

# Proclamation

## CITY OF GLENDALE

*WHEREAS, the Glendale Daily Planet and KKAT-TV have provided award winning news and entertainment for over 10 years; and*

*WHEREAS, Ed Sharpe has been the driving force as the Publisher and Editor of the Glendale Daily Planet and KKAT-TV; and*

*WHEREAS, the Glendale Daily Planet and KKAT-TV's reporting has received numerous awards including the 2007 Rocky Mountain Region Emmy Award Winner for Breaking News / Continuing Coverage; and*

*WHEREAS, the Arizona Association of Black Journalists has honored Mr. Sharpe's commitment to sharing diverse stories reflective of Arizona's minority communities by twice awarding him the Arizona Media Diversity Award; and*

*WHEREAS, Mr. Sharpe and his team have served the residents of Glendale and all viewers by covering news stories ranging in scale from international news to local stories of individuals making a difference in our community; and*

*WHEREAS, the Glendale Daily Planet and KKAT-TV provide a way for the public to learn about the important events that shape the course of Glendale's future.*

*NOW, THEREFORE, I, Jerry P. Weiers, Mayor of the City of Glendale, Arizona, on behalf of the City Council do hereby recognize*

### *Ed Sharpe*

*and acknowledge his more than 10 years of service to the community by creating and leading the Glendale Daily Planet and KKAT-TV. I congratulate him and his team on reaching this milestone and offer them my sincerest good wishes for continued success.*

*In witness hereof, I hereunto set my hand this 28<sup>th</sup> day of October 2014.*

  
\_\_\_\_\_  
MAYOR

Attest:

  
\_\_\_\_\_  
CITY CLERK



# Peoria County Commitment Report 2022

**Camilla Rothe**



## Peoria County Commitment Report 2022:

**Punks in Peoria** Jonathan Wright, Dawson Barrett, 2021-06-15 Punk rock culture in a preeminently average town  
Synonymous with American mediocrity Peoria was fertile ground for the boredom and anger fueled fury of punk rock  
Jonathan Wright and Dawson Barrett explore the do it yourself scene built by Peoria punks performers and scenesters in the  
1980s and 1990s From fanzines to indie record shops to renting the VFW hall for an all ages show Peoria s punk culture  
reflected the movement elsewhere but the city s conservatism and industrial decline offered a richer than usual target  
environment for rebellion Eyewitness accounts take readers into hangouts and long lost venues while interviews with the  
people who were there trace the ever changing scene and varied fortunes of local legends like Caustic Defiance Dollface and  
Planes Mistaken for Stars What emerges is a sympathetic portrait of a youth culture in search of entertainment but just as  
hungry for community the shared sense of otherness that even for one night only could unite outsiders and discontents under  
the banner of music A raucous look at a small city underground Punks in Peoria takes readers off the beaten track to reveal  
the punk rock life as lived in Anytown U S A

**Illinois 2021 Rules of the Road** State of State of Illinois, 2021-07-19  
Illinois 2021 Rules of the Road handbook drive safe [Transactions of the Board of Trustees](#) University of Illinois (System).  
Board of Trustees, 1934

[Equity Warriors](#) George S. Perry, Jr., Joan Richardson, 2022-01-21 Advance equity by learning to  
crack the system s codes We must act now using what we already know to advance equity and raise the achievement of every  
student With three decades of leading equity work across the country George S Perry Jr issues a call to action for educational  
leaders who are willing to fight the fight for equity for all students School and district leaders will encounter roadblocks as  
they enact systemic change but Equity Warriors introduces practical realistic and strategic approaches for navigating those  
barriers Equity Warriors equips education leaders with the moves they can make today to achieve the vision that every  
student becomes a high achiever by Providing real school and district examples of systemic equity efforts Demonstrating the  
parallel work that school and district teams must do to achieve and sustain systemic change Cracking the codes in the  
domains of politics diplomacy and warfare to achieve the equity agenda Equity Warriors is a must read for leaders at all  
levels of the system who have chosen to be in this fight and are ready to do what it takes to make the system work for all  
students

*Widening the Circle of Concern* UUA Commission on Institutional Change, Appointed by the Board of Trustees  
of the Unitarian Universalist Association of Congregations in 2017 the UUA Commission on Institutional Change served  
through June 2020 Widening the Circle of Concern Report of the UUA Commission on Institutional Change represents the  
culmination of the Commission s work analyzing structural and systemic racism and white supremacy culture within  
Unitarian Universalism and makes recommendations to advance long term cultural and institutional change that redeems the  
essential promise and ideals of Unitarian Universalism The members and staff of the UUA Commission on Institutional  
Change were Chair Rev Leslie Takahashi Mary Byron Cir L Bert Jr Rev Dr Natalie Fenimore Dr El as Ortega Caitlin

