Maricopa, Arizona

Volume XXXIV, Issue #17

October 2 - 15, 2020

Tribal Unity Impact Days

The Annual Tribal Unity Impact Days, which allows Tribal Nations throughout the United States to meet and discuss issues, concerns and highlights from Indian Country with Congressmen and Senators within the government, was held for the first time through a virtual WebEx.

Despite the virtual format, due to the COVID19 pandemic, the two-day event took place on September 11-12. Ak-Chin was represented by Chairman Robert Miguel during the September 11 session, with topics that included; Broadband Infrastructure & Technology, Health and Education.

Representing Congress during the Roundtable were Congressman Raul Grijalva (D) of Arizona's 3rd congressional district and Congressman Ruben Gallegos (D) of Arizona's 7th congressional district.

Chairman Miguel thanked and acknowledged both Congressmen for addressing "these important issues with Tribal Leaders today."

Chairman also shared how many communities have been affected by the pandemic. "Within the COVID19 pandemic, we must also keep in mind that there are other health disparities that are affecting our people. Many key health programs have been affected, Tribes have had to lay off staff or shift other staff into positions just to carry out basic functions."

Chairman then asked "How can we ensure through federal funding or other sources of funds, that our health programs to treat health disparities are not negatively affected?"

Grijalva responded, think there's an issue of maintenance of effort to be compromised or reduced as a consequence of responding to the crisis that is before us... There were preexisting conditions in Indian Country when the pandemic hit, those preexisting conditions dealt with the health disparities. These disparities worsened the issues facing Native Americans. Come January, Native Americans should have a front seat at the table when it comes to funding efforts to combat and provide the funding services needed during the pandemic. The funding has to be more robust than it is now and the efforts of providing more CARES act funding is not only a priority, but a must." Grijalva said.



Ak-Chin Walkers prepare for their morning pilgrimage, October 1. L-R: Dean Peters, Reyna Miguel, Stephanie Antone, Gabriel Lopez, Jennifer Hill, Sonya Joaquin, Lerline and Danel Peters.

Story and photo by R. Peters

Community Pilgrimage offers faith and healing

Keeping the faith has been difficult for many, especially with the unfortunate events that have taken place due to COVID-19. But, Community members who have dedicated themselves to the yearly Mali:na Pilgrimage, are keeping their faith and tradition alive by doing a small pilgrimage around the Community.

"Unfortunately, with the pandemic situation global wide, it has altered our Religious, Cultural and Traditional practices." Vice-Chairman Gabriel Lopez shared.

"The Group that we usually walk with, the late Felix Antonebud's Group from the Tohono O'odham Nation, had to make a decision for this year's pilgrimage to Magdalena, Sonora, Mexico. Felixbud's sister Ana Antone and other coordinators of the pilgrimage had to take in consideration of the seriousness of COVID-19, not only for the Safety and Health

of the Walkers, but also to the residences of the towns that would host us on our journey."

The Ak-Chin group got together and encouraged one another to keep their prayers and faith in Saint Francis, by starting their own pilgrimage around the Community, during the week of September 29-October 3; during the time the walkers would have been on the pilgrimage. A rosary will be held every evening. There is also a traditional fire that will burn until the end of their pilgrimage.

The Ak-Chin Walkers start out every morning at 4am, beginning at San Juan Church, they head East on Farrell Road, then South on Court Street, and West on Farm Road, then North on Santos Road and East on Farrell, ending back at the church. The route is about 4 miles, and takes them about 1 ½ to 2 hours to complete.

Other walkers are doing similar activities in their communities, while some are still planning

to make the Pilgrimage to Magdalena, Mexico.

Each individual has their own intentions of why they are walking, Praying for Strength, Good Health, Peace, Forgiveness, Guidance and Healing.

Lopez shared, "We, all have gone through some bad stuff for the right reasons in our lives, I am truly blessed with the many blessings that I have received, the guidance and strength. It has helped me to be a better individual. Husband. Father and Grandfather. It also gives me renewal, strength and faith in my Religious, Cultural and traditional believes. I have participated in the pilgrimage for the past 6 years, it is said that when you commit yourself to the pilgrimage, you have to commit yourself for four years."

Lopez added, "My Prayers have always been focused on my Family, Our Community, Our Young People, Our Elders, Our Employees. I also pray for

Pilgrimage continues to page 2

Curbside Booster Bash

Photo submitted by Injury Prevention Specialist, Teri De La Cruz



Community Operations Manager, Bart Smith lends a helping hand during Community Booster Bash event.

Wednesday September 23rd, Ak-Chin Injury Prevention Program held a Booster Bash, in conjunction with Child Passenger Safety Week.

Injury Prevention, along with volunteers helped spread awareness about the importance of correctly fastening children safety seats when traveling on the road.

The bash was held at the Ak-Chin Service Center, and welcomed all, by providing very crucial booster seats for the families in need.

According to the Arizona Department of Transportation, Arizona's booster seat provision requires "children younger than 8 years old or less than 4 feet 9 inches tall to sit in a proper child safety seat, such as a booster seat, when riding in a vehicle."

