Tucson was founded long before Arizona became a state, or even part of the United States. The city’s history began more than 10,000 years ago, back when it was a growing Tohono O’odham community, with irrigation canals, diverse crops and ceramic pottery. Father Kino, who was a missionary from Spain, arrived to the Santa Cruz Valley in 1692. He later founded the San Xavier del Bac Mission in 1700. Hugo O’Conor, who later became known as the founding father of Tucson, built the city’s first military fort in 1775.

Tucson became part of the U.S. in 1854. The city was very well known and became the capital of the Arizona territory. In 1885, the University of Arizona was founded, helping develop Tucson’s culture and expand the diversity we see today.

When Arizona joined the union in 1912, the capital moved from Tucson to Phoenix. But Tucson got to keep its small town feel. During these times, the U.S., Spanish, Mexican and state of Arizona flags could be spotted throughout the Old Pueblo.

As we reflect on Tucson’s growth, we are reminded of our country’s development on the world’s stage. This all ties back to our Constitution, our rights as U.S. citizens, our freedoms and social responsibilities. When we celebrate Independence Day this Fourth of July, let’s take the time to remember how we got here. We must stay active and be engaged in what is happening around us.

We have an unspoken agreement between us to be responsible for our own actions, while also helping those we see struggling around us. We each have the responsibility to educate ourselves on the issues being voted on and, most importantly, TO GO OUT AND VOTE! If we can take care of ourselves and others, this creates a better country to live in!

Have a wonderful Independence Day!
Success Story

An Interview with Marlon H., CODAC Member...and Staff

By: Sami S.

Marlon H. is the gentleman who works at the front desk, and sometimes greets people at the door. He is upbeat, always with a smile on his face. Marlon has lifted my spirits on many occasions!

Marlon said he was diagnosed with depression and bipolar disorder in 1980 when he enlisted in the Army. (Thank you for your service!) He is a Success Story, just like we all are!

He joined the military after two of his best friends passed away. Marlon was 17 and found himself very sad. Marlon said he felt like he was running away from his depression.

As we talked, Marlon told me that in the past he didn’t appreciate people. He felt like the only voice that mattered was his. Now, he really enjoys making others smile. And he feels that everyone’s voice should be heard!

Marlon said that he hadn’t taken advantage of many CO-DAC programs until about one year ago, when he started seeing a therapist. His best friend passed away about 3 years ago. He found that talking to someone made coping with his feelings much easier. He said he now deals with depression by putting himself in a better place. When I asked him what he meant by that, Marlon said he turns to his kids.

What makes Marlon a Success Story? Being himself, enjoying life and loving people. He feels working at CODAC is also a big part of his success. He loves it here!

Marlon’s advice for us is to keep getting help. He said, “I’m 55 and I still feel like there is a lot more room for me to grow.”

Never forget, success is a journey, not the end of a story!

July Horoscopes

Submitted by: Sami S.

The Zodiac sun signs for July are Cancer (June 21—July 22) and Leo (July 22—August 23).

Cancer, the Crab, is a water sign ruled by the Moon. Cancer people are caring and sympathetic. But, because of their emotional sensitivity, they feel the need to protect themselves, and may become moody or defensive. A comfortable home and loving family is what they most desire and will usually work to find it or create it.

Leo, the Lion, is a fire sign ruled by the Sun. This gives Leo people powerful energy, self-confidence and pride. They love to perform and entertain. They are also often natural leaders. Their desire to shine can make them vain or bossy. But Leo energy is fundamentally brave, generous, kind and loyal.

Not everyone shows the typical characteristics of their sun sign. Your sun sign represents your inner self, but the moon, planets and other astrological factors, as well as your personal circumstances affect your personality.

*Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events. It dates back to the 2nd millennium BCE.

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Memories of Independence!

By: Crystal-Lee L.

Memories can be hard for me, past pain and uncertainty still can be overwhelming. Memories can also be freeing, thinking of past love sincerity, still feeds the independent spirit inside of me. Memories of Independence Day, for me means so much more than other holidays still one day of each year that reminds me, to be thankful for the freedom of being free to be me!

My Favorite Thing To Do in Tucson

By: Crystal-Lee L.
Source: https://www.traillink.com/trail/rillito-river-park-trail/

I love to take early morning walks at the Rillito River Park Trail, close to my home. You can enjoy the desert wildlife and feel like you stepped out of the city just for a little while. People ride horses in the wash, bike on the trail and walk their dogs. I love to get in touch with nature before re-entering the rat race down the street.

Here’s a description of the trail, borrowed from the Rillito River Park Trail website:

“The Rillito River Park Trail runs along both sides of its namesake river, from North Craycroft Road to under Interstate 10, where it links with the Santa Cruz River Park Trail. The trail is fully paved, with a parallel soft-surface path for equestrians and joggers also available for much of the route”.

“Lots of shops are conveniently located on either side for quick pull-offs. You’ll also find plenty of restrooms and drinking fountains, as well as exercise stations along the trail. From the western endpoint, seamlessly continue on the Santa Cruz River Park Trail to reach points both south and north. Both trails are also part of a larger trail network called The Loop that will one day encompass 130 miles of trail throughout Tucson”.

I hope you visit soon!
Recipe: Patriotic Popcorn

Submitted by: Sami S.
Source: www.twosisterscrafting.com

What you need:
- 10 cups of popped popcorn
- 3 Tbsp. of butter
- 3 cups of mini marshmallows
- Red and blue regular M&Ms
- Red and blue pretzel M&Ms
- A large bowl, a medium saucepan, a cookie sheet

Steps:
1. Pop 10 cups of popcorn and salt liberally. Place in a large bowl.
2. Melt 3 tablespoons of butter in a medium saucepan. Once the butter is melted, add 3 cups of mini marshmallows. Stir until the marshmallows are melted. Turn off heat.
3. Pour 3/4 of marshmallow mixture over the popcorn in the bowl and then fold the popcorn with a spoon until most of the kernels are covered in the mixture.
4. Pour the marshmallow popcorn onto a prepared cookie sheet.
5. Drizzle the remaining marshmallow mixture over the popcorn on the cookie sheet.
6. Sprinkle the candy and mini marshmallows over the popcorn.
7. Allow the popcorn to cool. Break apart into pieces to serve.

Enjoy!