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GOVERNMENT

Ak-Chin takes water to court

Who's the best mom in Maricopa?

PEOPLE

Local business directory

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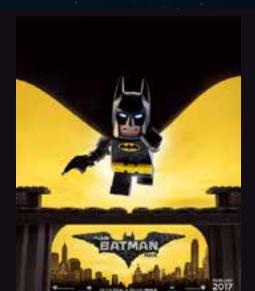
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Mason Callejas

LEADING OFF

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Who's got big plans?

the topic of education comes up, an inevitable question is whether local schools are preparing students well enough for a career. With high school graduations this month, we discovered seniors who have done a fair amount of that preparation for themselves. Spotlighted in this issue are those for whom college isn't the end goal but just one

of many steps they have already taken toward fulfilling their career aspirations. These are would-be engineers, medical professionals, teachers, performers, a military officer and at least one lawyer.

Look out, world.

The law comes up a lot in this week's issue. Ak-Chin Indian Community has set its legal team in action to get what it considers

its rightful amount of Central Arizona Project water. Agriculture has been a mainstay for the community for generations, but water-rights issues often come down to lawyers' and judges' understanding of verbiage. Both sides spoke to us about what they would like from the courts.

An issue that frustrates local judges is the number of failure-to-appear violations. Maricopa/Stanfield Justice Court is bending over backwards to get these court no-shows back in front of a judge. Judge Lyle Riggs has seen scores of traffic tickets worth hundreds of dollars snowball into criminal charges worth thousands. Read about how courts are reaching out to nip the problem in the bud.

In another effort to fix a money problem, this month residents are asked for feedback on a Pinal County regional transportation plan that would put a half-cent sales tax on the ballot to pay for project like widening State Route 347.

Also in this issue, Shell Abbott was one of those youngsters who was already embarking on a profession when she was just a kid and carried it through to adulthood. She breeds and trains German shepherds as working dogs, but she says what she really does is train

owners to train their dogs.

On the other hand, youthful plans can get changed by life and circumstances. Erik and Amanda Barcus were in corporate banking when they met. They decided a career change was in order. They opted to move to Maricopa and start a window-cleaning service (he also fixes bicycles on the side). Learn about their business in these pages.

Business coach Kirk Shroyer has advice for business start-ups. Master gardener Rita Bricker offers tips for container gardening. Fitness expert Aaron Gilbert explains high-intensity interval training. And Misty Newman has insight into the economic impact of outdoor recreation.

Catch up on these topics and others, and find out how to win great prizes for your mom this Mother's Day, in this month's InMaricopa.

Thanks for reading.

RAQUEL HENDRICKSON

Editor

Raquel@InMaricopa.com

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Publisher SCOTT BARTLE

Editor RAOUEL HENDRICKSON

WritersRITA BRICKER MASON CALLEJAS LINETTE CAROSELLI MICHELLE CHANCE AARON GILBERT RAQUEL HENDRICKSON FRAN LYONS MISTY NEWMAN

PhotographersRAHANNAH ABBOTT DICK BARKLEY MASON CALLEIAS MICHELLE CHANCE RAQUEL HENDRICKSON VICTOR MORENO

Designer CARL BEZUIDENHOUT

Advertising KELLIE ALBERS DICK BARKLEY VINCENT MANFREDI MICHELLE SORENSEN

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> 520-568-0040 Tel 520-568-0050 Fax

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First in Protection

City of Maricopa Fire/ Medical Deputy Fire Marshal (and former fire chief) Eddie Rodriguez shows off the department's 1940s Ford/Howe pumper truck. The then-volunteer fire department was started in 1959 by Don Pearce and others, and the pumper was its first fire truck. It served for nearly 30 years before being retired in 2005. It has since been put into working order for special events.



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- 1. Maricopan Michael Hunt was among the performers at the Spice of Life Senior Variety Show April 8.

 Mason Callejas
- 2. Kait Kump (231) races by competitors at the finish of Harrah's Ak-Chin Casino's annual 5K Poker Run benefiting three nonprofits April 15. Raquel Hendrickson
- 3. Susan Cameron was among Maricopa artists on the second Studio Crawl presented by Maricopa Arts Council. Raquel Hendrickson
- **4.** Deb Churn was one of 26 graduates of Maricopa Police Department's first Citizens Police Academy April 10. Mason Callejas



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- 1. Maricopa Relay for Life April 1 raised more than \$50,000 for the American Cancer Society. Raquel Hendrickson
- 2. Yvette Villalobos was the winner of the hot pepper-eating contest, part of 2017 Salsa Festival at Copper Sky March 25.
- 3. Mayor Christian Price talked to a town hall gathering that looked at upcoming economic development and included a Q&A with the city council on a variety of issues. Raquel Hendrickson
- 4. Mike Richey took a measurement while participating in the annual Maricopa Golf Classic at The Duke at Rancho El Dorado April 15. Mason Callejas





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German shepherds all in the family for the Abbotts

By Chris Swords Betts



bbott's German Shepherd Dogs welcomed three litters of puppies in April and is expecting another litter in June.

Business partners and community residents Shell Abbott and her mother Ranelle breed German shepherds, the second-most popular dog in the nation for several years, according to the American Kennel Club.

A German shepherd, Rumor, won the 141st Westminster Kennel Club Dog Show in February, for the first time since 1987. Abbott said she didn't watch the show, but she quickly learned of the results.

"My Facebook messenger blew up with people sending the video to me," Abbott said. The Abbotts, however, don't breed conformation dogs — dogs that are shown

for appearance, as in the American Kennel

"Mine are working dogs," Abbott said. "Most people are looking for intelligence in a that relationship," Abbott said, "to better dog with good health."

Abbott participates in at least two shows a year, favoring obedience and rally events. Most of the Abbotts' dogs are sold as pets or



Shell Abbott raises and trains German shepherds and trains owners to train their dogs.

They currently have four female dogs each and two males for breeding. Abbott said her mother has been breeding German shepherds since before Abbott was born.

Because of federal regulation, Abbott said about 90 percent of their puppies are sold within Arizona. However, they do ship some dogs to their new homes. In 2006, Abbott shipped one of her dogs to Copenhagen, Denmark.

"It's about connecting the right people with the right dogs," Abbott said.

Abbott said much of a dog's behavior can be predicted through its parentage.

"Anyone who comes to buy a dog from me needs to meet its mom and dad," Abbott said. "And if they want to meet the aunts and uncles, and grandparents, they can do that, too."

Abbott, 26, began professionally breeding and training at the age of 17. She was training and showing her dogs by age 9 through the 4-H program.

As a teenager, Abbott started rehabbing dogs with behavioral issues, and she continues today. Abbott is the trainer in the business. and holds classes for all breeds.

"I love being able to help people further understand each other and have a happier

"I don't want to train other people's dogs," she said. "I want them to train them. I just want to give them the tools."



Rahannah Abbott

Abbott also does in-home training sessions.

Shell Abbott trains for obedience and rally events.

"I recommend everyone do two in-home sessions across the board," Abbott said. "You can get a good foundation with two classes."

She said younger is better, but she has worked with dogs as old as 14.

"A lot of people want their puppy to be

excited and happy all the time," Abbott said "But I'm trying to raise a dog, not a puppy."

Abbott said patience is imperative.

"I can't say patience enough," Abbott said, "because people just lack it. I still lack it. You need to realize you need to walk away when no learning is happening."

Abbott offers words of advice to all dog owners: "You must be more consistent and persistent than your dog."

She said bad behaviors should not be dismissed as a stage of puppyhood.

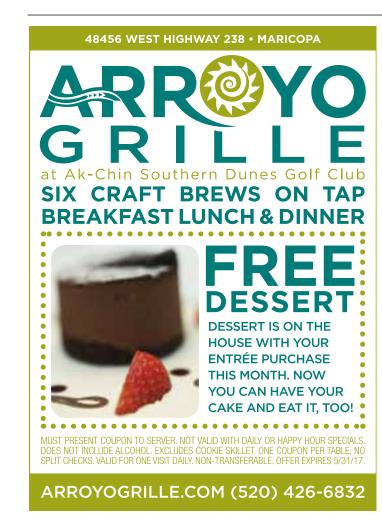
"If they're starting to bark, cower or anything," Abbott said, "that's a sign it's time to start training. They don't grow out of it."

While most of her trainings are in the Valley, she also travels to Tucson and surrounding states. A dog owner once flew to her from Georgia for training. Abbott also offers weekly group obedience classes.

The group classes are multi-level and free for all 4-H students and open to drop-ins for a fee. Classes are ending for the summer but will begin again in the fall. The only requirement is a rabies vaccination.

Eliah, 13, another daughter of Ranelle, is also involved in the family business. She has been training puppies since age 9, helping them socialize with other people and their littermates. Eliah begins working with the puppies the day after they're born.









Who is the Best Mom in Maricopa?

To celebrate Mother's Day, InMaricopa.com and local businesses are joining forces to find out who is the Best Mom in Maricopa. And it's all up to your votes.

Now through May 11, nominate your mother by visiting our Facebook page and posting her photo on the contest post with a brief explanation of why she is the best. Readers will then vote for their favorites.

