



Maricopa

November 2016

PEOPLE

Volunteering
in Maricopa

THINGS TO DO

2nd Saturday
Market returns

BUSINESS

New doctor's
office opens

VIETNAM VETERANS MUSEUM

COL. CHARLES MILLAR SCULPTS MODERN HISTORY



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Genevieve and Makayla present the Maricopa Chamber of Commerce with volunteer opportunities with the Girl Scouts.

Raquel Hendrickson

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Be thankful it's November

In the United States, November is traditionally the time to give thanks for a good harvest, hearth and home and prepare to hunker down for the winter. In Maricopa, that's true, except for the hunkering-down part. Mild weather offers more and more to do outside the house. That includes doing more for others and thanking the many others who do so.

Last month, Maricopa Chamber of Commerce launched its October Chamber Challenge as part of its Chamber for Good effort. That provided information on local charities and volunteer opportunities while encouraging business owners to step in and help in some way. We are sharing part of that lengthy list in this issue and introducing some local volunteers, who explain why they do what they do. November is a great time to thank Maricopa's army of volunteers.

November also brings Veterans Day. Originally Armistice Day, a time to give thanks for the end of the Great War (aka World War I) on the 11th hour of the 11th day of the 11th month, it has developed into a day to honor U.S. military veterans. For one retired officer, the effort to recognize the importance of veterans is not limited to one day a year. In this issue, meet Col. Charles Millar and learn about his Vietnam Aviation Veterans of Arizona Memorial Museum on the outskirts of Maricopa. In a city with an estimated 10 percent of its population veterans, it's easy to find men and women who understand service. November is a great time to


thank a veteran.

Of course, November is also the apex of the election season. Unlike most candidates who will be on pins and needles Nov. 8, Kent Volkmer faces no opponent in the General Election and is already in the middle of transitioning into the Pinal County Attorney's Office. Despite winning his primary in an upset, one of his main challenges is gaining more name recognition in the county. For this issue, InMaricopa sat down with the future county attorney to discuss his vision of law and order.



As contentious and divisive as the 2016 election year has been even at the local level, the American system has revealed candidates in every light in this Communication Age. Be grateful for the warts-and-all view of future leaders. Not all societies receive such a gift of perspective. November is a great time to give thanks for "the Blessings of Liberty" as stated in the U.S. Constitution.

Also in this issue, columnist Murray Siegel writes about the gifts of volunteering, especially with local students. Master Gardener Betty Beeman writes about the growing presence of Arizona grapes. Trainer Aaron Gilbert tells you what to eat for your fitness regimen, and restaurateur Claire Bullivant expounds on the healthy aspects of tea.

Be thankful it's November. 

Raquel Hendrickson

Raquel Hendrickson

Editor

Raquel@InMaricopa.com

520-568-0040 ext. 3

inMaricopa
MARICOPA. DELIVERED.

Publisher
SCOTT BARTLE

Editor
RAQUEL HENDRICKSON

Writers
BETTY BEEMAN
CLAIRE BULLIVANT
MASON CALLEJAS
SHERIOLYN CURRY
AARON GILBERT
RAQUEL HENDRICKSON
MURRAY SIEGEL

Photographers
CHUCK D. BROOKS
MASON CALLEJAS
RAQUEL HENDRICKSON
JAKE JOHNSON
WILLIAM LANGE

Designer
CARL BEZUIDENHOUT

Advertising
DICK BARKLEY
SCOTT BARTLE
MICHELLE SORENSEN

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

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

News@InMaricopa.com
Advertising@InMaricopa.com
Photos@InMaricopa.com

Mission

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JOIN 



About pros and cons of override ballot issue

Krystal Lyon Voted yes on the override and YES on prop 205.

Jean McCormick Brown No way - no how!! How many times do we the citizens of Maricopa have to tell them NO - this is what the 6th time this has come up answer won't change.

Charna Menker Although one of my children goes to a Kyrene school and the other goes to a charter here in town I will still be voting yes to the override.

Michael Achs Have any of you looked at your tax bill. Take a look and see how much tax you are paying already, and for a failed district, mine nearly \$800 per year currently. You have bus after bus coming down

here everyday to pick up a child and watching hundreds of thousands of dollars of tax money leaving and you do nothing, even your teachers bus their kids out of here...what does that tell you. This district needs an oil change, not more money.

Vincent Manfredi This override hires 50 teachers/certified staff and provides \$500k in tech. Any other argument against the override is a straw man argument.

Merry Grace There ARE great things happening in our public schools. We need to get past what once was and acknowledge the strides taken and the improvements made. This is a very different MUSD from a few years ago. I take a very proactive role in being involved and working hard to be a part of the solutions in our district. This line drawn in the sand not only tears the community apart but trickles down to the students.

InMaricopa's recent followers on ...



Amber Lohaus Richard Ortiz Grace Robinson Eve Girlie Romo Susan Barracough



Wyatt Haardt April Caley Angela Valverde Sara Goodwin Kelly Antone



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Trending



- Maricopa latest target of 'scary clown' threats
- Marchione: Override is just more taxation in over-taxed city
- In response: This override is needed for our kids
- Health inspections nip new restaurant
- 2 tie for most expensive home sold in Maricopa
- Prop. 415 and future open space, recreation in Maricopa
- Injury accident closes SR 347 northbound



Submitted

- MOM Mobile helps Maricopa woman nab breast cancer
- Homestead's move to 'affordable' homes counters difficult large-lot market

For these stories and more news every day, visit InMaricopa.com.

Things to do

NOVEMBER

1
Desert Landscape Photography
9 a.m., Central Arizona College
17945 N. Regent Drive

Coffee with Friends of the Maricopa Library
3 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

2
Harrah's Club 777 Toastmasters
3 p.m., Harrah's Ak-Chin Casino
15406 N. Maricopa Road

3
Narcotics Anonymous
7 p.m., Ak-Chin Social Services
48227 W. Farrell Road

4
Youth Poetry Slam
5 p.m., Maricopa Public Library
41600 W. Smith-Enke Road

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

5
Art on the Veranda
10 a.m., The Duke at Rancho El Dorado
42660 W. Rancho El Dorado Parkway

Maricopa Ace Hardware 10th Anniversary Celebration
11 a.m., Maricopa Ace Hardware
21542 N. John Wayne Parkway

6
Narcotics Anonymous
7 p.m., Maricopa Community Church
44977 W. Hathaway Ave.

7
Weekly Grief Support Group
1 p.m., Maricopa Chamber of Commerce
44480 W. Honeycutt Road, Suite 106

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

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

8
General Election Day
7 a.m.-7 p.m.

Desert Landscape Photography
9 a.m., Central Arizona College
17945 N. Regent Drive

Coffee with Friends of the Maricopa Library
3 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.



Mason Callejas

Wood craftsman Steven Portrey and gourd artist Linda Taylor are among more than 40 participants in Art on the Veranda, outside the clubhouse at The Duke Nov. 5.

Art on the Veranda not just any art show

Since 2013, artisans have joined annually in a juried art show called Art on the Veranda, which was founded by the Maricopa Artisans. Art on the Veranda showcases unique, high quality, locally made art.

Held on Nov. 5 this year at The Duke at Rancho El Dorado, Art on the Veranda provides a family-friendly atmosphere with raffles, food, drink and more than 40 artists' work.

"I love to be with other artists," gourd artist Linda Taylor said. "I think we all help each other."

Entry is free. Free tickets also serve as raffle tickets for special art pieces. This year's raffles will be situated at various artists' booths rather than at the entryway.

Along with standard-bearers like Cynthia and Steve Portrey, a textile artist and a wood artist, respectively, the show will have painters, potters, jewelry makers, photographers are more.

Those looking to upgrade their everyday dishware to something that becomes a topic of conversation at the dinner table will want to see the works of Kathy Young and Kimmberly Iona. Young comes from Casa Grande, where she specializes in creating practical dishware with a unique flare.

Student artists will also have a tent.

IF YOU GO

What: Art on the Veranda
When: Nov. 5, 10 a.m.-4 p.m.
Where: The Duke, 42660 W. Rancho El Dorado Parkway
How much: Free
Info: VerandaArt.com



SHAMROCK FARMS ANNUAL
Joy to the Herd Holiday Event

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

MHS stages ‘The Lion, the Witch and the Wardrobe’

By Raquel Hendrickson

The Maricopa High School Theatre Company is on a fantasy bent this year. The fall production is “The Lion, the Witch and the Wardrobe.” In spring, look for the students’ version of the musical “Beauty and the Beast.”

The journey to Narnia is Nov. 10-12 at 7 p.m., plus a Saturday matinee at 2 p.m. “The Lion, the Witch and the Wardrobe” is based on the book by C.S. Lewis and is adapted for the stage by Cindi Calhoun, the MHS teacher who heads the theater department.

Calhoun wrote the play over the summer. She said the well-known story should draw families to the Performing Arts Center for a night of entertainment.

She said she kept very close to the book, which is full of good and evil, betrayal, redemption, mythical creatures and assorted talking animals. It follows the adventures of the four Pevensie children in wartime England. Sent out of London during the Blitz, they stay in the country home of a professor.

The youngest child, Lucy, finds an old wardrobe and quickly discovers it is a portal to the mystical land of Narnia, which is completely encased in eternal winter and ruled by the White Witch. Lucy’s older siblings eventually follow her there. They become the center of a power struggle



Some of the cast members of MHS Theatre Company’s production of “The Lion, the Witch and the Wardrobe: (clockwise from left) Ivie Keene, Carlos O. Venegas, Brandon Korittky, Hannah Panter and Kjirsten Lemon.

Raquel Hendrickson

between the White Witch and the lion Aslan, the rightful king, who has reappeared after a long absence.

“This is the first time I’ve had a super-intensive villain role,” said senior Tyler Curtis, who plays the White Witch. Theater-goers may remember her as Madame Thenardier in MHSTC’s spring production of “Lez Miserables.” “She’s evil because she likes it,” Curtis said. “She wants power.”

On the opposite end of the spectrum is senior Sarah Ledbetter, who plays Lucy, an 8 year old. “Apparently I’m great at playing children,” she said. She was Gavroche in “Lez Miz”, but this is her first major role.

“I’m kind of stepping out of my comfort zone,” she said.

Ledbetter said the planning for this production has been very smooth. Part of that is put on the shoulders of the stage manager, sophomore Aidyn Curtis (Tyler’s little sister). She helps with blocking and calling cues. She’s also in charge of attendance at rehearsals.

Aidyn has performed in previous MHS productions, but now has a perspective from the other side of the footlights.

“I did really enjoy the audition and call-back process,” she said.

Scores of students have been cast. It is not uncommon for an actor to take on more than one role, but senior Nikolas Mase has three parts. Mase will give voice to Aslan while also playing the professor and Santa.

The White Witch’s henchmen are wolves, and leading up the pack are senior Carlos O. Venegas and junior Ivie Keene. Both have been very active with the theater program and read together during casting.

“I’ve always wanted to play bad guys,” said Keene, who also loves the fantasy aspect of the story.

Venegas, who, like Tyler Curtis, intends to major in theater, said he loves that the play adaptation is Calhoun’s work.

IF YOU GO

What: “The Lion, the Witch and the Wardrobe”

Who: Maricopa High School Theatre Company

When: Nov. 10-11, 7 p.m., Nov. 12, 2 p.m. & 7 p.m.

Where: MHS Performing Arts Center, 45012 W. Honeycutt Ave.

How much: \$5

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NOVEMBER

Celebrate Recovery Large & Small Group Meeting
 7 p.m., Maricopa Community Church
 44977 W. Hathaway Ave.

9
Harrah’s Club 777 Toastmasters
 3 p.m., Harrah’s Ak-Chin Casino
 15406 N. Maricopa Road

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

10
Chamber Breakfast Mixer
 7 a.m., Harrah’s Ak-Chin Casino
 15406 N. Maricopa Road

Music 101 Mixer
 6 p.m., Copper Sky Multigenerational Complex
 44345 W. Martin Luther King Jr. Blvd.

“The Lion, the Witch and the Wardrobe” on Stage
 7 p.m., Maricopa Performing Arts Center
 45012 W. Honeycutt Ave.

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

11
Veterans Day Event
 7:30 a.m., Maricopa Veterans Center
 44240 W. Maricopa-Casa Grande Hwy.

Veterans Day Appreciation Picnic
 11 a.m., Tortosa Main Park
 Honeycutt Road at Costa del Sol

“The Lion, the Witch and the Wardrobe” on Stage
 7 p.m., Maricopa Performing Arts Center
 45012 W. Honeycutt Ave.

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

12

2nd Saturday Market
 8 a.m., Copper Sky Regional Park
 55345 W. Martin Luther King Jr. Blvd.

Coffee with the Chief
 8 a.m., Copper Sky Police Substation training room
 17985 N. Greythorne Drive

Councilmember on the Corner
 8:30 a.m., Copper Sky Multigenerational Center
 44345 W. Martin Luther King Jr. Blvd.

Zephyr Train Car Open House
 10 a.m., Amtrak Station
 19427 N. John Wayne Parkway

“The Lion, the Witch and the Wardrobe” on Stage
 2 p.m. & 7 p.m., Maricopa Performing Arts Center
 45012 W. Honeycutt Ave.

