

CENTRAL CITY SOUTH

A COMMUNITY FOR ALL AGES

UNA COMUNIDAD PARA TODAS LAS EDADES



MOVING COMMUNITIES



MOVING COMMUNITIES

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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.



MOVING COMMUNITIES

The Moving Communities Project was originally funded by St. Luke's Health Initiatives and is a collaboration between Phoenix Revitalization Corporation (PRC) and Arizona State University (ASU) College of Nursing and Health Innovation. The goal was to promote heart health across generations in Central City South (CCS).

December 2012; ASU College of Nursing and Health Innovation received a grant to continue the work initiated in the Moving Communities Project. Service providers that serve CCS and resident leaders formed the Moving Communities Coalition, which is facilitated by ASU College of Nursing and PRC. According to the Center for Disease Control, during the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. More than one-third of U.S. adults (35.7%) and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. The goal of coalition partners is to use collective impact to take on the issue of obesity, the number one health concern nationally, in Maricopa County and in Central City South.

March 2nd 2013; the Moving Communities Coalition hosted the Inaugural Family Fun Walk at the Community Connection Fair. Residents of all ages attended the one mile walk and took the first step to get moving and healthy! Thank you to everyone that attended.



El Proyecto de Comunidades en Movimiento fue financiado originalmente por St. Luke's Health Initiative y es una colaboración entre Phoenix Revitalization Corporation y Arizona State University (ASU) Colegio de Enfermería e Innovación de la Salud. La meta de Comunidades en Movimiento es promover la salud del corazón a través de las generaciones en Central City South (CCS).

En diciembre del 2012, Arizona State University Escuela de Enfermería e Innovación de Salud recibió una beca para continuar el labor iniciado por el Proyecto de Comunidades en Movimiento.

El 13 de diciembre de 2012 mediante el apoyo de ASU Colegio de Enfermería e Innovación de la Salud, los proveedores de servicios que sirven a la comunidad de CCS y líderes residentes, formaron la Coalición de Comunidades en Movimiento. Su objetivo es promover el movimiento en sus comunidades para ayudar a mejorar la salud general de las personas en esta área.

El 2 de marzo de 2013, la Coalición de Comunidades en movimiento inauguro la primera caminata anual de Diversión Familiar en la Feria Comunitaria de Conexión. Residentes de todas las edades asistieron a la caminata de una milla y dieron el primer paso para empezar a moverse y ser saludable! Gracias a todos los que asistieron.





City of Phoenix HOPE VI Emmett McLoughlin Community Training and Education Center 1150 S 7th Ave. Phoenix, AZ 85007



Raising a Reader

Raising a Reader will be starting a new series of workshops at the Emmett McLoughlin Community Training and Education Center. If you are a parent of a child between the ages of birth and five and would like to spend time with your child learning the importance of reading, this is the workshop for you. Raising A Reader will meet Monday's, 4-6pm starting on March 25. Parents will receive five children's books at the completion of the series. If you're interested in participating in the workshop call Blanca Arredondo at 602-534-1549 to reserve your spot.

Goodwill Career Services

Goodwill Career Services are now offering services at the Emmett McLoughlin Community Training and Education Center. Services include, resume development, interviewing, job searching, coaching and more! If you are looking for a job and would like to know more about the services available call 602-534-2043 or stop by. Goodwill Career Services are here to help!

English and GED Classes

English and GED Classes at the Emmett McLoughlin Community Training and Education Center (CTEC). Friendly House continue to offer Free English and GED Preparation classes Monday - Thursday during the mornings, 9am -12noon, and evenings, 6- 8 pm, at the CTEC. Please call 602-416-7219 for more information about the class and how to enroll.

Aeroterra Senior Village Grand Opening

The City of Phoenix Housing Department celebrated the grand opening of Aeroterra Senior Village at 675 N. 16th St. The new 60-unit HOPE VI apartment complex is designed to serve low-income seniors and people with disabilities. Aeroterra Senior Village is built on the former Frank Luke Addition public housing site. Aeroterra Senior Village consists of a single three-story building with a variety of amenities for residents. The community features interior corridors, accessible unit interiors, elevators, handrails, community space, an exercise and craft room, outdoor courtyard, dog run, laundry facilities, computer and training space and gated access to the community. Anyone interested in applying for a unit at Aeroterra can call the leasing office at 602-253-5010.



Father's Day Event Save the Date.

