HAPPY HOLIDAYS

LOVE

FELIZ NAVIDAD

Photo by "Angelica"
Under the Americans with Disabilities Act, PRC must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means that if necessary, PRC must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that PRC will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. Please contact PRC at 602-253-6895.
Art Walk on Grant Workshop Series

For 3 consecutive Wednesday’s in October, Phoenix Revitalization Corporation (PRC) hosted an art workshop series at HOPE VI. Residents from Central City South (CCS) learned introductory art from Marco Albaran, Executive Director of El Quinto Sol. Marco taught the residents the basics of “What is Art”, “The Business of Art” and “How to present your Art”. The Inaugural “Art Walk on Grant” took place on October 24th, 2010 at Grant Park. The event, which was lead by members of the Grant Park Fight Back Association, was an effort to add arts and culture to the community. Approximately eleven artists from the community as well as other parts of the city were invited to showcase and display their art. Artists such as James Hughes, Maria Pena and Dominique Rivera were able to share their art and ideas to the community. Thank you to all who came out to participate and view the art. Thank you for making this inaugural event a successful one.

Serie de Talleres para la Caminata de Arte en la Calle Grant

Por tres miércoles consecutivos en el mes de Octubre, la Corporación de Rehabilitación de Phoenix (PRC) llevo a cabo una serie de talleres de arte en HOPE VI. Residentes de Central City South (CCS) recibieron una introducción al arte por Marco Albarán, el Director Ejecutivo del Quinto Sol. Marco le enseño a los residentes lo básico de “¿Que es el Arte?,” “El Negocio del Arte,” y “El Como Presentar su Arte.” La inauguración de “La Caminata de Arte en la Calle Grant” tomo lugar el 24 de octubre del 2010 en el Parque Grant. El evento, que fue dirigido por los miembros de la Asociación del grupo Fight Back de Grant Park, fue parte de un esfuerzo para atraer el arte y cultura a la comunidad. Aproximadamente once artistas de la comunidad y otros artistas locales de la Ciudad de Phoenix fueron invitados a presentar su trabajo. Artistas como James Hughes, Maria Pena y Dominique Rivera pudieron compartir su arte y sus ideas con la comunidad. Gracias a todos los que vinieron y participaron y los que llegaron a ver el arte de los artistas. Gracias por hacer esta inauguración exitosa.

Special thank you to the City of Phoenix HOPE VI for hosting the training at their site, Local Initiatives Service Corporation (LISC) for a program grant and Ruben Lopez from Grant Park Fight Back for Chairing the project.

Next Artwalk in March 2011!
Vernell Coleman Recreation Center
830 W. Tonto, Phoenix, Arizona

Fall Class Schedule
Classes Start The Week of November 1st, 2010
Classes End The Week of February 28th, 2011
Hours of Operation:
Monday-Friday, 4:00PM-7:00PM
Saturdays, 10:00AM-3:00PM
For More Information Call: (602) 495.5830

Get Involved Now!
All programs are free and offered as drop-in classes. Just come in sign up and pay for your annual $10.00 Recreation Membership Card.

GENERAL ACTIVITIES

Gardening
Come plant a fall garden, vegetable, herb and flowers and learn some basic gardening tips.
Ages: 6 - up • Time: 5:30 • Day: Tuesdays & Thursdays

Family Movie Night
Come join us for a family movie. Free popcorn provided!
Ages: All • Time: 4:30pm • Day: Fridays

Tutoring
This class is geared for K-8th graders who want to be at the head of their class! The sessions will cover most subjects and is open all students looking for that extra academic edge.
Ages: 5 - 14 • Time: 4:00-5 pm • Day: Mondays, Tuesdays & Thursdays

Open Computer Lab
Come to the lab do research, homework assignment, study or play games, all for free!
Ages: 5 - 14 • Time: 4:00-5 pm • Day: Mondays - Thursdays

Night Hooping
Ready to burn some energy, have some fun and listen to the latest music? Then the Coleman Courts is your destination for pick up, 3 on 3 and other basketball contests. Gym shoes required.
Ages: 6 - 14 • Time: 5:30-7 pm • Day: Mondays

Arts & Crafts
This class is filled with fun and exciting arts projects such as kids masks making, paper mache, painting, mosaic and much more. Come explore and discover the art in you!
Ages: 6 & 12 • Time: 5 - 6pm • Day: Tuesdays & Thursdays

Dance Combo
This class will get you up, spark imagination and creativity, while learning basic techniques and explore creative movement of various dance styles, such as ballet, hip hop, tap, jazz, modern and more.
Ages: 6-12 • Time: 4:30-6:30pm • Day: Wednesdays

