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ON THE COVER

Michael Feigenbaum captured this image of the Milky Way in Hidden Valley, just south of Box Canyon. More images are on page 16.



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The luckiest

GRATITUDE IS A VIRTUE IN AND OF ITSELF.

For those who express it, a world of positivity is unlocked. Life is a lot easier when you're able to see the glass half full.

As July 4, our nation's birthday, nears, I was overwhelmed with a sense of gratitude reading this month's issue of *InMaricopa*, and how lucky we are.

It all starts with our cover image, Michael Feigenbaum's shot of the Milky Way as seen from Hidden Valley, just south of the Box Canyon Shooting Range, that will hopefully one day open.

It's an image that reminds me of how lucky we are to have access to such beauty. We reached out to several photographers in Maricopa, including Jack Jackson and two of our own photographers, Bryan Mordt and Monica D. Spencer, to get their take on the beauty of our surroundings and their images are striking.

The beauty of our community isn't limited to its landscapes, however.

A poignant portrait of gratitude was Cameron Jobson's piece on Mari Leanna Emily, a Maricopa resident of more than a decade who came to America after spending her childhood in a Russian orphanage. She worked hard to overcome a language

barrier in a matter of a few years and recently wrote a book offering encouragement to other orphans. She made the most of an opportunity that most orphans rarely get — and she realizes it.



Another part of the patchwork of Maricopan culture is Salty Cocina, the team of Ana Regalado and her husband, Ricardo, who have built a social media empire off Ana's family recipes. Our own Monica Spencer caught up with the Regalados to learn more about their inspiration and even sat in and watched an episode get filmed.

Millions of people worldwide tune in via TikTok each week to watch Ana as she prepares another authentic Mexican dish in her Maricopa home — another reason to feel a sense of pride about where we live — and gratitude.

And in that spirit, I'd like to thank you for reading our magazine.

Scott

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LLEVA GROVES

Lleva, a psychiatric nurse practitioner, shines a light on an effective medication for the treatment of depression.



BRIAN PETERSHEIM JR.

This month, Brian writes about the three top winners of the Best Dad InMaricopa contest and the prizes they took home.



KRISTINA DONNAY

Kristina, medical director at the Maricopa Wellness Center, highlights a medical device that can help with vaginal health issues.



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The view from Honeycutt and Taft

In this aerial photo from 1955, Maricopa High School is in the foreground. Beyond are pecan orchards and desert. Today the high school remains and houses have replaced the pecan trees.

THIS MONTH BACK IN...

For these and other historical stories, visit InMaricopa.com.



2008

The city of Maricopa was featured in a story in *USA Today* about what cities are doing to transform themselves from bedroom communities into thriving self-sustaining communities. Former Mayor Anthony Smith said he believed the article captured the goals the city is working toward, and he was happy to see the city get some national attention.



2013

Baskin Robbins closed its doors after a struggle to stay profitable. "For eight years the store wasn't able to make money, even with investing everything back into the company," owner Tammy Adams said. "It was a combination of all the expenses. Everyone focuses on the rent, but that was only a portion (of why the store failed)."



2018

A baby desert cottontail rabbit found refuge from the heat in the arms of Maricopa Police Officer Irene McCorry, who responded to a motorist stopped on Alan Stephens Parkway holding a baby rabbit that had been in a puddle on the side of the scalding road. McCorry took the bunny home, fed it and released it once it regained its strength.

Brian Petersheim Jr. | El Dorado Holdings

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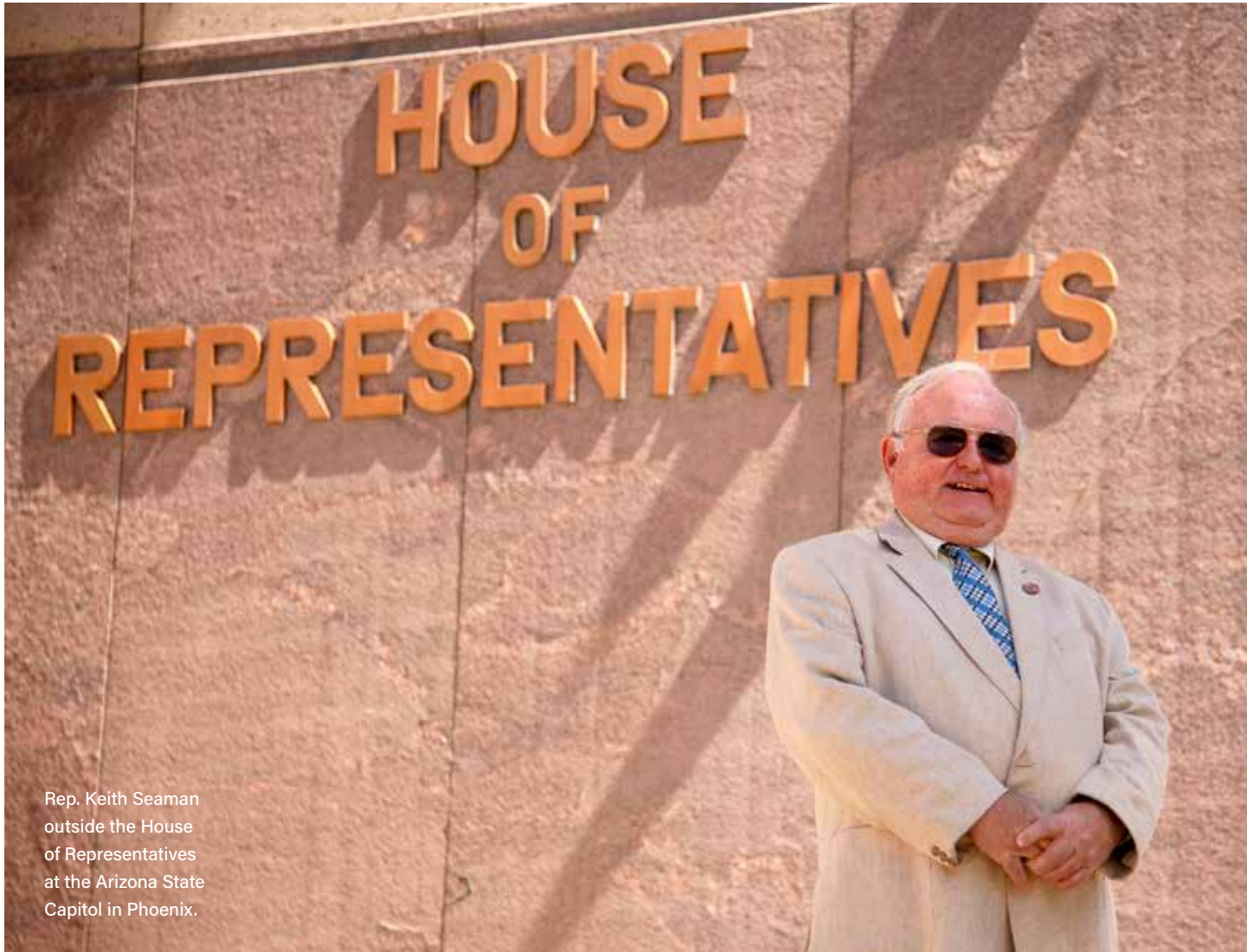
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Rep. Keith Seaman outside the House of Representatives at the Arizona State Capitol in Phoenix.

Learning the ropes

Rep. Keith Seaman reflects on his first legislative session

BY MONICA D. SPENCER

AS A LIFELONG EDUCATOR, IT wouldn't be a stretch to say Rep. Keith Seaman felt like a fish out of water in his first days in the Arizona House of Representatives.

Seaman had spent time on the Coolidge Board of Education, an elected position, but it was impossible to compare that experience to working at the epicenter of Arizona state politics.

"As a freshman, it took me a while to get used to the protocol, what to do, what's going on, that sort of thing," he said.

The former educator turned Democratic representative for Legislative District 16,

which includes Maricopa, spent many of those first weeks dipping his toes in the water and getting a feel for the formalities of working in the House.

"When you see Congress working, they do and say things that seem very old fashioned and you can't just talk," Seaman said. "There are rules. It's if you rise for this, here's what you say or if you rise for that, here's what you say. That took some getting used to."

With the first legislative session under his belt, Seaman sat down with InMaricopa to discuss his background, his path to politics and how he is helping constituents.

An educator through and through

In a previous life, Seaman dedicated 40 years to working in education.

"My first teaching job was high school English in Lake Havasu City," Seaman said.

He later worked as a superintendent in Kingman, an administrator for a charter school in Lake Havasu City and a principal for a Bureau of Indian Affairs boarding school on the Tohono O'odham Nation. Seaman most recently served on the Coolidge Unified School District's Governing Board from 2019 to 2022.

"He loved it," said his wife, Donna Seaman. "He loved helping the kids and giving them a chance."

Monica D. Spencer



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Working as a teacher, administrator and board member over the decades, Seaman saw not only how education had the power to transform lives but also the challenges faced by school systems. That's why education was a top priority for him when he opted to run for the House in 2022.

"I saw that we couldn't hire or keep teachers because of the lack of funding, and I want to change that," Seaman told InMaricopa prior to the November 2022 election.

That commitment still stands, though Seaman admits the job is easier said than done.

"Education is still behind the 8-ball," he said. "We did get some increases and we hope to continue that ... but there's always more things we can do."

Journey into politics

Legislating is a different world from Seaman's previous career in education, but politics isn't necessarily new for the representative.

"I was president of Young Democrats when I was in college at California State University Sacramento," he said.

While he continued to be active in the party after college, including serving as chair

“*I saw that we couldn't hire or keep teachers because of the lack of funding, and I want to change that.*”

REP. KEITH SEAMAN

of the Mohave County Democrats, Seaman was initially reluctant to delve further into politics.

"When the chair of the party first asked if I want to run for (the) Legislature, I thought, 'I don't want to do that,'" he said. "Eventually, I wanted the position, but I also knew I'm in a deep red county and we haven't had a Democrat in this position for who knows how long."

It was a realistic view that prepared him for some disappointments in that first legislative session.

"Being in the minority party, none of my bills saw the light of day," Seaman said. "I was expecting it but not quite like that."

Despite that letdown, Seaman said he appreciates collaborating with state Rep. Teresa

Martinez and Sen. T.J. Shope, Republicans who also represent LD16.


"We talk a lot about things that affect our district," he said. "We don't agree on a lot of stuff because we have different philosophies. But on things that affect our district, we definitely do agree."

A helping hand

Seaman said despite the disappointment in watching his bills die due to the fact he's in the minority party, he has found purpose in serving as a voice for his constituents.

"(I've learned) there are things more important than the budget or creating laws," he said. "That's helping the people. I am here to help my constituents. It may not be a bill, but at least I'm solving a problem."

His constituent work ranges from helping people find mental health resources to addressing issues with prescriptions to adding additional pressure on construction companies to address building quality.

"I've become a part of that action," he said. "And that makes me feel better. It makes me feel good that I've been able to do something new and help make people's lives better." 