The winning mom will receive a \$50 gift card from ACE Hardware, a flower bouquet, brunch for up to four people at Arroyo Grille at Ak-Chin Southern Dunes and a month of training at Longevity Athletics.

Nominations must be no longer than 100 words. Moms must be residents of Maricopa.

Winners will be notified on May 12 and will be announced on InMaricopa.com on Mother's Day, May 14.









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Permits Homes sales



EXPENSIVE HOME SOLD 44953 W. Fred Cole Lane

Raquel Hendrickson

The least expensive home sold in Maricopa from March 16-April 15 is a historic, 60-year-old home in a historic area south of the railroad track. Selling for \$1,000 above its listing price, it had only one owner — which gave the street its name. It has been remodeled and includes lots of updates and a workshop area.

Sold: April 7 Purchase price: \$120,000 Square feet: 1,248 Price per square foot: \$96.15 Days on market: 3 **Builder:** Unknown Year built: 1957 Bedrooms: 3 Bathrooms: 2 Community: Estrella Park

Features: Brick construction. 11,000-acre lot, chain link fence, new flooring, double oven, new farmhouse style kitchen sink and center island Seller's agent: Stephanie Sandoval, Arizona Cash Back Brokerage Buyer's agent: Vicki King, Realty Executives

- 2. 19422 N. Smith Drive, Maricopa Meadows, \$128,975
- 3. 40412 W. Helen Court, Smith Farms, \$129,000
- 4. 43839 W. Rio Grande Drive, Rancho El Dorado, \$130,000
- 5. 18282 N. Alicia Court, Desert Passage, \$132,000

The most expensive home sold in Maricopa from March 16-April 15 is a new-build in Province. The Simone model of Meritage is 2,500 square feet on a 6,600-square-foot lot. It is all on one level with a great room, master suite with bay window and a den along with two guest rooms. There is a double oven in the kitchen and double sinks in the master bathroom. Its asking price was dropped by \$16,500.

Sold: March 31 Purchase price: \$366,000 Square feet: 2.553 Price per square foot: \$143.36 Days on market: 134 **Builder:** Meritage Year built: 2016 Bedrooms: 3 Bathrooms: 3 Community: Province

Features: All brand-new features, quiet neighborhood for 55-and-up only, courtyard, and all the amenities of the gated community Seller's agent: Joseph A. Elberts, Meritage Homes of Arizona Buyer's agent: Non-MLS agent

- 2. 42505 W. Blue Suede Shoes Lane, Province, \$345,000
- 3. 42806 W. Darter Drive, Province, \$320,000
- 4. 41758 W. Cribbage Road, Province, \$316,180
- 5. 42444 W. Blue Suede Shoes Lane, Province, \$310,000



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Container gardening can give anyone a green thumb

By Rita Bricker

Do you yearn to dig in the dirt and grow your own vegetables or flowers, but fear that the gardening gene has skipped a generation in your family?

There is a way for you to accomplish your gardening dreams, and it is simple: Container gardening. Virtually anything can be grown in pots or other containers both conventional

and non-conventional in form. In these days of smaller and smaller residential yards, container gardening may make even more sense for you.

The key ingredients for any successful gardening effort are good soil, proper watering, adequate nutrients and suitable light. With container gardening, you can control all of these.

SOIL

Our alkaline southwest soil need not be a concern when you grow your plants in containers. Just fill those containers with the appropriate potting mixture that can be purchased from your nearby garden center. There are specialty potting blends available for cactus and succulents, palm trees, roses and citrus, as well as general purpose soil for flowers and vegetables.

Many of these potting mixtures contain moisture-retaining components like perlite or vermiculite. Even so, it is common for containerized plants to require more frequent watering than comparable plants in the ground, as the soil in pots tends to dry out quicker.

WATER

A moisture meter will tell you when your container plants need watering. Mulch on the surface of the soil will conserve moisture. Deep, slow watering is preferred, but correct watering requires good drainage so roots do not rot from



Submitted

The final consideration for container gardening is sunlight and weather. With the portability of containers, plants can be moved into or out of the sun as needed and can be more easily protected from harsh winds. For large containers, a "pot trolley" on wheels makes container mobility very easy. And the ability to thwart some of the worst effects of climate with portable plants may allow you to grow something more challenging than you might have thought possible.

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.

excess moisture. Be sure pots or other

containers have at least one good

In addition to more frequent

watering, containerized plants will

drainage hole in the bottom.

likely require more frequent feeding as well.

Why? Because nutrients present in the soil

are leached out with watering. As with potting

soils, there are fertilizers blended specially for

different types of plants, as well as good all-

purpose fertilizers available to you. Just be sure

to follow package directions for feeding plants

in containers; they generally require less food

per application to offset more frequent feeding.

NUTRIENTS

Rita Bricker

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Cat wounded by crossbow likely victim of animal cruelty

MUSD override **O**improvements sluggish but on track

Edison Road \pm extension opens as 'mini-loop' to SR 238

Open house set for 1/2-cent sales tax to improve roads

Located in the "Fry's

Marketplace Plaza"

Crain returns Oas Troyer leaves Chamber of Commerce

MHS mathematicians win 1st place

MPD trains in Ohome acquired for overpass project

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🔵 Opinion: Highway **L**Uinfrastructure cannot support more Maricopa housing

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I DON'T KNOW

Overpass on track for fall construction start

By Raquel Hendrickson

The grade-separation project on State Route 347 is expected to go to bid this summer. The closest estimate Arizona Department of Transportation officials have given for groundbreaking is "late fall."

Project engineer Elijah Williams is president of EPS, the firm designing the overpass. He said engineers and ADOT will make recommendations to the contractor about timelines, starting with the two bridges that comprise the overpass across the Union Pacific railroad tracks.

"These bridges, they're the things that take the longest to build. So they're going to want to start on those early and not want to get into disrupting traffic for as long as they can avoid it," Williams said.

The road is planned to be three lanes in both directions between Hathaway Avenue and Ak-Chin property.

There are currently four traffic lights in the planning area along SR 347 — Hathaway



Raquel Hendrickson

Avenue, Maricopa-Casa Grande Highway, Honeycutt Avenue and Alterra Parkway. The light at MCG Highway will be moved north to Honeycutt Road.

Westbound traffic on MCG Highway will be shifted to Honeycutt Road by way of a redesigned Plainview Street next to Maricopa Veterans Center. Plainview at Honeycutt Road will be a lighted intersection.

At a public update of the project in April, veterans expressed concern they would not be able to turn left out of MVC with the current design. That was noted by engineers but might not have a fix.

ADOT's Tangella Davis (center)

explains changes

the overpass will

bring to routes

in Maricopa to residents during

a presentation at

Maricopa Unified

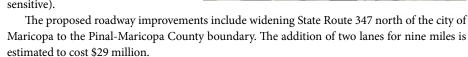
School District.

The project is estimated to cost \$55 million. Maricopa's contribution to that is almost \$14 million.

Open house planned for **Regional Transportation Plan**

On the November ballot, Pinal County residents are being asked to approve a Regional Transportation Plan and a half-cent sales tax to pay for it.

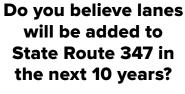
An open house in Maricopa to present the proposal is scheduled for May 2 from 4 to 6 p.m. in the lobby of City Hall, 39700 W. Civic Center Plaza. Until May 18, residents may also take a survey on the plan at http:// bit.ly/pinalcountyPRTA_info



SR 347 is just one of 18 transportation projects affected by plan. The proposal focuses on roadway development, public transportation improvements and local transportation project funding for the towns of Kearny, Mammoth and Superior, and the city of Eloy.

Projections over 20 years predict the RTA could bring in \$650 million in revenue targeted directly for Pinal County roads.

CAGAZ.org/rta.html



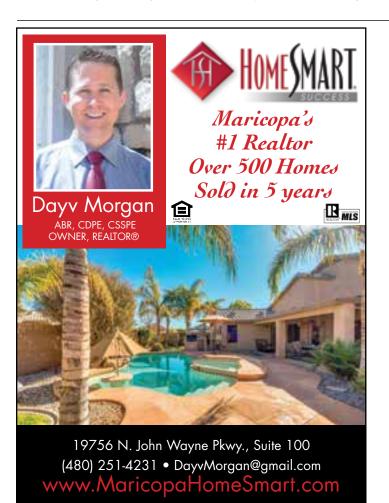
INMARICOPA.COM POLL

53.4% 39.5% **7.1%**

Total: 496 votes

YES

Source: InMaricopa.com poll, March 19-29







InMaricopa.com | May 2017 May 2017 | InMaricopa.com



The Ak-Chin Indian Community is taking the Central Arizona Water Conservation District to court after the authority said it would begin denying the tribe access to water guaranteed to them by federal mandate.

Ak-Chin filed suit against the regional water authority on March 28 in an effort to regain access to a substantial amount of water promised to the tribe as part of the Ak-Chin Water Rights Settlement Act of 1984.

"We're continuing to grow and expand," Ak-Chin Chairman Robert Miguel said. "So, it's key that we get every ounce of that water, not just for today, but for the future."

The nearly 33-year-old congressional act promises the community 75,000 acre-feet of water every year from the Central Arizona Project aqueduct, plus an additional 10,000 acre-feet when "sufficient surface water" and "canal capacity" allow.

