



Harrah's Ak-Chin Casino celebrates 25 years in community

Story and photos by J. Peters

Friday, December 27, 2019, marked the 25th Anniversary of Harrah's Ak-Chin Casino opening its doors in Pinal County and changing the lives of a small tribal community for many years to come.

Celebrating those 25 successful years, Harrah's had a small intimate gathering in the newly renovated Agave's restaurant, with hors d'oeuvres lavishly set up both inside and outside, along with a selection of delicious desserts, and cocktails.

As friends and family

enjoyed the evening the celebration continued with a small ceremony, with Robert Livingston, Harrah's Regional President and General Manager, gathering everyone on the outdoor patio to give admiration to the Harrah's team.

He talked about their mission statement and goals, which over the years has been simply to "inspire grownups to play" and says they have been doing that at the property for 25 years. "The team has successfully created this fun atmosphere, not only



Harrah's day one employees celebrate their tenures and 25th anniversary L to R: Mario Cardenas, Caryn Potter, Joann McQueen, Jessica Mavis, Janet Beronio, Barbara Achten, Keith McGlaughlin, Jane Stimmel, and Karen Schofield.

for our guests but for our employees, our team members."

Invited dignitaries were asked to say a few words, beginning with Ak-Chin Councilwoman Lisa Garcia who

thanked Harrah's and their hard workers. "We appreciate the event and the honor and privilege to recognize those who have been here since

day one or pre-day one. Your dedication and your commitment to the property and to the enterprise is again, very, very, very heartwarming.

Harrah's continues on Page 3

Industrial Board members Entz and Reynolds retire

Story and photo by J. Peters



Phil Entz, Council member Lisa Garcia and Robin Reynolds pictured together at retirement luncheon.

On December 19th, the Ak-Chin Industrial Park Board said their goodbyes and well wishes to Board Consultants, Robin Reynolds and Phil Entz.

Industrial Park board members met at Ak-Chin EPD facility where they had a farewell luncheon for Mrs. Reynolds and Mr. Entz. Council member and longtime friend Lisa Garcia presented the two with hand woven baskets to show appreciation of their service to the community. As hugs were given and some tears were shed the two shared their parting celebration among joyful faces.

Mrs. Reynolds began working with the community back in 2003, when her firm, Nice Creative was contracted to brand the identity for Ak-Chin Energy Services. She became a board member in 2008, marketing the tribe's industrial properties. She also worked as an

economic development advisor and tribal liaison for the board. Robin has over 25 years of experience in Marketing and has earned many accolades for her creative work. She has decided to semi-retire and hopes to devote more time to her personal ventures.

In her resignation letter to the board, Robin shared, "I am extremely proud of the contributions Nice Creative has made to the work of the Ak-Chin Industrial Park Board, especially for Santa Cruz Commerce and the Ak-Chin Regional Airport. It has been our honor to work with you to help you try to attain your goals. We will always value the friendships we have forged and we wish you only success and prosperity in all of your future endeavors."

Mr. Entz, founder of Urban Tech Ltd., has been with the community since 1999, when he was invited to submit an

ICDBG Grant Writing Proposal. He has been very proactive with tribal communities in Arizona and California, and has extensive experience in Feasibility Analysis, Land Use Planning, Master Planning, Project Programing, and Pro-Forma Analysis.

He was instrumental in the formation of the Ak-Chin Planning Department and reactivation of the Ak-Chin Industrial Park Board. He served as Property Manager for the Industrial Park, as well as overseeing the first redevelopment of the Ak-Chin Regional Airport. He has assisted in many capacities and has been a great asset to ensuring numerous grants and development for growth in the Ak-Chin Indian Community.

Both Robin and Phil will be truly missed by the Ak-Chin Indian Community. We wish them well in all their future plans.

Polar Express arrives at preschool

Photo and story by C. Picciolo



Choo-Choo here comes the Polar Express!

On December 19, the magic of the Polar Express arrived at Ak-Chin Preschool much to the delight of kids and families. The event was put together with the teamwork of Ak-Chin Library, Youth Council, Language, Education and the Early Childhood Development Center.

While Santa Claus, his elves, and the department helpers wrapped up their last-minute duties, RSVP'd kids in PJ's with their families lined up outside of the Preschool.

Once the magic doors opened, guests looked around in wonder as each room was filled with a different Christmas-themed activity and the main gathering space was decked-out in sparkling holiday decorations.

To begin the festivities,

proud parents and grandparents gathered around to take photos and video of three and four-year-olds on a stage in front of Santa's workshop. Ak-Chin Language had a front row seat and guided the young ones to many holiday-themed songs such as "Twinkle, Twinkle, Little (Christmas) Star," "We Wish You a Merry Christmas," "Jingle Bells," and a song about reindeer.

After the performance, the Language Department handed out goodie bags to the kids for their great performances.

The families were now free to check out all of the secret rooms with crafts such as reindeer balloon animals, gingerbread ornaments, Christmas slime, polar buddy necklaces, DIY Elmo and

Cookie Monster crafts and gumball machines, to name a few.

Dancing with the Language Department was a huge hit as kids were able to work off all their energy before going over to the workshop for gifts and photos with Santa.

The Christmas fun continued out the side door into a dark alley winter wonderland with moving lights, which led to a pathway that took families all aboard the Polar Express train for a ride.

Families were then able to walk to the Service Center for a warm meal and cookies with Christmas decorations on the tables as they enjoyed each other's company after a whimsical evening.

More photos on Page 4

Community Reflections of 2019...

teach generations of elementary students for 29 years with the Maricopa Unified School District. She loved teaching and she loved her students.

She is preceded in death by her brothers Richard Davis Carlyle and Wilbert "Buddy" Carlyle her grandson, Stephen Edward Coester Jr. She is survived by her sister, Leona M. Carlyle Kakar, her daughters Nicole Carlyle-Coester and Leslie Carlyle-Burnett, her grandsons, Dustin C. Burnett and Garrett L. Burnett. She also leaves behind dozens of beloved nieces, nephews, cousins and many friends. She will be missed by all of those who loved her.

Services for JoAnn will be held on Saturday, January 11, 2020, from 10am-12pm, at Ak-Chin Service Center, 48227 W. Farrell Rd. Burial will follow at Ak-Chin Cemetery.



As 2019 comes to a close, the Ak-Chin Community has seen many changes, while other agendas have stayed consistent for the best interests of the community.

The Ak-Chin Community has seen and endured the unfortunate loss of community members in 2019. We continue to recognize their memory and the contribution to the "greatest" community ever by remembering how they played a role to the overall success of who or what Ak-Chin was to them. Just as other members who are no longer with us, they each played a part in inspiring and motivating our continued strides in providing the best we can offer to our people.

