# Sahuaro Weekly Update

*"Where neighbors help neighbors build community."*

**Councilmember Steve Frate, Glendale Arizona** **June 20, 2008**

**Tips to Help Overcome Seasonal Heat.** Whether you're a new resident to the Valley or a native, everyone needs to stay alert to the dangers of the high seasonal temperatures. The city of Glendale offers the following tips to stay safe from heat-related illnesses:

- Do your daily exercise early, as well as yard work and avoid being outside during the hours between 11 a.m. and 6 p.m.
- Drink plenty of water before, during and after any outside activity. Stay hydrated.
- Limit soda, caffeine and alcohol during any outside activity.
- Wear a hat and apply sunscreen to prevent sunburn.
- Never leave children or pets inside of an unattended vehicle.
- Become familiar with the symptoms of heat exhaustion, which includes nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this condition.
- Signs and symptoms of heat stroke are hot flushed skin, dizziness, nausea, cramps. Moving to unconsciousness is a much more serious condition and may require immediate medical attention.

Glendale is offering several key facilities in the event of a "Heat Warning," as declared by the National Weather Service. If the temperatures reach this level, refuge and hydration can be found at the following sites:

- O'Neil Community, 6448 W. Missouri Ave.
- Glendale Adult Center, 5970 W. Brown St.
- Foothills Library, 19055 N. 57th Ave.
- Velma Teague Library, 7010 N. 58th Ave

For more information on the city's response during a "Heat Warning," call Glendale's Emergency Management Department at (623) 872-5000. Click here and scroll to the bottom of the story for a county map of hydration stations and refuge spots.

**New Glendale Boards and Commissions Members.** Congratulations to the following Sahuaro District residents who were recently appointed to serve on advisory boards or commissions! Winifred Kultala – Arts Commission, Chris Flippen – Community Development Advisory Committee and Ben Lopez – Industrial Development Authority.

Glendale's 18 Boards and Commissions assist the City Council in making important policy decisions that impact the community in many ways. These volunteer citizen advisory groups research, study and discuss issues, then forward their recommendations to the Council. If you are interested in serving, click here to fill out an online application or view a description of each advisory board. Call (623) 930-2814 to receive the information by mail.

**Foothills Family Swim Night this Saturday.** Join us from 6:30 to 8:30 p.m. this Saturday, June 21, for Foothills Family Swim Night. Foothills Recreation & Aquatics Center will be reserved for families to enjoy the fun, games and contests. Swimming will cost just $3 per person. The center is located at 5600 W. Union Hills Drive. Parents or guardians must accompany children. For more information, call (623) 930-4600.

# Around Town

**Film/Discussion Series.** "High Noon" (1952) starring Gary Cooper will be shown at 1 p.m., Saturday, June 21 at the Foothills Branch Library, 19055 N. 57th Ave. Film scholar Jeannie Berg will lead a discussion following the film. Click here or call (623) 930-3844 for more information.

**Water/Sewer Adjustment Rate Hearing.** The city of Glendale is hosting a public hearing to discuss the water and sewer rate adjustments planned for October 2008. The hearing is scheduled for 7 p.m., Tuesday, June 24 at the City Council Meeting. The meeting will be held at Glendale City Hall, 5850 W. Glendale Ave. For more information on the 2008 rate adjustment, call (623) 930-2700.

**Grand Avenue Improvements Public Meeting.** ADOT is hosting a public meeting from 6-8 p.m., Thursday, June 26 at Sunset Vista Elementary School, 7775 W. Orangewood Avenue to inform the public about potential Grand Avenue Improvements being evaluated in Glendale. The potential improvements in Glendale are part of a design concept report and environmental study to evaluate future improvements along Grand Avenue between Loop 101 and McDowell Rd.

A brief presentation on the project will be made, followed by an open house where attendees can view maps and displays and ask questions of the ADOT design team. For more information, call the project hotline at (480) 890-3055.

**Airport Master Plan Open House.** You are invited to attend the Airport Master Plan Public Information Workshop on Thursday evening, June 26 at the Glendale Municipal Airport Terminal Building. The format is open house, so feel free to drop in any time between 5:30 and 7 p.m. Glendale Municipal Airport is located at 6801 N. Glen Harbor Boulevard (appx. 107th & Glendale avenues.) For more information, please call the airport at (623) 930-2188.

**Summer Band Concert Series June 26.** Join the Summer Band for performances at the amphitheater in Murphy Park, located at 5850 W. Glendale Ave., every Thursday evening through July 24. The free performances are sponsored in part by Glendale Civic Pride and offer a great evening for the entire family. The symphony, made up of more than 100 musicians, will please crowds with renditions of marches, ballads and show tunes. Refreshments will be available for purchase. Bring a chair or blanket for the lawn seating. For more information, call (623) 930-2820.

**Family Fun Night.** On Friday, June 27 the city of Glendale will be hosting Family Fun Night from 6 to 9 p.m. at Murphy Park in Downtown Glendale. This fun event gives Parks and Recreation Summer Program participants a chance to showcase their summer activities and talents to family and friends. For more information, call (623) 930-2820.

**Independence Day Holiday.** City of Glendale offices and all three Glendale libraries will be closed on Friday, July 4 in observance of Independence Day. For information on holiday schedule changes in Sanitation services click here.

**Glendale's 4th of July Celebration.** Get fired up for 4th of July fun! Celebrate America's birthday in style at Glendale's 4th of July Celebration at Glendale Community College with hot dogs, water slides, music and fireworks. For more information, call the Special Events Hotline at (623) 930-2299, or visit www.glendaleaz.com/events. Glendale Community College is located at 6000 W. Olive Ave.

Click here for the City Council Meeting schedule.


## Contact Councilmember Frate

**Council Office: (623) 930-2249**
**Home Office: (602) 439-8151**
**E-mail: sfrate@glendaleaz.com**