



Ak-Chin O'odham Runner



Maricopa, Arizona

Volume XXXIII, Issue 21

November 1-14, 2019

Annual EPA Region 9 Tribal Conference held at Harrah's

Story and photos by Runner Staff



Above, EPA conference attendees take in the networking opportunity while gathered in the Harrah's Ak-Chin Event Center on Tuesday, October 22.

From October 21-24, the San Pasqual Band of Diegueño Mission Indians of California and Ak-Chin Indian Community co-hosted the 27th annual EPA Region 9 Tribal Conference at Harrah's Ak-Chin.

Tribal representatives and environmental professionals gathered on Monday for conference registration and a

Tribal Caucus meeting as well as Regional Tribal Operations Committee (RTOC) presentations.

On Tuesday, the conference officially kicked off with an opening ceremony from 9-10 a.m. Master of ceremonies San Pasqual Chairman Wehay Quisquis introduced Ak-Chin Chairman Robert Miguel and San Pasqual Councilman

David L. Toler; and the Ak-Chin Color Guard brought the flags out to the stage.

Attendees stood up in unison as Tohono O'odham Nation Elder Joseph Enos addressed all in attendance.

"I want to offer a prayer on behalf of all of creation and acknowledge your presence because this means a lot to all of us to have that mindset and caring for creation," said Enos.

"In the Southwest, the crucial part of our life here is water. We're running out of water. We have beautiful golf courses, nice swimming pools, but they're also using a lot of water. So, there are issues for us today confronting us, not only global warming, but the rhetoric that is being used to separate us from each other." Enos then began a prayer and

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Employee Bash brings chills to Harrah's rooftop

Story and photos by Runner Staff



Employees dressed up as characters from the Wizard of Oz in attempt to woo judges for the costume contest.

On October 26, Ak-Chin Indian Community and Farm employees came together for the 2019 Employee Bash on the garage rooftop of Harrah's Ak-Chin. This year's bash was a "carnival" theme, with a little bit of carnival and a little bit of evil. Employees and their families had the option to dress up in Halloween

costumes and many did not disappoint, going to elaborate heights to pull off some incredibly creative outfits.

The costume contest was for Best Couple, Best Group, Best Individual and Most Original/Best Overall. Employees lined up and

Employee Bash continues to page 11

2019 Ak-Chin Pink Run offers support and strength

October has become quite a busy month in the Ak-Chin Community, and with the holidays climbing up the weeks, seems like everything begins to whirlwind this month. A very important campaign is also held this month and that is Breast Cancer Awareness Month.

Ak-Chin Health Education once again provided a great and healthy way to bring awareness to this most worthy cause, and some much-deserved family time fun with its annual PINK RUN, held on Saturday, October 19 at Ak-



Health Education fitness instructor, Dwayne Yazzie points out the pathway for the Pink Run/Walk on October 19.

Chin Service Center. The team did a great job honoring those who are fighting breast cancer and loved ones who were taken by this deadly disease,

in addition to providing awareness and support. The early morning fun run/walk began with a registration and free t-shirt distribution, as

well as some super nice promo items, all pink-themed. There were numerous inspirational posters hanging along the center walls and beautiful pink decorations throughout, including a photo area with props for those who wished to take a picture with loved ones to show their support and to get their morning off to a good start.

After a welcoming by 2018-2019 Jr. Miss Ak-Chin Jilayne Miguel, and opening prayer by community member and breast cancer survivor, Yolanda Miranda, everyone was given the green light to

proceed through the fun walk/run route.

Once all participants made their way back to the service center, fresh breakfast items were available to enjoy while everyone listened as Yolanda Miranda share her story.

For those who have a loved one with breast cancer, please know it is sometimes very difficult to share their stories, or even attend these support functions. Hats off to Yolanda for the strength and courage to share with her community.

Pink Run continues to page 3

St. Francis of Assisi Feast Day in Ak-Chin

Story and photos by Runner Staff

It was a peaceful morning at the St. Francis of Assisi Church at Ak-Chin on Saturday, October 19, as the Community celebrated an all-day feast dedicated to the namesake of the church and Patron Saint of animals and ecology.

The day was early for the cooks and helpers who arrived before sunrise to begin the needed tasks to ready the church and feast for the celebration.

At 10 a.m., mass was celebrated inside the church with Father Antony Tinker, who reminded patrons about the life of St. Francis and how he lived a selfless life in poverty.

Mass was followed by the Opening Procession, which was led by the Gila River Matachina dancers and their

sacred ceremonial dance, in honor of St. Francis. As they danced a line of parishioners followed behind as Chairman Robert Miguel and Vice Chairman Gabriel Lopez carried a statue of St. Francis. The congregation processed out of the church and around the church grounds to the feast house where the Matachina continued their ceremonial dance.

Father Tinker blessed the altar as patrons lined up to give their blessings and prayer. The Community began to gather in larger numbers as the feast began and lunch was served.

Ak-Chin Mumsigo set up and delighted everyone with their music for a couple of hours. Meanwhile, food and arts and crafts vendors set up in the parking lot and began to sell



St. Francis of Assisi Ak-Chin parishioners make their way around the church grounds during the Opening Procession of the Feast on Saturday, October 19. The group is led by Ak-Chin Chariman Robert Miguel and Vice Chairman Gabriel Lopez.

their goods as feast attendees went from tent to tent.

Entertainment continued with the Ak-Chin Baba'n Keina dance group who graciously performed many traditional dance and song under the feast house vato.

New to the feast this year was a magician who delighted the crowd with many funny acts, getting participation from the young and curious.

Ak-Chin favorite Gertie and the T.O. Boyz was once again

selected to play for the evening entertainment. They also provided music for the closing procession of St. Francis back to the church.

Gertie and the T.O. Boyz offered many great chicken scratch numbers to keep everyone on the dance floor all night long, also keeping everyone warmed up as well as the night air was pretty brisk and breezy. After a brief dinner break the band also performed for the San Juan Kwaliya group for their traditional dance and giveaway.

Gertie shared on FB afterwards, "AkchinMaricopa St. Francis Feast Committee Thank You for all your love and support ♡. We always have a fantastic time in your community with so much love and Respect ♡"

St. Francis parish had a raffle table set up throughout and held numerous raffles. Soda and water were also sold. John Nieto and wife Terri Ysaguirre and family also made beautifully adorned ceramic

St. Francis continues to page 2

O'odham Bingo brings Community together

Story and photos by C. Picciuolo

On Friday, October 18 the Ak-Chin Indian Community Language Department held an O'odham Bingo language preservation program at the Ak-Chin Service Center to a packed group. From 6-8 p.m. the Community gathered around and played bingo, but with a twist.

All of the words that were called out were from the O'odham language. This provided a fun challenge to Community members of all ages who either haven't heard the language much or who needed a brush-up on pronunciation. I surprised myself and others by winning two games. A delicious dinner was served and family and friends played on.

Instead of bingo chips, beans



O'odham Bingo game board with beans as pieces.

were used to cover each word that was accompanied by a picture, which included words like cucul (chicken), pa:n (bread), or O'o (bone). After a participant thinks they won, they call out, "Hava!" which translates to "bingo," and raise their hand. Language staff would then come over and check the

board to see if they were a winner. Prizes were given out to each winner throughout the night until no more prizes could be given out.

By the end of the night the majority of the participants had won, which is a good sign for the Language Department and the O'odham language.

Novice classes at Language Dept

Story and photo by C. Picciuolo

The Ak-Chin Indian Community Language department is holding Novice O'odham Ñeok classes for Community members and employees from 5p.m.-6:30p.m. on Tuesday evenings. The classes run for five weeks, with each class becoming more in-depth as the course continues.

Classes are held at the Language department trailer and the first class on October 15 focused on bringing students up to speed on the history of ACIC and teaching basic letters, symbols and the five parts of an O'odham day.

One of the most important parts of learning the language is how to pronounce each word. O'odham letters and symbols have different sounds than in English or Spanish, so the instructors teach the student

the dialect at Ak-Chin, and in some cases the differences in dialect across the Sister Tribes.