Father's Day Event will take place on Saturday, June 8, 2013 at the Vernell Coleman Recreation Center. Fathers will have the opportunity to share with their children while enjoying fun activities, food, giveaways, community resources and more. For more information about the Father's Day Event call 602-534-2043



16th Street/Van Buren Street Sanitary Sewer Rehabilitation Project

Project No. WS90500118 / Contract No. 123351

MARCH 2013

Project Information Line: (602) 288-7744

CONSTRUCTION NOTICE

The City of Phoenix Water Services Department is in the process of rehabilitating small diameter sewers throughout the city. We will be installing structural liners in the sanitary sewer lines in the areas highlighted on the map to the right.

What should I expect to see and hear?

- You will see the trucks, equipment and personnel of Achen-Gardner Engineering, SAK and Pro-Pipe, all contractors to the City, in the street and/or alleys intermittently throughout the construction period cleaning lines (several weeks in advance), installing structural liners, and reinstating service connections as part of the sewer rehabilitation work effort.
- You will be notified 72 hours, and then again 24 hours in advance, if the sewer service connection to your home or business will be temporarily restricted on a specific date and time. Restrictions include limiting: flushing toilets, running water in sinks, showers, baths, washing machines and dishwashers.
- The duration of sewer service restrictions is typically less than eight hours.
- You will be notified if the contractor needs access to a manhole or clean-out on your property in order to maintain proper operation of the City's sanitary sewer system.
- Access to residences will be maintained at all times. Only intermittent interruptions may occur.
- You may hear noise from trucks, pumps and other equipment during the hours of operation. We will do our best to minimize disruptions.

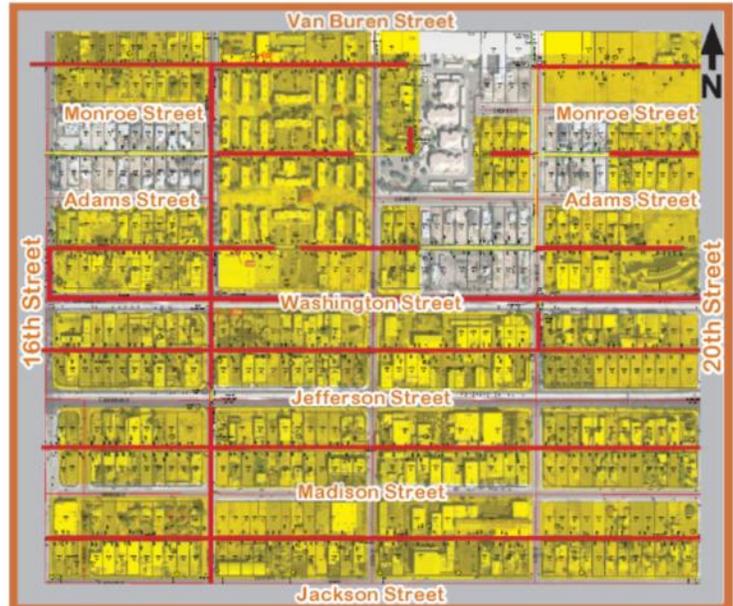


CONSTRUCTION TIME PERIOD

MARCH 25 - JUNE 21, 2013

Work will generally occur from 7 A.M. to 5 P.M. Monday through Friday.

PROJECT LOCATION MAP



KEY: Sewer Line Rehabilitation Areas

QS10-31

PROJECT PERSONNEL

Steve Fernandez
Project Manager
City of Phoenix
Water Services Department

Monty Martinez
Project Superintendent
Achen-Gardner Engineering

**Project Information line
(602) 288-7744**

Please let us know if you have any questions.

We appreciate your cooperation and patience during construction. We want you and the work crew to be safe, so please use caution when traveling through the area.

Commitment to Protecting Public Health

The Department is in the process of rehabilitating sewer mains throughout the City in order to fulfill our commitment of protecting and enhancing community health and the environment. Rehabilitation is necessary to ensure continued service and the protection of public health.

We appreciate your support and realize that this project may be of some inconvenience in the short term, but will provide long-term sewer service for you and your neighbors.

To acquire this publication in Braille, large print or audio tape contact the Water Services Department at (602) 288-7744, or (602) 534-1113 TTY.

We are committed to proactive planning for the needs of our community.

We are committed to protecting and enhancing community health and the environment with a sound, safe sewer infrastructure with sufficient capacity to meet the future needs of the City of Phoenix.

We are committed to effectively managing improvement projects and as much as possible minimize the major community disruption that can be caused by sewer line failures. Proactive maintenance and replacement programs minimize disruption and improve quality of life for Phoenix residents.

We are committed to open communication and working together with the community during construction.

Thank you in advance for your cooperation!

