

CENTRAL CITY SOUTH

A COMMUNITY FOR ALL AGES

UNA COMUNIDAD PARA TODAS LAS EDADES



2015 POOL PARTIES

Grant Park - Alkire Park - Harmon Park

Eastlake Park - Coronado Park - University Park

Details & Dates inside

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STAFF

Eva Ordóñez Olivas
Executive Director/CEO

Jay O. Olivas
Manager
Multi-Media/Facility Services
& Newsletter Production

Rachel Johnson
Accountant/CPA

Julian Sodari III
Special Projects

Raul Daniels
Business Outreach

Sue Moyer
Special Projects

Julia Duran
Admin / Program Assistant

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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.

Según la Ley para Americanos con Discapacidades (ADA), PRC tiene la obligación de realizar esfuerzos razonables para facilitar que las personas discapacitadas puedan participar de los programas, servicios o actividades. Esto quiere decir, por ejemplo, que PRC debe proveer intérpretes de lenguaje de señas para las personas sordas, una localización accesible por silla de ruedas, o materiales impresos en letra agrandada. También significa que PRC hará un esfuerzo razonable para que usted pueda participar en una actividad o comprenderla, incluyendo cambios razonables en la actividad. Si usted cree que no podrá entender una actividad o participar en ella a causa de su impedimento, por favor, comuníquenos de antemano su impedimento si le es posible. Por favor, llame a PRC al 602-253-6895.

Sizzling Safe Summer

2015 POOL PARTIES

SATURDAYS 12:00PM - 3:00PM

1

GRANT PARK POOL - JUNE 6
714 South 2nd Avenue

2

ALKIRE PARK POOL - JUNE 13
1602 West Pima Street

3

HARMON PARK POOL - JUNE 20
1425 South 5th Avenue

4

EASTLAKE PARK POOL - JUNE 27
1549 East Jefferson Street

5

CORONADO PARK POOL - JULY 18
1717 North 12th Street

6

UNIVERSITY PARK POOL - JULY 25
1002 West Van Buren Street

Music - Food - Games - Lessons & More

**** Please wear proper
swimming attire****

More info at www.phxrevitalization.org
or call John Mason at (602) 495-0950



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
Grant Park Fight Back - La Canasta Mexican Restaurant - Miranda Customs - DJ Tranzo - Mil Services Inc.

Sizzling Safe Summer Campaign

Skin Cancer Prevention Tips

Since its inception in 1979, **The Skin Cancer Foundation** has always recommended using a sunscreen with an **SPF 15 or higher** as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Read our full list of skin cancer prevention tips.

- ⚙ **Seek the shade**, especially between 10 AM and 4 PM.
- ⚙ **Do not burn.**
- ⚙ **Avoid tanning and never use UV tanning beds.**
- ⚙ **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ⚙ **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- ⚙ **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- ⚙ **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- ⚙ **Examine your skin** head-to-toe every month.
- ⚙ **See your physician every year** for a professional skin exam.

Five Ways to Treat a Sunburn

1. **Act Quickly...if you feel the tingling of a burn, get out of the sun and start treatment**
2. **Moisturize...after a cool shower, slather on a moisturizer & repeat often**
3. **Hydrate...drink extra water, juice and sports drinks for a couple of days**
4. **Don't wait to medicate...take a ibuprofen (like Advil) for the next 48 hours**
5. **Assess the Damage...if a blistering burn covers 20% or more, see a doctor**



Additional Supporters: **Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
Grant Park Fight Back - La Canasta Mexican Restaurant - Miranda Customs - DJ Tranzo - Mil Services Inc.**

Sizzling Safe Summer Campaign

Before Heat Stroke there is

Heat Stress

Know the signs and symptoms



- ⊗ Dizziness
- ⊗ Headache
- ⊗ Weakness
- ⊗ Rapid heartbeat
- ⊗ Nausea
- ⊗ Cramps
- ⊗ Chest pain
- ⊗ Hard time breathing

Prevent Heat Stress

- ◇ STAY OUT OF THE SUN
- ◇ WEAR LOOSE, BREATHABLE CLOTHING, LIKE COTTON
- ◇ WHEN IN THE SUN, WEAR A HAT & USE SUN SCREEN



- ◇ STAY PROPERLY HYDRATED; DRINK SMALL AMOUNTS OF WATER OFTEN; AVOID FEELING THIRSTY
- ◇ WHEN THE WEATHER IS HOT, AVOID CAFFEINE