Ak-Chin mandates COVID-19 testing

Photo by J. Peters

On September 18, 2020, all Ak-Chin Indian Community government employees and Ak-Chin Farms employees were notified that they would be required to take Mandatory COVID-19 Testing. The first mandatory tests were scheduled the week of September 28.

In general, employers have the responsibility to provide employees with a safe and healthful workplace that is free from serious recognized



A member of the Steward Health Care System team is ready to administer COVID test to Ak-Chin Employees.

hazards. The COVID-19 pandemic has introduced into the workplace a new and, for some, very serious hazard. Employers now face daunting decisions about how to provide

a safe work place when individuals who are infected with the COVID-19 virus may be asymptomatic. The Ak-Chin Indian Community takes seriously its responsibility to

Testing continues to page 8

PAGE 8 ENTERTAINMENT

The Family of Justin J. Romo Sr. would like to thank everyone for all the love and support given during our time of loss.

Thank you to the Ak-Chin Indian Community for help and assistance laying our dear "Papa" to rest.

To the following families and individuals, your help was greatly appreciated. Delia Carlyle, Manuel & Diana Garcia, Davis & Dorissa Garcia, Deidra Carlyle, Deanna Justin, Thomas & Renee Carlyle, Mr. & Mrs. Leo Thomas, Sanitation

and Police Department, Sally Antone, Flower Ruelas, Jeanne Stephens, Evelina Lopez, Marlene Garcia, Jeanette Peters, Elaine Peters, Rita Hernandez

And a special Thank You to the Miguel Family for providing food after the services.

I'm the lucky one who gets to tell you about my Grandpa, Joseph Justin Romo, Sr. He was a funny guy who always had a smile on his face. Most of the time it was because he couldn't hear what you were saying. You never knew what little pun he had waiting for the conversation, but you knew there would be one, followed by his smile and laughter he just loved to show off.

Whether he was sneaking out of my parents' garage with a cake and only leaving a slice behind. Or driving that old

truck through back roads to our destination. We will always be reminded of him and his peculiar ways.

I will continue to keep his legacy strong and show our younger "Usties" the value of family and what it meant to him.

Although we are saying goodbye to our beloved Papa, I know he is smiling on us as we also welcome a new baby girl, Neveah, into our family. They might not have met, but she will know who her Papa was.

Thank you everyone for all the help and support, we couldn't have done it without you. Whether it was digging a grave or cooking food, it hasn't been easy.

He will be missed and he is loved. Papa, be sure to tell everyone we said "Hi".

-Jacolby R. King

Pilgrimage continued from Front

Since the big October Healing Strength for all those who are celebration 4th in need. All Tribal, Saint Francis Nation and World canceled on the Leaders, that they may Tohono O'odham guide their people and Nation, the Miguel comfort them when in Family will honor the need. This year, part event and Community of my intentions is to with a traditional meal. the lives that we have Meals will be available at 11am, as to-go plates lost in the community, and also to the friends by drive-through pick relatives at Benedict Miguel's affected residence, on Sunday, were COVID-19." October 4, 2020.

ATTENTION Ak-Chin PARENTS and GUARDIANS

If you have a student-athlete from Ak-Chin participating in an upcoming event and would like them to be featured in future editions of the Runner, Please let us know!

Email: runnernews@ak-chin.nsn.us Phone: (520)-568-1375

Pesticide Safety while fighting Viruses like

COVID-19

Yes, disinfectants are "pesticides", when the disinfectant is marketed and sold for use to kill viruses and bacteria on surfaces. U.S. EPA approved disinfectants will carry two (2) numbers to look for: an EPA Registration number (indicating EPA approval), and an EPA Establishment number (indicating where the disinfectant was manufactured).





<< <EPA Registration # at bottom >>>>

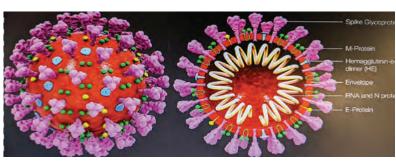
- Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning alone does not kill germs, but by removing them, it lowers their numbers and the risk of spreading
- Disinfecting refers to using chemicals, for example, EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection in the future. Remember that disinfectants will need contact time (at least 30 seconds on the surface) to do the job effectively.

Submitted by: Theodore Puetz, Ak-Chin **EPD Pesticide Control Specialist**

As we work to contain and restrict the spread of COVID-19, the following guidelines for the use of disinfectants will help to reduce the potential for the spread of the virus:

- 1) Manage the potential spread of COVID-19 on surfaces in your home by routine cleaning. Each day clean common areas and high touch surfaces such as tables, countertops, light switches, doorknobs and cabinet handles. Hard non-porous surfaces that are visibly dirty should be pre-cleaned with soap and water before disinfecting.
- 2) Use a disinfectant ALWAYS read the label first before using pesticide products and follow the label directions. Make sure to wear any personal protective equipment specified on the disinfectant's label such as chemical resistant
- 3) When cleaning an area that may be contaminated with the virus, use EPA-registered disinfectants that meet the agency's criteria for effectiveness against SARS-CoV-2, the virus that causes the coronavirus disease 2019 (COVID-19).
- 4) When using disinfectants on surfaces, make sure to have good ventilation and airflow.
- 5) Follow label instructions about cleanup of household chemicals including cleaning up spills and disposal of products.
- 6) Keep all household cleaners including disinfectants out of the reach of children.