Employees at the Language department love to email quizzes and test students throughout the week, which keeps the information new and gives a bit of extra fun to the class. Week two combined the parts of the day with forming a sentence based on a greeting in conversation.

With this greeting, students learned how to say phrases such as: "S-ke:k Sialim, Şapi Masma?" which translates in English to, "Good morning, how are you?" Other steps were taught such as responding and asking the same question back with different meanings.

The last three dates are scheduled for November: 4, 11 and 18.



Ak-Chin Language Department gives a lesson on day one of the Novice O'odham Ñeok classes. The first day focused on the time of day and greetings.

St. Francis continued from front page

tiles which were donated to the church and available for sale. All monies from the raffle, drinks and tiles were given to the church.

St. Francis of Assisi Ak-Chin would like to give a very special thank you to all who helped make this a joyous event:

- Fr. Antony Tinker
- All who attended the special mass
- All who donated to the feast (flowers for church altar, items for feast and raffle items)
- Ak-Chin Community Council
- Ak-Chin Public Works/Sanitation
- Ak-Chin Maintenance
- Ak-Chin Youth Council

- Ak-Chin Runner Lawrence and Sally Antone
- Hickman's Eggs
- All cooks who helped before and during the feast
- All Performers
- All Vendors – extra special thanks to the Conner family who donated all food sales to the church
- All Chaperones
- All who helped clean before, during and after the feast day

For anyone we may have missed, thank you - the Lord is truly grateful for all your assistance to his church and his people.



Ak-Chin Youth Council helped decorate the feast house vato, along with Terri Ysaguirre, Bernadette White and grandkids.



Magician performs a famous slight of hand trick as entertainment during the Feast of St. Francis.



Community gathers for a feast under the feast house vato, as Ak-Chin Mumsigo plays some vaila music.



Gertie and the T.O. Boyz play an honoring song for St. Francis inside St. Francis church during the closing procession.



People flock to The San Juan Kwaliya group during the giveaway dance under the Ak-Chin feast house vato.

Elder Menu

<p>Friday November 1 Pork Chops, Broccoli, Yams Wheat buns, Fruit Cocktail</p> <p>Monday November 4 Fried Chicken, Mashed Potato, Cole Slaw, Zucchini, Biscuits Crepes, Banana</p> <p>Tuesday November 5 Fish sticks, Chicken Tender Corn on Cob, Grapes Mixed Vegetables</p> <p>Wednesday November 6 Beef Fajitas, Black Beans Spanish Rice, Peaches Green Leaf & Tomatoes</p>	<p>Thursday November 7 Museum Luncheon At Service Center</p> <p>Friday November 8 Lasagna, Spring Salad, Zucchini, Bread Sticks, Pears</p> <p>Tuesday November 12 Chili Beans, Chili Meat (D) Salad, Normandy Vegetable, Corn Bread, Cake</p> <p>Wednesday November 13 Baked Chicken, Yams, Asparagus, Spinach Salad Fresh Fruit</p> <p>Thursday November 14 Salad Bar, Potato Soup Crackers, Pineapples</p>
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AK-CHIN VETERANS

20th Annual Ak-Chin Veteran's Recognition Day Celebration
November 2, 2019

Milton "Paul" Antone Memorial Park

5K RUN/WALK
8:30am registration
9:00am start
(T-shirts to the first 150 to register)

PROGRAM - 10am
Flag Raising, Speakers
Special Presentation
Entertainment

FREE BBQ LUNCH - 12pm
(first come-first serve)

CO-ED VOLLEYBALL TOURNAMENT
(Contact Wesley at 520-568-1753)

EVERYONE WELCOME

For more information please contact
Community Events at 520-568-1045



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

SUBSCRIPTION RATE
2019 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
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Make check/money order payable to: Ak-Chin Indian Community

DEADLINE
Don't forget the DEADLINE for the NOVEMBER 15 - DECEMBER 5, 2019 issue is due by **FRIDAY, NOV. 8TH, 2019**
Please submit all announcements, wishes, etc. no later than **FRIDAY, NOV. 8TH, 2019**

Any material submitted after the **FRIDAY, NOV. 8TH, 2019** cannot be guaranteed placement. If appropriate and relevant, it can be included in the next issue.

Take a Walk in Her Shoes and help stop Domestic Violence

Story and photos by J. Peters
Walk a Mile in Her Shoes
On the evening of October 16, Ak-Chin Health and Human Services held their second annual Domestic Violence Awareness Walk, to bring an impactful awareness to stop sexualized violence against women.
Despite the horrid mosquitos the community gathered at Ak-Chin Circle Field to support the event which also featured the "Walk a Mile in Her Shoes" a men's march to stop rape, sexual assault and gender violence.

This lively mile walk gives the male participants the chance to bring awareness to the event and the values it intends to spread. Ak-Chin Chairman Robert Miguel, Police Chief Manuel Garcia, and few Ak-Chin firemen stepped up to the pathway to

take the walk around the field wearing the infamous red high heels provided by Health and Human Services.

Walking in these heels was no easy task for these men, especially on a dirt path, but it draws attention to the big issues, domestic violence. It also helps the community to talk more about these issues and give encouragement for community members to do their part.

After the walk a dinner was served and guest speakers were brought to the front of the crowd to give presentations on organizations that are striving to help end the epidemic of violence.

Bloom 365, a non-profit organization headquartered in Arizona is here to help prevent

DVE event continues to page 7



Ak-Chin employees turn out to show their support.



Heels were provided to wear during the walking event.

Pink Run continued from front
"My name is Yolanda Miranda and I was diagnosed with Breast Cancer in 2013. To hear the Doctor say you have Cancer I thought it was a definite death sentence. I was afraid of the unknown but trusted GOD, my family and the professionals to get me through a difficult battle.

Trust me our human ways want to give up, give in and just live in fear. Of course, fear comes from the unknown but I had a mission to stay alive for my parents, my husband and my children.

I was 43 at the time of my diagnosis and I was way too young to have my family bury me. I fought day and night and still continue to fight because Cancer as we know

loves to return. We need to keep ourselves # 1. Go to the Doctor, get your annual checkups, eat right, exercise and get plenty of rest. Most of all stay positive about life.

It's important to surround yourself around positive people. Get into a support group or find a local church you feel comfortable attending. I also want to acknowledge those who have fought the good fight and those who still fight. God Bless You.

p/s I want to thank my caregiver Sami Atrawi My Husband & Friend who stood by me through thick and thin, tears shed, surgery, radiation



Breast Cancer survivor Yolanda Miranda and her family.

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Cultural Resources shares at October Gathering

Story and photo by K. Lopez

The evening of October 24th, the Ak-Chin Cultural Resources Program hosted a Community Gathering, focused on their duties and staff.

Before they presented, Cultural Resources staff served a traditional meal of; chili stew, potato salad, and beans with cemitai for all who came to listen in and dine.

Once everyone was done with their delicious meal, the program began with their slide show presentation. First, Him Dak Director, Elaine Peters welcomed and thanked everyone for attending, followed by Genevieve Miguel, Cultural Resources Oral Historian.

Genevieve explained her job duties, such as studying and interpreting voices of people who have shared their memories, events in the past years, collecting historical documents and interviewing people in the community about our history, culture and him-dak.

Carmen Narcia,

Cultural Specialist explained to the crowd what cultural resources is. "Well, they take care of these following; Archaeological sites, any historic sites, buildings, structures, traditional, cultural properties, gathering areas, sacred sites, etc."

Mrs. Narcia also talked about the federal authorities that address cultural resources, and the different laws that take care of our cultural religion.

Up next was William Antone, Cultural Resources Technician, who explained what the cultural resources monitor duties are.

"As a monitor you are given a project to stand and watch, if (an) object is being found like old pottery, bones, and so on, they take care of it as a monitor."

He also shared how anything being dug in the community a monitor has to be in attendance for cultural purposes.

The evening ended with a raffle with awesome prices.



Cultural Resources Technician William Antone presents to all at meeting.