13
Narcotics Anonymous
 7 p.m., Maricopa Community Church
 44977 W. Hathaway Ave.

Calvary Chapel ‘Church in the Park’
 10:15 a.m., Copper Sky Ramada 1
 44345 W. Martin Luther King Jr. Blvd.

14
Weekly Grief Support Group
 1 p.m., Maricopa Chamber of Commerce
 44480 W. Honeycutt Road, Suite 106

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

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

15
Desert Landscape Photography
 9 a.m., Central Arizona College
 17945 N. Regent Drive



File

Maricopans gather in the Copper Sky north parking lot for fresh produce at 2nd Saturday Market November through May.

2nd Saturday Market returns bigger than ever

By Mason Callejas

This fall the City of Maricopa will begin hosting a spruced-up version of its annual 2nd Saturday Market at Copper Sky Regional Park.

The city is expanding the event to include more vendors selling products ranging from jewelry and handbags to coffee and crepes. In an attempt to make the event more engaging, the city will also add entertainment from local music and performing arts acts.

City of Maricopa special events manager Niesha Whitman hopes to go a step further than the typical farmers market by making the event a family-centered outing with attractions for all ages. She believes it should be about more than just buying fresh produce.

“We’re trying to make this a family day,” Whitman said. “We’ve been looking for local entertainers to help make it fun for everybody.”

The city also wants to take this opportunity to help needy members of the community. Some fruits and vegetables will be provided by the Produce on Wheels Without Waste Organization, and for \$10 cash, P.O.W.W.O. will provide shoppers with up to 60 pounds of produce for themselves if they are in need, or to redistribute to family, neighbors and friends who might be in need.

The city recommends bringing a small cart or cooler with wheels if you are purchasing 60 pounds of produce. There will be volunteers on hand, as the city is partnering with Sequoia Pathway to distribute the produce.

Despite quantities being predetermined, certain types of produce are more abundant than others and thus may run out, so get there early. There will be no substitutions of items.

The events are 8-11 a.m. the second Saturday of each month through January, and 7-10 a.m. February through May.

Things to do



Submitted

Fushicho Daiko Phoenix Drummers

World Music Showcase a first for Maricopa

Maricopa ARTS Council (MAC) will present a World Music Showcase outside at Copper Sky on Nov. 18, featuring music and dance from two vital and diverse non-European cultures.

This free special event is the main November offering in MAC’s 3-season expo “Got Arts, Maricopa?” dedicated to celebrating local talents and to introducing the city to types of arts never before experienced in Maricopa.

The showcase features the taiko drum ensemble Fushicho Daiko and the Ak-Chin Indian Community’s Ak Chin Band and Ak-Chin Ba’ Ban Keihina Traditional Dancers. The cultures and traditions behind each of these ensembles were formed ages ago, and their performances carry meanings far beyond mere entertainment into the spiritual realm.

Taiko is the Japanese word for “great drum.” This ancient musical art form originated centuries ago as a means of communication to signal distant villages of advancing enemies or natural disasters. Fushicho Daiko Phoenix Drummers is Arizona’s premier professional taiko group performing both traditional and original Taiko songs in costume with power, energy, skill and joy.

The musicians of the Ak Chin Band and the Ak-Chin Ba’ Ban Keihina Traditional Dancers are sought after for demonstration and festival performances because their traditional dress and beautiful hand-woven baskets form a compelling example of tribal culture and traditions come to life. 📍

IF YOU GO

What: Maricopa Arts Council’s World Music Showcase
Where: Copper Sky Community Green
When: Nov. 18, 6-7:30 p.m.
How much: Free
Note: Bring your own light refreshments and a blanket for the lawn.



Submitted

Ak-Chin Ba’ Ban Keihina Traditional Dancers

NOVEMBER

Coffee with Friends of the Maricopa Library
 3 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.

Celebrate Recovery Large & Small Group Meeting
 7 p.m., Maricopa Community Church
 44977 W. Hathaway Ave.

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

17 Diabetes Talk
 3 p.m., Maricopa Public Health Clinic
 41600 W. Smith-Enke Road, Building 15

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

18 World Music Showcase
 6 p.m., Copper Sky Regional Park
 55345 W. Martin Luther King Jr. Blvd.

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

19 Fall Fling Craft and Vendor Event
 8 a.m., Maricopa Community Church
 44977 W. Hathaway Ave.

Service Project in the Park
 8 a.m., Copper Sky Regional Park
 55345 W. Martin Luther King Jr. Blvd.

MAC Farm Family Day
 10 a.m., Maricopa Agricultural Center
 37860 W. Smith-Enke Road

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

21 Weekly Grief Support Group
 1 p.m., Maricopa Chamber of Commerce
 44480 W. Honeycutt Road, Suite 106

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

22 M.O.R.E.E. Trip to Tonto Natural Bridge
 9 a.m., Copper Sky Regional Park
 55345 W. Martin Luther King Jr. Blvd.

Coffee with Friends of the Maricopa Library
 3 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.

Celebrate Recovery Large & Small Group Meeting
 7 p.m., Maricopa Community Church
 44977 W. Hathaway Ave.

24 THANKSGIVING

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

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

Things to do

28 Weekly Grief Support Group
 1 p.m., Maricopa Chamber of Commerce
 44480 W. Honeycutt Road, Suite 106

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

29 M.O.R.E.E. Trip to Sonoran Desert Museum
 9 a.m., Copper Sky Regional Park
 55345 W. Martin Luther King Jr. Blvd.

Coffee with Friends of the Maricopa Library
 3 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.

Celebrate Recovery Large & Small Group Meeting
 7 p.m., Maricopa Community Church
 44977 W. Hathaway Ave.

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

Dec. 3 Merry Copa Holiday Festival
 2 p.m., Copper Sky Regional Park
 44345 W. Martin Luther King Jr. Blvd.

Dec. 3-4 Joy to the Herd Holiday Event
 Shamrock Farms, Stanfield

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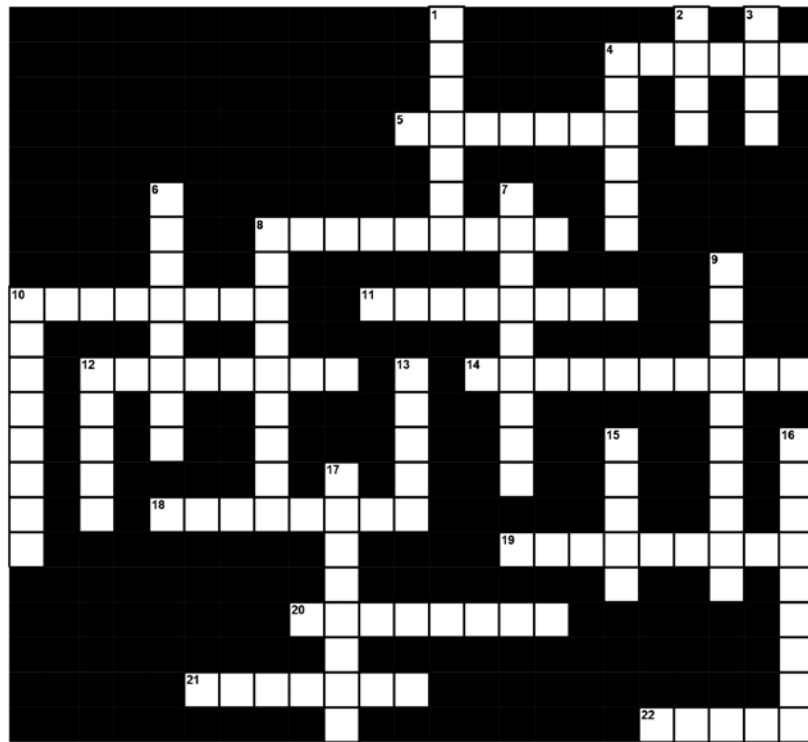


For details on these and other local events — and to list your own — visit InMaricopa.com/Calendar.

Things to do

Thanksgiving Crossword

Presented by maricopa eye care



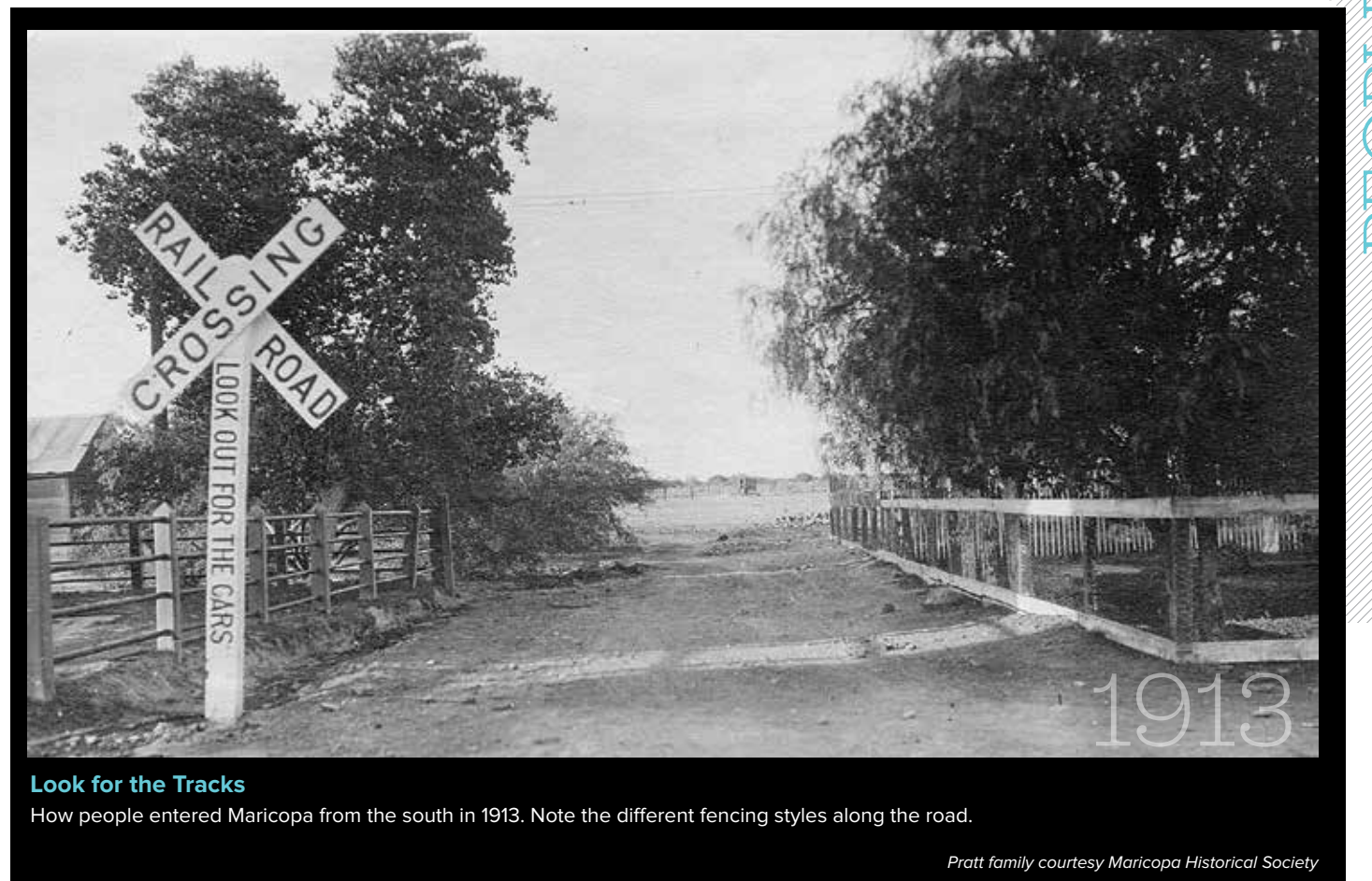
Across

- 4 Often said over a meal in religious homes
- 5 Thanksgiving is celebrated in this month in Canada
- 8 Native people involved in the "first Thanksgiving" in 1621
- 10 Spuds
- 11 Stuffing
- 12 Colonial governor at the first Thanksgiving
- 14 Natural sedative contained in turkey meat
- 18 Founding Father who thought the turkey should be the national bird of the United States
- 19 State producing the most turkeys
- 20 Artist who painted Thanksgiving in "Freedom from Want" for the Saturday Evening Post
- 21 Attendees at the First Thanksgiving were more likely to have served this sea-loving creature than turkey
- 22 New York department store that launched a Thanksgiving Day parade in 1924

Source: History.com

Down

- 1 President who declared the last Thursday in November to be national Thanksgiving
- 2 Leg and thigh meat
- 3 Deviled
- 4 Since 1947 U.S. presidents have granted a _____ to a Thanksgiving turkey each year
- 6 The American Intercollegiate _____ Association held its first championship game on Thanksgiving Day in 1876
- 7 A large, deep baking dish
- 8 State producing the most cranberries
- 9 President who issued the first Thanksgiving proclamation
- 10 The U.S. produces more than 1.5 billion pounds of these every year
- 12 _____ Friday
- 13 Nuts produced in Maricopa that are a nationally popular pie ingredient
- 15 Detroit NFL team that has played most frequently on Thanksgiving
- 16 Thanksgiving dinner guests, often
- 17 Location of the first Thanksgiving



Look for the Tracks

How people entered Maricopa from the south in 1913. Note the different fencing styles along the road.