Refer to the EPA.gov website for a list of EPA registered disinfectants for use against COVID-19. This list also includes some products that meet the EPA's more stringent criteria for effectiveness against harder-tokill viruses and other emerging viral pathogens.











Step 3: Pre-clean the surface













2- Egg Salad Sandwich Wax Beans, Beets, **Pineapples**

- 5- Red Chili Stew Carrots, Peas, Chumath, Fruit Cocktail
- 6- Fried Chicken Cole Slaw, Corn on Cob, Biscuits, Fresh Pears
- 7- Meatloaf Mashed Potatoes, Green Beans, Rolls, Jell-O
- 8- Fish Sticks or Chicken Tenders
- Mixed Vegetables,
- Wax Beans, Oranges 9- Meatball Subs

Cucumber Tomato Salad

Apple Crisp

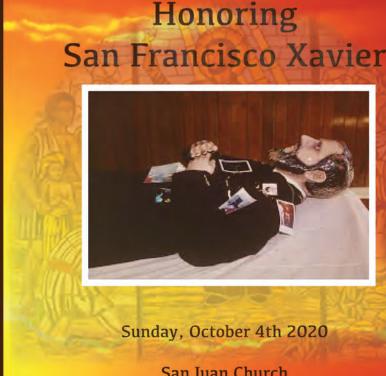
12- Hamburgers Potato Wedges Carrot/ Raisin Salad Fresh Cut Fruit

13- Split Peas Chicken Stir Fry (D), Red Quinoa, Salad, Pop Overs, Mandarin **Oranges**

14- Pepperoni Pizza Salad, Pumpkin Squares, Lemon Squares (D)

15- Chicken **Enchiladas** Spanish Rice, Beans, Corn (D), Grapes

16- Pork Stew Red Quinoa, Roasted Vegetables, Cupcakes



San Juan Church **Bendict Miguel Residence** 47463 West Farrell Rd. Maricopa, AZ 85239

Lunch will be served: 11:00 am -?

Drive - Thru meals will be prepared. Please remain in your vehicles

ed effort to maintain the Well-Being of the Community and to stop the spread of Covid 19 We will follow all CDC requirements for Social Distancing. Masks are required

🥻 Ak-Chin Oodham Runner 😙 Newspaper of the Ak-Chin Indian Community

@2020

16600 N. Maricopa Hwy Maricopa, Arizona 85139

OFFICE HOURS

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Ak-Chin Tribal Council Chairman: Robert Miguel Vice Chair: Gabriel Lopez Council Members: Delia Carlyle, Lisa Garcia and

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Education, Him-Dak, Library,

Health & Human Services,

Recreation & MUSD. The Ak-Chin O'odham Runner is published on the first and third Friday of

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

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Ak-Chin O'odham Runner 16600 N. Maricopa Hwy Maricopa, Arizona 85139

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

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

formatted paragraphs.

SUBSCRIPTION RATE 2020 Subscription rate is

\$33.75. If you would like to receive the "Runner" by mail, please send a \$33.75 check/money order to:

Ak-Chin O'odham Runner 16600 N. Maricopa Hwy Maricopa, Arizona 85139

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

DEADLINE

Don't forget the DEADLINE for the October 16 - November 5, 2020 issue is due by

FRIDAY, OCTOBER 9TH

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

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

THE AK-CHIN INDIAN COMMUNITY HAS ONE (1) VACANCY FOR THE AK-CHIN **ELECTION COMMITTEE ALTERNATE**

OPEN TO AK-CHIN COMMUNITY MEMBERS ONLY

Community Election Committee members shall

meet the following qualifications:

- 1. Not an elected official of the Ak-Chin Indian Community Council; and
- 2. Not a candidate, or the immediate family member of a candidate, for Community Council office; and
- 3. An enrolled member of the Community; and 4. At least twenty-one (21) years of age or
- older; and 5. Able and willing to perform all duties and
- functions, including being physically present during all elections. 6. Perform the duties on Election Day if any
- Regular Member is unable to perform his or her duties on Election Day. 7. Attend all Regular Community Election
- Committee meetings, but shall not be entitled to vote on any matters before the Community Election Committee except when performing duties on Election Day, as provided above.

Requirements: Interested individuals who are employed with the Community must submit documentation from their supervisor allowing the employee to serve on the Election Committee.

Anyone interested in serving on the Election

Committee may send a letter of interest to:

Ak-Chin Community Council Attn: Victoria A. Smith 42507 W. Peters & Nall Rd. Maricopa, Arizona 85138

Deadline to submit letter of interest is Friday, October 9, 2020 by 5:00pm



ATTENTION:

Tribal Members

Please make sure your mailing address on file with the Enrollment Office is current.

> This will ensure future mailings from **Ak-Chin Indian Community**



Change of **Address**

Address Update Forms are located at the Enrollment Office. (Old Fire Department)

Due to COVID-19 We're open by appointment only please call (520) 568-1029 or (520) 568-1074. No Walk-Ins are available

Enrollment Office Hours: Monday-Friday 8am-5pm

& Saturday 8am-12pm

AK-CHIN INDIAN COMMUNITY HAS ONE (1) VACANCY FOR THE HARRAH'S **DEVELOPMENT SYSTEM (HDS) ADVISORY**

This vacancy is for Ak-Chin Community **Employees**

There is currently one (1) vacancy on the Harrah's Development System (HDS) Advisory Board. All interested parties who desire to serve on the advisory board listed above, must send a letter of interest to the Tribal Office.