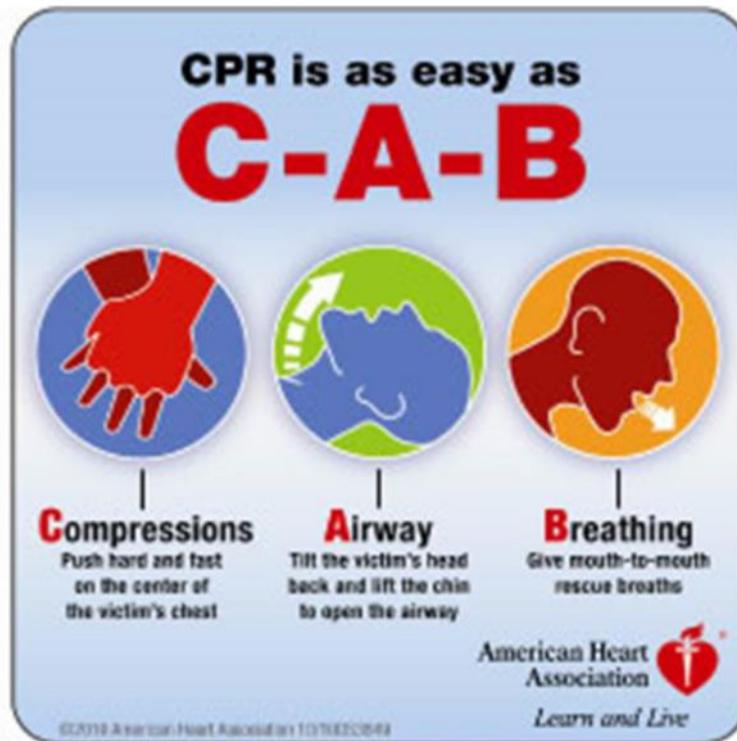
COOL DOWN WHENEVER POSSIBLE



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
Grant Park Fight Back - La Canasta Mexican Restaurant - Miranda Customs - DJ Tranzo - Mil Services Inc.

Sizzling Safe Summer Campaign

LEARN CPR You Can Do It!



Top 5 Reasons to Get CPR Training Now

1. CPR saves lives
2. CPR is not performed enough
3. You don't have to do mouth-to-mouth resuscitation
4. Hands-only CPR is easy to learn
5. Most cardiac arrests occur in the home



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
Grant Park Fight Back - La Canasta Mexican Restaurant - Miranda Customs - DJ Tranzo - Mil Services Inc.

Sizzling Safe Summer Campaign

SAVE MORE LIVES: DO A WELLNESS CHECK ON THE VULNERABLE

- * CHILDREN AND THE ELDERLY
- * PEOPLE WITH CHRONIC DISEASE
- * PEOPLE TAKING MEDICATIONS
- * PEOPLE WITH NO AIR CONDITIONING, WHO LIVE ON UPPER FLOORS
- * PEOPLE WHO LIVE ON THE STREETS
- * ATHELETES AND OUTDOOR WORKERS

There are a number of recommendations you can provide to decrease their risk of heat-related illness, including the following.

- ☀ Restrict physical activity to the coolest period of the day.
- ☀ Seek out air-conditioned buildings when possible.
- ☀ Drink fluids frequently without waiting for the feeling of thirst.
- ☀ Wear breathable, light-colored clothing and a well-ventilated, wide-brimmed hat.
- ☀ Know the community heat response or heat alert plan.

Listen for heat warnings; know where the open public air-conditioned buildings, cooling centers, and hydration centers are; and the extended hours for swimming pools.



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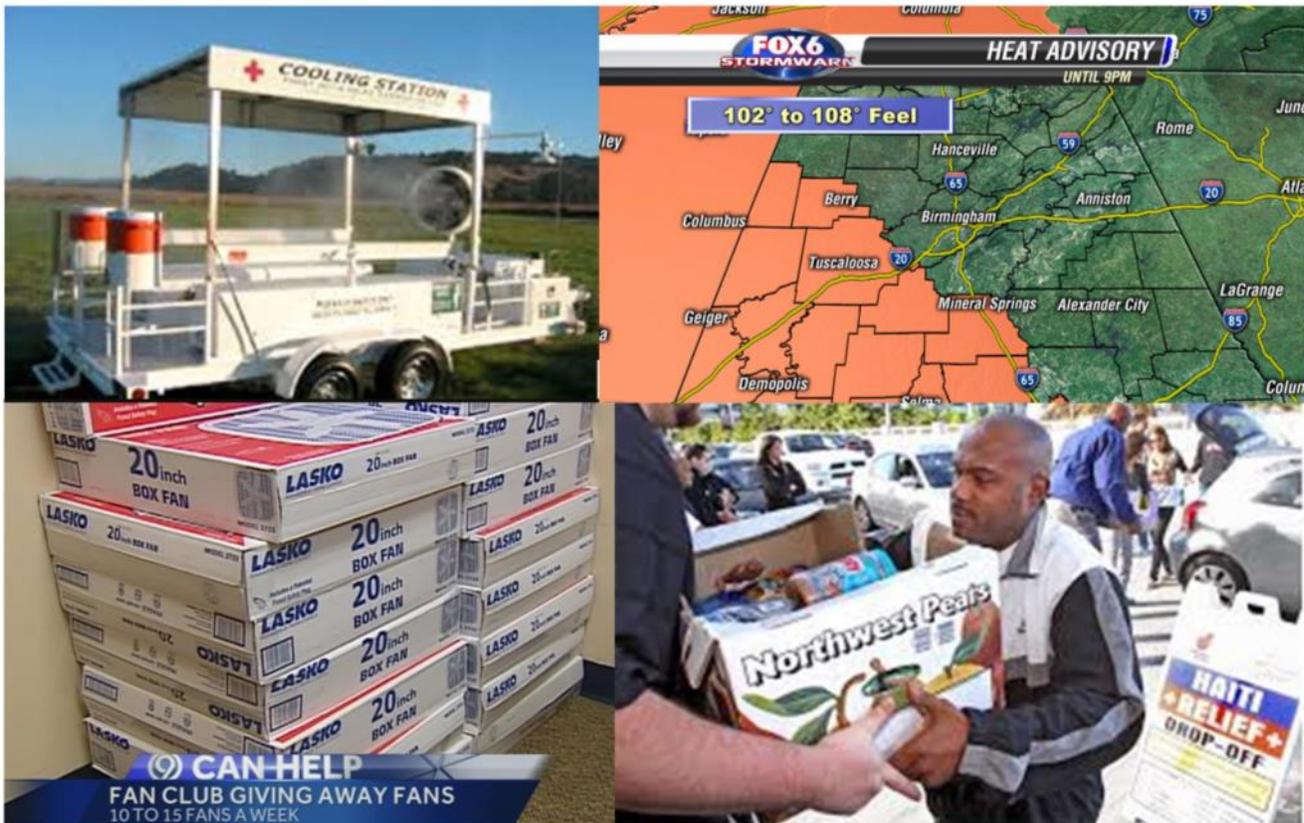
Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
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Phoenix Heat Relief Network

