



Story and photos By Tyaun Marshburn

Psychic Medium Theresa Caputo at Harrah's

World renowned psychic medium, Theresa Caputo from the hit TV show Long Island Medium visited Harrah's Ak-Chin Casino on January 20th.

Caputo has devoted her life to connecting people with their deceased loved ones.

The show titled "Theresa Caputo Live! The Experience" was nothing short of an experience. Although, the show was highly emotional for viewers and relatives of the deceased, Theresa Caputo's ability to

combine compassion and humor was a treat to watch.

Caputo did more than 10 readings, relaying information that only the deceased's loved ones would know.

The audience was able to see the look of happiness as some people were able to hear last words from their loved ones.

The show lasted about 90 minutes, but from the moment Caputo stepped on the stage looking breathtaking in

Caputo continues to page 3

Southwest Groundwater & Ag Symposium visits Ak-Chin

Story and photos By Tyaun Marshburn



Ak-Chin Chairman Robert Miguel and Farm Manager Damian Murietta provide tour of Ak-Chin potato plant for Southwest Groundwater & Agricultural attendees, January 17.

Southwest Groundwater and Sustainable Agricultural Systems ended their 2nd annual symposium with a field trip to Ak-Chin Indian community on January 17th.

The purpose of the tour was to gain a better understanding about Tribal agriculture and related agricultural water use. Ak-Chin Farms is an enterprise of the Community, which among other things, is in the business of growing food and fiber.

The tour included 31 attendees who were representatives from California, Arizona, and New Mexico. Jim Dobrowolski, national program leader for

USDA National Institute of Food and Agriculture, traveled all the way from Pennsylvania.

The tour was led by Chairman Robert Miguel, Katosha Nakai General Counsel for Ak-Chin and Damian Murietta, Ak-Chin Farm Manager. Chairman Miguel and Nakai traveled with the group on the bus ride from Tempe to Ak-Chin Indian community. Once they reached the community Murietta guided them around the reservoir and through the potato processing plant.

Dr. Sharon Megdal, Director, University of Arizona Water Resources Research Center said that the reservoir was

her favorite part of the tour. "I always like to see water and water is such an important part of the Ak Chin story. The reservoir stop also provides perspective of the land as well."

Dr. Megdal also added how she hopes to return in the spring or early summer when the potatoes are being processed.

The tour lasted a little over an hour and a half but was packed with insightful information.

"The knowledge gained through the tour enhances my understanding of the nature of Ak Chin farming operations, including the crops

grown and irrigation methods use. This knowledge helps me as I work on identifying solutions to the water challenges we face, along with issues related to food production." Dr. Megdal said.

Lastly, Dr. Megdal said, "On behalf of our group, I want to note how grateful we are for the tour. Many have commented to me about how much they learned on the tour."

Although there were many takeaways from this experience, Dr. Megdal says she was very impressed learning about the scale and precision of Ak-Chin's farming operations.

AGTS Supervisor's Academy Graduates



L-R: Alvin Antone and Andres Flores



Adam Finken



Brian Manuel

Story and photos submitted by, Rosalva Madrid, Ak-Chin Tribal Gaming Chief of Enforcement

Gaming Agent Supervisor Andres Flores and Gaming Agent Senior Agent Alvin Antone graduated from the AGTS Supervisor's Academy on January 30, 2024.

Flores and Antone attended the Arizona

Governmental Training Services Academy from October 17, 2023 to January 30, 2024.

During this time, Flores and Antone completed 13 modules formatted for individuals attending the academy to obtain skills

Graduates continues to page 5

Gila River Indian Community Inauguration

In front of family, friends and dignitaries throughout Arizona, Governor Stephen Roe Lewis was sworn in for a third term as Governor for the Gila River Indian Community, while Regina Antone begins her first term as Lieutenant Governor.

An Inauguration ceremony was held at the Sheraton Grand Hotel at Wild Horse

Pass, Saturday, January 20, with a posting of colors and traditional performances.

Notable speakers, such as Arizona Governor Katie Hobbs, Phoenix Mayor Kate Gallego, Senator Mark Kelly and U.S. Transportation Secretary Pete Buttigieg, shared the history and relationship between the state, Gila River Indian Community and its leadership.

Inauguration continues to page 3



Story by Raychel Peters, photo credits: Gila River Indian Community News Tribal and state dignitaries, including Lt. Governor Regina Antone (far left), Chairman Robert Miguel (3rd from left), Governor Stephen Lewis (4th from left), and Senator Kyrsten Sinema (center), share in a photo during the Gila River Indian Community Inauguration, January 20.

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Ak-Chin Parks & Recreation creates brand new league for Elder Chair Volleyball

Story and photos by Raychel Peters



Players congratulate each other after their 15min match.

If you would like to enjoy a fun night, you should come over to Ak-Chin Recreation on Thursday evenings.

There you will see and hear just how much fun one can have while playing and watching elders happily competing with one another in the newest league Ak-Chin Recreation has created, the Elder Chair Volleyball League.

