INSIDE Ward 4

News & Notes January 6 - January 20

ABOUT WARD 4

Tucson's Ward 4 is represented by Vice Mayor Shirley C. Scott. Shirley has represented the Ward since 1995 and is honored to continue serving the constituents of Ward 4 and the City of Tucson.

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In the Know

The Ball

The first time ball was installed in 1829 in Portsmouth, England. The U.S. Naval Observatory followed suit and began dropping a time ball in 1845 in Washington's Foggy Bottom neighborhood. These time balls were invented so that sailors could adjust their chronometers, or timepieces, while at sea. With a telescope, they would scope the harbor and watch for a time ball to drop at aspecific time, usually noon or 1 p.m. Soon many port towns and cities adopted the practice.

What distinguishes the current ball from earlier predecessors is the multitude of lights and crystals. At 11,875 pounds and 12 feet in diameter, the Big Ball has 2,688 Waterford Crystals that refracts the light of 32,256 Philips LEDs. The crystals have all been replaced with a new design this year, a pattern called "The Gift of Imagination." Though few see the ball up close, the crystals are carefully crafted with a special meaning for each new year.

At 11:59, the Times Square Ball starts to descend 70 feet. As it comes halfway below the numerals of the New Year, the ball will go dark, the numbers will light up and the year 2014 dawned in New York. (www.pbs.org).

Whether you watched the ball drop in New York City or whatever you did to ring in the New Year, we here at Ward 4 wish you a very Happy New Year!

Treecycle

You can still recycle your Christmas trees through the City of Tucson's TreeCycle Program. The program goes through Sunday, Jan. 12, 2013. TreeCycle sites are located throughout Tucson and Oro Valley. Please remember to remove all ornaments, decorations and tree stands before dropping off at the TreeCycle sites. You can also pickup wood chips that are available for pick-up at Udall Park, Randolph Golf Course and the Los Reales Landfill. Bring your own container and take home some free wood chips for your garden.

IMPORTANT: The City of Tucson will not collect Christmas trees from curbs and alleys. Other green waste cannot be accepted at TreeCycle. Commercial tree lot overages are not accepted at TreeCycle sites, except for Los Reales Landfill at posted landfill rates. For locations, check out www.tucsonaz.gov.

Buffelgrass

Buffelgrass is native to Africa, Arabia, Canary Islands, Indonesia, northern India, Madagascar, and Pakistan. It is one of the many African grasses that have been introduced to improve cattle forage in tropical and subtropical regions of the world, including the southern United States. Over time this grass has become invasive. It is considered a serious threat to the saguaro cactus, and is extremely detrimental to desert tortoise and mule deer habitat. Not only does it hurt our native desert life, but it is very flammable and fuels fires in urbanized areas.
Good news is that there is a group called the Southern Arizona Buffelgrass Coordination Center, and on Saturday, January 25th, will be Beat Back Buffelgrass Day. For 4 hours, from 8 – 11am, you can volunteer. There are many locations to choose from. For more information on this even, visit http://www.buffelgrass.org/ or call 626-8307.

Going For Gold

The Chariots of Fire theme song and it's what comes to mind when thinking about the Olympics. And guess what, we have an Olympics coming up. The Senior Olympics! These are a little different than the summer and winter Olympics. These athletes will be participating in games like pickleball, bridge and horseshoes. There will also be the usual, track and field events, skeet shooting and much more. So if you are over 50, and have a competitive edge, then check out the list of events for the Senior Olympics. Here is some additional information for you to ponder while making your mind up. The final registration was December 31, BUT you can still register by paying a late fee of $3 per event. The final day to register is January 11, postmarked by. You can send all registration forms and fees to:

Senior Olympics Festival
900 S. Randolph Way
Tucson Az, 85716

Make sure checks are payable to "Senior Olympic Festival," and postmarked by an. 11. If you rather register now, then take advantage of the on-line registration option. If you have any questions, don't hesitate to call 791-4877 or visit http://www.tucsonseniorgames.org/. Good luck!

Rideshare

Sun Rideshare, a program of Pima Association of Governments, has launched a new travel rewards program. If you carpool, vanpool, walk, telecommute, bike or if you ride the bus and if you're over 18, you can participate. All you have to do is log your trip(s) online in the Sun Rideshare travel calendar and start earning your points.

You earn one point for each trip, so if you bike to work that's one point, if you walk to the store that's one point, or if you carpool to a sporting event that's one point. I think you get the point. Points are cumulative during 2014. You can even sign up for email reminders to log your trips. Here's the kicker, the trips must be with in Pima County.

Now let's talk about the prize. If you register in the travel database, then you will be eligible to win monthly rewards, including Visa gift cards of $25, $50 or $100. Participants also can gain fame as a Gold, Silver or Bronze Alternative Mode User.