This language specifically is the source of contention between the tribe and the CAWCD.

Ak-Chin and CAWCD have, in the past, tentatively agreed on the definition of these terms. However, this year CAWCD decided to challenge both the tribe's and the federal Submitted government's understanding of the settlement by denying the tribe, in perpetuity, access to the additional 10,000 acre-feet outlined in the

The tribe responded to the challenge by filing the suit, which seeks two remedies.

First, Ak-Chin is seeking "a declaration of its federal water rights under the 1984 Act and CAWCD's obligations with respect to those rights."

Second, the tribe is seeking injunctive relief "ordering CAWCD to schedule for delivery and deliver to Ak-Chin or its designees the § 2(b) water during any and every year that Ak-Chin requests the delivery of such water and the Secretary determines that the necessary water and canal capacity are available."

Years in the making, a lawsuit filed by Ak-Chin Indian Community against Central Arizona Water Conservation District could bring clarity to a federal statute.

The importance of water is hardly lost within a community of native desert-dwelling people. Their very name — Ak-Chin — is an O'odham word meaning "mouth of the wash." Historically, the mouth of the wash is where the tribe did most of its farming.

Today the community has varied economic interests. However, agriculture through Ak-Chin Farms is still an essential revenue generator, Miguel said.

Ak-Chin constantly has been expanding and diversifying its agricultural production, shifting from more draught-resistant cotton to the thirstier potatoes, corn and alfalfa.

The chairman acknowledged the permanent nature of the settlement saying, "the only way it [water rights] can be taken away is through an act of Congress." However, he said if CAWCD can successfully challenge the tribe for these 10,000 acre-feet, then "how secure is our other 75,000 acre-feet of water?"



Ak-Chin irrigation feeds 16,000 acres of agricultural ventures.

Mason Callejas

Jay Johnson, attorney for CAWCD, said despite past efforts by all parties to work through their disagreements, CAWCD remains concerned about the ambiguity of language within the settlement and is willing to challenge it to get precise legal definitions of the terms.

"We have resolved this on a year-by-year basis up to this point, and we need to have a definitive answer to resolve this permanently going forward," Johnson said.

Johnson would not offer any comment on how CAWCD defines the terms "sufficient surface water" and "canal capacity," or if they have plans to attempt to further limit Ak-Chin's access to CAP water. However, Johnson did seem to welcome the opportunity to have a

more well-defined statute.

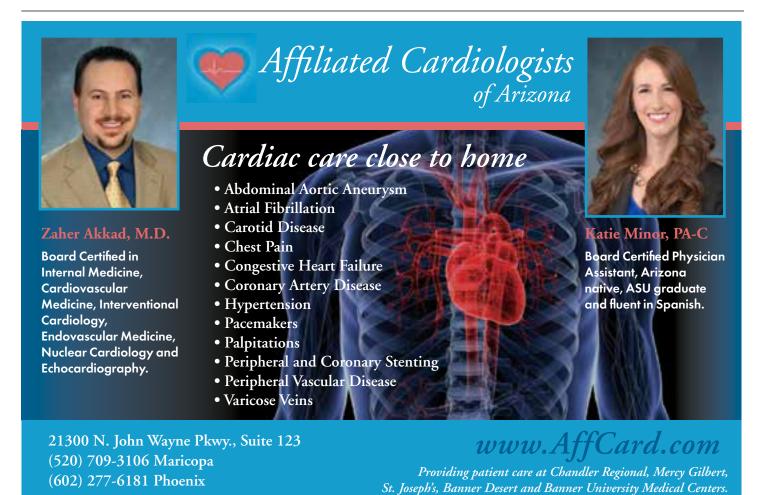
"Because we have not been able to reach an agreement amongst the parties about what that language means, we are now throwing it to the court to make a decision for us," Johnson said. "We need to have clarity so that this agreement can be put behind us."

This is only one of several recent incidents in which native water rights have been challenged by regional, state or federal entities.

A conflict between the Standing Rock Sioux and U.S. Army Corps of Engineers received national attention when a massive protest mounted in opposition to the construction of an oil pipeline that crosses the Missouri River upstream from the reservation. Opponents say the pipeline poses a potential ecological threat to a waterway the tribe relies on for irrigation and drinking water.

Elsewhere, positive advances in water rights security have been made for other tribes.

The recently-negotiated Water Infrastructure Improvements for the Nation Act, signed in December 2016, earmarked \$422 million in water infrastructure improvements for the Blackfeet tribe of Washington, and secured a right of use for both the Choctaw and Chickasaw nations in Oklahoma.



Court no-shows get more options

By Michelle Chance

Pinal County Justice Courts are addressing an on-going issue: People who fail to show up for court.

County statistics show among all eight justice courts in 2015, there were nearly 3,000 warrants issued that included failure to appear charges. In 2016, that number lowered by less than 3 percent to 2,838.

It's a problem that doesn't go away — and putting it off can cause real problems.

Maricopa/Stanfield Justice of the Peace Lyle Riggs said he believes many people don't understand the negative impact ignoring a court date can have on their lives.

"All too sadly they find out there are real consequences, and then they're really quite angry," Riggs said.

Failing to appear has a snowball effect on a person's legal issues and often include higher fines, arrest warrant issuance and revoked driving privileges. Read Judge Riggs' opinion on page 23.

"You can take a relatively simple speeding ticket that might be a \$200 fine and turn it into a \$3,000 problem very quickly," Riggs said.

The problems don't stop there.

In criminal cases, if a defendant is picked up on a warrant for failing to appear, they will spend a night or more in jail. That can have lasting effects on a person's ability to get and retain a job.

Judges complain the issue can be easily avoided. Shaun Babeu, justice of the peace in Apache Junction, said communication is key.

For example, the courts accept written requests for things like court date extensions - and although judges said they cannot guarantee all requests will be approved, dialogue with the court goes a long way.

"We are not looking to put people in jail. We are looking to get their case resolved, get



Maricopa/Stanfield Justice of the Peace Lyle Riggs takes paperwork from MPD Officer Daniel Rauch during a court session.

them back on track and pointed in the right direction," Babeu said.

New Automated System **Means Shorter Grace Period**

Historically, many courts have given people who fail to appear one to two weeks to come into court. However, a new automated system is changing that and consequences are being applied sooner.

Implemented statewide in December, the Arizona Judicial Automated Case System immediately notifies court staff when someone fails to appear. It can also send a notice to the Motor Vehicle Division to suspend licenses and registrations.

Casa Grande Justice of the Peace John Ellsworth said he has seen an increase in the number of motions coming into his court from since the system was put in place.

"I believe that we are getting on to them a lot quicker because the automated system is a lot more efficient," Ellsworth said.

The system is still being phased in at the Maricopa court. However, Riggs said the typical grace period people have to seek resolution after missing a court date will soon be shortened significantly. He said it is even more of an incentive for people to show up to court on time.

Open Court Provides Options

Until no-shows are no longer a problem, judges continue to give people an opportunity to get back on track.

In the Apache Junction court, the busiest in the county, Babeu has implemented warrant resolution days giving defendants an opportunity to resolve issues with their cases.

For the first time, the Maricopa/Stanfield court will hold a similar event on Saturday, May 20, from 7:30 a.m. to 2:30 p.m.

But opportunity for resolution is not a new practice in Maricopa. In fact, for the past two years Riggs has reserved 30 minutes every Friday morning for "open court" where people can speak to the judge for a variety of issues, including those who have missed a court date and have been issued a warrant.

In March, Riggs extended his open court people requesting their licenses be reinstated to every weekday morning from 8:30 to 9. He said the open court is working.

> On one Friday morning in late March, more than 20 people filled his courtroom. Civil traffic offenses dominated the cases brought to the judge. Riggs also heard from people who failed to appear at their original court date and were looking to resolve their cases.

He said he hopes to see more of them.

"My hope, truthfully, is that I get a flood of people coming in," Riggs said.

Missing court date makes bad situation very ugly

By Judge Lyle Riggs

The number of people who do not appear for a court date or who do not comply with court orders is astonishing. Bad things happen, and quickly, when a party fails to appear in court, does not make a written request, and does not receive a written Judge Lyle Riggs order from the court giving a new date to appear.



A party that fails to appear for a civil traffic violation or violations, and who did not pay the fine or attended driving school prior to that date, loses the right to a civil traffic hearing. Additionally, by law, a default judgment will be entered, fines and collection costs will be imposed, and the party's driving privileges will be suspended.

The court does not do this immediately in case there was an emergency. This does typically happen within seven to 10 days of the scheduled court date, but it can happen sooner. As explained, in the event of an emergency, contact the court as soon as possible.

When a default judgment is entered against a party, the party is also placed in Arizona's Fines and Restitution Enforcement program (F.A.R.E.). (Anyone placed in this program will think it is anything but fair.) As part of being placed in FARE, \$35 is added to the fine, plus 19 percent of this new balance. A \$200 fine for speeding becomes a \$303.45 fine. The statutory minimum fine of \$992 for not having insurance becomes a \$1,245 fine.

The state also has a program in place that allows courts to intercept state income tax refunds. There is an added cost to this. In other words, if the court intercepts \$200, the fines will not be reduced by \$200. First, there is a cost that is deducted and then the balance is applied to the fine.