<https://www.phoenix.gov/humanservices/programs/volunteer/heat-relief>

The Phoenix Heat Relief Network provides hydration, respite and wellness checks during the summer months. During this time, temperatures consistently rise above 100°F during the day. The National Weather Service issues extreme heat advisories during the hottest of these days or when nighttime temperatures remain excessively high. The Phoenix Heat Relief Network adds additional community resources to the ongoing efforts of agencies assisting people who are homeless, elderly or disabled when they are most needed. The network forms each May and operates through September.

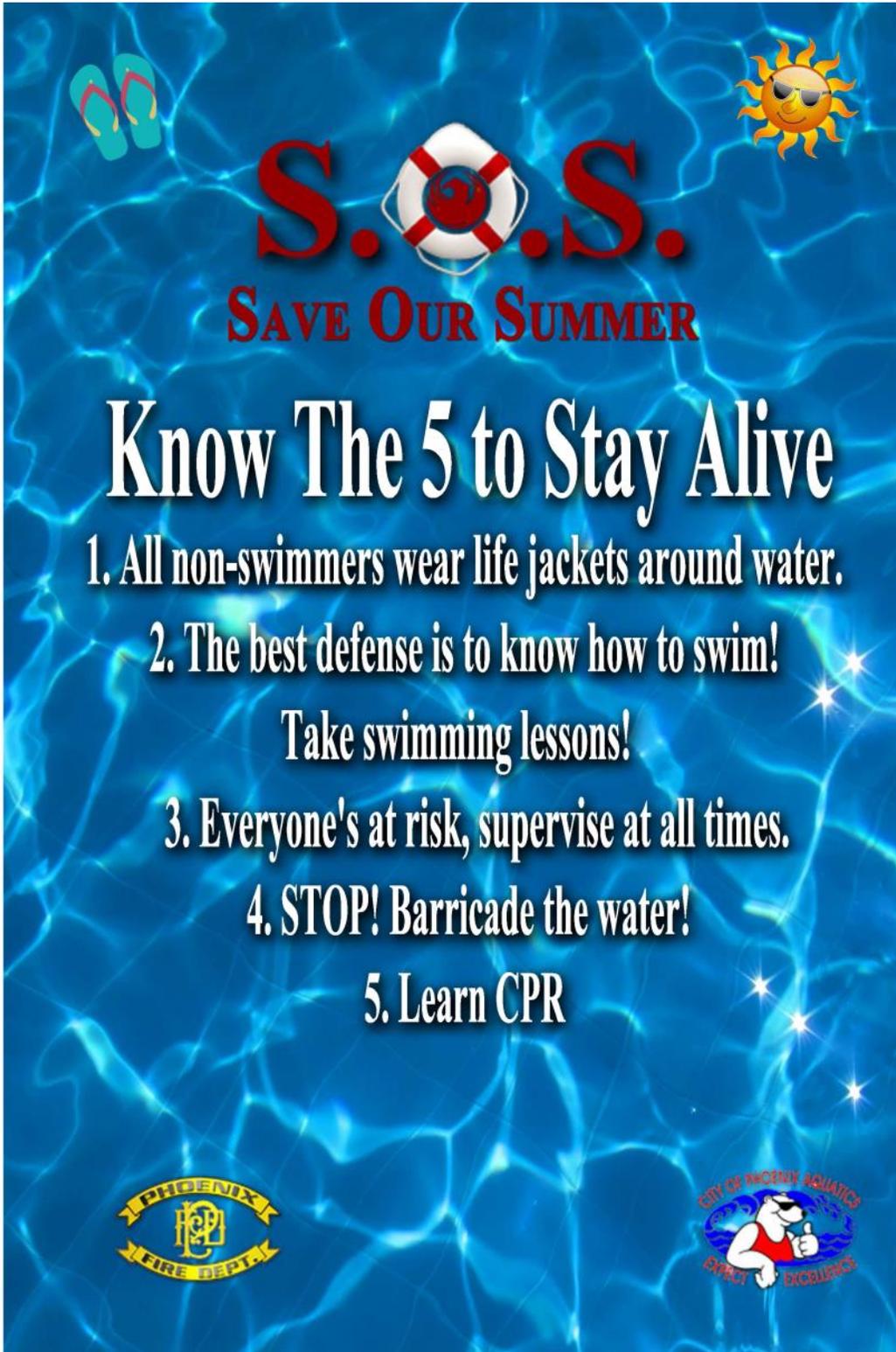


For more information on Wellness Check training, contact Kristina Blea at 602-256-4302 or at kristina.blea@phoenix.gov



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
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S.O.S.
SAVE OUR SUMMER

Know The 5 to Stay Alive

1. All non-swimmers wear life jackets around water.
2. The best defense is to know how to swim!
Take swimming lessons!
3. Everyone's at risk, supervise at all times.
4. STOP! Barricade the water!
5. Learn CPR



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
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Sizzling Safe Summer Campaign

Other Things You Should Know



Aquatic Registration

May 14th 6:30

Swim Lessons

Be a STAR
FREE SWIM LESSONS!

Aquatic class registration begins online on May 14th at 6:30pm. You may register on-line or at any City of Phoenix recreation community center.

Registration at swimming pools will begin on May 23rd.

- Lessons \$15 / 8 lessons
- 29 facilities citywide to choose from
- Semi-Private lessons available at select locations
- Free Cigna programs for youth 7-15 years old

Please log on the link below and register for a class
<https://apm.activecommunities.com/phoenix>



Life Jacket Donations:
\$28.00

Purchase or donate
to PRC for tax
donation deduction

Swimming Suits Required:



Donations for new swimsuits in all sizes
are now being accepted at PRC office.



Additional Supporters: Action Material Handling - Capital Kiwanis - Capital Kiwanis K-Kids
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girl scouts

*Include
Inspire
Discover*



Special Troop 2760