Breedlove DeReau K Farrar and Project Manager Rev Marcus Fogliano      **Force of Nature** Arthur Melville Pearson, Peter R. Crane, 2017-04-18 Spurred by the accelerating destruction of remnant natural lands one man had the vision and tenacity to transform a loose band of ecologists into The Nature Conservancy and launch the entire natural areas movement

**Evicted** Matthew Desmond, 2017-02-28 NEW YORK TIMES BESTSELLER WINNER OF THE PULITZER PRIZE NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE One of the most acclaimed books of our time this modern classic has set a new standard for reporting on poverty Barbara Ehrenreich The New York Times Book Review In Evicted Princeton sociologist and MacArthur Genius Matthew Desmond follows eight families in Milwaukee as they each struggle to keep a roof over their heads Hailed as wrenching and revelatory The Nation vivid and unsettling New York Review of Books Evicted transforms our understanding of poverty and economic exploitation while providing fresh ideas for solving one of twenty first century America's most devastating problems Its unforgettable scenes of hope and loss remind us of the centrality of home without which nothing else is possible NAMED ONE OF THE BEST BOOKS OF THE YEAR BY President Barack Obama The New York Times Book Review The Boston Globe The Washington Post NPR Entertainment Weekly The New Yorker Bloomberg Esquire BuzzFeed Fortune San Francisco Chronicle Milwaukee Journal Sentinel St Louis Post Dispatch Politico The Week Chicago Public Library BookPage Kirkus Reviews Library Journal Publishers Weekly Booklist Shelf Awareness WINNER OF The National Book Critics Circle Award for Nonfiction The PEN John Kenneth Galbraith Award for Nonfiction The Andrew Carnegie Medal for Excellence in Nonfiction The Hillman Prize for Book Journalism The PEN New England Award The Chicago Tribune Heartland Prize FINALIST FOR THE LOS ANGELES TIMES BOOK PRIZE AND THE KIRKUS PRIZE Evicted stands among the very best of the social justice books Ann Patchett author of Bel Canto and Commonwealth Gripping and moving tragic too Jesmyn Ward author of Salvage the Bones Evicted is that rare work that has something genuinely new to say about poverty San Francisco Chronicle      **CDL Study Guide Book** CDL Test Prep Team, 2016-03 Test Prep Book's CDL Study Guide Book Test Preparation Training Manual for the Commercial Drivers License CDL Exam Developed by Test Prep Books for test takers trying to achieve a passing score on the CDL exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Driving Safely Transporting Cargo Safely Transporting Passengers Safely Air Brakes Combination Vehicles Doubles and Triples Tank Vehicles Hazardous Materials School Buses Pre Trip Vehicle Inspection Test Basic Vehicle Control Skills Test On Road Driving Practice Questions Detailed Answer Explanations Disclaimer CDL R is a registered trademark of Commercial Drivers License which was not involved in the production of and does not endorse this product Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the CDL test The Test Prep Books CDL practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will

help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Test Prep Books has drilled down the top test taking tips for you to know Anyone planning to take this exam should take advantage of the CDL training review material practice test questions and test taking strategies contained in this Test Prep Books study guide *In The Court of Claims Anonymous,2022-10-27* This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant Poetic Poetry Brittany Benko,2021-06-25 Poetic Poetry is a poetry collection that speaks to the soul about everyday life In this collection the reader will find rhyming and contemporary pieces Painting a picture with words readers will experience beaches in the Carolinas The Blue Ridge Mountains seasons love faith flowers the pandemic the passion of motherhood experiences with an autistic child and much more Life is a journey with many ups and downs but that doesn't mean the path you walk on isn't beautiful Catching the poetic side of life helps people to think to become empathetic have hope explore talents and passions and understand the grey areas in the world we live in Three poems in this book have been featured in the Autism Parenting Magazine 1 Mothering Autism 2 One of a Kind 3 The Silent Type History of Tazewell County Ben C. Allensworth,1905 **History of Whiteside County, Illinois** Charles Bent,1877 Introduction to Criminology Pamela J. Schram,Joseph A. Schwartz,Stephen G. Tibbetts,2023-10-24 Nature in Chicagoland Andrew Morkes,2021-06 Provides more information on Nature Centers Hiking Trails Day Kids Activities Camping Spots Birdwatching Hotspots Bicycling Trails Kayaking Canoeing Boating Picnicking Spots Fishing Spring Wildflower Viewing Fall Colors Viewing Running Exercise Winter Activities Such as Snowshoeing Ice Skating Cross Country Skiing Sledding and Ice Fishing Local History Self Enrichment Classes and Other Opportunities Geocaching and other activities in Illinois Indiana Michigan and Wisconsin Also includes articles that provide advice on camping with kids enjoying a successful snowshoeing adventure and much more as well as personal essays about gardening enjoying nature with one's children savoring the fall colors and protecting the environment Other resources include contact information for forest preserve districts state departments of natural resources and environmental and other nature focused organizations Four Perfect Pebbles Lila Perl,Marion Blumenthal Lazan,2016-10-18 The twentieth anniversary edition of Marion Blumenthal Lazan's acclaimed Holocaust memoir features new material by the author a reading group guide a map and additional