Field Trips
Here is something fun to do, take a field trip in the middle of the week, have fun, go to new places and meet new people. Trips are limited to the first 13 people to turn in permission slip. Cost will vary depending upon trips. Most trips will be free! Libraries, fishing, skateboard parks movies, museums are just a few examples of trips to be taken.
Ages: 6 - 14 • Time: 4:30 - 7:00pm • Day: Every 2nd Wednesdays
Harmon Library Trip Every Wednesday @ 8pm
Bret Taven Learning Center Trip Every Monday @ 5pm

FITNESS CLASSES

Walking Club
Burn calories, increase heart rate and enhance your overall fitness level. Learn how to maximize your walking routine by using stationary environmental items, all levels of walkers welcome.
Ages: 16 & up • Time: 5:30-6:30pm • Day: Mondays, Wednesdays, & Fridays • 5pm Warm-ups & Nutrition Tips
Ages: 10 & Up • Time: 5:30-7:30 • Every Second Friday

SATURDAY ACTIVITIES

Little Sports
Ready to burn some energy? This fast paced class is a must have for those little ones, who can’t sit still. Come let off steam while learning to play a variety of group games and sports with an emphasis on fun! A new sport is introduced each class. Gym shoes are required.
Ages: 3-6 • Time: 10 - 11

Open Recreation - Time: 10-11

VC Dance Academy - Time: 10:30-2
These classes offer a variety dance styles for ages 4-14.
Please refer to VC Academy Dance flyer for schedule of classes.

Tourney Time - Time: 11:30-12:30
Fun, fun, fun! Indoor game tournaments: foosball, pool, Pick a game and everyone plays it, duck, duck, goose, tag, etc...

Get Out And Play - Time: 1:30-2:30
Everybody outside, time to play; kickball, hide and go seek, Horse, etc.....

Open Recreation - Time: 2:30-3:00

SPECIAL EVENTS

Thanksgiving Food Drive – Nov. 8th-24th
Month long food drive food will be giving to families in the community.

Holiday Showcase and Open House - Dec. 22nd
This event will showcase the center’s activities and groups. Santa comes to Coleman, hot coco and cookies. Santa will give away gifts
Time: 4:30-6:30

MLK Celebration - Jan. 12th - Time: 4:30-6:30
Celebration honoring Dr. MLK, with essay contest
Black History Event - Feb. 23rd - Time: 4:30-6:30
Celebration honoring the contributions of African Americans to including; movies, games, contests and prizes.
Dial-a-Ride Service

Valley Metro is committed to providing service and transportation options for all citizens; Dial-a-Ride offers one more way to complete your journey. We hope you’ll continue to take advantage of all the services we offer.

Dial-a-Ride exists as different types of service depending upon the city or town where the service exists. For instance, there can be Dial-a-Ride service for seniors, persons with disabilities, and the general public. To find out what type of service exists in your area, call 602-253-5000.
Grant Park Neighborhood Clean Up

On October 23rd, 2010, residents and stakeholders came out to help beautify the Grant Park neighborhood. In attendance were residents from Grant Park and Marcos De Niza neighborhoods as well as the Valley Hispanic Bomberos Association; who patrolled the streets picking up trash and making the neighborhood safer. We would like to thank the Grant Park Fight Back Association, City of Phoenix Parks and Recreation Department, Neighborhood Services and Public Works for sponsoring this very successful clean up effort.

Limpieza del Vecindario de Grant Park

El 23 de Octubre del 2010, los residentes y personas interesadas en la comunidad vinieron a ayudar a embellecer el vecindario de Grant Park. Los residentes de Grant Park y de Marcos de Niza asistieron, igual que la Asociación de Bomberos Hispanos del Valle, quienes patrullaron las calles recogiendo basura y haciendo el vecindario mas seguro. Nos gustaría agradecer a la Asociación de Grant Park del grupo Fight Back, y a los departamentos de la Ciudad de Phoenix de Parques y Recreación, Servicios al Vecindario y Obras Publicas por patrocinar los exitosos esfuerzos de la limpieza.

CCS Celebrates G.A.I.N. 2010

Central City South (CCS) celebrated G.A.I.N. (Getting Arizonans Involved in Neighborhoods) on October 16th, 2010, at Harmon Park. Various community agencies such as MiKid, Valley Christian Centers and Valley Hispanic Bomberos Association participated in the event that brought out approximately 500 residents. The residents participated in the community fair that was sponsored by the City of Phoenix, Phoenix Revitalization Corporation (PRC), Marcos De Niza Tenant Council and Block Watch. A special thank you to the City of Phoenix Parks and Recreation Departments for providing Harmon Park and the City of Phoenix Police Community Action Officers Garrick Henry and Patrick McBride, who provided a patrol for the Crime Free march. Residents enjoyed entertainment by the several community residents such as SOW (Senior Opportunities West) Dancers, Vernell Coleman Center Dancers, God Chaser and the Folklorico Dancers from Espiritu School.