Finally, a default judgment prevents a party from conducting business with the Motor Vehicle Division (MVD). This affects the ability, for example, to register vehicles and transfer car titles.

Driving a car without current registration is another common civil traffic ticket.

And if that is not bad enough, a default judgment for civil traffic violations also suspends a driver's driving privileges. To get driving privileges reinstated, all or most of the now higher fine must be paid. Then the driver will need to go to MVD and pay a reinstatement fee to have driving privileges restored — not a quick 15- to 20-minute event.

Driving with suspended driving privileges is a criminal offense, a class 1 misdemeanor. The common fine for this offense is about \$350.

The driver is now facing a criminal charge, which will mostly like result in having additional fines imposed and creating a criminal record. And, to resolve the criminal charge, the driver must appear in court. Ignoring this court date ... well things are going to get real ugly.

Lyle Riggs is justice of the peace for Maricopa/Stanfield Justice Court and magistrate of Maricopa Municipal Court.



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First job: Amanda opened her own

business as a licensed massage

therapist/entrepreneur and Erik

Favorite job: Working together in

Best business advice: "Not to over-

promise, but to over-deliver when

worked in a bike shop.

their family business.

you can." (Erik)

Greatest challenge: "We challenge

heights; climbing the ladder to meet

congregation in Maricopa.

(Amanda)

to their religious community.

Why this business? Family

By Fran Lyons

■ he slogan on Erik and Amanda Barcus' business is "Clean by a man's hands with a woman's eye." Barcus Pros Window Services is a husband-and-wife team that adds new meaning to couples working together. Synchronized, precise and well-practiced in their approach, Erik works on windows outside while Amanda works inside. They communicate with hand signals and move in

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"One of the reasons we put our family name on our business is that it represents our integrity and commitment to the highest standard of service," Erik Barcus said.

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Erik and Amanda Barcus left corporate banking to start their home-based business in Maricopa.

provides them with the opportunity to screens. They build screened areas for the work together as a couple/team and to consider the needs of their family. home such as enclosed porches.

> "We build 'shade rooms' instead of sun rooms," Barcus said.

Since moving to Maricopa from Texas, the couple, whose lives revolve around work, family and their church, have appreciated the friendly attitude, flexibility and uniqueness of the Maricopa lifestyle. They met while working in the corporate banking business, which they left to start Barcus Window Services in 2015.

When time permits, Erik Barcus can be seen riding his bike around town. He loves bicycles and began tinkering with "most things mechanical" when he was very young. He has a bike-repair business on the side.

"I see the potential in a bicycle for the best ride you've ever had," he said. "I love riding my bike, and my goal is to have people enjoy their bike as I do mine."

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Ak-Chin Southern Dunes receives national award

Ak-Chin Southern Dunes Golf Club was awarded the prestigious 2017 Player Development Award from the National Golf Course Owner's Association at the NGCOA Golf Business Conference in Orlando, Florida.

The Player Development Award recognizes the NGCOA member who throughout the year has implemented the most successful player development program, providing effective return-on-investment and an overall welcoming atmosphere for new and returning golfers of all ages. According to the NGCOA, the recipient of this award must be well rounded in offering programs that encourage non-golfers to come to the course, new golfers to come back to the course and beginning golfers to raise their level of play to core golfer.

"We are so proud and excited to win this national award," said Brady Wilson, general manager, Ak-Chin Southern Dunes Golf Club. "Our teaching professional, Ben Meidl, is at the heart of this award for all of his efforts with our player development programs. In addition, our current and past head golf professionals have all contributed and spent countless hours to grow the game and develop new golfers."

Maricopan promoted to casino operations manager

Maricopan Matthew Kern was promoted to casino operations manager at Harrah's Ak-Chin Casino. Kern's responsibilities include overseeing slots, slot performance, Bingo and Keno.

Kern has been employed with Caesars Entertainment for more than 15 years. Prior to his promotion, he worked as a slot supervisor. Before joining Caesars Entertainment, Kern was the senior executive/CEO/ president of Mr. Edit Post, Inc. in Hollywood, California, a position that was preceded by his job at AdVenture Film & Tape,



Submitted

Matthew Kern

where he was a senior project editor.

"Matt has always been a huge asset to the Harrah's team providing a topquality experience to our many loyal customers," said Mike Kintner, director of marketing & operations. "As we continue our casino expansion, he will be especially beneficial to us until our renovations are completed in 2018."

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Harrah's **Ak-Chin pledge** drive raises \$66,000 for **United Way**

Harrah's Ak-Chin Casino recently presented a \$65,790.84 check to United Way of Pinal County (UWPC). The money was raised through Harrah's employee pledge drive and 2016 United Way Campaign.

UWPC is a nonprofit helping families find stable and sanitary places to live, access to healthcare and good emotional and mental health, and access to educational opportunities.

"It is always so humbling to be able to donate to the great nonprofits that serve Pinal County and city of Maricopa," said Jane Stimmel, employee engagement manager. "We see how United Way impacts this area, and we are so grateful to be able to give back to them for the betterment of our community."



Cutline: (From left) Jane Stimmel, Harrah's Ak-Chin employee engagement manager and HERO chair, Mike Kintner, Harrah's Ak-Chin director of marketing and operations, Keith McGlaughlin, United Way of Pinal County president, Christine Todd, Harrah's development systems manager and UWPC board member, Manuela Bowler, UWPC executive director, Robert Livingston, Harrah's Ak-Chin general manager, Angie Groeneveld, Harrah's Ak-Chin director of hospitality.

Business license applications trend toward home-based

The following businesses applied for business licenses with the City of Maricopa March 16-April 15.

Commercial: Firestone Complete Auto Care, Massage Me, Tommy's Mobile Diagnostics

Home-based: According to Hoyle, Alto Software Enterprise, Cara's Kids, Crystal's Clairvoyant Insight, Esperanza's Baked Goods, Into the Furnace Jewelry, Jordan Maricopa Landscaping Services, KMarie's Design Elements, Mako Photographic

Studios, Maricopa Hispanic Chamber of Commerce, Moehr Tinting, Mr. Appliance of Maricopa, On the Spot Shirts, PediaLabs, Sign Here Petitions, Sweet Cravings, Tara Silva

Out of town: 520 Entertainment, ABC Iced Teas, BH Skating Parks, Cozy Corner, Entertainment Solutions of Arizona, Gary's Desert Dogs, LuLaRoe Starr Hughes, Pro-Em Operations, Slide and Bounce Around, Sol-West, VIP Marketing, Vivint Solar Developer





Firestone replacing Fletcher's after acquisition

Fletcher's Tire & Auto Service is in the process of becoming Firestone Complete Auto Care.

Based out of Nashville, Tennessee, Firestone is part of Bridgestone Americas. Bridgestone completed its acquisition of Fletcher's Tire on March 14. The move involved 31 stores in the Phoenix and southern Arizona markets.

"We're currently in the process of converting the locations to the Firestone Complete Auto Care store brand," Bridgestone spokesperson Susan Steeno said. "We expect that work to be completed within the next 90 days."

She said the acquisition gives consumers more access to the company's products and services and builds more equity in the brands.

Former director returns to head **Maricopa Chamber**

Terri (Kingery) Crain is returning to Maricopa May 15 to become the executive director of the Chamber of Commerce. Crain was the CEO of the chamber from 2006 to the beginning of 2011.

She replaces Sara Troyer, who is moving to Illinois to be program specialist for the College of Dupage Center for Entrepreneurship. Before coming to the Chamber of Commerce, she worked at the Maricopa Center for Entrepreneurship. Troyer was executive director of the chamber from about a year.

"On behalf of the entire membership and the Board of Directors, we are so grateful for the time Sara spent with the Chamber; she did a fantastic job," Chamber Chairman Chris Cahall said in a chamber statement. "We are excited and looking forward to supporting Terri in her position as our new executive director. The Board is confident Terri will continue to support our members and foster the relationship we have with the city into the future."



See full story at InMaricopa.com

Health inspections turn up excellence

All seven Maricopa eateries inspected by Pinal County's health department from March 16 to April 15 received clean marks.

EXCELLENT [No violations found]

- · Barro's Pizza
- · Central Arizona College Culinary
- · Children's Learning Adventure
- · Helen's Kitchen
- Maricopa Head Start
- · Maricopa High School
- Province Community **Association Clubhouse**

SATISFACTORY [Violations corrected during inspection] None

NEEDS IMPROVEMENT [Critical items noted during inspection cannot be corrected immediately, requiring follow-up inspection]

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



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By Kirk Shroyer

Build your business around your strengths

not a hypothetical business plan or based on some trend you have been studying. Know what you do, and make sure it's differentiated, needed

Focus, focus, focus, Learn, learn, learn, Do a minimal number of things perfectly do not engage on everything that looks like an opportunity. We love the optimism, but it's not realistic.

Say it in 30 seconds or don't say it at all. Keep working on the specifics about who you

are, what you do and how to explain it (at various levels and to various people). Don't stop striving on this until you can say it in 30 seconds or less.

Know what you don't know. Be brutally honest with yourself (be honest with others, too, but diplomacy is critical when communicating with others). In other words do not wing it. Business is NOT easy these days. Do NOT go it alone. Align yourselves with resources that have a proven track record. Talk to

Tips for creating

your own business

Kirk Shroyer every successful person you know.