Participation on the HDS Advisory Board is voluntary. The HDS Advisory Board does not receive stipends for meeting attendance.

Duties & Responsibilities of the HDS Advisory Board:

- 1. Attend quarterly meetings and any special sessions called to discuss business matters in association with the HDS program. 2. Support and contribute to the HDS program
- within a scope of duties that may include but not limited to providing proposals for revisions to the HDS Program Manual as necessary. Review the progress and make recommendations, when necessary, on the current job performance of the HDS Associates and Interns. 3. Board members shall be required to present
- or perform other matters of business in association with the program as prescribed by and on behalf of the Community Council.

Requirements: Interested individuals who are

employed with the Community must submit documentation from their supervisors allowing the employee to serve on the board. In your letter of interest, please note which Board, Commission or Committee you currently serve on, and when your term expires.

Please send all letters of interest to: Ak-Chin Community Council Attn: Victoria A. Smith

42507 W. Peters & Nall Rd. Maricopa, Arizona 85138



Deadline for letters of interest is Monday, October 5, 2020, by 5:00pm.

Ak-Chin Indian Community Election

November 21, 2020

Official 2020 Candidates for This Year's Election

Tribal Chairman Candidates: **Robert Miguel** Yolanda Narcia Miranda

Tribal Vice-Chairman Candidates: Gabriel Lopez Lemuel Vincent

Application for Absentee Ballot: Any eligible voter who wishes to vote early or who expects to be absent from the reservation or who expects to be physically unable to go to the voting place may request an absentee ballot by either appearing in person or sending a letter to the Community Election Board at 42507 W. Peters & Nall Road, Maricopa, Arizona 85138.

Absentee Ballots will be available at Tribal/Farm Headquarters Office beginning Monday, October 12, 2020 through Monday, November 16, 2020 (In-Person request) between the hours of 8:00am to 5:00pm. All requests must be made personally, not through a second or third party. All persons shall identify himself or herself using the name under which he or she is enrolled when requesting an absentee ballot. All absentee ballots must be received by 5:00pm on the day of the deadline.

For questions or to request an absentee ballot, please contact Marilyn Thompson or Vicki Smith at (520) 568-1000.

Due to the COVID-19 Pandemic, we ask that all member voters wear a mask and follow social distancing practices.



Ak-Chin Indian Community



Visit: ITCA voter registration link to enter a Raffle: bit.ly/nativevotevr Or WWW.SERVICEARIZONA.COM



For More Information from Inter Tribal Council of Arizona, Inc. (ITCA) regarding the iPad Raffle

For Community Residents - Precincts #77 Ak-Chin Indian Community Service Center

48227 West Farrell Road

Maricopa, AZ. 85139

Visit: https://itcaonline.com



2) There will be one iPad 7 per winner. A total of 3 winners will be selected.

3) Winners will be selected at random by a 3rd party entity, non ITCA employees.

4) Only 1 winner will be selected on the 31st of each month during the time frame of August 1, 2020 to October 31st 2020.

5) Winner will be notified by email from ITCA's Director of Accounting on the 6th day of the following month.

6) Winners will have 7 days to respond via email or telephone call at the following ITCA General Email: info@itcaonline.com Office: 602.258.4822



when visiting bit.ly/nativevotevr.



Visit <u>bit.ly/nativevotevr</u>

Hearing Notice Ak-Chin Indian Community

Planning and Zoning Planning and Zoning Commission will hold a Hearing regarding the following

cases at 6:00 p.m. on Tuesday, October 13, 2020, at the Environmental Protection Department, Water Reclamation Facility Conference Room, 46200 W. Ralph Street.

CASE: PS-07-20: Harrah's Lazy River: Project Applicant/Harrah's Ak-Chin Hotel and Casino Senior Vice President and General Manager, Michael Kintner, is requesting Preliminary Site Plan approval to install a lazy river pool with amenities located at 15406 N. Maricopa Road.

The project consists of:

 Installation of a lazy river, spa, pool bar with canopy, 12 cabanas, a food and beverage building with dining space, a towel cabana, restrooms, an inner tube storage building, a pool equipment storage building, patio extensions for ground floor guestrooms, pool decking, and security perimeter fencing.



October 2020 Ak-Chin Child Development

Learning from Home

Song: Clap Your Hands https://youtu.be/C3c8fzbsfOE

Fingerplay: How Many Fingers? https://youtu.be/xNw1SSz18Gg

Free Printable Activities:

https://www.designeatrepeat.com/ free-printable-activities-kids/

Fine Motor Activity: Sorting items by color or type engages the children in learning opportunities that encourage their fine motor development. You can have your child sort items that you find around the house such as; beans, noodles, crayons or markers or pairing socks the possibilities are numerous.