Phoenix Revitalization Corporation is proud to have been an in-kind sponsor to Girl Scouts Special Troop 2760's first annual Special Tea. Over 60 women and girls attended the Special Tea at La Posada de San Jose in Guadalupe, Saturday, April 11, 2015. The Special Tea was a girl-earning-project to help the Troop raise funds for the Girls to visit Morgan's Wonderland, a special needs amusement park in San Antonio, Texas. Morgan's Wonderland is the only ultra-special needs amusement park in the United States.

Special Troop 2760 was founded in 2013 to meet the social and leadership skills of girls with special health care needs. Girls coordinate and participate in service projects to help the community. They have organized a winter clothing drive for UMOM New Day Centers, Holiday food drive for St. Vincent de Paul, shoe drive for Goodwill, neighborhood cleanups, and Christmas caroling at Casa de Primavera senior residence. The Girls' mission is to promote Inclusion of children with special health care needs. Children with special health care needs are often looked over and excluded from social circles and extra- curricular activities. The Girls want to inspire girls with special needs and families to live a life without limits and model that Girls can do anything!

Girls residing in Maricopa County with an IEP, Individual Education Plan, or girls with a sibling with a special health care need are encouraged and invited to join Troop 2760.

For information on Girl Scouts Special Troop 2760 please contact E. Mari Herrera-Daniels at 602.515.2451 or email Special.Troop.2760@gmail.com. Visit and like their Facebook page: Girls Scouts Special Troop 2760.

Special Troop 2760's Motto:

Include me so I may
Inspire you to
Discover our world together



It's true! The Central Park Neighborhood Association has been re-established.



On Wednesday, May 20th interested residents, businesses, non-profits and faith based groups in the Central Park area met to make a critical decision to represent themselves in community change projects and issues. Thank you to Alexis Galaviz, a local resident, who stepped up and launched this effort. In addition, the meeting was hosted by the beautiful Bentley Gallery who opened their arms to the entire neighborhood. Central Park stakeholders were joined by representatives of the City of Phoenix Police and Neighborhood Services

Departments, Phoenix Revitalization Corporation, resident leadership from Sherman Park, Grant Park and I.G. Holmes neighborhoods who came to provide support.