Learn more about earning your points at www.sunrideshare.org or call 884-Ride (7433).

Coming UP...

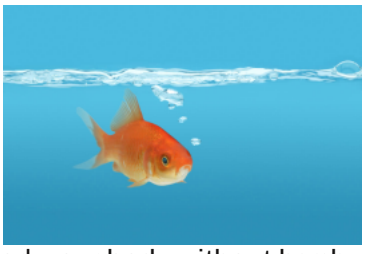
Ringing of the Bell
Wednesday, Jan. 8th, 10:10am, Fire Central
Ringing of the bells in remembrance of the 19 who were killed or wounded on January 8, 2011. The Mayor will ring the bell at Fire Central 19 times in remembrance of the six who were killed as well as the thirteen who were wounded.

Beyond: Together We Move
Saturday, Jan. 11th, 12-3pm, Armory Park
Beyond is an annual community-wide event that commemorates the anniversary of January 8 by encouraging Arizonans to come together in physical activity. Jumping castles, rock climbing, zumba-fest, scavenger hunts, hula hoops, obstacle courses and more! For more info, check out http://www.beyond-tucson.org/event/beyond-together-we-move/

M&C
Wednesday, Jan. 8, City Hall, 255 W. Alameda
The gavel drops for Study Session at 2pm, and Regular Session begins at 5:30pm. If you can't make it down to City Hall, you can always go to www.tucson12.tv, and watch the streaming live. Or if you have something to say, then be there at 5:30 and fill out a comment card.

Living Healthy

Swim Away Little Fishy



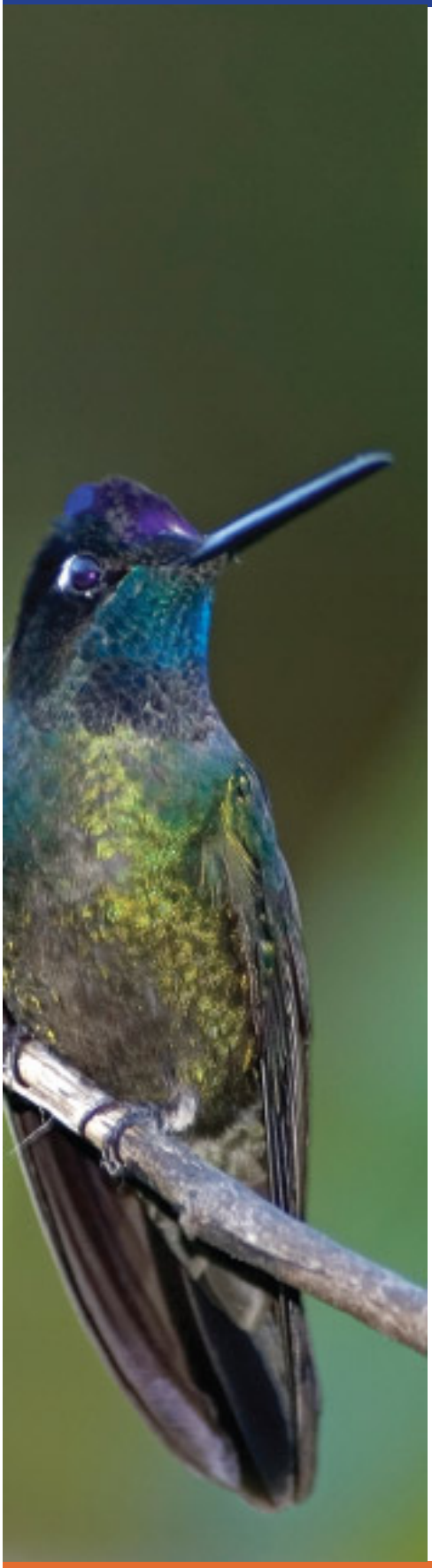
One of the most popular New Year's resolutions is weight loss. One great way to get to that is through aerobic exercise. But what if we got out of the ordinary aerobic classroom and jumped into the pool? Swimming offers some really great health and body benefits. For example: swimming offers the ability to work your body without harsh impact to your skeletal system. When the body is submerged in water, it automatically becomes lighter. When immersed to the waist, your body bears just 50 percent of its weight; get down to the chest and that number reduces to around 25 to 35 percent, and so on.

Being in water also helps if you suffer from arthritis. If the pool is heated, so much the better for arthritis sufferers, as the warm water can help loosen stiff joints. In fact, people with rheumatoid arthritis receive greater benefits to their health after participating in hydrotherapy than with other activities. It's also been proven that water-based exercise improves the use of affected joints and decreases pain from osteoarthritis. Now that's one great bones workout. Swimming also strengthens the heart, not only helping it to become larger, but making it more efficient in pumping -- which leads to better blood flow throughout your body. Research also shows that aerobic exercise can combat the body's inflammatory response as well -- a key link in the chain that can lead to heart disease [source: Columbia University Medical Center].

