Barrel District Network News

Vice Mayor Yvonne Knaack - Glendale, Arizona **June 14, 2013**

Adopt-a-Street Sign Installation Event. On June 7 Glendale Mayor Jerry Weiers and the Luke Air Force Base 308 Fighter Squadron "Emerald Knights" gathered for an Adopt-a-Street sign installation ceremony near the base. The Emerald Knights adopted 2 miles of road located along Glendale Avenue from Dysart to Litchfield and Litchfield Road from Glendale to Northern Avenue. A big THANKS to these dedicated volunteers who clean up their Adopt-a-Street areas once-a-month.

The city of Glendale Adopt-A-Street program is designed to provide volunteer groups with an opportunity to help keep City of Glendale streets clean. Volunteer groups typically consist of 10 or more individuals who clean up a 1-mile stretch. Volunteers must be 14 years of age or older to participate in the program. For more information or if your group would like to participate in the program, contact the Neighborhood & Human Services Department at 623-930-2868.

Operation: Safe Summer Highlights Keeping Kids Safe During Summer Vacation. "School's out for summer!" has been exclaimed by many Valley children recently, but many parents aren't as excited as their children about the long summer months. Keeping children entertained and occupied, as well as keeping them safe are top priorities once the school year is over. Some children will be staying home alone during the day and many will be out on neighborhood streets riding their bikes or skateboards and spending more time on the playground.

Glendale wants to remind residents that the city departments offer resources and programs to help make their jobs easier. One program offers a reasonable way to find activities for your child, providing them a safe and fun option with Glendale's summer programs, either licensed day-care or free drop-in options. Click here for information or to register.

Here are additional tips for families on keeping kids safe this summer, whether they are home by themselves, out on the playground, riding their bikes, and more:

If your children will need to cook, have them use the microwave and go over the steps for using it, being mindful of microwave burns. They should use potholders to remove food, remove lids carefully to prevent steam burns and test food temperature before eating.

Review your family's emergency plans and make sure your children know what to do if the smoke alarm or carbon monoxide detector goes off. Practice two escape routes from each room.

Bicycle/Skateboard/Scooter safety – make sure your children are wearing a helmet, no exceptions! Need to know how to fit your child's helmet properly? Click here

With lots of free time, kids will have many opportunities to surf the web, but there are internet predators out there. Parents can help reduce these risks by talking to kids about making safe, responsible decisions, and monitoring the sites kids are visiting; also make sure you 'friend' or 'follow' your child on social networking sites so you can check who they are talking to and what they are posting. Get more info click here.

For more information on the city's Operation: Safe Summer campaign, click here.

Family Swim Night Brings Cool Water and Fun to Families. The Foothills Family Swim Night will cool attendees and provide a wide array of water activities for attendees from 5:30 to 7:30 p.m., Saturday, June 22 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

The Foothills Aquatics Center is a mini-water park with a fast slide and a curvy slide, a lazy river, a water playground, diving pool, deep pool and concessions stand.

The entrance fee is $4 per person for Glendale residents and $6 per person for non-residents and includes a hot dog and lemonade for each person. Ice chests, swim toys and floatation devices are not allowed at the center. This event fills quickly, so show up early.

For more information about the event, call 623-930-4610. For more information about the Foothills Recreation & Aquatics Center, click here.

July 2013 Event/Activity Listings. The following events are offered from the city of Glendale Parks, Recreation and Library Services in July. The programs are free unless otherwise stated.

2013 Summer Reading Program: Through Saturday, July 27, at the three Glendale libraries

Register for a Summer Reading Program and earn fabulous incentive prizes just for reading! Click here to check your local Glendale Public Library branch to register online. Participants can now track their reading progress online. For more information, call 623-930-3530.

Stars and Stripes - A Patriotic Celebration!: 10:30 a.m. - 12:30 p.m , Wednesday, July 3 at the Glendale Adult Center, 5970 W. Brown St.

Enjoy a patriotic show presented by accordion player Dale Matthies. You'll only see one person on stage, but your ears will hear an entire band. Bring your best voice to sing a few patriotic melodies. Enjoy a giant beef hot dog with all the trimmings. Door prizes provided by CAREMORE. Tickets are $6 for center members, $8 for non-members, and must be purchased in advance. For information, call 623-930-4321.

Cooking for Diabetics Workshop: 12 to 3 p.m., Sunday, July 21 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

This class teaches you how to plan, shop and prepare one of the world's healthiest diets. If you are a diabetic, if diabetes runs in your family or if you are a "serial dieter," this class is perfect for you. Master a few basic cooking skills, learn a few tricks of the trade and start to enjoy cooking in your own kitchen. A $15 supply fee will be collected at the class. The class registration is $60 (non-resident $72). Preregistration required. For more information, call 623-930-4613. To register, call 623-930-2820.

Basic Estate Planning – An Introduction Workshop: 6:30 to 8:30 p.m., Tuesday, July 23 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Establish or refine your financial and estate planning goals. Learn to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney; how to protect your assets and more. This class is open to ages 18 and older and is taught by a certified CPA, CFP and PFS. Workshop is $20 per person/couple (non-resident $24). Preregistration required. For more information, call 623-930-4613. To register, call 623-930-2820.

Afternoon Delight: 1 p.m., Wednesday, July 31 at the Glendale Adult Center, 5970 W. Brown St.

Afternoon Delight is a monthly entertainment program for adults, which includes a dessert. This month's entertainment is a variety show by members of the center. This free program is sponsored by CareMore. For more information, call 623-930-4321.

From the Heart Program. Eighteen local non-profit agencies received $144,490 in grants Thursday (June 6) from Glendale's *From The Heart* program to provide emergency and other essential services to the city's most vulnerable children, families and elderly residents.

The grant funds will be used in a variety of ways, from providing home-delivered meals and home medical equipment to the frail and elderly, to providing emergency programs for victims of domestic violence and abuse.

The money distributed to the social services agencies was raised through the city's *From The Heart* program, which enables residents and businesses to add $1 to their city utility bills each month. The program also receives one-time donations.

In addition, the Gila River Indian Community donated $75,000 towards this year's grant funding. This is the third year the Gila River Indian Community has donated money to the program totaling $225,000 over the course of the partnership.

Individuals or businesses that want to contribute to the program can mail a check or money order payable to "*From The Heart"* in any dollar amount to: From The Heart, Customer Service Office, City of Glendale, 5850 W Glendale Ave. Glendale, AZ 85301. All donations are tax deductible. For more information, click here.

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