LEGISLATION

Rep. Keith Seaman introduced six bills and co-sponsored 104 pieces of legislation in his first session in the Arizona House. Of those co-sponsored

bills, six were passed and signed into law by Gov. Katie Hobbs. Here are a few highlights of the bills he co-sponsored:

HB 2062: The bill sought to establish five new special license plates, including for the Gila River

and Ak-Chin Indian communities. It passed and was signed on May 1.

HB 2568: A homeless bill of rights, which included the right to not face discrimination while seeking employment and the right to vote and register to vote. Action has yet to take place.

HB 2288: Bill recognizes that a large truck cannot drive through a roundabout in a single lane, giving the operator of a vehicle that is at least 40 feet long or 10 feet wide the ability to use more than one lane to the extent necessary to drive through the roundabout.

Seaman also co-sponsored resolutions honoring the death of Jack Jackson, the Assyrian New Year, the 20th anniversary of the death of U.S. Army Spec. Lori Ann Piestewa and the Piestewa Fallen Heroes Memorial, and the death of Joe Hart.

NOTE: Co-sponsoring a bill means a representative or senator vocalizes their support of a bill by adding their name to it. This can improve the bill's chances of passing in the House and Senate.

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Permits

May 15-June 9

COMMERCIAL

Verizon Wireless was permitted to complete a \$15,000 modification on a cellphone tower on Murphy Road.

A commercial detached structure measuring 1,000 square feet will be built for **D.R. Horton** in Sorrento Phase II. The cost is \$60,000.

Slim Chickens was granted a permit to build a new fast-food restaurant at 41740 W. Maricopa-Casa Grande Highway for \$653,000. The contractor is Gilbert Tiger Enterprise Inc.

Commercial tenant improvements were granted for **Nektar Juice Bar** at Edison Pointe. Electrical, plumbing and mechanical work in the 1,100 square-foot store is estimated to cost \$92,000.

Fry's Food was granted a permit to install a security gate for \$10,000. The contractor is Express Security Installators Inc.

APEX Motor Club was granted tenant improvements for three buildings valued at \$292,000.

Permits for indoor retail fireworks sales were granted to **Fry's Food** and **Walmart**.

A permit for seasonal fireworks sales was granted to **CAPDEV060 LLC** at 42150 W. Maricopa-Casa Grande Highway.

Lennar Arizona Inc. will build a \$69,000 temporary sales office at Anderson Farms.

D.R. Horton will spend \$5,000 to convert a garage to a sales office for a model home at The Lakes at Rancho El Dorado.

RESIDENTIAL

Innovation Villas at West Maricopa were granted permits to build nine two-bedroom units as well as a duplex that houses two one-bedroom units.

CW Tortosa LLC to build eight homes at Tortosa South. The contractor is Ashton Woods.

Pulte Home Company LLC to build 10 homes at Santa Rosa Crossing.

Lennar Arizona Inc. to build 29 homes at Anderson Farms.

KB Home Phoenix Inc. to build two homes at Tortosa South.

Richmond American Homes of Arizona Inc. to build five homes in The Lakes at Rancho El Dorado Phase III.

K. Hovnanian at Rancho El Dorado LLC to build eight homes at The Lakes at Rancho El Dorado Phase III.

Century Communities of Arizona LLC to build five homes in The Trails at Tortosa.

Meritage Homes of Arizona Inc. to build two homes in The Trails at Tortosa.

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Crash zone

ADOT assessment of State Route 347 yields scary stats

Officials with the Arizona Department of Transportation visited town on June 15 to share with city officials and residents the results of an analysis of Maricopa's busiest roadway — and make recommendations to stem the high number of crashes, nearly 1,000 over five years. Here are some takeaways from the presentation:



DANGEROUS INTERSECTIONS

Two SR 347 junctions made the Top 10 lists for most crashes on state highways:

RIGGS ROAD
No. 4 signalized

OLD MARICOPA ROAD
No. 9 non-signalized*

* Prior to being signalized in 2022



“It’s an eye-opener, especially the statistics.”

RESIDENT SONYA LOVELAND,
ON THE PRESENTATION

SR 347 5-YEAR CRASH DATA

Number and type of crashes between I-10 interchange and northern city limits, 2017-2022

967
CRASHES

15
FATAL

21
SERIOUS INJURY

68%
REAR-END

13%
SIDESWIPE

12%
SINGLE VEHICLE

MOST CRASHES BY HOUR



FEWEST CRASHES BY HOUR



ADOT RECOMMENDATIONS TO INCREASE SAFETY

COMPLETED

- Adjust signal timing



SHORT-TERM

- Restripe to add/extend turn lanes
- Install reflective signal head back plates
- Evaluate advance signal warning signs with flashers for limited sight distance
- Install additional signage
- Conduct studies to determine appropriate speed limit, reduce differentials in speeds
- Educate drivers on speeding
- Continue DPS speeding enforcement efforts

LONG-TERM

- Construct interchange at Riggs Road (study underway, anticipate advertising for construction by end of 2025)
- Add lane in each direction (design starting this summer; construction not funded)
- Improve intersections at Casa Blanca Road and cement plant (design, construction funded)
- Consider adding median crossovers



“None of this is happening very fast.”

GREG BYERS, ADOT DEPUTY
DIRECTOR / STATE ENGINEER



“I think the public was very encouraged by the information they received. We want people to take home these things.”

MAYOR NANCY SMITH



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JACK JACKSON

Clockwise from top: A thunderstorm looms at the long-abandoned Vulture Mine in Wickenburg. | The Star Rock cactus plant can grow up to 10 inches tall and a foot wide. | The vast expanse of the Dilkon landscape in Navajo County. | A fiery sunset on the outskirts of Maricopa.



BRYAN MORDT



BRYAN MORDT



MONICA D. SPENCER



Michael Feigenbaum



The Sonoran Desert at dawn

LIVING IN MARICOPA HAS ITS advantages, and one of the biggest might be the scenery we all get to take in on a day-to-day basis.

The Sonoran Desert can be a lot of things: hot, dangerous, desolate and beautiful.

Sometimes, that beauty serves as inspiration to take photos. It's difficult, though, to ensure images reflect the emotion felt taking in a landscape in person.

Which is why InMaricopa chatted with some of the city's most accomplished photographers for their inspiration and tips on how to get the most out of our photos.

Lending their expertise were Jack Jackson, Michael Feigenbaum and InMaricopa staffers Bryan Mordt and Monica D. Spencer.

A common theme seemed to revolve around timing, with right after sunrise and just before sunset the best times, as Mordt explained.

"The golden hour, which occurs the hour after sunrise and the hour before sunset, offers beautiful soft light that enhances the colors



A once proud saguaro cactus rots and takes on a different shape.

"I think most of us have an innate need to express ourselves in an artistic manner. It's all about opening your eyes, your heart and your mind to this, not about special training or expensive equipment ... So if you are looking for something new to do that is personally rewarding and not difficult to learn, this really might be something to consider."

MICHAEL FEIGENBAUM

Jack Jackson



Hogland Store Americana Museum in Young, Ariz.



Remember that your eye sees selectively while the camera sees indiscriminately. When you look at a scene, your mind ignores the distractions to your composition, but the camera does not. That is why your photos have power poles in the background that you didn't see or the can that someone threw away.

JACK JACKSON



The century plant typically lives about 30 years and can grow up to 10 feet tall.



A Great Horned Owl is on the hunt.

and textures of the desert," Mordt said. "This is an ideal time for photography, as the warm tones can add depth and atmosphere to your images.

Spencer agreed.

"My favorite time to shoot landscape photography is when the lighting is most dramatic: at sunrise or sunset," Spencer said. "The low sun angle creates longer, more dramatic shadows, and colors appear more vibrant. In the desert, this means you also have the advantage of avoiding the exceptionally harsh sunlight at midday.

Simplicity is another important aspect of photography to consider, Jackson explained.

"The first tip I would offer is to simplify your composition," Jackson said. "Eliminate everything that is not essential to the story you are telling. Photography, after all, is communication. Get to the point! One idea-one paragraph; one idea-one photograph."

Jackson went on to explain the best photos are sometimes the result of an intent focus.

"Often this is best accomplished by getting closer to your subject, either physically closer or through the use of the proper lens and lens setting," Jackson said. "Strive for contrast

between your subject and the background so there is no doubt in your viewer's mind what you are trying to say."

Along those lines, Spencer said the simplest medium of photography, black and white, can yield impressive results.

"Don't fear black and white," Spencer said. "I learned to shoot photos on 35mm black and white film and continue to shoot in that medium. Black and white has the advantage of emphasizing textures, patterns and light."

Mordt added the best way to nail a great photo is to consider your own positioning.

"Seek unique perspectives," Mordt said. "Look for interesting angles and viewpoints to add a sense of uniqueness to your photos. Get down low or climb higher to capture different vantage points. Incorporating foreground elements, like plants or interesting rocks, can also provide depth and interest to your compositions."

Feigenbaum said photography can be a wonderful escape and it's OK to let yourself get a little wrapped up in the process.

"Several years ago, I found myself too caught up in the modern world, as we all are of course, with my focus almost entirely upon my


computer screen or my smartphone," he said. "After making this realization, I decided that, for me, the best way to combat this affliction would be to make the time to look outward and enjoy the beauty of the Arizona landscape that we are so fortunate to have here in our own backyard.

"I was wondering if I could detach a little bit from those ties that bind us to the modern world. The answer? Yes, I could, and I highly recommend it to anyone who is looking for some respite from technology, the 24-hour news cycle or simply something to do to refresh oneself."

Feigenbaum feels it comes down to desire more than anything else.

"I'm not a professional photographer by any means," he said. "I take photographs with a Nikon D5300 camera (from 2013) with the stock lens that comes with it. I have never had any special training except for some tips from a good friend."

Feigenbaum added the only limits are the ones you put on yourself.

"I think excellent images can be made with an inexpensive point-and-shoot camera or even your smartphone camera," he said. 

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The hot sun sets over a cotton field near Maricopa.

“

The desert is a place of tranquility and serenity. Take your time to soak in the surroundings, observe the changing light and weather conditions, and anticipate moments of interest. Patience often leads to capturing the most memorable shots.

BRYAN MORDT



Bryan Mordt



Flowers bloom at the top of a saguaro cactus.



A Greater Roadrunner takes a few minutes in the shade next to prickly pear cactus plants at Central Arizona College.

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Monica D. Spencer



The Little Painted Desert near Winslow



The view from Hole-in-the-Rock at Papago Park.

“The Sonoran Desert is the most biologically diverse desert in the world, so we are surrounded by an incredible amount of color and texture. These are often more subtle variations than in other ecosystems, so look for the variety of yellows and reds in the landscape, how the sky color contrasts with the land or the patterns clouds create in the sky.”

MONICA D. SPENCER



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Early arrival

Maricopa hospital welcomes first birth 'prematurely'

BY CAMERON JOBSON

ALTHOUGH SHE'S ONLY BEEN in the world a few weeks, Hailee Jones has already left her mark on Maricopa.

