<body><!DOCTYPE HTML PUBLIC "-//W3C//DTD XHTML 1.0 Transitional //EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd" ><html><head> <!--ly, 6/2022, tr#252686--> <style id="IQEmailStyle"> /* Client-specific Styles */ body { width: 100% !important; margin: 0px;} .ReadMsgBody { width: 100%; } .ExternalClass { width: 100%; display:block !important; } /* Force Hotmail to display emails at full width */ /* Reset Styles */ body { margin:0; padding: 0; } img { outline: none; text-decoration: none; max-width :100%;} br, strong br, b br, em br, i br { line-height: 100%; } h1, h2, h3, h4, h5, h6 { line-height: 100% !important; -webkit-font-smoothing: antialiased; } /*ly, tr#221562, add same margin as margin-block-start/end*/ h1{margin-top:0.67em;margin-bottom:0.67em;} h2{margin-top:0.83em;margin-bottom:0.83em;} h3{margin-top:1em;margin-bottom:1em;} h4{margin-top:1.33em;margin-bottom:1.33em;} h5{margin-top:1.67em;margin-bottom:1.67em;} h6{margin-top:2.33em;margin-bottom:2.33em;} table td, table tr { border-collapse: collapse; } p { margin-bottom: 1em; } table.menu-change a { text-decoration:none; } /* pre-header */ .preheader { display:none !important; visibility:hidden; mso-hide:all !important; font-size:0px; color:#ffffff; line-height:0px; max-height:0px; max-width:0px; opacity:0; overflow:hidden; } </style> <style id="IQCustomStyle" ></style> <style id="IQMobileStyle" type="text/css" ></style> <meta name="viewport" content="width=device-width,initial-scale=1.0,user-scalable=0,minimum-scale=1.0,maximum-scale=1.0" ></head> <body id="newsletterBody" class="" ><div id="newsletterContent" class=""> <table style="table-layout: fixed;" border="0" width="100%" cellspacing="0" cellpadding="0" align="center"> <tbody > <tr> <td align="center"> <table class="body-zone bg-change width-change" style="width: 640px; ; border: 6px solid #d6d6d6;" cellspacing="0" cellpadding="0"> <tbody class="" style=""> <tr style=""> <td class="content-change general-change textedit" style="padding: 0px; font-size: 0px; font-family: Arial, sans-serif; background-color: #ffffff; text-align: center;"> <p style="text-align: center;" ><IMG width=640 style="display: block; margin: 0 auto; max-width: 100%;;" title="AZ3_Header.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/AZ3_Header.png" alt="Image"> </P ></TD> </tr> <tr style="" class=""> <td class="content-change general-change textedit" style="padding: 0px; font-size: 11pt; font-family: Arial, sans-serif; background-color: rgb(255, 255, 255); text-align: center;" ><table class="menu-change" style="width: 100%; font-size: 11pt; font-family: Arial, sans-serif; color: rgb(35, 65, 125); background-color: rgb(214, 214, 214);" border="0" cellspacing="0" cellpadding="0" > <tbody class="ui-sortable"> <tr> <td style="height: 32px; width: 25%;" align="center" ><A id="EMAIL RUBEN" style="color: #23417d;" title="EMAIL RUBEN" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><strong>EMAIL RUBEN</A ></TD> <td

