



March Community Meeting

Story and photo by J. Peters

Monday, March 29, Ak-Chin Tribal Council hosted its second monthly Community Meeting via WebEx. Council and community members gathered virtually to learn about the latest updates within the community.

Opening the March meeting was Vice Chairman Lemuel Vincent, as he began by greeting the community then turning it to Councilmember Delia Carlyle to say a blessing before getting started with council updates.

First to give updates, Vice Chairman Vincent talked about how the Maricopa Pantry is doing good within the community and hopes it will continue to help the community. He thanked the departments who have helped with the distributions that have been held every Monday in March, and thanked the members who came out to take advantage of the distributed food goods.

Next, Councilmember Carlyle talked about the Tribal Consultation and Strengthening Nation-to-Nation Relationships and

various consultations that have been coming in since the memorandum was passed in January of this year by President Biden. The memorandum mandates federal departments to reach out and consult with tribes on varying issues and engage in meaningful consultations when developing policies that affect Tribal Nations.

Councilmember Lisa Garcia talked about assisting with both community and employee testing blitz events. She shared information on the first vaccination event held in the community on Thursday, March 25, saying there were 108 community members who received their COVID vaccines. She also shared information on the vaccination eligibility being lowered to age 16, informing that appointments will need to be scheduled for the underage as consent forms will be need to be signed.

Garcia addressed meetings on the roads, right of way projects and various issues with self-governance and budgets. She acknowledged the incident management team



Harrah's Ak-Chin Casino.

for coordinating the testing and vaccination events, and thanked departments for helping to coordinate and host these events.

Chairman Robert Miguel talked about how busy council had been with meetings, via zoom, WebEx, and in-person. He shared on his meeting with U.S. House of Representatives, Mark Mullin, from Oklahoma, and their tour of the community, and Congresswoman Debra Haaland and her new appointment.

Chairman talked about meeting with Gila River Tribal Council about flood damage at Southern Dunes, in which both communities are working together to help clear out the back-up causing the floods. He also talked about his meetings with AIGA, and promos with the Arizona Chamber of Commerce, as well as meeting with Maricopa Unified School Superintendent Dr. Lopeman about building a better relationship to ensure community students are getting the help they need.

Lastly, Chairman talked about meeting with the community enterprises and moving forward in a safe manner with the lifting of guidelines by Governor Ducey. Chairman Miguel closed with thanking the community for participating in virtual meetings.

After Chairman had finished up with his updates, the meeting was opened up for questions. Members submitted questions through email to Council Secretary Vicki

Community Meeting continues to page 2

Maricopa Library celebrates grand opening and first Wild Horse Art installation

Story by R. Peters, photo by R. Bowen



Wild Horse art project, painted by Cindy Marlar Koontz.

Saturday, March 27, Maricopa Library and Cultural Center celebrated its Grand Opening with scheduled tours, outdoor activities, music, dancing and a book sale.

The 27,000 square foot facility

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Ak-Chin Elder Staff Breathe Life back into Elder Center

Story and photos submitted by Candace Allcott

The 23rd of March marked a year since the first closure here in the Center. Elders went home and didn't come back.

I remember the announcement and how scared we all felt sending them home after lunch.

Our department continued to serve and deliver meals but the center isn't the same. The halls echo and we all miss the voices and chatter at breakfast and lunch. We've grieved and worried for every Elder.

I can honestly say that sitting in my office "social distancing" has been one of the loneliest experiences I've ever felt. It has been depressing and difficult to come in. I know I'm not alone, all the other employees here feel the same. Somehow it makes it a little easier to know you're not the only one feeling this way.

In an effort to brighten my office and breathe some life back into our department I brought in a cutting from a plant that belonged to my Aunt.

Over the last few months that plant has taken over my office. It's a jungle in here! Its deep Red leaves have covered the window and stretched across my desk. I've cut it back dozens of times and there are new plants on everyone's desk.

I know it lifted my mood and helped to make my office feel more welcoming. I recently

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This is one of Candace's plants that she has in her office. It is called a Wizard Red Velvet Coleus.

reached out to see if any other employees would like a cutting.

It's an easy plant to grow. I use a water wicking system so that if I'm away for an extended period of time the plant never suffers for water. It basically uses exactly what it needs.

I place a string 'wick' next to the plants roots and down through the bottom of the planting pot. Then put water

in the lower pan and the wick does the work of getting the moisture up to the plant. The plant gets exactly what it needs when it needs it and thrives.

I've used this watering technique for years and have always had beautiful plants both inside and outside my home.

There are many studies out there about the benefits of plants. Studies have also

Elder Center continued from front

proven that indoor plants improve concentration and productivity (by up to 15 percent!), reduce stress levels and boost your mood — making them perfect for not just your home but your work space, too.

