



## Ak-Chin Iron Crew sets powerlifting records

Ak-Chin has always been known for their great athletes, throughout other tribal communities and school, in just about every sport. Now, Ak-Chin can add Powerlifting to the ranks!

Recently, four native power lifters, who all have ties to the Community have just set the bar, a really heavy bar at that, extremely high. Led by their powerlifting coach, Garette Langmead, Ak-Chin's Nicholas Anderson, Ethan Vavages, Darrian "Billy" Justin and Nikolai White have just set records at their first powerlifting event on June 12, at the Sheraton Phoenix Crescent Hotel.

The Crew all placed in their age and weight categories, earning medal after medal in the bench and deadlift. Nicholas set records in the teen 16-17, 259 wt. category, with a 176.2 bench, 385.8 deadlift, and a 562 push/pull total. Ethan set

state records in the Jr. Men, 259 wt., for his 231.7 bench, 435.2 deadlift and 666.9 push/pull total. Darrian set records in the Jr. Men, super heavy wt. with a 330.5 bench, 551.2 deadlift and 881.9 push/pull total. Nikolai set records in the Class I Men, 308 wt., with a 429.9 bench, 622.7 deadlift and 1052.6 push/pull total.

Garette first met the Ak-Chin Crew about a year and a half ago, working out at Coppersky and recognized right away that they were powerlifters. "When I saw that little group at Coppersky you just don't see that little community at gyms," said Garette.

He asked if they were powerlifters and let them know that he was also a powerlifter and offered to coach them. "I had competed as a powerlifter for almost 15 years and have over 30 records myself in powerlifting and trained other people in powerlifting for



Ak-Chin Iron Crew (l-r): Nikolai White, Darrian Justin, Garette Langmead, Ethan Vavages and Nicholas Anderson, posing with all the medals they recently won at powerlifting event in Phoenix. Story and photo by R. Peters

several years... I was willing to help them out... (it's) something I love to do."

Nik and Billy had been lifting for a few years and entered a couple of competitions. They were working out at Coppersky and Ak-Chin, and eventually built their own home gyms, Nick's BigIron gym and Billy's Powerhouse.

Ethan eventually started going to work out at Billy's and Ak-Chin, after Billy had invited him over to lift one evening, "from that point on I was hooked."

Nicholas started lifting weights to help with his wrestling, "I started wrestling

in high school, my freshmen year and I was just getting absolutely destroyed." He also started working out with Billy and his cousin at Ak-Chin.

"We worked out that whole summer, and I definitely saw a difference in my sophomore season, I made it to varsity my sophomore year, and then I got injured... so I was kind of done wrestling, I still had weight lifting so I just stuck with it."

Nicholas started getting interested in powerlifting. He soon talked to Nikolai about it and Nikolai was feeling the same way. They eventually told everybody that they wanted to try powerlifting and

that's how they got started.

Nikolai contacted Garette, "All it took was a little bit of asking and being coachable players... we were desperate to learn about lifting techniques and he changed up a lot of stuff that helped us... so a year later we all got on it."

They started training in January, preparing for their first meet. "We were hoping something would pop up, but with the Covid we didn't know," Garette shared. "Every few weeks one of us was online to see if anything popped up." They found out about the powerlifting meet

Ak-Chin Iron continues to page 3

## Early Childhood Education celebrates June Graduates

Story and photo by J. Peters



Preschool graduate Connor Martinez shows his diploma off proudly with mom Kathleen Miguel.

Wednesday June 30th, Early Childhood Education staff created an unforgettable day for their 2021 preschool grads.

Decorating the school buses with names of students and adorable art work, the staff, with a little help from Ak-Chin Fire and Police departments, put together a fantastic parade, that made stops at every graduates' house.

The graduation convoy made its first stop in the back of the school building, where three graduates and their families looked on excitedly as a line of cutely decorated school buses, bright flashing

police cars and one big fire truck came along to celebrate their big day! Making stops in subdivisions throughout the community, graduating families stood outside their homes awaiting their child's big moment of promotion.

Once the parade vehicles had parked, teachers would head out of the buses to congratulate and present their graduating students with their preschool diploma and one last goodbye before the students make their way into the big kids' class.

Be on the lookout for the next Runner issue, as we will be including more photos from the Graduation Parade!

## Students enjoy 12th Annual Back to School Luau

Photos by R. Peters



June 17th, Ak-Chin Police Department hosted their 12th Annual End of School Luau at Ak-Chin Parks and Recreation pool. Ak-Chin Chief of Police, Manuel Garcia announced via email that this year's event would have slight modifications to incorporate the current safety regulations. Unlike previous years the 2021 Luau was split into 2 scheduled pool visits from 10 am to 2 pm for Preschool and Elementary students and then from 2:30 pm to 6:30 pm it was open to all Jr. High through High school students. Lunch of hamburgers and hot dogs was served to the hungry guests, along with a station where you could order your very own pickle slushie.

Luau continues to page 2

# Letter to the Editor:

Dear Ak Chin Community,

US and abroad.

This month marks the thirty-year anniversary of the opening of the Ak Chin Him Dak EcoMuseum. (When the Him Dak opened the population of Ak Chin was 550 people.)

Foremost among the Him Dak's many accomplishments is the vital role it has played in helping the Community address common issues that emerged as Ak-Chin transitioned from a cotton farm to a multifaceted international organization.

The Him Dak was the first EcoMuseum to be established in the United States and has become a model for community museums in the

During its 30-year history, the Him Dak has

- gathered and cared for the Ak Chin Community's historical and archaeological treasures,
- provided access to essential life skills,
- celebrated the historical, cultural and natural uniqueness of Ak Chin,
- offered space and time for reflection,

- built bridges to formal educational institutions,
- expanded k-12 education into the after-school hours, and
- formed partnerships to meet community and regional needs.

Congratulations to the staff for their years of hard work, and the Councils and the Community for their ongoing support.

I am honored to have been associated with the Him Dak and wish for its continued success in the years to come.

Nancy Fuller  
Washington, DC





**\*REMINDER\***

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Due to the 4th of July Holiday, there will be no trash picked up on Monday, July 5th, 2021.

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Trash pick up will be on Tuesday, July 6th.

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Thank you,  
The Sanitation department





## REMINDER!

### 4th Of July Picnic Food Box Distribution Drive Thru

#### July 1 & 2, 2021

Distribution will be at Ak-Chin Elements Event Center from 12:00 PM (Noon) to 7:00 PM each day and is for Ak-Chin Enrolled Member/Resident households; including Enrolled Member households who live off the reservation.

Food Boxes are for each household, **not for each member.**

Below, employees help prepare picnic boxes that will be handed out for the July distribution. If you have not picked up your food box, you have until 7 pm, Friday July 2.



## Miguel Family host San Juan Feast Drive-Thru

Photo by J. Peters

Thursday June 24th, the Miguel Family came together in celebration of their annual San Juan Feast, bringing food to the community with another drive-thru lunch.



They prepared all the traditional meal favorites, chili stew, beans, potato salad, and chumuth, also handing out candy bags and donuts for a sweet treat.

The drive thru began handing out plates at 10 am, and was met with a long line of vehicles waiting to pick up their tasty lunch. The family worked efficiently to keep their drive-thru operation a success, either serving on the line or bringing plates to the vehicles.