200 Gift Bags

Ladies NIGHT

Friday, Nov 15 | 6-9 PM

GREAT RAFFLE PRIZES

VIP Tickets Available / \$20 ea

Oct. 15 @ 12 Noon

Limited Supply
• Early Entry
• Guaranteed Gift Bags
• Parking

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21542 N John-Wayne Pkwy.
Maricopa, AZ 85139

Benefitting Against Abuse La Casa De Paz (Local Women's/ Childrens shelter)

Blaine Long from The Voice

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Live Music

Painting, LLC.

Lumber products and concrete products not included

20% Off Entire Store - Christmas Included*

**Only previously purchased items, current sale items.*

CREATIVE LEARNING

November 1 - 14, 2019

Legacy students receive awards for 1st quarter



Kylee Carlyle receives Principal's Pride Award.

Mateo Rodriguez makes Honor Roll.

On Thursday October 24th, Maricopa Legacy Traditional School held a morning of ceremonies for the first quarter of the school year.

Kylee Carlyle received the Principal's Pride Award for having all A's and Mateo Rodriguez received a spot on Honor Roll.

Preschool visit Ak-Chin Fire Department

Story and photos by Runner Staff



Fire Fighter/EMT Cody Morris helps a child with the fire hose.

October 21st, Ak-Chin's Early Education students took a special trip to Ak-Chin Fire Station for a tour of the facility and to learn how equipment work.

The classes had a blast seeing how the fire house operates and getting a chance to live like the everyday heroes.

Firefighters guided the students through the building, showing what their living quarters look like and where they have their daily training sessions.



Students test their strengths, pulling this dummy to safety.

During their visit the children were able to get a glimpse of demonstrations of the fire crew's different jobs. The students were given the chance to put out a fictitious fire by working the very heavy and powerful hose, with the help of the firefighters of course.



Students wait patiently for their chance to work with the fire hose.

Injury Prevention hosts Safe Sleep Education Class

Story and photo by Runner Staff

October doesn't just bring candy corn and monsters, it also brings awareness to Safe Sleep and SIDS (Sudden Infant Death Syndrome).



Injury Prevention Specialist Teri De La Cruz presenting.

Safe Sleep and SIDS Awareness Month brings attention to the many devastating sleep related infant deaths. Studies show that about 3,500 infants die annually in the US from these sleep related deaths. Bringing the knowledge on the severity of these issues Ak-Chin Injury Prevention held a Safe Sleep education class on October 15th and 24th and all those who attended received a pack-n-play crib for their child(ren).

with parents to provide a safe sleeping environment for infants.

such as a mattress in a safety-approved crib covered only by a fitted sheet.

The classes had a good turnout with parents and expecting parents. Injury Prevention Specialist Teri De La Cruz led in teaching the community about the importance of sharing a room with the baby but not your bed with the baby. She also talked about no smoke near the baby, keeping bedding away from the baby's face, don't overdress the baby, and make sure nothing is in the sleeping area except a tight-fitting sheet, as well as other important steps discussed

As a Native community it's important to note "Native American babies are one of the highest at risk to die because of unsafe sleep environments due to co-sleeping/sleeping with parents." Doing research and learning about how to prevent these unexpected deaths can bring an ease to the home.

- Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old.

Here are steps to help turn your home into a safe sleeping environment via the CDC website:

- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area.

- Place your baby on his or her back for all sleep times-naps and at night.

- Additionally, do not cover your baby's head or allow your baby to get too hot.

- Use a firm, flat sleep surface,

JUST REMEMBER, THE SAFEST PLACE FOR YOUR BABY IS IN A CRIB.

Enrollment is open!

Open enrollment is here, and protecting your family has never been easier.

Ak-Chin Higher Education Scholarship Program DEADLINES

FALL Semester/Quarter	SPRING Semester/Quarter	SUMMER Semester/Quarter	OPEN ENTRY/ OPEN EXIT (clock hour/ non-traditional)
JUNE 30 th	NOVEMBER 27 th	APRIL 30 th	2 months prior to start date

Application Requirements

- Be an enrolled Ak-Chin Indian Community member
- Must have a high school diploma or GED
- Be accepted to higher education institution

Contact Information
 Pamela Velasquez
 520.568.1291
 PVelasquez@ak-chin.nsn.us

Medicare enrollment is open until **December 7**.
 Marketplace enrollment is open until **December 15**.

Contact your local Indian Health Care Provider for more info.

EPA continued from Front

performed a powerful song for everyone.

Chairman Miguel then took the stage and spoke about his family and history in the Community and welcomed everyone to Ak-Chin. Around 10:30 a.m., regional administrator US EPA Region 9 Mike Stoker gave welcoming remarks and said that he was doing his best to reach all Native Communities within the region and work hard for their needs.

After Stoker gave his remarks, the Ak-Chin Ba'ban Kehina Basket Dancers came up and made use of a tight space to show all in attendance their dance that they have practiced. When the dance was finished, members of many Nations showed respect by greeting the dancers with thanks and handshakes.

Up next was keynote speaker Dr. Karletta Chief, hydrology professor at University of Arizona, who provided a wealth of information from the Gold King Mine Spill Diné Exposure Project. Dr. Chief went into detail about short and long-term exposure to lead and arsenic and discussed the Diné Fundamental Philosophy, Hózhó; which is a cycle of reflection "sih hasin," critical thinking "nitsáhákees," planning "nahat'a," and implementation "liná."

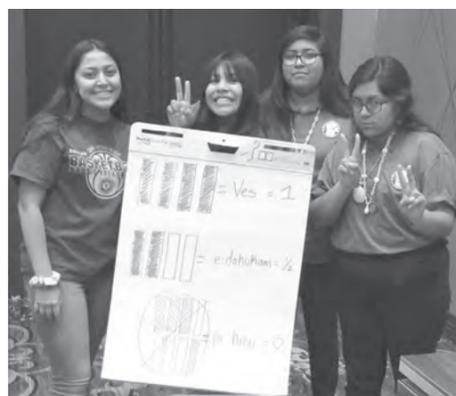
Several environmental vendors such as SubSurface Instruments, Ambient Water Quality Monitoring System and ACZ Laboratories set

up in the hallway outside of the main ballroom to offer attendees information on various technologies.

Three Youth Cultural Exchanges were held from 5-7 p.m. Monday-Wednesday at the Ak-Chin Him-Dak Art Building and the Harrah's ballrooms as young members of visiting San Pasqual from all 12 Bands sat in with Ak-Chin Youth Council members.

On October 23, a group of conference goers met up with Ak-Chin EPD's Water Quality Specialist Bridgette Pena to tour the community and particularly the community's reservoir. The group traveled to the body of water to get information and to answer any questions on how Ak-Chin uses its water supply. Bridgette went over many aspects of the reservoir, "The Ak-Chin Reservoir at the southwest corner of the Ak-Chin Indian Community is a protected delivery point and distribution hub for the Community's 75,000-acre-foot (AF) allotment of Central Arizona Project (CAP) water." Talking more about the reservoir, it was constructed in 1982. The accompanying canal system to the reservoir was designed as a solution to the community's reliance on groundwater for agricultural irrigation and domestic use. She discussed the total surface area of the reservoir being approximately 15 acres and features a maximum water storage capacity of 85 AF (acre-foot). While taking a walk around the reservoir and

discussing more of its features the group was met by Ak-Chin Vice Chairman Gabriel Lopez who joined the group tour. On Thursday, after a few breakout sessions and workshops, the conference ended with a closing ceremony addressed by Laura Ebbert, of U.S. EPA, Region 9, a closing prayer from keynote speaker Stan Rodriguez of the Santa Ysabel Band of Iipay Nation, closing remarks by John Flores of the San Pasqual Band of Mission Indians, a performance by the Kumeyaay Bird Singers and the ACIC Color Guard. The Ak-Chin Environmental Programs team as the cohost provided support by attending regular organizational conference calls to develop the agenda, choose and invite speakers and topics, to develop field trips and to organize blessings, to bring in the Ak-Chin Color Guard, cultural entertainment, provide transportation and to organize tribal youth group activities.



