



2020 Meet the Candidate goes virtual

Story by R. Peters, Photos by J. Peters

2020 has brought so many changes to our way of life, and one of the hardest for many has been not being able to gather together as a family or community.

Fortunately, we have technology to help keep in contact with our loved ones and virtual meetings to replace public meetings for the time being.

Due to COVID-19 and the health and safety of the Community, Ak-Chin Enrollment Board set up a first ever "Virtual Meet the Candidate" on Saturday, November 14 and Monday November 15. This new scenario



Above, 2020 Chairman and Vice-Chairman candidates speak, Saturday, November 14, at the Virtual Meet the Candidate forum. L-R: Chairman candidates, Robert Miguel and Yolanda Narcia-Miranda. Vice-Chairman candidates, Gabriel Lopez and Lemuel Vincent.

provided an opportunity for Ak-Chin Membership to see and listen to the 2020 Ak-Chin Chairman and Vice-Chairman

candidates. Chairman incumbent Robert Miguel and Chairman candidate

Yolanda Narcia-Miranda were scheduled to speak from 10am-12pm on Saturday and 5pm-7pm on Monday. Vice-

Chairman incumbent Gabriel Lopez and Vice-Chairman candidate Lemuel Vincent were scheduled to speak from

12pm-2pm on Saturday and 7pm-9pm on Monday.

The virtual forum was set up at the Ak-Chin EPD conference room, with limited staff from Community Events, Library, IT and Ak-Chin Circle Entertainment Center. Candidates were set up at separate table areas, while Ak-Chin Election Board member Erica Manuel, who represented the board to oversee the event, asked questions.

Ak-Chin Membership was encouraged to call in, text, or email questions

Candidates continues to page 3

City of Maricopa breaks ground for Exceptional Community Hospital

Story and photo by R. Peters

On Friday, November 13, City of Maricopa officials and members of Exceptional Healthcare safely gathered to officially celebrate the groundbreaking for Maricopa's newest healthcare facility.

Exceptional Community Hospital will be located on the northwest corner of SR347 and Honeycutt Avenue.

Guests were welcomed with a gift bag that included a mask, hand sanitizer and water bottle. Under the tent, seats were lined, social distanced in pairs and small groups. Speakers included Maricopa Mayor Christian Price, Vice-Mayor Nancy

Smith and Ak-Chin Chairman Robert Miguel.

Miguel congratulated the City of Maricopa for finally getting a hospital, "It's about freaking time," he said jokingly, as he shared memories of attending school in the vicinity of the new hospital site.

"It's a big change but a good change." Chairman Miguel added, as he talked about meeting with Mayor Price continuously to address their respective community's needs. "The desire and need for healthcare was always a number one priority."

Once all the speakers

had finished, invited dignitaries and guests were asked to line up for the official shoveling of dirt and photo op. As live music played in the background, everyone was invited to grab a to-go meal.

The one-story building, estimated at 20 million, will include; ten private patient rooms, ten ER department rooms, radiology with MRI, digital x-ray, CT scan and ultrasound capabilities, in-house laboratory, in-patient hospital beds for acute conditions, overnight ER observation rooms, urgent care fast-track clinic, full spectrum outpatient laboratory and radiology, kitchen



Ak-Chin Chairman Robert Miguel meets with Exceptional Healthcare Chief Financial Officer Saeed Mahboubi (at left), Vice-Mayor Nancy Smith and Mayor Christian Price, after the groundbreaking ceremony.

and dining for staff and patients.

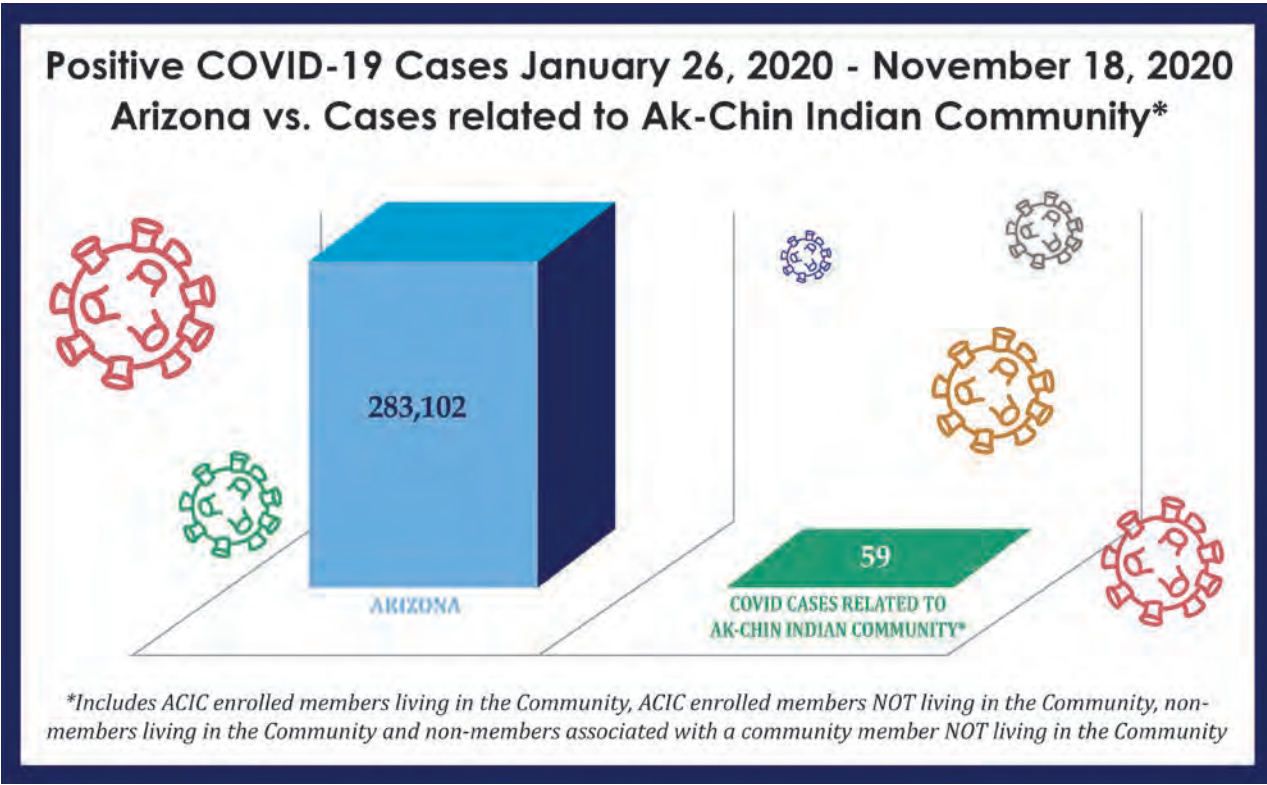
The community hospital is slated to open at the