In the gaming front, Governor Doug Ducey directed his staff to work with the 22 Tribes of Arizona on a new gaming compact, which would modernize gaming with the intent to bring more financial figures to both the Tribes and State. Currently, both the State and Tribes have continued to meet in hopes of coming to a compromise and deal by January of 2020. Ak-Chin at this time has representation on the Arizona Indian Gaming Association and on the Inter-Tribal Council of Arizona Boards.

Of the numerous sponsorships the community are associated with, the Waste Management Phoenix Open was one to remember as professional golfer and Navajo Nation descent, Rickie Fowler, captured the 2019 WMPO title. The Professional Bull Riders Championship, World's Longest Drive, and other events we were associated with were also memorable moments.

The community and enterprises have seen the opening of new amenities and buildings, which included; the Event Center at Harrah's Ak-Chin, re-opening of Hohokam Park, renovated basketball court next to the Ak-Chin Recreation Center, Preschool Expansion, Agave's restaurant, and Language department, just to name a few.

Community Reflections continues to page 5

Elders celebrate Christmas at Elements



A snapshot in time from the Elder Christmas Party at Elements Event Center at Ak-Chin Circle. According to Senior Services transportation supervisor Georgia Corella, the turnout was good and the Elders enjoyed the entertainment and food. Music was provided by waila band Southern Scratch from Florence, AZ.



2019 Holiday Home Decorating Contest Winners

Congratulations to our top 5 winners in this year's home decorating contest. There were many beautiful and cheery Christmas homes in the community. We thank you all for showing your Christmas Spirit! Have a blessed New Year!



Best Display



Best Overall



Most Festive



Most Elegant



Most Creative

Elder Menu

- | | |
|---|--|
| Jan. 3
Turkey Sandwich
Fresh Fruit | Biscuits & Gravy,
Fresh Fruit |
| Jan. 6
Stuffed Bell Pepper
Mixed Vegetable
Brown Rice, Pears | Jan. 13
Cabbage Stew
Carrots/ Peas
Yams/Potato (D)
Apple Crisp |
| Jan. 7
Pinto Beans
Beef & Gravy
Butternut Squash
Salad/ Rolls
Crepes/ Plums | Jan. 14
Turkey Mushroom
Stuffed Acorn
Wild Rice/ Beets
Spring Salad/
Pineapple |
| Jan. 8
Chicken Enchilada
Black Beans
Spanish Rice
Green Lettuce/
Tomato
Fruit Cocktail | Jan. 15
Grilled Chicken
Sandwich
Broccoli
Potato Wedges
Mandarin Oranges |
| Jan. 9
Salad Bar
Potato Soup
Wheat Crackers
Jell-O Oranges | Jan. 16
Sandwich Bar
Pea Salad
Three Bean Salad
Tropical Fruit |
| Jan. 10
Breakfast Buffet
Scrambled Eggs,
Potato, Bacon | Jan. 17
Indian Tacos
Lettuce, Tomato,
Cheese, Corn on
Cob, Cupcakes |



JoAnn Carlyle Hulse

JoAnn Carlyle Hulse passed away on December 28, 2019 at the age of 74, surrounded by all of her loved ones.

A proud citizen of the Ak-Chin Indian Community, JoAnn was born to Hiram John Carlyle and Tillie Romo Carlyle on August 26, 1945.

JoAnn received her Bachelor of Arts in Education from Arizona State University in 1974 and she went on to



Thelma Foreman

MARICOPA — Thelma Lorene (Wagner) Foreman, 82, died on Dec. 23, 2019, after a long illness while in the care of Hospice of the Valley, Ryan House in Phoenix.

Mrs. Foreman was born to Zellah and Bufford Wagner in Ralston, Oklahoma, on Jan. 12, 1937. The family moved to Arizona during the grips of the Great Depression with the hope of a prosperous new life. They settled first in Flagstaff for two years before relocating to Stanfield. She had wonderful memories of her grade school in Casa Grande and her middle school in Stanfield.

The Wagner family lived in the shadow of Red River Land & Cattle Co., owned and operated by John Wayne and Louis Johnson. During cotton harvest season, she would stay with her grandparents, Josie and Lee Yarbrough, in Eloy. She would fondly recall how exciting this bustling little town was during her youth. As a teenager she toiled many long days toting a 50-foot sack picking cotton alongside her parents, siblings and other family members.

The Wagner family later moved to the Ak-Chin Indian Community, where they became firmly rooted for many years. During this time, she took a daily bus ride down a long, bumpy and unpaved road from Maricopa to Casa Grande Union High School. She was a majorette in both her junior and senior years and graduated near the top of her class in 1955.

Her first job out of high school was working at the Casa Grande Mills textile plant for two years. She

married Joe Foreman and began their family, living on Bogle Farms south of Maricopa for many years before eventually moving into her last residence "in town" on Dallas Smith lane. They had one daughter.

She had the great fortune to get a position with the Maricopa Unified School District, which would not only change her life for the better but also countless others during their school careers. She became a school secretary, but it was widely known that she could tackle any task. She was always the first person to greet new students with a kind, caring and reassuring smile.

She was always the calming and understanding presence that generations of Maricopa school children (and their parents) needed. She worked for the district for 34 years and also served on the Maricopa school board with great pride. She missed the school after retirement but was always available to anyone who needed her.

In her retirement years, she was given an unexpected role as a caregiver to her husband and sister, Donna, for nearly a decade. She put herself aside in providing compassionate and loving care to both prior to their passing.

She was preceded in death by her husband; a granddaughter, Lauren Ellena; and six siblings, Bobbie June, Sonny, Jimmy, Danny, Donna and Mike. Survivors include a daughter, Josie Lee Argyros, and two grandsons.

Memorial contributions may be made to: Hospice of the Valley (Ryan House), 110 W. Muhammad Ali Way, Phoenix, AZ 85013.

Visitation beginning at 1 p.m. on Sunday, Jan. 5, followed by a memorial service at 2, at J. Warren Funeral Services, Cole & Maud The Gardens Chapel in Casa Grande.



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The "Runner" is delivered to all residents and departments of the Ak-Chin Indian Community, as well as surrounding community businesses, interested groups and subscribers.

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ANNOUNCEMENTS
Announcements and wishes may be phoned in, faxed or e-mailed.

ARTWORK, LETTERS, STORIES
The Ak-Chin O'odham Runner is a Community Newspaper and encourages Community involvement.

If you have artwork, photos, poems or a great story that you would like to share, please contact us so we can include it in "YOUR" newspaper.

Also, if you have suggestions or comments about "YOUR" newspaper, let the Runner Staff know that too.

All submitted letters MUST be signed by the author and are limited to 200 words. Authors must also include their name, address, and phone number. Names can be omitted by request. Anonymous submissions will not be accepted.

We reserve the right to edit all submitted material for clarity, grammar and good taste. All submissions should be received as typed or non-cursive writing. Please do not submit UPPERCASE or formatted paragraphs.