Pratt family courtesy Maricopa Historical Society

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Harrah's
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It's always Veterans Day at Col. Millar's museum

By Mason Callejas

With persistent dissention and rapid dissemination of information in the world today, it's sometimes hard to maintain perspective of the past and the lessons it provides.

The historian Arthur M. Schlesinger said, "Science and technology revolutionize our lives, but memory, tradition and myth frame our response."

Wars change the world. From World War I and II to the wars in Iraq and Afghanistan, the world has seen some of most awe-inspiring advancements in technology. Of those, the most monumental achievements would arguably be that of aviation.

In Maricopa (and Arizona), there is a proud and complex military history that personifies this relationship of technology and military history. Some citizens and veterans have taken up the mantle as amateur historians trying to teach the world about these milestones.

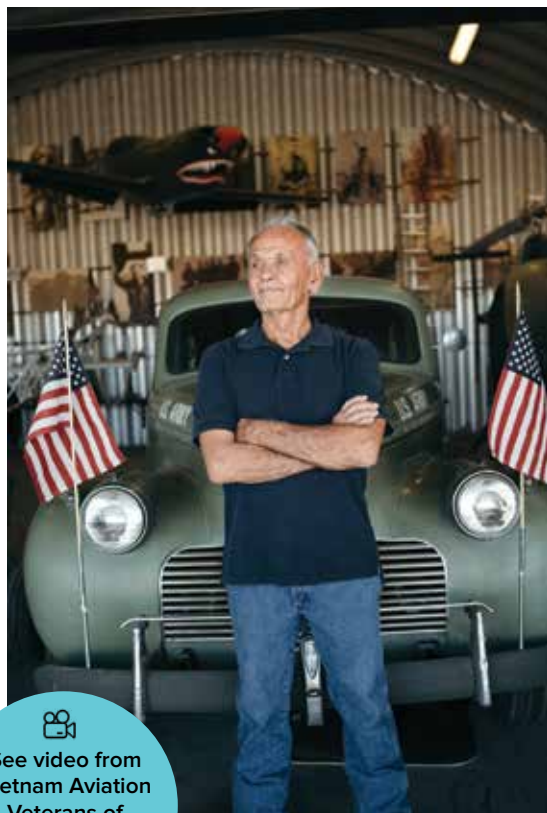
Retired U.S. Army Col. Charles Millar is one such historian who is hoping to illuminate the role aircraft played in sculpting modern history while promoting the memory of the men and women who serve and have served in the U.S. armed forces.

Millar established and oversees the Vietnam Aviation Veterans of Arizona museum at his airfield on McDavid Road just west of the city limits. His hangars house relics of aviation from the Vietnam War warfare and ground combat and military logistical support from all the way back to World War I.

"One of my friends came up with the idea that we ought to develop some type of museum to honor Vietnam veterans, because some of them didn't get the recognition they should," Millar said. "It kind of grew into a multiservice and multi-era museum, so we honor all services and all service members."

Millar's efforts are aimed at keeping the history books open and people reading. He, like many of his generation, fear that by not being part of the Internet age, the efforts of his comrades and colleagues will be lost unless there are places like his museum to catalogue and preserve the stories.

"The intent is just to pass along historical



Jake Johnson

See video from Vietnam Aviation Veterans of Arizona fly-in at InMaricopa.com

information to the public, and we're doing the aviation side of it," Millar said.

The museum often hosts fly-in events that Millar coordinates. Sometimes 40 to 50 aircraft will stop by, ranging in style from vintage bi-wing crop-dusters and trainers to experimental kit aircraft and Korean War era helicopters. Pilots from all over the Valley fly in to mingle and eat a hearty breakfast or lunch. Parents from as far away as Casa Grande and Chandler bring their children out to watch the fly-bys and explore the hangars that house the museum.

Millar moved to the Phoenix area from Southern California in the late 1960s with the military on his mind. He wanted to go to college to become an officer and soon found

himself at Arizona State University studying military science. After graduating in 1971 he obtained his commission and began working with and training tank operators.

Millar didn't operate a single aircraft while in the service; however, from an early age he dreamt of earning his wings. Upon exiting the army Millar got his pilot's license and started flying small aircraft as a hobby. Some years later Millar moved back to the Phoenix area and, after becoming involved in several aviation organizations, found a piece of affordable land near Maricopa that was right for his airfield.

Millar wanted to find a place that was just far enough away from civilization to be comfortable but still close enough to not be an inconvenience. He settled in and bought the land near Maricopa in 1985. He slowly pieced together his airfield and later his museum. Now he hosts several fly-ins a year for pilots and veterans from all over the state, including one Oct. 15.

In the dusty, late-morning air veterans from the Army and Air Force congregated around tables in one of the hangars and shared stories about their time in the service. Kids climbed in and around some of the antique vehicles and aircraft. All the while the steady sound of propellers chopping the air buzzed across the runway as aircraft came and went, leaping and dancing around the clear blue sky.

A volunteer said Millar once told him that if "at the end of the week if (Millar) has money left in his checking account then there is something wrong."

That day Millar and his volunteers consistently turned down offers of donations and "tips," a remarkable characteristic that undeniably is responsible for the vast group of loyal pilots, veterans and friends who fall in order and line up wingtip to wingtip hoping to fly with Col. Charles Millar. It is with his help the history of the armed forces and those that served will be memorialized.

Vietnam Aviation Veterans of Arizona is a 501(c)(3) nonprofit. www.inmaricopa.com

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Volunteers make a difference in Maricopa

By Raquel Hendrickson

Need something to do? Want to help others through service or with funds? Maricopa has a wealth of nonprofits and volunteer opportunities. The Maricopa Chamber of Commerce encouraged its members to get involved last month with its inaugural October Chamber Challenge. Members were asked to volunteer for 10 hours or donate to a worthy cause within a month's time. In a season of giving thanks, can you do the same? Here are some opportunities:

Against Abuse, Inc.
119 N. Florence St., Casa Grande
520-836-1239 (Admin)
520-836-0858 (Crisis)
Against-Abuse.org

American Cancer Society (Relay for Life)
1636 N. Swan Road, Suite 151, Tucson
520-247-8453
MaricopaRelay@gmail.com

American Legion Post 133
44240 W. Maricopa-Casa Grande Hwy.
P.O. Box 152
ALPost133az.org

Arizona Foundation for the Handicapped
209 W. Main St., Casa Grande
520-836-9798
AZAFH.com

Arizona Partnership for Children
500 N. Florence Ave., Casa Grande
866-800-9468
MarthaH@ccs-soaz.org

Arizona Poodle Rescue Inc.
20270 N. Toledo Ave.
APRVolunteers@gmail.com
ArizonaPoodleRescue.org

Be Awesome Youth Coalition
18150 N. Alterra Parkway
520-582-6138


Blue Star Mothers of Maricopa, AZ
P.O. Box 1397
520-709-0539
BlueStarMothersofMaricopa.org

Central Arizona College - Maricopa Center
17945 W. Regent Drive
520-494-5230
Chris.Wodka@centralaz.edu

F.O.R. MARICOPA Jim Crowe

(nicknamed "Candyman" because he gives out candy at the food bank)

- Moved to Maricopa from Indiana in 2008 to "escape the cold weather and to be with family"
- Was speech and language pathologist at public schools in Indiana
- Volunteers at F.O.R Food Bank, Maricopa Library and his church Esperanza Lutheran in Ahwatukee
- A former school teacher, he likes to help people: "It makes me feel good doing something good."



Mason Callejas

Copa Shorts Film Fest
42091 W. Venture Court
520-568-0199
CopaShortsFilmFest.org

EMPACT-SPC (La Frontera)
21300 N. John Wayne Parkway, Suite 103
520-316-6068
Empact-SPC.com

F.O.R Maricopa Food Bank and Resource Center
44625 W. Garvey Ave.
520-251-0226
FORMaricopa.org

Friends of the Maricopa Public Library
P.O. Box 663
520-450-0991
MaricopaFriends.yolasite.com

Graysmark School Corporation
44400 W. Honeycutt Road, Suite 105
520-568-5750

Halos of Hope Inc.
20987 N. John Wayne Parkway, Suite B104-432
Info@HalosOfHope.org
HalosOfHope.org


Kiwanis Club of Maricopa
20928 N. John Wayne Parkway
520-510-8000
MaricopaKiwanis.org

Legacy Traditional School
17760 W. Regent Drive
520-423-9999
Teresa.Tate@legacytraditional.org

Maricopa ARTS Council
22019 N. O'Sullivan Drive
520-568-8883
MaricopaArtsCouncil.wixsite.com/
MaricopaArtsCouncil

MPD VICTIMS ASSISTANCE Barry Vogel

- Moved to Maricopa three years ago from Ahwatukee
- Originally from up-state New York
- Volunteers at MPD in Victims Assistance and Maricopa Chamber of Commerce, where he is a member.
- Works as management and corporate consultant.
- "By volunteering for the Police Department it's not just helping them, it's helping you."



Submitted

Maricopa Center for Entrepreneurship
20800 N. John Wayne Parkway, Suite 108
520-510-5535
MaricopaInnovates.com

Maricopa Chamber of Commerce
44480 W. Honeycutt Road, Suite 106
520-568-9573
MaricopaChamber.org

Maricopa Education Foundation
P.O. Box 1203
520-840-2633
MaricopaEducationFoundation.org

Maricopa Football Booster Club
45012 W. Honeycutt Ave.
MHSRamsFootball@gmail.com

Maricopa Girl Scouts
Arizona-Cactus Pine Council
119 E. Coronado Road, Phoenix
602-452-7000

Maricopa High School DECA
45012 W. Honeycutt Ave.
520-568-8100, ext. 4047
BRussioniello@musd20.org

Maricopa Historical Society
P.O. Box 902
520-509-4429
MHS50.com
Contact@MHS50.com

Maricopa Lions Club
40291 W. Lococo St
Facebook.com/MaricopaLionsClub

Maricopa Volunteers in Police Service (VIPS)
39675 W. Civic Center Plaza
520-316-6800
VAPS@Maricopa-AZ.gov

Maricopa Police Foundation Inc.
P.O. Box 446
520-568-7875



Raquel Hendrickson

BUTTEFIELD ELEMENTARY SCHOOL Sharon and Murray Siegel


- Years in Maricopa: 9
- Combined 85 years of experience teaching mathematics from first grade through graduate school
- Volunteer for Butterfield Elementary School, conducting advanced fifth grade and advanced sixth grade math class four mornings a week
- "We both have retired from teaching at the college level. Last year we worked with fifth graders at BES two mornings a week and decided along with the principal to set up these two classes. We still enjoy teaching and we do not need to be paid. BES is less than a mile and a half from our front door."

Maricopa Rotary
44150 W. Maricopa-Casa Grande Hwy.
P.O. Box 892
520-483-1949
Portal.ClubRunner.ca/2896

Maricopa Seniors Inc
43466 W. Neely Drive
Info@MaricopaSeniors.com
MaricopaSeniors.com

Maricopa Trailblazers 4-H Club
602-390-6963 / 520-709-2519
Maricopa_Trailblazers.webs.com

Maricopa Unified School District
44150 W. Maricopa-Casa Grande Hwy.
520-568-8100, ext. 1003
TBeckett@musd20.org



ZONTA INTERNATIONAL Debbie Angwood

- Moved to Maricopa in 2014 from Rochester, Washington
- Volunteers for Zonta International, with a mission of empowering women worldwide through service and advocacy. Became club president shortly after moving into the county and has also been a member of Kiwanis.
- "We give to Against Abuse, the new shelter. We decorated it and provided children's toys. I had an abusive mother, and it wasn't until I actually joined Zonta as a senior citizen that I was able to talk about it and the burden of carrying that with me all my life. It's also a sharing opportunity."