Did You Know:

Healthy

Food

Facts }

How to talk to kids about COVID

https://kidshealth.org/en/parents/ coronavirus-how-talk-child.html

•Help Kids Cope with COVID-19

https://youtu.be/scX5qIHp884

How to wash your hands https://youtu.be/x3QUtQQp8W4

Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop the viruses from spreading to others.

•Be a good role model and let your kids see you washing your hands often!

•Apples are more effective than coffee at waking you up in the morning. Bananas aren't the only fruits with potassium. Avocados have twice the amount of potassium as bananas and are rich in monounsaturated fat that is burned easily as energy. Green-tipped bananas are better for you than overripened bananas.

• Bananas contain a lot of sugar, if eaten with protein, the insulin levels are normalized.

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!

Survey participant wins new iPad

Submitted by Planning Department Photo by J. Peters

Detention Officer John's is the winner of a new Apple iPad for completing a survey as part of the Ak-Chin Circle Master Plan Update project. Surveys were provided to the Ak-Chin Indian Community, Community Employees, and players club members from Harrah's UltraStar. Collectively, 136 surveys were received from the Public Survey, and 1830 from the Visitor Survey.



Officer Johns happily holds up her brand new iPad.







AK-CHIN INDIAN COMMUNITY Capital Projects

AK-CHIN INDIAN COMMUNITY REQUEST FOR PROPOSAL Apartment Laundry Room Remodel

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals for a HUD funded project.

1. Laundry Room Remodel; Provide a layout for approval by the Housing Director. Submit to Pinal for permit. Ak-Chin will provide washer/dryer for GC to install. Spec for units will be provided at meeting. Additional power/drains per layout. Replace entry door, new ceiling grid with LED lighting, reduce size of existing window to allow space under the window for units, repair for as needed, paint, resurface floor, additional counter space and signage. Mandatory meeting will provide further detail.

These Projects will be constructed with HUD funds and must meet all requirements including, Davis Bacon wages, and certified payroll.

A Mandatory Pre-Bid Meeting is scheduled for 1:00 p.m. (MST) on October 6, 2020 at Ak-Chin Housing Office Conference Room located at 48277 W. Farrell Road, Maricopa, AZ 85139. This will review the project scope and answer any questions.

(MST) on October 9, 2020. Proposal questions should be directed to Flora Howerton at FHowerton@ak-chin.nsn.us. Also, Cc: Project Manager, Judy Purcell at jpurcell@ak-chin.nsn.us.

Deadline for any additional questions regarding this project will be 2:00 p.m.

The Owner will receive Proposals until 2:00 p.m. (MST) on October 16th, 2020 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 psp 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.

The Selected Contractor shall be responsible for obtaining building permits from Pinal County, ensure that all design meets the requirements of the Community's Planning and Zoning Ordinance, Ak-Chin Fire Department, Utility Entities, Building Codes as well as applicable County, State and Federal Agencies. All design is to be done to MAG, Ak-Chin standards, BIA and IHS standards.

Managing screen time for young kids during social distancing

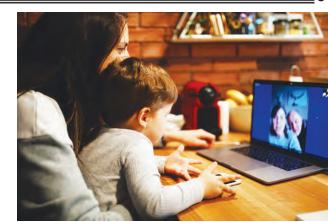
As families continue to practice social distancing during the coronavirus pandemic and many parents remain at home with their young children, it's important to monitor the amount of time young children spend in front of a screen.

"Families should recognize

that this is a unique time in everybody's lives," said First Things First's Senior Director of Family Support, Katherine Willard. "While access to technology has been a resource during COVID-19, it's important to remember that the best way children learn is through interactions with a trusted caregiver."

First Things First (FTF), Arizona's early childhood agency, knows that now, many families do not have the option to shield their child from a screen at all times. Instead, parents can follow some simple guidelines to manage screen time for their young kids.

The American Academy of Pediatrics (AAP) recommends no exposure to screens for children 18 months old and younger. The exception is using live video chat so that children can connect with family and friends who are far away or who can't visit inperson because of social distancing. As the child gets older, families can use technology and interactive



media to strengthen relationships.

The recommendations say that between 18 months and 2 years old, you should limit the watching to educational programming with a caregiver. For example, if you're watching Sesame Street and Elmo is doing the happy dance, encourage your child to dance along. Find ways to interact with your child, based on what he is watching.

For children between high-quality ages 2-5, educational content is recommended for a limit of about an hour a day, the AAP says. Make sure that whatever your child is watching, that it is age appropriate. Even Disney movies, like The Lion King are not appropriate for young children. One of Willard's recommendations is the Arizona PBS app, which gives age ranges for their shows for young kids.

Ultimately, parents of toddlers and preschoolers should give themselves a break while trying to balance working from home and caring for young children, Willard said.

"Instead of focusing on what you can't do, focus on what you can do with your child after your work day is over," she said. Willard said she knows that sometimes the only option is to offer an educational video,

if parents have a video meeting or phone call that they must attend to, but make a plan for positive interactions later in the day.

"Have them help you set the table or cook a meal," she said.

Turn off the television or computer, which is sometimes used as background noise, during dinner time.

"Talk about your day. You have another opportunity for that back and forth conversation during mealtime," Willard said.