Act like a startup. Forget about the nice car, nice office, expensive tenant improvements, expensive meals ... your wallet is your company's lifeblood.

Work under pressure and stay calm under

fire. You will be tired, you will be stressed, someone will push your buttons, some will try to take advantage of you, some will simply be dishonest. Character, quality, temperament, modesty, appropriately responding to the 100 things that will come your way each day — these are not a slogan; they are a way of life.

No one will give you money. There is no free lunch. No favor goes without consequences. Know what start-up capital you need. Have assets to secure loans. Have contingency money available - you will need it.

Be healthy. Mentally, physically, emotionally. You will be tested on all levels more than you know. You will be much more productive when you exercise, eat right, rest and avoid using drugs and alcohol.

Don't believe your own bologna. Study and learn. Be honest. Know where you stack up against the competition. If you haven't studied the competition in depth, you shouldn't be starting your own company.

Know your limits. Know how to start. Know how to get into the business world. Work very hard. AND have part of the plan designed to know when to call it quits. How much time, money, effort and emotion will you invest to make it go? How do you know if it's working? Know when to call it quits if it doesn't work.

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

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Maricopa High Class of 2017













Tyler Curtis

Allie Denby

Denielle Desiderio

Tania Desjardins



Nickolas Carbajal

Kayla Blackburn

Rachel Blakely

John Blodgett

Melissa Bracamonte

Deariee Briggs

Kiarie Briggs

Erica Bryant

Jordan Devera

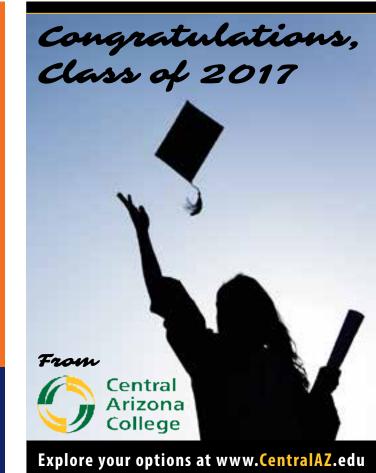








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Mathias Saenz







Alexander Sanchez



Arisela Sanchez











Madeleine Van Sickle





Carlos Venegas







Zackary Seamans





Francesca Shelton





Henry Shrock Aaron Shull



Kiara Shumate











Dwight Wesley









Punyanut Taesuwan

Bryce Taft

Johnny Smith Jr.



Mateo Solano

Emily Taft



Justin Tamme

Jacob Sorenson



Maritza Tapia



Jackson Stensgard

Katie Thomas



Austin Tifft



Tyra Williams Thomas Winner





Chloe Woolpert Jacob Ybarra



Leilena Young



Jeanice Zepeda



Austin Zimmer-Terrell





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We are proud of our graduating seniors!

Manuel Alvarado Haley Bates Zekial Beaton-James Sage Cardoza **Fabian Castillo Edith Cholico** Sean Guerrero Nia Johnson Nila Johnson

Augustin Lujan Jeffrey Mons Ana Arrelo Perez Philip Pettroza **Tashanae Ross Sky Stamps** Sariah Taylor **Destiny Valenzano** Logan Vasquez

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Sequoia Pathway Class of 2017



















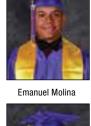


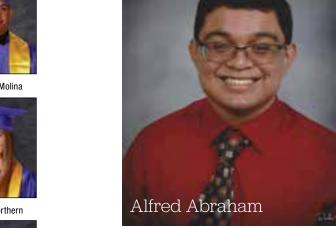












teammates was a key factor in our success, and I was proud of what we accomplished. This prepared me for the workforce as Vex Robotics promotes the development of scientific and mathematical skills, skills that are essential for engineering.

How do you plan to achieve your career goals? I will attend ASU in August in order to get at least a bachelor's degree in engineering. While in college, I will do internships in my specific field, biomedical engineering, that will give me some career-related experience. I also aim to get a part-time job around Maricopa after my graduation so I can get some experience in the workplace.



ALFRED ABRAHAM

Born in India and raised his first three years in Singapore, Abraham is the co-valedictorian of Maricopa High School's graduating class. Considered to be "Special Ed" early in school, he has since been the academic leader of the Class of 2017 all through high school, with his career sights set on biomedical engineering.

BEYOND THE DIPLOMA

Outstanding seniors

showcase ambition

The class of 2017 at Maricopa High School and Sequoia Pathway Academy

is filled with many goal-oriented, career-minded individuals. Learn about just a few of them as they prepare for the commencement of their next

steps. The MHS graduation ceremony is scheduled for May 25 at 7:30 p.m.

at Ram Stadium. Co-valedictorians are Alfred Abraham and John Blodgett.

Salutatorian is Rachel Blakely. The SPA ceremony is May 26 at 7 p.m. in its gymnasium. Valedictorian is Hailey Cantrell. Salutatorian is Anali Warner.

Years in Maricopa: 11 **Originally from:** India Career goal: Engineer

Accomplishment: Member of a team that placed eighth out of 24 in a Vex Robotics competition with limited time and resources to prepare compared to other teams.

Reaction: I was initially surprised. For the much of the competition my team was doing just average; it stayed at 12th place out of 24. But then, after the last three or four rounds, we ended up in 8th place. Immediately after a moment of surprise, I felt happy. The skill of my

RACHEL BLAKELY

A long-timer by local standards, Blakely has been a Maricopa resident since kindergarten and is now the salutatorian of her class at Maricopa High School. As a freshman she was already taking junior-level math and tackled senior-level math as a sophomore, setting herself on the path to a career.

Years in Maricopa: 13 **Originally from:** Mesa

Career goal: High school math teacher Accomplishment: Being two years ahead in

Reaction: Proud of my hard work and realized it was something I wanted to do in my life after

How do you plan to achieve your career goals? Attend University of Portland and major in secondary education and mathematics, hard work, determination and dedication.



JOHN BLODGETT

A co-valedictorian at Maricopa High School, Blodgett is a cadet major in the Air Force Junior ROTC program, Link Crew leader, National Honor Society member, teacher assistant, Robotics team member, member of cross country and track teams and a member of Si Se Puede Foundation. He received two military academy appointments and chose West Point.

Years in Maricopa: 12 **Originally from:** Phoenix Career goal: U.S. Army officer

Accomplishment: Receiving appointment to the U.S. Military Academy at West Point

Reaction: I was very excited! Knowing that all of my hard work in high school had gotten me accepted to one of the best schools in the country caused great joy to surge through me.

How do you plan to achieve your career goals? I plan on continuing to strive for my goals by trying to be the best I can in everything I do, while at the same time helping others do

























































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HAILEY CANTRELL

Cantrell is the valedictorian at Sequoia Pathway Academy. A member of the National Honor Society, she has been on every Principal's List throughout high school. She completed two college English courses and a child development course and has been a mentor. She will attend Grand Canyon University and plans to return to PSA as an assistant Student Council advisor.

Years in Maricopa: 7

Originally from: Newport Beach, California **Career goal:** Teacher, administrator, professor Accomplishment: Student Council president for two years

Reaction: We all went through our speeches, and when I finished everyone smiled. It made me happy because I was elected to lead and better our school.

How do you plan to achieve your career goals? I will continue to stay organized, responsible and not give up. Also, this career is what makes me happy. I just want to help students; I want to teach them valuable lessons.

AISAWAN CHANPRAPHAP

Chanpraphap's family moved to the United States when she was 7 years old and moved from Virginia to Maricopa when she was in fifth grade. A gifted art student at Maricopa High School, she also runs cross country and track.

Years in Maricopa: 7 Originally from: Thailand Career goal: Art teacher

Accomplishment: Won second place at Art on the Veranda against professionals

Reaction: I went to help out at Art on the Veranda expecting it to be the same as last year, where all I did was help sell art pieces, but during the early morning session I noticed a judge



circling around my art piece and examining it. I did not want to get my hopes up so I kind of pushed it to the back of my mind, to the point that I actually forgot about it altogether. So it came as a big shock when the judge came back around and told me to go get my ribbon in front of a small crowd!

How do you plan to achieve your career **goals?** Attend NAU majoring in art education in the fall, and once I am more financially independent I would like to attend an actual art school, preferably The Art Institute of Chicago.



Victor Moreno

PAMELA CRABAJALES

Crabajales has been involved with a number of institutions around town, from Youth Council to Maricopa Police Department, while being a member of the National Honor Society and DECA at Maricopa High School. She is a Link Crew leader and school newspaper editor.

Years in Maricopa: 7 **Originally from:** Philippines Career goal: United Nations nurse

Accomplishment: Having the opportunity to volunteer with the different organizations in Maricopa. It led me to find my passion in helping to serve others.

Reaction: One day that really stuck out to me was when I was volunteering for Against Abuse Inc. with their latest gala. That night I saw how much the cause meant a lot to people and I felt like I was a part of something great. I realized how much I enjoyed giving back to my community.

How do you plan to achieve your career goals? I plan on taking steps before leaping to my main goal of being a United Nations nurse by attending college and later specializing in forensics so that I gain plenty of experience and help plenty of people along the way.