Kathleen Miguel, Recreation Programs Assistant shared, "This is the first time we have sponsored an Elder League like this, but we hope to do more in the future."

Miguel said the league that began on January 18, will last four weeks, ending on February 8. To date there are four teams currently participating.

"The purpose of creating an Elderly chair volleyball league is to prepare elders for the upcoming Valentine volleyball tournament." Ann Marie Antone, Parks & Recreation Director shared.

Their Valentine Volleyball Tournament is scheduled for Thursday, February 15, and the bracket is already full.

"Also, we needed to prepare the Elders with some changes in the rules for Elderly chair volleyball that we will implement from here on out for future leagues and tournaments. Tribes across Arizona and California have implemented these new rules as well." Antone added.

Everyone playing in the league truly seems to be having a really great time. While some are learning how to play chair volleyball, others are very spirited as they compete in a friendly and fun environment. Some of the best benefits are getting together to enjoy one another's company while also getting in a bit of physical exercise.

I emailed many players, asking what they liked best about the elder chair volleyball league and I got several responses.

"It's lots of fun, lots of laughs." "The fact that there's an activity where mother is having fun and enjoying herself and we can share that time with her...as a team with the other elders. It's not about winning but about a happy spirit the elders have when it comes to having fun." "Volleyball Night is my favorite...Good



Laughter and friendly competition keeps spirits high.

exercise but lots of fun!" and "It's nice to play a sport with my sisters, again and my Mom."

I also asked if they would like to see more activities/leagues geared for elders, and if so, what would they like to see Recreation/Community sponsor?

The feedback that I received was very positive, many said they would like to see more leagues/activities and "get more elders out and active."

Activities they suggested included: Pickleball, bike riding on adult tricycle/obstacle course, mini golf, and an "Elderly Night" with Volleyball, Bingo, Card Games, Movies, Cooking, Workroom, Line Dancing, maybe one night out of the week.

Basketball was also mentioned, modified for elders and the handicap; similar to the one recently featured in the Casa Grande Dispatch (Granny Basketball).

Kathleen said they are hoping to do another chair volleyball league this year. "We are looking to do another Elder Chair Volleyball League toward the end of the year to help our elders get prepared for the Masik Tas Tournament."

She also gave thanks to those for coming out to play. "Thank you to the teams that have played in the League, it was fun to see you all have fun and enjoying yourselves, as a younger generation it filled my heart seeing you all smiling and laughing."

Elder Valentine's Tea Party

Thursday, February 8, 2024
11:00am - 1:00pm
Historic BIA House
Ak-Chin Indian Community

Space is limited to the first 15 elders,
Please RSVP by February 6th.

To RSVP or for more information please call the
Museum at (520) 568-1350

ELDER FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Chair Volleyball Questions? Call the Recreation Dept at 520-568-1740</p> <p>* For Transportation, call Georgia at 520-568-1769</p> <p>* Breakfast Served from 7am to 8:30AM</p> <p>* Lunch Served from 12noon to 1pm</p>			<p>1 Oatmeal, Boiled Eggs, Toast, Banana</p> <p>Squash Casserole, Brown Rice, Spring Salad, Whole Wheat, White Role, Peaches</p> <p>Chair Volleyball @ AKC Rec 530pm-730pm </p>	<p>2 Bread Pudding, Scrambled Eggs, Bacon, Fruit Salad</p> <p>Baked Chicken, Black Beans, Corn, Apple Sauce</p>
<p>5 Scrambled Eggs, Sausage/ Hashbrowns, Toast, Fruit w. Cottage Cheese</p> <p>Chicken Enchilada, Pinto Beans, Spanish Rice, Brownies, Lemmon Bars, Apple</p>	<p>6 Cream of Wheat, Boiled Eggs, Toast, Fruit</p> <p>Bar-B-Que Ribs, Sweet Potato, Peas, Plain Ribs/Potato, Romain Salad, Fresh Cut Fruit</p>	<p>7 Biscuits & Gravy, Scrambled Eggs, Fruit, Oatmeal Cookie</p> <p>Split Peas, Chicken Dumplings, Yellow Squash, Mandarin Oranges</p>	<p>8 Tex-Mex Scrambled, Refried Beans/ Tortilla Chips, Salsa & Sour Cream, Fruit</p> <p>Tuna or Chicken Melt & Spinach Salad</p> <p>Chair Volleyball @ AKC Rec 530pm-730pm </p>	<p>9 Spam & Eggs, Avocado Slices, Toast, Muffin & Fruit</p> <p>Red Chili Stew, Green Beans, Carrots, Chumuth, Cookies/ Plums</p>
<p>12 Oatmeal, Boiled Eggs, Toast, Fruit</p> <p>Smothered Pork Chop, Sauteed Spinach, Wild Rice, Lima Beans, Tropical Fruits</p>	<p>13 Breakfast Pizza, Avocado Slices, Grapes w. Cottage Cheese</p> <p>Pinto Beans, Chicken Tacos, Butternut Squash, Asparagus, Corn Bread, Pears</p>	<p>14 Cream of Wheat, Boiled Eggs, Toast, Fruit</p> <p>Chicken Alfredo w. Broccoli, Spring Salad, Bread Sticks, Strawberry Cake, Sliced Apples</p>	<p>15 Potato Casserole, Scrambled Eggs, Fruit, Turnover</p> <p>Beef Tacos, Shredded Green Leaf, Tomato, Cheese, Black Beans, Zucchini, Oranges</p>	<p>16 Scrambled Eggs, Sausage, Toast, Avocado Slices, Fruit</p> <p>Tomato Soup, Grilled Cheese Sandwich or Vegetable Soup & Turkey Sandwich, Peas, Grapes</p>