end of 2021. According to reports, this will be the first hospital in Arizona for Exceptional Healthcare. Founded

in 2014, Exceptional Healthcare is the premier service provider in Emergency and Hospital Outpatient Industries.

Ducey sets new actions and guidance for COVID-19 and Holidays

Story by R. Peters, Graphic by R. Bowen



Above, the info-graphic shows the total number of positive cases reported in Arizona since the first case was reported on January 26, 2020. Ak-Chin's cases began to add up as of June 12, 2020.

When will this be over? Has to be on the minds of just about everyone in reference to the COVID-19 pandemic.

It's been almost a year since the deadly virus first attacked, and over that time it has taking more than one-million lives.

Wednesday, November 18, Arizona Governor Doug Ducey, Arizona Department of Health Services Director, Dr. Cara Christ, and Arizona National Guard Major General Michael McGuire provided an update on Arizona's stand on COVID-19, including new actions

and guidelines for the holidays.

Dr. Christ began by providing an update on the latest COVID-19 numbers, "To date a total of 283,102 cases have been reported to public health, and sadly we've lost 6,365 Arizonans to COVID."

With numbers spiraling upwards around the country. "Arizona and our nation remain in a public health emergency and getting back to normal isn't in the cards right now." Ducey shared.

Ducey and Christ

COVID continues to page 2

Have a Happy and Blessed Thanksgiving

Elder Thanksgiving Turkey Distribution And Tuesday's holiday meal

It is the Elder Center's pleasure to announce that we will be giving out Thanksgiving turkeys to Community elders this year.

DATE: November 23, 2020
 Time: 12:00PM to 6:00PM
 Where: Elder Center Parking Lot

- This is for ALL enrolled Community Elders
- ONE DAY ONLY
- We are providing curbside service. Please do not get out of your car
- One turkey per household
- If you cannot pick up your turkey, please send a trusted individual to sign and pick up your turkey for you
- Any turkeys left after 6PM will be donated

Due to the Elder Center staff working during the giveaway, the Elder Center transportation is not available, we cannot provide rides or deliver turkeys.

Rides will be provided by Transit Department. Please call 520-568-1630. Transit will be happy to provide you a ride.

The Elder Center staff appreciates and are very thankful for our elders. You are missed at the Elder Center. We will be glad when the day comes to see you all again. We wish you a Happy and Blessed Thanksgiving. From the Ak-Chin Elder Center.

If you have any questions, please call the Elder Center at 520-568-1760.

Important: There will be no breakfast meal on Tuesday, November 24, 2020. Lunch will be ready for pickup starting at 11:00AM – 1:00PM. Home delivery will go out at 11:00AM.

November Elder Menu

- | | |
|---|---|
| 20 Indian Tacos, Lettuce, Tomato, Cheese, Jell-O | Salad, Rolls, Pumpkin Pie, Apple (D) |
| 23 Hamburgers, Baked Beans, Corn (D), Fries, Peaches | 25 Center Closed |
| | 26 Center Closed |
| | 27 Native American Heritage Day-Center Closed |
| 24 Turkey, Ham, Stuffing, Carrots, Mashed Potatoes, Green Bean Casserole, Sweet Potato Casserole, | 30 Cabbage Stew, Carrots, Peas, Biscuits, Plums |



Ak-Chin Indian Community Wireless Internet Service Questionnaire

Community Council has approved Wireless Internet Service to be provided in the Community for all residents who choose to participate. The service is free to all Community households and its purpose is to provide wifi access in Community homes for student/elder and resident Internet access during this COVID-19 crisis. If you would like to participate in this program please fill out the form below and drop the form off at the IS Department by 11/30/2020.

Resident Name: _____

Address: _____

- 1) Would you like to participate in the Program?
 Yes No
- 2) What is the total number of household members:
 2 3 4 5+
- 3) Age ranges in the household: (Check all that apply)
 0-5 6-17 18-30 31-50 51+
- 4) How many total devices (cellphones, TVs, computers, tablets & laptops) are used in the household, that require wireless service:
 2 3 4 5+
- 5) What is the primary use for needing wireless access? (check all that apply)
 School Work Personal

Signature of Resident: _____

Thank you for participating in this survey.
 Please submit completed surveys to IS Department, located at
 45710 W. Farrell Rd. (520-568-1120), or
 e-mail hnavis@ak-chin.nsn.us by 11/30/2020.
 Cut out along the dotted line

2020 COMMUNITY COUNCIL ELECTIONS

YOUR VOICE. YOUR VOTE.