The group voted to hold bi-monthly meetings beginning July 2015. Ms. Galaviz offered to facilitate the announcement and develop the agenda for the first meeting. Phoenix Revitalization Corporation provided refreshments and facilitation of the decisions that were made. For more information contact: centralparkneighborhood@gmail.com

Garfield Commons Apts.

Phoenix Revitalization Corporation is proud to provide support to Garfield Commons Apartments. They have established a new computer lab for residents, held a "Fresh Market" Day and conducted their first Crime Free Block Watch exploratory meeting.



Vista College Preparatory Academy



Phoenix Revitalization Corporation was happy to support the Vista College Preparatory "Family Fun Day" event held on Saturday, May 16th at Henson Park. Participants enjoyed face painting, music, food, games, ice cream and had lots of fun. They had an amazing bucket drum line!

Central City South Residents and Stakeholders - Everyone is invited

Community Action Team Meeting - CAT

"Fighting blight and crime together, connecting our community"

2014-2015 Remaining Calendar

June - No meeting/Summer vacation
July - No meeting/Summer vacation
August - No meeting/Summer vacation
September 10, 2015

Crime Updates Community Announcements Connect with Neighbors

The CAT meetings are open to and hosted by the many neighborhood associations, resident leaders and community stakeholders in Central City South (CCS).

Presentations and information are provided to keep the community aware of crime and blight issues and efforts, development projects, zoning variances, and liquor applications and resources that impact the neighborhoods of CCS.

No more than 3 presentations by groups are scheduled for a maximum of 5-7 minutes at each meeting.

Time is reserved for public announcements at the end of each meeting. Refreshments are served and we have a community table available.

Together we work for positive community change!

Whose invited?

Neighborhood Associations
Tenant Councils
Block Watch Groups
Faith Based Groups
Businesses
Service Providers
Government Agencies/Departments
Any and all interested stakeholders

Host Site:

City of Phoenix HOPE VI
Emmett McLoughlin
Community Training and
Education Center
1150 S. 7th Avenue
(NW corner of 7th Avenue & Buckeye)
5:30-7:00 p.m.

Facilitated by:

Phoenix Revitalization Corporation
info@phxrevitalization.org
Office: (602) 253-6895



Other projects of the CAT:
Neighborhood Clean Ups
Community Connection Fair
G.A.I.N.

PARA NUESTRA JUVENTUD (FOR OUR CHILDREN)

VALLEY CAR CLUBS TEAM UP TO HELP OUR YOUTH

Many children are involved in music and folklorico dance groups. They perform at community events and car shows, most times for free. Their instruments and outfits can be very costly, creating a hardship for parents. All proceeds from this event will be donated to the children who are part of these groups. This fundraiser effort will help to motivate them in a positive way, so that they can continue promoting our culture.

DJ's La Voz De Aztlan
And Grandson JJ



BENEFIT DANCE FOR THE CHILDREN

American Legion Hall Post 41,
715 South Second Ave., Phoenix
Friday June 12, 6 to 12 pm

Admission: \$10.00 donation



Desert View Elementary School

Phoenix Revitalization Corporation was happy to support the Desert View Elementary Jr. Good Neighbor Program in partnership with the City of Phoenix Neighborhood Services for a neighborhood cleanup by students. What a great contribution by the youth of our city.



New Recreation Coordinator at Vernell Coleman Youth Center



Betsabe Aguilera, better known as **Bexxy**, is a native of Arizona. She grew-up in the East Side of Phoenix at the Duppa Villa Projects and attended Edison Elementary School, Phoenix Preparatory Academy and North High School. Bexxy, an American Dreamer, was involved with City of Phoenix youth programs, and as a teenager was in Teen Council. At the age of fourteen, she got involved with the Drug Elimination Program. She says that this is where her success story began. She became an intern, and a year later, at the age of fifteen, was hired as a Recreation Aide with the Parks and Recreation Department, where she has worked her way up to Recreation Leader.

In 2006, Bexxy graduated from Phoenix College, and in 2009 received her Bachelor's Degree in Recreation and Tourism Management with a certificate in Special Events from Arizona State University. By 2008, Bexxy was still with the city, as an aide, hoping things would get better. After seven years of the city not hiring for the Parks and Recreation Department, Bexxy finally heard the good news, "How would you like to be the Recreation Coordinator II at Vernell Coleman Youth Center?"

Bexxy is grateful to all the people that mentored and guided her in the right direction. The first and only one in her family to graduate from college, she is now giving back to the community that didn't give up on her. Bexxy now mentors youth and teaches them that "yes you can" achieve anything in life and that dreams do come true.