Newspaper of the Ak-Chin Indian Community © 2024

16600 N. Maricopa Hwy. Maricopa, Arizona 85139

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

Ak-Chin O'odham Runner
Editor: Raychel Peters
Photojournalist: Tyaun Marshburn
Graphic Artists: Diana Carlyle and Rebecca Rosoff
News Assistant: Delila Villegas

Ak-Chin Tribal Council
Chairman: Robert Miguel
Vice Chair: Lemuel Vincent
Council Members: Lisa Garcia, Gabriel Lopez and Cecil Peters

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

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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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
2024 Subscription rate is \$37.75. If you would like to receive the "Runner" by mail, please send a \$37.75 check/money order to:
Ak-Chin O'odham Runner
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Maricopa, Arizona 85139

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

NEXT DEADLINE
Don't forget the DEADLINE for the February 16 - 29, 2024 issue is due by **FRIDAY, FEBRUARY 9TH**

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

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



Chairman Miguel speaking at Gila River Indian Community Inauguration, January 20.

Inauguration continued from Front

Tribal leaders from the Four Southern Tribes were also asked to speak including; Ak-Chin Chairman Robert Miguel, Salt River Pima-Maricopa Indian Community President Martin Harvier and Tohono O'odham Chairman Verlon Jose.

"I was extremely honored to be one of the Keynote Speakers during the Inauguration ceremonies

for Governor Lewis and Lt. Governor Antone," Chairman Miguel said.

"Governor Lewis and myself actually have known each other way before leadership, we used to play basketball against one another when we were much younger.

To watch him grow from the ball courts to leading his community, has been wonderful to see and

I am privileged to call him a dear friend and brother."

Chairman also added, that Governor Lewis has not only been a great leader for Gila River, but for Indian Country overall, as he's advocated nationally for agendas which have included; health care, education, public safety and overall needs for Native peoples.

ATTENTION

Community Members Past Due Fines/Restitution

If you are delinquent on your fines/restitution, or not sure if you have an outstanding balance. Please contact the courts at (520) 568-1385 at your earliest convenience to avoid the following penalties:

- Withholding of Annual Distributions
- Garnishment of Wages for those working within the Community

You can void any of the above collections by the following:

- You may come and make a payment arrangement and must be consistent.
- You may come to the court and dispute the matter and request a hearing.

Caputo continued from Front

a beautiful black dress, until the moment she closed the show, she wowed the crowd.

Out of respect for the privacy of the families who received readings I prefer not to go into detail of what was shared during the show. However, I do suggest that if you have the opportunity to see Caputo Live, you will be speechless.

If you missed the live experience show, you



can catch Caputo on her new show "THERESA CAPUTO RAISING SPIRITS" which premiered Thursday January 25 on Lifetime.

Community enjoys Winter Storytelling with Camillus Lopez and Tommy Carlos



Friday, January 26, Ak-Chin Language Program hosted a second Winter Storytelling at the Ak-Chin Service Center, with Camillus Lopez (left in photo) and Tommy Carlos (right in photo).

Camillus and Tommy both shared stories of traditional folklore that

they grew up listening to. The center was pretty full, as more tables and chairs had to be set up to accommodate the gathering of over 40 community members/residents who came out to enjoy a night of storytelling and dinner.

Language served up

another delicious meal of red chili and green chili (hot but good) and ce:mat, made by Norma Vincent, with beans and potato salad made by the Language staff.

Tickets were handed out for raffle prizes that included housewares and personal gifts.

SCAN & EDIT OLD PHOTOS

For Any Questions
Contact The Library at
(520)568-1675
Or Email
library@ak-chin.nsn.us

REMOVE

Cracks
Scratches
Age spots
Pen marks
Stains

Before After

EDIT

Color
Image size

Before After

Ak-Chin Parks and Recreation

3 on 3 Adult Co-Ed Basketball League

Tuesday Nights Feb. 6th - 27th

Registration Opens: 1/19/24
Deadline: **EXTENDED**

\$75 Fee

Roster of 6 - minimum of 1 woman on the court at all times

Contact Kathleen Miguel @ 520-568-1744
KMiguel@ak-chin.nsn.us
or
Recreation@ak-chin.nsn.us

VHS to mp4

Convert Your home VHS videos to Digital mp4 format.