At left, Ak-Chin Youth Council provides a point system chart for the O'odham traditional women's stick game "komi", where you earn points as an individual player based on the color of sticks thrown. They also shared how to



play the men's stick game as well, "gins". Above, youth reps from the 12 Bands of San Pasqual Mission show Ak-Chin and Salt River youth how to play their traditional stick game.

Similar to hide and seek one group hides colored objects in their hands and the opposing team guesses which color is in which hand. The correct guess earns them a stick. The game can last for hours, as the victory is the one with all the sticks.



Vice Chairman Gabriel Lopez and Water Quality Specialist Bridgette Pena with Tour group take picture by Ak-Chin's retention pond.



NOVEMBER COMMUNITY CALENDAR

NOVEMBER 2019

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

UPCOMING EVENTS

Community Gathering held at the Service Center, 6-8PM
Community Meeting held at Ak-Chin Service Center, 6-8PM

ELDER CENTER INFORMATION

Elder Center 520-568-1760
Center Hours
Monday-Friday 8 AM to 5 PM
Breakfast 7:30 AM to 9 AM
Lunch 12 noon

Transportation

520-568-1760 or 520-568-1769
Please Call Before 4 PM

Eggs Delivered every Tuesday.
Eggs pick up Wed-Fri 8 AM-3 PM
After Hours 520-858-5043

Elder Shopping and Errands are provided every Monday and Friday at 1 PM. If you need transportation for Shopping and Errands on any Other day, please call Transit Department. 520-568-1630

LIBRARY INFORMATION

*Needs to be signed up to be in program. Call 520-568-1675 for more information.
Elder Coloring- Takes place at the Elder Center
Japan Pop - Transportation to and from library is required. You must be 10 years or older to participate.
Baby Time! - every Wednesday, 10:30-11:00AM. Children 0-5 ONLY.
OVERDRIVE TRUCK - No sign up required, Children under 8 yrs must be accompanied by an adult.

LIBRARY HOURS

Monday - Friday - 8AM-6PM
Saturday-12PM-4PM
Sunday-Closed

RECREATION INFORMATION

For more information on Rec Center events please call the Rec Center @520-568-1740

Calendar Subject to Change



ELDER CENTER

- NOVEMBER 1ST
Harrahs Luncheon 12 Noon
- NOVEMBER 4TH
Angel Home Care Presentation
Cold & Flu 12:15 PM
- NOVEMBER 5TH
Elder Craft Fall Wreath 9 AM
Movie Day
- NOVEMBER 6TH
Education Presentation School
Attendance and Drop out 12:15pm
- NOVEMBER 7TH
Annual Him-Dak Thanksgiving
Luncheon Services Center
11 Am to 1 PM
- NOVEMBER 11TH
Center Closed - Veterans Day
- NOVEMBER 13TH
Dialysis Support Group 9AM
Elder Center Dining Room
(Come have coffee and let's share experiences about dialysis)
- NOVEMBER 15TH
Elder Check Day
- NOVEMBER 19TH
Goodwill Shopping
- NOVEMBER 20TH
BINGO
- NOVEMBER 21ST
Movie Day
- NOVEMBER 22ND
Brunch 9 am to 10:30am
Pick up begins at 8:30am
- NOVEMBER 26TH
Dialysis Support Group 9AM
Elder Center Dining Room
(Come have coffee and let's share experiences about dialysis)
- NOVEMBER 27TH
Thanksgiving Lunch Elder Center
- NOVEMBER 28TH
Center Closed - Thanksgiving
- NOVEMBER 29TH
Center Closed
Native American Heritage Day



LIBRARY

- NOVEMBER 1ST
Elder Craft and Lego Craft
11:00am-12:00pm
- NOVEMBER 2ND
Japan Pop 12:00pm-2:00pm
- NOVEMBER 5TH
Elder Coloring 9:00am-10:00am
Preschool Storytime 11:00am-12:00pm
- NOVEMBER 6TH
KRAFTZ Diamond Painting
1:00pm- 3:00pm
ROBOTICS 4:15pm-5:30pm
- NOVEMBER 7TH
Preschool Storytime 11:00am-12:00pm
- NOVEMBER 8TH
Library Closes @ 5:00pm
- NOVEMBER 9TH
Library Closed
- NOVEMBER 11TH
Library Closed - Veteran's Day
- NOVEMBER 12TH
Preschool Storytime
11:00am-12:00pm
- NOVEMBER 13TH
Baby-Time 10:00am-10:45am
KRAFTS Adult Pumpkin
Centerpiece Making
12:00pm- 3:00pm
ROBOTICS 4:15pm-5:30pm
- NOVEMBER 14TH
Preschool Storytime
11:00am-12:00pm
- NOVEMBER 15TH
Elder Craft 11:00am-12:00pm
Pumpkin Centerpiece Making
- NOVEMBER 16TH
SEWING CIRCUTS 12:00 pm-3:00 pm,
Japan Pop 12:00pm-2:00pm
- NOVEMBER 19TH
Elder Coloring 9:00am-10:00am
Preschool Storytime 11:00am-12:00pm
- NOVEMBER 20TH
*Movie Club Film Festival

6:00pm - 8:00pm RSVP Required
Library Closes @ 5:00pm

NOVEMBER 21ST
Preschool Storytime 11:00am-12:00pm

NOVEMBER 23RD
Japan Pop 12:00pm-2:00pm

NOVEMBER 26TH
Preschool Storytime 11:00am-12:00pm

NOVEMBER 27TH
Baby-Time 10:00am-10:45am
Library Closes @ 5:00pm

NOVEMBER 28TH
Library Closed - Thanksgiving

NOVEMBER 29 - 30TH
Library Closed



PARKS & REC

- NOVEMBER 2ND
Veterans Celebration at Milton Park
Volleyball Tournament
- NOVEMBER 3RD
Open Gym 11 am to 3pm
- NOVEMBER 4TH
Open Gym 8 am to 2pm
Closed gym 2pm to 4:30 pm
Open gym 5pm to 9pm
- NOVEMBER 5TH
Open Gym 8 am to 2pm
Closed gym 2pm to 4:30 pm
Youth Basketball 5pm to 6:30 pm
- NOVEMBER 6TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Elder Chair Volleyball 6pm to 8pm
- NOVEMBER 7TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Youth Basketball 5pm to 6:30 pm
- NOVEMBER 8TH
Men's Baseball Tournament
Women's Fastpitch Tournament
Open gym 8am to 5pm
- NOVEMBER 9TH & 10TH
Men's Baseball Tournament
Women's Fastpitch Tournament

- NOVEMBER 11TH
GYM CLOSED - VETERANS DAY
- NOVEMBER 12TH & 14TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Youth Basketball 5pm to 6:30 pm
- NOVEMBER 13TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Elder Chair Volleyball 6pm to 8pm
- NOVEMBER 15TH
Open Gym 8am to 5pm
- NOVEMBER 16TH
Pre-school Co-ed Volleyball
Tournament, 9-12 co-ed
Basketball League in Gila River
- NOVEMBER 17TH
Open gym 11am to 3pm
- NOVEMBER 18TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Open gym 5pm to 9pm
- NOVEMBER 19TH & 21ST
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Youth Basketball 5pm to 6:30 pm
- NOVEMBER 20TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Elder Chair Volleyball 6pm to 8pm
- NOVEMBER 22ND
Open Gym 8am to 5pm
- NOVEMBER 23RD & 24TH
CO-ED Slow-pitch tournament
Open gym 11am to 3pm
- NOVEMBER 25TH & 26TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Employee Chair Volleyball
Tournament
Wear ASU or U of A
- NOVEMBER 27TH
Open gym 8am to 2pm
Closed gym 2pm to 4:30 pm
Elder Chair Volleyball 6pm to 8pm
- NOVEMBER 28TH
THANKSGIVING - GYM CLOSED
- NOVEMBER 29TH
NATIVE AMERICAN HERITAGE DAY
GYM CLOSED
- NOVEMBER 30TH
ASU vs U of A Rivalry game

VOL. 5 LIMITED EDITION

GIRLS NIGHT OUT 2019

AN OVERNIGHT SUPERHERO THEMED PARTY FOR GIRLS AGES 10 AND UP

TIME
8PM-6AM
(REGISTRATION AT 7:30PM)

LOCATION
AK-CHIN SERVICE CENTER

FOOD, FUN, CRAFTS, MARTIAL ARTS LESSON AND OTHER OPPORTUNITIES TO BE YOUR OWN HERO...

