vincent McMorrow

**Choreographers:** Riley Bell and Erin Hildick

**Dance Name:** Chandelier

**Song:** Chandelier (Piano Version)

**Artist:** Sia

## June Calendar

**1**

**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

**2**

**Al-Anon Meeting**

7 p.m., Community of Hope Church

45295 W. Honeycutt Ave.

**3**

**Peppersauce Wild Caving**

8 a.m., leave from Copper Sky

Multigenerational Center

44345 W. Martin Luther King Jr.

Blvd.

**DSPA Recital & Choreographers Showcase**

1 p.m., Maricopa Performing Arts

Center

45012 W. Honeycutt Ave.

**Movies under the Stars**

6:30 p.m., UltraStar Multi-tainment

Center

16000 N. Maricopa Road

**4**

**Narcotics Anonymous**

7 p.m., Maricopa Community

Church

44977 W. Hathaway Ave.

**5-8**

**Camp Sol Summer Program**

8 a.m., Maricopa Elementary

School

18150 N. Alterra Pkwy.

**Summer Fun & Fitness: SES**

1 p.m., Saddleback Elementary

School

18600 N. Porter Road

**Summer Fun & Fitness: MES**

1 p.m., Maricopa Elementary

School

18150 N. Alterra Pkwy.

**Teen Summer Volunteer Program**

1 p.m., locations vary

**5**

**Craig Davis Magic Show**

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.

**6**

**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

**Celebrate Recovery Large & Small Group Meeting**

7 p.m., Maricopa Community

Church

44977 W. Hathaway Ave.

**City Council Regular Session**

7 p.m., Maricopa City Hall

39700 W. Civic Center Plaza

**7**

**Harrah’s Club 777 Toastmasters**

3 p.m., Harrah’s Ak-Chin Casino

15406 N. Maricopa Road

**Outdoors 101: Shelters & Tents**

6:30 p.m., Copper Sky

Multigenerational Center

44345 W. Martin Luther King Jr.

Blvd.



Submitted

# Library’s Summer Reading Program ‘builds a better world’

By Raquel Hendrickson

Maricopa Public Library wants to reach new heights with its Summer Reading Program.

The annual event is off and running, with programming for ages 0 to 17. With each book participants read, they will be building skyscrapers. The theme this year is “Build a Better World.”

Library Manager Erik Surber said those who read 400 minutes during the program, which runs through July 14, will build the Empire State Building. Reading 800 minutes will build the Willis Tower (formerly Sears). And 1,200 minutes will equal Burj Khalifa.

“They can choose whatever challenge they think they’re up to,” Surber said. “If they are completed by July 14, they can win prizes.”

Those include passes to UltraStar and Arizona State Parks.

He said if toddlers are read to or if children listen to audio books, it all counts. Older siblings reading to younger siblings counts for both.

“It’s something to do over the summer, and they learn to set goals and pace themselves,” Surber said.

The program also prevents the “summer slide” in learning so children don’t fall months behind during vacation. Last year, 1,500 participated.

The Summer Reading Program is not just about reading. It is chock-full of entertainment and hands-on fun.

Events in June include a fire-and-ice science show, a magic show, a ventriloquist, live animals, puppet theater, fairytale princesses and, for the teens, T-shirt designing and anime. A hallmark event coming in July is the Cactus Brick LEGO build to match the theme. [📍](#)

[📧 Maricopa-AZ.gov/web/Maricopa-Public-Library](https://maricopa-az.gov/web/Maricopa-Public-Library)



For details on these and other local events — and to list your own — visit [InMaricopa.com/Calendar](https://InMaricopa.com/Calendar).