NATIONAL SUNGLASS DAY

FRIDAY, JUNE 27TH

TO CELEBRATE, THE Y WILL HAVE A SUNGLASS GIVEAWAY

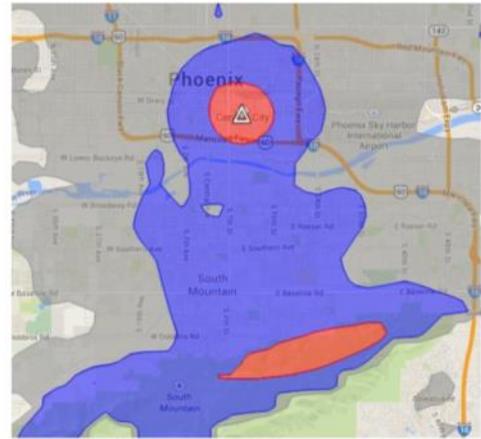
Come visit your neighborhood Whataburger at **19th Ave. and Durango** on Saturday, June 27th and celebrate National Sunglasses Day with us! We will have free giveaways, games, Root Beer shake sampling and an appearance by our cool Super Hero, Whataguy. (Core events from 10 a.m. – 12 p.m. While supplies last.)

- ◆ **Giveaway Sunglasses**
- ◆ **Whataguy appearance**
- ◆ **Root Beer Shake sampling**
- ◆ **Whataburger game** (cornhole) **and raffle prizes** (beach towels, beach balls, coupons)

Who we are

102.9 is a low-power FM radio station that will transmit in the Central and South Phoenix area starting October of this year. In 2013, the government opened the airwaves for the first time in nearly two decades giving us the opportunity to shift, change, and challenge radio as we know it.

Over 90% of media in the US is owned by 6 major corporations and they are not talking to Phoenix. Now, with 102.9 FM, we have the opportunity to shift, change, and challenge radio as we know it. We have a chance to showcase the voices of our own artists and musicians, our grassroots organizers, our elders, our parents, our children – the voices that challenge and inspire us.



Map of Projected Transmission Area

Our mission is to create and sustain a radio platform to be used by the people. We will share the how-tos of radio so that our listeners can become programmers, producers, and active members of the station. There are no better people to share the stories, knowledge, music, and culture of Phoenix than Phoenixians themselves.

How you can be part of this

We see radio as a tool, and that tool should be in your hands. This is how you can get involved in 102.9 FM:

Make a contribution: Help us reach our goal of building a community radio station by donating to the project. Make a direct contribution online! 1029phx.com/donate

Jump in: Your time, creativity and skills are the most valuable parts of this project. No matter your interests or skills, there is a place and a need for you! Join one of our teams by emailing 102.9phx@gmail.com

- **ENGAGEMENT:** Spread the word about 102.9 FM and reach out to listeners, volunteers, musicians, and more!
- **PRODUCTION:** Create innovative ideas for audio content and trainings, and set standards for future programming!
- **FUNDRAISING/FINANCE:** Physically build this station, from raising the funds to getting equipment!
- **COMPLIANCE:** Provide legal counsel to ensure that the work we are doing remains legitimate and compliant with local, statewide, and federal laws!

Healthy Neighborhoods

Staying Safe in the Summer: Preventing Heat Illness at Work

By Katelyn Parady, Volunteer Writer
katelyn.parady@asu.edu

Every summer, workers die, get sick, or get injured because they are working in the heat. Let's make sure this doesn't happen to anyone in Central City South by sharing this information from the U.S. Occupational Safety & Health Administration (OSHA).

Who's at Risk?

You are more vulnerable to heat illness if you haven't recently been working in the heat, or if you had heat-related symptoms the day before.

Being overweight, pregnant, diabetic, or having problems with your heart or kidneys also puts you at risk. Follow the steps below, and if you can, talk to a doctor about your work and additional steps to stay safe.

How Can I Protect Myself and Others?

Take these steps and encourage others to do the same.

- 1. Drink Water.** Don't wait until you are thirsty to gulp tons of it down. Instead, drink small amounts of water every 15 minutes. Stay hydrated even when you aren't working.
- 2. Rest.** Even five minutes of rest can help your body cool itself.
- 3. Find Shade.** Find any shade you can, and rest there whenever possible.
- 4. Wear light-colored cotton clothing and hats.** Some people think dark clothing keeps them cool. But research shows light-colored, lightweight, cotton clothes is best. If you have to wear heavy personal protective equipment, rest more often.
- 5. Take it slow.** Your body has to adjust to working in the heat. In the first days of summer or your first days on the job, take it slow.
- 6. Be prepared for an emergency.** Know the signs of heat illness below and make sure you can give directions to your worksite in case of an emergency.

What Are The Signs of Trouble?

Heat kills fast. These symptoms mean your body is getting too hot. Drink water, rest in the shade, and cool off.

- Headaches or dizziness
- Weakness or irritability
- Thirst or cramps. (If you have cramps, try to take a little food with water or drink a sports drink.)
- Nausea or a fast heartbeat

Get medical help fast if someone is feeling faint or confused; is convulsing; is throwing up; has a throbbing headache; or has a high body temperature and red, dry skin. Don't wait. Move them to the shade, and loosen their clothing. Unless they are vomiting, give them water little by little. Use wet clothes to cool them off.