BE YOUR OWN HERO

CONTACT: LYNNE HOUSTON-VOLDEN @520-568-1086 OR MARTINA PETERS @520-568-1085

Sponsored Event by the Ak-Chin Health and Human Services Department.

* Event enrollment is open to community members and community residents only from 10/21/2019 until 10/28/2019 (after that date open spots are available for children of employees also) * A maximum of 40 enrolled guests and the RSVP deadline is 11/4/2019 @ 5pm.

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

NOVEMBER 2019 Schedule

Sunday Mass at 12 noon

November 3 – Fr. Antony Tinker

November 10 – Fr. Ignatius Mazanowski

November 17 – Fr. Peter Teresa McConnell

November 24 – Fr. Antony Tinker

All Souls - November 2, 4 pm

Cemetery Service – Dcn Gary Scott

ANNOUNCEMENTS

November 28, 8am

Thanksgiving Day Mass – St. John the Baptist – Laveen
Fr. Antony Tinker, FHS

November 28, 9am

Thanksgiving Day Mass – St. Peter – Bapchule
Fr. Peter Teresa McConnell, FHA

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.

Pink Run continued from page 3

treatment, pain & suffering. I always knew there was light at the end of the dark tunnel. Caregivers deserve a special badge of Honor. My children gave me the extra strength to live.”

To Health & Happiness
Sincerely,
Yolanda Miranda

Breast Cancer is one of the most common cancers found in women today, with about 1 in 8 women getting breast cancer at some point in their life. According to the American Red Cross, “there will be 271,270 new cases of breast



cancer in 2019, 99% of which will be diagnosed in women.”

If found in its early stages and treated, most women can survive breast cancer. Getting yearly mammograms and breast cancer screening tests is the best way to detect breast cancer.

Be aware of your health and do what is necessary to keep you and your loved ones healthy and happy; encourage regular doctor visits and follow up with any unusual signs or symptoms.



Above, this little cool cat enjoys the pink-themed promo items.

At right, Ak-Chin’s cutest couple pick props for their Pink Run pic.



**Are you or a family member a veteran?
You may be eligible for the Native American Settlement Fund**



Native American Settlement Fund (NASF)

Arizona income tax erroneously withheld from Native Americans who served in the military 1977- 2005 while claiming tribal land as their domicile.

All eligible Native American veterans must submit a claim no later than December 31, 2019. Veterans had to have served active duty between 1977-2005 or be surviving next of kin to submit.

The claimant needs to produce a:

1. DD-214 (assistance can be provided to order)
2. Sign a statement declaring they were an enrolled member of a tribe while serving in the military.* A CDIB from Ak-Chin Enrollment will work.
3. Forms can be printed for your convenience

For more information please contact Health and Human Services at 520-568-1090



COMMUNITY NOTICE

Council approved a Resolution amending title 5 of the Revised Ak-Chin Law and Order Code of 2000 (Code), to add a chapter 15, “Alcoholic Beverages,” and provisions addressing unlawful acts related to alcoholic beverages and intoxicating beverages in motor vehicles, as well as adding the definition of “legal drinking age” to title 3, section 1.4 of the Code on October 16, 2019.

Copies of the Code containing the changes may be viewed at the Ak-Chin Indian Community Library.

Please feel free to contact the Law and Order Code Committee or the Law and Order Code Committee Legal Contractor at 520-568-1189 or Lkalkbrenner@ak-chin.nsn.us with any questions.

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.

GATHER: FOOD, FUN & FAMILY

HEALTHY FAMILY HABITS START AT THE DINNER TABLE JOIN US AS WE PREPARE AND SHARE A DELICIOUS FAMILY STYLE DINNER

2 Gatherings: Tuesday, NOVEMBER 19th & Tuesday, DECEMBER 3rd
Ak-Chin Service Center
5:30 PM to 8:00 PM

*Open to the first (2) Ak-Chin Community families to sign up.
*There will be additional opportunities for more families.

Every family leaves full of good food, good times, and good (GFF) swag!



Please contact Lynne Houston-Volden at (520) 568-1086 or Martina Peters at (520) 568-1095 for questions or more information.



Him-Dak throws annual HALLOWEEN PARTY



At the Halloween party a massive amount of children dress up including Little Barrel here who came to cause some mischief at the Halloween party.



Various games and activities were available including the cake walk, giving an extra dose of sugar to the party.

Ak-Chin Recreation takes community on seasonal adventures

Submitted by Ak-Chin Recreation Department



Parks and Recreation took a group of kids aged 6-11 to the Vertuccio Farms corn maze and pumpkin patch in Mesa on October 20. L-R Jayden Narcia, Adrian Coronado, Brandon Thomas, Emma Enos.



October 18th the Rec took a group of kids to the 13th Floor Haunted House. The kids loved it and enjoyed it, it was a successful event for this age group.
-Parks & Recreation Coordinator Bernardina Gonzalez.

Domestic Violence Event continued from page 3

teen dating abuse to counter and prevent the abuse and stop it into escalating to domestic abuse/sexual violence for the further generations.

Their 3 step Bloom It Up program has been asked to be taught in school and community events around Arizona, their outreach program helps to “combine public health framed education with peer to peer advocacy and activism to #UprootAbuse and cultivate empathy, respect, kindness, equality, consent, safety and peace as the standard for this generation of youth and the next.”

The organization hopes to bring awareness of abuse, reaching out about abuse and educating about abuse to reduce the number in future teen victims and also helps in supporting those survivors who have suffered from abuse. For more information please visit bloom365.org

“The Maricopa Family Advocacy Center’s mission statement, “empowers victims of violence and neglect through the collaboration of

professionals.” This statement was given by a member from the Maricopa Family Advocacy Center.

This center provides the help of Pinal County Law Enforcement working with medical and mental health professionals and the Department of Child Services. Together the center creates a specialized plan that reduces stress during investigations, providing comfort, and minimizing traumatic situations such as interviews, exams, and etc.

Their presentation to the community focused on the different types of abuse; child abuse, domestic abuse and senior abuse; and encouraged everyone to take note on what to look for in situations that might be abuse related.

Child Abuse-Neglect: a caregiver’s failure to adequately provide for the child’s physical or emotional needs; Physical Abuse: a physical act which may cause physical injury; Emotional Abuse: a systematic destruction of a child’s

emotional well-being; Sexual Abuse: involvement of a child in sexual activity to provide gratification or financial benefit for the perpetrator. Domestic Violence: acts of abuse that are physical, sexual, emotional, economic or psychological actions of one family or household member against another. Senior Abuse: knowing, intentional or neglectful act by a caregiver or any other person causing harm or a serious risk of harm to an elder including acts of physical, emotional, sexual and financial abuse.

The center ensures anyone who comes to the center that they are treated with the absolute care and respect throughout their time of crises. For more information on the Family Advocacy Center please call the Maricopa Police Department at (520) 316-6800.

As the event ended many walked away with more awareness and more knowledge about the seriousness of any kinds of abuse.

FIRST THINGS FIRST

Turning household objects into toys for young kids



Ak-Chin Indian Community (October 28, 2019) – For anyone who’s ever seen a baby, toddler or preschooler open a gift and then toss aside the shiny new toy to instead play with the box, the American Academy of Pediatrics says kids may know what’s best for them.

The organization recently came out with a recommendation that the best toys for young children are the simple ones. And we’re talking very simple, like every day household objects.

First Things First reminds parents that children explore and make sense of the world around them through play. In fact, research has shown that play impacts everything from physical abilities and vocabulary to problem solving, creativity, teamwork and empathy.