Everyone that was lucky enough to get a plate was truly blessed as it was announced shortly after 12 p.m. the food had run out.

Thank you to the Miguel Family for providing a wonderful meal in honor of the San Juan Feast!

*Luau continued from Front*

The fun continued with water races, like the one bottom right with Ak-Chin PD vs Rec.

Families enjoyed lunch under the ramadas, PD hooked it up with cool pickle slushies.

The water slide made a big splash!!

And a COVID Vaccine Clinic was also held on June 17, in the gym.



## 2021 Back To School Supply Distribution/ROI Events

July 8th - 9:00am-5:00pm - Education Lobby  
July 13th - 4:00pm-7:00pm - Education Lobby

\*SOCIAL DISTANCING MEASURES WILL BE IN PLACE, MASKS/PPE WILL BE AVAILABLE



The Education Department & Community Events will be hosting this event to distribute school supplies and collect Student Release of Information (ROI) Forms. Forms can be requested for advanced completion by sending an email to TThornton@ak-chin.nsn.us.  
*\*Open to Community Members & Residents*

All students who have a completed ROI by July 13th will be entered into some raffles for a few select Gift Cards.

Treats will also be given out, while supplies last!

If you cannot attend the events, please contact the Education office for alternate arrangements at (520) 568-1280.

## Elder July Breakfast-Lunch Menu

### BREAKFAST

2. Cream of Wheat, Boiled Egg, Cinnamon Raisin Bread, Yogurt, Milk
6. Scrambled Eggs, Biscuits & Sausage Gravy, Fruit, Juice
7. Scrambled Eggs & Ham, Hash Brown, English Muffin, Fruit, Juice
8. Waffles, Eggs & Bacon, Yogurt Parfait, Chocolate Milk
9. Boiled Eggs, Bagel & Cream Cheese, Sausage Patty, Cereal, Fruit & Milk
12. Chorizo Egg Burrito, Fruit, Pastry, Juice
13. Oatmeal, Boiled Eggs, Toast, Berries, Milk
14. Breakfast Casserole, Toast, Yogurt, Granola Bar, Juice
15. Pancakes, Scrambled Eggs, Bacon, Chocolate Milk
16. Sausage & Egg Quesadilla, Diced Potato, Granola bar, Fruit & Juice

### LUNCH

2. Hot Dog-Hamburger, Sliders, Potato Salad, Cole Slaw, Apple Dumpling
6. Pinto Beans, Pork Roast (D), Green Beans- Beets, Corn Bread, Peaches
7. Soft Ground Beef Taco, Black Beans, Zucchini, Pineapples
8. Waffles, Eggs & Bacon, Yogurt Parfait, Chocolate Milk
9. Baked Chicken, Broccoli, Corn on Cob, Fresh Pears
12. Bean Tostadas, Chicken Tostadas (D), Wax Beans, Normandy Vegetables, Empanadas
13. Spinach Chicken, Enchiladas, Spanish Rice, Yellow Squash, Jell-O
14. Egg Salad Sandwich, Cucumber Tomato Salad, 3 Bean Salad, Fruit Cocktail
15. Red Chili Stew, Beets, Peas, Chumath, Ambrosia Salad
16. Bar-B-Que Pork Sandwich, Green Beans, Carrots, Watermelon

**\*\*Some items may change without notice\*\***



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16600 N. Maricopa Hwy  
Maricopa, Arizona 85139

#### OFFICE HOURS

8:00 A.M. - 5:00 P.M.  
MONDAY - FRIDAY  
PHONE: 520•568•1375  
FAX: 520•568•1376  
E-MAIL:  
runnernews@ak-chin.nsn.us

#### Ak-Chin O'dham Runner

Editor: Raychel Peters  
Photojournalist:  
Justine Peters  
Graphic Artists:  
Diana Carlyle and  
Rebecca Bowen

#### Ak-Chin Tribal Council

Chairman: Robert Miguel  
Vice Chair: Lemuel Vincent  
Council Members: Delia  
Carlyle, Lisa Garcia and  
Octavio Machado

#### Regular Contributors:

Ak-Chin: Cultural Resources,  
Education, EPD, Health  
Education, Him-Dak, Library,  
Health & Human Services,  
Recreation & MUSD.

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#### ANNOUNCEMENTS

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

#### ARTWORK, LETTERS, STORIES

The Ak-Chin O'dham  
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  
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#### DEADLINE

Don't forget the  
DEADLINE for the  
July 16 - August 5, 2021  
issue is due by  
**FRIDAY, JULY 9TH**

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

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



## The importance of developmental and sensory screenings for young children



As Arizona's early childhood agency, First Things First reminds families that developmental and sensory screenings for their young children help identify delays and help connect parents with support services.

**AK-CHIN** (June 25, 2021) – As Arizona's early childhood agency, First Things First (FTF) recognizes that while every child develops at their own pace, developmental and sensory screenings are a way parents can learn about their child's development.

Screenings can also catch concerns that can point to a delay or possible disability.

"Screenings are important because they identify delays and allow parents to connect with support services," said FTF Senior Director for Children's Health Vincent Torres. "They promote positive childhood health and development and readiness for school."

The American Academy of Pediatrics recommends that pediatricians talk with families about their child's development at every well-child visit between birth and 3 years old, and conduct developmental screenings at 9, 18 and 30 months of age.

Since the COVID-19 pandemic, many families put off well-child visits for their young child, Torres said, causing these regular screenings to have been missed.

But another problem arises if a health provider is understaffed and doesn't

have time to conduct the basic screenings that parents assume are happening, said Esther Turner, a senior program coordinator for the University of Arizona Cooperative Extension, Pinal County, which provides developmental and sensory screenings.

Data show that for many children, even before the pandemic, those screenings were not happening. For example, the 2018-19 National Survey of Children's Health found that only 28% of Arizona parents surveyed said that they were asked by a health care provider to complete a developmental screening tool about their young child in the past year.

Programs like the Cooperative Extension try to fill the gap by offering screenings conducted by staff working with a variety of parenting education or family support services in the community. They also do screenings in some preschool classrooms.

"Kids don't know any better and they can't tell you what they don't know," said Turner, whose FTF-funded program provides developmental and sensory screenings for young children in Pinal and Gila counties. "They only know what they've seen or heard

### Ak-Chin Iron continued from Front

in Phoenix about six weeks before, "we had a very short period of time to seriously train for this meet."

During their training, they alternated between working out in Nik's or Billy's "sweat box" for the heavy days, bench and deadlift and went to Coppersky for their accessory work.

"We work out for about 2 to 2 ½ hours a day" said Nik, adding, "We're pretty much with each other every day, except for Sunday."

The day of the event, the crew was ready, some were a bit nervous in the beginning, but once they

started their lifts they kept each other going. They were all given the opportunity to do three lifts, a bench and deadlift. After each lift, they would add a little more weight, and if they made all three lifts they were given a fourth lift. All of them got their second or third lift and most of them got all their lifts.