ELECTION LOCATION HAS CHANGED!
 Community election will be held at the Ak-Chin Recreation Gym - MASK REQUIRED!

Cast your vote for:
Ak-Chin Chairman and Vice-Chairman
Saturday, November 21
6:00am - 2:00pm
Ak-Chin Recreation Gym

Please practice Social Distancing guidelines!

Ducey continued from front

focused on the importance of masking up, "Masks work, please wear them." Ducey encouraged.

The new study from the Centers for Disease Control released last week confirmed that wearing a mask not only protects those around you, but it also protects you from infectious droplets of others.

Dr. Christ also asked all Arizonans to make plans for a safer Thanksgiving gathering.

"The holidays can bring together more households and more generations, including older individuals who are more vulnerable to COVID-19 and young adults and children who are more likely to be asymptomatic carriers. Following these simple guidelines (below) can help keep everyone safe during the holidays."

With out of state travelers on the rise for the winter, Ducey and Christ will be beefing up on public service announcements at Phoenix Sky Harbor, Tucson International and Phoenix-Mesa Gateway airports.

They will continue to stress the wearing of masks as well as where to get tested so everyone in Arizona knows what steps to take to protect themselves and their loved ones.

To help curb the increase in COVID-19 cases in the schools, emergency measures will be issued to make sure schools implement policies for mask wearing not only in the classrooms but also on school grounds and school buses.

Governor Ducey commended front-line workers, as he designated \$25 million dollars to boost hospital staffing and award bonuses for their dedication.

He also talked about "a positive light at the end of the tunnel," with the news of a possible vaccine being available soon.

Maj. Gen. McGuire provided an update on the Arizona National Guard.

"As the Governor mentioned today just short of 730 (Guardsmen) are still on duty and

intend to continue to serve the community with our primary lines of effort in food security and sustainment in the missions that we're doing with food bank, food distribution to rural areas and tribal communities, and continue to use our small but mighty medical taskforce to work with nursing homes, tribal public health partners, school nurses and the rest."

McGuire also reported an increase of volunteers, "to show you that this is the next greatest generation, in a typical quarter we shoot to recruit 90 guardsmen... In the quarter from June ending in September we were able to bring in 163 youngsters that want to serve proudly as volunteers in the Arizona Guard."

Before Ducey fielded questions from the press, he reiterated what Christ shared earlier, "We have lost 6,365 individuals to COVID-19 in the state of Arizona. Each one is an Arizonan, and I'd ask that you please join me in a moment of silence, prayer and reflection for them and their families."

THANKSGIVING MENU

to Ensure a Safe Holiday

The recommendations below will make for a safer celebration this year. Picking even one will increase your safety. The more you choose, the more you will reduce the risk of spreading COVID-19.

Recommendations

- ☐ Celebrate outside in your yard or at a local park.
- ☐ Minimize the number of guests, especially those at high risk.
- ☐ Physically distance when you can. Only touch or hug those in your immediate household.
- ☐ Wear masks if your gathering includes guests from outside your household.
- ☐ Celebrate together with your quarantine pod. You can use a tablet and virtual meeting programs to bring family and friends together without exposing one another.
- ☐ Wash your hands before and after preparing, serving and eating food.
- ☐ Use hand sanitizer. Get in the gift giving spirit early and provide your guests with their own travel size hand sanitizer.
- ☐ Avoid self-serve or buffets. If sharing food, have one person serve food and use single-use options, like plastic utensils.

For more tips and guidance, visit [azhealth.gov/WinterHolidays](https://www.azhealth.gov/WinterHolidays)



Newspaper of the Ak-Chin Indian Community ©2020

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

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

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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 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
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

December 4 - 17, 2020 issue is due by **TUESDAY, NOVEMBER 24TH**

Please submit all announcements, wishes, etc. no later than **TUESDAY, NOVEMBER 24TH**

Material submitted after the **NOVEMBER 24TH DEADLINE** cannot be guaranteed placement. If appropriate and relevant, it will be included in the next issue.



The Ak-Chin Youth Council would like to invite the community to follow our newly created Facebook and Instagram pages! We will be sharing our "ACYC News" video segments, as well as Youth Council announcements. We can be found by searching @akchinyouthcouncil.

Thank you!

Council candidates continued from front

for the candidates. Questions were fielded to Community Events Planner Henry Garcia who then submitted them to Erica for review and discussion.

Questions submitted ranged from: community finances, water rights, CARES act, legal issues, job security, leadership-education-experience, welfare for non-resident members, substance abuse, education, culture, language, violation of policies, COVID pandemic, travel bans, healthcare, safety, depression, recreational marijuana, housing, member employment opportunities, communication, and enrollment.

Candidates seemed to be comfortable in the setting. "The forum was a new experience, but one that was well organized." Shared Chairman Miguel.

Vice-Chairman Lopez shared, "With the global pandemic issue, the safety and health concerns for everyone, candidates, elections committee, all those who helped with the live feed and most of all, members of the community. The set up was great. It is unfortunate that during this time of a pandemic we had to take these extreme measures."

Candidate Narcia-Miranda shared, "The virtual Meet the Candidates event was brilliant. It was the safest method for our membership to participate and hear from all the candidates. The set up was professional and the team working on site did a fantastic job organizing, providing direction, and feedback during the sessions. There was a slight technology glitch, which the team was able to resolve and successfully get us back on track."