Raquel Hendrickson

Pinal 40 Inc.
2035 N. Overfield Road, Casa Grande
Pinal40.org

Pinal County NAACP
P.O. Box 837
909-437-8915
JcksnConnieJean@aol.com

Pinal County Sheriff's Office
P.O. Box 867, Florence
520-866-5260
Deborah.Lopez@pinalcountyaz.gov

Rocking 4D Foundation, Inc.
19368 N. Lariat Road
619-855-5059
Rocking4DFoundation.org

Salvation Army Service Extension Unit
520-705-6509
MariocpaSalvationArmy@yahoo.com

Sequoia Pathway Academy
19265 N. Porter Road
520-568-9333
SequoiaPathway.org
PathwayPTO.org

Sun Life Family Health Center
44572 W. Bowlin Road
520-568-2245
Reneel@slfhc.org

The Streets Don't Love You Back
P.O. Box 1093
513-371-0982
TheStreetsDontLoveYouBack.ning.com

United Way of Pinal County
P.O. Box 10541, Casa Grande AZ 85130
520-836-0736 / 800-390-0736
UnitedWayofPC.org
SuccessBy6PinalCounty.org

Vetit Inc.
20800 N. John Wayne Parkway, Suite 108
520-233-3085
Facebook.com/VetitUSA

VFW Post 12043
44240 W. Maricopa-Casa Grande Hwy.
520-568-2186
MaricopaVFW.org

Vietnam Aviation Veterans of Arizona
P.O. Box 513
602-571-1059

Youth Health USA
20928 N. John Wayne Pkwy, Suite C-13 #151
520-568-2810
YouthHealthUSA.org

Zonta Club of Casa Grande Valley
P.O. Box 11342, Casa Grande
520-560-5487
ZontaClubOfCGV@gmail.com
ZontaAZ.org

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As little as an hour of your time could have a significant impact on a Maricopa kid's life. Youth with mentors are:

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- 46% less likely to use drugs
- 33% less likely to use violence

"Community members have come in to teach youth how to cook, use Photoshop, edit film, even knit. Yes, the kids will knit if someone is willing to share their passion for knitting with them!"
— Priscilla Behnke, Maricopa CAASA Program Director

Make a difference. Contact Priscilla Behnke at pbehnke@macaasa.org or (520) 582-6138.

www.DrugFree.org Be-Awesome-Youth-Coalition



1. A Gila River hoop dance was part of Native American Recognition Day Sept. 22 at Ak-Chin Indian Community.

Mason Callejas

2. Mayor Christian Price (left) and councilmembers Henry Wade, Nancy Smith, Vice Mayor Marvin Brown, Peggy Chapados, Bridger Kimball and Vincent Manfredi offer a big thank you to Rocky Brown (third from right) as he departed as recreation manager.

3. Daughters of the American Revolution Lucy Akers, Ellen Lynn and Jan Klein talk to 5th graders at Butterfield Elementary about Constitution Week Sept. 27.

Raquel Hendrickson

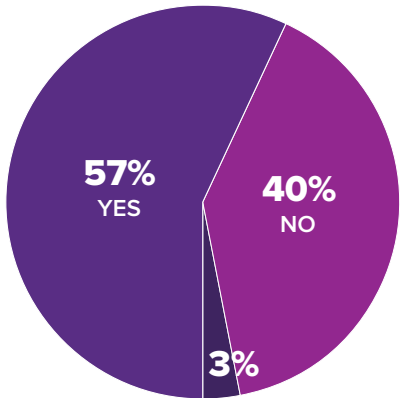
4. Friends of the Maricopa Public Library hosted the annual Book Sale Oct. 15, drawing hundreds of readers to Santa Rosa Elementary.

5. Actress Grace Dove joined Maricopa designer Loren Aragon at Phoenix Fashion Week.



INMARICOPA.COM POLLS

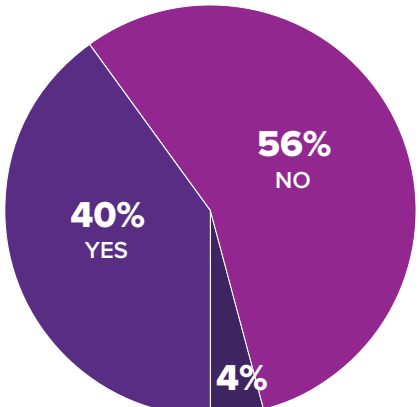
**Do you support
state Prop. 205,
regulating and taxing
marijuana like alcohol?**



Total votes: 476

Source: Oct. 4-11 InMaricopa.com poll

**Do you support
Prop. 206, raising the
state minimum wage from
\$8.05 to \$12 by 2020?**



Total votes: 452

Source: Sept. 26 - Oct. 3 InMaricopa.com poll

GOVERNMENT DIRECTORY

Ak-Chin Indian Community
42507 W. Peters & Nall Road
520-568-1000

City of Maricopa
39700 W. Civic Center Plaza
520-568-9098
Maricopa-AZ.gov

Maricopa Unified School District
44150 W. Maricopa/Casa Grande Hwy.
520-568-5100
MUSD20.org

Pinal County
31 N. Pinal St., Florence
520-866-6000

United States Post Office
44920 W. Hathaway Road
520-568-2641

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Still seeking name recognition, Kent Volkmer prepares to become county attorney

By Raquel Hendrickson

When Casa Grande attorney Kent Volkmer defeated County Attorney Lando Voyles in the Republican primary, it was an eye-opening upset. Volkmer is alone on the ballot for the General Election and will take the oath of office in January. He dissolved his private practice, Wallace, Volkmer & Weagant, as he prepares for the transition.

A graduate of the school of law at the University of Akron (Ohio), where he also earned an MBA, he and his wife Kristina moved to Pinal County nine years ago. They now have three sons, age 6, 5 and 2. In October, he sat down with InMaricopa to discuss the campaign and his plans for the office.



Pinal County Attorney-elect Kent Volkmer

Raquel Hendrickson

We hit the various advertising agencies pretty hard, getting stuff out in the paper, InMaricopa and the other various entities, and we started getting more and more positive feedback. We slightly modified our message from what they did wrong to what I can do to help us. It became a more positive message; we saw a positive return. We'd done some internal polling, which told us that I had a real chance.

Why he ran against an incumbent in his own party:

There were a lot of things I didn't like that had happened. When I first came to this community, in the legal community and in the courthouse it was a very collegial atmosphere. Everything was running pretty smoothly. I believe when Mr. Voyles entered, he changed things too rapidly,

too quickly and went to too far of an extreme. And I think that's damaged the legal community. I think that damaged, quite frankly, justice occurring in our justice system.

On working with a new sheriff:

I've had ample opportunity to speak with Kaye [Dickson] and Mark [Lamb], and I want to make it very clear I think both are qualified and capable candidates. Our county wins no matter who we put in office. My biggest issue is, is it the dog wagging the tail or the tail wagging the dog? There is at least an impression that the sheriff had undue influence on my office. That's not going to be the case any longer.

His most difficult case as an attorney:

It was a first-degree murder case where my client shot and killed his best friend. It was a self-defense argument. It was a difficult case for the state. There was a lot of negotiating back and forth about what the appropriate resolution would be. I know it was difficult for the jurors. It ended up being nine weeks of jury trial, and it was very moving – very, very difficult situation. Within the last month, a juror found me speaking at an event and came up and was talking with me about the case again because it was one of those where I don't know if there was a right answer. That one sticks with me, it really does. I don't know that I'll ever forget that case.

Why he advocates for outreach to juvenile offenders:

We can, in my opinion, reduce crime down the road if we address the kids now, meet their needs, give them what they need whether it be counseling, whether it be services, whether it be just a good role model now so they don't lead down this line when they're in their 20s and they commit a crime and ultimately we send them to prison.

See more of County Attorney-elect Kent Volkmer's answers and watch the Spotlight video interview at InMaricopa.com.

County seeks public comment on Palo Verde Park alternative

Pinal County is asking for more feedback on a proposed regional park that had quietly moved through the planning stages for years before turning into a political lightning rod this year.

The Pinal County Open Space and Trails Department is asking the public to review and comment on the Palo Verde Regional Park Draft Master Plan and Preferred Alternative. Comments will be accepted through Nov. 10.

"We've had tremendous public input throughout the planning process, including almost 850 comments related to the four alternatives presented to the public in July," Pinal County Open Space and Trails Director Kent Taylor said.

The proposed Palo Verde Regional Park is 21,900 acres of mostly Bureau of Land Management land, stretching from Interstate 8 to Highway 238 in the Hidden Valley area west and south of Maricopa.

"I am pleased that we have seen so much input from the public regarding Palo Verde Regional Park," said Anthony Smith, vice chairman of the county's Board of Supervisors. "The passion for different plans for the park has made this a good example of local residents taking an interest in what is happening around them. We continue working to come up with a plan that is realistic and favored by the residents of this county."

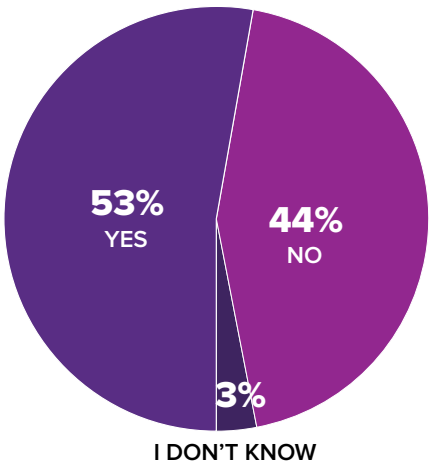
Some county residents near the land in question don't want the land touched and turned it into a campaign issue in an effort to unseat Smith. The Pinal County Open Space and Trails Department offered four alternatives, ranging from no management to highly developed.

In October, the department presented the alternative it felt best represented residents' opinions — moderate change. It includes management of non-motorized trails, motorized trails, equine uses, shooting sports, picnic areas and a disc golf range.

Visit bit.ly/2e00gew to review and comment on the draft plan.

INMARICOPA.COM POLLS

If the election were held today, would you support the Maricopa Unified School District override?



Total votes: 1,336

Source: Sept. 12-25 InMaricopa.com poll

What is Prop 415?

General Plan:

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ENDORSED BY THE DEPUTIES

Ak-Chin provides business location that's 'just right'

For local start-up businesses or small regional companies looking to expand, finding the right lease space can be a little like being Goldilocks & the Three Bears. In one market, the spaces might be too big; in another, they may be too small or don't exist at all. In another location, the lease rate may be too high and in another, there may be no place to expand.

And if you're looking to serve multiple Arizona markets, the travel time and cost from locations that have more choices may well outweigh the benefits. However, there is a location in between that may be just right.

Positioned for Success

Located at 12501 N. Murphy Road on the southwestern side of the Ak-Chin Indian Community's industrial park, Santa Cruz Commerce Center, the Mesquite Building lies in the state's gateway region, just 14 miles from the heart of Casa Grande and only eight miles from the center of the City of Maricopa. This multi-tenant complex houses five suites and has visibility from the Maricopa-Casa Grande Highway, making it ideal for small manufacturing operations, distribution centers, or even kids' recreation facilities.

This is what attracted Beth Mundell, owner of Frystorm Cheer. A Mesquite Building tenant since August 2013, Mundell is enthusiastic about her location.

"I loved that the space was perfect for my business!" she said. "For a new business



Submitted



starting out, the price was affordable and terms doable for us. We could not have made this dream a reality anywhere else."

Ak-Chin's Advantages

Built in 2010, the Mesquite Building features hard-to-find office/warehouse space that can be customized to a tenant's needs. Moreover, the building's gross lease rates historically have

run about 20 percent below current NNN leases in the surrounding areas. Ak-Chin-owned utilities are also a benefit of being a Mesquite building tenant.

"We love Ak-Chin Energy Services for keeping our rates so low," Mundell added. "It really makes a big difference in our operating expense."

Room to Grow

Should a business outgrow its space in the Mesquite Building, there's still room to grow in the Santa Cruz Commerce Center. Currently, the Commerce Center has approximately 50 acres of leasable land that can be used for an owner-built or a build-to-suit facility. With lots starting at 1.2 acres and up, the Commerce Center can offer qualified lessees some favorable terms to expand. For example, a tenant can typically amortize construction costs over a long-term lease that will give them a customized facility without the sizable upfront capital outlay.

The Deciding Factors

There are many factors to consider when choosing the right location for your business and for a lot of good reasons, the Mesquite Building at Santa Cruz Commerce Center could be just right for your business.

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Gilbert doctors expand to Maricopa

By Raquel Hendrickson



Raquel Hendrickson

Nurse practitioner Joann Vitiello and Dr. Ehreema Nadir at the medical practice.

A new medical practice is opening in Maricopa.

American Medical Associates is owned by a married team of doctors, Ehreema Nadir and Hassan Khan, of Gilbert. It opens Nov. 1.

"We are a primary internal medicine practice," Nadir said. "But we do incorporate a lot of natural, naturopathy medicine. And we are also offering med spa services."

That means cosmetic fillers, Botox, facials and "things you would normally get at a salon/dermatologist or plastic surgeon's office," Nadir said.

AMA offers testosterone hormone therapy and weight loss treatment. Services also include low-cost sports physicals. AMA accepts patients age 14 and up.

Nadir is a hospitalist at Chandler Regional Medical Center, Mercy Gilbert and Banner facilities.

"So we do offer direct admissions for our patients," Nadir said.

The office is an expansion for the doctors, who also own an AMA practice in Gilbert. That is where Maricopan Joann Vitiello is one of three nurse practitioners.

"Because I live here, I will be working here primarily," Vitiello said. "As we get busy I will be adding hours to this location as well as Dr. Nadir."

Several Maricopa patients followed Vitiello to Gilbert, where Khan and Nadir have owned the practice for eight years. They have also drawn patients from Casa Grande, and they felt it opening an office in Maricopa would be convenient for everyone.

To start, Nadir will be in Maricopa part-time. When Khan finishes a fellowship in Tucson, he will head up the Maricopa practice.

The 1,350-square-foot space includes two exam rooms. Nadir considers it just a small start and expects to grow quickly.

Nadir said she has had to learn, sometimes the hard way, the importance of the business aspect of running a medical practice.

"It's very hard to balance, but I have a very good staff and employees who help a lot," Nadir said. "I wouldn't be able to survive without them."

Raheel Khawaja is the office manager for both AMA locations.