Then you can share with Family and Friends.

Stop by The Library with your VHS tapes.

or

Contact us by email or phone at
library@ak-chin.nsn.us
(520) 568-1675

From Analog To Digital

TURN YOUR OLD CASSETTE TAPES INTO MP3 FORMAT FOR CD OR DIGITAL PLAYER

FOR MORE INFORMATION
CALL THE LIBRARY AT
520-568-1675 OR
EMAIL
library@ak-chin.nsn.us

Celebrate Soup!

National soup day is February 4th and with rain in the forecast what better way to celebrate than with a bowl of homemade soup. The Runner Staff would like to share this delicious Chicken and Wild Rice Soup recipe.

Runner Chicken and Wild Rice Soup

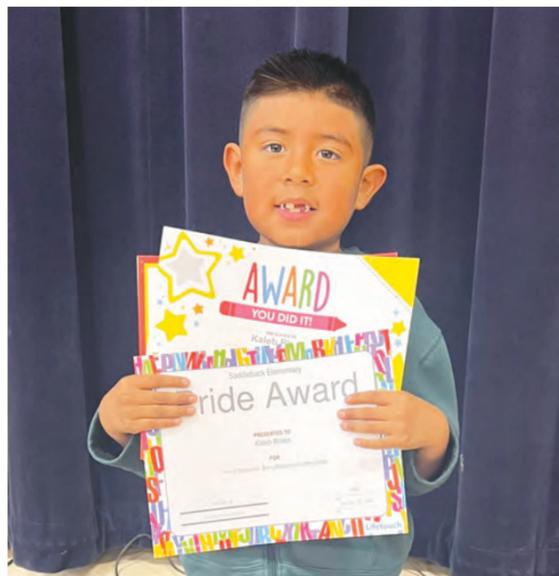


Ingredients

- 4 tablespoons unsalted butter
- 3 celery ribs, cut into 1/2-inch pieces
- 2 carrots, cut into 1/2-inch pieces
- 1/2 cup mushrooms, thinly sliced (optional)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 1/2 teaspoons finely chopped fresh thyme
- Kosher salt
- Freshly ground black pepper
- 1/4 cup all-purpose flour
- 1 cup (5 ounces) wild rice
- 2 quarts chicken stock
- 2 cups water
- 4 cups roasted chicken or turkey, bite-size pieces
- 1 cup heavy cream

Directions

- In a large saucepan, melt the butter. Add the celery, carrots, onion, garlic, thyme, and a generous pinch each of salt and pepper. Cook over moderate heat, stirring occasionally, until the vegetables just start to soften, about 10 minutes.
- Sprinkle the flour over the vegetables and cook, stirring, until evenly coated and lightly browned, about 3 minutes.
- Add the wild rice to the saucepan and gradually stir in the stock and water. Bring to a boil, then simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 30 minutes.
- Add the chicken and simmer, stirring occasionally, until the wild rice is tender, 10 to 15 minutes longer.
- Stir in the cream and season with salt and pepper. Ladle the soup into bowls and serve.



Kaleb Rivers – Kindergarten - he received the Pride Award, Personal Success Award, and Perfect Attendance Award – Way to Go Kaleb!!



Layla Santiago – 1st Grade – she received Perfect Attendance Award and Academic Achievement Award – Congratulations Layla!

Student Recognition at Saddleback Elementary

Story by Runner staff, photos submitted

Saddleback Elementary We are very proud held their Quarterly Awards Ceremony January 18, where many students were recognized for their awesome achievements in academics and attendance. We are very proud of these students and happy to celebrate and recognize them for their excellent achievements and hope they continue to succeed and excel.



Serenity Villegas - 3rd Grade – she received Honor Roll Award for achieving A's and B's – Great Job Serenity!!

Valentine Crafts

**HIM-DAK ART BUILDING
WEDNESDAY, FEBRUARY 7, 2024
4:30 - 7:00 PM**

OPEN TO ALL AK-CHIN MEMBERSV & RESIDENTS. TRANSPORTATION PROVIDED WITHIN THE COMMUNITY. PLEASE CALL 520-568-1350, BEFORE 4:00 PM TO SCHEDULE TRASPORTATION. FOR FURTHER INFORMATION ON THE CRAFTS, PLEASE CALL 520-568-1355.

CAUTION: SOME CRAFTS REQUIRE THE USE OF A HOT GLUE GUN & ACRYLIC PAINT.



ALL AK-CHIN INDIAN COMMUNITY STUDENTS AND FAMILIES ARE INVITED TO ATTEND THE 2ND ANNUAL

AK-CHIN EDUCATION DEPARTMENT COLLEGE AND CAREER FAIR

TUESDAY, FEBRUARY 27, 2024, 5 - 7:30 pm
AK-CHIN COMMUNITY SERVICE CENTER
48227 W. FARRELL ROAD, MARICOPA AZ 85139

Refreshments Served

MEET WITH REPRESENTATIVES FROM COLLEGES, UNIVERSITIES, TECH PROGRAMS, STATE AND LOCAL BUSINESSES, AND THE MILITARY.