photographs The writing is direct devastating with no rhetoric or exploitation The truth is in what s said and in what is left out ALA Booklist starred review Marion Blumenthal Lazan s unforgettable and acclaimed memoir recalls the devastating years that shaped her childhood Following Hitler s rise to power the Blumenthal family father mother Marion and her brother Albert were trapped in Nazi Germany They managed eventually to get to Holland but soon thereafter it was occupied by the Nazis For the next six and a half years the Blumenthals were forced to live in refugee transit and prison camps including Westerbork in Holland and Bergen Belsen in Germany before finally making it to the United States Their story is one of horror and hardship but it is also a story of courage hope and the will to survive Four Perfect Pebbles features forty archival photographs including several new to this edition an epilogue a bibliography a map a reading group guide an index and a new afterword by the author First published in 1996 the book was an ALA Notable Book an ALA Quick Pick for Reluctant Readers and IRA Young Adults Choice and a Notable Trade Book in the Field of Social Studies and the recipient of many other honors A harrowing and often moving account School Library Journal The Doolittle Family in America William Frederick Doolittle,Louise Smylie Brown,Malissa R. Doolittle,2022-10-27 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant *Current List of Medical Literature* ,1955 Includes section Recent book acquisitions varies Recent United States publications formerly published separately by the U S Army Medical Library The Gang Book Franco Domma,Charito Romero,Elisabeth Saffell,2018 A detailed overview of street gangs in the Chicago metropolitan area **American Jewish Year Book 2019** Arnold Dashefsky,Ira M. Sheskin,2020-08-11 Part I of each volume will feature 5 7 major review chapters including 2 3 long chapters reviewing topics of major concern to the American Jewish community written by top experts on each topic review chapters on National Affairs and Jewish Communal Affairs and articles on the Jewish population of the United States and the World Jewish Population Future major review chapters will include such topics as Jewish Education in America American Jewish Philanthropy Israel Diaspora Relations American Jewish Demography American Jewish History LGBT Issues in American Jewry American Jews and National Elections Orthodox Judaism in the US Conservative Judaism in the US Reform Judaism in the US Jewish Involvement in the Labor Movement Perspectives in American Jewish Sociology Recent Trends in American Judaism Impact of Feminism on American Jewish Life American Jewish Museums Anti Semitism in America and Inter Religious Dialogue in America Part II V of each volume will continue the tradition of listing Jewish Federations national Jewish organizations Jewish periodicals and obituaries But to this list are added lists of Jewish Community Centers Jewish

Camps Jewish Museums Holocaust Museums and Jewish honorees both those honored through awards by Jewish organizations and by receiving honors such as Presidential Medals of Freedom and Academy Awards from the secular world We expand the Year Book tradition of bringing academic research to the Jewish communal world by adding lists of academic journals articles in academic journals on Jewish topics Jewish websites and books on American and Canadian Jews Finally we add a list of major events in the North American Jewish Community Death before Sentencing Andrew R. Klein,2022-07-15 How have jails become the deadliest waiting rooms in America Death before Sentencing provides a sweeping expos of thousands of avoidable deaths that have occurred in the U S county and local jail systems within the past few decades These deaths have been overlooked under investigated and even covered up as jail systems avoid responsibility and refuse to take action This is the most complete investigation of the deadly side of jails describing the daily deaths of detainees including those from suicides untreated drug and alcohol withdrawal forced restraint and brutality and general medical malpractice provided by for profit correctional medical providers The lack of attention and responsibility paid by state and local officials law enforcement and medical examiners has facilitated these ongoing and increasing avoidable deaths Looking forward to reforms being initiated by the U S Justice Department Civil Rights Division and within state legislatures and celebrating successful lawsuits Andrew R Klein lays out institutional reforms required to curtail the epidemic of the daily deaths in America s jails