Candidate Lemuel Vincent shared, "The event set up was of course different in the way "Meet the Candidate Night" was presented but due to our current pandemic situation I totally understand. There was some hiccups at first but the issues were taken care of. For me I just treated it as a conference interview which I have been in before."

The candidates also acknowledged and thanked the Enrollment Board and Community staff working behind the scenes for all their

efforts to provide the virtual opportunity.

On behalf of the Ak-Chin Election Board, Erica Manuel offered her thanks to the candidates and the virtual streaming audience for their participation and submission of questions. She also recognized the team behind the scene.

Final comments from the candidates about their virtual Meet the Candidate experience:

"Speaking in our O'odham language and sharing my experience growing up since birth in my community and remembering the times spent with elders and members was the best thing ever. I highly encourage everyone to go out and vote this Saturday, November 21st... Best of luck to all candidates..."
Chairman Miguel

"I was on the fence with medical marijuana, but I can see the benefits, but I still have an issue with recreational marijuana. To my knowledge marijuana is still illegal under federal law, until federal law changes, the community and tribes can start thinking about regulations."
Vice-Chairman Lopez

"The most important message I want our people to hear is Ak-Chin Community Membership is First! The health and welfare of our membership is priority. Providing security for our own membership such as healthcare, employment, education, housing and economic development is also essential. Ak-Chin must continue to move forward safely and provide a vision for a brighter tomorrow."
Candidate Narcia-Miranda

"The overall experience for me was exciting being that it was a first for our community regarding a process in our elections. Also, being that it was streamed live it gave members who would have not been able to attend the "Meet the Candidate Night" a chance to listen to the candidates. I feel, in that aspect, the potential of drawing in more members to vote may occur. Which would be a positive for our community. November 21st is the day to incorporate your voice into action, go out and vote, your voice matters."
Candidate Vincent



Salt River Pima-Maricopa Indian Community

NOTICE

2021 Agricultural Lease Payment

In compliance with SRPMIC Emergency Declaration Directives for COVID-19, the 2021 Agricultural Lease payment to landowners will be made by mail, direct deposit, or SRPMIC Pay Card only. There will be no in person payout.

On Friday, January 22, 2021, Agricultural Lease Payment checks will be mailed to your address on file or, if you have elected to use direct deposit, disbursement will occur to the financial institution on file with the Salt River Pima-Maricopa Indian Community ("SRPMIC") Finance Department. Incorrect information will cause a delay in receiving your payment. To update your address or direct deposit information, or to sign up for direct deposit, please contact:

SRPMIC Vendor Maintenance, ph: (480) 362-7729
(staff is available Monday through Friday from 8:00 am to 5:00 pm Arizona time)
The last day for Agricultural Lease Payment updates is December 16, 2020.
Please call as soon as possible.

Pay Card disbursement will be placed onto your SRPMIC Pay Card on Friday, January 22, 2021. To sign up for a SRPMIC Pay Card for your lease payment or to add your lease payment to an already issued SRPMIC Pay Card, please contact the SRPMIC Finance Department at (480) 362-7620. The last day for Agricultural Lease Payment updates is December 16, 2020.

Payments less than \$15.00. All direct deposit and Pay Card payments will be disbursed regardless of the amount. For checks less than \$15.00, landowners will need to contact the SRPMIC Finance Department and request that a check be mailed. Such checks will be processed 7-10 business days following the request after January 22, 2021.

Questions? Contact the SRPMIC Finance Leasing Payment Office (480) 362-7730.
*Agricultural lease payments will be made based upon former payments received and cleared through banking institutions by January 4, 2021.

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

Robert Miguel

FOR CHAIRMAN

FAMILY ORIENTED • DEDICATION • COMMITTED LEADERSHIP • TEAMWORK



"Working to continue the vision and direction of former leaders and community members for a brighter and prosperous tomorrow."

AD PAID FOR BY CANDIDATE

World Diabetes Day shines light on hard hitting Disease

Across the country and the globe millions of people recognize November 14, as a day to bring awareness and to educate the public about the most common destructive disease Diabetes.

29 years ago, in 1991, the World Diabetes Day (WDD) was created by International Diabetes Federation (IDF) and the World Health Organization (WHO), to help curve growing concerns of the accelerating health issues effecting the population posed by diabetes. World Diabetes Day became an official United Nations Day in 2006, recognized every year on 14 November.

Diabetes is a disease that occurs when the pancreas isn't able to create insulin, or when the body can no

longer make good use of the insulin it produces. Insulin is a hormone that is made by the pancreas, it acts like a gatekeeper to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. Carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells, if the pancreas isn't able to produce insulin/use insulin effectively will leads to raised glucose levels in the blood. Long-term high glucose levels are linked with damage to the body and failure of numerous organs and tissues.

There are 3 types of diabetes, Type 1, Type 2, and Gestational Diabetes. This disease can progress at any age, but occurs most frequently in children.

Type 1 diabetes is when the body produces little or no insulin, which means daily insulin injections are needed to maintain and keep blood glucose levels under control. Type 2 diabetes is when the body doesn't make good use of the insulin that it produces, type 2 diabetes treatment is healthy lifestyle, including increased physical activity and healthy diet. In later age will later on require medication assistance.

And Gestational diabetes (GDM) is a type of diabetes that consists of high blood glucose during a pregnancy. GDM is linked with complications to mother and child. GDM will typically disappear after pregnancy but women affected and their children are at increased risk of developing type 2 diabetes later on in life.