As noted earlier, the one exception to screen time limits is live video chat, like FaceTime, Zoom and Skype, among others, which allow the kind of responsive interactions that are good for helping and toddlers develop language. When the baby communicates through nods, gestures or expressions, they are able to see that the person on the other end respond to

"On FaceTime. with can have time grandparents, who can play peek-a-boo, or sing songs, or even read a book to them," Willard said. "It's the personal connection that is really helping brain development. And it's so important to maintain that social connection during this time."

them.

AN OFFICIAL MESSAGE FROM THE MARICOPA COUNTY ELECTIONS DEPARTMENT:

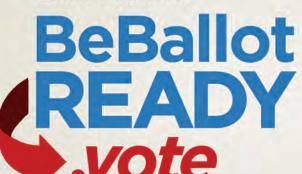
ARE YOU READY FOR THE NOVEMBER 3 GENERAL ELECTION?

Visit BeBallotReady.Vote to see if you're registered, request a ballot in the mail and more!

Don't forget, the last day to register to vote is OCT. 5!



Learn more at:



BROUGHT TO YOU BY:





HEALTH ALERT

NOVEL CORONAVIRUS (COVID-19)

AK-CHIN INDIAN COMMUNII

COVID-19 TESTING

Ak-Chin Justice Complex

45525 W. Farrell Road, Maricopa, AZ 85139

October 27th - 29th 9 am- 1 pm & 5pm - 7pm

In an effort to contain the spread of COVID-19, GRHC recommends conducting COVID-19 testing on a recurring basis.

Who should get tested?

All Ak-Chin members, and those residing within the Ak-Chin Indian Community boundaries.

> For test result information, please call: (602) 528-3378





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

Patient Reminder Notice:

The Primary Care Department at Hu Hu Kam Memorial Hospital is open on Saturdays for walk-in visits from 8 am to 6 pm. Last check-in time is 5 pm.

If you have questions, please call (520) 562-3321



Dr. Peter Wagner.

Dr. Wagner has been with us for 17 years and will retire from his position at GRHC on September 30th.

We are incredibly grateful for his service and dedication to GRHC and the Gila River Indian Community and wish him well in his retirement. Join us in giving a fond farewell to Dr. Peter Wagner!

Thank you for your service.

Halloween **During the Pandemic**

Avoid high risk activities:

traditional trick or treating/trunk-ortreat/attending crowded indoor costume

parties/indoor haunted houses. Opt for low risk alternatives: pumpkin carving with family/ decorate your home/

virtual costume contests/family scavenger hunt for treats/having a spooky movie night!

Stay Safe this Halloween!

ONE (1) VACANCY FOR THE AK-CHIN HOUSING BOARD VACANCY OPEN TO AK-CHIN COMMUNITY MEMBERS ONLY

Reminder: Community Members can only serve on three (3) Boards or Commissions or Committees maximum at any given time.

The Ak-Chin Housing Board oversees: The administration and oversight of housing housing related funds are expended in established regulations.

programs that include but is not limited to all

coordination with the Community Council.

Ak-Chin Community homes, Human and Urban

Development (HUD) homes and Tax Credit homes in

2. Is responsible for ensuring that all appropriated

3. Is responsible for ensuring that all established policies regarding lease compliance, resident issues

employed with the community must submit documentation from their supervisor allowing the employee to serve on the board. In your letter of interest, please note which Board, Commission or Committee you currently serve on, and when your term expires.

and home care and maintenance are followed.

Requirements: Interested individuals who are

Please send all letters of interest Attn: **Ak-Chin Community Council** ATTN: Victoria A. Smith 42507 W. Peters & Nall Road Maricopa, AZ 85138

Deadline for letters of Interest is: Friday, October 9, 2020, by 5:00 PM





- Be sure to wash your hands before and after handling your cloth mask to avoid lingering virus droplets.
- Cloth masks should be washed every day after being worn. This will help if you suffer from Maskne (acne caused from your mask).

AK-CHIN INDIAN COMMUNITY

maximum at any given time.

Chin Indian Community

(ACES) BOARD

ONE (1) VACANCY OPEN FOR THE AK-CHIN ENERGY SERVICES

VACANCY OPEN TO AK-CHIN COMMUNITY MEMBERS ONLY

Reminder: Community Members can only serve on

three (3) Boards or Commissions or Committees

FUNCTIONS OF THE AK-CHIN ENERGY SERVICES:

Regulates and oversees all areas of power and

electric utility sources and services of the Ak-

To acquire, maintain and expand electric

To study and investigate the feasibility of

acquiring, operating, and maintaining other electric utility service within the community.

QUALIFICATIONS: The Community Council is looking for individuals with the following qualifications:

utility services within the community.

- Wash mask with warm soapy water and laundry detergent.
- If you suffer from easy skin or lung irritation use a scent-free/gentle detergent.
- Do not use bleach on your mask. It will cause lung irritation (even if it is diluted).
- You can hand wash or throw your mask into washer.
- Dry your mask in the dryer on the hot setting.

To store your mask put them into a plastic freezer bag to avoid contaminating it.



Questions? Call Health Education at (520) 568-1080

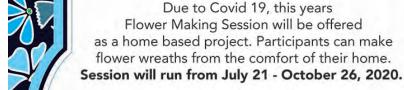
Experience working in a business environment and the ability to learn and understand business practices is preferred, but not required.