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## **Table of Contents Peoria County Commitment Report 2022**

1. Understanding the eBook Peoria County Commitment Report 2022
  - The Rise of Digital Reading Peoria County Commitment Report 2022
  - Advantages of eBooks Over Traditional Books
2. Identifying Peoria County Commitment Report 2022
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Peoria County Commitment Report 2022
  - User-Friendly Interface
4. Exploring eBook Recommendations from Peoria County Commitment Report 2022
  - Personalized Recommendations
  - Peoria County Commitment Report 2022 User Reviews and Ratings



- Peoria County Commitment Report 2022 and Bestseller Lists
- 5. Accessing Peoria County Commitment Report 2022 Free and Paid eBooks
  - Peoria County Commitment Report 2022 Public Domain eBooks
  - Peoria County Commitment Report 2022 eBook Subscription Services
  - Peoria County Commitment Report 2022 Budget-Friendly Options
- 6. Navigating Peoria County Commitment Report 2022 eBook Formats
  - ePub, PDF, MOBI, and More
  - Peoria County Commitment Report 2022 Compatibility with Devices
  - Peoria County Commitment Report 2022 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Peoria County Commitment Report 2022
  - Highlighting and Note-Taking Peoria County Commitment Report 2022
  - Interactive Elements Peoria County Commitment Report 2022
- 8. Staying Engaged with Peoria County Commitment Report 2022
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Peoria County Commitment Report 2022
- 9. Balancing eBooks and Physical Books Peoria County Commitment Report 2022
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Peoria County Commitment Report 2022
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Peoria County Commitment Report 2022
  - Setting Reading Goals Peoria County Commitment Report 2022
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Peoria County Commitment Report 2022
  - Fact-Checking eBook Content of Peoria County Commitment Report 2022
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

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web examples of usrpt training segments are repetitions to failure of 50 m of freestyle swimming at 200 m race pace with 20 in usrpt sets before extreme neural fatigue begins to crossover into the next fatigue stage the criteria to terminate participation in the set would have been reached therefore the criteria for failure are usrpt s

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web oct 23 2017 usrpt stands for ultra short race pace training this essentially means that in training you only swim at your goal race pace or faster this means no partial swimming no drills kicking or any of that technique focused work if you don t do in a race you don t do it in training you re only allowed to swim at race pace

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web usrpt workout 3 sets broken im dryland 1x 1 x 1 stretching 10min warm up 1x 1 x 200 freestyle 2 00 rest after set 1x 15 x 50 im 25 back 25 breast race 200 pace target time 1 4 of your fastest 200 im pace 2 00 0 30 25 back 25 breast race 200 pace target time 1 4 of your fastest 200 im pace

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web feb 7 2014 example of a usrpt set one example of a usrpt set is 50 x 25s with a target time of 12 5 on a 30 second interval this set is not designed for the swimmer to complete all 50 repetitions after the body adjusts to the set about 5 repetitions if the swimmer swims 13 0 seconds on a repetition it is considered a failure

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web 3 hours ago uk scientists will receive a sample from asteroid bennu on sunday which is set to unveil secrets of our solar system the sample which was collected as part of nasa s osiris rex mission is

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web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web jan 23 2020 type in the sets and intervals and then log it for free warm up 1 x 200 freestyle 8 x 25 kick optional try to keep your full body underwater as you kick breathing every few seconds main set 3x times 4 x 25 freestyle 1 x 50 freestyle cool down 6 x 25 freestyle related 4 week usrpt training plan

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web dec 11 2019 usrpt iii swim training plan 9 comments 3 mins read improve your race pace performance in a 50 or 100 of any stroke the usrpt iii training plan in the myswimpro app is designed to simulate racing and prepare your body to swim at top speed

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web jun 25 2014 by ronald hehn 25 june 2014 07 54am phoenix arizona june 25 we re back with another workout of the week from concordia college head coach ronald hehn this week hehn comes to us with a

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web oct 23 2017 warm up pre set usrpt is about doing the absolute minimum possible that will take away from performing

on the main set a shorter warmup and relatively light pre set allows for this golf is the method of counting the number of strokes you take in a length plus the time

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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

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web this short commentary covers an example of a usrpt item that was used by one of the original usrpt programmers in a highly successful swimming environment one set used in training was 20 x 50 m on 50 seconds holding race pace 200 m crawl stroke

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web upgrade your account to create a workout use these in the base field to set your intervals for usrpt sets 25s 45 to 50 50s 5 to 15 100s 5 to 0 the inclusion of usrpt swim sets in the average swimmer s training program has become increasingly popular since dr rushall s extensive papers on the topic

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