Submitted pictures need to have a return address and brief description. Pictures with no address will remain on file. Allow 2 weeks for return.

SUBSCRIPTION RATE
2020 Subscription rate is \$33.75. If you would like to receive the "Runner" by mail, please send a \$33.75 check/money order to: Ak-Chin O'odham Runner 16600 N. Maricopa Highway Maricopa, Arizona 85139

Make check/money order payable to: Ak-Chin Indian Community

DEADLINE
Don't forget the DEADLINE for the January 17 - February 6, 2020 issue is due by

FRIDAY JANUARY 10, 2020

Please submit all announcements, wishes, etc. no later than **FRIDAY JANUARY 10, 2020**

Any material submitted after the **JANUARY 10TH DEADLINE** cannot be guaranteed placement. But, if appropriate and relevant, will be included in the following issue.

The Community celebrates the holidays

Story and photos by Runner Staff

On Saturday, December 21st, the Ak-Chin Community came together at Ak-Chin Recreation facility for the annual communal holiday celebration to enjoy a night of Christmas cheer and laughter.

As members started to make their way into the gym they were greeted by a holly jolly familiar face in a red suit. Santa Clause, escorted by the Ak-Chin Fire Department gave hugs and well wishes to all the families at the dinner. Taking his seat, Santa was ready to



This boy was super excited to take his picture with Santa.



Two girls having fun at the Christmas dinner.

spend the evening with the community.

Ak-Chin Police Department, in partnership with the Marine Corps Toys for Tots program provided an abundance of presents for all the children in the community. As the children lined up and visited with Santa to give him their Christmas wishes and lists they were given a Christmas gift.

A special raffle was also held, where many children also received a brand-new bike. From toddlers to teenagers, every child went home with a gift.

Inside the gym different activities were provided, such as, colorful face painting by creative community members and decorating gingerbread houses with the Youth Council. Families gathered together to enjoy the hearty meal and everyone had their fill of Christmas treats.

As the evening rolled on, many stopped to get a nice hot cup of cocoa and take family photos with Santa.



Guess who won a new bike!

Harrah's 25th continued from Front



Mercedes Rivera and mom Dorothy Vasquez have a fun time at the Harrahs celebration evening.



Harrah's presents with Ak-Chin plaque to commemorate Harrah's Ak-Chin anniversary.

you are our family and we thank you for making the property a success."

She also talked about the dedication of the Harrah's team and the expansion before ending, "On behalf of the Community and Tribal Council thank you for your service, thank you to your commitment; we look to another 25 years and then some."

Livingston at that time took the opportunity to present Ak-Chin with a "little something" which was actually a pretty large plaque that read, "25 years of successful partnership, December 27, 1994 - December 27, 2019"

Mayor Christian Price, City of Maricopa spoke a few words at the ceremony congratulating Harrah's for their accomplishments and thanking Ak-Chin for their partnership.

"This is what it's all about, it's about partnerships and the

city of Maricopa is honored to be a partner with the Ak-Chin Tribal Nation, and all the things that they have going on." He shared how grateful the city is to have Harrah's as Pinal County's largest employer. "We're incredibly grateful this holiday season to celebrate with you on this wonderful 25th anniversary."

Livingston gave much respect to the next speaker who he introduced as the "original general manager" of Harrah's Ak-Chin. "I already knew the story of this property, I already knew the culture that had been created at this property, and so it was Janet Beronio that got the ball rolling, that got the culture going and I don't think we ever let up." Livingston credited Beronio for laying a strong foundation and culture for Harrah's Ak-Chin, "that is still going strong."

Janet Beronio reminisced about the start of the casino and working hard with her Harrah's family to get the casino off the ground.

Don't give me too much credit because it is with all of these people out here, whether you were here from day one or you came later... whenever you came that's what made the property successful." So thank you to all of you... I was here for nine years, it was the highlight of my life, my career."

A special recognition was given to those who had been working with Harrah's since day one, or pre-day one. Seventeen employees were recognized for their outstanding dedication, with many in attendance. Those hard-working individuals who still today remain with Harrah's were given the love and applause they all well-deserved, as Livingston jokingly said, "It's not easy opening this kind of business... they must really love this place because they are still here."

After all seventeen day one employees were acknowledged a toast was raised in their honor as well as to celebrate the 25th anniversary, due to the weather fireworks were put on hold, and a video of early Harrah's was then shown. The night carried on with more merriment and celebration, with everyone receiving a parting gift upon departure.

January is

Home CPR Month

in Maricopa!

- **Check smoke alarm and CO2 detector batteries**
- **Prevent worst case scenarios, practice escape plans & fire safety**
- **Replace all smoke alarms older than 10 years.**

IN HONOR OF THIS PROCLAMATION, EFFECTIVE JAN 1-31, ACE IS OFFERING A 20% DISCOUNT ALL FOR HOME SAFETY PRODUCTS, INCLUDING SMOKE & CO2 DETECTORS; FIRE EXTINGUISHERS; SECURITY CAMERAS, LIGHTING & ALARMS; SAFES; CHILD SAFETY AND 9 VOLT BATTERIES.

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Store Hours: Monday - Saturday 7 a.m. - 7 p.m.
Sunday - 8 a.m. - 6 p.m.

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Maricopa, AZ 85139
(520) 494-7805

CREATIVE LEARNING

January 3 - 16, 2020

Elementary Incentive Day at UltraStar

On December 18, MUSD and out-of-district K-5 Ak-Chin students with good attendance and grades were treated to a day of bowling, pizza, arcades and a movie at UltraStar Multi-tainment Center at Ak-Chin Circle for their achievements. The Ak-Chin Education Department said that the fun was provided to let the kids know that they are proud of their hard work. Education



Students gather outside of UltraStar before seeing Frozen 2 as a part of their reward.

hopes to send a message of encouragement for future students to encourage them to do great and be rewarded. The movie that the kids saw was Frozen 2.

Ak-Chin Members influence family to earn the GED

Article and photo submitted by Desiree Guarino, Ak-Chin GED Instructor

On Thursday, December 19th, Angel Hoffman attempted and passed his final GED exam section, social studies, earning his GED.



Angel Hoffman, displaying his diploma.

Angel is the 7th Ak-Chin GED graduate of 2019 and the GED program's 54th graduate since 2013.

Angel began the GED program in late September 2019 and was a regular in the morning GED class. His consistency paid off, and he was able to earn his diploma in less than three months.

Upon entering the program, Angel spoke about receiving inspiration from his brother, Channing Hoffman, a 2013 Ak-Chin GED graduate.

Talking with someone who has had success in completing a goal that you hope to achieve, can be extremely helpful in encouraging you to believe in yourself, and to know that you can do it too!



Angel's brother Channing Hoffman with GED Instructor Desiree Guarino at the 2013 GED Graduation Ceremony.