You have a right to a safe workplace. If you have questions or concerns about safety at your job, call OSHA at 1-800-321-OSHA (6742). The call is confidential.

References

NIOSH (National Institute for Occupational Safety and Health). 2010. Fast Facts: Protecting Yourself From Heat Stress. <http://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf>.
OSHA (U.S. Occupational Safety & Health Administration). "Water. Rest. Shade. The Work Can't Get Done Without Them." OSHA Heat Illness Prevention Training Guide. https://www.osha.gov/SLTC/heatillness/osha_heattraining_guide_0411.pdf.
Find more online educational resources in both Spanish and English at <https://www.osha.gov/SLTC/heatillness/edresources.html>.



EVERY HERO HAS A STORY

PLAY THE SUMMER READING GAME
JUNE 1 - AUGUST 1, 2015

Read 20 minutes a day for a chance to win weekly drawing prizes!

Log your reading, play games, earn points & collect digital badges at maricopacountyreads.org

Reach 500 points & pick a free book—yours to keep!

For more summer fun or to find a library near you, visit phoenixpubliclibrary.org or call 602-262-4636 (TTY 602-254-8205).

Supported by  READS

With additional support from  SEASON FOR SHARING

Yours to Explore  **PhoenixPublicLibrary**
www.phxlib.org

UMOM

Helping Hands Café Training Program

UMOM Helpings Cafe will be onsite at the Goodwill Career Center located at The Salvation Army 2702 E Washington St Phoenix, AZ 85034 on Tuesday June 2, 2015 from 10:00 AM to 12:00 PM.

UMOM will be providing information on the job training programs offered at UMOM New Day Centers.

Food Service Training Program

Nine week program to prepare you to work in the food industry as dishwashers, line cooks and prep cooks.

Program participants will receive:

- Uniforms
- Food handler's card
- Certificate of Completion
- Resume showcasing new skills!

Barista Training Program

Six week program to prepare you to work in cafes and coffee shops as a barista with customer service and money handling skills.

Program participants will receive:

- Uniforms
- Food handler's card
- Certificate of Completion
- Resume showcasing new skills!

For more information, please contact (602) 535-4444




Silent Witness is a Metro Phoenix program designed to provide you with an anonymous means of providing police with information on non-drug felony crimes you have witnessed or may have knowledge of. If you provide information that leads to the arrest of a criminal or outstanding fugitive, you may be eligible for a cash reward of up to \$1000.00. Note that some unsolved crimes have reward amounts greater than \$1000.00, paid for by friends, family, or victim reward funds.

To be eligible for cash rewards of up to \$1000.00, you must call to obtain a secret code!



Food That's In When School Is Out

☺ Free Summer Meals

Available to all kids and teens 18 and under

*Children must consume food on site

☺ Comidas de Verano Gratis

Disponible para todos los niños de 18 años y menos

*Los niños deben consumir la comida en el sitio

☺ Location: Grant Park Recreational Center
701 South 3rd Avenue

☺ Dates: Starting Tuesday May 26th, 2015

☺ Meals: Breakfast and Lunch ☺ Times: Breakfast 10:30am- 1:30pm
Lunch 2:30pm- 5:30pm

To find information about other sites in Arizona, call 602-542-8700

Or go to www.azsummerfood.gov

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.

READY TO LIVE ON YOUR OWN?

Zion Living
1618 E. Wood Street
Phoenix, Arizona 85040



Amenities

- fully furnished private rooms- TV/DVD/VCR, full or king-sized beds
- paid utilities, including internet
- one block away from public transportation
- plus other shared amenities

Available for \$125-\$150/week, with \$100 deposit

Other Services and Resources Available

- Job search assistance
- Education planning
- Cooking classes
- Budgeting classes
- Mentoring/Life coaching
- Business development classes

CALL TODAY FOR A TOUR
602-276-1951

Diner 50



Hands Down the Best Breakfast in Town!!!

Diner50 is a totally cool 50's Retro Restaurant. You will love everything about us. The friendly service, music, antiques and overall, THE FOOD! We run a daily breakfast special of 2.99 with fresh eggs, hash browns or home fries and warm buttered toast.

The Charlen Café / Diner 50

1002 South 19th Ave. - Phoenix, AZ 85009
(602) 262-9916



Mondays - Fridays: 6:30AM - 3:00PM
Saturdays: 7:00AM - 2:00PM
Sundays: Closed

Meeting Room Space Available for Breakfast

Harmon Library

1325 South 5th Avenue - Phoenix, AZ 85003

June 2015 - July 2015 - All Programs Free! Summer Reading Program!

Every Hero Has a Story/ Cada Héroe Tiene una Historia
June 1 – August 1, 2015. Sign up today at maricopacountyreads.org

CHILDREN:

Kids Café (18 & under)

Tue, Weds, Thurs @ 11:30 am & 4:30 pm

Fri, Sat @ 11:00 am & 3:00 pm

This program from St. Mary's Food Bank serves afterschool meals to children 18 and under and is funded through the USDA Food and Nutrition Service.