Nadir's immediate goal for the practice in Maricopa is to make it a "full-fledged clinic in three months, a fully-operational clinic that will be seeing at least 40 patients a day between two providers."

AMA accepts all major insurances, is Medicare approved and can see AHCCCS patients at the Maricopa office. It has pending contracts with several other plans.

Nadir is originally from Pakistan and has been living in Arizona for 15 years. She received her medical training in her homeland and completed her residency at Good Samaritan Medical Center and Maricopa Medical Center. She and Khan have four children.

The office is at 20928 N. John Wayne Parkway, Suite C-4, next to Bashas'.

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Two eateries struggle with food temperatures

Pinal County Environmental Health inspected 22 establishments that offer food in Maricopa Sept. 15-Oct. 15 and found all but two were excellent. The two had similar issues – keeping food at proper temperatures – and were marked as satisfactory.

The cafeteria at Santa Cruz Elementary School had French fries in a warmer at 130 degrees F instead of the required hot-holding temperature of 135 F or above. It also had salad bar items sitting at 47 F instead of the required cold-holding temperature of 41 F or below.

The McDonald's inside Wal-Mart had a troublesome refrigerator that held milk and orange juice at 48 F and another milk container at 50 F instead of 41 F.

EXCELLENT [No violations found]

- 99 Cents Only Store
- Barro's Pizza
- Crate Enterprises
- CVS Pharmacy
- Desert Wind Middle School
- Dickey's Barbecue Pit
- Domino's Pizza
- The Duke at Rancho El Dorado
- Freddy's Frozen Custard & Steakburgers
- Good 2 Go Store
- The Green Zone Nutrition
- Little Caesar's Pizza
- Maricopa Elementary School
- Maricopa Head Start
- McDonald's (Maricopa-Casa Grande Hwy.)
- Papa John's Pizza
- Papa Murphy's Pizza
- Sequoia Pathway Academy
- Shamrock Farms

SATISFACTORY [Violations corrected during inspection]

- Santa Cruz Elementary
- McDonald's (Wal-Mart)

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

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

None



File

ACE Hardware to celebrate 10th anniversary

Maricopa ACE Hardware is celebrating its 10th anniversary with a grand re-opening and "Thank You Maricopa!" event on Nov. 5. The celebration starts at 11 a.m. with music by Nashville recording artist Carl Hergesell. Dickey's BBQ starts serving lunch at noon. Miss Arizona Katelyn Niemiec will be in attendance, and every customer gets a Scratchter Game Card.

"I'm fortunate enough with the staff that we have that we're an award-winning ACE store," owner Mike Richey said as the focus of an "engage" presentation for Maricopa Center for Entrepreneurship (see video at InMaricopa.com). "Part of that revolves around customer service."

Home-based businesses lead new licenses

The following businesses applied for business licenses in the city of Maricopa:

Commercial: James A. Chaston CPA
Home-based: Anyika Allmon, Bianca Guzman, Charles Gillespie, Chemstar Carpet & Upholstery Cleaning, Copa Pool Service & Repair, Joy Randall Services, Multifaceted Digital, Revel Attire, Susan Anderson and Vollejos Tacos
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Maricopa Healing Rooms to open in Heritage District

International Association of Healing Rooms (IAHR) announces the opening of Maricopa Healing Rooms on Nov. 3 at 19997 N. Justin Drive.

Directing the facility will be Janet Owens Severdia, who also is state director with her husband Robert. There are currently 20 Healing Rooms in Arizona.

"As Christians, we believe that God is our healer. Through the ministry of IAHR we have witnessed healings from just about any disease

you can think of including cancer, heart ailments, arthritis, hearing, MS and sight," Severdia said. "We function like a professional office in the respect that you come, sign in with a receptionist, wait in a comfortable setting and, when called, receive prayer from one of our well trained teams. Clients are seen on a first-come, first-serve basis and we do not take appointments."

Maricopa Healing Rooms is supported through Patricia King Ministries.

The open house is from 6:30 to 8:30 p.m. For more information, call 480-231-6490.

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Constructing Mariopa

Edison Road Extension >

Edison Road is undergoing construction as the city extends it to State Route 238. It is to be an access for the future Estrella Gin Business Park and a bypass for John Wayne Parkway. The construction contract with Achen-Gardner is \$4.6 million. There is also a \$340,000 agreement with Electrical District No. 3 for lights and power along the road. It is estimated to be completed in April.



< Big 5

The 11,000-square-foot building for a Big 5 Sporting Goods store is going up quickly at the Maricopa Power Center, The Wells, in front of Wal-Mart on Maricopa-Casa Grande Highway. Opening is planned later this year.

Harrah's Ak-Chin Expansion >

Construction crews are working in what used to be the north parking lot of Harrah's Ak-Chin Casino as the property prepares for Phase 1 of its expansion, which will include added hotel rooms, a new lobby, a new pool, a parking garage, a new ballroom and new dining establishments. The work has required a shift in parking. Completion of the entire project is expected in 2018.



< Culver's

Construction is moving steadily on the Culver's restaurant at the southwest corner of John Wayne Parkway and Edison Road. Culver's Area Supervisor Joe Wood said an opening date will be "anywhere from late January to mid-February."

In-Home Care Services

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CYNTHIA HAMMOND, family caregiver

In honor of November being National Family Caregivers Month, we are spotlighting one of Maricopa's own, Cynthia Hammond. Cynthia is caregiver to her husband of 42 years, Fred, a retired Phoenix Transit employee.

After a three-day hospital stay turned into four months – complete with new hardware, the LVAD (left ventricle assist device) – Cynthia found it necessary to care for Fred fulltime, as he now needs specific personal care. Cynthia says she is blessed; she still has Fred, he is not in pain and he is not cantankerous. (He's actually quite the Teddy Bear.)

Cynthia likes to get the word out about LVAD patients. She would also like the public to notice family caregivers more and when they do, stop and encourage them. Family caregivers do what they do out of LOVE, but it is also very isolating.

Comfort Keepers in Maricopa is very proud to call Cynthia one of our awesome family caregivers!

Family: Husband Fred, daughters Le-Andra and Juliette, three grandchildren

Maricopan since: 2005

Occupation: Full-time caregiver; retired two years ago after 15 years as diversity consultant

Favorite Food: Spaghetti and meatballs

Favorite Vacation: The long cruise with Fred taken in Spain

Favorite Pastime: Reading about people and history



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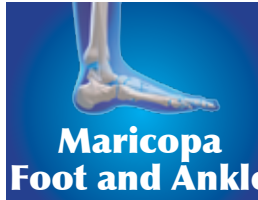


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Athlete: LeBron James
Team: ASU. Go Devils!
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Learn more about Dayv at InMaricopa.com/Getting-To-Know

Find details on these and many other local businesses on your computer/tablet/phone 24/7 at InMaricopa.com/Directory.

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- Yard Care/Maintenance Crew Leader

Use nutrition to help physical training

By Aaron Gilbert

In my last article, we focused on how optimized nutrition can help you recover faster from injury. Let's now take a look at how nutrition and select supplements can be optimized to assist with getting more out of your training sessions.

With the overabundance of information available on optimal nutrition and supplementation, it's easy to suffer from paralysis by analysis. Let's make it simpler. Here's what to eat before, during and after exercise broken down by body type and goal.

I'M AN ECTOMORPH

I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. I'm usually trying to gain muscle or support my endurance exercise.

WHEN TO EAT

Before Exercise

Eat "ectomorph meal" 1-2 hours before activity.

During Exercise

For weight gain: 1 P+C drink
For endurance support: 1 P+C drink
For fat loss: BCAAs or water
For maintenance: BCAAs or water

After Exercise

Eat "ectomorph meal" 1-2 hours after activity

THE ECTOMORPH MEAL

(use your hand to measure)

Men

- 2 palms of protein-dense foods (e.g. chicken, fish)
- 2 fists of vegetables (e.g. broccoli, kale, spinach)
- 3 cupped handfuls of carb-dense foods (e.g. fruits, root vegetables)
- 1 Thumb of fat-dense foods (e.g. nuts, coconut oil)

Women

- 1 palm of protein dense foods
- 1 fist of vegetables
- 2 cupped handfuls of carb dense foods
- ½ thumb of fat-dense foods



Aaron Gilbert

I'M A MESOMORPH

I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. I'm usually trying to optimize my physique or boost my sports performance.

WHEN TO EAT

Before Exercise

Eat "mesomorph meal" 1-2 hours before activity.

During Exercise

For weight gain: 1 P+C drink or BCAAs



- Wisdom Teeth
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For endurance support: 1 P+C drink
For fat loss: BCAAs or water
For maintenance: BCAAs or water

After Exercise

Eat “mesomorph meal” 1-2 hours after activity

THE MESOMORPH MEAL (use your hand to measure)

Men

2 palms of protein-dense foods
2 fists of vegetables
2 cupped handfuls of carb-dense foods
2 thumbs of fat-dense foods

Women

1 palm of protein-dense foods
1 fist of vegetables
1 cupped handful of carb-dense foods
1 thumb of fat-dense foods

I'M AN ENDOMORPH

I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. I'm usually trying to lose fat or support my strength.

WHEN TO EAT

Before Exercise

Eat “endomorph meal” 1-2 hours before activity.

During Exercise

For weight gain: BCAAs or water
For endurance support: BCAAs or water
For fat loss: BCAAs or water
For maintenance: BCAAs or water

After Exercise

Eat “endomorph meal” 1-2 hours after activity.

THE ENDOMORPH MEAL (use your hand to measure)

Men

2 palms of protein-dense foods
2 fists of vegetables
1 cupped handful of carb-dense foods
3 thumbs of fat-dense foods

Women

1 palm of protein dense foods
1 fist of vegetables
½ cupped handful of carb-dense foods
2 thumb of fat-dense foods

Aaron Gilbert, CSCS, is the owner of Longevity Athletics.

**520-261-4661
Aaron@LongevityAthletics.com**

BCAAs: Branched Chain Amino Acids come in liquid, powder or pill form. Aim for 10-15 g per hour of training.
P+C DRINK: In some cases you'll want to use a protein + carbohydrate (P+C) drink during exercise. For every hour of training, you'll have: 15g protein (1/2 scoop protein powder) + 30-45 g carbs (2 cups juice or sports drink)
Try to select products that contain no sugar, salt, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Medicinal benefits of teas, tinctures

Submitted

By Claire Bullivant

With cooler mornings (and colds and sore throats) on the rise, I decided to make some soothing teas and experiment with tinctures. Taking time out to relax over a hot cup of tea is therapeutic in itself.

Tinctures are medicinal herb infusions usually in alcohol, but apple cider vinegar and honey can also be used. Teas and tinctures can be made from the same combination of herbs. The medicinal effects will depend on the properties of the herb used.

Making a tincture is simple. Layer herbs in your liquid of choice and leave it in a dark place for about six weeks. You're left with a concentrated infusion, a few drops of which is taken medicinally under the tongue. Although I'm a novice at this, the healing properties of herbs have fascinated me for years.

I wanted to make a natural cough medicine. My experiment started with dehydrating finely chopped lemon and ginger root. Ginger is often used to soothe sore throats and relieve coughing. As a tea it turned out to be perfect with raw honey and raw apple cider vinegar and has a myriad of other health benefits to boot.

For my tincture I added thyme, which is used to treat bronchitis, whooping cough, sore throat, colic, arthritis and other ailments. I made three tinctures in Japanese sake, apple cider vinegar and honey respectively. The results? All three taste amazing in their own way. My son repeatedly requested the honey and vinegar mix for his sore throat.

Why not try infusing the herb that treats your ailment for a few days in apple cider vinegar and honey for a health-giving salad dressing? Or drizzle the infused honey over warm goat cheese? Can you imagine a hot ginger sake bomb? I might even try one before I come down with a cold!

Claire Bullivant is the owner of Bead & Berry Coffee Shop, which will have a grand re-opening this Autumn.



Claire Bullivant

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Before



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National Caregiver Month

Most important task for caregivers: take care of yourself

By Rev. Sheriolyn Curry

November is National Family Caregiver Month. It is a time to celebrate those who give so selflessly to care for others. It is also a great time for the caregivers, who are typically consumed with the wellbeing of their loved ones, to focus on themselves.

As a former family caregiver for my aging mother, I remember the joys and the pains of having this role for 10 years. Some days are better than others. Often times you are juggling your life demands, as well as their life demands. And the demands can become overwhelming. But, you continue to care, you continue to serve, you continue to continue.


However, in order to provide the best care for your loved one, you have to first take care of yourself. Finding that balance can be a challenge, but now is the time to establish some healthy goals and habits. Here are five helpful hints to aid you in caring for yourself and preventing burnout:



Rev. Sheriolyn Curry

- 1 Ask for help.** You are not alone. Determine services available in your area and create a resource network. Sometimes getting help is the most loving thing you can do for them.
- 2 Make healing habits of prayer,** Bible and inspirational reading, music, and fellowship, or whatever your faith tradition allows.
- 3 Give yourself permission to take time off.** Plan your respite time, and use it wisely.
- 4 Do not major in the minors with family members.** Remember you will always have bigger fish to fry!
- 5 Do not entertain "what-ifs" or "if-onlys."** If you are doing your best, know your best is the best you can do.