International Diabetes Federation recommendations for a healthy diet for the general population:

Choosing water, coffee or tea instead of fruit juice, soda, or other sugar sweetened beverages, eating at least three servings of vegetable every day, including

green leafy vegetables, eating up to three servings of fresh fruit every day, choosing nuts, a piece of fresh fruit, or unsweetened yogurt for a snack, limiting alcohol intake to a maximum of two standard drinks per day, choosing lean cuts of white meat, poultry or seafood instead of red or processed meat,

choosing peanut butter instead of chocolate spread or jam, choosing whole-grain bread, rice, or pasta instead of white bread, rice, or pasta, choosing unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil).

Annual Diabetes Day Event

Photos submitted

Two hundred and fifty-six people registered to participate in this year's Annual Diabetes Day Event put on by Ak-Chin's Health Education.

This two-part event, first started November 11th-15th with a Virtual Friendly Rival Run/

Walk, as participants were able to choose their favorite Arizona State Colleges, Arizona State University or University of Arizona. Once registered using Google forms, they completed a 2.0-mile run/walk at their own pace, verified by a fitness app.

Part two was held November 18th and 20th, as Sun Devil and Wild Cat fans were awarded their team shirt and a hefty bag of fresh produce during a Drive-Up Farmers Market, picked up at Health Education's office.



"Go DEVILS!!!"



Wildcats Country



Yael Rameriz and his grandmother Yolanda Narcia Miranda enjoying their time outside.



Cool bags filled with fruits and veggies from the farmers market.

Join us for Transportation to Chandler Every Tuesday in December!

Transit will be offering free drop off and pick up to and from your home to various popular shopping destinations. Transportation will be held on Tuesdays beginning December 1st, 2020.

Location	Drop off	Location	Pick up
Target	10:40am	Target	12:40pm
Bed Bath and Beyond	10:43am	Bed bath and Beyond	12:43pm
Chandler Fashion Center	10:47am	Chandler Fashion Center	12:47pm
Hobby Lobby	10:55am	Hobby Lobby	12:55pm
Phoenix Premium Outlets At Wild horse Pass	11:15am	Phoenix Premium Outlets At Wild horse Pass	1:15pm

Transit will provide you with a pickup time when you call to schedule. Times on route are times of pickup and drop-off at the popular destinations, not your home. Must be 15 years or older to ride without a guardian. Must be at designated stop on time or Transit cannot guarantee transportation.

Call up to 7 days in advance to book your seat. Limited seats available for your safety.

TO SCHEDULE A RIDE:
CALL: 520-568-1630
TEXT: 520-340-0382

AK-CHIN TRIBAL TRANSIT
SERVING THE AK-CHIN INDIAN COMMUNITY



Want to help keep your family and community safe this flu season?

Get your flu shot and encourage others to get theirs.

Contact your local Indian health care provider for more information, visit [Healthcare.gov](https://www.healthcare.gov), or call 1-800-318-2596.



Ak-Chin Child Development

December 2020

- ### Fun Things to do with Preschoolers
- Fold towels together
 - Play I Spy with colors
 - Use a large box to make a playhouse
 - Sort rocks by size and count
 - Sort coins
 - Play follow the leader
 - Bake together
 - Play simple rhyming word games or it can be silly words. Make it fun.
 - Kick a ball between two cones
 - Let your child read you a storybook by looking at pictures
 - Keep a balloon in the air as long as possible

- ### A Little about Action songs that help...
- with Awareness of the body and coordination
- *improves listening skills and attention
 - *gives them physical exercise
- Have some fun with your Preschooler while listening to some Action songs.
- Hokey Pokey
 - The Wheels on the Bus
 - Head, Shoulders, Knees and Toes
 - If You're Happy and You Know it
 - Teddy Bear, Teddy Bear

Did You Know:
Healthy Food Facts

- Tomatoes are Fruit.
- Strawberries are technically not a berry. Why? Because berries have seeds on the inside, while strawberries hold seeds on the outside!
- A pomegranate can hold up to 1,000 seeds! (that's a lot)
- Cranberries can bounce when they are ripe!
- Not all oranges are orange because wherever it's grown the temperature isn't cold enough for it to turn orange but are ripe orange. ItcaSoorangesstay

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

Food for pets to avoid during the holidays & beyond

With the holidays rolling around the corner, holiday eating is no joke. When the year starts wrapping things up families go all out to make their best dishes for all to indulge in, including our fuzzy four-legged companions.

but it can also be an unintentional harmful gesture too. Although, humans and domestic animals can eat the same types of foods, dogs and cats are more subjected to sickly and deadly reactions to many table foods.

During the festive season and all year long, please remember NOT to give the following foods to your family pets.

It can be an automatic reaction to give your pet some tasty pieces of your foods and a sip of your drinks,

Pets should not eat the following:

- Alcoholic beverages
- Apple seeds
- Apricot pits
- Avocados
- Cherry pits
- Chocolate
- Candy (any candy containing the toxic sweetener Xylitol)
- Coffee (grounds/beans)
- Garlic
- Grapes
- Gum
- Hops
- Macadamia nuts
- Moldy foods
- Mushroom plants
- Mustard seeds
- Onions/onion powder
- Peach pits
- Potato leaves/stems
- Raisins
- Rhubarb leaves
- Salt
- Tea
- Tomato leaves/stems
- Walnuts
- Yeast dough

AK-CHIN HEALTH EDUCATION PRESENTS...