Thank you to all who participated and volunteered. You helped make this event a success!

CCS Celebra el Evento de G.A.I.N 2010

Central City South (CCS) celebró el evento de G.A.I.N (Involucrando a los Arizonences en Vecindarios) el 16 de octubre del 2010 en el Parque Harmon. Varios agencies comunitarias como, Mi-Kid y el Centro de Valley Christian participaron en el evento que atrae a unos 500 residentes. Los residentes participaron en la feria comunitaria patrocinada por la Ciudad de Phoenix, Phoenix Revitalization Corporation (PRC), el Consejo de Residentes de Marcos de Niza y el grupo de Block Watch. Un fuerte agradecimiento al Departamento de Parques y Recreación de la Ciudad de Phoenix por proveer el espacio en el Parque Harmon y a los Policias de Acción Comunitaria de Phoenix, Oficial Garrick Henry y Patrick McBride, quienes patrullaron la marcha para la reducción del crimen. Los residentes disfrutaron de entretenimiento de varios de los residentes de la comunidad como los Bailarines de SOW (el centro de Oportunidades para los de la Tercera Edad del Oeste), Los Bailarines del Centro de Vernell Coleman, God Chaser y el Ballet Folklórico de la Escuela Espíritu.

Gracias a todos los que participaron y fueron voluntarios en el evento. ¡Ustedes hicieron este evento todo un Éxito!
Jesus Luna graduated from Holbrook High School in Arizona and held part-time jobs after graduation. He felt that life was too slow, too plain and so decided to explore new avenues in life. Jesus came to Job Corps at the age of 18 to study Facilities Maintenance and graduated a year later at the age of 19. During his stay with Job Corps he received certifications in NCCER, OSHA10, EPA, Green Bldg, HILTI – powder actuated tools and his certificate in Maintenance. Upon graduating from Job Corps he joined Kindred Hospitals to work as a Plant Engineer. He was trained and certified by Kindred in Hilti, CPR/First aid, Hazardous Waste Material Handling, Biomedical Treatment, Fire & Safety Training, Lock-out Tag-out and Water Treatment. With all of this training behind him it wasn’t long before Job Corps realized that Jesus would make a valuable asset – he was hired in March of 2010 to work at the Job Corps facility as a Maintenance Tech and soon after promoted to Maintenance Engineer. As if that wasn’t enough, Jesus is scheduled to begin his advanced studies at RSI on November 29, 2010, where he will pursue his degree in Electromechanical Technologies.

What can you do in 2 years time? Jesus, it seems, can do it all!! We are proud of Jesus Luna and all his achievements! Do you know someone who might benefit from Job Corps? Give us a call.

Contact information
Innovations Group
518 South 3rd St
Phoenix, AZ 95004
Phillip Popovich
602-322-6605

Jesus Luna, 20, Phoenix Resident and 2009 Job Corps Graduate

Jesus Luna se graduó de la Preparatoria de Holbrook en Arizona y mantuvo varios trabajos de medio tiempo después de su graduación. Sintió que la vida era demasiado lenta y aburrida y decidió explorar otras avenidas en la vida. Jesus llegó al Cuerpo de Trabajo a la edad de 18 para estudiar Mantenimiento de Instalaciones y se graduó un año después a la edad de 19. Durante su estancia en el Cuerpo de Trabajo, recibió certificados en NCCER, OSHA10, EPA, Edificios Verdes, HILTI – herramienta eléctrica y su certificado en Mantenimiento. Después de graduarse del Cuerpo de Trabajo, empezó a trabajar en los Hospitales Kindred como Ingeniero de Planta. Allí recibió entrenamiento en HILTI, CPR/Primeros Auxilios, el Manejo de Materiales de Desecho Peligrosos, Tratamientos Biomédicos, Entrenamiento de Peligros de Incendio, y el Tratamiento de Agua. Con todo este entrenamiento, no tomó mucho tiempo para que el Cuerpo de Trabajo se diera cuenta que Jesus sería un valeroso trabajador – y fue contratado en Marzo del 2010 para trabajar para el Cuerpo de Trabajo como Técnico de Mantenimiento y pronto después como Ingeniero de Mantenimiento. Como si esto no fuera suficiente, Jesus continuara avanzando sus estudios en RSI el 29 de Noviembre del 2010, donde trabajara para obtener su licencia Tecnologías Electromecánicas.