Questions? Contact the Ak-Chin Education Department at (520) 568-1280 or the Scholarship Program, Lenny Dempsey at (520) 568-1291 / ldempsey@ak-chin.nsn.us or Ak-Chin High School Counselor, Savannah Boyd at (520) 568-1287 / sboyd@ak-chin.nsn.us.



Ak-Chin Indian Community Artwork Request

The Him-Dak Museum is requesting any enrolled community member artwork to be on loan and displayed within an upcoming exhibit for one year.

- * Artists of all ages will be considered
- * All mediums, art forums and styles welcome
 - Examples: paintings, drawings, sculptures, digital art, quilts, jewelry, leatherwork, wood carvings
- * Must be appropriate for all viewers
- * Interested participants must bring artwork to museum to be reviewed by department staff
- * Cannot guarantee display of all artwork reviewed
- * Deadline for submission: **February 21st, 2024**

If interested or for further information, please contact the Museum at (520) 568-1350



Ak-Chin Health Education Presents...

2024 VALENTINE'S DAY

5k & 2 mile

**Ak-Chin Service Center
FEBRUARY 10TH, 2024
8:00 AM**

FOOD | RAFFLES | 5K TOP FINISHER PRIZES

♥ Event open to Ak-Chin Members, Residents, Employees & their families ♥

Register using Google Forms

Dress in your favorite NFL Team gear for extra raffle tickets!!





Join us for a Heart month scavenger hunt for prizes!

Questions? Please contact Health Education mguy@ak-chin.nsn.us or (520) 568-1085

Ak-Chin Health Education Sponsors 2023 Phoenix Hot Chocolate Run

Story and photos submitted by Ak-Chin Health Education

Ak-Chin Health Education continued the Sponsor A Run Series program with a second event to end the year, the 2023 Phoenix Hot Chocolate Run, held December 17, at Wesley Bowlin Memorial Plaza in Phoenix.

The first Sponsor A Run Series event was Pat's Run in April 2023.

Sponsor A Run Series is a new program Health Education introduced in 2023 to provide additional opportunities for Ak-Chin Indian Community Members, Residents, and Employees to participate in larger 5K events in the

Phoenix area. Individuals were able to register for the event with a code provided by Health Education.

Health Education sponsored registration costs for up to 25 individuals that wanted to participate in the event.

There were 15 participants from Ak-Chin that registered and participated in the Phoenix Hot Chocolate Run.

14 individuals participated in the 5K distance and 1 person participated in the 10K event.

It was an early cold morning, parking was limited, and it was during the Ak-Chin Masik Tas, but it was fun to get out and try something new and the end of the race snacks were delicious!

Health Education would like to thank all of the participants that joined us in the Phoenix Hot Chocolate Run, you all did an amazing job!!

It was the first time that we sponsored an event like this and we hope everyone enjoyed it.

We hope to sponsor you soon again at our next Sponsor A Series run.

that will assist them in their supervisory role.

Senior Gaming Agents Adam Finken and Brian Manuel also attended the Academy receiving their Certificate of Completion on February 16, 2023.

These 4 individuals are dedicated to the Tribal Gaming Agency and exhibit their dedication and commitment to the agency on a daily basis. I am proud to have them on my team.



Above, community members participate in the 2023 Hot Chocolate Run.



Marissa Antone (top right) challenged herself to go the distance in the 10K. She definitely looked happy with her performance. Great job Marissa!



Everyone who registered received some sweet swag in their Hot Chocolate Run kit that included a hoodie, finisher medal and mug filled with delicious chocolate and dippables and hot chocolate (bottom photo).



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

MASS SCHEDULE

SUNDAY MASS AT 12 NOON

<i>February 4th</i> Fr. Anthony Tinker	<i>February 18th</i> Fr. Anthony Tinker
<i>February 11th</i> Fr. Peter Teresa McConnell	<i>February 25th</i> Bishop Olmsted

Ash Wednesday - February 14, 2024
7AM
Fr. Peter Teresa McConnell

LIBRARY HOURS
Monday - Friday: 9AM-6PM
Saturday Appointment Only
Sunday-Closed
Questions? Call Us!
520-568-1675

RECREATION
For more information on Recreation Center events please call 520-568-1740