Angel is one of several recent GED graduates who have had siblings who also completed the Ak-Chin GED Program.

Who do you know who has successfully earned their GED? Are you next? Come on into the Education Department to find out!

For more information, stop by the GED office Monday through Friday, and get started on your GED journey!

Current GED Class Days/Times: Mon-Fri: 10:00A-12:00P; M, T, TH, F: 2:00P-5:00P; Wed: 4:30-7:00P
GED Office: 520-568-1284

Polar Express continued from front



Delicious dinner at Service Center.



Kids stop by at Santa's workshop to find out if they have been naughty or nice.



Balloon animal specialist making Rudolph the Red-nosed Reindeer.



Congratulations to Mrs. Sheila Bandin at Ak-Chin Education, whose amazingly creative "Polar Express" Christmas door decoration won first place by 16 votes! The students ultimately decided who won the contest at the Ak-Chin Education department.



Making yummy Christmas goodies, one of the many DIY activities at the Polar Express event.

O'odham Neok

S-ekik Vecik Aida:g Ves Am (Happy New Year to All)

O'ODHAM COUNTING ACTIVITY

Directions: Using a line, connect the correct O'odham Word Number in the left column with the correct number in the right column. When finished, bring your completed sheet to the Language Building and you will be entered into a drawing. Deadline is January 30, 2020. Good luck!

- | | |
|----------------|----|
| Humukđ | 19 |
| Go:k | 10 |
| Gami Cudp | 8 |
| Gami Gi'ik | 12 |
| Vaik | 9 |
| Gami Vevak | 2 |
| Hemako | 20 |
| Gami Gigi'ik | 14 |
| Gi'ik | 3 |
| Vestma:m | 17 |
| Gami Hemako | 5 |
| Gami Go:k | 15 |
| Gami Vaik | 1 |
| Hetasp | 16 |
| Gami Hetasp | 4 |
| Cudp | 7 |
| Vevak | 11 |
| Gigi'ik | 13 |
| Gami Humukđ | 6 |
| Go:ko Vestma:m | 18 |



Ak-Chin Language Department guiding four year old kids with Christmas songs at the Polar Express event.



Christmas dances at Ak-Chin Preschool with the Language Department during the Polar Express event.

Gakimdak Maşad (January)

Domik	Lunas	Go:k Taş	Vaik Taş	Gi'ik Taş	Vialos	Şavai
			1	2	3	4
			Holiday			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Holiday					
26	27	28	29	30	31	
		Novice 2 Classes starts		Community Gathering Language Program		

Gakimdak Maşad is when the animals lose their fat from all the winter

Name:

Phone Number:

Reflections continued from Page 3

Harrah's and the Ak-Chin Community saw a first as it hosted two well established conference/sessions; the 2019 Tribal EPA Region 9 Conference and the Self Governance Strategic sessions were held in the Events Center ballrooms.

The Events Center in it's first year has not only hosted conferences and numerous activities, functions and parties, but great concert events with high end entertainers. From entertainers such as Dwight Yoakam, Dave Chappelle, Pen & Teller, Los Lonely Boys, Los Lobos, Los Tigres del Norte, Eddie Money, Tracy Lawrence and many others, the comments of "who'd ever thought that these guys would be performing in our backyard" from Ak-Chin members and Maricopians continue. Look for more great acts in 2020.

Throughout the year, Council Members were attending and speaking at various meetings pertaining to water, in particular Ak-Chin's water rights. From continuous meetings with consultants, lawyers, lobbyists, and the Bureau of Reclamation, the community has continued to address the importance of Ak-Chin's water and the need to provide the best water quality afforded to the community.

Departments in the community have seen employees come and go as the doors continue to revolve. Through it all, departments continue to function and provide the best services possible to the people of the community. Some have retired and some have departed potentially for greener pastures, which we say to those "the community always wishes you the best in success and thank

you for being a part of our community during your time with us."

Together, the community has seen growth, not only within Ak-Chin, also with our neighbors; Maricopa continues to grow from 30,000 citizens a few years ago, to over 55,000 today. Continued efforts from both Ak-Chin and Maricopa leadership to work together is crucial in providing the necessary quality services and opportunity for all citizens.

Ak-Chin continues to play a leading role in Indian Country as we are considered a template and role model for other tribes to duplicate. We've had leadership from throughout the country who have visited the community and inquired about the success of the community, from entertainment, gaming and farming. Through conversation, I have had the privilege of sharing that "the success of the community is because of each and every member of Ak-Chin, all enterprises, all employees, sponsorships, and to those we donate to."

Above, is just the tip of the iceberg recap of 2019 for us, there are and have been numerous efforts to continue to move our community to bigger and brighter things by leadership. I look forward and am excited to see what 2020 brings to the Ak-Chin Community.

Please remember, "Ask not what Ak-Chin can do for you, but what you can do for Ak-Chin."

Happy New Year to all and please be safe!

Respectfully,
Robert "Bob" Miguel
Ak-Chin Tribal Chairman

Breathe the Fresh Air

Photos and article by Theodore Puetz, Pesticide Control Specialist

The last three months have been peppered with harvest holiday activities that have been greeted with the Halloween treats for the little ones followed by Thanksgiving family get togethers. December brings to us the Masik-Tas Birthday Celebration, the Christmas joy of giving and receiving, and year end well wishing, with hopes for a better and brighter year ahead. As our days are now filled with increasing sunshine, and the anticipation of spring, these days are the best days for planning to make the next year the best ever.

One important plan we can make happen now is to make sure our homes are safer by checking for old pesticide containers and disinfectants (bleach) to be sure they are stored or locked away and out of reach of the little ones, or disposed of according to the label. Keeping pests out also matches well with other energy saving actions you can take to save money in your home this winter.

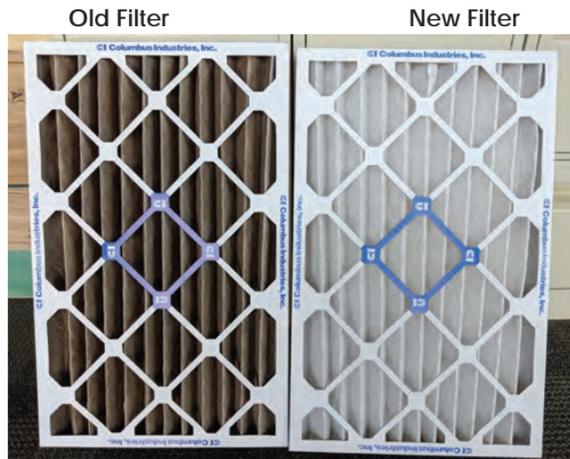
With the colder weather upon us, checking the air filters in our homes will help to



freshen our air, keep molds from forming and improve air quality while improving the efficiency of your heating and cooling systems recommend changing filters once a month. Sealing windows, doors and other heat loss areas, you would be building a significant barrier for pests to enter and reduce the need for pesticides in your home. Keeping warm air in, at the same time keeping pests out is a winter win-win.