Free DACA Assistance

The Phoenix Office of Congressman Ed Pastor prepares and reviews Deferred Action applications

- Get the facts
- Apply for Deferred Action & Work Authorization
- Assistance is free

MORE INFORMATION:

www.pastor.house.gov and click on *Deferred Action Assistance* or phone Congressman Pastor's Office at **602-256-0551**

** Assistance available by appointment only**
Applicants are required to submit a \$465 processing fee to the "U.S. Department of Homeland Security" and 2 U.S. passport photos with their application.

Ayuda Gratis Acción Diferida

La oficina del Congresista Ed Pastor prepara y revisa Aplicaciones para Acción Diferida

- Infórmese
- Solicite protección de deportación para jóvenes y permiso para trabajar
- La ayuda es gratuita

Busca mas información en la página de Internet del Congresista Pastor: www.pastor.house.gov y oprima "Deferred Action Assistance" o llame a la oficina al **602-256-0551**.

Es necesario hacer cita para recibir ayuda
Cada aplicante tiene que mandar un pago de \$465 a "Department of Homeland Security" y 2 fotos de pasaporte con su aplicación



Congressman Pastor's Phoenix District Office
411 N. Central Ave. Suite 150, Phoenix, AZ
In the ASU Downtown Center / En el edificio de la universidad ASU



Looking for an Affordable apartment to rent?

If you are in need of an affordable apartment to rent, please visit our web-site at:

www.phxrevitalization.org

or contact Eloisa Johnson at

Phoenix Revitalization Corporation
(602) 253-6895.



We can provide you with a list of rental properties and qualification guidelines.

Affordable Housing List Disclaimer: Phoenix Revitalization Corporation is neither affiliated nor endorses any of these properties. Property owners establish their own rental guidelines, according to state and federal law, and have the right to decline your application to be a tenant if you do not meet their qualifications.

Community Action Team (CAT) Next Meeting

Join us and get connected!!

Thursday April 11th, 2013
(Spring Fling)

Thursday May 9th, 2013
(Sizzling Summer)

5:30pm – 7:00pm

**Emmett McLoughlin Community
Training and Education Center (CTEC)**
1150 S. 7th Avenue
Phoenix, AZ



Hotlines

480-WITNESS (948-6377)
or 1-800-343-TIPS (8477)

Web Tips

Submit a Tip Online

Texting Tips - Text "SILENT plus your message" to 274637 (CRIMES)

Anti-Graffiti Legislation



In March of 2011 the Anti-Graffiti Task Force was approved by the City Council. We made recommendations in each of the Neighborhood Services Department graffiti program areas: enforcement, education, and abatement. In the area of enforcement, we recommended support of legislative changes resulting in proposed legislation for 2013. Attached is a current summary of the legislation.

After meeting with legislators and various stakeholders, we decided to take some time to refine the legislation and to work towards passage next year. We want to make certain the bill will have the effect we want and with fair and enforceable consequences.

This will also allow time to work with other legislators and stakeholders, so they have an understanding of the magnitude of the graffiti problem. This outreach will include inside and outside the greater Phoenix area.

Passage of this legislation is important because:

- **Graffiti is vandalism and vandalism is a crime that decreases our property values by 15%**
- **Each year just Phoenix spends 6 million dollars working with partners SRP and APS to remove or paint over graffiti**
- **Almost 81,000 graffiti sites were removed from Phoenix neighborhoods, an increase of approximately 12,800, or 9% from the 2010-11.**
- **The police will tell you graffiti is a doorway to additional crimes**
- **We are not caring for our kids, if we do not teach them consequences for their actions**
- **Just imagine how many after school, mental health, senior programs we could have with a large portion of the 6 million dollars spent on graffiti annually**
- **The Graffiti Free Phoenix Wipe it Out day on November 3rd successfully brought businesses, schools, and residents together, but today we are not graffiti free**
- **We are painting over the problem, but not solving it; graffiti is a solvable problem**
- **Graffiti is a concern for anyone who owns property**
- **This legislation is an important step to a Graffiti Free Arizona**

SPRING 2013

CENTRAL CITY SOUTH

A COMMUNITY FOR ALL AGES

UNA COMUNIDAD PARA TODAS LAS EDADES

NEWSLETTER SURVEY RESULTS

Satisfied Readers

98%

have seen the
Central City South
Newsletter.

97%

know more about the
community resources
because of the newsletter.

86%

have told another
person about the
resources that were
seen in the newsletter.

In our residents words

"It's a good newsletter for the community."

"The newsletter is a great resource for the community in getting the word out about events and services."

"I'm very satisfied with the newsletter because it provides excellent information."





BOYS & GIRLS CLUBS
OF METROPOLITAN PHOENIX

As the end of the school year approaches, Boys & Girls Clubs of Metro Phoenix (BGCMP) is offering registration on April 13 at 12 Valley clubs for their affordable and engaging educational summer camp programs. Spots are available on a first come, first served basis.