ONLINE FITNESS CLASSES

With Cecily Peters
HAS-SAN TRAINING

TUES & THURS | 6 PM TO 6:30 PM
CLASSES START NOVEMBER 10TH
ONLINE ZOOM SESSIONS

Join us for fitness classes every Tuesday and Thursday evenings via Zoom!
All levels are welcome.
Classes are open to Ak-Chin Indian Community Members, Residents, and Employees.
Each registered participant will receive a complimentary at home workout kit!
Registration available using GOOGLE forms.

Questions? Please contact Health Education at (520) 568-1085, mguy@ak-chin.nsn.us or Cecily Peters at az.has.san.training@gmail.com

Free Household Hazardous Waste & E-Waste Collection Event



For: Ak-Chin Community Members & Residents
When: Saturday, November 21, 2020
Where: Drop off Location: Water Reclamation Facility
Environmental Protection Department (EPD) 46200 W. Ralph St.
Time: 8:00 am —12:00 pm
For more information contact :
Ross Stimac at (520) 568-1176 (rstimac@ak-chin.nsn.us)
Please wear a face mask when arriving at the drop-off site

Products accepted:

Keep products in original container when possible. Label any products not in their original containers.

- Auto, used oil & filters
- Acids
- Antifreeze
- Auto, Motor/Gear Oil
- Auto Batteries
- Batteries, Lead & Alkaline
- Batteries, Lithium ion
- Cleaning Products
- Electronic (E-Waste)
(Computers, tv's, printers, cell phones, stereos, etc.)
- Fluorescent/CFL Light bulbs
- Glues and Adhesives
- Helium cylinders
- Herbicides
- Household cleaners
- Lawn and garden products
- Mercury containing items
- Paints, oil, latex, lead based
- Paint thinners
- Personal care products
- Pesticides, solid and liquid
- Propane cylinders
- Rimless tires
- Transmission fluids
- Wood preservatives

What is Household Hazardous Waste (HHW)?
HHW is leftover or unused household products that contain corrosive, toxic, ignitable, or reactive material and can pose a threat to human health and the environment.

FREE HOUSEHOLD HAZARDOUS WASTE DROP-OFF EVENT



Rider Appreciation Giveaways


Ak-Chin Tribal Transit would like to extend a thank you for your support. To show our recognition to our loyal passengers we will be hosting appreciation giveaways.

- To be eligible to receive a ticket you must utilize transit services. Every time a passenger enters the bus they will receive a ticket.
- Winners will be announced in drawings that will be held every Monday
- Prizes may vary
Do not need to be present during the drawing to win
- Receipt of a raffle ticket does not guarantee a win
- Prizes will be given to the parent/guardian on the behalf of winners under the age of 18

TO SCHEDULE A RIDE:
CALL: 520-568-1630
TEXT: 520-340-0382

RELIABLE

CAP's dedicated professionals are ensuring reliable water deliveries.



Ak-Chin Community Members Only

Want to earn a GED
Want to go to college
Want to be a Role Model

FOR MORE INFO CONTACT
EDUCATION DEPARTMENT
AT 520 568-1280

Email : Tera Thornton @ TThornton@ak-chin.nsn.us or Call : (520) 568-1280

No Diggity wins Maricopa Recreation Women's Volleyball tourney

Saturday, November 14, a few Ak-Chin members got the chance to get their volley on at Maricopa Wells Middle School.

Above, Angel Antone (right) and her "No Diggity" team were undefeated throughout, winning the tourney. Members Morgan and Dannon Peters (middle) helped with the win.

Below: Melanie Antone (3rd from left) and her "Something Else" team enjoyed their time on the court. Members included Noahli Antone (4th from left) and Eliza Santiago (blocking in black).



AK-CHIN INDIAN COMMUNITY Capital Projects

AK-CHIN INDIAN COMMUNITY REQUEST FOR PROPOSAL ON DESIGN-BUILD MISC. HOUSING PROJECTS

The Ak-Chin Indian Community (hereafter called the "Owner") invites all General Contractors to submit proposals on a Design Build Contract. These misc. projects for Design/Construction consists of the following;
2 Bedroom Addition (3 homes)
Handicap Bathroom Remodel (3 Homes)

A Pre-Bid Conference is scheduled for 10:00 a.m. (MST) on November 30, 2020 at Ak-Chin Housing Office Conference Room located at 48277 W. Farrell Road, Maricopa, AZ 85139. The Request for Proposal and address of properties will be handed out at this meeting.

Deadline for any questions regarding this project will be 2:00 P.M. (MST) on December 7, 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.

The Owner will receive Proposals until 2:00 P.M. (MST) on December 15, 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.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.

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.

Legacy Lion Antonio Rodriguez completes flag football season

Submitted by Jennifer Boehm-King



Antonio Rodriguez (bottom row 2nd from the left) played with the Legacy Traditional Intramural Flag Football team, Legacy Lions. This was his first season playing sports with the school. The Lions were 7-1 going undefeated for most of the season. Antonio played as a Safety and Middle on Defense. He finished the season with 5 interceptions.



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

FLU Vaccine (only) Clinics
KHC Pharmacy Drive Thru
November 24th
9 am - 4 pm

Double-Up (COVID Testing & Flu)
Ak-Chin Multipurpose Justice Complex
November 23th, 24th, 25th
9 am - 1 pm & 5 pm - 7 pm

Thanksgiving Holiday

Gila River Health Care's Administrative Offices & Outpatient Clinics will be

CLOSED

THURSDAY, FRIDAY & SATURDAY
NOVEMBER 26-28, 2020

HHKM PHARMACY HOURS

11/26 CLOSED
11/27-28 10:00 am - 8:00 pm

We are here to help. GRHC's normal business hours will resume Monday, November 30th. If you need immediate assistance, please call 911 or visit the Emergency Department at HHKM.

LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

17th Annual Diabetes Virtual Health Fair

November 16 - December 18

This year's health fair will be offered virtually. A virtual "Just Move It" walk will be held in conjunction with the health fair. Our theme for this year is
"A Healthy Future One Step at a Time."

To join the event, go to:
grhc.org/LifeCenter



For more information call us at
(520) 562-7940

This Event is available to GRHC patients, GRIC members, those living within the GRIC boundaries, and members of federally recognized tribal communities only.

COMPLIMENTARY ON-DEMAND SERVICE

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 pick 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
- Work
- 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.*

AK-CHIN TRIBAL TRANSIT
SERVING THE AK-CHIN INDIAN COMMUNITY



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.



We are ensuring cleanliness and safety by disinfecting the interior of our vehicles more frequently focusing on:

- All passenger touch points
- Entry and Exit grab rails
- Doors, seats and seat belts
- Seat grab rails
- Windows
- Pull cords
- Storage areas
- W/C lift when used
- Driver common area



At this time we are limiting the amount of passengers on our vehicles to four at one time. If it is more than four people in one family please speak with Transit on special situations.

Driver's have been provided with proper cleaning products promoted to eliminate 99.9% of germs.

All Transit staff are educated on the latest prevention measures.



We are focused on minimizing risk and upon arrival all driver's will be wearing a face covering.

We are asking that passengers please wear a mask whenever possible while on the bus to reduce the risk of exposure.

Driver's have been provided with hand sanitizer.

We are following closely all the recommendations made by 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

AK-CHIN TRIBAL TRANSIT
SERVING THE AK-CHIN INDIAN COMMUNITY



Coming Soon!

- BOOK-A-BIKE
- BOOK-A-SCOOTER
- GIRLS WHO CODE
- ROBOTS
- STORYWALKS IN THE PARKS



akchinlibrary@gmail.com | text: 520-612-1015 | 520-568-1675

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

Address Update Forms



Change of Address

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

Happy Thanksgiving
from the
Runner News Staff!

Online Yoga Schedule for November & December



- November 4th (Wednesday)
- November 18th (Wednesday)
- December 2nd (Wednesday)
- December 9th (Wednesday)
- December 16th (Wednesday)

Open to all Ak-Chin Community Members, All Ak-Chin Residents and Employees.

Please call (520) 568-1080 or email: MVelasco@ak-chin.nsn.us



Sharon, Kaylan and baby Armanii

Happy Birthday Dominic and Aiden Migue!! We love you both so much! Thank you, boys, for everything that you do for your younger brothers and for me as well. Love Mom, Dad, and brothers

Happy Birthday to my daughter Carmen Love, Mom

Happy Birthday to my granddaughters Morgan, Maria and Aurora, and to my grandsons Brandon and Marcus. Love, Grandma

Happy 26th Birthday Jazzer! Love Goddaddy and Godmama

Happy 21st Birthday Morgan! Wishing you Peace, Love & Happiness to you always! Love, John & Terri



Happy Birthday to our baby girl Morgan! 21 years! 21 cheers!! And maybe even 21 beers to you on your birthday!!! Lots of love and good wishes on your special day. We've waited "2 hours" and many more, time to finally get this party started! Love your family...

NOV. 20TH - DEC. 3RD MEMBER BIRTHDAYS

<p>20-NOV Ronin Gloria Shane Antone Ricardo DeLeon Jr.</p>	<p>24-NOV Brian Ruelas</p>	<p>28-NOV Nicholas Narcia Brandon Thomas Jr.</p>	<p>1-DEC Aurora Peters Rebecca Stephens-Rodas Kayla Valisto Raven Vallejos Kendra Smith</p>
<p>21-NOV Ezequiel Santiago</p>	<p>25-NOV Ciera Lopez</p>	<p>29-NOV Lee Smith Sr. Tashina Salcido Victor Andaverde</p>	<p>2-DEC Marcus Peters Clarence Enos Candice Antone Victor Vincent Lindsey Valles Dale Narcia Duane Antone</p>
<p>22-NOV Morgan Peters Faith Batopis</p>	<p>26-NOV Brandon Peters Marciano Joaquin Miguel Moreno-Kaniatobe</p>	<p>30-NOV Lina Batopis Kateri Lopez Michael Luz Kylee Carlyle Taylor Santiago Julio Gloria IV</p>	<p>3-DEC Arlene Manuel</p>
<p>23-NOV Sterling Zappia Maria Peters Monique White Jasmine Carlyle-Miguel Carmen Narcia Lemuel Vincent</p>	<p>27-NOV Kobe Santiago Joaquin Dickerson Rommel Lyons Karen Kaniatobe Joe Miguel Jr. Richard Joaquin Jr. Larisa Rascon</p>		

Reminder:
WIC services are still being held via telephone due to COVID-19.
If you need to start services or have questions??
Call WIC at (520) 562-9698

NOVEMBER 20TH - DECEMBER 3RD EMPLOYEE BIRTHDAYS

<p>NOV. 21st Autumn Gonzalez, Law & Order</p>	<p>NOV. 24th Lawrence Sordia, Law & Order</p>	<p>NOV. 27th Steve Tiemann, Finance Richard Lopez, Early Childhood</p>
<p>NOV. 22nd Faith Batopis, Education</p>	<p>NOV. 25th Jose Fregoso, Elderly</p>	<p>NOV. 29th Allen Allcott, Fire & Safety James Reynolds, Law & Order</p>
<p>NOV. 23rd Carmen Narcia, Him Dak Museum Lemuel Vincent, TGA</p>	<p>NOV. 26th Brandon Peters, Treasurer</p>	<p>Dec. 2nd Lindsey Valles, Fire & Safety</p>

Harrah's Ak-Chin Casino Honors 2020 Caesars Award of Excellence Recipients

Harrah's Ak-Chin Casino today announced its 2020 Caesars Award of Excellence recipients, a distinction given to employees who consistently provide best-in-class service to guests, coworkers and the community, all while serving as role models and demonstrating an exemplary commitment to the Harrah's brand. The award recipients were honored at the casino on October 20th.