- Must have sufficient education and/or experience to make sound judgments.
- Must be able to attend board meetings and functions at various scheduled times and at least on a quarterly basis.
- All community members who apply must provide written authorization from their immediate Supervisors allowing them to serve on the board. All applicants must Possess a valid driver's

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Deadline for letters of Interest is Friday, October 9, 2020, by 5:00 PM



A bag of supplies will be provided upon request. Each bag will contain enough supplies to complete 5 or 10 wreaths. Bags can be dropped off at your home, or picked up at the Art Building. Finished wreaths can also be picked up or dropped off.

Flower Making

from Home

return. Schedule time is between 9:00 am - 3:00 pm, Delivery is within the Ak-Chin Indian Community boundaries. (Open to all Members & Residents) If you are interested in participating, please call the Him-Dak Museum

@ 520-568-1350.

Please schedule a time to pick up, deliver or

Finished wreaths will be distributed at the Ak-Chin grave site, on All Souls Day.

Must have the ability and willingness to learn and understand the Electric Power Industry

PROUDLY SERVING AK-CHIN INDIAN COMMUNITY

On-Demand Service is safe, reliable, efficient and clean. Call our office and inform us when you need Transportation. Ak-Chin Tribal Transit will pic you up and take you to your desired destination. On-Demand response services are available within the Ak-Chin Indian community and most commercial and government addresses located within a five-mile radius of community boundaries. Keep our professional staff in mind to meet your Transportation needs.

Popular Destinations: Local Businesses

- Shopping centers
- Harrah's Ak-Chin Casino
- Many food destinations

*All reservations must include either a pick-up or drop-off location within the Ak-Chin Indian community.

Please keep us in mind for your transportation needs. Need a ride? Call: 520-568-1630 Text: 520-340-0382 Demand-Response Service Schedule: Monday-Friday from 7:15AM to 5:45PM.

SERVING THE AK-CHIN INDIAN COMMUNITY



October 1st-15th Community Birthdays

October 1st

Joseph Antone William Martinez Maynard Pablo, Jr. Eugene Peters, Sr. Damien Smith

October 2nd

Martin Castro Noemi Hernandez Tanya Lewis Nikkol Martinez Alison Miguel Jeaney Narcia Elizabeth Valles

October 3rd

Elva Alarcon Earl Justin, Jr. Justine Lopez Victoria Smith

October 4th

Neveah Antone Gabriel Manuel Amy Peters

10/1

10/2

Susan Sanchez, Library

Delores Hernandez,

Miguel Diaz, Maintenance Nikkol Martinez, TGA

Victoria Smith, Government

Justine Lopez, Maintenance

Diana Perez, Law & Order

Loc Nguyen, Law & Order

October 5th

Dyon Aguilla Celia Medina Douglas E. Pablo

October 6th

Ariana Bandin

October 7th Fernando Arellanes-Burgos Francisco Mattia Alyssa Pablo Matthew Villarreal

October 8th Angel Antone

Evelyn Garcia Maria Maldonado Brittany Paddock Lee Smith, Jr.

October 9th

Ann Marie Antone Jacob Trenado

October 10th

Berdina Arellanes-Burgos

October 11th

Marco Jensen Andrea Peters

October 12th

Delayna Antone **Xzalius Homer** Shanna Narcia Zachary Valles

October 13th

Blessing Antone

October 14th

Sharon Carlyle Joe Jerry Rosa Lewis Erin Yarberry-Martinez Eliza Santiago Ambria Valles

October 15th

James Boehm Holly Bowman Jose Miguel, Jr. Steven Ruelas

WE ARE HERE " **FOR YOU** Ak-Chin Tribal Transit has established protocols to minimize Passenger Risk of Exposure to COVID-19. Driver's are enforcing strict cleaning rules and will disinfect the Transit vehicles daily in addition to disinfecting touch points after every passenger exits the vehicle.







Federal, State and Local guidance regarding COVID-19 prevention.

HOW PASSENGERS CAN HELP Avoid touching your eyes, nose and mouth

Avoid close contact with those who may be sick Cover any coughs or sneeze with a tissue and then discard of your tissue Use an alcohol based hand sanitizer with at least 60% alcohol content Wear a mask or face covering





Corinna Velasco, Retail

Amy Rodriguez,

Housing Department

10/6

Rusia Diana Carlyle,

Parks & Recreation

Ann Antone,

Julius Jones, IS

10/8 Jon Spezzacatena,

10/9

10/10 Adam Finken, TGA

OCTOBER EMPLOYEE BIRTHDAYS

10/12 Kathy Shoemaker, Finance Adam Abel, Law & Order

Clifford Fullam-Kenealy, 10/14

Olesya Nelson, Finance Ambria Valles, Social & Health Services 10/15

James Boehm, Fire & Safety Steven Ruelas, 10/16

Angelina Soliz, EPD Bianca Chavez-Schrader, Early Childhood 10/17

Courtney Bagsby, Fire & Safety 10/19

Ninfa Wells, Elderly

10/21 **Brittany Justin, Courts**

10/22 Lisa Vasquez, Maintenance Eduardo Martinez, TGA

Ame Stephens, Social & Health Services 10/25

10/23

Xavier Rojas, Courts

10/28 Nicole Allison, Law & Order

John Orozco, Law & Order Alvin Antone, TGA 10/30

David Garcia, Fire & Safety William Winfield, Fire & Safety David Villescaz, Law & Order 10/31

Guadalupe Jimenez,

Happy Birthday to my son Eugene, Sr. Love, Mom

Happy Birthday Sharon

Love your family

Happy Birthday to my granddaughters Amy and

Happy Birthday Vicki!