At 2:42 a.m. on April 17, Hailee was born at Exceptional Community Hospital, becoming the first baby to arrive in a hospital in the city limits.

Her parents, Katrina and Jordan Jones, moved to Maricopa in 2017 with their three children — 14-year-old Emily, 12-year-old Chloe and 7-year-old Nathan.

Katrina said her older children's births in Gilbert had been uncomplicated and she had expected the same outcome for Hailee.

But the baby's arrival was marked by an urgent turn of events.

Throughout Katrina's pregnancy, she planned on giving birth at Dignity Health Mercy Gilbert Medical Center, a 40-minute drive from their home in Maricopa.

When Katrina felt her baby crown while driving up State Route 347 to Gilbert, however, she had to make a last-minute decision.

"She was fully on the way," Katrina said.

"We weren't going to make it to the I-10," Jordan added. "Let alone the hospital."

Katrina immediately called Trinity Gondella, the doula who had been providing her emotional and physical support during the nine-month term.

Gondella said it was clear they were not going to make it to Gilbert and quickly talked Katrina through her options.

"I had to ask the question," Gondella said. "We could have a home birth together — and let it happen the way nature intended — or we can go to the community hospital and have medical care."

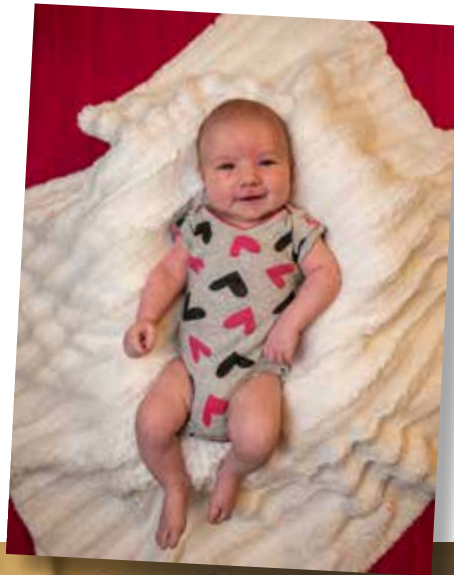
With just literal seconds to decide, Jordan turned around and headed toward Exceptional Health.

Upon arrival, Jordan ran inside, hoping to find immediate assistance for his wife.

Due to the absence of labor and delivery nurses — the hospital does not have a maternity ward but hopes to add one eventually — a surprised emergency medical staff began to assist.

Right: Hailee Jones, 5 weeks old.

Below: AnnaMarie Knorr, director of community outreach at Exceptional Healthcare, and hospital staff presented a gift basket to the Jones family.



Once the initial shock began to settle, a nurse put Katrina in a wheelchair and hurried her through the hospital.

Gondella, who had already arrived at the hospital, and a nurse — who previously had a home birth — were ready to guide Katrina through her delivery.

But before Katrina could even get to a bed, Gondella said she heard a baby crying.

"It happened so quickly," the doula said. "There wasn't any time to come up with a plan." "Emotions were high," Jordan recalled.

Despite the unconventional circumstances, Katrina tried to remain calm, confident in her previous uncomplicated deliveries.

"I wasn't too worried," she said. "I just remember wanting it to be over."

And within minutes, Hailee was in her mother's arms.

Their beautiful baby girl delivered safely, and within two hours, Katrina and Jordan drove to Mercy Gilbert for more medical care.

Katrina and baby Hailee checked into the hospital and were both stable and healthy.


Now, Katrina is eager to spend more time bonding with her newborn and watching her grow.

Reflecting on the experience, the Joneses hope the city will focus on adding maternal care, labor-and-delivery nurses and advocates for women's health.

AnnaMarie Knorr, the hospital's community outreach director, said Exceptional does not currently have a timeline to add a maternity ward.

However, it is focusing on additional staff training to assist births.

"All our nurses have training to assist pregnant patients," Knorr said. "They are definitely capable."

"Labor can definitely be an emergency situation," she added. "We are basing our practices off of what the city needs." 

Bryan Moret



Shining a light on depression

BY LLEVA GROVES

DEPRESSION IS A PREVALENT condition that affects people of all ages, genders and races. An estimated one in six people will experience depression.

Depression can cause many symptoms including sadness, hopelessness, worthlessness and fatigue. Other symptoms may include changes in appetite and sleep patterns, difficulty concentrating, and a loss of interest in activities. In severe cases, if left untreated, depression can lead to thoughts of suicide.

Several risk factors can increase the likelihood of developing depression, among them a family history of depression, significant life events or changes, chronic or severe stress early in life, substance abuse, personality traits and medical conditions such as chronic pain or thyroid disorders. While these factors can increase the likelihood of developing depression, they do not guarantee a person will experience the condition. Fortunately, there are many effective treatments for depression including therapy, medications and lifestyle changes such as exercise and healthy eating habits.

Antidepressant medication therapy is one of the most common treatments. These medications work by altering the levels of chemicals in the brain, such as serotonin, norepinephrine and dopamine. These chemicals, or neurotransmitters, regulate mood and, if unbalanced, can lead to depression.

Esketamine or Spravato is another treatment that has proven effective in patients with treatment-resistant depression or suicidal ideation. Symptoms relief can begin in just hours. Spravato is the first FDA-approved derivative of Ketamine that comes in the form of a nasal spray. Unlike antidepressants, it targets glutamate, the brain's most abundant neurotransmitter, which plays a role in mood, learning, and memory. Spravato acts like a neural growth stimulator that can increase connections between synapses within the brain, improving its overall function by boosting glutamate production. Clinical trials show




Spravato may stabilize or enhance learning and memory issues. It is an excellent option for patients who have tried several antidepressants without improvement in symptoms.

Other effective treatments for depression include psychotherapy. This therapy involves discussing your thoughts, feelings and behaviors with a mental-health professional. Through psychotherapy modalities, you can learn new coping skills and strategies for managing your depression. You can also explore the underlying causes of your depression and work to address them.

Exercise is also an effective adjunctive treatment for depression. Exercise releases endorphins, natural chemicals in the brain that can improve mood.

Other treatments for depression include light therapy, which involves exposure to bright light, and alternative therapies, such as acupuncture and meditation.

If you or someone you know is struggling with depression, seeking help is essential.

Depression is a treatable condition. With the proper treatment, you can feel better and improve your quality of life. Talk to your doctor or a mental-health professional to learn more about your treatment options. 

Lleva Groves, PMHNP-BC, is a psychiatric nurse practitioner with American Medical Associates in Maricopa.



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SPONSORED CONTENT

Living the dream

Russia native finds a home, family in America

BY CAMERON JOBSON



The American flag waves proudly in the background as Mari Leanna Emily enjoys the Flag Day festivities at The Villages at Rancho El Dorado lake.

MARI LEANNA EMILY remembers the struggle of making it to America from Russia.

At age 13, she left the Russian orphanage where she spent her formative years, adopted by a family that brought her to the United States. Her journey to America was a mix of excitement and apprehension as she left everything behind, including friends, caretakers and teachers.

“I was determined the entire time,” Emily said. “I did my best to stay positive.”

After a two-year adoption process, she arrived in Florida in 2002 to live with her adoptive parents — Michael Lawrence and Nancy Winterbourne Archuleta.

Over the past two decades, she has overcome a language barrier and adjusted to a new culture and customs to build a life of love, resilience and literary pursuits. The Maricopa resident published her first children’s book in March to encourage and support other young people dreaming of adoption.

As the nation celebrates another birthday this month, Emily reflected on what life in America has meant to her.

Adjusting to new surroundings

From the start, she was instantly immersed in her new life — from language to cuisine.

“The first shock was the food,” Emily recalled. “I was eating all the food in sight.”

Growing up in Russia, about 125 miles south of Moscow, Emily said the orphanage did not have access to fresh fruits, and the dinner menu typically consisted of potatoes, stew and meat. So instead of indulging in Americanized fried food or fatty desserts, Emily went straight for the bowl of fruit.

“I would eat bananas nonstop,” she said. “Sometimes my mom would buy a bunch and they would be gone the same day.”

She used to put salt on her green apples, disliked peanut butter and would only eat the occasional piece of chocolate.

Although she enjoyed these new treats, her favorite Russian meal is pelmeni, savory meat dumplings that remind her of childhood and bring a sense of nostalgia back to her palette.

“Those are homey to me,” Emily said. “They bring back a lot of memories.”

She was most excited to sleep in her own bedroom and have her own bathroom.

The adjustment process was not without its challenges, but with the support of her parents Emily was able to get on her feet.

A love of reading blossoms

Learning a new language was the biggest obstacle, she said. But Emily’s mother tutored

her, and her father helped teach her English through books.

“I fell in love with reading,” Emily said. “I forgot the television because reading was always so much better. It was an escape.”

When she enrolled in school about a year after her adoption, Emily was placed a few grades behind — but that didn’t stop her. She attended summer school, prioritized her studies and eventually caught up with her classmates.

“If you are determined, you can do it,” Emily said. “And then, when I was going into my senior year, I was actually able to skip a grade.”

Emily graduated from Woodland Park High School in Colorado and later married her high school sweetheart, Kasey, who has been her husband for 12 years. The newlyweds joined his family in Maricopa in 2010, and are now raising two children.

Emily has happily taken on the role of stay-at-home mom, keeping herself busy in the process.

When she’s not spending time with her family, Emily can be found reading, writing or creating spray-paint art. And sometimes, all three at once.

In March, Emily published a book titled “Dream Cloud,” inspired by her own childhood experiences.

Most of Emily’s early childhood was spent watching the clouds and wishing for the day that she would be adopted.

The story follows a young Russian girl named Alana as she embarks on her journey to the United States upon adoption.

From the text on the page to the 32 paintings in the book, the work is all Emily’s. Her artistic style seamlessly blends spray paint and digital art, infusing her work with a colorful flair.

Alana is intentionally faceless and always drawn from behind to allow children to envision themselves in the story and find their own happy ending.

In the coming months, Emily plans to release a sequel to the book called “Dream Cloud: Adoption Day,” the second book in her Adoption Journey Series.

She hopes to encourage other young children to keep their chins up as they go through the adoption process, while showing the challenges and triumphs of the process. “To every orphan who wishes on a dream cloud,” the dedication reads. “This book is for you. Keep dreaming and never stop believing.”

Memories from ‘another life’

Looking back on her life in the orphanage, Emily said it feels today like a distant memory.

Bryan Moret

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“It feels like that was another life. Like a memory of someone else completely.”

In Russia, she remembers anxiously waiting to be adopted, aware that she was only getting older without finding a new home.

At 13, Emily was aware of the stereotype surrounding older children living in orphanages — often they are misconstrued as “bad kids” or more complex.

“I always tried to be a good girl,” Emily said. “I would never curse, and I would be on my best behavior.”

It was difficult to make connections, she added. She never knew when one of her friends would be adopted, or when she would get to leave.

But one of her teachers, Angelica Yuryevna, would bring Emily to her home for the occasional sleepover, offering a break from the living quarters in the orphanage.