At work, place plants, especially those with broad leaves, on your desk; they will help regulate humidity and increase levels of positivity — seeing greenery and nature help us feel more relaxed and calm, which in turn benefits your everyday mood, and will enhance

your life.

We hope that one day here soon we can welcome the Elders back into the Center until then I'll just keep sharing a little bit of life with anyone who wants a cutting!

This is the picture of my Aunt's plant that I've kept alive for the last 4 years since she passed. The wicking system has been a plant saver! This plant is in a Halloween witches pot! And I just put a bowl under it with the string. Each time we go up I add about a gallon of water. Some of

the leaves are as big as a dinner plate!



The family of Norbert Sr. & Norbert Jr. would like to thank all those who helped in laying to rest our Dad, a beloved Son, Husband, Father, Grandfather, Great Grandfather, and Brother, and JayR, a beloved Son, Father, Brother, Grandfather, Grandson and Nephew. At a time when the world seems to turn against you and your life changes forever, there are people who help to ease the struggle of grief and worry.

Thank You...

To our Uncle Cecil for overseeing all the preparations and daily discussions of funeral arrangements. It gave us comfort to know you were there to advise us each day until we laid Dad and JayR in their final resting place.

To the Zabawa Family, Joe, Adella, Joseph, Justin, Sara, Lacy and your children, we feel the greatest appreciation for your generosity, kindness, and open hearts by offering your home so we could bring our dad and brother home with respect and dignity. No words can really express our respect and gratitude we have for your family.

To all the Aunties, Uncles, Nephews, Nieces, Grandkids, and extended family, thank you for being with us while you were suffering just as deeply as we were.

To Auntie Juni for opening your home and for working on the photo and floral arrangements late into the night.

To Uncle Porky for preparing the crosses for Dad and JayR, and for your willingness to do what we asked to make sure all went well.

To Adella, Leanne, Amy & Jen for your efforts in making this less of a struggle to bring our dad and brother home as well as fulfilling what we wanted done for them.

And to our Grandmother and Vi vee Evelina, we wanted so much to protect you from this grief and keep you safe. However, you gave us the strength and courage to come together to properly honor Dad and JayR while facing difficult circumstances. No love is stronger than the love you provide daily and with your prayers for us all, even during your loss and suffering.



ELDER CENTER BREAKFAST | LUNCH MENU

2) Good Friday - Center Closed

5) Sausage & green chili scrambled eggs with cheese, potatoes, toast, granola bar, fruit, juice | Shredded Pork Tacos, w/Green Bell Peppers, Spanish Rice, Refried Beans, Mandarin Oranges

6) Oatmeal, boiled eggs, bagel with cream cheese, yogurt, milk | Meat Loaf, Red Roasted Quinoa, Mashed Potatoes, Carrots, Wheat Rolls, Jell-O, Plums

7) Bacon, scrambled egg, hash brown, & cheese breakfast sandwich, fruit, granola bar, juice | Split Peas, Pork Roast (D), Zucchini, Yellow Squash, Pop Over, Pears

8) Pancakes, Sausage patties, fruit, granola bar, chocolate milk | Chicken Enchiladas, Roasted Corn, Wild Rice, Apricots

9) Bacon, green chili & egg burrito, fruit, granola bar, juice | Spaghetti, Broccoli Salad, Garlic Bread, Cherry Crisp

12) Cream of wheat, boiled eggs, English muffin, yogurt, milk | Fish or Chicken, Sandwich, Green Leaf, Tomato, Broccoli, Carrots, Lemon Cupcakes

13) Bacon & hash brown casserole, toast, fruit, granola bar, juice | Ground Beef Tacos, Black Beans, Spanish Rice, Lettuce, Tomato, Pineapples

14) French Toast, sausage patties, fruit, granola bar, chocolate milk | Bar-B-Que Chicken, Sweet Potato Fries, Potato (D), Yellow Squash, Mandarin Oranges

15) Chorizo & egg burrito, fruit, granola bar, juice | Italian Beef over Pasta, Bread Slice, Creamed Spinach, Roasted Acorn, Fruit Cocktail

16) Biscuits & Sausage gravy, fruit, granola bar, juice | Pinto Beans, Ground Beef (D), Brown Rice, Wax Beans, Normandy Vegetables, Jell-O, Oranges, Coconut Cake

** Some items may change without notice **

Community Meeting continued from front

Smith or Community Events Planner Henry Garcia. Questions included: weekend dates being discussed for testing; testing available to community members living off reservation; update contract with Gila River Health Care; student mental health since stay at home learning; community's plan now that sports betting is legal in Arizona; vaccination available for 16; and providing a list of Community Board

and Committee members.

With no more questions posed, Council ended by stressing the importance of getting tested, getting vaccinated and continuing to stay safe and healthy. The meeting ended shortly after 7pm. Next meeting is scheduled for Monday, April 26. To sign up or send questions, please email events@ak-chin.nsn.us or call 520-568-1000.