Andrea and my grandson James Love, Grandma

Testing continued from front

provide a safe and healthful work place.

The Community also believes that it is in the best interest of all employees to take proactive steps to reduce the risk of COVID-19 exposure in the work place. Accordingly, Ak-Chin Tribal Council determined to commence mandatory COVID-19 testing and subsequent reporting of positive results. All 480 Community Government and Farms Employees will test for the remainder of this year, on a monthly basis in September, October, November, and December.

The Community has contracted with Steward Health Care System, LLC, to administer on-site tests to all employees. The tests are provided free of charge to employees. The schedule of testing should not affect any of the Community Department operations as employees are scheduled throughout the span of two to three days.

The COVID-19 testing is also available on a voluntary basis for Ak-Chin enterprises employees: Harrah's Ak-Chin Casino Resort, UltraStar Multi-

tainment Center, and Ak-Chin Southern Dunes Golf Club. \$5 EARLY BIRD BREAKFAST TWO EGGS | CHOICE OF MEAT & POTATOES

coupon to server. Not valid with daily or Happy Hour specials. Cannot be combined with other specials or not include alcohol. One coupon per table, no split checks. Valid for one visit daily Mon-Fri 6am-8am. Non-



520.426.6832 ARROYOGRILLE.COM 48456 WEST HWY 238



DT & Rob's Excellent Comedy Show



L-R: Comedians; Keith Ellis, Big Rob, Sarah, Mondoman and DT hit the stage at UltraStar Multitainment Center on Saturday, September 26. (Photo submitted by DT)

It was a hilarious time at UltraStar Multi-tainment Center on September 26, as DT and Big Rob provided a most Excellent Comedy Show.

David "DT" Trujillo, Promotions and Events Manager at UltraStar, coordinated the comical cast that included host Big Rob, Sarah, Mandoman and Keith Ellis.

Two shows were offered at 8pm and 10pm, with both selling out, as crowds were spaced out and smaller in numbers, due to COVID compliance.

"The performers were not fazed by the smaller crowds and new protocols, we are all just happy to be doing what we love, which is making people laugh!"

DT shared. "In times like these I think it's important that we remember it's ok to laugh and have a good time. It's not forbidden, we just have to be considerate of others when planning events, and make sure we are abiding by the rules and new protocols."

Although, UltraStar does not have any current plans for upcoming entertainment DT said they were ready to "test the waters" with the **Excellent Comedy Show.**

"But rest assured I am working hard every day to bring live entertainment back to the Ak-Chin Indian Community." (yes Marilyn that includes the chicken scratch bands so you can waila!)



90 Minutes of Bowling 5 - \$5 Game Cards 5 Rounds of Laser Tag 1 Large Cheese Pizza







10/2-10/8

The Call of the Wild (NR) 3:15PM, 6:00PM and 9:30PM

Death of Me (R) 4:45PM, 7:30PM and 9:45PM

A Call to Spy (PG-13) 3:00PM, 7:00PM and 9:45PM

The Last Shift (R) 3:45PM, 5:45PM and 7:45PM

AVA (R) 4:15PM

The Broken Hearts Gallery (PG-13) 6:45PM

Tenet (PG-13) 3:15PM, 6:15PM and 9:15PM

The New Mutants (PG-13) 4:00PM, 6:30PM and

9:00PM The Croods (PG)

7:45PM Hocus Pocus (PG) 5:15PM



OCTOBER 2020

CAESARS REWARDS.



MONDAY TUESDAY WEDNESDAY

THURSDAY



SATURDAY



REWARD CREDIT EXTRAVAGANZA

SATURDAY, OCTOBER 31, 2020 - 8AM - 11:59PM WIN YOUR SHARE OF 1 MILLION REWARD CREDITS!



PAMPER YOURSELF THIS WEEKEND WITH A TREATMENT AT THE SPA!



REWARD CREDIT BUNANZA



MYSTERY TIER CREDIT MULTIPLIER



REWARD CREDIT BONANZA





BELLA RUSSO PURSE COLLECTION GIVEAWAY



BELLA RUSSO PURSE COLLECTION GIVEAWAY



PUT YOUR BEST HAND FORWARD IN A GAME OF THREE CARD STUD!



REWARD CREDIT BONANZA





7X REWARD CREDIT MULTIPLIER



BELLA RUSSO PURSE COLLECTION GIVEAWAY



BELLA RUSSO PURSE COLLECTION GIVEAWAY



TO WIN UP TO \$100,000 PER GAME!





TAKE YOUR PICK GIFT CARD GIVEAWAY



REWARD CREDIT BONANZA







BELLA RUSSO PURSE COLLECTION GIVEAWAY











BELLA RUSSO PURSE COLLECTION GIVEAWAY











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