Summer camp programs are available five days per week (hours vary by location) and are available for one-week to three-week sessions. In keeping with the BGCMP philosophy of Fun with a Purpose; Be Great, Do Good; Healthy Choices; and Academic Success, the quality summer camps include a broad range of programs including:

- **The Arts**
- **Sports and recreation**
- **Education enrichment**
- **Technology access and skill building**
- **Social recreation**
- **Fieldtrips and unique summer day camp experiences**
- **Daily nutritious breakfast and lunch, at no additional cost, with the help of the USDA Summer Food Service Program**

I. G. Homes Branch
1601 W. Sherman St.
Phoenix, AZ 85007
Phone: (602) 254-5814



Developed by the Boys & Girls Clubs of America, the research-based educational enhancement program, Project Learn, allows BGCMP to instill meaningful opportunities for children to practice basic skills throughout the summer so they can pick-up academically in the fall where they left off in the spring.

Prices, times and dates are subject to change without notification. For more information about specific summer program activities and fees, please contact the nearest Club, or visit www.bgcmp.org.

Registration begins at 9 a.m. on Saturday, April 13, and will continue until 1 p.m., or until all spots have been filled. Spots are available on a first come, first served basis. **Registration will not be accepted during the first week of the first summer session.**

Summer Schedule: May 28 - July 26 - Camp Hours: 7 a.m. to 6 p.m.
Cost: Based on income level, please contact Club for details.

Brownfields (PRC's Mother Earth Corner)



What is a brownfield? A brownfield is a plot of land that has been damaged by harmful materials or chemicals and can be too polluted to use for building or planting. Chemicals from old gas stations, dry cleaners, or old landfills can get into the soil and groundwater. Sometimes this can affect the health of people living nearby. Brownfields may still have unsafe abandoned buildings standing on them. These lands have to be cleaned up so that they are safe to use for new developments or planting. The City of Phoenix is working on fixing the brown fields they have access to, but privately-owned land may not be possible for them to fix.

Article by: Genevieve Zorc
ASU Student / Volunteer / PRC



City of Phoenix Food Tax

What is the Food Tax?

In April 2010, the Phoenix City Council implemented a temporary 2% sales tax on food purchased for home consumption, referred to as the "food tax." The tax took effect on April 1, 2010 and is set to expire in 2015. The tax was instituted in response to a \$277 million budget shortfall in 2010 caused by the bad economy to enable the City to balance its budget while avoiding significant cuts to public safety and other city services, including closing libraries and senior centers, reducing after-school programs and significantly reducing bus and light-rail services.

The food tax was projected to generate an estimated \$12.5 million in 2010 and a further \$50 million for each year of its existence after that.

What is the current situation?

In February of this year, the Mayor issued a memo to City Manager David Cavazos requesting that Cavazos, as a part of his regular budget process, examine the likely effects on the City of repealing the food tax in April of 2013. Mayor Stanton also requested full engagement of the public in a fully transparent budget process. The City Manager has not yet responded to that memo, and is calculating the likely impact of repeal on public safety and other city services.

What happens next?

Once the City Manager responds with details of the impact of repealing the tax in 2013, Mayor Stanton has committed to a transparent budget process in which the public are invited and encouraged to make comment on action moving forward.

The exact impact of repeal is not yet known. Clearly, there is great support for repeal if it does not adversely affect services and safety. However, there is already talk of rising costs for the city, coupled with lower than expected receipts. If that is the case, repealing the food tax could put the city budget where it was in 2010—with the likelihood of lay-offs for police officers and firefighters, as well as cuts to other city services like parks, libraries and senior centers.

Where is the City Council on this issue?

Of those currently sitting on the City Council, members Bill Gates and Sal DiCiccio voted against original institution of the food tax. Members Michael Johnson, Thelda Williams, Tom Simplot, and Michael Nowakowski voted in support of the tax. Current councilmembers Sal DiCiccio and Jim Waring have emphatically called for repeal of the tax in April, 2013, before seeing the City Manager's report on the budget, while the other members have not yet committed to a position.

Where can I learn more?

The history of the food tax has been well followed by *The Arizona Republic*. Visit www.azcentral.com and search for "Phoenix food tax". You can also visit the City's webpage www.phoenix.gov/budget/foodtax.

Grant Park Neighborhood Association

Invites ALL Grant Park residents to join them at their monthly Block Watch meetings. Meet your neighbors, get updates on crimes and trends from the Phoenix Police Department and learn about events and activities happening in your very own neighborhood.