You can also control your weight, can improve your cholesterol, and lower your risk of diabetes. It also helps you to lower stress and helps increase muscular strength and muscle tone. And another great benefit is for those of us who might suffer from asthma. Pool workouts help you avoid asthma attacks if you're prone to them, some studies have shown that swimming can actually improve the condition overall.

Swimming outdoors in January doesn't seem tempting, but two good things. One you live in Arizona, where the weather has been pleasant and two, a few of the City of Tucson Parks and Rec community centers offers heated pools. One of those is right here in Ward 4, the Clement Center. Adult lap swim is Mon – Fri from 6-8am, 10am-7pm and Sat – Sun from Noon till 4 pm. Or Recreational times are Mon - Fri, 10am-3pm, 6:30pm-8:30pm and Sat & Sun, Noon - 4pm.

So get out there and get to that New Year's resolution or just do it for your health. Check out, http://health.discovery.com/ for more information, and search swimming. Or check out the parks and rec guide for more swimming locations, times and general information. www.tucsonaz.gov/parksandrec.



Houghton Update by MJ Dillard

Paving:

We just wrapped up placing the base paving on the north end of the project, and hope to have the top layer (before the rubber) completed by the end of the month. The first week in February we hope to have that traffic adjusted so we can add the Florida T intersections. We are discussing the temporary striping we want to use during this time, and until we can get the rubberized asphalt down in April (must be 60 degrees and rising for a long enough period of time in the day so we can use a full plant batch of asphalt up within the same day).

We also have the smaller paver on site so the east side path will start going in very soon.

Landscaping:

We want to avoid planting anything if it might freeze, so we are holding off on plant installation until February, or when we are certain we won't get a freeze. In the meantime we continue to install the irrigation lines and will perform testing on all of those.

Rip rap and rock mulch:
You may have noticed that during last month's rains, the site experienced some unexpected erosion in places. We are evaluating these areas and are planning to add rip rap and smaller rock mulch (2" or 3" and smaller rock) in various areas to make sure things will look good for a long time. We are glad the rains showed us where the existing soils were not going to hold up so we can get fixes in while we are still in construction.

We continue to appreciate your patience, and let us know if you have any questions or concerns. MJ can be reached at mjdillard@tucsonaz.gov.

A Little Extra

Last year, Reid Park Zoo hosted 547,040 visitors, making it the second highest attended year in the history of the Zoo. The Zoo added a new habitat for the grizzly bears, several new bird species were added as well as a pair of endangered black and white ruffed lemurs. Recently we had lion cubs born at the Zoo, and who doesn't want to see those cute little fur balls! If you haven't been to the Zoo in awhile, you are seriously missing out! They also have a great website, www.reidparkzoo.org. There you can watch the elephant exhibit live. Way to go to the crew at the Zoo!

In the 411

Eastside Police Substation – 791-5700
9670 E. Golf Links
For additional information in regards to tickets or other departments within the Tucson Police Department log on to http://cms3.tucsonaz.gov/police

Transportation (TDOT) - 791-4259
201 N. Stone Ave. 5th Floor.
Got a question about construction, traffic, streets, graffiti removal, landscaping, stormwater, RTA or anything along these lines? Visit http://cms3.tucsonaz.gov/transportation to get more info.

Environmental Services - 791-3171
Information on trash, recycling, landfills, brush and bulky and even neighborhood cleanups is what you can find here. They even do Hazardous Household Waste Collections. Visit http://cms3.tucsonaz.gov/es for more info.

Tucson Water - 791-4331
310 W. Alameda St.
Have questions on billing, water conservation, water quality or general service, then call the public info line or check out http://cms3.tucsonaz.gov/water

Williams Clements Center - 791-5758 or 791-4730
8155 E. Poinciana
There is a lot happening here! Additional information, including calendar of events, go to http://cms3.tucsonaz.gov/parksandrec/clements

Miller-Golf Links Branch Library - 594-5355
9640 E. Golf Links Rd
Get info of scheduled events or what's currently happening at this library. Better yet go to www.library.pima.gov/locations/golflinks

Pima Council on Aging - 790-7262
8467 E. Broadway
This is a great place that offers programs and services to older adults and their families living in Pima County. Learn more about this great organization by going to www.pcoa.org.

Code Enforcement - 791 - 4171
310 N. Commerce Park Loop
Chapter 16 and 3 fo the City Code is what they enforce. If you suspect property or housing violations within the City give them a buzz or go online for more information or to make a complaint at http://cms3.tucsonaz.gov/hcd/code-enforcement.

Graffiti Removal Program - 792 - 2489
If you see someone "tagging" call 911. If The graffiti is already there, then call the number above to report it. Check out http://cms3.tucsonaz.gov/graffiti for more information on removal or reporting.