Caring for an aging loved one is a labor of love, but it is a labor. If you don't take care of yourself, how can you care for someone else?

National Family Caregivers Month is the perfect time to start new habits, and be a little selfish. Everyone will benefit if you do. 

Rev. Sheriolyn Curry is a Maricopa resident and Certified Senior Advisor. She operates companies specializing in senior services, such as non-medical, in-home care (Comfort Keepers), education and awareness (Covenant Family Services) and transitional housing for seniors (Solace Place). Contact her at 480-659-9201 or Chandler@ComfortKeepers.com.



Thanksgiving

Thanksgiving doesn't have to be fattening

Fat, salt, sugar and loads of delicious calories are a traditional part of Thanksgiving. But it doesn't have to be that way.

The Mayo Clinic offers up some alternatives that "have all the taste" but less of the unhealthy ingredients that will catch up with you later.

Instead of:

Butter-basted turkey
Candied yams
Mashed potatoes
Boxed stuffing
Green bean casserole
White dinner rolls
Jellied cranberry sauce
Turkey gravy
Pecan pie

Try:

Herb-rubbed turkey au jus
Honey-glazed sweet potatoes
Cauliflower mashed "potatoes"
Wild rice stuffing
Acorn squash with apples
Apple corn muffins
Sweet carrots
Pureed vegetables in stock base
Pumpkin-hazelnut tea cake



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Help your community, your neighbors and yourself by making tax-credit charitable donation

Did you know?

- Arizona tax law provides a credit for taxpayers who contribute to qualifying charitable organizations like Sun Life Family Health Center!
- You can get a tax credit up to \$400 if you file "single" and "head of household" or "married filing separate."
- You can get a tax credit up to \$800 if you are "married filing joint."

What is the difference between a tax deduction and tax credit?

Both tax credits and tax deductions can help reduce the amount of taxes you pay, but in different ways. Tax deductions lower your taxable income and are equal to the percentage of your marginal tax bracket. For instance, if you are in the 25% tax bracket, an \$800 deduction saves you \$200 in taxes ($25\% \times \$800 = \200). On the other hand, tax credits reduce your tax liability dollar-for-dollar, down to zero. This means an \$800 tax credit saves you \$800 in taxes.

Which charities can I contribute to and get a tax credit?

A Qualifying Charitable Organization is a charity that that meets ALL of the following provisions:

- Is exempt from federal income taxes under Section a 501(c)(3) or is a designated community action agency that receives community services block grant program monies pursuant to 42 U.S. Code § 9901.
- Provide services that meet immediate basic needs.
- Serves Arizona residents who

receive temporary assistance for needy families (TANF) benefits, are low income residents whose household income is less than 150% of the federal poverty level, or are chronically ill or physically disabled children.

- Spends at least 50% of its budget on qualified services to qualified Arizona residents.
- Affirm that it will continue spending at least 50% of its budget on qualified services to qualified Arizona residents.

 Find approved charities at AZDOR.gov.

How does this help others?

At non-profit organizations like Sun Life Family Health Center, every dollar counts. Health centers face the same financial pressures private health care practices experience. Health centers often offer preventative programs for their patients that are not fully reimbursed by insurance, such as diabetes education, integrated oral health, integrated behavioral health and integrated clinical pharmacy services.

When you donate to Sun Life, you are helping care for your neighbors and improve the health of your community. Healthy communities are prosperous communities. By donating to a charitable organization like Sun Life, you are choosing where your tax dollars go and impacting your community.



How can I donate?

You can conveniently donate online at SunLifeFamilyHealth.org or send a check to:

Sun Life Family Health Center, Inc.
Attn: Community Outreach
P.O. Box 10097
Casa Grande, AZ 85155

To get a better idea of how tax credits work and whether you qualify, you need to know what is available to taxpayers in your situation, such as your filing status, age, employment and education. It is important to remember that just because you qualify for one type of tax credit does not mean that you qualify for the rest. Talk to your tax preparer to see if you qualify to take advantage of the tax credit for charitable organizations.

Sources: Internal Revenue Service, Arizona Department of Revenue

LEARN MORE

Arizona Charitable Tax Credit:
[AZDOR.gov/About/FAQs/
CharitableTaxCredit.aspx](http://AZDOR.gov/About/FAQs/CharitableTaxCredit.aspx)

Sun Life Family Health Center:
SunLifeFamilyHealth.org



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Danielle Jennings,
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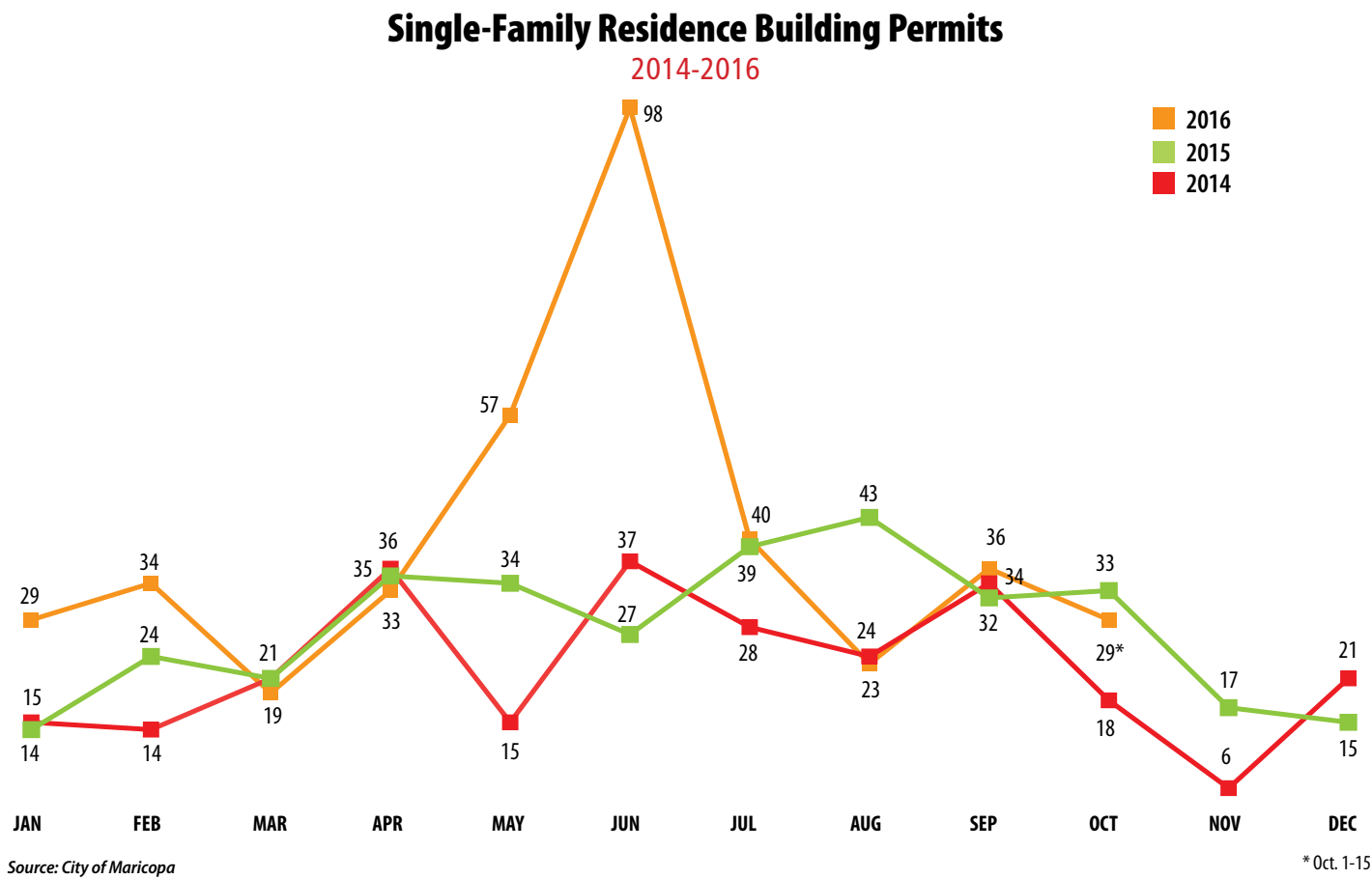
Homes sales

Median sales price: \$173,250 Median price per square foot: \$87.68 Median square feet: 1,962 Median days on market: 49

Maricopa home sales Sept. 16 - Oct. 15, 2016. Source: Arizona Regional Multiple Listing Service

Subdivision	C0E*	List Price	Sold Price	Price/Sqft	Address		Approx Sqft		Beds	Baths	Pool	DOM*
Acacia Crossings	9/21/16	140,500	140,500	100.21	44904	W Paitilla Ln	1,402	3	2		None	5
Acacia Crossings	10/4/16	149,000	149,000	106.27	44747	W Paitilla Ln	1,402	3	2		None	65
Alterra	9/30/16	130,000	119,700	87.63	45074	W Sage Brush Dr	1,366	3	2		None	28
Alterra	9/30/16	168,900	168,900	64.61	44795	W Desert Garden Rd	2,614	4	3		None	5
Alterra	10/13/16	177,500	175,000	77.12	44987	W Buckhorn Trl	2,269	4	2		None	155
Alterra	10/7/16	209,900	178,000	87.68	45097	W Rhea Rd	2,030	4	2		Private	138
Cobblestone Farms	9/21/16	149,900	152,000	99.41	44040	W Pioneer Rd	1,529	3	2		Community	72
Cobblestone Farms	10/6/16	169,900	162,000	105.88	44196	W Rhinestone Rd	1,530	3	2		Community	67
Cobblestone Farms	9/23/16	182,500	170,000	100.59	21424	N Sunset Dr	1,690	3	2		Community	172
Cobblestone Farms	9/26/16	179,900	175,000	76.51	22484	N Greenland Park Dr	2,287	4	2.5		None	225
Cobblestone Farms	9/30/16	189,500	178,000	79.60	21703	N Gibson Dr	2,236	4	2.5		Both	145
Cobblestone Farms	9/30/16	194,900	195,000	76.17	44182	W Rhinestone Rd	2,560	4	3		Community	35
Cobblestone Farms	9/30/16	237,900	236,000	100.55	44108	W Adobe Cir	2,347	3	2		Community	37
Cobblestone Farms	9/30/16	290,900	274,000	85.38	22697	N Gibson Dr	3,209	5	3		Both	21
Cobblestone Farms	10/10/16	317,750	280,000	69.67	22315	N Celtic Ave	4,019	5	3.5		Both	136
Desert Cedars	9/16/16	159,800	162,800	64.99	44476	W Windrose Dr	2,505	4	2.5		None	6
Desert Cedars	9/19/16	169,000	165,000	84.61	44016	W Windrose Dr	1,950	3	2		None	124
Desert Cedars	10/4/16	209,900	211,000	67.71	44342	W Mescal St	3,116	4	2.5		None	267
Desert Passage	9/28/16	154,500	154,500	87.93	40147	W Mary Lou Dr	1,757	3	2		Community	60
Desert Passage	9/27/16	289,990	289,990	88.76	40522	W Art Pl	3,267	4	2.5		Community	16
Glennwilde	10/14/16	145,000	138,000	92.93	42412	W Sussex Rd	1,485	3	2		Community	346
Glennwilde	9/19/16	154,560	154,560	74.09	42537	W Almira Dr	2,086	4	2.5		Community	38
Glennwilde	9/20/16	156,000	156,000	107.21	42490	W Centennial Ct	1,455	3	1.75		Community	33
Glennwilde	9/29/16	159,900	158,500	94.62	42535	W Monteverde Dr	1,675	3	2		Community	142
Glennwilde	9/23/16	167,800	167,000	79.03	42556	W Centennial Ct	2,113	4	2.5		Community	187
Glennwilde	9/16/16	259,900	255,000	85.95	19069	N Falcon Ln	2,967	4	2.5		Community	130
Glennwilde	9/21/16	284,000	280,000	76.42	19316	N Lariat Rd	3,664	5	3		Private	98
Homestead	10/13/16	135,000	130,000	88.68	21129	N Grantham Rd	1,466	3	2		None	21
Homestead	9/30/16	140,000	140,000	39.38	40976	W Brandt Dr	3,555	4	2.5		None	42
Homestead	9/16/16	139,900	147,000	80.86	41375	W Hopper Dr	1,818	3	2.5		None	6
Homestead	10/14/16	148,900	148,000	96.92	21039	N Mac Neil St	1,527	3	2		None	38
Homestead	9/29/16	150,000	150,000	89.45	41247	W Sanders Way	1,677	3	2		None	2
Homestead	9/22/16	155,000	151,000	90.04	40451	W Robbins Dr	1,677	3	2		None	15
Homestead	9/30/16	155,000	152,500	88.30	20430	N Tammy St	1,727	3	2		None	42
Homestead	10/12/16	158,999	153,500	94.40	41379	W Brandt Dr	1,626	3	2		None	67
Homestead	10/14/16	159,900	160,000	90.81	40342	W Robbins Dr	1,762	3	2		Community	10
Homestead	10/7/16	178,735	173,250	106.41	20788	N Wilford Ave	1,628	3	2		None	21
Homestead	9/29/16	187,900	187,900	102.23	40135	W Pryor Ln	1,838	3	2		None	2
Homestead	10/6/16	188,900	187,900	102.23	40099	W Pryor Ln	1,838	3	2		None	62
Homestead	9/30/16	189,900	189,000	66.64	41150	W Sanders Way	2,836	4	3		None	58
Homestead	9/28/16	189,900	189,900	103.32	40044	W Pryor Ln	1,838	3	2		None	34
Homestead	10/12/16	268,000	265,000	115.87	40772	W Pryor Ln	2,287	4	2		Private	8
Lakes At Rancho El Dorado	9/29/16	186,322	176,000	115.26	41643	W Anne Ln	1,527	3	2		None	7
Maricopa Meadows	10/7/16	147,000	147,000	88.02	46054	W Starlight Dr	1,670	3	2		None	87
Maricopa Meadows	9/23/16	164,900	160,000	95.92	45697	W Sky Ln	1,668	3	2		Private	38
Maricopa Meadows	10/14/16	174,900	169,900	85.29	45438	W Barbara Ln	1,992	3	2.5		Private	75
Maricopa Meadows	9/29/16	179,900	172,000	77.58	46169	W Sky Ln	2,217	4	2		None	83
Maricopa Meadows	10/13/16	189,900	188,000	50.25	46135	W Sonny Rd	3,741	5	3		None	43
Maricopa Meadows	10/13/16	199,900	197,000	60.19	45721	W Guildler Ave	3,273	5	2.5		None	67
Maricopa Meadows	10/14/16	194,997	197,000	74.39	18282	N Kari Ln	2,648	3	2.5		Private	78
Maricopa Meadows	9/22/16	198,000	198,000	57.75	46040	W Amsterdam Rd	3,428	5	3.5		None	49
Maricopa Meadows	9/23/16	204,900	200,000	54.85	46091	W Dirk St	3,646	5	3.5		None	43
Maricopa Meadows	9/28/16	224,900	226,900	64.68	46083	W Meadows Ln	3,508	4	3		Private	33
Province	9/30/16	199,900	192,900	122.78	42059	W Dorsey Dr	1,571	2	2		Community	115
Province	9/22/16	199,999	195,000	123.89	41658	W Caliente Dr	1,574	3	2		Community	197
Province	9/23/16	239,500	237,000	137.79	20250	N Oxbow Ln	1,720	2	2		Community	88
Province	10/7/16	499,900	480,000	151.22	42528	W Jail House Rock Ct	3,174	4	3.5		Both	56
Rancho El Dorado	9/22/16	134,900	134,900	103.06	42682	W Colby Dr	1,309	3	2		None	53
Rancho El Dorado	10/5/16	144,500	138,000	97.32	42286	W Oakland Dr	1,418	3	2		None	11
Rancho El Dorado	9/30/16	142,000	138,000	81.08	43750	W Bedford Dr	1,702	4	2		None	78
Rancho El Dorado	10/8/16	139,900	139,900	95.11	41317	W Anne Ln	1,471	4	2		None	33
Rancho El Dorado	10/4/16	139,900	140,000	109.63	21297	N Shelby Ct	1,277	3	2		None	2
Rancho El Dorado	9/30/16	141,500	141,500	83.18	41953	W Sunland Dr	1,701	3	2.5		None	8
Rancho El Dorado	10/3/16	144,900	144,900	85.99	21437	N Falcon Ln	1,685	3	2		None	116
Rancho El Dorado	9/30/16	148,000	147,000	73.50	43577	W Colby Dr	2,000	3	2.5		None	48
Rancho El Dorado	9/23/16	162,989	160,000	109.58	22713	N Scott Dr	1,460	3	2		Private	46
Rancho El Dorado	9/20/16	156,000	160,000	111.42	42730	W Sunland Dr	1,436	3	2		Private	13