Playing with ordinary household items allows a young child to explore their world and found objects. With babies, it’s as simple as grasping an object and holding on to it. Families can focus on introducing objects that stimulate curiosity. Babies are fascinated by their surroundings, especially faces and bright colors. You can use something as simple as a small, lightweight scarf to play peek-a-boo or use it as a prop as you make up stories. By adding music to the scarf play, you can get your baby moving and sharpen their listening skills as

you give directions. For toddlers between 1 and 3 years old, look for objects that encourage imagination and problem solving. They enjoy playing hide-and-seek with different objects. As a toddler, your child may begin to arrange objects, which eventually turns into sorting and classifying them. This allows the child to develop thinking, reasoning and problem-solving skills.

For preschoolers from ages 3 to 5, look to use objects that will help preschoolers relate to each other and the world around them. Encourage their imagination by creating a pirate’s telescope using a paper towel roll.

First Things First offers these 10 suggestions on every day household objects that can be used as toys that promote early learning:

1. Plastic cups – can be used to sort items.
2. Toilet paper rolls – tape two together and create binoculars for a game of I Spy.
3. Whisk – babies love to hold whisks, but as your child gets older you can use a whisk in the bath to swirl the water or make patterns in the sand.
4. Cardboard boxes – depending on the size, boxes can be used in a variety of ways. Facial tissue boxes make excellent building blocks to build towers.
5. Plastic containers – use to sort items by color and size, take them into the bath to pour water.

6. Leaves – rustling leaves outside. Let your toddler walk through a pile of leaves. They’ll enjoy the rustling and crunching sounds underneath their feet. For preschoolers, they can paint the leaves and use them to make patterns.

7. Screw-top plastic water bottle – fill with pasta or beans to make a shaker. Or use them as bowling pins, to knock down with a ball.

8. Pots and pans and wooden spoon – teach your toddler about rhythm by banging on the pots.

9. Laundry basket – use to throw rolled-up socks or have them use their imagination to sit inside and drive a car or steer a boat.

10. Everyone’s favorite: old blankets, sheets and towels – use to build an indoor or outdoor fort.

To encourage imaginative play at home, parents and caregivers only have to look around the house to keep little ones entertained.

###

About First Things First – First Things First is a voter-created, statewide organization that funds early learning, family support and children preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit FirstThingsFirst.org.

ATTENTION:

ENROLLED AK-CHIN INDIAN COMMUNITY MEMBERS WHOM YET TO ENROLL THEIR CHILD(REN)
New Enrollees must be at least 1/4 or more to be qualified for enrollment with Ak-Chin Indian Community.
FOR QUESTIONS OR FURTHER INFORMATION PLEASE CONTACT ENROLLMENT OFFICE.

- What you need:**
- Complete Enrollment Application
 - Certified Birth Certificate
 - Social Security Card
 - Marriage License (If applicable)
 - Notarized Affidavit (If applicable)
- All forms can be filled out at the Enrollment Office.

Please keep contact information updated.
 IE: Change of Name, Marriage, Divorce, Change of Address & Contact Numbers.
 Please bring any supporting documents.
 IE: Court Documents

REMINDER: \$5.00 Fee for ID replacement.
BEWARE It's against the law to use someone's or sell your Tribal ID cards. These cards have your personal information on them. PLEASE TAKE CARE OF IT.

AK-CHIN TRIBAL ENROLLMENT
 Mailing Address: 42507 W. Peters & Nail Road Maricopa, Az. 85138
 (520) 568-1029 or (520) 568-1074
 Physical Address: 16472 North Maricopa Road Maricopa, Az. 85139
 (Corner of Farrell & SR 347 (Old Fire Station))

Eliza Santiago shines with MHS Rams

Story and photo by Runner Staff



The Maricopa High School Rams volleyball team's year has come to an end as Ak-Chin Indian Community member Eliza Santiago's consistent play helped to hold the team together as the quiet "glue" throughout the season.

Regarded as one of the best servers on the team by coach Misty Balgaard, Santiago started and

played in every game this season and always knows where everyone else should be on the court.

Not one to use a lot of words on the court, Santiago instead leads by action.

"I had the privilege of coaching Eliza Santiago this year at Maricopa High School. She always

has a positive attitude and worked her hardest. I will miss seeing her smile and her kind demeanor at practice each day," said Balgaard.

On October 22, the Runner covered the home game at Maricopa versus the Higley Knights as the Rams defeated Higley 3-2.

Eliza Santiago gears up to play defense on the volleyball court on October 22 vs. the Higley Knights at home. Santiago's coach Misty Balgaard spoke highly of her character and play during her first season.

Rosalino at Marcos de Niza H.S.

Submitted by Matthew Tess, Ak-Chin Online/After-School Coordinator



Rosalino Ormsby Valenzuela is a Sophomore at Marcos De Niza High School and plays on the Varsity Football team.

Youth co-ed volleyball season ends

Story and photo by C. Picciuolo

The 2019 Ak-Chin Parks and Recreation Youth Co-ed Volleyball League has come to an end after a successful season for the two age groups. In the last Runner issue, we focused on the 9-12-year-old players, and in this issue, we will cover ages 13-17.

Games for the older players started at 7:35 p.m. and went throughout the night until around 8:50 p.m. There were two teams from Ak-Chin, Ak-Chin 1 and Ak-Chin 2. The visiting teams were Komatke and Sacaton D3.

Parks and Recreation staff filled many roles such as league facilitators, coaches and referees. A big goal of the league was not to keep score, but to provide an opportunity for the kids to advance with their volleyball and teamwork

skills. Some players would love to move on and gain more experience in volleyball, which is what coach Julia Dickerson wants to see. "Eliza Santiago played last year and tried out MHS and made the team," said Dickerson. "My main goal is for the kids not to stay in recreation, but this is where you start."

Coach Wesley Gonzalez felt as though the age group has been steadily getting better. "This year they progressed a lot. They got better passing the ball, they started spiking the ball better toward the end of the season," said Gonzalez. "I'm hoping to see some of the players coming back again."

The Ak-Chin teams often switch it up and play on each other's squad, especially on a night when not everyone is

available to play. For Ak-Chin, there was a chance this year to have a true co-ed experience. There weren't any boys last year, and this year there were three. This allowed for the coaches to play different styles based on the strengths of the players.

With the girls, coaches looked for strong passing and setting, and the taller boys doing the spiking and blocking. Over all, all teams were able to get better at passing and setting up a play.

Gonzalez said that he heard compliments from other teams, particularly Komatke, who came down to Ak-Chin and loved the setup. Because of the feedback, next year Parks and Recreation plans on having a tournament for both divisions.



Teams Ak-Chin 1 and 2 mix together for a group photo before their matchups. Many players have shown interest in competing in volleyball in the future and the co-ed squad with the addition of three boys gives balance to the teams.

Day of the deadlift winners

Submitted by Debbie M. Soliz

Congrats to Team Ak-Chin "Billy's Powerhouse" as they represented Ak-Chin in GRIC's 2019 Day of the deadlift on October 18, 2019.

Congrats to a new personal record deadlift for Darrian Justin @ 545 pounds. Congrats to Ralston Justin for his deadlift of 405 and congrats Nikolai White on the deadlift

of 655 pounds and claiming the heaviest overall deadlift in the heavy weight division at the Mul-Chu-Tha fairgrounds.

These boys did an awesome job and it was a great experience watching all athletes compete.

Thank you GRIC wellness Center for putting on such an exciting event!!



Nikolai White wins heaviest overall deadlift at 655 lbs.



Darrian Justin sets a new personal deadlift record at 545 lbs.

Right: Ralston Justin has an impressive deadlift of 405 lbs. during the Day of the deadlift event.