Tuesday April 9, 2013
Tuesday May 14, 2013
6:00PM - 7:00PM

El Portal Restaurant
117 W Grant Street
Phoenix, AZ 85003

Friday Fish Fry
Every Friday 11AM - 2PM

American Legion Post 41
715 S. 2nd Ave.
Phoenix, AZ, 85003



FACT SHEET

Maricopa County Community Health Improvement Plan 2012-2017

HISTORY

In 2011, a [Community Health Assessment \(CHA\)](#) was conducted to determine public health priorities for Maricopa County. This comprehensive 18-month process and data analysis involved more than 1,000 residents, health professionals, and community partners. Five public health issues rose to the top as the most critical: Obesity; Diabetes; Lung Cancer; Cardiovascular Disease; and Access to Health Care. The Community Health Improvement Plan (CHIP) is the community-wide action plan for addressing these priority health issues in Maricopa County over the next five years.

PURPOSE

The CHIP identifies areas where we can have the largest impact on improving the quality of life for all Maricopa County residents, particularly the most vulnerable in our community, by reducing preventable illness and death. The CHIP will be updated annually and revised every five years based on a community health needs assessment.

The CHIP is a community-driven action plan to impact **real-time, critical health issues** that are affecting the people we live with, work with, learn with, and care for everyday.

VISION

Empowered communities working together to reach optimal health and quality of life for all.

VALUES

- ❖ **Diversity** – Understanding, respecting, celebrating, and welcoming all people regardless of ethnicity, income, gender, age, heritage, or lifestyle
- ❖ **Health Equity** – Optimizing health conditions for all groups, especially for those who have experienced socioeconomic disadvantages or historical injustices
- ❖ **Collaboration** – Networked communities working together with mutual respect and cooperation
- ❖ **Access** – Providing quality, comprehensive healthcare, and community services that are navigable, accessible, and affordable to all community members
- ❖ **Education** – Providing tools, encouragement, and knowledge to all people so that they can make positive, informed decisions resulting in healthy lifestyles and positive health outcomes

PARTICIPANTS

The CHA/CHIP is guided under the leadership of Maricopa County Department of Public Health (MCDPH) as well as a broad, community-level partnership. Partners are aligned along four community sectors: *Where We Live (Community)*, *Where We Work (Worksites)*, *Where We Learn (Education)*, and *Where We Seek Care (Healthcare)*. This prevention framework follows the [Arizona Chronic Disease Strategic Plan](#) and [National Prevention Strategy](#). For more information, visit the [MCDPH Office of Performance of Improvement online](#) or contact Strategic Initiatives Coordinator Jennifer Winkler at JenniferWinkler@mail.maricopa.gov or 602.372.0456.





Now enrolling for kindergarten and first grade for the 2013-2014 school year!

Key Information

- Daily Schedule - 7:40 am to 4:00 pm
- Enrolling Kindergarten and First Grade in 2013-2014 school year
- Only 18 students per class
- Total Number of Students = 126

Vista College Prep Highlights

- 100% Free! (no tuition)
- Rigorous College-Prep Curriculum
- Longer School Day & Longer School Year
- Strong Partnership with Families
- Free Uniforms

To learn more about [Vista College Prep](#), or to enroll your child, please contact:

Julia Meyerson, Executive Director
 602-625-7893 or jmeyerson@vistacollegeprep.org

ALL FREE!!

Mark your calendar for the **28th Annual**

Special Day

for

Special Kids!



TRAIN & CAROUSEL RIDES



CLOWNS, FACE PAINTING, PETTING ZOO

LOTS OF FOOD & ICE CREAM!

CARNIVAL GAMES & BOOTHS



Sponsored by:

Scottsdale Sunrise Rotary Club
 Phoenix El Puente Rotary
 Scottsdale Unified School District Service Learning
 Raising Special Kids

Saturday, March 23, 2013

10am-2pm



Directions:

McCormick-Stillman Railroad Park is located at the Southeast corner of Scottsdale Road and Indian Bend Road, 1.7 miles West of the 101 Loop, exit Indian Bend. Our address is 7301 E. Indian Bend Road, Scottsdale, AZ 85250

McCormick-Stillman Railroad Park, Scottsdale

Register on the day of the event!
 Questions? Contact David Lewis (480)451-9500 or (En Espanol) call (602)242-4366
www.SpecialDayforSpecialKids.org