The crew is looking forward to their next meet, Worlds, in Reno, Nevada with World Association of Benchers and Deadlifters (WABDL) in November. "That's the plan for this year, to go to Reno in November and set some



## AK-CHIN INDIAN COMMUNITY

### Capital Projects

#### AK-CHIN INDIAN COMMUNITY

### REQUEST FOR PROPOSAL ON CONSTRUCTION OF THE SOUTHERN DUNES GOLF COURSE (SDGC) PARKING LOT

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals on a Construction Contract. The Project for Construction consists of the following:

- **Remove and Replace Asphalt Parking Lot approximately 130,000 SF**
  - Provide Traffic Control and Barricades During Our Scope of Work.
  - Remove and Replace Approx. 110 Linear Feet of Cast in Place Vertical Curb At 3 Locations.
  - Remove and Replace Approx. 10 Linear Feet of Cast in Place Vertical Curb and Gutter
  - Pave Approx. 130,000 SF With 3 Inches Of 1/2 Inch MAG Asphalt.
  - Layout and Stripe to Existing Pattern Using Two Coats of Paint:
  - 5 Standard ADA Stalls
  - 5 Standard Arrows

Bonds are required for construction contracts/agreements in excess of \$150,000.00. Construction of development projects, the successful bidder shall be required to submit with their bid either:

- A bid bond in the amount of 5% of the total contract price or a cash escrow deposited with the Ak-Chin Indian Community of not less than 5 % of the total contract price, subject to reduction, with approval of the Federal Government; or
- An In-evocable Letter of Credit for 5% of the total contract price, unconditionally payable upon demand of the Ak-Chin Indian Community, subject to reduction, with the approval of The Federal Government.

Upon selection for award, Performance and Payment bonds each for 100% of the total contract price shall be submitted.

A MANDATORY Onsite Pre-Bid Meeting is scheduled for **9:00 a.m. (MST) on July 7, 2021** at the Southern Dunes Golf Course Parking lot located at 48456 West, AZ-238, Maricopa, AZ 85139. This meeting is considered mandatory, and in this meeting

the project scope will be discussed. If you do not attend this pre-bid meeting your proposal will NOT be accepted. 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.**

Deadline for any questions regarding this project will be **2:00 p.m. (MST) on July 13, 2021.** Proposal questions should be directed to Flora Howerton at [FHowerton@ak-chin.nsn.us](mailto:FHowerton@ak-chin.nsn.us). Also, Cc: Project Manager, Casey Turgeon at [cturgeon@ak-chin.nsn.us](mailto:cturgeon@ak-chin.nsn.us).

The Owner will receive **Competitive Bid Proposals until 1:00 p.m. (MST) on July 14, 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](mailto: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.

their entire life."

In addition, there's a fear or stigma for parents when talking about developmental screenings.

"We're not looking for problems," Turner said. "Instead, we explain to parents that we're looking to show you 'this is normal development. Your kiddo is right now, on target.'"

And if the screening shows an area or concern, then the parent is referred to the child's pediatrician for additional screenings or intervention.

"We want parents to be comfortable and let them know that they are the expert on their child," Turner said. "The parent sees the child throughout the day. They are the expert and by letting them be a part of the process, they feel active in their child's development and growth."

If you are a parent or caregiver of a child 5 years old and younger, you can make a difference by monitoring your child's physical, mental, social and emotional development and discussing your

observations with your health care provider.

Please remember that all children develop at different rates. What is typical for other children may not be the same for yours. There are a couple of resources to help parents and caregivers identify concerns regarding their child's development and make the most of those early doctor visits.

The first is the Ages and Stages Questionnaire, which parents can complete online. It includes a series of questions regarding your child's development and behavior. The results of the questionnaire are emailed to parents within a couple of weeks and are intended to be used to follow up with a health provider regarding any identified issues. Free access to the questionnaire is available through Easterseals, Make the First Five Count website, <http://www.easterseals.com/mtffc/> under Take the Screening.

FTF provides a digital Ages and Stages guide to help families know if their child is meeting typical developmental milestones — the things most children can do by a certain age. How their child plays, learns, speaks,

acts and moves offers important clues. Available in both [English](#) and [Spanish](#), it is adapted from the Centers for Disease Control and Prevention Ages and Stages guides.

Another resource is the free, statewide Birth to 5 Helpline (1-877-705-5437). There, nurses and developmental experts will give you tips on which milestones your child should have achieved for their age and help you decide if a follow up with your health provider is needed.

"We have the chance to help children learn properly and not having them have to relearn once they're in kindergarten," Turner said. "These are things that people think can wait until kindergarten, but we have five good years. Let's get it right for them from the beginning."

To learn more about sensory and developmental screenings offered by U of A Cooperative Extension in Pinal, or to make an appointment, call 520-836-4651 or email [wecare@cal.arizona.edu](mailto:wecare@cal.arizona.edu)

more records."

Although, their training schedule is pretty stringent, the crew encourages others to come out, "anybody can come and check it out, because we're open to helping people."

They have had a few interested, but have not been committed to the training at this time.

They also encourage lifting as a way to build muscle and strengthen bones, "lifting heavier weights will help bones stay dense," which is great for the older population, "they are less likely to develop

osteoporosis." Garette shared.

Nikolai is very grateful for Garette for not only coming out every day to teach them. "I give him props for helping me, when I blew my pec out, I never thought I would get over anything like that... he was there when I was at my lowest, it means a lot to me."

Garette is also very proud of how well the crew did, "they've been committed to doing the work... Powerlifting is more about personal bests or personal records... don't worry about what somebody else is doing... worry

about what you're doing and what you're lifting and when you go to the meet you want a personal record, it doesn't necessarily have to be a state, national or world record, but get a weight that you've never done before."

Nikolai ended, "I'm just freaking so proud of us man, because we've come a long way... I feel like it was just yesterday, you know and now look where we're at. All the time that we spent in Billy's garage sweating away and just lifting, just to lift and then actually doing our first meet... Now we have a purpose."

# Introducing the 2021 Harrah's Summer Youth participants

Article and photos submitted by Erica Manuel- Oliver

Ak-Chin youth participants attended Career Day on Sunday, May 23, 2021, at Harrah's Ak-Chin Casino, to learn about the available positions offered in the Harrah's Summer Youth Program. Harrah's leadership, along with the HDS Program Associates and Interns, were also in attendance, to provide an overview of the open positions.

Eleven summer youth participants were hired in various non-gaming back-of-house departments within the casino. The departments range from: Culinary, Hotel, Pool, Housekeeping and

Warehouse. This year's summer youth program will last approximately 5 weeks. In addition to the hands-on work experience, the summer youth participants will participate in workshops such as resume writing, cultural presentations and community service events; volunteering their time at a local non-profit organization.

The Harrah's Ak-Chin Summer Youth Program is a branch of the Harrah's Development System, which is a leadership program provided to the enrolled members of the Ak-Chin Indian Community. Erica Manuel-Oliver, oversees the HDS Program and has scheduled training

and development opportunities for the youth participants, while in the program.

The summer participants also participate in weekly Toastmasters meetings on property. Participation in Toastmasters will help develop their impromptu speaking skills. The participants of the HDS Program will be attending a Man in the Maze cultural presentation on Friday, July 9.

### Summer Youth Participants:

Noahli Antone, Copper Cactus Cook Helper

Xendryk Silas-Antone, Copper Cactus Cook Helper

Lucianna Miranda, Hotel Bell Person

Zaida Soliz, Chop Block & Brew Busser

Michaela Peters, Guest Room Attendant

Kateri Lopez, Chop Block & Brew Busser

Cayden Peters, Warehouse Helper

Ralston Justin, House Person

Jonathan Peters, House Person

Joshua Peters, House Person

Zylen Antone, Dunkin Donuts Cook Helper



Everyone gathered for career day.