COMMUNITY CALENDAR

<p>EDUCATION</p> <p>2ND ANNUAL COLLEGE AND CAREER FAIR* Tuesday, Feb. 27 5:00 - 7:30 PM @ Ak-Chin Community Service Center *Open to Ak-Chin Students and Families. For questions: (520) 568-1280 or Lenny Dempsey 520-568-1291 or LDempsey@ak-chin.nsn.us or Savannah Boyd (520) 568-1287 or sboyd@ak-chin.nsn.us</p>	<p>HEALTH EDUCATION</p> <p>2024 VALENTINE'S DAY 5K & 2 MILE Saturday, Feb. 10 8:00 AM @Ak-Chin Service Center Food Raffles 5K Top Finisher Prizes Heart Month Scavenger Hunt Dress in your favorite NFL Team gear for extra raffle tickets!! REGISTER USING GOOGLE FORMS: *Event open to Ak-Chin Members, Residents, Employees & their families; For questions contact Health Education at 520-568-1085 or mguy@ak-chin.nsn.us</p>	<p>HIM-DAK</p> <p>VALENTINE CRAFTS* Wednesday, Feb. 7 4:30 - 7:00 PM *Event open to Ak-Chin Members and Residents; For questions, (520) 568-1355 For transportation, call (520) 568-1350 before 4:00pm.</p>	<p>RECREATION</p> <p>WEIGHT ROOM Monday - Friday 8:00 AM - 9:00 PM</p> <p>OPEN GYM Monday - Friday Opens 8:00 AM</p> <p>MINI BASKETBALL PRACTICE Monday - Wednesday 5:00 - 7:00 PM *no practice 2/19/24 League Games Saturdays starting Feb. 10 Time: TBA</p> <p>3V3 BASKETBALL LEAGUE Tuesday 7:00 - 9:00 PM</p> <p>CHAIR VOLLEYBALL Thursday, Feb. 1 & Feb. 8 5:30 - 6:30 PM Tournament Thursday, Feb. 15 8:00 AM - 2:00 PM</p> <p>MEGA VOLLEYBALL TOURNAMENT Thursday, Feb. 29 6:00 - 8:00 PM</p>
<p>ENVIRONMENTAL PROGRAMS</p> <p>EARTH DAY FRIDAY, APRIL 26* Give-A-Ways, Exhibits, Educational Booths, Hands-On Experiences, Lunch, T-Shirts, Raffle Prizes *More details to come. (520) 568-1140</p>	<p>LIBRARY</p> <p>STRING INSTRUMENT LESSONS* *Open to Ak-Chin Community Members only; grades 3 - 12; For questions, (520) 568-1675</p>		



Please remember that all smoking is prohibited at all Gila River Health Care campus locations.

GRHC.ORG

LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

American Heart Month



Heart Health Activities All Month Long!



Scan QR code to view dates!



February 2024



- | | |
|---|--|
| Feb. 1 Heart Healthier Desserts
5 pm (Red Tail Hawk) | Feb. 19 Walk & Mini Scavenger Hunt
12 pm (Hu Hu Kam Mem. Hosp.) |
| Feb. 5 Walk & Mini Scavenger Hunt
12 pm (Hu Hu Kam Mem. Hosp.) | Feb. 19 ABCs & HbA1c
10 am (Red Tail Hawk) |
| Feb. 5 Karaoke Cardio
5 pm (Red Tail Hawk) | Feb. 20 Hot Hula Basics
5 pm (Komatke Health Center) |
| Feb. 6 Band Fit!
5 pm (Komatke Health Center) | Feb. 21 Standing Stretch Exercise Class
5 pm (Hu Hu Kam Mem. Hosp.) |
| Feb. 7 Circuit Training
5 pm (Hu Hu Kam Mem. Hosp.) | Feb. 22 Eating for Health Cooking
10 am (Komatke Health Center) |
| Feb. 8 ABCs & HbA1c
10 am (Komatke Health Center) | Feb. 23 ABCs & HbA1c
10 am (Komatke Health Center) |
| Feb. 12 Walk & Mini Scavenger Hunt
12 pm (Hu Hu Kam Mem. Hosp.) | Feb. 23 Improve Your Sleep
4 pm (Red Tail Hawk) |
| Feb. 12 Heart Healthy Snacks
12 pm (Komatke Health Center) | Feb. 24 Circuit Training & Heart Health
12 pm (Hu Hu Kam Mem. Hosp.) |
| Feb. 13 Heart Healthy Snacks
5 pm (Red Tail Hawk) | |
| Feb. 14 Be My FIT Valentine Class
5 pm (Red Tail Hawk) | |
| Feb. 16 Improve Your Sleep
10 am (Komatke Health Center) | |

EVERY FRIDAY
Meditation
12 pm (Online)

Please scan the QR code to join class

Visit our page for full calendar at grhc.org/lifecenter or to learn more, please call the **Life Center at 520-562-7940**



COMMUNITY OUTREACH MOBILE UNIT SERVICES PLUS

SERVICES PROVIDED:

Children:

- ▶ Sports Physicals
- ▶ Immunizations**
- ▶ Health Education
- ▶ Blood Sugar Screenings

Adults:

- ▶ Immunizations**
- ▶ Blood Pressure Screenings
- ▶ Blood Sugar Screenings



Immunizations including COVID-19 vaccines**

CONTACT

Robin Henry, FNP-BC
520-517-0693

Hu Hu Kam Memorial Hospital
483 West Seed Farm Road
Sacaton, AZ 85147

Behavioral Health Services

GILA RIVER HEALTH CARE

Scan Here



Access our monthly calendar
www.GRHC.org/BHS

520-610-5693

Scan QR code to read the February 2024 Newsletter

Scan Here



In this newsletter:
BHS Monthly events,
Family Planning
locations, Community
Mobile Calendar, Life
Center Classes, SANE
services, and **WE ARE
HIRING!**



988 SUICIDE & CRISIS LIFELINE: CALL OR TEXT 988

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

FOOD HANDLERS CLASS

Date: Thursday, February 22, 2024
Location: Ak-Chin Service Center
Time: 10am – 12pm

Who Should Attend??