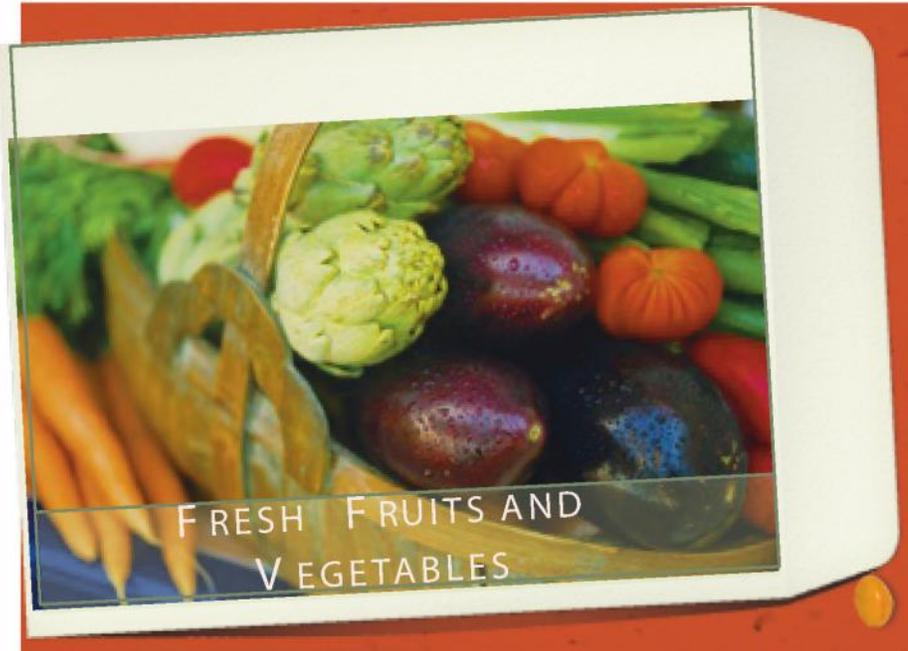
Direcciones:

McCormick-Stillman Railroad Park esta en la esquina sur este de Scottsdale Road y Indian Bend Road, 1.7 milas al oeste de la autopista 101 Loop, salida Indian Bend Road. La Direccion es 7301 E. Indian Bend Road, Scottsdale, AZ 85250



MARKET ON THE MOVE

“MOM” IS COMING TO
Central City South Phoenix



Join the United Way FireStar Project in welcoming
“MOM” to Central City South

First come -- First serve

MOM will bring an 18 wheel semi-truck to Friendly House on the second Saturday of each month loaded with fresh fruits and vegetables for the Central City South community.

Everyone is welcome...
including churches and local organizations.



60 lbs of fresh fruits and vegetables cost \$10.00.

(You are welcome to split the cost with friends and family or take 30 lbs of fresh fruits and vegetables for \$5.00).

The semi-truck will be in the parking lot of:

Friendly House
802 South 1st Avenue
Phoenix, Arizona 85003

Delivery Schedule

8 AM - 12 Noon



Saturday, April 27, 2013

Saturday, May 25, 2013

Saturday, June 22, 2013

For information please call:

602.432.2942



Valley of the Sun
United Way



Seniors Opportunities West Community Garden



We finally have a garden at Senior Opportunities West (S.O.W.) Senior Center. It was a true collaboration of efforts between Phoenix Revitalization Corporation, S.O.W. staff and volunteers, and City of Phoenix Human Service Department's Steve MacFarlane to replace the deteriorated handicapped accessible garden beds, repair the in ground garden bed and install an upgraded irrigation system.



Now there's excitement every day at the center. Seniors water and watch the seedlings and plants grow every day! Seniors benefit from the garden, it improves the quality life, is great exercise and stimulates social interaction. Recently Deer Valley Senior Center donated a bench to S.O.W., the garden is now a great place to escape from the noise and commotion of everyday life.

Supported By:



RED DEVIL

Italian Restaurants & Pizzerias

LUNCH • DINNER
DINE-IN • TAKE-OUT • CATERING

For Locations, Menus, and Info
www.reddevilrestaurant.com
602-225-9327
3102 East McDowell Rd Phoenix, AZ 85008

PRC would like to thank Red Devil Restaurant for their support to the Central City South Community



veterans upward bound

"The Veterans Upward Bound program motivated me to go back to school and move forward in my education. I will attend ASU in the fall - taking the English and math courses has really prepared me. This was only possible through Veterans Upward Bound."

Don Willoughby (Airforce)
 Sophomore - Political Science
 Whiteriver AZ

Veterans Upward Bound will help you prepare for the school of your choice.

In Person

Irish Hall A, Room 121
 1250 S. College Avenue
 Tempe, AZ 85287-1912

Phone:
 480.965.3944

Email:
 vub@asu.edu



Join the conversation
 facebook.com/arizonastateuniversity

This brochure is available in alternative formats upon request.

vub.asu.edu



free academic services for veterans

Air Force | Army | Coast Guard | National Guard | Navy | Marines

You served your country proudly. Now it's time to honor yourself with the tools for a successful career. Veterans Upward Bound (VUB) is a free educational program that prepares veterans to transition to college and improve English, math and computer literacy skills.