“She really made me feel special,” Emily said. “She made me feel loved.”

One year, Yuryevna gifted Emily a white dress that she cherishes to this day. It was the prettiest dress she had ever seen.

“Sometimes I thought about my teacher adopting me,” Emily said. “But she wanted a better life for me.”

That moment came in 2000, when Michael Lawrence and Nancy Winterbourne Archuleta saw Emily’s picture on a posterboard.

“There was a sign showing all the children that were up for adoption,” Emily said. “And I was one of the children in that photo.”

Lawrence and Archuleta had previously fostered Misha — a 6-year-old boy from Russia who was born with a disability — and brought him to America for medical attention.

“They fell in love with him,” Emily said. “So, they ended up adopting Misha, and in turn, finding me.”

However, the adoption process proved to be quite challenging, with a lack of official documentation and required paperwork for her biological parents causing significant delays.



MARI LEANNA EMILY

Age: 34
Hometown: Kimovsk in Tula Oblast, Russia
Maricopan since: 2010
Family: Husband Kasey, children Alana, 9, and Jaxon, 7

“Dream Cloud,” a children’s book based on her own childhood experience with adoption, is available on Amazon and Kindle.

Emily’s father was hard to track down, but eventually, he signed away his rights, she said.

Her mother had died in a train accident several years earlier. It took many court dates and nearly two years to obtain a death certificate.

Emily remained confident, hopeful her family was on their way. And after months of waiting, Emily finally boarded a plane to the United States, marking the first steps toward her new life.

“I’m way better off. I can say that now. And I’m happy. Really happy.”

Above are group photos from Emily’s days at a Russian orphanage. The middle photo shows Emily in a special dress, a gift from one of her teachers that she treasures to this day. At left, Emily and her book, “Dream Cloud.”

RUSSIAN ADOPTION TO THE UNITED STATES

In 1991, 12 children were adopted by American families after Russia formalized its adoption program. That number quickly increased, surpassing 1,000 children by 1994, rising to 4,292 in 2001 and reaching 5,862 adoptions in 2004.

But in 2008, when a Russian boy died from heat stroke after his adoptive American father accidentally left him in the car for hours, Russian citizens were outraged and called for restriction of the adoption of Russian children.

On Dec. 28, 2012, Russian President Vladimir Putin signed the Dima Yakovlev Law, banning U.S. families from adopting Russian-born children, which went into effect on Jan. 1, 2013.

Before 2013, adopting from Russia was complex and costly, requiring multiple international trips or an extended stay. Depending on the region and individual circumstances, some prospective families received photographs and medical reports, while others received nothing.

According to the 2012-2013 Adoption Cost and Timing Survey, 1,100 respondents reported average costs ranging from \$40,000 to more than \$50,000 for a typical adoption in Russia.

Scan here for more information on intercountry adoption.



Bryan Moridt; submitted

Top 5 reasons to preplan your funeral

IF ANY OF THE FOLLOWING STATEMENTS describe you, then you are probably someone who will appreciate the benefits of preplanning your funeral.

1 You want to ease the burden on your family. If your wishes are unknown when you die, family members will be faced with making difficult decisions at a trying time. Will they know if you wish to be buried or cremated? Will they agree on an open or closed casket? Will they agree on how much to spend? Confusion and disagreements are common occurrences when there is no plan to follow. You can avoid this by leaving behind a plan.

2 You want to assume the financial responsibility for your funeral. Planning ahead enables you to make financial arrangements to cover your funeral costs. Even if you are leaving behind sufficient money, will your survivors be able to access it? Funeral insurance is a sound financial planning option

as you are able fund future funeral arrangements at today’s prices.

3 You want your family to have the benefit of a meaningful funeral. A funeral is an important event for a grieving family. Psychologically, it provides a sense of closure and enables the family to begin the healing process. Families benefit emotionally and socially by honoring the lives of their loved ones with a fitting ceremony and by giving them a proper send-off. It is difficult to make the funeral the best it can be when planning it in a short time.

4 You want your final wishes to be followed. If you have specific preferences for the disposition of your remains and the nature of your funeral services, you can clearly express them in your funeral plan. You may have a preference for burial or cremation, the epitaph on your headstone, or the music and readings at your funeral. Or, you may not want a funeral

ceremony. Whatever your wishes, they need to be set forth in your funeral plan.

5 You want to be self-reliant and have your affairs in order at the end of your life. Taking care of your funeral arrangements is a thoughtful and caring thing to do for your family. It is comforting to know that you have done all you can do to ease their burden. You can be assured that they will appreciate that you’re caring for them continues after you are gone.

Planning for the future makes the process far easier and allows you to focus on the things that matter most.

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'Best Dads' recognized

BY BRIAN PETERSHEIM JR.



Maricopa's "Best Dads" were honored in June at Karsten's Maricopa ACE Hardware. Left: manager Lerrin Smith, store owner Dave Karsten, Brett Schut, Steven Rivera, David Olivares and InMaricopa marketing manager Ashley Wallace.

A GOOD FATHER DOES MANY things.

Coaching your kid's sports team? Sometimes. Washing the car with your kids? If you can talk them into it. Loving and supporting stepchildren as if they are your own? For some.

The specific ways may vary, but a good dad is always there for his children and strives to raise them properly.

Dads are important and deserve to be recognized. Hence, the annual tradition of InMaricopa's Best Dad contest, sponsored by Karsten's Maricopa ACE Hardware. More than three dozen Maricopa dads were nominated and voted on by InMaricopa readers, and three of many deserving dads were recognized as the best this Father's Day.

"We were so excited to celebrate these tremendous dads," said store owner Dave Karsten. "It was a joy to have the families all together — dad, mom and the kids. The kids especially had big smiles on their faces. Congratulations to the over 30 nominated dads this year — you truly make a positive impact on this community."

Coming in first place was Brett Schut, a father of a son and two daughters — ages 7, 9 and 11.

Schut was nominated by his wife, Ashley. "He's always there for his kids. He's always

willing to go out to coach his son's football team," she said.

"He will never turn down a friend in need." Schut won a \$600 wicker hang chair from Karsten's ACE Hardware among more than a dozen other gifts.

In second place was Steven Rivera, a dad of two sons — ages 4 and 2. He was nominated by his wife Teresita Rivera.

"As a full-time worker and provider of our home, he still takes the time to play with his two boys to teach them new things or even just wash the cars with them," she said.

In her nomination, she wrote: "He would try to find anything just so he's spending his free time with them" and "He is the best dad and the best person inside and out."

He chose a gift prize package that included a Gozney Rocbox Propane Gas Outdoor Pizza Oven and a Gozney Rocbox Black Grill Cover from Karsten's ACE Hardware.

Third place went to David Olivares, a father of two daughters and a son. He was nominated by his wife, Christina Olivares, who earned second place in InMaricopa's Best Mom contest this year.

David came into the lives of Christina and her two children a decade ago. Nevaeh is now 17 and Noah 15.

"He has more than stepped up to the plate and has helped me raise them when he didn't have to," Christina said of her husband in her



We were so excited to celebrate these tremendous dads. It was a joy to have the families all together — dad, mom and the kids. The kids especially had big smiles on their faces. Congratulations to the over 30 nominated dads this year — you truly make a positive impact on this community."

DAVE KARSTEN, KARSTEN'S MARICOPA ACE HARDWARE

nomination.

The Olivareses eventually welcomed a third child, Khloe, who is 10.

"I am truly thankful for him ... being the best dad he could possibly be," Christina said.

Among his freebies, Olivares received a \$676 DeWalt package from Karsten's ACE Hardware — a jobsite fan, USB charging kit, Bluetooth radio and a PowerStack drill and impact kit.

Complementing Karsten's ACE Hardware's generosity, other local businesses donated everything from free internet service to credit on utility bills to gift cards. The benefactors are:

- 911 Air Repair
- Berserkur Sports Facility
- Crumbl Cookie
- Donovan's Landscaping
- Druwest Landscape
- Electrical District No. 3
- Exceptional Community Hospital
- Harvey's Way Towing
- Homesmart Premier
- InMaricopa.com
- Jiffy Lube
- Maricopa Wellness Center
- Native Grill & Wings
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- Redemption Tattoo
- Rosati's Pizza

Bryan Mordeit



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Firework safety tips

- Always read the instructions on boxes.
- Always have a garden hose, water bucket or fire extinguisher nearby.
- Do not light fireworks next to buildings or under trees.
- Adults should be lighting fireworks, not kids.
- Always have an adult supervise firework activities. (Sparklers can burn at temperatures of about 2,000 degrees, hot enough to melt some metals.)
- Don't point or throw fireworks at another person.
- Distance yourself from the fireworks.
- When the fireworks are done, give them time before you get close to them.
- Submerge empty fireworks in a bucket of water and leave them sitting for a full hour to make sure they are not smoldering inside.

Source: Maricopa Fire & Medical Department



LAW OF THE LAND (ARS-36-1606)

- No aerial fireworks.
- Fireworks are prohibited between 11 p.m. and 8 a.m. – except 11 p.m. on July 4 through 1 a.m. on July 5, and 11 p.m. on Dec. 31 through 1 a.m. on Jan. 1.
- Fireworks season runs from June 24 to July 6.
- Fireworks may not be sold to people under 16 years old.
- Fireworks are not permitted within a 1-mile radius of the border of any municipal or county mountain preserve, desert park, regional park, designated conservation area, national forest or wilderness area.



BY THE NUMBERS

2021 national stats on fireworks injuries

12,264
FIRES CAUSED

11,500
PEOPLE INJURED, TREATED IN HOSPITAL
EMERGENCY ROOM

23
PERCENT OF INJURIES TO CHILDREN
YOUNGER THAN 15

Source: U.S. Consumer Product Safety Commission's 2021 Fireworks Annual Report

Bryan Mordt; Brian Petersheim, Jr.



Empowering women to regain their confidence

BY DR. KRISTINA DONNAY DNP, FNP-C

EMPOWER RF IS A REMARKABLE device that is very beneficial for women facing a range of vaginal health issues. Utilizing several different modalities Empower can provide significant benefits quickly and painlessly. Empower can help with the following symptoms.

- **Menopausal women with Vaginal Dryness:** Menopause often causes a decrease in estrogen levels, resulting in vaginal dryness. Empower RF therapy can help menopausal women by stimulating collagen production and improving vaginal lubrication. This can alleviate discomfort, reduce or eliminate any pain during intercourse, and enhance sexual satisfaction.
- **Vaginal Laxity:** After childbirth or as we age, women may experience vaginal laxity due to stretching and weakening of the vaginal tissues. Empower Rf can be a game changer for women, as it helps to restore vaginal tightness and tone. By strengthening the vaginal tissues and increasing collagen production we can regain confidence and experience enhanced sexual pleasure and sensitivity.
- **Urinary Incontinence:** Involuntary leakage can be a significant source of embarrassment and restriction for women. Empower RF treatments provide relief by strengthening the pelvic floor muscles and improving bladder control. This can lead to a reduction or stopping of leakage episodes.
- **Being Prone to Vaginal Infections:** Recurring vaginal infections such as yeast infections or bacterial vaginosis can be frustrating and uncomfortable. Empower RF treatments promote tissue regeneration, strengthening the vaginal walls and creating a healthier environment that is less prone to infections.
- **Women Seeking Non-Surgical Options:** Empower RF treatments offer



EXCELLENT CARE. EXCEPTIONAL RESULTS.

a non-invasive alternative to surgical procedures such as vaginoplasty or labiaplasty. Without the need for incision or anesthesia, women can benefit from vaginal rejuvenation without the associated risks or downtime. Empower Rf works to spark collagen regeneration that we lose as we age.