- Food Service Workers
- Interested Community Members
- Volunteers

Questions or to Sign-Up... Please call (520) 568-1083.

THUNDERBIRD FIRE DISTRICT BENEFIT STEAK DINNER FUNDRAISER

SATURDAY, FEBRUARY 17, 2024
\$25.00 PER PERSON

****RAFFLE PRIZES****
Wine box and more!

DONATED BY
HARRAH'S AK-CHIN
AK-CHIN CIRCLE ENTERTAINMENT CENTER
AND OTHERS

For ages: 16 and Up

DINNER RESERVATIONS BEGIN AT 4:00 PM
THUNDERBIRD FIRE STATION
12356 N. RALSTON ROAD - MARICOPA, AZ
520-251-3122

Ak-Chin Indian Community Library

If you have a Ak-Chin Indian Community Library card, you can checkout and download books through the Libby app eBooks OR audiobooks

Download the **Libby app** on your phone or tablet.

If you would like to make a book request on Libby:
Call us at 520-568-1675 or email: library@ak-chin.nsn.us

FAMILY PLANNING MOBILE CLINIC

Tuesday
February 27, 2024
9:00a – 3:00p

Vekol Market Parking Lot

*** The Mobile Unit is NOT Handicap Accessible***

ALL SERVICES ARE CONFIDENTIAL

Call or Text us at (520) 371-0132

WINTER READING with beanstack

Celebrate the winter season by logging your reading minutes.

Goal: Read 1,000 minutes before the winter season ends (March 19, 2024).

Winter Reading Challenge participants and prizes are open to Ak-Chin Indian Community Members, Residents, and Employees only.

Download the app **Beanstack Tracker**

IF YOU HAVE QUESTIONS CALL US: (520) 568-1675

SAVE THE DATE

FRIDAY
APRIL 26, 2024

ENVIRONMENTAL PROGRAMS EARTH DAY EVENT

Give-A-Ways T-Shirts

- Exhibits
- Educational Booths
- Hands-On Experiences
- Lunch

RAFFLE PRIZES

Look Out for More Details (520) 568-1140

JOB OPENINGS

To review the full job description and apply visit www.ak-chin.nsn.us, Job Openings, and apply online. ALL positions close at midnight (12:00 p.m.) on the closing date. Great benefits -Health Insurance (medical/dental/vision), Vacation/Personal Sick leave, 14 Holidays, 401K.

If you need assistance, please call the Human Resources Dept. at 520-568-1050.

- Communications Officer
- Compensation Analyst
- Detention Officer (certified and non-certified)
- Housing
- Maintenance Technician
- Housing Program Counselor
- Lifeguard
- Maintenance Technician (4)
- Motor Pool Technician
- Network Systems Technician
- Plant Electrician
- Plant Electrician & Instrumentation Technician
- Police Officer (certified and non-certified)
- Teacher (After-School Program)
- Truant Officer

FEBRUARY EMPLOYEE BIRTHDAYS

1-Feb Anthony Giovanni, Fire & Safety Christopher Cypriano, Maintenance	11-Feb Kain Marrietta, Law & Order Jeannette Peters, Him Dak Museum Kyle Chavez, Law & Order Salinda Lopez, Human Resources Mary Diaz, TGA	20-Feb Aaron Apodaca, Retail
4-Feb Francine Sanchez, Early Childhood	12-Feb Grace Pablo, Housing Department	21-Feb Randon Quasula, Maintenance
6-Feb Caleb Gilbert, Fire & Safety	13-Feb Griselda Fonseca Saldana, Maintenance Justin Burke, Fire & Safety	23-Feb Shanya Hutcheson, Retail
7-Feb Matthew Tess, Education Roman Orona, Environmental Protection	15-Feb Diana Velazquez, Education	25-Feb Alexander Lopez, Parks & Recreation
8-Feb Concepcion Miguel, PRC Jade Rodriguez, Law & Order	19-Feb Debbie Soliz, IS Lisa Garcia, Council	27-Feb Terry Zicafoose, Early Childhood
10-Feb Julia Dickerson, Education		28-Feb Kathleen Cardenas-Ruiz, Finance Raymond Whitman, Transit Rebecca Alvarez, IS

Valentine's Day WordSearch

CUPID LOVE HUGS HEART CHOCOLATE
 GIFT SWEET KISS DATE ROSE
 MOVIE PARTY FEBRUARY FOURTEENTH CARD
 LETTER ARROW Doves ROMANCE ADORE
 PINK VALENTINE POEM BELOVED SECRET

Wishes

Happy Birthday to my precious granddaughter, Abigale. You bring so much happiness & laughter into our lives. I am so proud of the person you are becoming. We love you my dear granddaughter.