Enroll in Veterans Upward Bound and get one-on-one instruction and tutoring, assistance with financial aid and scholarship applications, and referral to Veterans Administration information as needed.

Eligibility Requirements

- To be eligible for the program, veterans:
- must have low-income
 - and/or are a first-generation student (neither parent received a four-year college degree)
 - Served on active duty for more than 180 consecutive days
 - Served for more than 30 consecutive days (federal reservists)
 - Called to active duty on or after Sept. 11, 2001(federal reservists)
 - discharge status is anything other than dishonorable

Core academic areas:

- English**
- Reading
 - Literacy
 - Composition
 - Grammar
- Math**
- Basic math through pre-calculus
- Computer Literacy**
- Open computer lab
 - Microsoft Word
 - Excel
 - PowerPoint

Program Benefits

- small class sizes
- day and evening course options
- open-entry classes (start and end when you want)
- GED preparation available
- non-graded courses
- college/university admissions preparation (school of choice)



**7TH AVE FAMILY
HEALTHCARE CENTER
1205 S. 7TH AVE.
PHOENIX, AZ. 85007
(602) 344 – 6600**

**EVERY 4TH FRIDAY
CADA 4TO VIERNES DE CADA MES
APRIL / ABRIL 26, 2013
MAY / MAYO 31, 2013
2:00pm – 4:00pm**

*** FREE * FREE * FREE ***

**BLOOD PRESSURE CHECK
CHEQUEO DE PRESION**

**BLOOD SUGAR CHECK
CHEQUEO DE AZUCAR
EN LA SANGRE**



**CHOLESTEROL CHECK
CHEQUEO DE
CHOLESTEROL**

**BODY FAT ANALYSIS
ANALISIS DE MASA
CORPORAL**



Body Fat Rating	Men*	Women*
Risky (high body fat)	>30%	>40%
Excess Fat	21-30%	31-40%
Moderately Lean	13-20%	23-30%
Lean	9-12%	19-22%
Ultra Lean	5-8%	15-18%
Risky (low body fat)	<5%	<15%

*** Gratis * Gratis * Gratis ***

Metro Valley Youth Football League



**Currently registering players for
Spring 2013 Flag Season!**

**Ages 5-14
Boys and Girls**

**All games will be played at ASU
Preparatory Academy located at:
735 E. Fillmore Street, Phoenix, AZ
85006**

Fee: \$75

**(fee includes reversible NFL Flag jersey,
mouthguard, shorts, and flags)**

First Game: April 20th, 2013

For more information contact us at: metrovalleyfootball@gmail.com or call 602-321-5133

Visit our website: www.mvflphoenix.com

Find us on Facebook: <https://www.facebook.com/pages/Metro-Valley-Football-League/213466832040496>

Caregiver Health and Wellness Project



The Caregiver Health and Wellness Project at ASU is enrolling caregivers with diabetes, high blood pressure, or obesity to learn how they manage their own health and care-giving duties through a one-on-one in home interview. Information gathered is to improve the quality of care-giving and health education programs. Please call: 602 496-2291.

Are you:

- Caucasian or Latino/a?
- Overweight or have Type II Diabetes or High Blood pressure?
- Taking care of a relative who has memory problems?

If you answered yes to all three questions and are willing to share your experiences, the Caregiver Health and Wellness Project at Arizona State University campus requests your participation.

How does caregiving impact self-management of health conditions in Caucasian and Latino caregivers?

Through your participation, our project hopes to:

- Learn more about caregiving experiences and how to help caregivers balance their health conditions and caregiving duties.
- Learn about how caregivers manage day-to-day life.
- Learn about your health, activities, and attitudes/opinions about balancing health conditions and caregiving duties.

For more information, please call:

**Caregiver Health
and Wellness Project
602-496-1239**

Para información en español, favor de llamar a María Torrez al: 602-496-1243



Local Florist Announces Expansion

Arizona Family Florist, the parent company of 1-800-Flowers Phoenix, is announcing a large expansion plan into the two adjacent storefronts next to their existing retail floral shop at 2050 S. 16th St., Phoenix (corner of 16th St & I-17)

Arizona Family Florist is a locally owned and operated florist, in addition to being a 1-800-Flowers.com franchisee. Said owner, Cheryl Denham, "We are so excited to be expanding our business footprint into the local community here in the downtown area. We have been at our location since 2010 and really feel a connection with this area."