style="height: 32px; width: 25%;" align="center" ><A id="SUBSCRIBE" style="color: #23417d;" title="SUBSCRIBE" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><strong>SUBSCRIBE</A ></TD> <td style="height: 32px; width: 25%;" align="center"> </TD> <td style="height: 32px; width: 25%;" align="center"> <table style="width: 100%; border-collapse: collapse;" border="0"> <tbody class="ui-sortable"> <tr> <td style="width: 25%; text-align: center;" ><A id="FB" style="color: #23417d;" title="FB" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><IMG width=42 style="display: block; margin: 0 auto; max-width: 100%;" title="social4-fb_0.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/social4-fb_0.png" alt="Image" ></A ></TD> <td style="width: 25%; text-align: center;" ><A id="twitter" style="color: #23417d;" title="twitter" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><IMG width=43 style="display: block; margin: 0 auto; max-width: 100%;;" title="social4-tw_0.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/social4-tw_0.png" alt="Image" ></A ></TD> <td style="width: 25%; text-align: center;" ><A id="Instagram" style="color: #23417d;" title="Instagram" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><IMG width=42 style="display: block; margin: 0 auto; max-width: 100%;;" title="social4-in_0.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/social4-in_0.png" alt="Image" ></A ></TD> <td style="width: 25%; text-align: center;" ><A id="Youtube" title="Youtube" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" ><IMG width=42 style="display: block; margin: 0 auto; max-width: 100%;;" title="social4-yt.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/social4-yt.png" alt="Image" ></A ></TD> </tr> </tbody> </table> </TD> </tr> </tbody> </table ></TD> </tr ><tr style=""> <td class="content-change general-change textedit padding-change" style="padding: 15px; font-size: 11pt; font-family: Arial, sans-serif; background-color: rgb(255, 255, 255);"> <p>Dear Jane, </P> <p >As you likely know, the summer months come with a unique set of challenges - especially here in Arizona. My team has put together some resources to keep you and your family safe this summer.

<strong>Heat Relief Network

Arizona summer heat can be dangerous, and AC bills can be expensive. To help you keep cool, you can find hydration stations, cooling centers, and respite centers across Maricopa County. Find one near you by visiting <A href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener">azmag.gov/hrn</A > or by calling 2-1-1. </P> <p style="text-align: center;" ><IMG width=320 style="display: block; margin: 0 auto; max-width: 100%;;" title="Heat_Relief_Network_Graphic.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/Heat_Relief_Network_Graphic.png" alt="Image"> </P> <p ><strong

>Summer Food Service Program

Even though school is out, many schools and community centers are continuing to provide free meals for kids and teens. You can find a site near you – as well as information on hours and meal type – by visiting <A href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener">azhealthzone.org/foodsites</A >, texting FOOD to 304-304, or by calling 1-800-445-1914. </P> <p style="text-align: center;" ><IMG width=320 style="display: block; margin: 0 auto; max-width: 100%;;" title="2023_Summer_Meals_Graphic_(Facebook_Post_(Landscape)).png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/2023_Summer_Meals_Graphic_(Faceboo alt="Image" ></p > <p>I hope these resources are useful to you, and that you will share them with others. If you have questions or need assistance with a federal agency, please do not hesitate to reach out to my office by <A href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener">email </A >or by calling 602-256-0551. </P> <p style="text-align: left;" >Very truly yours,
Congressman Ruben Gallego
<IMG style="max-width: 100%; margin-top: 0px; margin-bottom: 0px;" title="signature_web_0.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/signature_web_0.png" alt="Image" width="109" height="50">
Ruben Gallego
Member of Congress </P ></TD> </tr> <tr style=""> <td class="content-change general-change textedit" style="padding: 0px; font-size: 11pt; font-family: Arial, sans-serif; background-color: #ffffff; text-align: center;" ><table class="footer-change general-change office-change" style="width: 100%; font-size: 8pt; font-family: Arial, sans-serif; color: rgb(182, 182, 182); background-color: rgb(255, 255, 255);" border="0" cellspacing="0" cellpadding="0"> <tbody class="ui-sortable"> <tr> <td style="width: 100%;" align="center" ><A id="Unsubscribe" style="color: #b6b6b6;" title="Unsubscribe" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener" >Unsubscribe</A > I <A id="Privacy" style="color: #b6b6b6;" title="Privacy" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ40870248Q target="_blank" rel="noopener">Privacy</A > </TD> </tr> </tbody> </table ></TD> </tr> </tbody> </table> </TD> </tr> </tbody> </table> </div ><IMG alt="image" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/iqtrk.gif?crop=15805QQQ40870248QQQ height=0 width=0 ><span name='15805QQQ40870248QQQ5344247QQQ7348696' data-crop='15805QQQ40870248QQQ5344247QQQ7348696' ></body></html><IMG alt="image" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/iqtrk.gif?crop=15805QQQ40870248QQQ height=0 width=0 ><span name='15805QQQ40870248QQQ5344247QQQ7348696' data-crop='15805QQQ40870248QQQ5344247QQQ7348696' ></body>