TYLER CURTIS

Curtis has grown from being the Maricopa Unified School District spelling champ in elementary school to a virtual repertory actor in four plays a year. She will attend a private conservatory in New York City.

Years in Maricopa: 7

Originally from: Denver, Colorado Career goal: Broadway performer

Accomplishment: Cast as Madame Thenardier in "Les Miserables"

Reaction: It was my favorite role out of the 12 I've been able to do at MHS.

How do you plan to achieve your career goals? I'm attending the American Musical and Dramatic Academy to pursue musical theatre to continue my training.



Victor Moreno

NIKOLAS MASE

An accomplished singer and actor, garnering scores of Excellent and Superior in state competition, Mase came to Maricopa High School from Legacy Traditional School.

Years in Maricopa: 5

Originally from: New York

Career goal: Broadway performer and theater

Accomplishment: Playing Javert in "Les Miserables"

Reaction: I was ecstatic. Javert has been one of my dream roles, and I was amazed that I had the opportunity to portray his character as a high schooler.

How do you plan to achieve your career goals? I am planning on pursuing an education in musical theatre. After getting the training I need, I am going to move to New York and start auditioning for shows on Broadway. After obtaining my degree I would also like to become certified to teach theatre so I can continue to inspire students just as my high school theatre teacher inspired me.

KARLA ORCI VEGA

Orci Vega is on track to earn two nursing certificates through CAVIT by her Maricopa High School graduation. Also a softball player, she is planning to earn her master's degree in nursing, taking her next educational step at Central Arizona College.

Years in Maricopa: 11 **Originally from:** Tempe **Career goal:** Nurse practitioner

Accomplishment: Getting accepted into the **CAVIT Nursing Program**

Reaction: I got a letter in the mail telling me I was accepted into the program. I felt relieved because it was a huge step in the right direction for me. It made me feel excited as well because it would help me determine if nursing would be



the right career for me.

How do you plan to achieve your career **goals going forward?** I will be attending CAC in Maricopa. Then I will transfer to ASU and finish school there.

ABIGAIL PATERNINA

A child of immigrants, Paternina took several AP classes at Sequoia Pathway Academy after advancing from Leading Edge Academy, received a class poetry award her junior year and was named Homecoming queen this year. She will attend Northern Arizona University.

Years in Maricopa: 11

Originally from: Clifton, New Jersey **Career goal:** Cultural studies

Accomplishment: Full-ride scholarship to

Reaction: I still recall the utmost joy I felt upon receiving the admission call that fateful day in November. I was home alone and could not stop thanking the admissions officer after she told me, and upon my parents' arrival home, could not stop the beam that overtook my features when telling them the news of my admission.

How do you plan to achieve your career



Super seniors

goals? I plan on achieving these goals by applying and pushing myself toward excellence and beyond boundaries in college, and by exposing myself to new opportunities by putting myself out there. After university, I plan on joining the Peace Corps and embarking on a two-year mission abroad in Colombia, in order to give back to my parents' home country, which I would be nothing without.



Victor Moreno

DIAMOND SIMS

Sims came to Maricopa High School as a freshman and soon set a goal to obtain a master's degree in law. Wanting to do that as soon as possible, she attended summer school to put her on the path to graduating a year early and will attend Arizona State University.

Years in Maricopa: 3

Originally from: Joliet, Illinois

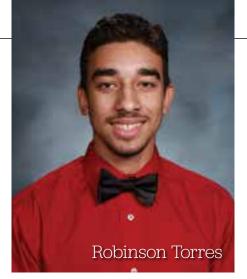
Career goal: Criminal attorney

Accomplishment: Completing two classes of summer school to qualify for early graduation **Reaction:** During the last day of my summer classes I was anxious and relieved because I knew the following summer I'd be getting ready to go to college to finally start my dream

How do you plan to achieve your career **goals going forward?** I'll complete 10 years of schooling and within the first eight years I'll do internships to build up my skill to become a criminal lawyer.

ROBINSON TORRES

An honor roll student at Maricopa High School, Torres is a nursing program student in CAVIT, helping at a clinic in Sacaton. He has worked blood drives and helped feed needy children. He will attend Central Arizona College.



Originally from: Brooklyn, New York **Career goal:** Physical therapist/sports

Accomplishment: CAVIT Clinics **Reaction:** The CAVIT clinics helped people. It was heart-warming and breath-taking.

How do you plan to achieve your career goals? Going to CAC for two years, thanks to my Promise to the Future, then I'll transfer to a four-year university that specializes in my desired profession. Most important part to achieve my goal is hard work and dedication.



Victor Moreno

MARINA VASOUEZ

Vasquez leaped two grades to graduate early from Sequoia Pathway Academy, where she took four AP courses, has a 4.3 grade point average and is a member of the National Honor Society. She used online courses to teach herself quantum mechanics. She will attend Arizona State University Barrett Honors College.

Years in Maricopa: 11

Originally from: Southern California Career goal: Professional puzzle solver (aka mechanical engineer)

Accomplishment: Graduating two years

Reaction: The day that it sunk in I was graduating at 15 was the most excited (and terrified) I had ever felt. The sense of accomplishment was so outstanding that all my fears were set aside because I had no doubt in my mind that this was the best choice that I could have made.

How do you plan to achieve your career **goals?** I put my heart and soul into everything I do, and my biggest goal throughout college is to keep that passion and find ways to showcase it in my work. I believe grit and work ethic are the two deciding factors for success and I will strive to carry these traits with me in order to help achieve my career goals.



CARLOS VENEGAS

Venegas came to Maricopa High School his sophomore year and has been heavily involved in the MHS Theatre Company, landing leads in "Les Miserables" and "Beauty & the Beast," and also playing community theater. He will attend the University of Arizona.

Years in Maricopa: 3

Originally from: Salt Lake City, Utah

Career goal: Musical theatre

Accomplishment: Achieved highest score of "superior" for solo in Central Arizona Festival

Reaction: I took "Bring Him Home," so it was a song I was very familiar with. I just let all the practice take over and focused more on calming my nerves and making sure those didn't take over in my song. ... You just try to do the best you can do and wait for the results at the end of the day. It was definitely a really good experience, though, connecting with other schools and competing.

How do you plan to achieve your career goals? An actor's job is not to act but to audition, because you do so much more auditioning than you do performing. So I've worked a lot on auditioning with everything I have and being able to display the best me talent-wise that I can put forth. So I've been really working on that and hopefully that will help me reach that end goal of being able to perform hopefully for the rest of my life.



ANALI WARNER

Warner is the salutatorian of Sequoia Pathway's Class of 2017. She will attend Northern Arizona University on a Lumberjack Scholarship. Though her major is undecided, she would like her abilities channeled into community service.

Years in Maricopa: 4

Originally from: Racine, Wisconsin

and that I am capable of greatness.

Career goal: To be well-informed, comfortable and active in helping others in whatever I do. Accomplishment: Inducted into National

Honor Society Reaction: Joyful and motivated. Being able to achieve such a high award made me realize that I am capable of achieving whatever I strive for

How do you plan to achieve your career goals? I plan on attending college and going on to higher education in the future. I intend to get involved in my community and activism, to improve others' well-being and my own. I also plan on joining committees and social groups that coordinate with my future career, goals and interests. 🖤

Earn College Credit while in High School at Central Arizona College First Step Things to know about CAC's First Step Program: **⊃ It's Convenient** - The First Step program is held during the Summer semester. **⊃** It's Inclusive - Students who have completed their sophomore, junior, or senior year are eligible. ⇒ It's Affordable - *CAC pays up to 5 credits of in-state tuition per Summer. **⇒ It's Beneficial** - Transfer credits are available to get you closer to a Bachelor's degree! *Conditions apply. Books and transportation not included. For requirements, visit: www.centralaz.edu/firststep For all CAC High School Outreach programs, visit: www.centralaz.edu/hsprograms



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- 1. Children of all ages leaped into the pools at Copper Sky Aquatic Center for the annual Spring Egg Dive April 15. Mason Callejas
- 2. Maricopa High School basketball senior player Tyra Williams was named 5A Metro Region Player of the Year and Melvin Mitchell was named Region Coach of the Year, Raquel Hendrickson
- 3. Families First CDC hosted its sixth annual **Prom Fashion Show and Red Carpet event March** 31 at Maricopa High School to make Prom Night affordable to everyone. Prom is May 6. Raquel Hendrickson
- 4. The members of the 4x100-meter relay team - Darrell Handy, Frank Jones, P.J. Austin and Longman Pyne — all won multiple medals at the Maricopa Twilight April 7. Raquel Hendrickson
- 5. In a busy spring theatrical season, Maricopa High School Theatre Company presented "Wit" April 1. Raquel Hendrickson



Families First CDC brings teens, parents together

By Linette Y. Caroselli

aising a teenager is no easy feat. Ask them and they will tell you it's not easy being one.

Young adults deal with the task of trying to navigate through the highs and lows

of growing up - academics, peer pressure, dating, jobs and acquiring their own independence and, most importantly, an identity. Thankfully, there's an organization that helps teens and parents ease through this transition as partners successfully: Families First CDC.

