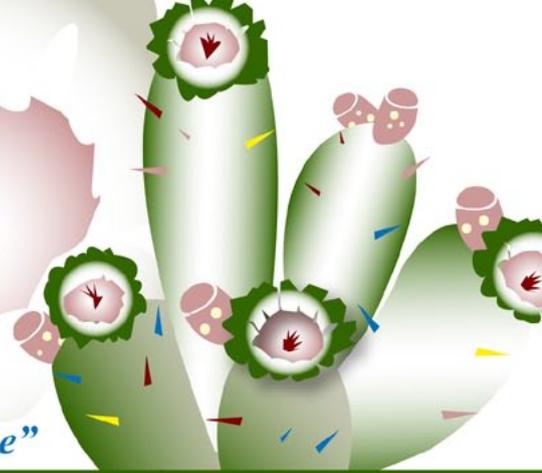




Cactus Chronicle

*“Glendale –
Proud to be the home of Luke Air Force Base”*



Councilmember Phil Lieberman, Glendale Arizona

September 14, 2012



In Honor of September 11

Video of Glendale's September 11 Memorial Ceremony is online at <http://youtu.be/azvDwPGQScY>

Hispanic Heritage Month. The Glendale City Council has proclaimed September 15 through October 15 as Hispanic Heritage Month.

Hispanic culture is a vital part of the state as well as the city of Glendale. The Hispanic community was instrumental in Glendale's early development and cultural diversity, from the first Hispanics who arrived in the early 1890s to help build the Arizona Canal to their descendants who continue to contribute to the city's quality of life today.

National Hispanic Heritage Week was established by Congress in 1968, and it was extended to a month-long observance in 1988 to celebrate the culture and traditions of those who trace their roots to Mexico, Spain and the Spanish-speaking nations of Central America, South America and the Caribbean.

The Hispanic population in the United States is 52 million, according to the U.S. Census Bureau. This makes those of Hispanic origin the nation's largest ethnic minority, constituting nearly 17 percent of the country's total population.

September 15 through October 15 coincides with the anniversary of independence for many Latin American countries, including Chile, Costa Rica, El Salvador, Guatemala, Honduras, Mexico and Nicaragua.

Safely Dispose of Unused Medications. The Glendale Police and the Drug Enforcement Administration are providing residents an opportunity to safely and conveniently dispose of expired, unwanted or unused pharmaceutical substances and other medications. Controlled, non-controlled and over the counter substances will be accepted on Saturday, Sept. 29th from 10 a.m. to 2 p.m. at two locations.

- Fry's Food Store 4329 W. Northern Avenue (NE area parking lot)
- Fry's Marketplace 6611 W. Bell Road (East area of parking lot)

Glass containers, inhalers, intravenous solutions, injectibles and syringes **CANNOT** be accepted due to potential hazards posed by blood-borne pathogens.

For more information about this event, call 623-930-4044.

Shred Event. The Glendale Police Department will be holding a shred event at Cabela's, 9380 W. Glendale Avenue, on Wednesday, October 3rd from 2 to 6 p.m. on the north side of the parking lot. Bring up to FIVE boxes of unwanted personal paperwork for shredding on site. [Click here](#) for more information.

Running Programs for All Levels. Get off the couch and train for a 5K run or start training for a half marathon at one of Glendale's two running programs beginning in September.

Go the Distance! Half Marathon Training Group is a 17-week program that builds up to the P.F. Chang's Rock 'n' Roll Half Marathon held in January. Runners shouldn't worry about speed, but should be comfortable running 10 to 15 miles a week at about four miles an outing without stopping. Runners in this program complete training runs in the pace group they are most comfortable with. Group distance runs will be held at 7 a.m. on Saturdays or Sundays (runners choose one) beginning Sept. 22 starting from the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr. Training group fee is \$82 (non-Glendale resident is \$100) and does not include the P.F. Chang's Half Marathon entry fee.