Noahli Antone



Ralston Justin



Lucianna Miranda



Cayden Peters



Jonathan Peters



Joshua Peters



Michaela Peters



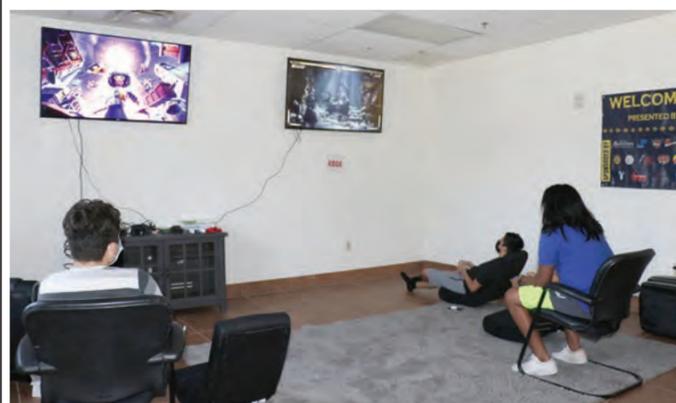
Zaida Soliz

# New programs at Ak-Chin Recreation

Ak-Chin Parks and Recreation has been rolling out new programs just in time for the summer season, from adding in new gaming systems, to experimenting with new

water exercises and course outdoor sports. The staff is excited to see everyone come back to the Rec Center, enjoying everything it has to offer. Please contact the

Ak-Chin Recreation at: (520)568-1740 or send an E-mail: recreation@ak-chin.nsn.us to check out the new recreation programs.



Gamers schedule time in the rec room for some friendly competition.



Participants enjoy the pool while testing out new fitness program.



Boys enjoy some basketball at Ak-Chin outdoor courts.

JULY 2021

## Ak-Chin Child Development

### Summer Break Time to Make Some Cool Treats

Children love to help in the kitchen so here are two easy recipes your child may help you with. While your child helps in the kitchen the following are benefits of cooking with preschoolers.

**Social -Emotional Development:** Hands on cooking activities help children develop confidence and skill. Following recipes encourages children to be self- directed and independent, it also teaches them to follow directions and develop problem solving.

**Physical Development:** Fine motor and eye hand coordination skills are developing by chopping, mixing and spreading.

**Cognitive Development:** Cooking encourages children's thinking, problem solving and creativity. It allows children the opportunity to use the knowledge they have and apply it by counting, measuring, following a sequence, following directions and cause and effect.

### Ice Cream in a Bag

**Ice Cream in a Bag**  
You'll need the following to make this yummy treat!  
½ cup whole milk  
½ teaspoon vanilla extract  
1 tablespoon sugar  
1/3 rock salt

**Ice**  
1-2 sandwich bags  
1. Pour milk, vanilla and sugar into sandwich bag. Add a little chocolate syrup if you'd like to have chocolate ice cream.

2. Push air out of the bag and zip it shut. You might want to double bag to avoid spill.

3. Shake the bag and squish it around to combine ingredients.

4. Add ice to your gallon bag until it is about half full add rock salt

5. Place your sandwich bag inside the gallon bag and zip it shut.

6. Shake, shake, shake it up until your ice cream freezes about 10 minutes. Make sure your child wears gloves or wrap the bag in a towel so their little hands don't get too cold.

7. Add your topping and Enjoy!

### Summer Break Time to Make Some Cool Treats

1 Package (3.4ounces) instant vanilla pudding mix  
2 Cups cold whole milk  
2 Cups whipped topping  
1 Cup miniature semisweet chocolate chips  
24 Whole graham crackers, halved

1. Mix pudding and milk according to package directions, refrigerate until set. Fold in whipped topping and chocolate chips.

2. Place 24 graham cracker halves on a baking sheet, top each with about 2 tablespoons filling. Place another graham cracker half on top. Wrap individually in plastic, freeze until firm about 1 hour. Serve sandwiches frozen.

## !!!Calling All Ak-Chin Members and Children of Members!!!

Preschool and Childcare enrollment is open now. Please call or come by and pick up your enrollment packet. July 28th is Preschool Round up.

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

### Ak-Chin Child Development

Accepting applications for 2021-2022 SY  
Available now until July 30th, 2021

#### Preschool Round-Up Day

**July 28th, 2021**  
8:00am—7:00pm

Bring your needed documentation and fill out an enrollment packet on site by appointment.

Due to Phase of opening only 2 days in person for 4 year old's and 3 year-olds will start virtually. Time line will be given once your child is accepted and teachers will contact you once placed in a class.

**Enrollment is based on availability and children are selected in the following order:**

- Child is an enrolled member of the Ak-Chin Indian Community
- Child is a non-enrolled member, but he/she is the Legal child of an enrolled member of the Ak-Chin Indian Community
- Child is living within the Ak-Chin Indian Community boundaries. Wait listed

Children's backpacks will be provided!!!

**If you have any questions please contact the Preschool at**  
48251 W. Farrell Rd.  
Maricopa, AZ 85139  
(520) 568-1700.  
Ak-ChinChildDevelopment@ak-chin.nsn.us

**Ak-Chin Child Development offers:**

- A High Quality Early Education Experience
- Health/Developmental Screenings
- Disability Services (Through M.U.S.D.)
- Kindergarten Readiness
- \*Story time (Provided by Ak-Chin Library)\*
- \*Cultural Activities/Events (Provided by Language Program/Cultural Resources)\*
- \*Physical/Nutrition Education (Provided by Ak-Chin Health Ed. Program)
- \*Fire Safety Education (Provided by the Ak-Chin Fire Department)\*
- \*Field Trips/Fun activities throughout year\*

\*Some activities may be postponed or modified to fit safety protocols.

Transportation provided for children living within the Ak-Chin Community boundaries.

Pick up a 2021-2022 Enrollment Packet at Ak-Chin Child Development. Please bring in the following documents to be considered for enrollment

- Completed Application
- Certificate of Degree of Indian Blood (CDIB) if applicable
- Child's Certified Birth Certificate
- Child's Current Immunization Record

(returning students only need the current Immunization Record and a completed Returning Student application)

Only completed applications with required documents will be accepted. Children registering must be three (3) years old prior to September 1st of the current year.

# AK-CHIN INDIAN COMMUNITY

Environmental Protection Department - Water Operations

Telephone: (520) 568-1140 • Fax: (520) 568-1141



## Annual Drinking Water Quality Report

Ak-Chin Indian Community Drinking Water System

January 1, 2020 to December 31, 2020

PWS I.D. # 0400090

The Ak-Chin Indian Community (ACIC) Environmental Protection Department (EPD) Water Operations is pleased to present the Community with the 2020 Annual Water Quality Report. This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a summary of last year's water quality.

### Where does your drinking water come from?

The main source water for the Ak-Chin Indian Community's public water system is surface water from the Colorado River transported through a series of canals operated by both the Central Arizona Project (CAP) and Maricopa Stanfield Irrigation and Drainage District (MSIDD). The river water is conveyed to the Ak-Chin Indian Community's Surface Water Treatment Plant (SWTP) where it is treated and distributed to Community homes and enterprises.