Families First Community Development Corporation, run by President Dr. Brian Ewing and his wife, Executive Program Director Yolanda Ewing, helps families keep the family unit together by laying seeds of positive change. Each program offered by FFCDC is designed to facilitate a strategy from which participants can rebuild and

reposition the family unit so there is hope for future parents of tomorrow and their families. The organization teaches families to work together as a seamless collective body to ensure that differences are recognized and celebrated

rather than being tolerated. In this way, parents and teens become one unit.

One of the programs offered to assist parents and teens in meeting success is the Ready For Life Program. It is a mentoring and meal program Linette Caroselli offering youth the opportunity to receive life-skill enrichment

instruction and the option to participate in family and personal empowerment activities that allow each participant to enhance the quality of their life.

In the Youth Outreach component of the Ready for Life Program, session topics presented include life skills, character

development, health & wellness, job readiness, drug/alcohol awareness, career awareness and much more. Teens increase their self-esteem in this program by meeting new friends, learning public speaking skills and team-building.

The highlight of the program is the annual Red Carpet Fundraising Fashion Show. This event showcases the "Ready For Life Crew" as the models and dancers. Participants learn modeling skills, choreograph portions of the show, and model dresses and tuxedos for the upcoming prom season. Community businesses sponsor the show demonstrating support for the program such as Be Awesome Youth Coalition, David's Bridal, Men's Warehouse and Group USA.

As a program volunteer and parent of a program participant, I am privileged to see the fruits of the Ewings' labor. It is very well worth it to get your kids involved. There is a tremendous difference in my daughter. Her self-esteem blossomed, and the interview skills she learned helped her get a part time job. She also manages her money well due to the financial literacy classes.



Yolanda.Ewing@ThinkFamilies.org, \Box ThinkFamiliesFirst.org



HIIT 101: Intro to Fast Results

By Aaron Gilbert

Are you interested in losing body fat, improving your strength, feeling better and looking better? How about accomplishing all of this in half the time of your typical workout

routine? Well, you're not alone. Look no further than High Intensity Interval Training (HIIT).

What is HIIT?

High intensity interval training is alternating between high and low intensity exercise or between high intensity exercise and a short period

of rest. For example, a short sprint up a hill followed by a walk back down, repeated multiple times is HIIT.

Why HIIT?

- Burns fat, not muscle It's effective for losing body fat while retaining lean body mass.
- Improves multiple aspects of fitness It's a great method for strengthening the

cardiovascular system and muscular system at

• More efficient HIIT training is very efficient. A typical HIIT session is 4-20

> minutes versus the standard 30-60-minute steady-state cardio

• Easier on the body HIIT training session is a lot easier on the joints because total training time is much less.

Aaron Gilbert

How to do HIIT

There are many ways to do HIIT. Whichever method you choose, just remember to alternate short bursts of high intensity with periods of rest or low intensity.

HIIT Bodyweight Workout

Using bodyweight based exercises in a circuit can be a very effective form of HIIT.

An example intermediate HIIT circuit

using bodyweight exercises could look like

Work for 20 seconds on each station with high intensity and good movement control and then rest for 20 seconds. Do this four times at each station before moving to the next station in the circuit. Rest 1 minute between each station. When you have finished the last station in the circuit you have finished your first HIIT workout.

20 seconds of work / 20 seconds of rest / 4 times each station / 1 minute rest between each station.

Bodyweight Squats Pushups Mountain Climbers Jumping Jacks

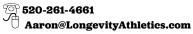
Total workout time = 13:40

Disclaimer: "high intensity" means high intensity for YOU. If you're a beginner, a fast jog or uphill walk for 10 seconds is a better start than trying to handle an all-out sprint

If you're at all unsure if this is appropriate for you to perform, please consult your doctor before attempting this or any HIIT workout. Safety first!

Don't forget: Perform an adequate warmup and cooldown when performing HIIT such as dynamic stretches before until warm and static stretches after your workout.

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





My grandma has been a to the community of faith as their friends die church goer for as long as I can remember. Now she lives alone and is getting frail, weak, and

increasingly withdrawn and uncommunicative. I know that God-things are still important to her. We don't live in the same city as she does, but visit as often as we can. How can we help my grandma meet her spiritual needs? Do you have any practical suggestions?

Thank you for asking this very important question, Land for being caring enough to notice what concerns her. The spiritual needs of aging adults are often overlooked. In spite of changes, losses and chronic health conditions, elderly people can continue to and desire to cultivate their relationship with their God.

Staying connected with spiritual support systems is a challenge. It's hard for them to get the fellowship they need. Some are too feeble to get to church. Others lose their connections

or move away. Decreasing mental capacities can make church an overwhelming or negative experience for some elders. And those who

do attend services often come away feeling alienated by changes in worship styles, long-cherished traditions or doctrinal stances. As a result, they tend to become increasingly isolated in their faith.

You can demonstrate God's love for her by providing comfort and stability in a time of change and uncertainty. Here are some practical ways:

- If your grandma can't make it to church, find ways to bring the church to her. Ask her pastor or religious leader to stop by and visit with her from time to time.
- Provide music and sermon CDs that she likes to listen to.
- When you visit with her, ask her questions about how God has provided for her and her loved ones? How has He answered her prayers? Does she have a favorite hymn?

Does she have a favorite verse from the Bible? If you are not comfortable asking these types of questions as part of normal conversation, ask 'interview style'. Look at it as gathering data. Capturing her life's story.

- When you call to check on her, and you end with a prayer, let her offer the prayer.
- If she has someone caring for her, find out if the agency can provide a caregiver of her same faith. Someone who can care for her physical needs, as well as connect with her on a spiritual level.
- Remember days that she considers special, such as the anniversary of her spouse's death. Spiritual care also involves dealing with the losses of life. •

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Rev. Sheriolyn







Tracey John, PA-C



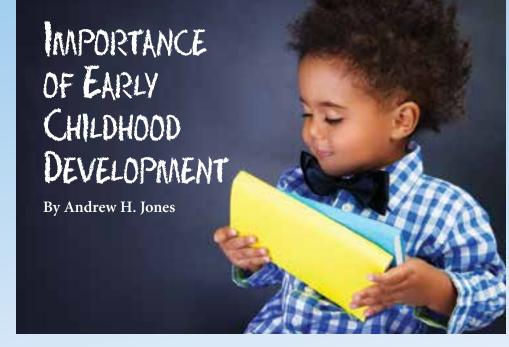
Swagata Chakraborty, PA-C



Stella Raposas, MD, FAAP



APNP-BC



hildren are constantly learning and parents are a defining factor for the child's developmental milestones. According to the Encyclopedia on Early Childhood Development, "The emotional, social and physical development of young children has a direct effect on their overall development and on the adult they will become, thus understanding the need to invest in very young children is so important, so as to maximize their future well-being". A positive, happy home, full of love and emotion is the best environment for a child to thrive. Parents can help to achieve a stable learning environment by developing a routine for the child to include healthy eating habits, play time learning, personal hygiene care, and simple tasks relative to the child's age and competency level. Below is a list of benefits that effect early childhood development and have a lifelong impact:

- Good nutrition, health, and exercise are critical
- Children are born ready to learn
- The best learning happens in nurturing relationships
- The brain develops through use
- Children's wellbeing is critical to brain development and learning
- Children learn through being engaged and doing
- Children learn from watching and
- Children learn language by listening to it and using it

Children are stimulated with various opportunities that can be incorporated in everyday activities. The parent should make the daily routine a positive learning experience to explore new (and exciting) ways for the child to expand their developmental goals. Allow and empower the child to do for themselves what he or she is capable of doing. For example: Teaching children, as opposed to taking over and doing even the smallest task for the child, is a huge example of how developmental milestones can be met. Reading to your child will also build communication, language and literacy skills for the child. Describing shapes, textures, colors, for the child will allow him or her to begin to know the world around them, increase their general knowledge and stimulate their thinking abilities.

While these activities address some of the overall development for the child, there are factors that will greatly determine your child's ability to learn. Genetics can determine the child's prognosis of learning and retaining information. If there is a learning difference in the bloodline, chances are the child will inherit the difference as well. Therefore the parent will then need to take measures to understand how the child learns conducive to his or her ability.

Want to see where your child stands on their developmental landmark? Please follow up with your Sun Life Family Health Care pediatrician to discuss your concerns with the provider.



SUN LIFE FAMILY HEALTH CENTER



Sun Life Family Health Center in Maricopa presents: Meet the Expert

Sun Life Family Health Center is partnering with the Maricopa Public Library to promote early learning literacy and educational programs within the community. Please join Dr. Stella Raposas, MD, FAAP and Dana Rodriguez, PHD, APNP-BC the 1st Wednesday and 3rd Thursday of every month from 9:15am - 10:15am at the Maricopa Public Library. This event will provide story time for the children and an opportunity for parents and adult family members to meet with local health care providers. Our goal is to help and provide information to parents about non-medical wellness, development, and health behaviors. This is a great opportunity to meet our pediatric providers and ask non-medical questions relating to day-to-day physical and emotional health of your children.