• **Women looking for quick and effective results:** Patients often notice considerable improvement in both vaginal laxity and appearance after their first visit. We still recommend clients undergo (3) treatment sessions with (2) different modalities. A typical treatment session will be 60 minutes.

To sum it up, the Empower RF device by Inmode is a remarkable tool to restore and enhance a woman's vaginal health. It is a non-surgical, minimally invasive procedure addressing laxity, dryness, and incontinence. It also helps with vaginal tightness, increased lubrication, and sexual health. Empower Rf offers fast results that can be noticed after the first treatment and provides long lasting results.

For the month of July, we are offering promotional pricing on Empower packages with additional gifts for vaginal health. Please mention InMaricopa when scheduling a consultation to receive these free gifts.

It is important to note that everyone's situation and motivations may differ for seeking Empower Rf treatment. Please consult with a healthcare professional or specialist in vaginal health using Empower RF treatments for a customized personalized treatment plan.

Let us help you feel EMPOWERED again. Call (520) 464-6193 to schedule a consultation with our talented staff members under the direct supervision of Dr. Kristina Donnay DNP, FNP-C.

Kristina is a national clinical trainer for Inmode and travels around the nation training other clinics on devices such as Empower RF emphasizing safety and best practices to maximize results. We are very excited to have brought on the Empower device as we truly know the difference it can make in a woman's vaginal health helping restore confidence, comfort, and intimacy. 📞

📞 **520-464-6193**
MaricopaWellnessCenter.com
📍 **41600 W. Smith-Enke Road**
Building 14, Suite 3

SPONSORED CONTENT



Art accents life

There were 100 dancers who performed before a packed house as Alyssa's Little Dancers held their semi-annual recital at Leading Edge Academy Maricopa. The city has also gained some flair, as artist Veronika Leshchinskaya, above left, worked on "Blissful Joyride" and Cindy Koontz, below left, added "Bloom" and Anisa Burke worked on "Friends of the Sonoran Desert."



Bryan Wordt, Brian Petersheim, Jr. and Monica D. Spencer

Preventing plumbing disasters

The importance of yearly valve checks

BY DANIELLE FITZGERALD, MY MARICOPA PLUMBER

A COMMON PLUMBING OCCURRENCE that often plagues homeowners is faulty valves. These valves, which are essential for regulating the flow of water, can fail or become damaged over time. This can lead to frustrating situations where homeowners attempt to turn off a valve, only to discover it does not work or, worse, breaks off entirely. To prevent such emergency scenarios where the water supply needs to be shut off to the entire house, it is crucial for homeowners to conduct yearly checks on all valves.

Thoroughly inspecting and testing all Angle stops under bathroom sinks, kitchen sinks, behind toilets, dishwasher connections, hot and cold washer valves, Ball valves on main water lines, and even irrigation lines can go a long way in preventing disasters. These checks ensure valves are in good working order

without any signs of corrosion or leaks.

Additionally, homeowners should pay close attention to the ease with which the valves can be turned. If a valve feels particularly stiff or resistant, it is advisable not to force it, as doing so could result in the valve breaking off.

By diligently performing these simple checks and conducting other regular maintenance, homeowners can effectively safeguard against catastrophic emergencies that could lead to a complete loss of water supply and significant water damage. The proactive approach of maintaining functional valves ensures waterflow within the home remains controlled and reliable.

Regular inspections of valves also present an opportunity to identify potential issues before they escalate into more significant problems. For instance, a valve that shows

signs of corrosion can be promptly replaced, preventing it from deteriorating further and causing a leak.

Homeowners should consider seeking the assistance of professional plumbers for a more thorough examination of their valves and plumbing system. These experts possess the knowledge and experience to identify underlying issues that may go unnoticed during a routine check. Engaging their services at regular intervals can provide homeowners with an added layer of confidence and assurance.

In conclusion, the diligent inspection and maintenance of valves in a home's plumbing system are vital steps in preventing emergencies and water damage. By conducting routine checks for corrosion, leaks and functionality of the valves, homeowners can mitigate risks and ensure the uninterrupted and efficient flow of water throughout their homes.

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MyMaricopaPlumber.com
 44400 W. Honeycutt Road, Suite 110

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Auntie's Soul Food & Grill

Auntie's Soul Food began serving fried chicken and greens with a soft opening on June 4. Though the interior is sparse, the restaurant serves various chicken, catfish, turkey and beef family-style dishes for takeout.

19171 N. Maricopa Road
520-568-7064

Thai Chili 2 Go

Spicing up Maricopa's dining scene, Thai Chili 2 Go opened in late June. The Arizona-based, fast-casual restaurant features a menu of noodle, rice and curry dishes that range on the heat scale from barely-there mild to wiping-sweat-from-your-brow Thai hot. Their most requested dishes include pad thai and drunken noodles.

20236 N. John Wayne Pkwy., Suite 110
520-568-7711
tc2go.com



Free physical exams for student-athletes

Student-athletes needing an annual sports physical can stop by Exceptional Community Hospital on July 7 for a free exam.

Sports physicals check for conditions or illnesses that may hamper an athlete's performance and are required before students may participate in a sport. Exams at Exceptional Community Hospital are offered in 30-minute appointments from 11:30 a.m. to 7 p.m. Registration is required.



Jaxon Pavlich, 12, is examined at Exceptional Community Hospital by nurse practitioner Amanda Keil.

Facebook.com/ECHMaricopa

InMaricopa to host job fair

Looking for a career move? InMaricopa and CoreCivic are co-hosting a job fair in Maricopa Library and Cultural Center's Redwood Room from 3 to 7 p.m. on July 20.

CoreCivic, which owns and manages several detention and correctional facilities in Pinal County, will offer direct hiring for various positions. Other companies seeking candidates include Maricopa Unified School District, Sequoia Pathway Academy, Iconic Tire & Service Center and American Oncology Network.

520-568-0040
Ashley@InMaricopa.com

ON THE WAY

Slim Chickens: After much pecking around, the Southern-style chicken restaurant finally broke ground in June. The restaurant anticipates opening by early October.

Tractor Supply: Foundation work for the home improvement store began at the end of May. Representatives anticipate a fall opening.

Nando's Mexican Café: The building's exterior is still under construction, but the restaurant secured its liquor license in June and plans to begin interior work in July. A tentative opening is planned for early November.

WZ Asian Bistro: Initially announced in March, tenant improvements continue inside the former dry-cleaning store and a liquor license was approved in June. An opening date has not been announced.

Monica D. Spencer



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Restaurant inspections



A summary of the May 12-June 10 restaurants health inspections by Pinal County Environmental Health Services.

SATISFACTORY

	<p>Date marks Several open containers of shredded beef, rolled tacos, beef broth and soup in cooler without date marks.</p>	<p>Cooling Temperature of cooked and blended salsas in cooler 77-78°F (<41°F required).</p>
	<p>Maintenance of handwashing sink Dishes stacked in hand sink; cooking paddles stored across faucet. (Sink needs to be always accessible.)</p> <p>Hot holding Temperatures of cooked pork pieces in display warmer 103°F; heating lamps above burnt out. Temperature of cooked beans in steam well 115-117°F (>135°F required).</p>	<p>Cold holding Temperature of cooked beef in prep cooler 61-65°F (<41°F required).</p> <p>Proper ventilation Heavy buildup of debris on filters in ventilation hood.</p>
	<p>Hot holding Temperatures of black beans and pork in steam well 109-121°F (>135°F required).</p>	
	<p>Hot holding Temperatures of cheese and ground beef in steam well 97-109°F (>135°F required).</p>	<p>Cleanliness of walls Holes in wall under three-compartment sink and utility room.</p>
	<p>When to wash Employee did not wash hands after preparing chemical sanitizer bucket and before preparing drinks.</p>	<p>Sanitizers Chlorine-based sanitizer in buckets were tested to be over 200 ppm (50-100 ppm required).</p>
	<p>Hot holding Temperature of meatballs in steam well 125-127°F (>135°F required).</p>	
	<p>Identifying containers Spray bottle filled with green liquid, one filled with pink liquid and two filled with clear liquid all labeled with manufacturer's sticker for quat sanitizer. The green liquid was detergent, the clear tested negative for quat and chlorine, and the pink tested for at least 500 ppm. (Bottles to be correctly labeled.)</p>	
	<p>Expired date marks Open container of cut turkey in cooler with expired date mark.</p> <p>Damage to surfaces Tile countertop near drip station damaged.</p>	<p>Maintenance of equipment No drain line in drink line jockey box; dripping into bucket.</p> <p>Cleanliness of walls Wall at drink station damaged.</p>
<p>Li's Garden</p>	<p>Controlling pests Excessive flies in kitchen. Door ajar.</p> <p>Cooling Temperature of cooked mushrooms and marinara sauce in cooler 50-53° (<41°F required).</p>	<p>Food separation Open container of cut lemons on rim of wait station hand sink.</p> <p>Sanitizing Sanitizer in kitchen and bar dish machine tested to be 0.0 ppm (50-100 ppm required).</p> <p>Wiping cloths Salad prep cook removed wiping cloth from sanitizer bucket and used it to clean knife. Sanitizer tested at 0.0 ppm (50-100 ppm required).</p>
	<p>Hot holding Temperature of cooked wings in hot holding warmer 125-131°F (>135°F required).</p> <p>Food temperature measuring devices Manager unable to provide working thermometer.</p>	<p>Removing dead pests Large number of dead bugs around windows and doors inside ordering area. Sanitizing solutions and testing devices Manager unable to locate testing device for quat-based sanitizer.</p> <p>Cleanliness Heavy buildup of debris on dough mixer, walls around prep tables, and doors and handles of coolers. Heavy accumulation of debris on floors.</p>



Cold holding
Temperature of lettuce in prep cooler 58-61°F (<41°F required).

Cooling method
Temperature of lettuce in walk-in cooler 49-53°F (<41°F required).

Identifying containers
Five chemical spray bottles throughout kitchen and bar without labels or labeled incorrectly.

Equipment
Handle on slicer held together with electrical tape.

The New HQ

Cold holding
Temperature of cooked sausage in prep cooler 63°F (<41°F required).

Hot holding
Temperatures of cooked ground pork and beef in stove 97-102°F (>135°F required).

Cooling methods
Cut cabbage/slaw in closed bucket in walk-in cooler; should be in a shallow pan to chill quickly.