Subdivision	COE*	List Price	Sold Price	Price/Sqft	Address			Approx Sqft		Beds	Baths	Pool	DOM*
Rancho El Dorado	10/14/16	160,000	160,000	0.09	42258	W Bunker	Dr	1,656	3	2	None	140	
Rancho El Dorado	9/20/16	167,490	165,000	77.21	41960	W Michaels	Dr	2,137	4	2.5	None	77	
Rancho El Dorado	10/8/16	169,900	173,900	88.63	21721	N Kirkland	Dr	1,962	3	2	None	21	
Rancho El Dorado	9/30/16	175,000	175,000	109.10	22338	N Van Loo	Dr	1,604	3	2	Private	44	
Rancho El Dorado	9/21/16	179,900	179,900	68.51	41000	W Colby	Dr	2,626	4	3	None	169	
Rancho El Dorado	9/16/16	183,000	182,000	84.61	42764	W Oakland	Dr	2,151	3	2	None	15	
Rancho El Dorado	9/30/16	184,998	184,000	86.18	43140	W Sunland	Dr	2,135	4	2	None	115	
Rancho El Dorado	9/30/16	185,000	185,000	92.36	40897	W Colby	Dr	2,003	3	3	None	135	
Rancho El Dorado	9/22/16	190,000	187,500	101.73	22090	N Dietz	Dr	1,843	3	2	None	50	
Rancho El Dorado	9/28/16	189,900	189,900	66.53	22453	N Vanderveen	Way	2,854	4	3	None	10	
Rancho El Dorado	9/16/16	190,000	190,000	82.14	21934	N Backus	Dr	2,313	3	2	Private	92	
Rancho El Dorado	9/16/16	193,000	192,000	69.86	40893	W Bedford	Dr	2,748	4	2.5	None	44	
Rancho El Dorado	10/14/16	202,000	193,000	67.60	22386	N Dietz	Dr	2,855	4	3	None	66	
Rancho El Dorado	9/29/16	199,895	195,000	101.62	42436	W Chisholm	Dr	1,919	3	2	None	50	
Rancho El Dorado	9/20/16	199,999	200,000	84.67	43816	W Rio Lobo	Dr	2,362	4	2.5	Private	14	
Rancho El Dorado	9/30/16	205,000	202,000	87.37	43337	W Hillman	Dr	2,312	4	2	None	131	
Rancho El Dorado	9/30/16	219,900	214,000	109.35	22143	N Bishop	Dr	1,957	3	2	Private	47	
Rancho El Dorado	9/26/16	219,300	215,000	94.38	43801	W Wolf	Dr	2,278	4	2.5	Private	115	
Rancho El Dorado	10/12/16	229,000	221,000	100.87	40873	W Bravo	Dr	2,191	4	2.5	None	95	
Rancho El Dorado	10/6/16	229,900	227,400	126.26	21595	N Diamond	Dr	1,801	3	2	Community	68	
Rancho El Dorado	10/4/16	234,999	235,000	95.22	42030	W Michaels	Dr	2,468	4	3	Private	56	
Rancho El Dorado	10/13/16	239,900	237,950	124.06	21943	N Backus	Dr	1,918	4	2	Private	4	
Rancho El Dorado	9/20/16	247,900	244,400	114.47	41956	W Chambers	Ct	2,135	4	2	Private	115	
Rancho El Dorado	9/24/16	260,000	252,000	97.48	42254	W Bravo	Dr	2,585	4	2	Private	118	
Rancho El Dorado	9/30/16	269,900	256,000	109.17	43234	W Venture	Rd	2,345	4	2	Private	39	
Rancho El Dorado	9/30/16	279,900	275,000	87.71	22423	N Mulligan	Dr	3,135	4	3	Both	141	
Rancho El Dorado	10/12/16	299,900	295,000	84.58	40724	W Bravo	Dr	3,488	4	3.5	Private	28	
Rancho Mirage	9/29/16	139,900	144,000	91.08	38168	W Santa Clara	Ave	1,581	3	2	None	11	
Rancho Mirage	10/10/16	154,900	153,500	90.61	19287	N Piccolo	Dr	1,694	3	2	None	20	
Rancho Mirage	9/23/16	199,900	201,500	58.39	19226	N Salerno	Dr	3,451	5	3.5	None	7	
Santa Rosa Springs	10/3/16	155,000	155,000	89.85	17287	N Rosa	Dr	1,725	3	2	None	29	
Senita	9/23/16	139,900	139,900	109.55	43539	W Maricopa	Ave	1,277	3	2	None	21	
Senita	9/30/16	145,000	145,000	79.84	43655	W Arizona	Ave	1,816	3	2	None	7	
Senita	9/24/16	150,000	145,000	74.81	42761	W Wild Horse	Trl	1,938	4	2	None	17	
Senita	10/5/16	149,999	150,000	99.40	18941	N Leland	Rd	1,509	3	2	None	57	
Senita	10/7/16	155,000	152,500	68.63	43002	W Camino De Janos	--	2,222	4	3	None	5	
Senita	10/4/16	159,000	159,000	70.20	42949	W Martie Lynn	Rd	2,265	4	2.5	None	12	
Senita	10/6/16	169,900	162,000	89.16	18932	N Greenway	Dr	1,817	3	2	None	203	
Senita	10/6/16	197,000	194,000	59.85	19167	N Toya	St	3,241	5	3.5	None	90	
Senita	9/21/16	230,000	230,000	55.46	43274	W Maricopa	Ave	4,147	6	2.5	Private	41	
Smith Farms	9/23/16	129,900	131,200	79.37	40351	W Peggy	Ct	1,653	3	2.5	Community	48	
Smith Farms	9/23/16	145,000	135,000	72.30	40340	W Molly	Ln	1,867	3	2.5	Community	298	
Smith Farms	10/17/16	149,500	144,500	87.42	40492	W Molly	Ln	1,653	3	2.5	Community	14	
Smith Farms	10/11/16	148,900	149,000	87.39	39988	W Tamara	Ln	1,705	4	2	None	56	
Smith Farms	9/30/16	156,900	156,900	75.14	40414	W Molly	Ln	2,088	3	2.5	Community	78	
Sorrento	10/5/16	133,000	133,000	97.00	37130	W Amalfi	Ave	1,371	3	2	None	78	
Sorrento	10/14/16	133,500	133,500	88.06	37127	W Bello	Ln	1,516	4	2	None	16	
Sorrento	9/29/16	135,000	135,000	88.06	17893	N Ischia	Rd	1,533	4	2	None	29	
Sorrento	9/30/16	154,000	150,000	84.88	37040	W Mondragone	Ln	1,767	4	2	None	66	
Tortosa	9/23/16	130,000	127,000	67.05	35845	W Velazquez	Dr	1,894	4	2.5	None	10	
Tortosa	9/27/16	128,000	128,000	104.91	36538	W La Paz	St	1,220	3	2	None	2	
Tortosa	10/7/16	129,000	129,000	94.16	36533	W Mallorca	Ave	1,370	3	2	None	52	
Tortosa	9/26/16	134,250	131,000	94.04	20040	N Flamenco	St	1,393	3	2	None	165	
Tortosa	9/22/16	129,900	132,000	96.28	36536	W San Clemente	St	1,371	3	2	None	48	
Tortosa	9/19/16	141,000	139,000	83.03	36554	W Picasso	St	1,674	3	2	None	58	
Tortosa	10/14/16	150,000	156,000	57.27	36127	W Velazquez	Dr	2,724	5	2.5	None	91	
Tortosa	10/12/16	169,000	169,000	79.56	36161	W Cartegna	Ln	2,124	3	2	None	50	
Tortosa	10/6/16	169,800	170,000	72.37	35969	W Catalan	St	2,349	4	2	None	55	
Tortosa	9/27/16	189,900	193,900	70.76	35945	W Velazquez	Dr	2,740	5	2.5	Private	44	
Tortosa	10/10/16	198,500	198,500	59.57	35898	W Marin	Ave	3,332	5	3	None	75	
Tortosa	9/16/16	205,000	205,000	56.23	36400	W Costa Blanca	Dr	3,646	5	3.5	None	91	
Tortosa	10/14/16	224,900	215,000	74.73	19030	N Del Mar	Ave	2,877	3	2	Private	8	
Villages at Rancho El Dorado	9/29/16	167,500	167,500	106.96	21099	N Alma	Dr	1,566	3	2	Community	36	
Villages at Rancho El Dorado	10/14/16	179,999	180,000	87.67	44208	W Eddie	Way	2,053	3	2	None	38	
Villages at Rancho El Dorado	9/27/16	184,900	184,000	68.61	44431	W Palmen	Dr	2,682	4	2.5	Both	11	
Villages at Rancho El Dorado	10/4/16	184,900	185,000	84.13	43426	W Lindgren	Dr	2,199	3	2	Community	59	
Villages at Rancho El Dorado	10/7/16	189,000	187,500	69.57	44118	W Roth	Rd	2,695	4	2.5	Community	17	
Villages at Rancho El Dorado	9/22/16	219,500	215,000	61.27	43478	W Knauss	Dr	3,509	5	3	Community	129	
Villages at Rancho El Dorado	10/7/16	225,000	218,900	89.27	20740	N Madison	Dr	2,452	4	2	None	77	
Villages at Rancho El Dorado	9/30/16	235,000	235,000	103.39	43198	W Roth	Rd	2,273	3	2	Both	12	
Villages at Rancho El Dorado	10/13/16	235,000	235,000	113.42	43248	W Roth	Rd	2,072	3	2	Both	88	
Villages at Rancho El Dorado	9/22/16	244,800	245,000	107.78	20725	N Bustos	Way	2,273	4	2	Both	77	



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GROWING TIPS

- Seeds of beets, black-eyed peas, collard greens, green onions, kohlrabi, mustard and spinach can still be planted. Look on the back of the package and choose the shortest growing season for best success.
- Watch weather reports for frost warnings so you can cover tender plants and trees.