Encyclopedia on Early Childhood Development. (March 2011). Importance of early childhood development. Retrieved from http://www.child-encyclopedia.com/importance-early-childhood-development



Educational Activities

Visit your local library for fun educational activities that will stimulate your child's development. #OneSmallChange





MD, FACOG



Danielle Jennings,



Dr. Bianca Smith, DO



Obstetrics & Gynecology 44765 W. Hathaway Ave. (520) 788-6100

Family & Pediatrics 44572 W. Bowlin Road (520) 568-2245

www.SunLifeFamilyHealth.org







Things to do

Outdoor recreation a growing economic factor

By Misty Newman

Getting outdoors is not only great for your health, but also contributes significantly to the local and national economies.

Under the Outdoor Recreation Jobs and Economic Impact (The REC Act), the outdoor recreation economy will be counted as part of U.S. Gross Domestic Product.



The Bureau of Economic Analysis (BEA) will measure the impact outdoor recreation has on the GDP and offer detailed government economic statistics not currently available.

However, the statistics currently available are eye-opening.

A report from the Outdoor Industry Association (OIA) states outdoor recreation is a \$646 billion industry, supports 6.1 million jobs and contributes \$80 billion to local, state and federal tax revenue.

The results of the BEA study will be a critical resource for policymakers to better understand the economic impacts of outdoor recreation when making policy decisions. For example, supporters for trail maintenance will now have official federal data to back up their initiatives.

OIA also reports Arizona outdoor recreation generates \$10.6 billion in consumer spending, 104,000 direct jobs, and \$787 million in state and local tax revenue.

On a more local level, Maricopa has a mayor who is a strong proponent of outdoor recreation.

When Mayor Christian Price was HOA president of Maricopa Meadows, he implemented a disc golf course to best use the architecture. "You can get on a Frisbee golf course and play with your grandkids — that's the beauty of it," Price said.

For future recreation, Mayor Price calls partnerships with funding sources (from Washington and local resources) "vital."

OIA member Jessica Wahl said a current program that provides funding is the Land and Water Conservation Fund, which must be matched with state and local dollars.

There are times when funding from different sources is necessary. According to Price, Copper Sky was a much-needed facility and is a result of "the city backing up a bond with property taxes."

A future project is the proposed Palo Verde Recreation Area. Pinal County is working with the Bureau of Land Management to secure this land for public recreation such as hiking and biking for an extended period of time. Without locking in a contract, it's possible "BLM administration could turn on a dime, and say as of today you can no longer ride here," Price said.

As our city grows, Mayor Price anticipates "trail systems along the washes" and other projects being implemented to get our residents outdoors. Having outdoor recreation "reduces crime, raises home values and increases love of the community," Mayor Price said.

MAY CALENDAR

1

Color Me Calm

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

Maricopa Historical Society Meeting

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

Junior ROTC Awards Ceremony

6 p.m., Maricopa Performing Arts Center 45012 W. Honeycutt Ave.

Narcotics Anonymous

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

2

Trip to Phoenix Zoo

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

Coffee with Friends of the Maricopa Library

1:30 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Regional Transportation Plan Open House

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

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.

Maricopa City Council Work Session

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

Charcoal Drawing for Everyone (via Copper Sky)

6:30 p.m., Central Arizona College 17945 N. Regent Drive

Maricopa City Council Meeting

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

3

Harrah's Club 777 Toastmasters

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

Outdoors 101: Knots

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

4

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

5

Al-Anon Meeting

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

"One Flew over the Cuckoo's Nest"

7:30 p.m., Sequoia Pathway Academy 19287 N. Porter Road

6

Santa Cruz End of School Bash

5-8 p.m., Santa Cruz Elementary School 19845 N. Costa del Sol

Sequoia Pathway Prom Night

6-10 p.m., Elements Event Center at Ak Chin Circle 16000 N. Maricopa Road

Movies in the Park

6:30 p.m., UltraStar Multitainment Center 16000 N. Maricopa Road



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

Things to do

MHS Junior/Senior Prom

8-11 p.m., Phoenix Art Museum 1625 N. Central Ave., Phoenix

7

Narcotics Anonymous

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

8

Color Me Calm

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

Narcotics Anonymous

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

9

Coffee with Friends of the Maricopa Library

1:30 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Trip to MCC Planetarium

4:30-9:30 p.m., Copper Sky Multigenerational Center 44345 W. Martin Luther King Jr. Blvd.

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.

10

Harrah's Club 777 Toastmasters

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

Library Teen Advisory Council

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.

11

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

Native American Art Show

6 p.m., Maricopa Unified School District 44150 W. Maricopa-Casa Grande Hwy.

Global Water Customer Forum

6 p.m., Global Water Center 22590 N. Powers Parkway

Narcotics Anonymous

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

12

Central Arizona College Graduation

7 p.m., Casa Grande Union High School 2730 N. Trekell Road, Casa Grande

Al-Anon Meeting

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

13

2nd Saturday Market (end of season)

7-10 a.m., Copper Sky Regional Park 44345 W. Martin Luther King Jr. Blvd.

Coffee with the Chief

8 a.m., Copper Sky Police Substation training room 17985 N. Greythorne Drive

MUSD Music-a-Thon

1-9 p.m., Maricopa
Performing Arts Center
45012 W. Honeycutt Ave.



Things to do



Movies Under the Stars puts family films outdoors

By Raquel Hendrickson

After getting started with a scheduling conflict that resulted in two separate screenings of different movies, Maricopa's Movies Under the Stars is back on schedule for May and June.

The April debut of the series hit a snag when UltraStar Multi-tainment Center, which was originally scheduled to host the outdoors movie experience, was booked for another event on April 22. But it became double the fun for movie-lovers.

Copper Sky Regional Park, partnering with UltraStar for the series, opted to host the screening of "Moana" April 22. UltraStar then hosted the outdoors viewing of "Cloudy with a Chance of Meatballs" on April 24.

The series resumes May 20 at UltraStar with "The Secret Life of Pets." June 3, also at UltraStar, is "Sing." June 17, the series ends by returning to Copper Sky, this time in the Aquatic Center for a pool party and a screening of "The LEGO Batman Movie."

Maricopa Special Events Manager Niesha Whitman said residents were invited to vote on which movies they would see this year. Votes were cast by 115 people.

Movies Under the Stars starts around 6:30 p.m. It is free. At Copper Sky there will be vendors, and families may also bring in snacks. However, at UltraStar outside food and drink is not permitted.



Warner Bros

DSPA Mother-Son Dance

4 p.m., Maricopa Wells Middle School 45725 W. Honeycutt Ave.

Narcotics Anonymous

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

Color Me Calm

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

Narcotics Anonymous

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

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.

Maricopa City Council **Work Session**

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

Maricopa City Council Meeting

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

Harrah's Club 777 Toastmasters 3 p.m., Harrah's Ak-Chin Casino

15406 N. Maricopa Road

Library Teen Advisory Council 5:30 p.m., Maricopa Public Library

41600 W. Smith-Enke Road Maricopa High School

6 p.m., Maricopa Performing Arts Center 45012 W. Honeycutt Ave.

Awards Night

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

Maricopa Auto Fair — Swap **Meet for Vehicles**

Noon-4 p.m., UltraStar Parking Lot 16000 N. Maricopa Road

Childcare & Babysitting **Certification Program**

5:30-9 p.m., Copper Sky Multigenerational Complex 44345 W. Martin Luther King Jr. Blvd.

Al-Anon Meeting

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

Jav & The Americans

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

Maricopa Auto Fair — Swap **Meet for Vehicles**

8 a.m.-4 p.m., UltraStar Parking Lot 16000 N. Maricopa Road

Movies under the Stars

6 p.m., UltraStar Multitainment Center 16000 N. Maricopa Road

Maricopa Auto Fair — Swap **Meet for Vehicles**

8 a.m.-4 p.m., UltraStar Parking Lot 16000 N. Maricopa Road

Narcotics Anonymous

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

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

Things to do

Color Me Calm

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

Narcotics Anonymous

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

23

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.

8th Grade Unification Ceremony

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

Trip to Diamondbacks **Baseball Game**

11 a.m., Copper Sky Multigenerational Center 44345 W. Martin Luther Kina Jr. Blvd.

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

25 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

Maricopa High School Graduation

7:30 p.m., Maricopa High School 45012 W. Honeycutt Ave.

Sequoia Pathway **Academy Graduation**

7 p.m., Sequoia Pathway Academy 19287 N. Porter Road

Water Safety Day

4-7 p.m., Copper Sky **Aquatic Center** 44345 W. Martin Luther Kina Jr. Blvd

Al-Anon Meeting

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

28

Narcotics Anonymous

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

29

Color Me Calm

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

Coffee with Friends of the Maricopa Library

1:30 p.m., Maricopa Public Library 41600 W. Smith-Enke Road

Celebrate Recovery Coffee & Karaoke

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

Summer Reading Kick-Off Event with Mrs. B

5:30 p.m., Copper Sky Multigenerational Complex 44345 W. Martin Luther King Jr. Blvd.

Maricopa City Council Work Session

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

Maricopa City Council Meeting

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

Harrah's Club 777 Toastmasters

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



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



Call ahead and book your upcoming parties and events



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WATER SAFETY TIPS

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- 2. Prevent Unsupervised Access to the Water
- 3. Maintain Constant Supervision
- 4. Know What to Do in an Emergency

Source: American Red Cross

Visit MaricopaAce.com for water safety resources.



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