The new business will be modeled after an open air marketplace, with the anchor business being a wholesale flower market open to the public. The space will include an indoor greenhouse to accommodate a large selection of live flowers and plants. Fruit and gift baskets will be sold, along with unique specialty gift items. The business expansion will also house the upscale, yet affordable, bridal florist boutique called LUX Wedding Florist. The luxurious salon will cater to brides-to-be as they attend a personal, private consultation with expert event planners and floral designers. These business additions will increase the already impressive 13,000 square foot retail shop and design warehouse to a total of over 35,000 square feet when the expansion is complete.

Co-owner, Brad Denham said the interior construction will begin this Spring and the launch of the new outlets will follow in the Fall. "This has been a dream of ours, to introduce a family of businesses in an area that is in need of additional retail options for the surrounding residents."

More details will come in future updates as the plans take shape.

**For more information, please contact
Eileen Watters @ 602-507-4200.**

Harmon Library

1325 South 5th Ave.

April - May 2013 Summer Reading Program 2013 – For ALL Ages! Begins on Thursday, May 30

CHILDREN (Birth to 12)

Family Storytime – Weekly (Ages birth to five with caregiver)

Tuesdays, 6:00-6:45pm

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.

Afterschool Special – 1st Wednesday of the Month (For Ages 8-11)

Wednesday, April 3 4:00-5:30pm Paper Craft Jubilee

Wednesday, May 1 4:00-5:30pm Mother's Day Corsage

Come have fun with crafts, entertainment, circle time and more!

TEENS (Ages 12-18)

Teen Summer Volunteers - Applications Available Starting April 1

Pick up your application to be a Teen Summer Volunteer. Do you need service hours for school? Use your computer skills to help children and adults sign-up for summer reading.

Club Harmon – 3rd Wednesday of the Month

Wednesday, April 17 Wednesday, May 15 4:00-6:00pm

Play Wii, Guitar Hero, or watch a movie. Snacks!

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

Harmon Library

Abril – Mayo, 2013

Programa de lectura 2013 – ¡Para TODAS EDADES! Empieza jueves, el 30 de mayo

NIÑOS (Recién nacidos a 12 años)

Hora de cuentos para familias– semanal (para niños hasta 5 años)

Los martes, 6:00-6:45pm

Programa presentado para niños recién nacidos hasta 5 años acompañados por una persona mayor. Diviértanse con sus niños por medio de actividades, lecturas, canciones, juegos de dedos, cuentos

relatados con pizarra de fieltro, y más. Aprendan pistas para crear una base para la lectura, incluso actividades interactivas de lectura.

Tarde Especial Después de la Escuela: El primer miércoles del mes (para niños de 8-11 años)

Miércoles, el 3 de abril 4:00-5:30pm Creaciones con papel

Miércoles, el 1 de mayo 4:00-5:30pm Flores para el Día de las Madres

Diviértate con crear manualidades, asistir a programas especiales interactivas, y compartir actividades con amigos en la biblioteca.

ADOLESCENTES (De 12-18 años)

Jóvenes Voluntarios Para el Verano – Aplicaciones disponibles empezando el primero de abril

¿Necesitas horas de servicio en la comunidad para tu escuela? Recoje tu aplicación para servir de Voluntario para el Verano. Usa tus habilidades con computadoras para ayudar a niños y adultos a registrarse en el programa de lectura del verano.

Club Harmon - El tercer miércoles del mes

Miércoles, el 17 de abril Miércoles, el 15 de mayo 4:00-6:00pm

Juega Wii, Guitar Hero, o mira una película.

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



M O T H E R ' S D A Y

OLDIES DANCE

A benefit to sponsor the American Legion Bingo

Saturday May 11, 2013 7PM - 11PM

21 & Over - Cash Bar Only - Door Prizes

\$15 SINGLE / \$25 COUPLE
INCLUDES ADMISSION - DINNER PLATE (7PM-9PM)

Music by **DJ Tranzo**



American Legion Post 1 - 364 North 7th Avenue - Phoenix, Arizona 85007

for tickets or info call Elsa (623) 205-9487 post1phoenixbingo@aol.com



BINGO!

Fridays - 7:00PM

Doors open at 5:00PM

Sundays - 1:00PM

Doors open at 11:00AM

- Admission Pack \$14
- Additional Pack \$5
- Game Specials
- Money Ball
- New player receives a FREE Dauber

Coverall \$1,000

(BINGO in 51 numbers or less)

Consolation \$500

American Legion Post 1 - 364 North 7th Avenue

Phoenix, AZ 85007 - (602) 253-8431

post1phoenixbingo@aol.com



Join our email list to get new newsletter issues, announcements, invitations and more.

www.phxrevitalization.org