Men's and Women's Open Basketball Tournament



1st Place Ball It Up



1st Place Brothas



2nd Place Unknown



2nd Place Those Guys



3rd Place Cooper Goons



3rd Place Ak-Chin



In observance of

VETERANS DAY 11.11.19

Gila River Health Care's

Administrative Offices and Outpatient Clinics will be

CLOSED MONDAY, NOVEMBER 11th

HHKMH SATURDAY CLINICS WILL REMAIN OPEN 11/9/19

Hu Hu Kam Memorial Hospital Pharmacy Hours

Saturday, 11/9

8:30 am - 12:00 am

Sunday, 11/10

12:00 pm - 10:00 pm

Monday, 11/11

CLOSED

FLU VACCINE NOW AVAILABLE

Visit any of our GRHC Flu Clinics, or ask your Provider at any of our Gila River Health Care locations.

**"PROTECT YOURSELF & YOUR FAMILY
GET YOUR FLU SHOT!"**

LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

Let's Ask Dr. Roopa



What Is Hypoglycemia (low blood sugar)?

Hypoglycemia is a condition resulting when the blood glucose levels drop below 70 mg/dl.

The symptoms of Hypoglycemia are:

- Excessive sweating
- Tiredness, lightheadedness
- Feeling dizzy and weak
- Being pale
- A sudden feeling of excess hunger
- Increased heart rate
- Blurred vision
- Confusion
- Irritable or nervous
- Shakiness
- Anger



Symptoms of Hypoglycemia during sleep include:

- Having nightmares
- Crying in sleep
- Feeling tired, irritated or confused after waking up
- Excessive sweating during sleep with dampening of clothes



Severe Hypoglycemia can lead to:

- Convulsions/seizures
- Delirium
- Fainting
- Loss of consciousness



How To Treat Hypoglycemia

First check your blood glucose levels by fingersticks and confirm that it is less than 70 mg/dl. Once confirmed, correct it quickly with sugary food or drinks likewith any one of the following choices:

- 3-4 glucose tablets
- 3-5 hard candies
- 4-6 oz of fruit juice
- 1/2 can of regular soda
- 4-6 oz of 1% milk



Wait for 15 minutes and recheck the blood glucose. If the glucose is still lower than 70 mg/dl then treat again. If the glucose does not improve after 3 attempts of treating as explained above then you should call 911 for assistance.

WHAT
GILA RIVER
HEALTH CARE
PHARMACY
WANTS YOU
TO KNOW?

POPULAR HEARTBURN DRUG RANITIDINE RECALLED: RANITIDINE (ZANTAC)

If you or a family member take ranitidine (Zantac) to relieve heartburn, you may have heard that the FDA has found a probable human carcinogen (a substance that could cause cancer) in it.

We have been diligently watching and following the recommendation of the FDA and none of the Ranitidine products we have stocked have been recalled. If you have purchased Zantac or generic OTC ranitidine, please stop taking and come to clinic to discuss other options with your provider. If you are taking prescription ranitidine, please continue until you talk with your physician. For any questions please contact your provider or call Pharmacy 520-562-3321.

Employee Bash continued from front page



Left: Scary clown at the bash entrance. Top: Employees lounging.

strutted their stuff in front of Chairman Robert Miguel, Councilmember Octavio Machado and Community Operations Manager Bart Smith. Many characters from The Wizard of Oz stole the show including the Lollipop Guild, a Flying Monkey and the Tin Man.

Raffle prizes were given throughout the evening and the Employee Bash department videos were revealed on the big screen. Breakout Performance went to Eddie Berzoza and Sanitation/Public Works won best video.

Los Tigres Del Norte visits San Juan Church in Ak-Chin

Story and photo by Runner Staff

Prior to playing before a sold-out crowd at the Harrah's Ak-Chin Events Center on Friday, October 25, band members of Los Tigres Del Norte and staff made their way down Farrell Road through the Ak-Chin Community in their mega-bus to visit the San Juan Church (chov) as they paid their respects to not only the church but to ACIC.

As band members Oscar Lara and Jorge, Hernan, Eduardo, and Luis Hernandez made their way off of the bus, they were met by members of the Miguel family who were lined up. Band members made their way to each person and thanked each one for allowing them the opportunity to visit the church.

Inside the church, Ak-Chin Tribal Chairman Robert Miguel and Genevieve Miguel were able to explain the history of the San Juan Church



Los Tigres del Norte visits San Juan Church at Ak-Chin.

and presented each member with a seashell necklace and clay pottery. Prior to their final good-byes to the family and their departure for the Casino for their soundcheck, the band not only thanked the family once again for their hospitality but treated the family with a song, "Las Mananitas", by accordionist Jorge Hernandez.

Chairman Miguel helped coordinate the visit with Los Tigres Del Norte Manager and good friend Dwayne Ulloa. "When it was announced that

Housekeeping takes win at 2019 Harrah's Battle of the Bras

Story and photos by L. Peters

To honor Breast Cancer Awareness Month, Harrah's Ak-Chin Hotel & Casino held their annual Battle of the Bras fashion show event, on Saturday, October 26, to help raise awareness for women's and men's health issues and to raise money for the American Cancer Society chapters.

Nine different departments stepped up to participate, including the Harrah's Development System associates, most notably last year's champions and trying to take the win again.

The different departments battled each other for the win by showing off their awesome dance moves, and their blinging, dazzling, and outrageous intimate wear ensembles.

Taking first place for 2019 bragging honors was Housekeeping, with Beverage earning second place.



Battle of the Bras winners: Housekeeping.



Beverage takes second place in the battle.

At the end of the campaign, Cancer Society chapters. Caesar's Foundation donated \$25,000 to the American

Stanfield on my way to the main headquarters, I get a call from Dwayne who asked if the offer to visit the church was still on the table," Miguel said. "I told him yes... what time would they be arriving? He told me that they arrived early at Sky Harbor Airport and that they were enroute to Maricopa and would be in Ak-Chin in about 30 minutes."

Chairman made his way back to the office and immediately made his way home to prepare for the visit. "On my way home, I tried desperately to get in touch with my mom to let her know so she could clean up, but she wasn't answering.

As I got to her house and gave her the information, she literally dropped everything she was doing and nervously and anxiously made her way to the church, not really believing that they would be

arriving soon."

Chairman Miguel was able to spend some time with the group and his friend Dwayne, prior, during and following the show. "It was great to hear from the group on how happy they were to perform at a new venue such as Harrah's Ak-Chin Resort & Casino, they loved every second of their time here," Miguel said. "I think the best part was the group letting me know that they loved the San Juan Church and the how it reminded them of growing up in Mexico and going to services in a small church. They all said that it felt so comfortable in there"

The Ak-Chin Community should be proud and honored that a group/artist such as Los Tigres Del Norte took the time to visit a landmark such as the San Juan Church.

NOW HIRING

ULTRA Star MULTI-TAINMENT CENTER Ak-Chin Circle

- 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.

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SUNDAY TICKET ONLY ON DIRECTV.