APRIL 2021 Ak-Chin Child Development

Easter Fun at Home!

This time of year, here at the Child Development Center there would be so much excitement in the air! Children seem to know when Spring and Easter is here. This year unfortunately we cannot have our Easter celebration for the children that attend our center and those who reside in the community. Children and families can still make the best of Easter at home. Here are some fun learning activities to engage your child(ren) in.

Easter Egg Dye Science- Do a little science experiment with your child(ren) have them mix

primary colors to make other colors. Mixing colors (red + blue=purple) (yellow + blue=green) (red + yellow=orange) Color Recognition- When your child dyes their egg's ask your child what color dye they are using. Ask your child what other items are that color around the house.

Make an (A,B,A,B,A) pattern- using the dye eggs demonstrate a pattern example: (green egg, yellow egg, green egg etc.) Watch as your child does a pattern on their own or encourage them.

Math Easter Egg Counting- After your child is done hunting

Easter Fun Activities That Promotes Learning Development in Young Children

•Hunting for Eggs- Children use their whole body which is gross motor development.

•Dye your Easter Egg- Children use their fingers and hands for this task. Children are using their fine motor skills; which are their small muscles in their hand and fingers.

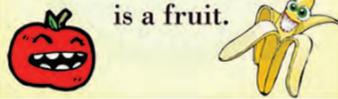
•Social Interactions with Family- Children will regulate their emotions and behavior. Children will show positive relationship with adults they are interacting with. Children play cooperativity with others.

•Language- At your family gathering children will use language to express themselves. Listen and understand language. Children will also use appropriate communication skills.

Nutrition

DID YOU KNOW

Botanically speaking, the **Banana** is a herb and the **Tomato** is a fruit.



for eggs have your child count or help them count out how many eggs they found.

If you need additional resources about home activities, have questions or concerns or would like to talk to one of our teachers, please call us at 520-568-1700. We are here to help!

48251 W. Farrell Rd. Maricopa, AZ 85138

Phone: 520-568-1700

Fax: 520-568-1701

rooms, technology lab and much more.

Outdoors you will find a stage, lawn and patios for outdoor seating. And there is also something new that has just been added to the entrance, an incredible, beautifully designed wild horse painted by Cindy Marlar Koontz.

Cindy, a K-2 teacher at Mobile elementary, long-time resident of Maricopa and childhood friend to many in the Ak-Chin community was selected among the many artists who submitted their designs for the "Maricopa Arts Initiative - Wild Horses" public art project that was sponsored by the City of Maricopa, "in celebration of the City of Maricopa's growth... to honor our roots and look to the future."

"I was chosen by Barbara Brady and the Friends of the Maricopa Library," Cindy shared.

"I submitted 3 designs and the group chose the library bookshelf design. On my library bookshelf design I wanted to show several layers. One is the general love and appreciation for libraries and reading, in general: we learn about history, hobbies, travel, entertainment, and escape everyday life. But I also

wanted to honor our city of Maricopa as my home town, so I included the stagecoach for Stagecoach Days, the Ram yearbooks, and the heirloom basket from Wendy (it was her grandmother Lena's basket) among many things. Then on a personal level, I included a few items that are special to my family, like the purple butterfly to honor my mom."

It took Cindy three months to complete her project; setting up the horse in her dining room, she painted after school and on the weekends.

She has a true passion for the arts, having painted her whole life, teaching it as well for Casa Grande summer program and MUSD's 21st Century Program. She has also been featured in various art exhibits around the city of Maricopa, including city hall.

"My hope is that people will pause a moment

Wild Horse continued from front

from their busy lives and stop and look at the horse and discover all the little things here and there. My inspiration came from my students: I thought, what would they like to see? What colors would they like? I hope it makes people smile."

Cindy's beautiful horse is the first one to be permanently displayed in the city. Soon, the other horses will find their new homes in prominent areas of Maricopa, until then we can all take in the beauty and artistic value that Cindy has brought to the community, while enjoying the new library and all it has to offer.

Cindy shared her gratitude for the wonderful opportunity. "I am so honored to have been a part if this amazing project and am so grateful to Barbara and the friends of the Maricopa Library and for the financial sponsors the Brady's, the Hartman's, and the Anderson's."



At right, Cindy proudly poses in front of her painted horse, with mom Pam Bix Marlar, daughter Michelle Trujillo and grandbaby Davey Trujillo during the Maricopa Library grand opening on March 27.

Library selects winners of bookmark contest

Ak-Chin Library has selected the finalists for their Bookmark Contest. The contest was put together by Library staff for the community's children to allow them to create their own design. Through the kindness of

the library all participants are receiving a \$25 Amazon gift card for their work. The special winner will have their bookmarks printed out to use during reading time.

Ak-Chin Tribal Council

assisted in choosing the top three winners; Daniel Estrada, Oliver Peters, and Joanna Acosta.