We hope last year was good for your family and wishing you a happy and joyous New Year!

EPD



Salt River Pima-Maricopa Indian Community

AGRICULTURAL LEASE PAY OUT

Friday, January 17, 2020

8:30am Seniors and Disabled	10:00 am – 6:00 pm General Landowners
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Round House Café
at SRPMIC Two Waters Government Campus
10,005 E. Osborn Road, Scottsdale 85256 - Look for directional signs

Checks not picked up on January 17, 2020 can be picked up at Finance - Cashiers Office (Two Waters Bldg. A) January 21st through February 3rd.

Checks not picked up by 5:00 pm February 3rd will be mailed out to the address on file.

Power of Attorney (POA) - Only originals accepted, written notes will not be accepted. Must be verified before release of check. Verification done at pay out.

Ensure SRPMIC has your current mailing address - Incorrect information will cause a delay in receiving your check. To update, please contact SRPMIC Vendor Maintenance Office at (480) 362-7729.

Payments Less than \$15.00
All direct deposit payments will be deposited into your bank account regardless of the amount. If you currently receive a check, but would like direct deposit, complete an ACH request in Finance three (3) weeks prior to the payout date. Checks less than \$15.00 are not printed for payout date, however, you may request a check and it will be processed within 7-10 business days.

Questions? Contact the SRPMIC Finance Leasing Payment Office (480) 362-7730.
*Agricultural lease payments will be made based upon former payments received and cleared through banking institutions by January 6, 2020.

JANUARY COMMUNITY CALENDAR

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



ELDER CENTER

JANUARY 1
Center Closed

JANUARY 7
Movie Day

JANUARY 17
Elder Check Day

JANUARY 20
Center Closed

JANUARY 22
Movie Day

JANUARY 23
Education Presentation-After School Program, 12:15pm

JANUARY 28
Basic First Aid for Elders, 12:30pm

JANUARY 29
Caregiver CPR at Elder Center, 1pm

JANUARY 30
Oasis BINGO w/Gwen, 12:30pm



LIBRARY

JANUARY 1
Library Closed

JANUARY 3
Elder Crafts, 11:00am-12:00pm
Lego Robots!, 4:15pm

JANUARY 4
Japan Pop*, 12pm-2pm

JANUARY 7
Elder Coloring*, 9am-10am
Preschool Storytime, 11am-12pm

JANUARY 8
Baby Time!*, 10-10:45am
KRAFTZ, 2:30pm-4:30pm
Game Hacker*, 4:15pm-6:pm

JANUARY 9
Preschool Storytime, 11am-12pm

JANUARY 10
Mars Family Science Night, 5:30pm – 7:30pm

JANUARY 11
Movie Club*, 9:30am – 4pm
Library Closed

JANUARY 14
Preschool Storytime, 11am-12pm

JANUARY 15
Baby Time!*, 10-10:45am
KRAFTZ, 2:30pm-4:30pm
Game Hacker*, 4:15pm-6pm

JANUARY 16
Preschool Storytime, 11am-12pm

JANUARY 17
Library closes at 5pm

JANUARY 18
Library Closed

JANUARY 20
Martin Luther King Jr. Day
Library Closed

JANUARY 21
Elder Coloring*, 9:00am-10:00am
Preschool Storytime, 11:00am-12:00pm

JANUARY 22
Baby Time!*, 10:00-10:45am
KRAFTZ, 2:30pm-4:30pm
Game Hacker*, 4:15pm-6:00pm

JANUARY 23
Preschool Storytime, 11am-12 pm

JANUARY 24
Lego Robots!, 4:15pm

JANUARY 25
Japan Pop*, 12:00pm-2:00pm

JANUARY 29
Baby Time!*, 10:00-10:45am
KRAFTZ, 2:30pm-4:30pm
Game Hacker*, 4:15pm-6:00pm

JANUARY 30
Preschool Storytime, 11am-12 pm

JANUARY 31
Lego Robots!, 4:15pm



PARKS & RECREATION

JANUARY 3
New Year's Men's & Women's Basketball Tournament

JANUARY 11
New Year's Co-Ed Volleyball Tournament

JANUARY 20
(CLOSED)

JANUARY 21
9-12 Basketball Practice
5p-6:30p

JANUARY 22
9-12 Basketball Practice
5p-6:30p

JANUARY 23
9-12 Basketball Practice
5p-6:30p

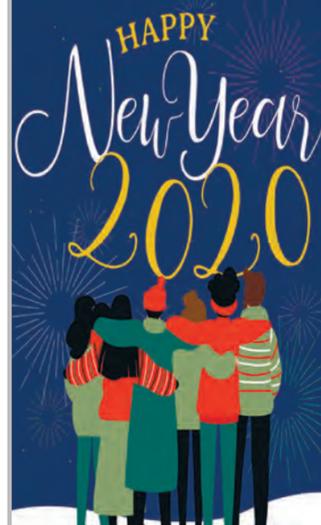
JANUARY 24
Education- Student Recognition
Night 4p-8p (Gym)

JANUARY 27
Employee New Year Mega
Volleyball Tournament

JANUARY 28
9-12 Basketball Practice
5p-6:30p

JANUARY 29
9-12 Basketball Practice
5p-6:30p

JANUARY 30
9-12 Basketball Practice
5p-6:30p



Ak-Chin Youth Council hosts 12th Annual Volleyball Toy Drive

Story and photos submitted

On December 14, eight teams took to the Ak-Chin gymnasium to give and have some fun! For the small token of an unwrapped toy all teams and players had the chance to participate in the toy drive tournament, with The Squad taking home the championship jackets and honors. LBC and Ol' School

were award t-shirts for their efforts. Over 50 toys were collected and then donated to the Polar Express event held the following week.

Ak-Chin Youth Council would like to thank all teams for participating and everyone who helped referee.



1st Place- The Squad



2nd Place- LBC



3rd Place- Ol' School

Leading Edge Academy Maricopa completes most successful cross-country season to date

Story and photos submitted

The Leading-Edge Academy Maricopa cross country team had an excellent 2019 XC season. In just 2 years, the team has grown from 3 participants to 32 with a bunch of eager 4th graders ready to participate next year.

The student athletes bought in and this year they were able to see some very positive results. As a team, they

placed 3rd Overall out of five races. LEA Maricopa runners consistently placed in the Top 10 for each Boys and Girls race.

Elijah Tanon (8th) finished a respectable 85th place at the CAA State Meet in 2018. He consistently put in the work over the Summer with hopes being much more competitive. The hard work paid off and

was very evident as he started the 2019 XC season with an overall win! Elijah would go on to either win or place second in all five CAA races. He now has his sights on the 2020 Track and Field season and is using his off-season to race 5k's, 10k's, and even a Triathlon. He recently placed 2nd Overall at the Maricopa Turkey Trot 5k with a time of 19:05.