Cleanliness of walls
Wall behind sink severely damaged.



Hot holding
Temperature of cooked rice in pan on metal warmer 120-125°F (>135°F required).



Hot holding
Temperature of beans in steam well 118-121°F (>135°F required).

Expired date marks
Open food containers of vegetable soups, beef and salsa in cooler with expired dates.

EXCELLENT

- Children's Learning Adventure
- Chipotle
- Culver's
- Dells' Express
- Dickey's Barbeque Pit
- IHOP
- Francisco's Mexican Food

- Jack in the Box
- Pima Butte Elementary School
- Plaza Bonita
- Province Community Association Clubhouse
- Rosati's Pizza
- The Slab Premium Meats
- Sprouts Farmers Market and Deli
- TTs Catering LLC

EXCELLENT No violations found.

SATISFACTORY Violations corrected during inspection.

NEEDS IMPROVEMENT Critical items noted during inspection cannot be corrected immediately requiring follow-up inspection.

UNACCEPTABLE Gross, unsanitary conditions necessitating the discontinuation of service.

VICTOR MORENO PHOTOGRAPHY

SENIOR PHOTOGRAPHER

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Connecting through cuisine

TikTok chef shares love of food and culture — with millions of fans

BY MONICA D. SPENCER

SHORTLY AFTER THEIR CHILDREN leave for school, Ana Regalado and her husband, Ricardo, begin cooking and setting up filming equipment in their Maricopa kitchen. Lights and tripods sit on a countertop along with neatly placed décor and ingredients.

On this day, Regalado prepares potato taquitos and sopa de fideo, a tomato-based noodle soup. It's a simple, meat-free dish that is savory and filling.

She smiles for the camera as she goes through multiple takes pouring the soup, sprinkling cheese and presenting the dish to film a one-minute video for her TikTok channel, Salty Cocina.

"Ten years ago, I never would have thought I would be doing this," Regalado told InMaricopa. "I think the hardest thing for me has been getting comfortable with the camera because I've always been very shy. It's been a process."

Regalado may still be shy to talk, but each week she welcomes 2.5 million subscribers into her Maricopa Meadows home to teach them how to prepare a variety of Mexican dishes. She has gained attention on a local and national scale, finding herself featured on the "Today Show" and in The Oprah Magazine.

But even with all the recognition, Regalado stays humble. For her, sharing her cooking is a demonstration of love for others and her culture.

'It's like my sanctuary'

Regalado's earliest culinary memories center around her early upbringing in Zacatecas, Mexico.

"In the short time that we lived there, what I remember most is my mom cooking," Regalado said. "It was simple food, and we would eat whatever we harvested, like corn or cactus, because we lived in a very small town."

That memory coupled with the smells of fresh fruit and meat grilling in the local markets solidified her love of food and cooking.

"When I'm cooking, it's like my sanctuary," she said. "It's my zen. Everything else doesn't matter."



Ana Regalado, the face behind the Salty Cocina TikTok account, holds a container of taquitos while filming a cooking segment in her home kitchen in the Meadows.

Finding that peace in cooking is partly what led to her starting the Salty Cocina TikTok channel. In the midst of COVID-19 lockdowns, Regalado began shooting her cooking videos for a dual purpose: find something peaceful to do while home and record her recipes for her children.

However, her kids weren't the only ones who took notice.

"Once I started posting the videos, it really got a lot of attention," Regalado said. "I think it's because they were simple recipes and people were at home. Everyone was looking for things to do and make at home."

A team effort

Salty Cocina is a family affair.

"It's usually a team effort," Regalado said, motioning to her husband. "He does the recording and I do the cooking. It works out really well."

At the beginning, though, Regalado worked solo while Ricardo worked in his home office.

"It took me a long time because I would have to be cooking, moving the camera, doing everything," she said.

Now the pair collaborate in the planning, filming and editing of videos. Sometimes, ideas come about from meals they planned for the



Ana Regalado prepares to add cheese to a dish while her husband, Ricardo Regalado, holds a light for her in their home kitchen. The two frequently work together to film her Salty Cocina TikTok and YouTube videos.

day or while out for lunch.

"I can tell when she gets an idea for a video," he said. "She pushes the food around the plate, and I say, 'what are you thinking?'"

Once an idea emerges, a typical session may take three hours to prepare and film, which they attempt to finish in the mornings while their children are out of the house.

They work well in unison. During their taquito and sopa de fideo filming session, the couple consistently asked each other for feedback on how to film sequences, or how the lighting or setup looked in each frame.

"He always makes it fun," Regalado said. "With his help everything just runs so smooth."

'These recipes remind me of home'

Although Regalado cooks and shares various types of cuisine on her platforms, Mexican food is her specialty. She said each dish helps her feel closer to her roots because the sights and smells remind her of kitchens from her past.

Among the recipes is her tortillas since it was one of the first foods her mother taught her to make.

"My mom would make tortillas and I was always the nosy one looking to see what she was doing," she said. "She would make the (dough) and I rolled out the tortillas. It was the first recipe I got down right."

Those tortillas must be good because of Regalado's many tortilla recipes, the most



popular video is of her buttery flour tortillas. The 59-second video has more than 2.7 million likes and has been saved by TikTok users almost 450,000 times.

Her viewers share that yearning for connection to culture, according to her husband.

"When Ana makes her recipes and people try them, they say they're reminded of being back home," Ricardo said. "It reminds them of their mom, their grandma, their uncle. That's what brings a lot of attention to her because she cooks from the heart and what she remembers from the past."

Regalado agreed.

"All these recipes remind me of home. Of simpler times, of my mom and my abuela, my grandmother." 📺

STRAWBERRY WATERMELON AGUA FRESCA RECIPE

Strawberries and watermelon are the perfect combination for a refreshing summer agua fresca.

INGREDIENTS

- 1/2 medium watermelon
- 1 lb sweet ripe strawberries
- 5-6 cups water or sparkling water
- Sugar or sugar-free sweetener to taste

Note: The amount of sweetener you use can vary depending on the sweetness of the watermelon and strawberries.

INSTRUCTIONS

1. Place the strawberries in a large bowl and fill with enough water to cover the strawberries. Add two tbsp of vinegar, stir and leave them soaking in the water for 15 minutes. Drain the water and rinse them with clean water. Trim the stems and cut 3/4 of the strawberries in half; reserve the remainder of the berries for garnishing the drinks.
2. Rinse the outer part of the watermelon with warm water. To prepare the agua fresca, we only need half of a medium watermelon. Peel and cut half of the watermelon, cover the other half with plastic wrap and refrigerate. Blend the chopped watermelon with two cups of water until smooth. To have bits of watermelon in the agua fresca, pulse a couple of times, then pour it into a pitcher.
3. Blend the chopped strawberries with three cups of water and the sweetener of choice. Blend until smooth, then mix it in with the blended watermelon. You can also strain it in to remove the seeds. Mix, taste and add more sweetener if needed. Refrigerate until it's ready to use. Serve with bits of watermelon, slices of strawberries and lots of ice.
4. Enjoy!



SALTY COCINA CHANNEL

2.5 million subscribers
32.1 million likes
7.8 billion views

One of her most popular videos is a buttery flour tortilla recipe from March 2021. The video has 19.9 million views, 2.7 million likes, saved 449,600 times and shared 468,300 times.

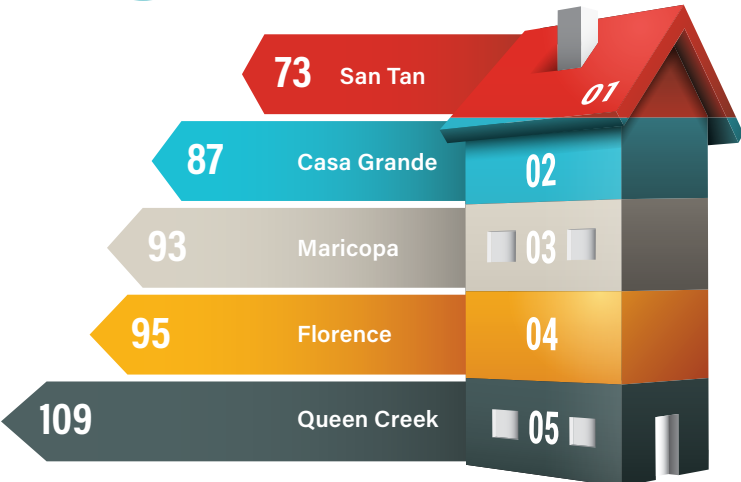
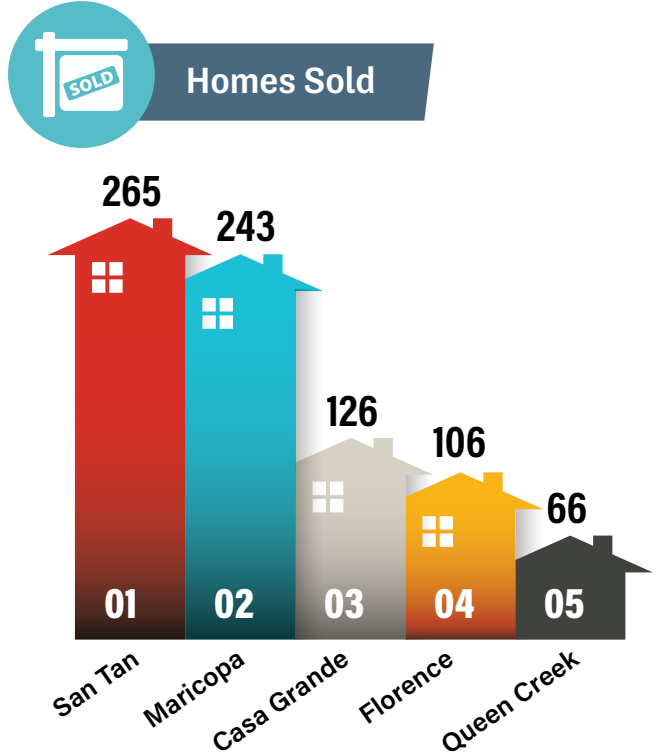
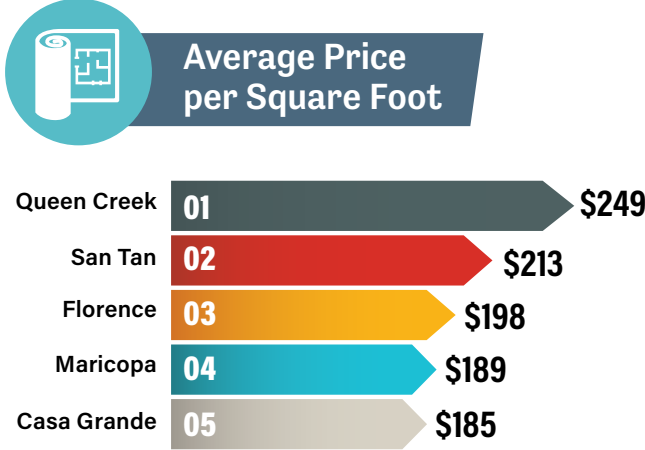
Monica D. Spencer

Scan to view the video



Top 5 Maricopa vs. Pinal

May 2023 Home Sales
Maricopa's rank among five Pinal County communities



Source: Realtor Brian Petersheim Sr., Arizona
Regional Multiple Listing Service Note: Queen Creek includes parts of Pinal and Maricopa counties. The data used is specific to Pinal County.

most expensive HOME SOLD

22249 N. Rocco Road **SOLD** May 23 \$ 699,995

This single-story new-build in The Lakes is on a corner lot with a backyard facing the community lake. The home has a two-car garage with connected RV garage. The master bedroom has a walk-in closet and bathroom, and there are two secondary rooms and a flex room. It has an open floorplan with a connected great room, dining room and kitchen. It sold for \$30,000 less than its original list price.