¿Que es lo que puedo obtener en 2 años? Jesus por lo visto ¡lo puede hacer todo! ¡Estamos orgullosos de Jesus Luna y todos sus logros! Si conoce a alguien que podría beneficiar del Cuerpo de Trabajo, llámenos.
Tenant Information

Fair Housing is the right for everyone to have access to all housing opportunities without discrimination based on:

- Race
- Religion
- National origin
- Sex
- Color
- Familial status
- Disability

HOW CAN I RECOGNIZE HOUSING DISCRIMINATION?
The most common housing discrimination practices are:

Under the law, a landlord (owner, manager, broker, realtor or company representative) is responsible for applying fair housing practices in dwellings such as:

1. REFUSAL TO DEAL Refusing to sell, rent, lease, exchange or negotiate for a dwelling for discriminatory reasons.
2. DIFFERENT TERMS/CONDITIONS Discriminating in rental amounts, security deposits, enforcement of rules or other terms and conditions of rental or sale.
3. MISREPRESENTATION Representing that an available dwelling is not available for inspection, sale or rental when, in fact, it is.
4. DISCRIMINATORY PRESENTATION Saying, publishing or displaying a racial, religious, sexual or ethnic preference with respect to the sale or rental of housing.
5. STEERING Directing anyone to homes or rental property in a particular area for discriminatory reasons.
6. ASSIGNING Directing anyone to a particular section of the community for discriminatory reasons.
7. UNEQUAL FINANCING Denying a loan or offer different financial terms and conditions for discriminatory reasons.
8. BLOCKBUSTING Engaging in panic-selling by representing that the racial composition of a neighborhood is going to change.
9. ADULTS ONLY Excluding or discriminating against families with children, except under specific guidelines for housing for older persons.
10. DISABILITY DISCRIMINATION Discriminating against or fail to make reasonable accommodations for persons with disabilities.

WHAT TYPES OF HOUSING ARE COVERED?
Under the law, a landlord (owner, manager, broker, realtor or company representative) is responsible for applying fair housing practices in dwellings such as:

- Apartments rented or leased
- Houses sold or rented
- Boarding and rooming house rentals
- Condominiums
- Mobile home parks

WHO CAN HELP ME IF I FEEL I WAS DISCRIMINATED AGAINST?
You may file a complaint with a representative from the city of Phoenix Equal Opportunity Department who will:

- Listen to your complaint
- Conduct a fair investigation
- Attempt to resolve the case by conciliation
- Initiate legal prosecution if unlawful discrimination occurred and conciliation is unsuccessful

WHERE CAN I GET MORE INFORMATION?

Housing Discrimination
City of Phoenix Equal Opportunity Department
Compliance and Enforcement Division
251 W. Washington St., 7th Floor
Phoenix, AZ 85003-2295
Phone 602-262-7486
Fax 602-495-0517
TTY 602-534-1557

Landlord/Tenant Disputes Only
City of Phoenix Neighborhood Services Department
Neighborhood Coordination Division
Housing Counseling Section
200 W. Washington St., 4th Floor
Phoenix, AZ 85003-2295
Phone 602-256-3517
Fax 602-534-4445
TTY 602-495-0685
Shop Central City South!

Think Green
Buy Local

Buy Local
It's EVERYBODY'S business!

Support Independently Owned Businesses In Our Community.
Valley Christian Center Programs

The center will be closed for all services from December 22 to January 3, 2011. VCC is run by all volunteers and hope that you join our team of volunteers helping to keep it open. We are open for programs Tuesday thru Saturday. Have a Blessed Christmas and a Happy New Year.

### December Schedule

**Youth Programs**
- **Tuesdays**: 3-5pm - Cooking Class
- **Wednesdays**: 1:30-3pm - Phonics Help with GIGI
  3:00-5pm - Bible Study
- **Thursdays**: 3-5pm - Sewing Class
  3:30-5pm Computer class 4-8th graders
- **Saturdays**: 2 and 4th Saturday
  9-12 - Reading Program for 2-4th graders
  10-12 - Computer Reading Program for 5-8th graders
  10-12 High School Math Assistance

**Adult Programs**
- **Tuesday**: 1:30-3pm Beginners Senior Computer Lab
- **Wednesday**: 9-2pm Emergency Food Boxes
- **Friday**: 6pm - Going Green Program

### January Schedule

**Youth Programs**
- **Tuesday**: 3-5pm - Cooking Class
- **Wednesday**: 1:30-3pm - Phonics Help with GIGI
  3:00-5pm - Bible Study
- **Thursday**: 3-5pm - Sewing Class
- **Saturdays**: 2 and 4th Saturday
  9-12 - Reading Program for 2-4th graders
  10-12 - Computer Reading Program for 5-8th graders
  10-12 High School Math Assistance

**Adult Programs**
- **Tuesday**: 1:30-3pm Beginners Senior Computer Lab
- **Wednesday**: 1:30-3pm Intermediate Senior Computer Lab
- **Thursday**: 1:30-3pm Advanced Senior Computer
- **Friday**: 1:30-3:30 Sewing
  6pm - Going Green Program

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**Valley Christian Centers, Inc.**

**Central City South - A Community for All Ages / Una comunidad para todas las edades**

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**SERVICES**

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**A NEW DAY...**

**A CHANGED LIFE**

A RESTORATION OF CIVIL RIGHTS EVENT

A FREE workshop for Ex-offenders, adult and youth, who want their records reclassified and their rights restored.