Above: Leading Edge Academy-Maricopa cross country team are all smiles and play the part of a winning squad.

Below: Elijah Tanon celebrates his team's and personal achievements.

JANUARY 18 | 4-9 PM

COPA GLOW

NIGHT MARKET

MARICOPA, AZ

HOT AIR BALLOON FESTIVAL

St. Francis of Assisi Roman Catholic Mission
16657 N. Church St. Maricopa, AZ 85139
Ak-Chin Indian Community

JANUARY 2020 Schedule

Sunday Mass at 12 noon

- January 5 - Fr. Ignatius Mazanowski
- January 12 - Fr. Richard Felt
- January 19 - Fr. John Hannigan
- January 26 - Fr. Ignatius Mazanowski

ANNOUNCEMENTS

- January 4, 10am
Holy Family Feast Day - Fr. Antony Tinker, FHS
- January 18, 10am
CCOE Meeting - Our Lady of Victory - Hashan Kehk

Baptisms are every 4th Sunday of the month and baptism classes are every 2nd Saturday of the month. If you are interested please contact Flower Ruelas at (520) 568-3700 or (602) 717-3761.

NEW LIFE Ak-Chin Church

Where the full gospel is preached

Schedule of Services

Sunday School for adults and children
10:00 a.m.
Morning and evening church service is at
11:00 a.m. and 6:30 p.m.
in the Ak-Chin Service Center Complex

Do you need a ride to church?
Call our bus driver
602-476-9591

If you need prayer,
please contact one of the pastors
Johnny Stephens 520-705-3052
Carlos Marin 520-560-2679



Healthy Parenting Education and Support Group

Ak-Chin Health and Human Services



When: Please call to arrange start date.
Where: Conference Room (48227W, Farrell Road Maricopa, Arizona 85139)
Contact: Health & Human Services at (520) 568-1093

The goal of this group is to help establish a support system for Community Families and offer additional tools and techniques for parenting.* Community members, Residents, and Employees are welcome to participate!** For more information contact: Lynne Houston-Volden (Child and Family Therapist) at Health and Human Services. 520-568-1086.

*A Certificate of Completion is issued when a participant actively participates in and completes the entire series of topics.
**Individuals not employed by the community, not residents or community members may be given special permission.
contact Lynne Houston-Volden for details.

New Years Volleyball Tournament

January 11, 2019

Awards: 1st Place- 3rd Place

Registration is now OPEN!

Deadline: January 3, 2020

Entry Fee: \$100.00

To register or for more information Email
recreation@ak-chin.nsn.us or call 520-568-1740

January Employee Birthdays

- | | |
|--|---|
| 1
Timothy Nanstiel, TGA | 8
Ashley Manuel, Vekol |
| 3
Johnny Ramirez, EPD | 9
Jennifer Hill, Law & Order |
| 5
Christopher Beginski, Fire & Safety
DelRoy Narcia, Security
Andrew Jimenez, Sanitation | 11
Octavio Machado, Council |
| 6
Jose Miguel, Parks & Recreation
Henrietta Rubio, Law & Order | 13
Elizabeth Chavez, Elderly |
| 7
Bridgette Pena, EPD
Gabriel Pablo, IS
Wayne Allison, Law & Order
Steve Peters, Vekol | 14
Michael Heronema, Security
Teresa Valisto, Education |
| | 15
Veronica Armadillo, Maintenance |
| | 16
Maressa Robles, Law & Order |

If someone told you that your baby's chances of dying are 40 TIMES GREATER

when sleeping in an adult bed rather than a crib, where would you put your baby to sleep tonight?



Practice The ABCs of Safe Sleep:

- A** Alone
- B** Back
- C** Crib

Baby sleeps safest ALONE, on their BACK, and in a CRIB. For more information: <https://dcs.az.gov/services/office-prevention>



ROADWAY TO SAFER TRIBAL COMMUNITIES

Protect Our FUTURE

Use child safety seats on every ride.

The Facts

- ◆ Among children aged 0-12, American Indian and Alaska Native children have the highest traffic death rate of all racial/ethnic groups in the United States.¹
- ◆ More than half of car seats and booster seats are not used correctly. If the seat isn't installed the right way, or you're using the wrong type of seat for your child's age, height, or weight, your child is not as safe as he or she could be.²
- ◆ Using age- and size-appropriate car seats, booster seats, and seat belts significantly reduce the risk of injury and death among children in a crash.

Help Keep Yourself and Your Loved Ones Safe

You can help keep yourself and your loved ones safe by:

- ◆ Using a car seat, booster seat, or seat belt on every trip, no matter how short.
- ◆ Finding the right car seat or booster seat for your child's age, height, and weight. See the chart below for tips.



- ◆ Getting help installing a car or booster seat from a certified child passenger safety technician.
- ◆ Properly buckling children aged 12 and under in the back seat. The back seat is safest for children.
- ◆ Never placing a rear-facing car seat in front of an airbag. Airbags can injure or kill small children riding in the front seat.
- ◆ Not using traditional baby carriers (such as cradleboards) in place of a car seat. Traditional carriers do not keep children safe in cars or trucks.
- ◆ Always wearing a seat belt when pregnant. Be sure to wear the lap belt below your belly. Place the shoulder belt across your chest—never behind the back, under the arm, or across the stomach.³



Do you have Unwanted, Unused or Expired Prescription Medications?

You can help prevent medication abuse and misuse in our Community. If you have prescription or over-the-counter and other unused medicines.

Please consider disposing of them with a Drug Deactivation bag available at the

Ak-Chin Health Clinic,
Public Health Nurse-Rochelle or
Injury Prevention

Rochelle Townsley, RN - 520-610-1915



For Questions on the Deactivation Drug bags please call
Injury Prevention Program
520-568-1087

Happy Birthday Son!
Jose E. Miguel Sr.
I feel so blessed to have you as my son. On your birthday, I would like to wish you the best. May you be successful on your Pursuit to happiness. May our Creator bless you on this Special Day.
Happy Birthday My Son!! Se'kik Masik Taf Am wi eg Cej e ma
From your MOM!