Submitted

Have grape expectations? Prepare your ground now

By Betty Beeman



Betty Beeman

The oldest surviving grapevine in America is almost 500 years old.

The Scuppermong vine found on Roanoke Island, North Carolina, was discovered by Florentine explorer Giovanni de Verrazzano in 1524.

Around the world today there are over 8,000 grape varieties appearing in white, red, black, blue, green, purple and golden colors. A popular grape variety for southern Arizona is Thompson seedless. The grapes are medium size and the clusters large with greenish white to golden berries. (Grapes are botanically classed as berries.)

Grapes should be planted in full sun and well-drained soils. Test for drainage by digging a hole 12 inches wide and 18 inches deep. Fill with water and let it drain. Fill it a second time and observe how long it takes for the water to drain from the hole. If the water drains out in 48 hours or less the soil has adequate drainage for growing grapes.

Grape vines can be purchased from local garden centers or big box stores in containers or bare-root. Container-grown grapes can be planted in the spring through fall. Bare-root grapes are planted during the winter months.

Regardless of the type, grapes should be planted directly in unamended soil. No organic amendments should be added at the time of planting. Just dig a hole large enough to accommodate the roots, remove any stones or caliche from the hole, loosen the soil and fill in around the roots. Bare-root plants need to be soaked in water for 4 to 6

hours after opening the package and before planting because roots tend to dry out during shipping.

Grapes can be trained to grow on trellises, arbors, single posts or fences. Google "grape trellises" or "grape arbors" for how-to information on setting up a structure.

When you plant your vine, pruning begins. It is essential you prune for the health and development of the vine. Bare-root may come with one, two or more canes and leaves. Opt for the largest and most vigorous cane, pruning off all other canes and leaves. Be sure to prune close to the point of attachment on the main stem; do not leave stubs.

Prune the remaining canes back to two buds. The buds are in the nodes on the stem, the bumps on the cane where new leaves emerge.

DO NOT FEAR! Cut back to two buds only. Be careful not to slice into the bud itself. The cut should be a quarter-inch to a half-inch above the bud on a 45-degree angle across the cane.

When the vine starts to grow in the spring these two buds will produce several canes. Let them grow all year without tying them up to the trellis or doing any pruning. During the first

winter, pick the strongest of the bunch and run it up the stake and tie it off with soft horticultural tape. This will become your main trunk. Cut the other ones off completely. On a container plant with multiple canes, follow the same procedure.

Vines not pruned properly soon become a tangled, underproductive jumble.

Drip irrigation works best for grapes, with two 1-gallon drip emitters placed on either side of each grape plant. Take care not to overwater the first year. Once established, water two to four times a week during growing season and fertilize with nitrogen in early spring and in the fall.

QUESTIONS?

Contact a Master Gardener volunteer

520-374-6263

MACMasterGardener@gmail.com

MAC-Pinal-MasterGardener.org

Betty Beeman is a Maricopa resident and Pinal County Master Gardener.



Mason Callejas

42528 W. Jail House Rock Court

The most expensive home sold in Maricopa Sept. 16-Oct. 15 is a luxury house in Province. Its selling price of \$480,000 was \$100,000 higher than the last time it sold four years ago but \$19,900 under its asking price. The seller updated the kitchen, baths and flooring. The lot also came with a casita, pool, patio and three-car garage.

Sold: Oct. 8
Purchase price: \$480,000
Square feet: 3,174
Price per square foot: \$151.22
Days on market: 56
Builder: Engel Homes
Year built: 2006
Bedrooms: 4
Bathrooms: 3.5
Community: Province

Features: Lakefront property with casita and private pool, master bedroom with bay windows, professionally decorated, upgraded appliances and flooring
Seller's agent: Loretta Milkey, The Maricopa Real Estate Company
Buyer's agent: Kerry Jackson, United Brokers Group



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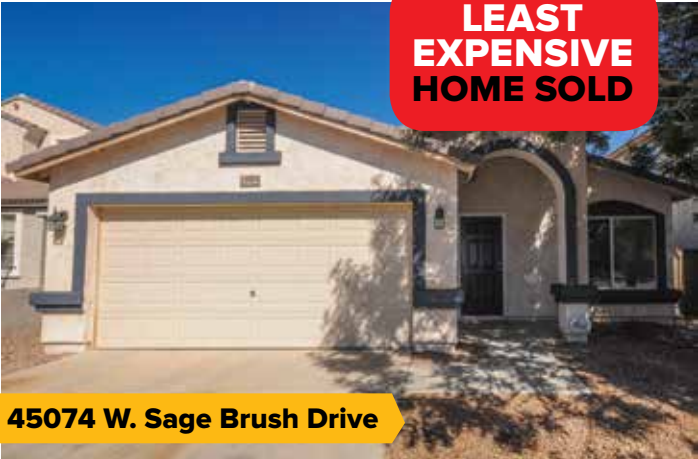
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Mason Callejas

45074 W. Sage Brush Drive

The least expensive home sold in Maricopa Sept. 16-Oct. 15 is a HUD-owned home in Alterra South. Its selling price of \$119,700 was more than \$10,000 short of what owners were seeking from the property. The 1,366-square foot home is on a 5,175-square-foot lot.

Sold: Oct. 5
Purchase price: \$119,700
Square feet: 1,366
Price per square foot: \$87.63
Days on market: 28
Builder: Unknown
Year built: 2006
Bedrooms: 3
Bathrooms: 2

Community: Alterra South
Features: Basic home with open floor plan, kitchen island, covered patio and fire pit
Seller's agent: Bernardino Ramos, RE/MAX-Preferred Choice
Buyer's agent: Neil D. Rutt, Revelation Real Estate



Raquel Hendrickson



Raquel Hendrickson

From left: Jesse Eyman, Timmy Delgadillo and Stephen Eyman are among Maricopa pickleball players who will compete in Nationals VIII in Casa Grande.

Maricopans to play in pickleball Nationals tourney

By Raquel Hendrickson

Four young men from Maricopa, including two teens, will compete in the USA Pickleball Association's Nationals tournament in Casa Grande Nov. 5-14.

Three Eyman brothers are playing along with 14-year-old Timmy Delgadillo, who is the youngest Maricopa representative in the field. All live in Thunderbird Farms. Delgadillo and James Eyman, 18, will compete in the juniors division, while Jesse and Stephen Eyman (23 and 20, respectively) play in the men's division.

Maricopa's other competitors are all 50 and older.

Jesse Eyman said he and his brothers were introduced to pickleball just three months ago while at Copper Sky Multigenerational Complex.

"We saw some people playing and thought, 'What is that?' and 'That looks like fun,'" he said.

They quickly got hooked on the upstart sport and bought their own gear.

Delgadillo faces players from California, Utah, Nevada, Florida and Arizona in his age group. He said he wants to compete "for the experience." James Eyman is guaranteed at least a bronze, with only three competitors in the junior men's singles for ages 17-18.

Jesse and Stephen Eyman are taking on a crowded field in men's doubles for the age 19+ division.

Among the 50+ players representing Maricopa are Jeff Whipple, Peter Lavigueur, Bruce McClain and David Killen.

The Nationals VIII will be on courts at the Palm Creek Golf & RV Resort, which has 32 pickleball courts. Last year, more than 800 competed.

Pickleball is played inside at Copper Sky on Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. and Sunday from 11 a.m. to 2 p.m. Outdoors, the tennis courts at Copper Sky and Pacana are available to be

converted to pickleball any time, as long as no tennis players are waiting. Province has nine pickleball courts.

[USAPA.org/Nationals-VIII](https://www.usapa.org/Nationals-VIII)



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7

1. The student section in Ram Stadium cheers on the Maricopa High School football team on Homecoming Night.
2. A bonfire capped off RamFest at Copper Sky Regional Park.
3. Cameron Sanders ran through Ironwood to help the Rams to a victory.
4. The Homecoming court was named during halftime festivities.
5. The Marching Rams performed at RamFest and during the football game.
6. RamFest included an entertaining alumni football game at Copper Sky.
7. A sunset rainbow shone over Maricopa High School on game night.

All photos by William Lange



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1. At Tortosa Fall Festival Oct. 15 were Gracie Dominguez, Jose Dominguez Jr., Gabrachale Melton, Celestial Minjares, Xavier Jeremiah, Isabella Allen, King Ward, Joseph Valenzuela, Jaxzen Peterson and Malachi Greg. *Chuck D. Brooks*
2. Lawrence Valdivia (left) and Dylan Stradling in Maricopa Community Theatre's youth production of "An Ideal Husband" Oct. 13. *Raquel Hendrickson*
3. Maricopa High School Theatre Company hosted a pet-adoption event Sept. 24. *Raquel Hendrickson*
4. Air Force Junior ROTC cadets from Maricopa High School rubbed shoulders with Sen John McCain at a VFW state meeting in Casa Grande Oct. 1. *Submitted*
5. New officers of the Maricopa Youth Council are (from left) Joie Guela, secretary; Dylan Hill, chair; and Aidan Corrales, vice chair. *Raquel Hendrickson*



4



5

Kids to compete in Maricopa Shark Tank

By Raquel Hendrickson

Maricopa youngsters from elementary school through high school are again buzzing with ideas to take before local business leaders.

The annual Maricopa Shark Tank is set for Nov. 14 from 5 to 8 p.m.

The event, student-run by the DECA club at Maricopa High School in partnership with Maricopa Center for Entrepreneurship and Maricopa Chamber of Commerce, sees dozens of students presenting their business ideas to the public. In the past, ideas have ranged from shoe designs and makeup parties to magnet earrings and healthy fast food.

“At the high school, all four marketing classes are involved and career and college ready students,” DECA advisor Bernadette Russoniello said. “Around 400 students are



Lillian Chitwood and Alyssa Hollingsworth make their winning presentation to the "sharks" in the 2015 Maricopa Shark Tank.

File

developing business plans. How many will make it to Shark Tank is another question.”

The students are competing for the attention of a business “shark,” who may provide resources for getting a fledgling business off the ground. They are also competing for the Audience Choice Award, which is cash.

Russoniello said students in her Advanced Marketing class are planning Shark Tank and will coordinate the night of the event.

From 5 to 6:30 p.m. hopeful students will present their propositions to the community in the high school’s multipurpose room. Community members will be free to go to each group and ask questions and then vote on their favorite three.

There will be a break from 6:30 to 7 p.m.

The future entrepreneurs with the top five scores will then go before the

sharks in the Performing Arts Center for a formal presentation and an intense round of questioning.

Students from fifth through 12th grade have been invited. Last year, one of the top five was only 12 years old, evidence that good ideas come in all sizes.

One of the sharks is Maricopa Center for Entrepreneurship Executive Director Dan Beach, who will offer his mentorship services to any of the students who ask.

“They don’t have to get into the top three to become a client,” Russoniello said.

Maricopa Education Foundation is a gold sponsor. Mike Richey of ACE Hardware and City Councilmember Vincent Manfredi are diamond sponsors.

To be a sponsor, contact Russoniello at BRussoniello@musd20.org.

Volunteer opportunities abound in Maricopa schools

By Murray Siegel

The city of Maricopa is the envy of many cities when it comes to what our citizens do as volunteers. There are more police volunteers than sworn officers within the Maricopa Police Department. The Maricopa Fire Department has its Community Emergency Response Teams where civilians are trained to assist MFD in emergencies.

This is one area within the city where there are a number of volunteers, but many more are needed. This article is written to entice residents of the city to consider lending a hand at a school within the Maricopa Unified School District (MUSD).

What are volunteers already doing in our schools?

- An enhanced math program at Butterfield Elementary
- Meet the Masters – an art program at

- Pima Butte, Santa Rosa, Santa Cruz and Saddleback elementary schools
- A therapy dog program at Butterfield
- Robotics clubs at all of the schools
- Choral music programs at all elementary schools
- Reading and story time at school libraries
- Intramural basketball, soccer and track at all elementary schools

As helpful as these programs are, the schools need even more assistance. The areas where community volunteers are needed are:

- School libraries
- General office help
- Tutoring in all subjects at all grade levels
- Cafeteria and playground supervision
- Sports booster organizations and parent-teacher groups



Murray Siegel

If you have a bit of time and could assist in any of these areas, or if you possess a skill that you would like to share with students, contact Jim Irving, MUSD’s volunteer coordinator, at JIrving@musd20.org.

There is no need to commit a large amount of time. All the schools ask is that a volunteer is available at a set time on a particular day or set of days each week. There are many members of our community who have experiences and talents that, if shared with students, would be highly beneficial to those children. If you are one of those folks, contact Jim.

The schools will benefit, as will the students, and you, the individual volunteer, will receive significant benefit.

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

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