"Thank you (to) all who had participated in our first 2021 Bookmark Contest, everyone's artwork was amazing! We want to thank you all for your patience as well. 2021 is a new year, we are coming up

and finding fun and new ways to get families involved, we appreciate your understanding." shared Susan Sanchez, Library Clerk.

"We want to thank Ak-Chin Indian Community Council Members for taking the time to vote. Please don't forget to stop by and check out a book and grab your

bookmarks (TBD) and see who is our 1st place winner! We will notify through social media and community email when bookmarks are ready at the library! So, don't forget to keep an eye out for that and add us on our social media accounts for upcoming and future programs."



#1 #2 #3

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The Ak-Chin O'odham Runner is published on the first and third Friday of each month.

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 a return address and brief description. Pictures with no address will remain on file. Allow 2 weeks for return.

SUBSCRIPTION RATE
2021 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 Hwy Maricopa, Arizona 85139

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

DEADLINE
Don't forget the DEADLINE for the April 16 - May 6, 2021 issue is due by **FRIDAY, APRIL 9TH**

Please submit all announcements, wishes, etc. no later than **FRIDAY, APRIL 9TH**

Material submitted after the **APRIL 9TH DEADLINE** cannot be guaranteed placement. If appropriate and relevant, it will be included in the next issue.

AK-CHIN INDIAN COMMUNITY Capital Projects

AK-CHIN INDIAN COMMUNITY REQUEST FOR PROPOSAL ON VILLAGE REGIONAL DRAINAGE PROJECT

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals on the Village Regional Drainage Project. The project for consists of the following;

A Mandatory Pre-Bid Meeting is scheduled for 12:00 P.M. (MST) on **April 8th, 2021**, located at the Ak-Chin Capital Projects Office parking lot located at 45710 W. Farrell Road, Maricopa, AZ 85139. This meeting is considered mandatory if you wish to submit a bid, and the project scope will be discussed. You must register to attend by emailing FHowerton@ak-chin.nsn.us, only 2 representatives per company may attend. To comply with COVID guidelines, we are keeping group gatherings to a minimum number of attendees. This meeting will be held outside and **masks are required to be worn AT ALL TIMES.**

1. Central Regional Village Drainage – Off-Site

The successful firm will design the proposed off-site drainage for approximately 4.5 acres. Some inclusions to the scope will be:

- Hydrology Analysis
- Survey & TOPO
- Analysis to include existing retention basins near water tank, and Church locations in the proposed 4.5 acres

Deadline for any questions regarding this project will be 2:00 P.M. (MST) on **April 15th, 2021**. Proposal questions should be directed to Flora Howerton at FHowerton@ak-chin.nsn.us.

The Owner will receive Competitive Bid Proposals until 1:00 p.m. (MST) on **April 22nd, 2021** at the Tribal Purchasing Department located at 42507 West Peters & Nall Road Maricopa, Arizona 85138. Proposals received after the specified date and time will be rejected and returned unopened.

This invitation is unrestricted; however, preference will be given to Indian Organizations and Indian Owned Enterprises in accordance to the Community Procurement Procedure Request for Proposals ("RFP") instruction/information package and related information may be obtained from the Ak-Chin Indian Community Purchasing Office, 42507 West Peters & Nall Road, Maricopa, Arizona 85138, and may be requested by electronic mail at FHowerton@ak-chin.nsn.us.

The Owner reserves the right to reject, any and all bids. However, the Ak-Chin Indian Community at its discretion may postpone said action for such time as the Tribal Council may designate, as the interest of the **Community may require.**

No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of Bids without consent of the Owner.

AK-CHIN INDIAN COMMUNITY Capital Projects

AK-CHIN INDIAN COMMUNITY REQUEST FOR PROPOSAL ON ENTERTAINMENT COMPLEX WATER FEATURE LEAK REPAIR PROJECT

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals on the Entertainment Complex water feature leak repair project. The project for consists of the following;

A Mandatory Pre-Bid Meeting is scheduled for 2:00 P.M. (MST) on **April 8th, 2021**, located at the Ak-Chin Circle Entertainment Center 16000 N. Maricopa Rd. Maricopa, AZ 85139. This meeting is considered mandatory if you wish to submit a bid, and the project scope will be discussed. Entertainment Complex water feature leak repair project report/pictures will be supplied to all bidder's present. You must register to attend by emailing FHowerton@ak-chin.nsn.us, only 2 representatives per company may attend. To comply with COVID guidelines, we are keeping group gatherings to a minimum number of attendees. This meeting will be held outside and **masks are required to be worn AT ALL TIMES.** Only complete turn-key proposals for the entertainment complex water feature leak repair project will be accepted.

Deadline for any questions regarding this project will be 2:00 P.M. (MST) on **April 15th, 2021**. Proposal questions should be directed to Flora Howerton at FHowerton@ak-chin.nsn.us.