Did you know, if you have:

- Paid all your financial obligations
  - fines, court costs and restitution;
- Finished your custody
  - probation, community supervision;
- Completed other requirements
  - treatment and community service

You may be able to remove barriers to:

- Employment
- Housing
- Voting

The process can be as quick as 15 minutes.

**PleaSE BRING:**

- Identification
- Date of Arrest/Court Record #
- Date of Discharge
- Absence of any outstanding financial obligations

If you have these items, you can pre-register for quick processing. If you do not have the items listed above, please join us for the event to start the process.

**To pre-register call (602) 506-3461**

**To schedule a time to start the process**

**Wednesday, January 12, 2011**

Maricopa County
Superior Court (Law Library)
101 W. Jefferson, 2nd Floor-Phoenix

Services continually available
9:00 am to 11:00 am

SEATING IS VERY LIMITED
Pre-registration suggested
Walk-ins Welcome

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**WWW.TARAJICONSULTING.COM**
Senior Opportunities
West Senior Center
1220 S. 7th Avenue   Phoenix, AZ 85007
(602) 262-6610

The Senior Opportunity West (SOW) Senior Center, owned and operated by the City of Phoenix, includes programs that provide recreational, educational, social and civic opportunities to the Senior Central City South Community of Phoenix.

A wide variety of activities and events provided by SOW; includes educational to recreational, crafts to computers and everything in between. There are a variety of benefits, including: Socialization with friends; health and wellness; Support network of friends; Parties; Exercise, strength and endurance designed specifically for seniors; Transportation services including shopping and much more; and Resources and Information about a wide variety of senior related topics.

The center also works to bring together, seniors with other age groups through activities to help integrate them as part of the overall community. The center builds community among seniors.

Choose the Senior Opportunity West Senior Center and you will feel at home. Check out the Senior Opportunity West Senior Center and see if it is a place for you come and make new friends. There is a general membership fee of $10.00 per year for members that live inside the City of Phoenix and $20.00 for members that live outside the City of Phoenix.

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Centro de Oportunidades para Personas de la Tercera Edad del Oeste
1220 al Sur. De la Avenida 7, Phoenix, AZ 85007   (602) 262-6610

El Centro de Oportunidades para Personas de la Tercera Edad del Oeste (SOW), pertenece y es operado por la Ciudad de Phoenix. Incluyen programas que proveen recreación, educación, oportunidades sociales y cívicas para las personas de la tercera edad para la comunidad de Central City South.

Hay una gran variedad de actividades y eventos proveídos por SOW; estas incluyen actividades educativas y de recreación, de trabajos de arte a computación y todo lo que cae entre medio. Hay muchos beneficios como socialización con amigos, salud y bienestar, una red de apoyo de amigos, fiestas, ejercicios para aumentar la fuerza y resistencia diseñada específicamente para personas de la tercera edad; tienen servicios de transporte para ir de compras y mucho más. Y hay muchos recursos e información de todo tipo relacionados aquellos de la tercera edad.

El Centro también trabaja para reunir a las personas de la tercera edad con otras personas de diferentes edades con actividades que los integran como parte del resto de la comunidad. El centro apoya el sentido de comunidad entre sí mismos.

Escoja el Centro de Oportunidades para Personas de la Tercera Edad del Oeste (SOW) y se sentirá en casa. Visite el Centro y vea si este es el lugar en donde pueda conocer nuevos amigos. Hay una membrecía general de $10.00 por año para los miembros que viven dentro de la Ciudad de Phoenix y $20.00 para miembros que viven fuera de la Ciudad de Phoenix.
HEALTH

THE PFD BABY SHOTS IMMUNIZATION PROGRAM

DON’T COMPROMISE IMMUNIZE SERVING CHILDREN FROM 6 WEEKS TO 18YRS OLD.

Vaccines are medicine’s bright and shining stars. Before vaccines, parents in the United States could expect that every year:

**Polio** would paralyze 10,000 children.

**Rubella** (“German measles”) would cause birth defects and mental retardation in as many as 20,000 newborns.

**Measles** would infect about 4 million children, killing 3,000

**Diphtheria** would be one of the most common causes of death in school-aged children.

A **bacterium** called **Hib** would cause meningitis in 15,000 children leaving many with permanent brain damage.