In late October 2019, EPD Water Operations began blending groundwater from a groundwater well onsite at the SWTP into the public water system. Well water was necessary as a secondary backup system to the SWTP to provide a different source of water while the CAP canal was drained and shut down for maintenance. To maintain the flow reversal-reverse osmosis system installed on the groundwater well as a secondary backup system, it is now necessary to regularly operate this system in conjunction with the operation of the SWTP.

### Who makes sure that your drinking water is safe?

In order to ensure that tap water is safe to drink, the US Congress and the Environmental Protection Agency (US EPA) have enacted regulations that require all water provided by public water systems to meet or exceed safe drinking water standards for contaminants under the Safe Drinking Water Act. The U.S. Food and Drug Administration (FDA) establishes regulations for contaminants in bottled water which must provide the same protection for public health as the US EPA National Drinking Water Standards.

Both the Ak-Chin Surface Water Treatment Plant and the flow reversal-reverse osmosis system on the groundwater well were designed and built to work in conjunction with each other to remove contaminants and to filter and disinfect your water so that the tap water delivered throughout the Community meets or exceeds the US EPA's National Drinking Water Standards. ACIC EPD Water Operations regularly samples your drinking water. This report is intended to summarize the testing results of your drinking water; to inform you whether or not any violations of the US EPA's National Drinking Water Standards were found and to tell you about the water quality from Ak-Chin Indian Community's Surface Water Treatment Plant.

### Substances that May be Contained in Source Water

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. EPD's Environmental Programs section, through its surface water quality monitoring program, regularly collects samples and tests the Community's surface water quality to determine if any trends exist; indicating changes in surface water quality. It is common for source water throughout the United States to contain contaminants such as bacteria, viruses, salts, metals, organic materials and sometimes pesticide residues and other chemical compounds prior to treatment. As water travels through the ground and over surfaces, it dissolves natural minerals (some may be radioactive), and it may pick up organic and inorganic compounds and microorganisms. In Arizona and the desert southwest, there are naturally occurring compounds found in source water such as heavy metals like arsenic and gross alpha isotopes such as radon and uranium. Some contaminants may enter source waters due to human and animal activity. These can include microbial contaminants such as bacterial and viruses that may come from septic systems, livestock operations, wildlife, or sewage treatment systems. Inorganic contaminants, such as salts and metals can come from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining farming and in some cases can come from naturally dissolving minerals in the soil. Pesticides and herbicides may come from a variety of sources such as agriculture, urban stormwater runoff, residential uses. Organic chemical contaminants may come from industrial processes, petroleum production, gas stations, urban stormwater runoff, and septic systems. Radioactive contaminants may be naturally occurring or can be the result of oil and gas production and mining activities.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk.

### Do I need to take special precautions with my drinking water?

Precautions are only needed when a special public notice or health advisory is released by the ACIC EPD Water Operations. If a health advisory or special notice is sent out, it will have detailed information on how to go about handling tap water in your regular daily routine. Although your water is treated to meet or exceed all drinking water standards, some people are more vulnerable to contaminants in drinking water than the general population, even allowable levels of contaminants. Individuals on in-home dialysis may want to check with their health care provider for recommendations on additional filtration to address the Community's specific water quality. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. US EPA and Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbial contaminants are available from the: **EPA Safe Drinking Water Hotline (1-800-426-4791)**

### Health Risks by known Contaminants in Drinking Water

**Turbidity** – Turbidity refers to cloudiness of water. Turbidity has no health effects, but can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches. We monitor this as an indicator of the effectiveness of our filtration system.

**Nitrate** – Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant you should ask advice from your health care provider. In 2020, your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for nitrates.

**Chromium** – Some people who use water containing chromium in excess of the maximum contaminant level (MCL) over many years may experience allergic dermatitis. Four (4) quarterly results are needed to determine a chromium violation. In 2020, your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for chromium.

**Arsenic** – Arsenic was not detected in your drinking water in 2020; however, the Community's water has contained low levels of arsenic within the US EPA acceptable range in previous years. US EPA's standard balances the current understanding of arsenic's possible health effects against the cost of removing arsenic from drinking water. US EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at

high concentrations and is linked to other health effects such as skin damage and circulatory problems.

**Lead** – If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Ak-Chin EPD Water Operations is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791). In 2020, your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for lead.

**Combined Radium 226/228** – Some people who drink water containing radium 226 or 228 in excess of the maximum contamination level over many years may have an increased risk of developing cancer. The MCL for beta particles is 4 mrem/year. US EPA considers 50 pCi/L to be the level of concern for beta particles. Certain minerals are radioactive and may emit forms of radiation known as photons and beta radiation. People who drink water containing beta and photon emitters in excess of the MCL over many years may have an increased risk of getting cancer. In 2020, your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for Radium 226/228.

If you would like to learn more about how you can get involved with conservation and protection of your water and its quality, here is a web link that can help answer some of your questions: <https://www.epa.gov/ground-water-and-drinking-water>

**Microbiological Testing** – We are required to test your water regularly for signs of microbial contamination. Positive test results could lead to follow-up investigations called assessments and potentially the issuance of public health advisories. Assessments could lead to required corrective actions. In 2020, your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for microbiological testing; therefore, no public health advisories were issued.

### The Ak-Chin Water Treatment Process

Surface water received from the Central Arizona Project goes through several treatment processes at the Ak-Chin Surface Water Treatment Plant to remove contaminants commonly found in surface water sources before becoming drinking water. The process includes the addition of a small amount of chemical coagulant to bring small particles that are suspended in surface waters together to make a large particle that can then be filtered. The water is filtered by a membrane filtration system and then is treated further by going through a Granulated Activated Carbon (GAC) filter to remove dissolved organic carbon contaminants. Chlorine is then added as a disinfectant for the removal of microbial contaminants.

Starting in late October 2019, groundwater from an onsite well is filtered through a flow-reversal reverse osmosis system and chemically treated before blending the treated groundwater with the treated surface water.

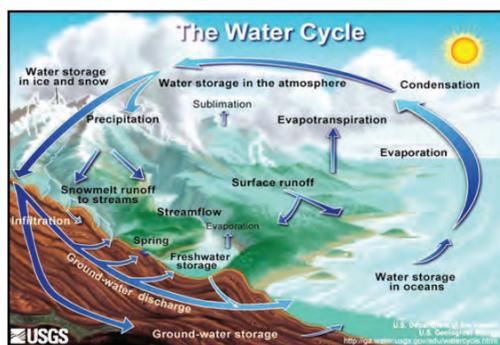


### Water Education

#### Protecting Ak-Chin's Source Water

EPD is promoting practices to keep Ak-Chin's source water protected from pollutants. Below is a list of Guidelines that Community members, residents, and employees can implement:

- Use fertilizers and pesticides sparingly. They can contain hazardous chemicals that can reach our drinking water source.
- Pick up after your pets.
- Do not use washes or canals to dispose of any waste. Place waste items in the garbage for disposal.
- Dispose of chemicals properly. Take used motor oil to a local recycling center in Maricopa.
- Dispose of paints and other hazardous material properly. Do not dispose of these wastes in the sink, toilet or on the ground.



#### Water Conservation Tips

Did you know that the average U.S. household uses approximately 400 gallons of water per day or 100 gallons per person per day? Luckily, there are many low-cost and no-cost ways to conserve water. Small changes can make a big difference – try one today and soon it will become second nature.