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The Owner reserves the right to reject, any and all bids. However, the Ak-Chin Indian Community at its discretion may postpone said action for such time as the Tribal Council may designate, as the interest of the Community may require.

No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of Bids without consent of the Owner.

AK-CHIN INDIAN COMMUNITY Capital Projects

AK-CHIN INDIAN COMMUNITY REQUEST FOR PROPOSAL ON FIRE STATION CANOPY PROJECT

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals on the Fire Station Canopy Project. The project for consists of the following;

A Mandatory Pre-Bid Meeting is scheduled for 1:00 P.M. (MST) on **April 8th, 2021**, located at the Ak-Chin Fire Department 45401 W. Farrell Rd. Maricopa, AZ 85139. This meeting is considered mandatory if you wish to submit a bid, and the project scope will be discussed. You **must** register to attend by emailing FHowerton@ak-chin.nsn.us, only 2 representatives per company may attend. To comply with COVID guidelines, we are keeping group gatherings to a minimum number of attendees. This meeting will be held outside and **masks are required to be worn AT ALL TIMES.** Project is design/build. Only complete turn-key proposals for the Fire Station Canopy Project will be accepted. Project scope consists of concrete pad extension, steel canopy extension, and electrical charging/lights.

Deadline for any questions regarding this project will be 2:00 P.M. (MST) on **April 15th, 2021**. Proposal questions should be directed to Flora Howerton at FHowerton@ak-chin.nsn.us.

The Owner will receive Competitive Bid Proposals until 1:00 p.m. (MST) on **April 22nd, 2021** at the Tribal Purchasing Department located at 42507 West Peters & Nall Road Maricopa, Arizona 85138. Proposals received after the specified date and time will be rejected and returned unopened.

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No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of Bids without consent of the Owner.



COVID-19 Test Dates,
Vaccines & More!
Visit GRHC.ORG/HUB

NEW COVID VACCINE ELIGIBILITY 16 YEARS AND OLDER

Eligible 16 and 17 year olds can now receive the Pfizer vaccine with the consent of a parent or guardian.



Healthy Kids & Families

All tribal enrolled members of the GRIC and Ak-Chin communities, 16 years old and older, and residents of their households are eligible for the vaccine. This includes GRIC and Ak-Chin tribal enrolled urban members and residents of their household.

As of March 29, 2021. Appointments ONLY at Hu Hu Kam Memorial Hospital and Komatke Health Center Primary Care Department

- Eligible 16 and 17 year olds can now receive the Pfizer vaccine with the consent of a parent or guardian.
- Please provide proof of tribal membership or residency i.e. mail with name and address indicated.
- Coming soon! Look for additional Pfizer vaccine clinics in the Community.

How To Schedule an Appointment:

- During hours of Monday – Friday from 8:00 am to 6:00 pm, call the Covid-19 Hotline to schedule an appointment at: (520) 550-6079 and press Option 1 for the vaccine scheduling team to make appointment.
- Patients can also contact the Vaccine Scheduling Line at 602-528-1482 (Monday – Friday from 8:00 am to 6:00 pm).
- During afterhours and weekend call the Covid-19 Hotline to leave a message with the Hotline staff requesting a call back for a vaccine appointment.
- Patients/parents may also email: C19schedulingbox@grhc.org to request appointment and one of the schedulers will call back.

**For more information, call the
COVID-19 Hotline at (520) 550-6079
or visit GRHC.ORG/VaccineEligibility**



**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**

What is a SANE or Forensic Nurse?

SANE stands for Sexual Assault Nurse Examiner. This title is a little deceiving, as SANE's also do medical forensic exams for victims of domestic or interpersonal violence, strangulation, abuse, neglect, and trafficking, as well as suspect exams. Our SANE team does acute as well as delayed disclosure medical forensic exams. Even if it has been several years, we still want to see all victims!

We also provide services for adults who do not want law enforcement involved. We have many options available to help victims of these crimes even if they don't want to make a formal report. We can provide an exam, STI prophylaxis. The exception to this obviously, is any case that would be a mandatory report. (Minors, children.)

Potential Indicators of Sexual Abuse

Physical indications:

- Sleep disturbances
- Bedwetting
- Pain or irritation in genital area
- Difficulty walking or sitting
- Difficulty urinating
- Pregnancy
- Positive testing for sexually transmitted infection or HIV
- Excessive or injurious masturbation
- Excessive fear of being touched
- Refusal to go to a certain place or be with a certain person
- Clinging, whining
- Increase in physical complaints
- Excessive bathing
- Reluctance to undress for physical education classes

A SANE or Forensic Nurse is a Registered Nurse who is specially trained to provide comprehensive care to victims of trauma / violence and who demonstrates competency in performing a medical forensic exam. A SANE/Forensic Nurse is specifically trained to identify and document injuries caused by trauma. A SANE has knowledge of the neurobiology of trauma – basically the effects of trauma on the brain. This allows the SANE to provide quality trauma informed care for each patient.