Each of the six award recipients were presented with 40,000 Total Reward Credits and the Overall Property Winner won 100,000 Total Return Credits and \$2,500. In lieu of a large banquet, the recipients will be able to enjoy a dinner for two at Chop, Block & Brew.

The Harrah's Ak-Chin Casino Caesars Award of Excellence winners are now eligible for the Regional Caesars Award of Excellence and ultimately the companywide Caesars Award of Excellence.

"The Caesars Award of Excellence is one of the highest honors our employees can achieve," said Michael Kintner, Harrah's Ak-Chin Casino senior vice president and general manager. "This year has been particularly trying for our entire team and I want to thank each of these employees for clearly demonstrating Caesars' commitment to customer service, internal service, innovation, community volunteerism and leadership. We are proud to have you as part of the Harrah's Ak-Chin family."

- The 2020 Caesars Award of Excellence was awarded to:
- Superior Internal Service – Brenda McCullough, Seamstress in Wardrobe
 - Leadership – Amanda Groeneveld, Assistant Casino Marketing Manager
 - Innovation – Alex Lorenzana, Promotions & Events Associate
 - Superior Guest Service – Jessica Mavis, Server at Agave's
 - Community Service – Kirk Lane, IT Manager
 - Overall Property Winner – Jessica Mavis, Server at



Brenda McCullough



Alex Lorenzana



Kirk Lane



Amanda Groeneveld



Jessica Mavis

CodeGreen Committee at Harrah's Ak-Chin Casino hosts annual cleanup event



Harrah's Ak-Chin Casino employees at the annual Adopt-a-Highway Cleanup event on Thursday, October 29.

(MARICOPA, Ariz. – Nov. 10, 2020) – The CodeGreen committee at Harrah's Ak-Chin Casino hosted its annual Adopt-a-Highway Cleanup event on Thursday, October 29. Covering a two mile stretch of Highway

347 that runs in front of the casino, the employee volunteers collected 22 bags of trash.

This CodeGreen event is one of the many ways Harrah's Ak-Chin Casino and its employees

take care of and give back to the community. CodeGreen is an organization-wide strategy to drive environmental awareness and engagement, as well as performance across the business. Other 2020 CodeGreen initiatives include:

- installing four free Tesla Charging Stations on the third level of the Harrah's Ak-Chin Casino Parking Garage and
- upgrading the Cold Plasma Ionization Bars for several of the casino rooftop HVAC units to reduce airborne particles and kill viruses, bacteria and mold.

Harrah's AK-CHIN CASINO NOVEMBER 2020 CAESARS REWARDS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 REWARD CREDIT BONANZA	16 ENJOY BREAKFAST OR LUNCH AT AGAVE'S RESTAURANT!	17 PARINI ROASTING SET GIFT GIVEAWAY	18 PARINI ROASTING SET GIFT GIVEAWAY	19 ASK OUR FRIENDLY DEALERS TO TEACH YOU HOW TO PLAY PAI GOW POKER!	20 REWARD CREDIT BONANZA	21 FRY'S® FOOD STORES GIFT CARD GIVEAWAY
22 REWARD CREDIT BONANZA	23 DUNKIN' IT'S MONDAY. TREAT YOURSELF AT DUNKIN'. YOU DESERVE IT!	24 PARINI ROASTING SET GIFT GIVEAWAY	25 PARINI ROASTING SET GIFT GIVEAWAY	26 CHOP, BLOCK & BREW PRE FIXE THANKSGIVING DINNER	27 TOPSY TURKEY TIER CREDIT MULTIPLIER REWARD CREDIT BONANZA	28 HELL'S KITCHEN® GIFT GIVEAWAY
29 REWARD CREDIT BONANZA	30 GO SHOPPING AT THE GIFT SHOP WITH YOUR REWARD CREDITS!	<p>TOPSY TURKEY TIER CREDIT MULTIPLIER FRIDAY, NOVEMBER 27, 2020 RECEIVE A 10X TIER CREDIT MULTIPLIER FROM 6AM – NOON, THEN RE-INSERT YOUR REWARDS CARD AT A SLOT MACHINE BY NOON FOR THE 5X TIER CREDIT MULTIPLIER!</p>				

Must be 21 or older to gamble and take advantage of these offers. Know When To Stop Before You Start.® Gambling Problem? Call 1-800-522-4700 or 1-800-NEXT STEP. ©2020 Caesars License Company, LLC. See official rules at the Caesars Rewards® Center for complete details.

Harrah's AK-CHIN CASINO DECEMBER 2020 CAESARS REWARDS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>YOUR HOLIDAY SHOPPING SPOTS!</p>		1 MRS. FIELDS® BAKEWARE SET GIVEAWAY	2 MRS. FIELDS® BAKEWARE SET GIVEAWAY	3 BUY 1, GET 1 FREE ON ELECTRONIC PACKAGES IN BINGO	4 REWARD CREDIT BONANZA	5 GIVE THE GIFT OF RELAXATION WITH A SPA TREATMENT