Happy Birthday Dad,
You teach me a lotta things and you are

the best Dad Ever!!
Hope you enjoy your Birthday.
With Love, Nyaila

Happy Birthday Dad!!
You are the best Dad Ever!! Thank-you for teaching me how to play basketball.
I Love You, From Auciana

Happy Birthday Dad!
Thank-you for everything, raising me, teaching me right from wrong, also helping me learn from my mistakes. Enjoy your day Pops!
From your Son Bruh, Baby Jay

Happy Birthday to my Hubby!
Thank-you for everything! May the Good Lord watch over you and bless you with good health, success and happiness and many more birthdays to come. I feel blessed to have you as my husband.
I love you, enjoy your day. Love Always, Your Wifey, Lena Rose

Happy Birthday my great-granddaughter Jessica and my great-grandson Edward
Love, Grandma



AK-CHIN JOB OPPORTUNITIES

- Archaeologist
- Custodian
- Maintenance Technician
- Police Officer – Certified
- Police Commander
- Breakfast Cook-Elder Program
- Accountant

Open to Enrolled

Ak-Chin Members Only

- Art Technician
- Cultural Resources Specialist

APPLICANTS CAN NOW APPLY ONLINE!

Visit Ak-Chin Indian Community website (www.ak-chin.nsn.us) and click Job Openings to review or apply for an open position. If you are claiming Indian Preference, proof of tribal enrollment MUST be submitted at the time of application.

NOW HIRING

- Experienced Line Cook
- Experienced Server
- Experienced Bartender
- Experienced Nightclub/Sports Bar Server
- Experienced Maintenance Mechanic

Interested candidates may apply at UltraStarAZ.com or pick up an application at Ultrastar's box office.



January

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Duane Narcia	2 Azlynn Carra Jolene Campbell	3	4 Alexandra Osife Jaianna Pilone Skyler G.Luna Stephen M.Narcia
5 Joseph Pilone DelRoy Narcia	6 Yolanda Melero-Moroyoqui Heaven Coble Jose Miguel, Sr. Joseph Narcia, Jr. (Ugalde)	7 Gabriel Pablo Kevin Villegas Brandon Smith	8 Ethan Humeyumpewa Ashley Manuel Jessica Zabawa	9 Leo Thomas Paden Marsh Jennifer Hill Jose Balderrama	10 Jason Luz	11 Euphrasia Mike, Octavio Machado Persephanie Antone Bradley Miguel Edward Rocha Mylaunah Robles
12 Celiyah Antone	13 Ezri Miguel Viviana Rascon Ella Lewis Amarissa Garcia	14 Teresa Valisto Kimberly Smith Karli Hoffman	15 Jakob Thomas Carmella Ortiz	16 Verdina Aguilla Dallaz Jackson-Narcia Karly Campbell Eduardo Santiago	17 Stacey Yarberry Dawn Lewis, (Fuentes)	18 Richard Joaquin IV Sanya Enos Dominique White Nathaniel Enos
19 Perla Corona Rosalino Ormsby	20 Juan Medina Bernadine Romo Adriana Narcia Roland Narcia Joshua Peters Jonathan Peters Stephanie Alejandro Joe Medina	21	22 Estalynn Lopez Francisco Kaniatobe Marie Lewis Leah Castro	23 Danielle Shade-Theel Kris Narcia Amber Antone Maite Ortega Saraih Peters	24	25 Jaime Salcido
26 Freddie Salas Beatrice Romo Thomas Carlyle	27 Lydell Delowe, Jr. Mario Santiago Chelsey Mike	28 Richard Quintero Anarice Carra Felicia Vincent Aniyaa Carra	29 Patricia Perillo April Smith Irene Smith Genevieve Miguel Paulette Kisto Spencer Antone Lucas Antone Byron White	30 Horacio Valles Micah Coble	31 Mateo Rodriguez Carlton Carlyle, Sr. Celeste Gloria	

Ak-Chin Indian Community
Environmental Protection Department
(Water Operations)



OUTDOOR WASTEWATER/SEWER
EMERGENCIES CALL
520-858-6999

OUTDOOR WATER
EMERGENCIES CALL
520-858-6061



The Ak-Chin Indian Community is now on Facebook!
Make sure to LIKE us to stay up-to-date on what is happening in the Community.

Little Joe Performs at Harrah's Ak-Chin



On Saturday, December 28th, 79-year-old Latin Grammy award winner Joe "Little Joe" Hernandez of Temple, Texas, took to the stage at the Events Center at Harrah's Ak-Chin Casino, putting on a performance that delighted the crowd on hand.

Donned in mariachi attire and draped with a Mexico poncho, Little Joe came out singing "God Bless America" which was met with a rousing applause. He followed that up with hits such as; Ella, Borrachera, Preita Linda, Margarita, Red Neck Mexican Boy, and Las Nubes (Dark

Clouds), the song that put Little Joe on the map per say.

Following his performance, fans rushed the stage in efforts to shake a hand, take selfie photos, and relay well wishes to Little Joe as he stood on stage.

Prior to the show, Little Joe and his son Ivan made a personal visit to the San Juan Church where he honored and worshipped the church and Ak-Chin Community. While at the church, the Miguel family presented Little Joe with a shell necklace, which he wore throughout his performance.



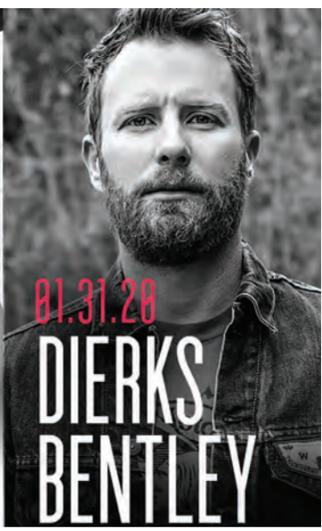
SCOTTSDALE, Ariz. – KYGO, a Norwegian-born music producer and DJ has been added to the entertainment lineup for the 2020 Coors Light Birds Nest, headlining the final night of the popular four-night concert series at the Waste Management Phoenix Open Presented by The Ak-Chin Indian Community. Tickets are on sale now and can be purchased by visiting www.coorslightbirdsnest.com.

Tabbed by Billboard Magazine as the "the next EDM superstar", KYGO has gone from bedroom producer to one of the most recognizable electronic artists on the planet in unprecedented time. KYGO established himself as a household name thanks to his widely popular remixes, sell out shows in North America and Europe as well as headline performances at festivals including Coachella and Ultra Music Festival. He reached one billion streams faster than any other artist, and he has already amassed more than 13 billion combined audio and video streams worldwide.

The lineup continues to take shape for the 2020 Coors Light Birds Nest as the headliners for all four nights have been secured.

Things get started with Miranda Lambert and Cody Johnson taking the stage on Wednesday, Jan. 29, G-Eazy with special guest on Thursday, Jan. 30, Dierks Bentley making a return to the Coors Light Birds Nest on Friday, Jan. 30 and KYGO closing things out on Saturday, Feb. 1. The remaining Coors Light Birds Nest lineup will be announced as more artists are confirmed.

International Music Sensation KYGO set to perform on Saturday at 2020 Coors Light Birds Nest



Coors Light Birds Nest general admission tickets will start at \$75, while VIP tickets are available starting at \$285 each and provide exclusive access to the Jameson VIP area where guests are treated to a complimentary catered dinner, complimentary drinks and access to a newly redesigned premium viewing area for the shows. Organizers encourage fans to buy their tickets early as ticket prices may increase as the event draws closer.