In order to become a forensic nurse, an RN must complete a 40 hour didactic course and be signed off on a preceptorship to do medical forensic exams. This process must be done for the adult/ adolescent population, and again for pediatrics.

To become certified, the Forensic Nurse Examiner must complete 300 hours of practice (for adult/adolescent and again for pediatric) to sit for the exam. Once they have passed one or both exams, they can use the credentials SANE-A and/or SANE-P.

Behavioral indications:

- Sexually promiscuous, or inappropriate sexual behavior
- Developmental age-inappropriate sexual play and/or drawings
- Fear of being alone
- Regression to more infantile behavior such as wetting, thumb-sucking, fecal soiling
- Change in appetite, eating disorders
- Cruelty to others
- Cruelty to animals
- Acting out and attention getting behavior such as shoplifting, stealing, fire setting
- Anxious
- Withdrawn, isolation from peers – or other changes in behavior
- Grades in school may drop, difficulty concentrating & learning
- Alcohol / drug abuse
- Attraction to older men or dislike of men
- Chronic running away
- Poor self-image – reflected in dress, cleanliness, appearance
- Depression, physical self-abuse, suicide attempts / threats



**For more information,
please contact us at:
SANE Clinic at 520-562-5151
or email sane@grhc.org**

AK-CHIN HEALTH EDUCATION PRESENTS

VIRTUAL YOGA SESSIONS

WITH VICKIE KUCHINSKI

JOIN IN FROM HOME WITH ZOOM

Tuesday Evenings
7:00 PM - 8:00 PM

LIMITED SPRING SESSION
Class Dates: 4/6, 4/13, 4/20

All levels welcome.
Classes open to Ak-Chin Members, Residents, and Employees and their families.

If interested, please contact Health Education, we will provide details.
For questions, please call Health Education at (520) 568-1080.



BOOK YOUR APPOINTMENT



Comic strip panels 1-4: A man calls to book an appointment. The woman at Ak-Chin Library asks for his name and the day he wants to come. She explains that appointments are only 1 hour and must be booked 2 days in advance.



Comic strip panels 5-6: The man arrives at the library on Saturday. He says 'Thank you!' and the woman says 'Hi Susan, This is John, I am here for my 2 o'clock appointment. I am outside the library.' She replies 'Ok! I will be right out to open the door for you.'

Open by appointment only
Saturday & Sunday
1 pm - 4 pm

Check out some books & DVD's or
Call to reserve your choice's
TODAY!

Ak-Chin Members, Residents & Employees only

Can't make it into the library during the week?

Well no problem!
Give us a call and schedule your appointment

Ak-Chin Library is offering 1 hour services for:

- Material check out
- Printing
- Computer use

Please schedule 2 days advance

Hours available only for appointments
Saturday & Sunday
1pm-4pm

Call us:
(520) 568-1675

Email us:
akchinlibrary@gmail.com

Open to Ak-Chin Members, Residents & Employees only

Book your appointment today!

Call 520-568-1675
520-612-1013

Email us @
akchinlibrary@gmail.com

Don't forget to Like & Follow us on:



Your library resources



EMPLOYEE BIRTHDAYS 4/1-15

4/1 Marilyn Thompson, Community Government Marcus Stephens, Sanitation	4/7 Nicole Carlyle-Coester, Community Government
4/2 Bernett Lopez, Housing Elsa Trujillo, Maintenance Casey Turgeon, Capital Projects Wilhelmina John, Law & Order	4/8 Belen Sanchez, Social & Health Services
4/4 Kimberley Allen, Security Guard Johnny Clayton, Maintenance	4/9 Lionel Iglesias, Maintenance Marina Gonzales, Security Guard Nikolai White, Sanitation
4/5 Marc Matteson, Health Education Jacolby King, EPD Rosalva Madrid, TGA	4/12 Ralph Gomez, EPD Jahmeirio Hayes, TGA
4/6 Joan Jackson-Deal, Human Resources Matthew Cross, Library Jason Garcia, Sanitation	4/15 Sandra Shade, Planning Adrian Angulo, Sanitation




Happy Easter!
From the Runner!