(520) 426 - 6832 ARROYOGRILLE.COM

7th ANNIVERSARY CELEBRATION

ULTRA Star MULTI-TAINMENT CENTER Ak-Chin Circle

UltraStarAZ.com

SATURDAY, NOVEMBER 16
9:30 AM - 6 PM

AMAZING SPECIALS ALL DAY LONG

70¢ ea

BOWLING GAME • LASER TAG GAME
HOT DOG • NACHOS
SELECT CANDY • POPCORN • SODA
& MORE SPECIALS THROUGHOUT THE CENTER

\$7 MOVIE TICKETS

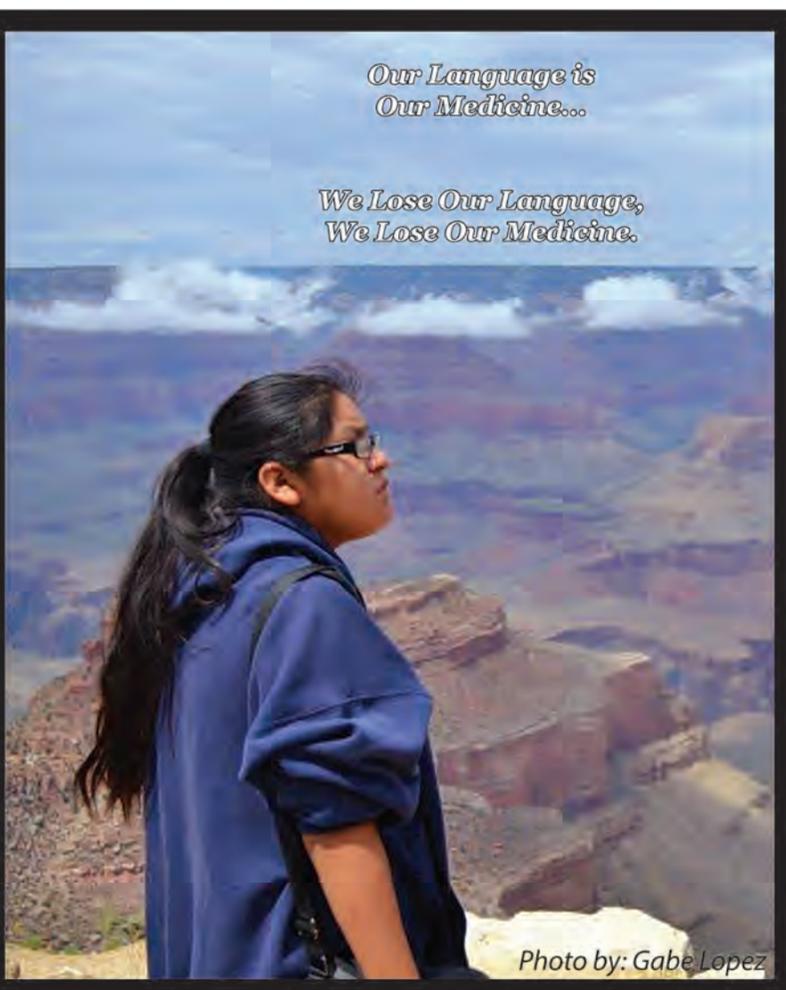
*1 DOMESTIC BEER & ANNIVERSARY SHOTS 11AM-5PM
Some Limits apply • While supplies last

Vendors | Face Painting | Bounce Houses

PINAL COUNTY ANIMAL ADOPTIONS FROM 12PM-3PM

THE FIRST 400 CUSTOMERS WILL RECEIVE A FREE ULTRASTAR POPCORN WRISTBAND
WEAR YOUR WRISTBAND 11/17/19 - 11/14/20
AND PURCHASE A REGULAR POPCORN FOR JUST 70¢

#UltraStarAZ



Ak-Chin Indian Community Masik Tas Celebration

EVENTS OPEN TO THE PUBLIC

Ak-Chin Circle Field & Arena
(16000 N. Maricopa Rd., Maricopa, AZ 85139)

December 7
Traditional Games & Light Parade - 7:00 p.m.

December 13-15

Carnival \$10 (daily) all you can ride wristband CASH ONLY
Children 3 and under are free
Rodeo, Vaila Dance, Cultural Entertainment, & Vendors

December 14
Ramon Ayala Concert
All ages welcome
\$25 CASH ONLY
Show starts at 7 p.m.



DECEMBER 5 - 8
BASKETBALL TOURNAMENTS

SATURDAY, DECEMBER 7
LIGHT PARADE

SUNDAY, DECEMBER 8
DANCE CONTEST/MENUDO CONTEST

MONDAY, DECEMBER 9
MASIK TAS GOLF TOURNAMENT

All-Indian Jr. Rodeo - Friday, December 13 at 8am
Buckle to Event Winners!
Buckles to All-Around (6-9, 10-13, 14-17)

<p>5 Years & Under Sheep Riding (limit 20) Dummy Roping (limit 20) Stick Horse Race (limit 20) Stick Horse Barrels (limit 20) Entry Fee: \$20</p>	<p>6-9 Years Old Calf Riding (limit 20) Ribbon Roping (1x) (limit 20) Barrel Racing (limit 20) Goat Tail Pull (limit 20) Entry Fee: \$25</p>	<p>One-time Admin Fee of \$10 per contestant **Contestants must stay in their own age category. ***Ribbon Roping Muggers in the 6-9 & 10-13 age divisions only. ****Team Roping & Ribbon Roping partner should be 18 years or older</p>
<p>10-13 Years Old Steer Riding (limit 20) Ribbon Roping (1x) (limit 20) Barrel Racing (limit 20) Breakaway (limit 20) Team Roping (2x) (limit 20) Entry Fee: \$30</p>	<p>14-17 Years Old Bull Riding (limit 20) Ribbon Roping (limit 20) Barrel Racing (limit 20) Breakaway (limit 20) Team Roping 2x (limit 20) Entry Fee: \$35 Wild Pony Race (6 teams) Entry Fee: \$105</p>	

Bull Bash - Friday, December 13 at 4pm
Buckles to event winners!

Events	Fee	Added \$
Open Bull Bash (limit 30)	\$150	\$500
Open Novice Bull Riding (limit 10)	\$100	\$500
Open Women's Steer Riding (limit 10)	\$50	\$500
One-time Admin Fee of \$20 per contestant		
No late entries, no phone entries, no refunds. Entry Forms available at masiktas.ak-chin.nsn.us or by calling 520-568-1045		

All-Indian Rodeo - December 14 & 15, 2019

PERFORMANCE TIMES
Performances on Saturday & Sunday at 12pm
Slack at 8am (if needed)
Buckles to each event winner!

Event	Fee	Added \$
Bareback (limit 20)	\$100	\$500
Saddle Bronc (limit 20)	\$100	\$500
Bull Riding (limit 30)	\$100	\$500
Steer Wrestling (limit 30)	\$100	\$500
Tie Down Roping (limit 30)	\$100	\$500
Ladies Barrell Racing (limit 40)	\$100	\$500
Ladies Breakaway Roping (limit 40)	\$100	\$500
Ladies Team Roping (2Xs) (limit 40)	\$200/Team	\$1000
Team Roping (2Xs) (limit 100)	\$200/Team	\$1000
Century Team Roping (2Xs)*(limit 40)	\$200/Team	\$1000
4 Tribes Team Roping (2Xs)*(limit 30)	\$200/Team	\$1000

*Century Team Roper Participants must be 50+
*4 Tribes Team Roper Participants must be enrolled member of Ak-Chin, Gila River, Tohono O'odham, or Salt River, must provide proof upon request.

*Will not count for All-Around/Only one highest placing money won in Team Roping will count toward All-Around

Must be 18 years old to participate!
One time Admin Fee of \$20 per contestant

Wild Horse Race - December 14 & 15 at 12pm
1st Place: Buckles \$500 added money

Team Limit: 12
\$300 per Team

One-time Admin Fee of \$20 per contestant
Open to Native Americans of a Federally Recognized Tribe
C.I.B. (must provide proof upon request)
Must be 18 years old to participate.

No late entries, no phone entries, no refunds.
Entry Forms available at masiktas.ak-chin.nsn.us or by calling 520-568-1045

All payments must include rodeo entry form.
To receive payout, contestants must show birth certificate and contestants must complete W-9 and provide a form of identification.
MANDATORY CHECK-IN
All contestants must sign a waiver. NO EXCEPTIONS
Cash, Money Order, or Cashier's Check accepted. Please make payable to Ak-Chin Indian Community-2019 Rodeo **No personal checks accepted.
Entry Forms available at masiktas.ak-chin.nsn.us or by calling 520-568-1045

MAIL-IN ENTRIES OPEN - October 18, 2019

MAIL ENTRIES TO
Ak-Chin Indian Community
ATTN: Community Events
42507 W. Peters & Nall Rd.
Maricopa, AZ 85138

ENTRIES MUST BE POSTMARKED BY - December 2, 2019

WALK INS
December 7 | 10am-5pm
UltraStar Multi-tainment Center
16000 N. Maricopa Rd.
Maricopa, AZ 85138

For more information contact the Ak-Chin Community Events Department at (520) 568-1045 or events@ak-chin.nsn.us.

masiktas.ak-chin.nsn.us