Kids Café (menores de 18 años)

ma, mi, ju @ 11:30 am & 4:30 pm

vie, sáb @ 11:00 am & 3pm

Un programa de St. Mary's Food Bank sirve comida a niños menores de 18 años. Esta fundada por USDA Food and Nutrition Service.

Special Summer Programs: Every Tuesday at 2 PM!

¡Programas Espectacular de Verano Cada Martes a las 2!

June 2: Challenger Space Center

June 9: Reptile Adventures

June 16: Magician Richard Steele

June 23: Superhero Training

June 30: Arizona Rick: Balloon Making Cowboy

July 7: Mark Carter Science

July 14: Juggler James Reid

S.M.A.R.T. Lab

Tuesday through Saturday @ 2:00 PM

Science, Math, Art, Reading and Technology! Come and enjoy a fun activity for the whole family!

Lab Astuto

Martes a Sábado @ 2:00 PM

¡Construye, crea, diseña con nosotros! Cada día es una nueva aventura incorpora de manera divertida la ciencia, la tecnología, la ingeniería, el arte y la matemáticas.

Family Movie:

Tuesday and Wednesday @ 3:00 PM

Película para toda familia

Martes y Miércoles @ 3:00 PM

Harmon Library

1325 South 5th Avenue - Phoenix, AZ 85003

April 2015 - May 2015
All Programs Free!

**Family Storytime – Weekly (Ages birth to five with caregiver)
Tuesdays, 5:15-6:00 PM**

Children birth to five accompanied by a caregiver. Have fun sharing books, fingerplays, songs, flannel board stories, and more! Learn tips to build a foundation for reading including using interactive reading activities.

**Hora de Cuentos para Familias – 0-5 con adulto
Martes @ 5:15-6:00 PM**

Comparta libros, cuentos, canciones, rimas y música en un divertido programa interactivo que desarrolla las habilidades de alfabetización temprana. Este programa está diseñado para niños de cero a cinco años acompañados de un adulto favorito. ¿Que está aprendiendo su niño? Los niños que aman los libros y las historias, y tienen la oportunidad de participar en la narración activa, se convierten en lectores más exitosos.

TEENS: (12-17 years old)

**Teen First Friday
June 5th, July 3rd @ 2:00-4:00 PM**

Join us for this monthly event of computer gaming, crafts and more!

**Science of Sound
June 13th @ 1:00 PM**

Enjoy good vibrations in this cool hands-on workshop about sound where you can record a vinyl record and make a DIY record player. Program sponsored by Maricopa County Library District as part of Maricopa County Reads.

ADULTS:

**Adult Library Programs are only offered in English at this time.
Sorry for the inconvenience.**

**Real Life Superpowers: How to be a Superhero
Saturday, June 6th. 10:00-11:00 AM**

Krav Maga Chief Instructor Derrek Hofrichter will provide a demonstration on the history and uses of Krav Maga, a self-defense program. Build attitude, confidence and determination! Registration required and limited to the first 75 participants. Program sponsored by the Maricopa County Library District.

**Discover your Family History
Saturday, June 13th 10:00-1:00 PM, Saturday, July 11th 10:00-1:00 PM**

Need direction in researching your family background? The Black Family Genealogy & History Society is here to help. All are welcome to attend this monthly meeting where members share their research techniques, family stories, and experiences. ALL ethnicities are welcome.

The Black Family Genealogy & History Society (BFGHS) is a nonprofit organization since 1994 dedicated to researching and preserving the story of Arizona's African American heritage.



**Southwest
Prostate
Cancer
Foundation**



**Arizona
State
Urology**

FREE PROSTATE CANCER SCREENING

Arizona State Urology and Southwest Prostate Cancer Foundation are sponsoring a FREE PROSTATE CANCER SCREENING. The services provided are Prostate Specific Antigen (“PSA”) or blood test and a Digital Rectal Exam (“DRE”). Both exams are VITAL to best determine your prostate health.

LOCATION:

Arizona State Urology
6320 W. Union Hills Drive, Suite B-1600
Glendale, AZ 85308

DATE: June 13, 2015. The Day before “Provide Men with a early Father’s Day Gift”

TIME:

8:00 a.m. to Noon

Please call or e-mail to reserve an appointment. Call 602-547-3806 or e-mail at swprostatecancer@aol.com. Come and see an outstanding display of Corvettes hosted by the Fast Glass Corvette Club. Your prostate health is important to you and your family. Services will be provided by APPOINTMENT ONLY.

Over 240,000 men are diagnosed with prostate cancer each year and 35,200 of those will not survive. With early detection survival rates are over 90%!!

Fred Taylor, Executive Director
Southwest Prostate Cancer Foundation
P.O. Box 12186
Glendale, Arizona 85318
www.swprostatecancer.com