Wishes

Happy Birthday to my grandsons Jason and Michael Sr.
Love, Grandma

Happy Birthday to Janay and Pate
Love, your family

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>APRIL BIRTHDAYS</h2> 				1 Ruby Smith Marilyn Thompson Marcus Stephens Dyami Hu'u Jackson Jacquelyn Lewis Eula Narcia Hope Vallejos	2 Augustine White BlueSky Thompson Jessica Dean Skye Gonzalez	3 
4 Eileen Quintero Paula Pete Isabella Luna	5 Jacolby King	6 Drevon Deloney Jason Garcia Elena Cypriano Alexis Stephens	7 Nicole Coester	8 Jeffrey Ruelas Cayla Thomas	9 Leondro Antone Nikolai White Garin Cuatt Nathius Jacuinde Michelle Miranda	10 Amanda Green
11 Fred Jerry Jr. Gloria Alejandro Michael Peters Sr. Heather Thomas Miranda Iniestra Angel Stephens	12 Deeandra Lewis Angel Hoffman Isaiah Narcia	13 Mel Kaniatobe Jessica Batopis	14 Pate Justin Janay Justin-Ulloa	15 Sandra Shade Brian Carra Reynold Narcia	16 Glenna Francisco Darryl Peters Valerie Ruiz Antonia Baptisto	17 Rupert Stephens Jace Dickerson
18 Tianah Pilone Jose Batopis	19 William Antone Anaise Valles-Diaz	20 Amelia Alvarez Steven Sam Celeste Delores	21 Anyssa Justin Renelda Pete Zaida Soliz	22 Andrew Enos Vickie Tavena Ricky Attakai Jr.	23 Jonathan Dean Hunter Narcia	24 Martina Antone
25 Irma Arellanes-Burgos Valerian Joaquin Jr. Duane Anderson	26 Juan Luz Jr. Lorenzo Batopis Angelita Garcia Karen Gardner	27 Gregorio Castro Robert Stephens Sr.	28 Jesus Balderrama Julianna Trenado	29 Douglas Pablo Araya Pena	30 Natalie Romo Jordyn Miguel Aliyah Deloney	

Salsa Night Market at Copper Sky Park

Story and photos by R. Bowen

On Saturday, March 27th, Maricopa residents and visitors filtered into Copper Sky Park for an evening of eating and entertainment at Salsa Night Market.

finishers compared to the attendee's voting system that was used in previous years.

reminiscent of a time before COVID when crowds could gather in larger numbers and enjoy an early summer evening together.

The Salsa Night Market event included over 70 vendors and artisans, as well as a wide variety of food trucks paired with a new take on the annual salsa contest. Due to COVID-19 restrictions, only a select group of judges chose the top

Dancers and singers filled the park with festive music and audience members were able to see dances representing different regions of Mexico.

After the salsa winners were announced, with Dylan Lairmore's recipe winning best overall, "Selena the Show" by headliner Karla Perez ended the vibrant gathering on a high note.



Ak-Chin Circle ENTERTAINMENT CENTER

MOVIES

ak-chincircle.com/theater

THE UNHOLY Monday - Thursday: 3:45pm & 6:00pm & 8:30pm Friday: 3:45pm, 6:00pm, 8:30pm & 10:45pm Saturday: 12:45pm, 3:45pm, 6:00pm & 8:30pm Sunday: 12:45pm, 3:45pm, 6:00pm & 8:30pm	Saturday: 12:00pm, 3:00pm, 5:30pm, 8:00pm & 10:30pm Sunday: 12:00pm, 3:00pm, 5:30pm & 8:00pm	Sunday: 12:15pm, 1:00pm, 3:15pm, 4:00pm, 5:45pm, 6:30pm, 8:15pm & 9:00pm
RAYA AND THE LAST DRAGON Monday - Thursday: 3:00pm, 5:30pm & 8:00pm Friday: 3:00pm, 5:30pm, 8:00pm & 10:30pm	GODZILLA VS. KONG Monday - Thursday: 3:15pm, 4:00pm, 5:45pm, 6:30pm, 8:15pm & 9:00pm Friday: 3:10pm, 4:00pm, 5:45pm, 6:30pm, 8:15pm & 9:00pm Saturday: 12:15pm, 1:00pm, 3:15pm, 4:00pm, 5:45pm, 6:30pm, 8:15pm & 9:00pm	NOBODY Monday - Thursday: 3:15pm, 5:45pm & 8:15pm Friday: 3:00pm, 5:30pm, 7:30pm & 9:30pm Saturday: 12:30pm, 3:30pm, 5:30pm, 7:30pm & 9:30pm Sunday: 3:30pm, 5:30pm, & 7:30pm



The evening was filled with talented performances by Mariachi Mexico Nuevo, Ballet Folklorico de Santa Maria and Karla Perez as "Selena the Show" as the headliner.



Visitors had their choice of over 70 vendors onsite.

Ak-Chin Library Dial-a-Story

March 30th-April 9th:
The Three Bears
April 9th-16th:
Henny-Penny

Coming soon: Calendar & Resource Line

Dial the phonenumber
520-423-6980

- Check The Runner for your Insert to create your mini-book to read along when you call!
- Mini-book sheets available outside the Library
- Video on how to make your mini-book:
<https://youtu.be/aHw6h4OyxSI>

This project is supported by the Arizona State Library, Archives & Public Records, a division of the Secretary of State, with federal funds from the Institute of Museum and Library Services.