The Coors Light Birds Nest is located directly across from the main Waste Management Phoenix Open tournament entrance at 82nd Street and Bell Road. The entertainment venue opens at 3:30 p.m. and closes at 10:30 p.m. Wednesday through Saturday. Headline acts will take the main stage each evening at approximately 8:30 p.m. The Coors Light Birds Nest is a 21-and-over venue.

For more information about the Coors Light Birds Nest visit www.coorslightbirdsnest.com.



CODY JOHNSON



G-EAZY

Josh Turner Reschedules Performance at The Events Center Harrah's Ak-Chin Casino

(MARICOPA, Ariz – Dec. 13, 2019) – Josh Turner, MCA Nashville recording artist, has announced that he has rescheduled his performance at The Events Center at Harrah's Ak-Chin Casino to Friday, March 27, 2020. After a tragic accident involving members of his touring team, Turner cancelled his remaining 2019 performances. Original purchased tickets will be honored.



As one of country music's most recognizable talents, Turner has been honored with multiple Grammy, CMA and ACM award nominations, as well as received six Inspirational Country Music Awards.

Turner is known for his unique voice and many hits including "Hometown Girl," "Would You Go With Me," "Your Man," "Time Is Love," "Why Don't We Just Dance" and "Long Black Train." In addition,

Turner is one of the youngest members inducted into the Grand Ole Opry, selling more than eight million units and topping more than 1.5 billion in global streaming and populated radio.

Along with his success as a musician, Turner has also tackled the written word as an author. He released his first book, "Man Stuff: Thoughts on Faith, Family and Fatherhood," in 2014, highlighting songwriting and performing in his childhood.

In support of early music education, Turner created

The Josh Turner Scholarship Fund to assist other children following the same path, mirroring his own upbringing.

Josh Turner – Live in Concert
Date: Friday, March 27, 2020
Doors: 7 PM **Show Time:** 8 PM
Location: The Events Center at Harrah's Ak-Chin Casino
Tickets: Starting at \$88, original purchased tickets will be honored
Ages: All

On Sale through Ticketmaster About Harrah's Ak-Chin Casino:

Celebrating 25 years in Maricopa, Arizona, Harrah's Ak-Chin Casino is Arizona's first and only tribal casino to have an international management partner. Harrah's Ak-Chin is the only casino in Arizona that allows guests, through its Caesars Rewards program, to unlock benefits and other prizes that can be used worldwide at the entire Caesars' family of casinos.

For more information about Harrah's Ak-Chin Casino, visit www.harrahakchin.com

FIVE BUCK BREAKFAST
 EARLY BIRD BREAKFAST SPECIAL

TWO EGGS, BACON, HASHBROWNS FOR \$5 BEFORE 8AM. MUST PRESENT COUPON TO SERVER. NO SUBSTITUTIONS. NOT VALID WITH ANY OTHER SPECIALS, OFFERS OR DISCOUNTS. ONE COUPON PER TABLE. NO SPLIT CHECKS. DOES NOT INCLUDE ALCOHOL. NON-TRANSFERABLE. NOT AVAILABLE ON SUNDAYS. OFFER EXPIRES 01/31/20.

(520) 426 - 6832 ARROYOGRILLE.COM

ARROYO GRILLE
 at Ak-Chin Southern Dunes Golf Club
WEEKLY GRILLE SPECIALS
 BEGINNING AT 5PM* *Subject to availability

WEDNESDAY
 CLASSIC FISH FRY \$14

THURSDAY
 KANSAS CITY STRIP & FRIES \$15

FRIDAY & SATURDAY
 PRIME RIB DINNER \$24

SHORT ON TIME? ORDER TO GO!

(520) 426 - 6832 ARROYOGRILLE.COM

Get Yours Today!



2020 LOYALTY CUP

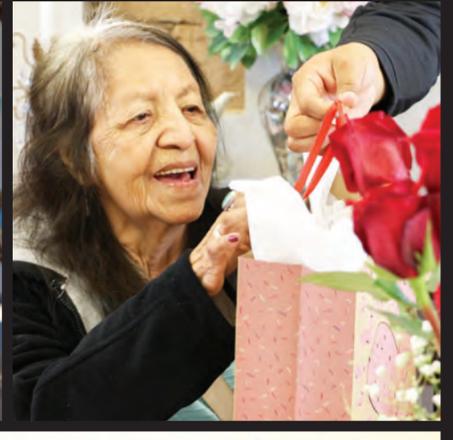
\$7
 32oz Loyalty Cup
 \$1.50 refill with every visit to the concession stand

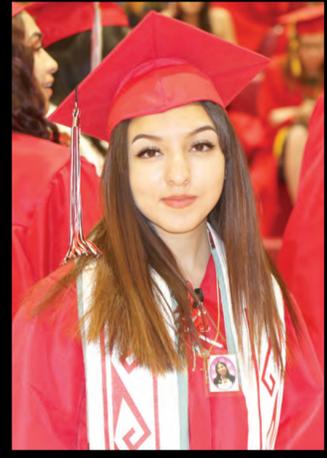
2020 POPCORN PASS
\$30

Receive one FREE Regular Popcorn, upgrade to a Large Popcorn for \$1.50 or Specialty Popcorn for \$2.50 (Limit one offer per day)



2019 YEAR IN REVIEW !!







Gila River
HEALTH CARE

Wishing Our Patients a Happy New Year!



New Year! New Opportunities for Living Healthier Lives!

New Year - New You!

Now is the time to start working towards a new you with these five healthy living tips!

1. Schedule your annual check-up with your primary care provider!
2. Move more and move often! Something as simple as parking farther away from the door or opting to take the stairs instead of the elevator can make a difference. Every little bit counts.
3. Eat better! Opt for healthier food choices and eat out less as often as possible. You can learn more about healthy food choices by checking out the Life Center for healthy recipes and other healthy food tips.
4. Drink more water! Drinking plenty of water can help maintain kidney health.
5. Relax, Relate, Release! Try something new and learn how to unwind through meditation. Did you know that meditation could help promote emotional health and control anxiety?

**To learn more about what you can do to improve your health,
call the Primary Care Department :**

- Hu Hu Kam Memorial Hospital. (520) 562-3321 ext. 1495
- Komatke Health Center (520) 550-6000 ext. 6060
- Hau'pal Health Center (520) 796-2600 ext. 2697

IMPORTANT NOTICE!

**New Walk-In process will be available at Hau'pal Health Center
(PCD and Life Center only)**

Begins Monday, January 6, 2020

For more information, contact:
Primary Care Department (520) 796-2600 ext. 2697
Life Center (520) 796-2600 ext. 2657