**Pertussis** (“whooping cough”) would kill 8,000 children, most of whom were less than 1 year of age.

The Baby Shots Immunization Program has 7 regularly scheduled clinic sites and provides on average of 42 immunization clinics each year. We also perform 7 clinics each summer at various Food City sponsored clinics.

- Chicanos Por La Casa
- Cummings Community Center
- Deer Valley Community Center
- Golden Gate Community Center
- Paradise Valley Hospital
- Phoenix Children Hospital
- Spectrum Mall

The Baby Shots Program has a telephone number that provides recorded clinic site information in Spanish and English (534-2229 or 534-BABY).

LAS FOTOS DE BABY PFD PROGRAMA DE VACUNACIÓN

No corra riesgos VACUNANDOLOS Que atienden a niños entre 6 semanas y mayores de 18 VIEJO.

Las vacunas son estrellas más brillantes de la medicina. Antes de las vacunas, los padres en los Estados Unidos puede esperar que todos los años:

**Poliomielitis** paralizaría 10.000 niños.

La **rubéola** (sarampión alemán ”) podría causar defectos de nacimiento y retraso mental en hasta 20 mil recién nacidos.

El **sarampión** se infectan alrededor de 4 millones de niños, matando a 3.000

La **difteria** sería una de las causas más comunes de muerte en niños en edad escolar.

Una **bacteria llamada Hib** podría causar meningitis en 15.000 niños dejando a muchos con daño cerebral permanente.

La **tos ferina** (tos ferina) mataría a 8.000 niños, la mayoría de los cuales eran menores de 1 año de edad.

Las vacunas infantiles Programa de Inmunización tiene 7 regular clinicas y proporciona en promedio de 42 clínicas de las vacunas de cada año. También realizamos siete clínicas de cada verano en diversas clínicas de la Alimentación patrocinados por la Ciudad.

- Chicanos Por La Casa
- Cummings Centro de la Comunidad
- Ciervo Valle Centro Comunitario
- Centro de Oro de la Comunidad Puerta
- Paraíso • Valley Hospital
- Hospital de Niños de Phoenix
- Mall del espectro

El Programa de Vacunas para Bebés tiene un número de teléfono que proporciona información registrada sitio de la clínica en Español e Inglés (534-2229 o 534-BABY).
IMPACTO Newsletter

Motivational Intervention for Physical Activity

You are invited to participate in a research study

Mountain Park Health Center and Arizona State University, College of Nursing & Health-care Innovation are working together on a motivation program to promote the heart health of older Hispanic women.

Study Purpose

The purpose of IMPACTO is to test a motivation program designed to help older Hispanic women begin a program of regular physical activity, such as walking. We will do this by having a group of women who participate in a motivation program with walking sessions, both alone and with study personnel, and a group who receives biweekly health information in the mail, but who do not participate in the motivation program. The women who will be in the motivation program will be assigned by lottery (chance); you will not choose which group you are in. If you say YES, your participation will last for 12 weeks at Mountain Park Community Health Center and other sites where women gather.

Please Join Us If You Are:

☐ A Hispanic Woman
☐ Over the age of 50
☐ Interested in your health

Boletín IMPACTO

Intervención de Motivación Para Actividad Física

Usted a sido invitada a participar en nuestro estudio

El Centro de Salud de Mountain Park y el Colegio de Enfermería de la Universidad Estatal de Arizona están trabajando juntos en un programa de motivacion para promover la salud de corazón de mujeres hispanas de mas de 50 años de edad.

Propósito del Estudio

El propósito de IMPACTO es para probar un programa de motivación diseñado a ayudar a mujeres hispanas mayores a empezar un programa de actividad física, como caminar regularmente. Haremos esto teniendo un grupo de mujeres que toman parte en un programa de motivación con sesiones de actividad, actividad física, solas y con el personal de estudio, y con un grupo que recibe información quincenal de salud en el correo, pero en que no toma parte en el programa de motivación. Las mujeres que estarán en el programa de motivación serán asignadas por lotería (la oportunidad); usted no podrá escoger el grupo en el que participara. Si usted dice Sí, su participación durará 12 semanas en el Centro de Salud de Mountain park y otros sitios donde mujeres se reúnen.