SUNDAY APRIL 4

Easter BRUNCH

11 AM-4 PM

Traditional Breakfast \$12
Two eggs any style, your choice of bacon or sausage, rosemary smashed fingerling potatoes, English muffin

Stuffed French Toast \$14
Cinnamon & egg battered brioche bread stuffed with sweet-orange cream cheese, topped with fresh strawberries, blueberries, and fresh whipped cream. Served with maple syrup

Smoked Brisket Hash \$14
Savory smoked brisket hash, English muffin, two eggs any style, smashed rosemary fingerling potatoes

New Steak and Eggs \$18
Six-ounce New York steak served with two eggs any style, smashed rosemary fingerling potatoes

Chocolate Belgian Waffle \$14
Chocolatey Belgian waffle topped with fresh strawberries, blueberries, and fresh whipped cream. Served with maple syrup

Lox and Bagel \$13
Smoked salmon served with sliced tomatoes, capers, whipped cream cheese, pickled red onions

Kid Plates (12 and under)

Easter Egg Pancakes \$8
Stuffed with chocolate chips or blueberries, topped with fresh whipped cream finished with sprinkles

Bunny Waffle \$8
Fresh bananas, whipped cream, served with maple syrup

Kids Scramble \$7
Two scrambled eggs topped with cheese served with tatter tots

Buttered Noodles \$8
Penne pasta with fresh butter, served with garlic bread

Kid's Burger \$8
Served with American cheese and fries

Dessert

Midnight Chocolate Cake \$7
Carrot Cake \$6
Cherry Cobbler with vanilla ice cream \$7

Reservations Highly Suggested
Call (520) 233-2426

ARROYO GRILLE

at Ak-Chin Southern Dunes Golf Club

520.426.6832 | ARROYOGRILLE.COM

48456 WEST HWY 238 IN MARICOPA

Harrah's AK-CHIN CASINO APRIL 2021

CAESARS REWARDS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CODEGREEN SWEEPSTAKES THURSDAY, APRIL 22, 2021 FINALE DRAWING - 7PM One lucky winner will receive at least \$2,000 in cash, guaranteed! Plus, every 30 minutes from NOON to 6:30PM, one winner will be called to receive Free Slot Play OR Reward Credit prizes!				1	2	3
				MYSTERY REWARD CREDIT MULTIPLIER	REWARD CREDIT BONANZA	WOLFGANG PUCK® PANINI GRILL GIVEAWAY
4	5	6	7	8	9	10
HOPPLY EVER AFTER FREE SLOT PLAY REWARD CREDIT BONANZA	PURCHASE GIFT CARDS AT THE GIFT SHOP WITH REWARD CREDITS*!	CERAMIC KITCHENWARE SET GIVEAWAY	CERAMIC KITCHENWARE SET GIVEAWAY	MYSTERY REWARD CREDIT MULTIPLIER	PLATINUM PROGRESSIVE REWARD CREDIT MULTIPLIER	PLATINUM PROGRESSIVE REWARD CREDIT MULTIPLIER
11	12	13	14	15	16	17
PLATINUM PROGRESSIVE REWARD CREDIT MULTIPLIER REWARD CREDIT BONANZA	GIVE THE OLDEST GAME OF CHANCE A TRY!	CERAMIC KITCHENWARE SET GIVEAWAY	CERAMIC KITCHENWARE SET GIVEAWAY	BUY ONE ELECTRONIC BINGO PACKAGE GET ONE FREE ON THURSDAYS!	DIAMOND PROGRESSIVE REWARD CREDIT MULTIPLIER REWARD CREDIT BONANZA	DIAMOND PROGRESSIVE REWARD CREDIT MULTIPLIER
18	19	20	21	22	23	24
DIAMOND PROGRESSIVE REWARD CREDIT MULTIPLIER REWARD CREDIT BONANZA	PLAN A WEEKEND OF RELAXATION AT THE SPA	CERAMIC KITCHENWARE SET GIVEAWAY	CERAMIC KITCHENWARE SET GIVEAWAY	CODEGREEN SWEEPSTAKES MYSTERY REWARD CREDIT MULTIPLIER	SEVEN STARS® PROGRESSIVE REWARD CREDIT MULTIPLIER REWARD CREDIT BONANZA	SEVEN STARS® PROGRESSIVE REWARD CREDIT MULTIPLIER
25	26	27	28	29	30	
SEVEN STARS® PROGRESSIVE REWARD CREDIT MULTIPLIER REWARD CREDIT BONANZA	GO HEAD-TO-HEAD AGAINST THE DEALER IN ULTIMATE TEXAS HOLD'EM	CERAMIC KITCHENWARE SET GIVEAWAY	CERAMIC KITCHENWARE SET GIVEAWAY	MYSTERY REWARD CREDIT MULTIPLIER	REWARD CREDIT BONANZA	

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