Community: The Lakes at Rancho El Dorado
Builder: Richmond American Homes
Square feet: 2,390
Price per square foot: \$292.88
Days on market: 5
Year built: 2023
Bedrooms: 3
Bathrooms: 2.5

- 42515 W. Bravo Drive, Rancho El Dorado..... \$645,000
- 40576 W. Walker Way, Homestead.....\$629,000
- 20676 N. Wishing Well Lane, Province.....\$613,000
- 40751 W. Hall Drive, The Lakes at Rancho El Dorado.....\$610,000

least expensive HOME SOLD

46025 W. Sheridan Road **SOLD** May 25 \$ 261,000

This single-story home in the Meadows has a two-car garage and covered patio. Located near multiple community parks and three schools — Maricopa High School, Maricopa Wells Middle School and Maricopa Elementary School — the home sold for \$32,000 below the original list price.

Community: Maricopa Meadows
Builder: Elite
Square feet: 1,448
Price per square foot: \$180.25
Days on market: 11
Year built: 2005
Bedrooms: 4
Bathrooms: 2

- 38169 W. Vera Cruz Drive, Rancho Mirage..... \$280,000
- 17831 N. Madison Road, Maricopa Meadows.....\$283,000
- 36017 W. San Pedro Drive, Tortosa.....\$284,000
- 18800 N. Kari Lane, Maricopa Meadows.....\$287,000

Brian Petersheim Jr.

Source: MLS, May 10-June 9

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Renting property — without the hassle

BY SHERMAN AND EUPHEMIA WEEKES

MORE THAN 44 MILLION U.S. HOUSEHOLDS were rentals in 2019, the last year the Census Bureau published reliable data on the breakdown. According to 2023 data, the average rent was \$1,702.

That's a lot of rent money going to landlords every month.



And while the advantages of owning and managing a rental property — a guaranteed revenue stream that's mostly passive, tax benefits, solid investment history and a never-ending supply of tenants — are many, there are also a nest of potential pitfalls awaiting landlords.

The hassles of managing rental properties can be made easier, according to the experts at Crest Premier Property Management Team of Maricopa, who specialize in providing comprehensive services for property owners:

Tenant relations: Endless tenant calls and complaints are the bane of many landlords. Crest Premier can serve as the primary point of contact for tenants, handling all grievances

and disputes promptly and professionally. Fair lease agreements and enforcement policies help provide peace of mind.

Marketing: Many landlords do not know how to maximize a property's potential. That is the expertise of Crest Premier. A proven screening process ensures a pool of reliable tenants who pay on time and maintain the property. Its rental market analysis can determine the optimal rental price and create a marketing package to get a property noticed and fill vacancies quickly.

Maintenance: Performing repairs on rental properties is one of the less pleasant responsibilities of landlords. But our experts take care of the entire maintenance process, from recruiting and supervising vendors to regular property checks. By proactively identifying repair needs, further damage can be avoided, and costs can be minimized.

Accounting: The financials are an important part of the management process, but we meticulously collect, register and manage all property income and expenses. Landlords get monthly disbursement of funds with a detailed report for every transaction.

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Thinking of buying a new-build? Get a Realtor

BY DAYV MORGAN

MARICOPA HAS SEEN A RECENT surge in new home construction. Currently, nearly two-thirds of the active Maricopa listings in the MLS are new construction. People find it enjoyable to tour model homes, and soon find themselves contemplating a brand-new house.

If you're looking, it's time to contact a Realtor.

Commonly, people believe there is a financial penalty to using a Realtor when buying a new

home. Not true. It's cost-free to use your own agent. The commission is paid by the builder. Also, it's wise to take your Realtor along when you begin looking at models, because typically a builder will not allow you to have an agent once you complete a registration form.

The seller will not give a discount because a buyer purchases without an agent. Often with completed spec homes, the opposite is true. Your Realtor can research how long a home has been on the market and help negotiate a reduced price or additional upgrades, such as appliances or landscape packages.

Another misconception is that a Realtor isn't needed when you buy a brand-new home. Keep in mind the sales agents at the model homes are the builder's employees. They represent the builder's best interests, not the buyer's. A local agent can help point out things about the community, its location, and details such as HOA fees, amenities offered, the home's orientation and exposure to the sun or proximity to the train tracks, road noise, etc.

Your Realtor may recommend a home inspection before closing; another practice that occurs with resales but is often overlooked with new homes.

When I moved to Maricopa in 2006, I bought a new home and the sales representative convinced me I didn't need an inspection because the home came with a builder's warranty. Twelve months later, the builder went bankrupt, corporate offices were closed. The possibility of requesting repairs vanished.

Fortunately, the house had no structural issues. I have heard many examples, however, of home inspectors finding major problems such as missing insulation in walls or attic, disconnected AC ducts, or missing roof tiles. Items like these won't be easily discovered during your closing walkthrough. Anything that was installed incorrectly, if not caught prior to closing or during the warranty period, may cost hundreds or thousands of dollars when you plan to sell. The average home inspection costs about \$400. It is worth the peace of mind to have it done. 📞

Dayv Morgan is a Maricopa Realtor and owner of HomeSmart Success.

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Man and volcano

Retired Forest Service worker shares Mount St. Helens experience

BY TOM SCHUMAN



Clockwise from top left: The May 18, 1980 eruption could be seen from 35 miles away in Toledo, Washington. Reed Gardner, a Forest Service employee of 33 years tells his story of leading the revitalization efforts for the landmark at the Province Community Center. This car couldn't move fast enough to escape the torrent of lava and ash created by the explosion. There were several other eruptions that followed that summer, including one in July that could be seen in Seattle.

IT WAS 43 YEARS AGO — MAY 18, 1980 — when Reed Gardner was working at the federal building in downtown Las Vegas. He was keeping a close watch on a fire on Mount Charleston west of the city, a blaze headed east toward a nearby recreation area.

"The TVs were on, and it was all about my fire," recalls the former U.S. Forest Service employee of

33 years. "After 8:32 (in the morning), the TVs all switched to Mount St. Helens."

And although he didn't know it at the time, Gardner's life would be dramatically impacted by the volcanic explosion that rocked southwestern Washington state and far beyond.

The latter half of Gardner's government career — from 1988 to 2004 — would be spent leading a revitalization effort at Mount St. Helens.

Setting the stage

Gardner grew up in Davenport, Iowa, spending weekends and summers at a farm that had been in his family since 1902. As a junior high student, he wrote a research paper about being a forest ranger. His future career path was determined.

After majoring in forestry and range management with a minor in outdoor recreation at Utah State University, he embarked on a path that included stops in Nevada, Utah, Florida and Alaska.

Mount St. Helens, according to the U.S. Geological Survey, began growing before the end of the Ice Age. Its oldest ash deposits date to at least 40,000 years. The volcano had nine main eruptions prior to 1980. Beginning in mid-March of that year, a series of smaller earthquakes and steam explosions had the scientific community on high alert.

"The magma deep in the earth was being pushed up through these tubes," Gardner explains. "The 'bulge' was growing five feet a month, then five feet a day, then five feet an hour. They knew the mountain was going to blow, but they did not know when."

Scientists from around the world came to observe. On the morning of May 18, David Johnston, a 30-year-old volcanologist, had replaced a colleague on watch at an observation post six miles from the mountain. At 8:32 a.m. Pacific time, he was the first to announce the eruption, uttering the words, "Vancouver. Vancouver. This is it!" A 5.1-magnitude earthquake had struck one mile under Mount St. Helens, triggering the largest landslide in history.

Among the impacts:

- A 300-mile-per-hour lateral blast resulted in 4 billion board feet of timber (enough to build 300,000 two-bedroom homes) being destroyed and blown into Spirit Lake.
- About 520 million tons of ash were sent into the air at 60 mph. The ash cloud circled the globe for several weeks before falling to the earth.
- That lateral blast, which amounted to a horizontal explosion, killed Johnston, who was one of 57 people — including volcanologists, loggers, campers and reporters — killed that day. His body was never found.

The death toll could have been far worse.

"There were scout camps, a lodge, private homes up there. Before the eruption, people wanted to go in and enjoy the area," Gardner recalled. "At 11 a.m. that day, they were going to let them go in and get their belongings. People

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GETTING TO know

CAMERON JOBSON
Reporter for InMaricopa



Hometown: Huntersville, N.C.
Car: 2012 blue Chevy Cruze
Hobbies: Playing Guitar Hero, binging reality TV, reading psychological thrillers
Pet peeve: The sound of dry hands rubbing together
Dream vacation: Positano, Italy
Like most about Maricopa: My job!!
Like least about Maricopa: The inevitable string of red lights

FAVORITE ...
Charity: Susan G. Komen
Book: "Someone Who Will Love You in All Your Damaged Glory" by Raphael Bob-Waksberg
Movie: "Truman Show"

Actor: Jim Carrey
Song: "Vienna"
Musician: Billy Joel
Food: Any form of pasta and creamy sauce; or sushi
Drink: Sweet sweet sweet tea (emphasis on the sweet)

Getaway: Mission Bay, Calif.
Quote: "A ship in harbor is safe — but that is not what ships are built for." — Fredrik Backman
Words to live by: If I'm not back in 5 minutes, just wait longer.
Anything else we should know? I am a University of Arizona alumna (Bear down)! I walk 60 miles and raise thousands of dollars every year for breast cancer research. And I'm obsessed with reality TV — mainly "Survivor" and "Big Brother."

Learn more about Cameron at InMaricopa.com/Getting-to-Know.

were lined up for long distances. If the explosion had been at 12 ..."

Recovery time

In 1982, Congress authorized the Mount St. Helens National Volcanic Monument, a 110,000-acre area within the Gifford Pinchot National Forest. A management plan was later authorized with three objectives: environmental education and interpretive services, a virtually unimpeded recovery of the area, and recreational opportunities.

Gardner came on board at the monument in 1988 and was elevated to public service program manager. The work of elected officials at the county, state and federal levels helped secure \$100 million (\$10 million a year for 10 years) to execute the revitalization plan. His job included overseeing the use of those funds.

One of the highlights was constructing a visitor center named the Johnston Ridge Observatory in memory of the young volcanologist.