# Things to do

- 8**  
**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
- Mad Science Fire and Ice Show**  
2 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road
- Narcotics Anonymous**  
7 p.m., Ak-Chin Social Services  
48227 W. Farrell Road
- 9**  
**Al-Anon Meeting**  
7 p.m., Community of Hope Church  
45295 W. Honeycutt Ave.
- 11**  
**Narcotics Anonymous**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- 12-15**  
**Camp Sol Summer Program**  
8 a.m., Maricopa Elementary School  
18150 N. Alterra Pkwy.
- Summer Fun & Fitness: SES**  
1 p.m., Saddleback Elementary School  
18600 N. Porter Road
- Summer Fun & Fitness: MES**  
1 p.m., Maricopa Elementary School  
18150 N. Alterra Pkwy.
- Teen Summer Volunteer Program**  
1 p.m., locations vary
- Maricopa Children's Theatre Summer Camp**  
6 p.m., Copper Sky Multigenerational Center  
44345 W. Martin Luther King Jr. Blvd.
- 12**  
**Comedy Ventriloquist**  
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.
- 13**  
**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.
- 14**  
**Harrah's Club 777 Toastmasters**  
3 p.m., Harrah's Ak-Chin Casino  
15406 N. Maricopa Road
- Red Rohall T-Shirt Designs for Teens**  
5:30 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road
- MUSD Governing Board Meeting**  
6:30 p.m., Maricopa Unified School District  
44150 W. Maricopa-Casa Grande Hwy.
- 15**  
**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
- Radical Reptiles**  
2 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road

- Narcotics Anonymous**  
7 p.m., Ak-Chin Social Services  
48227 W. Farrell Road
- 16**  
**Al-Anon Meeting**  
7 p.m., Community of Hope Church  
45295 W. Honeycutt Ave.
- 17**  
**Movies in the Pool**  
6:30 p.m., Copper Sky Aquatic Center  
44345 W. Martin Luther King Jr. Blvd.
- 18**  
**Narcotics Anonymous**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- 19-22**  
**Summer Fun & Fitness: SES**  
1 p.m., Saddleback Elementary School  
18600 N. Porter Road
- Summer Fun & Fitness: MES**  
1 p.m., Maricopa Elementary School  
18150 N. Alterra Pkwy.
- Teen Summer Volunteer Program**  
1 p.m., locations vary
- Maricopa Children's Theatre Summer Camp**  
6 p.m., Copper Sky Multigenerational Center  
44345 W. Martin Luther King Jr. Blvd.
- 19**  
**Fairytale Princesses:**  
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.
- 20**  
**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
- Celebrate Recovery Large & Small Group Meeting**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- City Council Regular Session**  
7 p.m., Maricopa City Hall  
39700 W. Civic Center Plaza
- 21**  
**Harrah's Club 777 Toastmasters**  
3 p.m., Harrah's Ak-Chin Casino  
15406 Maricopa Road
- 22**  
**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
- Step Up Clydesdale**  
2 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road
- Narcotics Anonymous**  
7 p.m., Ak-Chin Social Services  
48227 W. Farrell Road
- 23**  
**Al-Anon Meeting**  
7 p.m., Community of Hope Church  
45295 W. Honeycutt Ave.



For details on these and other local events — and to list your own — visit [InMaricopa.com/Calendar](http://InMaricopa.com/Calendar).

# Things to do

- 24**  
**Prove It 7 on 7 & Skills Combine**  
9 a.m., Maricopa High School  
45012 W. Honeycutt Ave.
- 25**  
**Narcotics Anonymous**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- 26-29**  
**Summer Fun & Fitness: SES**  
1 p.m., Saddleback Elementary School  
18600 N. Porter Road
- Summer Fun & Fitness: MES**  
1 p.m., Maricopa Elementary School  
18150 N. Alterra Pkwy.
- Teen Summer Volunteer Program**  
1 p.m., locations vary
- Maricopa Children's Theatre Summer Camp**  
6 p.m., Copper Sky Multigenerational Center  
44345 W. Martin Luther King Jr. Blvd.
- 26**  
**Great Arizona Puppet Theatre**  
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.
- 27**  
**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**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- Celebrate Recovery Large & Small Group Meeting**  
7 p.m., Maricopa Community Church  
44977 W. Hathaway Ave.
- 28**  
**Harrah's Club 777 Toastmasters**  
3 p.m., Harrah's Ak-Chin Casino  
15406 Maricopa Road
- Anime for Teens**  
5:30 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road
- 29**  
**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
- Jungle Jill Animal Encounters**  
2 p.m., Maricopa Public Library  
41600 W. Smith-Enke Road
- Narcotics Anonymous**  
7 p.m., Ak-Chin Social Services  
48227 W. Farrell Road
- 30**  
**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.
- July 4**  
**Great American 4th**  
6 p.m., Copper Sky Regional Park  
44345 Martin Luther King Jr. Blvd.



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