Por favor, contáctenos si Ud es:

☐ Una mujer Latina
☐ Mas de 50 años de edad.
☐ Interesada en su salud
Marcos de Niza Tenant Council and Community Block Watch

Address: 305 W. Pima St. Phoenix, AZ 85003
Office/Block Watch Patrol/Voice Mail Cell: (602) 463-8130 Fax: (602) 534-1898
Email - gracesalinas@marcosdenizacbw.org or mdentc@qwest.net

Officers
Tabla ejecutiva:
President/e
Wendy Hernandez
Vice President/e
Grace Salinas
Secretary /taria
Sofia Fernandez
Corresponding Secretary / Secretaria de Correspondencia
Tami Eliserio
Treasurer / Tesorero
Maria Avila
Tina Zamora
Sergeant at Arms
Job Salinas Hernandez

Committees & Chairs / comités y presidentes:
Membership/Miembros
Maria Avila
CFAA Events/ Eventos
Sofia Fernandez
Patrollers /Patrullas
Job Hernandez
Newsletter & Flyers distribution/ Distribución Informador Y folletos
Tami Eliserio
TC Fundraising / Crea Fondos
Tina Zamora
Acts of Kindness/ Hechos de bondad
Wendy Hernandez
Youth Ambassadors / Embajadores Jóvenes
Grace Salinas, Advisor/Consejera
YA Fundraising/ Crea fondos
Grace Salinas;

www.marcosdenizacbw.org
Marcos de Niza Tenant Council and Community Block Watch

Mission / Misión:
Marcos de Niza community takes pride in creating a clean, safe environment through communication, education, and creative activities for our residents.
La comunidad Marcos de Niza tiene orgullo en creando un ambiente limpio y seguro por medio de comunicación, educación y actividades creativas para los residentes.

Tenant Council Meetings For Marcos de Niza Residents only / Junta de Concilio de Residentes Solo para residentes
Marcos de Niza Community Center - 301 West Pima St. 5:30pm
No Tenant Council meeting in December
January 24, 2011 we will start a new year

Marcos Community Block Watch Meetings
Juntas Comunitarias de Vigilancia de Vecindad de Marcos
2nd Thursday / Jueves
EMCTEC - Hope VI  1150 S. 7th Avenue   5:30—7pm

December / Diciembre no meeting / no juntas
January / Enero  13

Be informed about what is going on with your neighborhood
Venga y sea informado en lo que pasa en su vecindad

Goals
1. Develop better communication
2. Active participation with the Housing Department
3. Promoting resident participation and involvement
4. Develop a Neighborhood Block Watch program
5. Actively recruiting collaborators and resources
6. To create an outreach, recruitment volunteer base

Metas
1. Desarrollar mejor comunicación
2. Participando activamente con el Departamento de la Cubierta
3. Promoviendo participación, involucrando a los residentes
4. Desarrollando un programa de BLOCK WATCH (Vigilancia de la Vecindad)
5. Reclutamiento activo colaboradores y recursos
6. Crear y reclutar una base voluntaria

Girl Scouts-Arizona Cactus-Pine Council, Inc.
Call For more information / llame para mas información
Susan Murphy (602) 228-6218  Grace Salinas (602) 463-8130
Shelly Lear (602) 956-7303

New members registrations taken all year. Call for days and times
Las formas de registración están disponibles todo el año.
Llame por las fechas y horas de las juntas

Meetings at the following locations:
Marcos de Niza Community Center
301 West Pima St.

City of Phoenix

We invite you to call and check on future events and activities.
Le invitamos que llame seguido para informarse de Eventos Y Actividades futuras

Girl Scouts

Marcos de Niza Senior Center - 305 West Pima Street
Phoenix, AZ 85007 - 602-262-7249

Come play BINGO
Every Wednesday and Friday 9:30am
Call for the date of the $50 Jackpot
Vengan jugar
Cada Miércoles y Viernes
Llame para el día del premio de $50
Free programs for children and teens!
Check at the Library for dates and times.

- Weekly bilingual Babytime, for children up to 23 months, with their caregivers.
- Weekly bilingual Family Storytime, for children up to 5 years, with their caregivers.
- Two teen programs each month.

PhoenixWorks
FREE online resume help, career training and more!
Here’s a great resource to help you at every stage of the job-seeking process. Log on to phoenixpubliclibrary.org and click on PhoenixWorks to find information about:

- applying for unemployment benefits
- finding the nearest local workforce center
- writing a resume or cover letter
- getting ready for an interview
- online job-searching
- effective networking
de diciembre de 2010 – enero de 2011

¡Programas gratis para niños y adolescentes!
Revise en la biblioteca para fechas y horarios.

- Hora bilingüe del bebé – semanal, para infantes desde recién nacidos hasta 23 meses. Los niños deben ser acompañados por un adulto encargado de su cuidado.
- Hora de cuentos bilingüe para familias – semanal, para infantes desde recién nacidos hasta los cinco años de edad. Los niños deben ser acompañados por un adulto encargado de su cuidado.
- Dos programas de adolescente cada mes.