The Couch Potato to 5K beginning running program begins Sept. 29 and will be held at 9 a.m., Saturdays for 11 weeks. During this program runners will gradually increase their endurance and fitness levels, while receiving guidance every step of the way in a fun, group setting. Each session begins with a 30-minute, running-related workshop at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., followed by a group training run. The minimum age is 8 and parent/guardian must be signed up with those under age 16. Those interested in testing their new skills may sign up for the Jingle Bell Run 5K at the Reach 11 Sports Complex on Dec. 15. Program is \$35 (non-Glendale resident \$45) and does not include the Jingle Bell Run 5K entry.

For more information on or to register for the running programs, call 623-930-4610 or visit www.glendaleaz.com/foothillscenter.

Around Town

[Click here](#) for the 2012 City Council meeting schedule. [Click here](#) for Council meeting agendas and minutes. [Click here](#) to watch a City Council meeting online.

Rock & Roll Paint-a-Thon Seeks Applicants, Volunteers. Do you own a single family home, but due to age or physical impairments are unable to get it painted? If so, the Annual Rock & Roll Paint-A-Thon program, which will be held on Saturday, Oct. 27, may be able to help. [Learn more.](#)

Sahuaro Ranch Historic Main House Museum Tour. Enjoy a trip back in time! During the tour, learn about the house built between 1891 and 1898, the history and the people who lived there. The free tours are given from 10 a.m.-2 p.m. every Thursday-Saturday and from 1-4 p.m. every Sunday in September. Groups of 10 and more should call 623-930-4201 for reservations. Historic Sahuaro Ranch Park is located at 9802 N. 59th Ave. For more information, call 623-930-4200.

The Skinny on High Cholesterol. Keeping healthy cholesterol levels in your system is essential to your body's wellbeing. Dr. Tara Storjohann, Pharm.D., CGP of Midwestern University, will explain what your cholesterol levels mean for your current and future health. Dr. Storjohann will tell you about medications used to treat high cholesterol and offer suggestions on natural ways to maintain healthy cholesterol levels in your body. Join us from 6:30-8 p.m., September 18. at Foothills Branch Library, 19055 N. 57th Ave. For more information, call 623-930-3868.

Ballet Under the Stars. Ballet Arizona brings *Ballet Under the Stars* back to Historic Sahuaro Ranch Park at 7 p.m., Sunday, Sept. 23. This free classical and contemporary performance allows all ages to enjoy a professional ballet presentation in a unique outdoor setting complete with stage, lighting, costumes and the beautiful Arizona evening weather. Attendees should bring a blanket or lawn chair.

For more information about Ballet Under the Stars or Ballet Arizona, [click here](#) or call 602-381-0184. Sahuaro Ranch Park is located at 9802 N. 59th Ave.

Getting Arizona Involved in Neighborhoods (GAIN). The Glendale Police Department believes in the power of prevention, encouraging residents, businesses, public and private institutions and faith-based organizations to work in collaboration with the police department to make our community a safer place to live and work.

G.A.I.N. Night is an annual event designed to heighten crime awareness and generate support and participation in local anti-crime efforts by uniting community members to help create safer neighborhoods.

To help neighborhoods plan their events, the police department is hosting a G.A.I.N. Kick-off event from 6-7:30 p.m., October 3 at the Residence Inn Marriott, 7350 N. Zanjero Blvd. For more information, [click here](#) or call 623-930-4030.

VIN Etching. Vin Etching will be held from 8:30-11:30 a.m., Oct. 27th at the Glendale Adult Center, 5970 W. Brown St., in the north parking lot. VIN Etching is an auto theft deterrent in which the vehicle's 17-digit vehicle identification number is permanently etched on the windows of the vehicle. The process takes approximately 10 minutes.

The vehicle owner will be required to show proof of vehicle ownership, current registration and complete a consent form provided by the police department. Some insurance companies offer a discount on premiums for vehicles with VIN etching. Please call 623-930-2554 with any questions.

Contact Councilmember Lieberman
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