- Take short showers. A 5-minute shower uses 4 to 5 gallons of water compared to up to 50 gallons for a bath.
- Shut off water while brushing your teeth, washing your hair, and shaving to save up to 500 gallons a month.
- Use a water-efficient showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
- Water plants only when necessary.
- Fix leaky toilets and faucets. Faucet washers are inexpensive and take only a few minutes to replace. To check your toilet for a leak, place a few drops of food coloring in the tank and wait. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it or replacing it with a new, more efficient model can save up to 1,000 gallons a month.
- Adjust sprinklers so only your lawn is watered. Apply water only as fast as the soil can absorb it and during the cooler parts of the day to reduce evaporation.
- Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce water consumption

Visit [www.epa.gov/watersense](http://www.epa.gov/watersense) for more information.

#### Water Quality Table

In order to ensure that tap water is safe to drink, US EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive and, in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels.

Unless otherwise noted, the data presented in this table is from testing done in the 2020 calendar year. The US EPA allows Ak-Chin EPD to monitor for certain contaminants less often than once per year because the concentrations of these contaminants do not vary significantly from year to year, or because the Ak-Chin Indian Community's public water system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions for water quality terms on the last page of this publication.

Water Quality Table									
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source	
<b>Disinfection By-Products Rule</b>									
Five Halocetic Acids (ppb)	N/A	60	12.3	1.7	17	2020	No	By-product of drinking water chlorination	
Total Trihalomethanes (ppb)	N/A	80	53.7	20.8	74	2020	No	By-product of drinking water chlorination	
<b>Inorganic Contaminants</b>									
Fluoride (naturally occurring) (ppm)	4	4	ND	ND	ND	2020	No	Erosion of natural deposits; discharge from fertilizer and aluminum factories (Ak-Chin Indian Community does not add fluoride to its potable water system)	
Nitrate (measured as Nitrogen) (ppm)	10	10	7.23	ND	7.23	2020	No	Runoff and leaching from fertilizer use; Leaching from septic tanks, sewage; erosion of natural deposits	
Arsenic (ppb)	N/A	10	ND	N/A	N/A	2020	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes	

Water Quality Table - Continued									
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source	
<b>Inorganic Contaminants</b>									
Barium (ppm)	2	2	0.092	N/A	N/A	2020	No	Discharge from oil drilling waste and from metal refineries; erosion of natural deposits	
Sodium (ppm)	---	---	100	N/A	N/A	2020	No	Erosion of natural deposits; salt water intrusion	
Selenium (ppb)	50	50	5.4	N/A	N/A	2020	No	Discharge from petroleum, glass, and metal refineries; erosion of natural deposits; discharge from mines and chemical manufacturers; runoff	
Chromium (ppb)	100	100	29	N/A	29	2020	No	Discharge from steel and pulp mills and chrome plating; erosion of natural deposits	

Water Quality Table									
<b>Lead and Copper Rule</b>									
Contaminants	MCLG	AL	90 <sup>th</sup> Percentile of Sample Results	Number of Samples Exceeding AL	Sample Date	AL Exceeded	Typical Source		
Copper (ppm)	1.3	1.3	0.2	0 sites over Action Level	2020	No	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives		
Lead (ppb)	0	15	1.6	0 sites over Action Level	2020	No	Corrosion of household plumbing systems; discharges from industrial manufacturers; erosion of natural deposits		

Lead and Copper are sampled once every 3 years per USEPA requirements.

Water Quality Table - Continued									
<b>Microbiological Testing</b> - We are required to test your water regularly for signs of microbial contamination. Positive test results could lead to follow-up investigations called assessments and potentially the issuance of public health advisories. Assessments could lead to required corrective actions. The information below summarizes the results of those tests.									
Sampling Requirements	Sampling Conducted (months)	Total E. coli positive	Assessment Triggers	Assessments Conducted	Sample Date	Violation	Typical Source		
10 samples due Monthly	12 out of 12	0	0	0	2020	No	Naturally present in the environment		

<b>Turbidity Contaminants</b>									
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source	
Turbidity	N/A	1 NTU for more than 15 min.	0.406	N/A	N/A	2020	No	Soil Runoff	
Units: NTU	N/A	<0.3 NTU for 95% samples per month	99.95%	N/A	N/A	2020	No		

Water Quality Table Continued									
<b>Radionuclide Contaminants</b>									
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source	
Adjusted Alpha (Excl. Radon & U) Units: pCi/L	0	15	3.5	N/A	N/A	2019	No	Erosion of natural deposits	
Beta/Photon emitters Units: pCi/L	0	50	6.5	ND	7.1	2015	No	Decay of natural and man-made deposits	
Lithium (ppb)	0	30	19.6	1.9	19.6	2019	No	Erosion of natural deposits	
Combined Radium 226/228	0	5	ND	ND	ND	2015 <sup>1</sup>	No	Radioactive decay of uranium and thorium in rocks and soil	

The presence of contaminants in this table does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done within the 2020 calendar year.

### Summary of Violations

#### Public Notice for Monitoring/Reporting and Other Violations

We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During the period covered by this report, we did not complete all monitoring or testing for the contaminants listed below, and therefore cannot be sure of the quality of your drinking water during that time. Violations which have not been returned to compliance will be repeated annually. The table below lists the contaminants we did not properly test for or other violations during the report period.

Contaminant Name	Type of Violation	Begin/End Date	Steps Taken to Correct the Violation	Return to Compliance?	Return to Compliance Date	Action Comment
Five Halocetic Acids (HAAS)	Failure to conduct routine monitoring to determine disinfection byproduct (DBP) compliance.	7/1/2020-9/30/2020	Subsequent reporting of required sampling results.	Yes	11/02/2020	Subsequent reporting of required sampling results.
Total Trihalomethanes (TTHMs)	Failure to conduct routine monitoring to determine disinfection byproduct (DBP) compliance.	7/1/2020-5/30/2020	Subsequent reporting of required sampling results.	Yes	12/02/2020	Subsequent reporting of required sampling results.

#### What should I do, as a consumer?

There is nothing you need to do at this time.

#### What is being done by the utility?

We conducted all required contaminant monitoring as directed on 12/2/2020. The results indicated that your tap water from the Ak-Chin SWTP met National Drinking Water Quality Standards for HAAS and TTHMs.

### Definitions for Water Quality Terms

Unit Descriptions	Term	Definition
	ppm	parts per million, or milligrams per liter (mg/L)
	ppb	parts per billion, or micrograms per liter (µg/L)
	MFL	Million Fibers per Liter
	MCL	Maximum Contaminant Level
	MCLG	Maximum Contaminant Level Goal
	MRDL	Maximum Residual Disinfectant Level
	MRDLG	Maximum Residual Disinfectant Level Goal
	pCi/L	Picocuries per Liter
	cfu/100mL	Coliform forming units per 100 milliliters
	ng/L	Nano grams per Liter
	pg/L	Pico grams per Liter
	N/A	Not applicable
	ND	Not detected
	NR	Monitoring not required, but recommended.
	NTU	Nephelometric Turbidity Units (NTU).
	TT	Treatment Technique
	AL	Action Level
	mrem/yr.	mrem/year: Millirem per year
	positive samples	positive samples/year: the number of positive samples taken that year
	% positive samples/month	% positive samples/month: % of samples taken monthly that were
	LRAA	Locational Running Annual Average

### Water Operations Contact Information - Questions about Water Quality

Ak-Chin EPD Water Operations - (520) 568-1140 – Carlton Carlyle, Acting Water Operations Manager.