PhoenixWorks
¡GRATIS ayuda de curriculum vitae en línea, formación de carrera y más!
Aquí está un gran recurso para ayudarle en cada etapa del proceso de búsquedas de empleo.
Inicie al sitio phoenixpubliclibrary.org y haga clic PhoenixWorks para mas información sobre:

- solicitando beneficios de Seguro por Desempleo
- encontrando recursos locales para ayudar con las búsquedas de empleo
- currículum vitae y cartas de presentación
- preparación para entrevistas
- búsquedas de empleo en línea
- gestión de redes eficaz
Yeps and Nopes of Recycling

We’re doing a good job recycling here in Phoenix but it’s also important to recycle the right things. When residents recycle items that really belong in the garbage, it puts an undue burden on the recycling process. Help Phoenix’s recycling program be more cost-effective and environmentally beneficial by making sure you know what can and cannot be recycled.

Find out how you can recycle cleaner. Learn the “yeps” and “nopes” of curbside recycling

- Items that CAN be recycled include:
  - **Paper**
    - Newspaper
    - Magazines
    - Junk mail
    - Phone books
    - Cardboard
    - Milk cartons
    - Cereal/tissue boxes
    - Frozen food boxes
    - Juice boxes
    - Shredded Paper (Must be in clear plastic bags so sorters can see what’s inside)
  - **Plastic**
  - **Metal**
    - Aluminum cans
    - Metal cans
    - Small metal appliances
    - Empty aerosol cans (no hazardous waste such as spray paint, oven cleaners, bug spray)
  - **Glass**
    - Glass bottles and jars
    - Food grade glass containers
    - All hard plastic containers, including buckets, plastic jugs and bottles with or without caps

- Items that CANNOT be recycled include:
  - **Paper**
    - Photographs
    - Hardback/paperback books
    - Original blueprints
    - Heat sensitive receipts
  - **Plastic**
    - Plastic bags (recycle at “Bag Central Station”)
  - **Metal**
    - Aerosol cans with paint, pesticides or oven cleaners
  - **Glass**
    - Window panes
    - Mirrors
    - Light bulbs
    - Windshields
    - Ceramics
    - Treated glass
    - Glass table tops
    - Televisions (for TV/electronic recycling contact Westech Recyclers at 602-256-7626)


General recycling tips:
Do not bag, box or tie your recyclables
Keep recyclables relatively clean, empty and dry
No garbage, waste or diapers
No medical waste or pharmaceuticals
Welcome to our new Child Watch Center workers

We would like to welcome three new Child Watch workers at the Emmett McLoughlin Community Training and Education Center (CTEC). Jacqueline Harrington, Frances Sainz and Annie Benally, are with AARP’s Senior Community Employment Program and have joined the team to work with children who attend the Child Watch Center. The Child Watch Center is open Monday – Thursday from 8:30 am – 12:30 pm and is a place where children ages 1-5 can be cared for while their parent/s attend services or classes offered at the CETC. This service is provided at no charge but children that can attend will be on a first come basis. For further information, please 602-534-2043.

La Bienvenida a nuestras Nuevas Trabajadoras del Centro de Atención a los Niños

Nos gustaría darles la bienvenida a nuestras tres nuevas trabajadoras del Centro de Atención a los Niños en el Centro de Educación y Entrenamiento Comunitario de Emmett McLoughlin (CTEC). Jacqueline Harrington, Frances Sainz and Annie Benally, vienen del Programa de Empleo Comunitario de personas de la tercera edad de AARP y se han unido al equipo para trabajar con los niños que vienen al Centro de Atención a los Niños. El Centro de Atención a los Niños esta abierto de lunes a jueves de las 8:30am-12:30pm y es para el cuidado de niños entre las edades de 1-5 para los padres que usan los servicios o vienen a clases que ofrece CTEC. El servicio es gratis pero los niños permitidos esta basado en quien llegue primero. Para mas información, llame al 602-534-2043.

La ciudad de Phoenix prohibe la discriminación basada en raza, origen nacional, sexo, religión, edad, orientación sexual o incapacidad. Cualquier persona que crea que ha sido discriminada, puede presentar una queja con el departamento Equal Opportunity Department de la Ciudad de Phoenix.

HARMON PARK GYMNASIUM
November 18, 2010-December 23, 2010
GIRLS AGE 11-14YRS
Girls Recreational Basketball (5:30pm - 7:30pm)
“Because We Got Next Game”
GAMES WILL BE PLAYED EVERY TUESDAY AND THURSDAY
HARMON PARK:
(602)262-6898 / (602)262-6096

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2 for 1 Jerk Chicken w/ this Coupon Ad

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Fax: 602.828.9201
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to all of our supporters

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