"It is at the ridge where David Johnston died," Gardner said. "It was built into a wall. The idea was to show a movie about the eruption, then the curtain parts, the screen rises and there is a picture window of the mountain with an amphitheater down below."

The amphitheater was eventually completed after Gardner retired. But the opening in 1993 filled the large parking lot and resulted in a line of cars a mile long down the highway waiting to get in.

The area attracted several million visitors a year. But not all of Gardner's responsibilities were as significant.

"After the blast, there was a car (belonging to a miner who was killed) that was burned up. We put a fence around it and used it as an interpretive tool," he said. "About 10 years later, a son of the man who owned the car said he wanted \$100,000 for use of the car. I checked. The Forest Service had advertised for months for people to come get their stuff.

"I told the guy we can't pay him but if you want it, come and get it. Some in our office said we should have charged him a storage fee. I never heard another word from him," Gardner added with a chuckle.

Gardner had gathered local, state and federal emergency officials on an annual basis to outline procedures if the mountain erupted again. His final duty before retiring was to write an evacuation plan.

Interestingly enough, his successor did not continue those planning sessions.

Mother Nature, however, had her own plans, with volcanic activity returning to the mountain

in late 2004 and once again in early 2008. Fortunately, the new lava dome did not rise above the rim of the crater created by the 1980 eruption.

The road to Province

After retiring, Gardner obtained his insurance license in Washington state and helped his wife with her State Farm agency. Several friends in the industry bought homes in Rancho El Dorado. During a visit here, the Gardners saw a house in Province on the water they liked.

"We pulled the plug and bought it (in late 2021)," he said. "We like it so much we probably spend more time here than in Washington. I love everything. The weather, our neighbors, people who like to do the same things we do."

As for Mount St. Helens, there have been many changes in the nearly two decades since he left.

"It's not the same Mount St. Helens as when I was there because the U.S. Forest Service closed most everything down. I supervised 54 full-time and 150 part-time employees. We collected \$2 million in entrance fees the first year. It's a shame the Forest Service let it go."

Tom Schulman



Mount St. Helens in 2018



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Are you ready for monsoon season?

BY RON SMITH

MONSOON SEASON CAN BE QUITE a spectacle. It usually includes heavy rain with flashfloods, spectacular lightning strikes, damaging winds and dust storms accompanying extreme heat.

What is a monsoon? It is the seasonal change in the prevailing winds that brings increased moisture and rainfall to what's normally a dry region. June 15-Sept. 30 is normally considered to be the monsoon period across the Southwest region of the United States.

Did you know that Arizona averages more than 500,000 lightning strikes in a typical monsoon season? I'm sure everyone has seen the classic pictures of summer lightning strikes in Arizona. They are beautiful; that's why we often find ourselves going outside to gaze at them when a storm is approaching. Not a good idea! Lightning can strike as much as 10 miles from any rainfall. If you can hear thunder, you are in potential danger. That's even if the sky is blue.

You can calculate how far away a lightning storm is by counting the number of seconds between witnessing the flash of lightning and the actual sound of thunder reaching your ear. The difference between the speed of light and the sound of thunder is 5 seconds per mile. If it takes 30 seconds to hear the thunder crash, the storm is six miles away. This technique is known as the "flash to bang" method.

If the calculated time is less than 30 seconds, the National Weather Service recommends taking cover for at least 30 minutes. All Arizona coaches of outdoor sports are required to abide by this rule. Many have apps on their phones capable of calculating this information.

The standard mantra is, "when thunder roars, go indoors." Even then, avoid contact

with electrical equipment, metal structures and plumbing. Don't take a shower or wash dishes by hand during an electrical storm. If you own a home, you should install whole house ground fault protection for your entire house at the breaker box.

Other monsoon safety recommendations include:

- Do not crossing flooded roads. Follow the "Stupid Motorist Law" by not driving around barricaded streets. As they say, "turn around, don't drown."
- Expect the unexpected. Have a fully charged cell phone, adequate gas, drinking water and an emergency kit.
- If traffic lights are out, treat the intersection like a four-way stop.
- Stay alert in areas of potential falling rocks.
- Replace your windshield wipers in advance, if necessary.
- Reduce your speed.
- Avoid sudden braking.
- Watch for pools of standing water, like along the curbs, to avoid losing control.
- Always be cautious of hydroplaning.

Enjoy the spectacle of Arizona's monsoons, but be safe while doing it.

Ron Smith is a senior advocate, a member of the Age-Friendly Maricopa Advisory Committee and a member of the Maricopa Community Advocates. He is a CAPS and CLIPP™ certified planner.

[Weather.gov/Safety](https://www.weather.gov/safety)



DUST STORM DRIVING TIPS

1. Do not wait until poor visibility makes it difficult to safely pull off the roadway.
2. Immediately check traffic around you and start slowing down.
3. Completely exit the highway if you can.
4. Do not stop in a travel lane or the emergency lane; pull completely off the paved portion of the road.
5. Turn off all vehicle lights, including your emergency flashers, to keep cars behind you from following your lights.
6. Set your emergency brake and take your foot off the brake.
7. Stay in the vehicle with your seatbelts buckled and wait for the storm to pass.



Bryan Mordt

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Seniors reflect on celebrating America's birthday



The United States celebrates 247 years of independence this month. For many Maricopa residents, it's a day of freedom and family. In recognition of the holiday, InMaricopa chatted with a few of our community's seniors to see how they celebrated Independence Day in their youth.



BARRY SCOTT, 76

I'm from Scotland and we immigrated to Canada after World War II, then to the U.S. when I was 17. I celebrated the Fourth of July for the first time that year. My dad's work friend invited us for a picnic, and we had hamburgers, hot dogs and all the soda you could drink. Seeing the fireworks that evening was amazing because we didn't really celebrate with them in Canada.



DON CARPENTER, 76

I grew up in Albuquerque, New Mexico in the '50s and '60s, and I remember lots of flags and lots of veterans. My extended family and neighbors would get together for food and set off firecrackers, sparklers and smoke bombs. I also spent my summers on my grandfather's farm in Oskaloosa, Kansas, so we would celebrate there, too. My uncles were all veterans, so I spent time with them, and we set off bigger firecrackers.



CATHY BAILEY, 71

We used to have a family gathering and cookouts. I lived in the Washington, D.C., area, and it was nice to go down to the Washington Monument and watch the fireworks. Because I grew up there, I thought there was no other way to celebrate the holiday. When you think of being in D.C. with all the monuments and seeing the fireworks go up, it's a totally different feeling.



CHERYL CARPENTER, 65

When I was a kid, my dad would take us to parades and stuff, just to watch them and celebrate with fireworks. In Miami, you'd go out to the airport, line the fence and they'd do all the fireworks off the runways. It's kind of different.



JENNIE YOUNG, 73

We would just go outside and watch the fireworks from a distance. In Yuma, there's a mesa that dropped down to a valley. We lived in the valley, so it was really easy to look up and watch them.



YOLANDA FISK, 75

I grew up in San Diego. My daddy would set up tents on the beach at 5 a.m. and we would get there a few hours later. Our entire family stayed there all day, going in and out of the water, eating breakfast, lunch and dinner. We stayed there to watch the fireworks.



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THINGS TO DO

July

1

Maricopa Amateur Radio Association
9 a.m., Maricopa Public Library & Cultural Center
18160 N. Maya Angelou Drive

Sip and Shop

2-8 p.m. Ak-Chin Circle
Entertainment Center
16000 N. Maricopa Road

SafeHouse - Break the Ice

9 p.m., Water & Ice
20928 N. John Wayne Parkway

2

Indoor Block Party
5 p.m. Luxe Lounge
16000 N. Maricopa Road

3

Maricopa Historical Society
5 p.m., Maricopa Public Library & Cultural Center
18160 N. Maya Angelou Drive

4

Great American 4th Fireworks Show
7-9:30 p.m., Copper Sky
Recreation Complex
44345 W. Martin Luther King Jr.
Blvd.

6

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

12

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

13

Survivors of Suicide Loss Support Group
6 p.m., Northern Lights Therapy
21300 N. John Wayne Parkway,
Suite 103

15

Sip and Shop
2-8 p.m. Ak-Chin Circle
Entertainment Center
16000 N. Maricopa Road

20

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

Job Fair

3-7 p.m., Maricopa Library and Cultural Center
18160 N. Maya Angelou Drive

26

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

29

Sip and Shop
2-8 p.m. Ak-Chin Circle
Entertainment Center
16000 N. Maricopa Road

Sundays

Narcotics Anonymous
7 p.m., Maricopa Meadows
Community Park
45511 W. Honeycutt Ave.

Mondays

Narcotics Anonymous
5:30 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Alcoholics Anonymous

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

Tuesdays

Maricopa Cruise-in
5-9 p.m., Parking lot behind
Burger King
20699 N. John Wayne Pkwy.

Alcoholics Anonymous

6:30 p.m., Mountain View
Community Church
50881 W. Papago Road

Celebrate Recovery Large and Small Group

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

Wednesdays

Al-Anon - New Beginnings
10 a.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Alcoholics Anonymous
Noon, Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Narcotics Anonymous
5:30 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Thursdays

Maricopa Police Cadets meeting
6 p.m., Maricopa High School
45012 W. Honeycutt Ave.

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

Fridays

Narcotics Anonymous
4:30 p.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

Al-Anon - Strength & Home AFG
7 p.m., Community of Hope
45295 W. Honeycutt Ave.

Alcoholics Anonymous
7 p.m., Mountain View
Community Church
50881 W. Papago Road

Saturdays

Alcoholics Anonymous
10 a.m., Maricopa Library & Cultural Center
18160 N. Maya Angelou Drive

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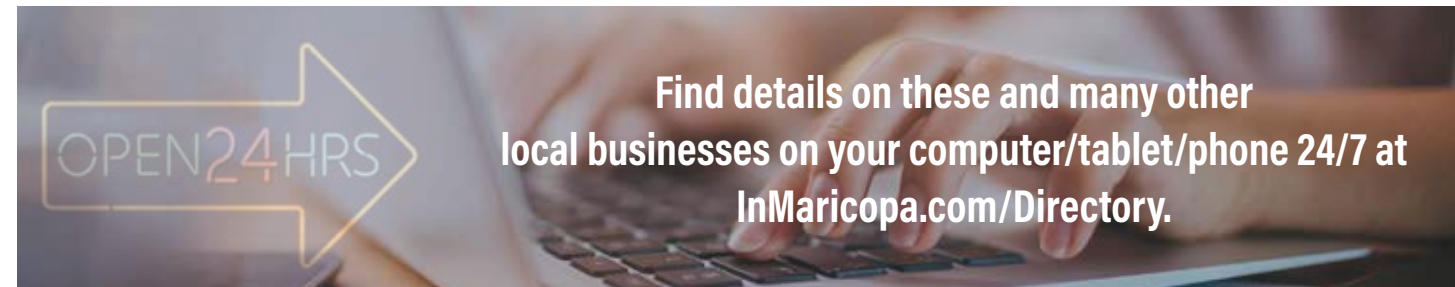
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