A copy of this report, which includes all constituents that were tested, can be obtained from the Ak-Chin Environmental Protection Department.

EPD Water Operations wants our valued customers to be informed about their water utility. To learn more, please contact us anytime during normal business hours.

For issues with water service after hours, on holidays or weekends, please call (520) 858-6061

FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO [GRHC.ORG/CORONAVIRUS](https://www.grhc.org/coronavirus)  
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079

## COVID-19 TESTING DATES

AK-CHIN JUSTICE COMPLEX • 45525 W. Farrell Road, Maricopa, AZ 85139

**JULY 27<sup>th</sup> & 28<sup>th</sup> • 5 pm - 7 pm**

WHO SHOULD GET TESTED? *All Ak-Chin members, and those residing within the Ak-Chin Indian Community boundaries.*

*Gila River Health Care recommends frequent testing for anyone who has not been tested or previously tested negative and has no symptoms. If you are experiencing symptoms please go the ER or Primary Care Department. For COVID-19 test result information, please call: (520) 550-6079.*



### Dr. Yamada Retires After 33 years of Service to Gila River Indian Community.

*A permanent fixture here at Gila River Health Care, Dr. Yamada began his journey with GRHC over 30 years ago as a podiatrist. Over the years, he has become much more, serving as a supportive, caring physician in the lives of many of our patients while lending his wisdom, expertise, and knowledge. He has served in the capacity of Director of Podiatry and most recently interim Chief Medical Officer.*



**We are grateful for your years of service to the Gila River Indian Community and our patients. We wish you a joyful retirement!**

## NEW PATIENT VISITATION GUIDELINES FOCUS ON SAFETY

Gila River Health Care will allow **LIMITED** visitation of patients. The new visitation guidelines affect:

- Visitors of patients receiving care in GRHC's Inpatient Department
- Visitors accompanying patients to medical appointments

*Visitation guidelines help protect our patients, their care partners, and our employees by limiting spread of the coronavirus, and we are committed to providing outstanding care in the safest clinical environment possible. These guidelines are based on conditions existing in our healthcare environments and the number of Covid-19 cases in the Community according to state, county and GRIC Tribal Health Department data.*

**Who Is Affected By the New Patient Visitor Guidelines?**

- Patient Visitors: Parents, guardians, family members, friends and other people wanting to accompany or visit patients at Gila River Health Care (GRHC) facilities.

**VISITOR GUIDELINES:**

- Visitors must be 12 years of age or older
- Visits will take place in a patient's hospital inpatient room or clinic exam room
- All visitors must pass a screening questionnaire prior to entering any GRHC facility

- All visitors must wear a face covering while inside any GRHC facility

**CLINICS and EMERGENCY DEPARTMENT (ED):**

- Up to two visitors will be allowed to accompany a patient throughout the clinic visit or ED visit, including waiting areas.

**INPATIENT DEPARTMENT:**

- A maximum of two visitors will be allowed per day for patients admitted to the hospital
- Visitors must adhere to the posted visitation hours
- Special accommodations may be granted for:
  - Visitors of patients requiring assistance due to physical, mental, or age related disability
  - Visitors of pediatric patients
  - Visitors of end-of-life patients
- No visitations allowed for COVID-19 positive or suspected positive patients, unless the patient is at end-of-life individuals or groups without a legitimate medical reason for being at a GRHC clinical
- location will be denied access and asked to leave

**THE CARING HOUSE**

- The Caring House will follow the rules stated in this policy but will make changes based on CMS Guidelines. Please contact the Caring House for current visitor information and updates. For more information call (520) 562-7400.

National Suicide Preventions Lifeline: 1-800-273-8255

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449

# Job Openings

- Accountant
- Communications Officer (911 Dispatcher)
- Deli Clerk
- Economic Development Analyst
- Enrollment Academic Advisor
- Firefighter/EMT
- Firefighter/Medic
- Maintenance Technician (6)
- Police Officer (non-certified and certified)
- Purchased/Referred Care (PRC) Manager

**Gaming Agent (2)\***  
 \* Open to Current Community Employees and Enrolled Community Members Only

Please visit our website at [www.ak-chin.nsn.us](http://www.ak-chin.nsn.us), Job Openings, to review the job posting and apply. If you need assistance, please call Human Resources at 520-568-1050.



- Farm Laborers  
 – tractor driver, irrigator, service shop, spray tech, sprinkler tech, water truck driver.  
 – 6-7 days a week / 10-hour days.  
 • \$12.50+ an hour  
 \*Applicant must have a valid driver license and must meet the insurance eligibility guidelines with Ak-Chin Vehicle Policy.

To apply, please visit the Ak-Chin Farms at 42507 W. Peters and Nall Rd Maricopa, AZ 85138. 520-568-1165

# NEW HIRES



**James Adams**  
Deli Clerk, Vekol

**Mallory Justin**  
Deli Clerk, Vekol

Join us the 2nd and 4th Friday of the Month at 4 pm to find the imposter among us. Text us @ 520-612-1013 to register.

# FIELD TRIP FRIDAYS

\* Sign up for Summer Reading  
 \* Earn 100 points every week by Thursday at 5pm  
 \* Call us to add you to the Dollar Tree Field Trip list  
 \* Field trips for summer readers up to 17 years old  
 \* Transportation waivers have to be signed by parent/guardian before Friday  
 \* Pick up begins at 10am

Attend a Live Watch Party @ the Library  
 Earn an instant 100 points!  
 Info below:  
**WATCH PARTY @ AK-CHIN LIBRARY**  
 PRESCHOOL AGES & PARENT(S)  
 MONDAYS 10AM OR 2PM  
 YOUTH 8 & UP  
 WEDNESDAYS 10AM OR 2PM  
 TIME SLOTS: UP TO 6 PEOPLE  
 CRAFTS, ACTIVITIES & SNACK TO GO  
 CALL TO SIGN UP AT 520-568-1675  
 Or fill out form:  
<https://forms.gle/nACQrQrXXqx82HGT7>

**LIVE**

OPEN TO AK-CHIN MEMBERS & RESIDENTS

## Wishes

**HAPPY BIRTHDAY TO MY DAUGHTER FLORA LOVE, MOM**

**HAPPY BIRTHDAY JODI!**

**HAPPY BIRTHDAY CHIZZER, SPANKY, SHWEETIE, LYNDOS AND SISTER LYNDSEY AND LEEANN LOVE, GRANDMA**

**Happy 4th of July!**  
 From the Staff at the Runner

# EMPLOYEE BIRTHDAYS

2nd Dalena Crawford, Maintenance Daniel Batopis, Parks & Recreation	15th Luis Chavez, EPD Keith Franklin, IS
3rd Rayford Vavages, Maintenance Sierra Paddock, Finance	16th Timothy Costello, Airport Brian Hammerschmidt, Fire & Safety Rodney Huffaker, IS Linda Smith, Retail
4th James Fortier, IS Mathilda Miguel, Courts	17th Martina Guy, Health Education Adan Enriquez, EPD
6th Flora Howerton, Finance	18th Silas Norris, Maintenance
8th Adriana Alvarado, Early Childhood	19th Brenda Ball, EPD
9th Georgia Corella, Elderly	20th Brian Poulson, Fire & Safety Perry Vettraino, Capital Projects Havier Alvarez, Sanitation
10th Kimberly Creamer, Human Resources	22nd Andrea Chee, Law & Order
13th Leeann Peters, TGA Dustin Whitman, Parks & Recreation	24th Stephanie Valdez, Early Childhood
14th Esther Alvarez, Law & Order Job Elliott, Social & Health Services	28th Luis Rodas, Him Dak Museum

# SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<b>July</b>				1 Kalene Santiago	2 Abrianna Machado Angel Warren Daniel Batopis	3 Valecita Enos Sierra Paddock Fernanda Acunia-Pablo
4 Yessenia Santiago Dalia Antone Elisia Ugalde Mathilda Miguel	5 Amanda Kaniatobe Jilayne Miguel	6 Erno Lopez Flora Howerton	7 Lucio Martinez David Garcia	8 Jason Smith	9 Chizzum Justin Georgia Corella Yrene Zepeda Jeremy Johns	10 Elizabeth Machado Kenneth Lewis Whitney Justin Stacy Antone Anthony Lewis
11 Lyndsey Peters	12 Leeanna Jensen Mariah Stephens Iris Attakai Gloria Martinez Evan Miller	13 Jaelyn Justin Leeann Peters Simon Bowman Martin Antone Dustin Miguel Mason Miguel	14 Esther Alvarez Jayden Hayslip Noahli Antone	15 Jordan Stephens	16 Linda Smith Elaina Enos Danny Soliz	17 Jorge Alvarez Taos Joaquin
18 Abraham Jose Silas Norris	19 Aniya Deleon Hannah Smith Dorian Nosie-Romo	20 James Lopez Briana Pena Robin Vincent Richard Carlyle Aiden Antone Havier Stephens Marisol Andaverde	21 Ja'Marrion Stevenson Kaycee Lopez Dominic Lewis	22 Mark Narcia	23 Carlos Delores Connor Miguel BonScott Alvarez Ulyceiz Ocanas	24 Doyleen Pablo Alejandra Castro Samantha Martinez Consuella Santiago Milla Cuatt Stephanie Valdez
25 Jamar Stevenson Xendryk Antone-Silas Norman Vincent	26 Sally Antone Fabian Santiago Teagan Delma Kylie Hill Tyler Mike	27 Lilly-anna Johnson Kaylan Peters Aurelia Peters	28 Terrance Peters Luis Rodas Cheryl Lopez Jeannie Stephens	29 Laila Lopez	30 Corrina White Cecil Miguel Ashlea Anderson	31 Clyde Santiago Brenda Arellanes-Burgos Lino Valles Kristen Villegas

# Comedians bring much needed laughter back to Ak-Chin Circle Entertainment Center

Pictures and story by R. Bowen



Comedian and headliner Tony Roberts

answered in certainty. Visitors and locals continued to fill the seats right up until the show started, highlighting the need of many in the crowd for a Saturday night out that felt closer to normalcy.

While many of the comedians knew of or had visited Maricopa previously, others were experiencing the area for the first time and had some humorous commentary on the location and the frustrations of driving on 347.

Host Big Rob thanked the Ak-Chin Indian Community for sponsoring the event and made a point to offer gratitude to Governor Stephen Roe Lewis, Gila River Indian Community, who was in attendance and Ak-Chin Chairman Robert Miguel.

The DT Comedy Show was celebrating its 8th year and plans to have additional shows to-be-announced later this year.

Upcoming events will be posted on the website [ak-chincircle.com](http://ak-chincircle.com)



Top (L to R): Comedians DT and Host Big Rob

Bottom (L to R): Comedians Reina Rodriguez and Short Bus

On Saturday, June 26, 2021, four comedians along with host Big Rob, performed at Ak-Chin Circle Entertainment Center to a sold-out audience as part of the DT Comedy Show.

The question of if people were ready to get back out and enjoy a night of laughter was

The night included the talents from joke masters DT Trujillo, Reina Rodriguez, "Short Bus" and headliner Tony Roberts.

Laughter filled the theater as the attendees found some much needed relief from the physical and emotional stress after the restrictions during the covid-19 pandemic.

**Ak-Chin Circle**  
ENTERTAINMENT CENTER

**MOVIES**  
[ak-chincircle.com/theater](http://ak-chincircle.com/theater)

<p><b>THE FOREVER PURGE</b> <b>Monday - Thursday (PM):</b> 12:30, 1:00, 2:45, 3:30, 5:00, 7:00, 7:45 &amp; 9:30 <b>Friday &amp; Saturday (PM):</b> 12:30, 1:00, 2:45, 3:30, 5:00, 7:00, 7:45, 9:30 &amp; 10:00 <b>Sunday (PM):</b> 12:30, 1:00, 2:45, 3:30, 5:00, 7:00, 7:45 &amp; 9:30</p> <p><b>THE BOSS BABY: FAMILY BUSINESS</b> <b>Monday - Thursday (PM):</b> 12:00, 2:30, 5:00 &amp; 7:30 <b>Friday &amp; Saturday (PM):</b> 12:00, 2:30, 5:00, 7:30 &amp; 10:00 <b>Sunday (PM):</b> 12:00, 2:30, 5:00 &amp; 7:30</p>	<p><b>ZOLA</b> <b>Monday - Thursday (PM):</b> 12:00, 2:00, 4:00, 6:00 &amp; 8:00 <b>Friday &amp; Saturday (PM):</b> 12:00, 2:00, 4:00, 6:00, 8:00 &amp; 10:00 <b>Sunday (PM):</b> 12:00, 2:00, 4:00, 6:00 &amp; 8:00</p> <p><b>THE HITMAN'S WIFE'S BODYGUARD</b> <b>Monday - Thursday (PM):</b> 12:00, 2:15, 4:30, 6:45 &amp; 9:00 <b>Friday &amp; Saturday (PM):</b> 12:00, 2:15, 4:30, 6:45 &amp; 9:00 <b>Sunday (PM):</b> 12:00, 2:15, 4:30, 6:45 &amp; 9:00</p> <p><b>FAST &amp; FURIOUS 9</b> <b>Monday - Thursday (PM):</b> 12:15, 1:00, 3:30, 4:00, 6:30 &amp; 7:00</p>	<p><b>Friday &amp; Saturday (PM):</b> 12:15, 1:00, 3:30, 4:00, 6:30, 7:00, 9:30 &amp; 10:00 <b>Sunday (PM):</b> 12:15, 1:00, 3:30, 4:00, 6:30 &amp; 7:00</p> <p><b>A QUIET PLACE PART II</b> <b>Monday - Thursday (PM):</b> 12:15, 3:15, 5:30 &amp; 7:45 <b>Friday &amp; Saturday (PM):</b> 12:15, 3:15, 5:30, 7:45 &amp; 10:15 <b>Sunday (PM):</b> 12:15, 3:15, 5:30 &amp; 7:45</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>STAR SPANGLED PROGRESSIVE TIER CREDIT MULTIPLIER</b> THURSDAY, JULY 1, 2021 - SUNDAY, JULY 4, 2021</p> <p style="font-size: small;">Visit any designated Promotional Kiosk each Promotional Day from 8AM-11:59PM to swipe and activate your Tier Credit Multiplier!</p>				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31