Love, Grandma Marilyn, Josefa, Dahlia, Ariah and Daddy

Happy Birthday to my daughter Jeanette
Love, Mom

Happy Birthday to my grandsons Ian, Eugene Jr., and Marlon and my granddaughters Audrina, Michaela and Aleena
Love, Grandma

Happy Birthday Charlie and Fikki
Love your family

Happy Valentine's Day!
From the Runner

FEBRUARY BIRTHDAYS

2/01 Ian Narcia Christopher Cypriano Angelina Arellanes-Burgos Chyenne Anderson Adam Bowman	2/02 Preciousrose Warren Jonah Dickerson David Manuel Jr.	2/03 Elizabeth Antone	2/04 Latasha White	2/05 Dominique Nosie-Romo Charles Carlyle	2/06 Stella Miguel Audrina Antone	2/07 Bercco Thompson Jr. Eugene Peters Jr.	2/08 Deana Quinonez Elizabeth Baptisto Geneva Antone Marcos Olivas Jr.	2/09 Aiyana Campbell	2/10 Alexandra Carlyle Isaiah Osife Draven Soliz Julia Dickerson	2/11 Marlon Peters Kyle Chavez Mary Diaz Jeanette Peters	2/12 Destiney Delowe Erin Pete Grace Pablo Caleb Ugalde	2/13 Koren Marrietta Karin Smith	2/14 Valentina Narcia Michaela Peters Lewis DeliAnna Justin Perillo Johnny Stephens	2/15 Terry Aguilla Jr. Carole Lopez Aleena Antone Cheyenne Vallejos	2/16 Lanita Lopez Gianna Garcia	2/17 Jose Lopez Mara Delores	2/18 Edward Martinez Annalise Manuel	2/19 Tyra Williams Jane Lopez Marcos Santiago Kerrin Miguel Jonas Miguel Philbert Narcia Jr. Lisa Garcia	2/20 Unique Santiago Maria Narcia Rechanda Manuel	2/21 Calvin Van Sickle	2/22 Perris-Jade White	2/23 Joseph Narcia Octaviana Ormsby Victor Ortega Ryleigh Delores Joshua Dominguez	2/24 Junior Peters Keira Attakai Kylie Gardner	2/25 Corianna Nevarez Vallejos Alexander Lopez	2/26 Christian Castro Havier Stephens Jr.	2/27 Woodrow Marsh Shyla Thomas	2/28 Raymond Miguel Rebecca Alvarez Robert Narcia	2/29 Traci Thomas Cody Miguel
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Harrah's Ak-Chin Casino Demonstrated Unwavering Commitment to Pinal County: A Year of Continuous Efforts in Raising Awareness, Funds and Support throughout 2023



(MARICOPA, Ariz. – Jan. 26, 2024) – The HERO, SALUTE and SAVVY committees at Harrah's Ak-Chin Casino continued to embrace the giving spirit throughout 2023 by offering several opportunities for employees to say thank you and give back to communities throughout Pinal County.

“Harrah's Ak-Chin Casino has built a commendable legacy of giving and community engagement,” says HERO Committee Chair Barbara Achten. “2023 was busy yet everyone still found time to volunteer throughout the community. I'm proud of our team and to work for an organization that places a huge priority on supporting others. I can't wait to see how we top it in 2024.”

HERO is a team member-based volunteer program in

which Harrah's staff and their families make noteworthy and visible contributions to the community by donating their time, skills, expertise, and compassion to dozens of volunteer projects throughout the community.

SAVVY is a Business Impact Group (BIG) focused on the empowerment, support, and advancement of women within the company. The SAVVY BIG is for team members and their peer supporters who have common goals and are committed to Harrah's Ak-Chin Casino's diversity and inclusion strategy.

The Harrah's Ak-Chin Casino SALUTE Business Impact Group (BIG) actively seeks to bring together team members who are Veterans and Veteran allies who embrace the core values of duty, honor, and selfless service. The purpose

is to cultivate a diverse and inclusive culture through grassroots efforts in assisting Veterans in a variety of ways including fundraisers, donation drives and of course volunteer opportunities.

During 2023, the HERO committee and Business Impact Groups combined organized and/or participated in more than 55 events. Employees personally donated more than \$10,000 and volunteered countless hours to support causes and organizations in need. Harrah's Ak-Chin Casino HERO committee donated \$29,830 worth of in-kind certificates and \$50,120 in cash.

Some of the organizations that were supported in 2023 but are not limited to:

- United Way of Pinal County
- Harrah's Ak-Chin Casino also has redemption kiosks that enable guests to donate their change when cashing in a slot machine ticket. In 2023, guests donated more than \$55,700 to highlighted charities Against Abuse, American Cancer Society - Men Wear Pink, Boys & Girls Clubs of America, F.O.R. Maricopa, Caesars Cares, Meals on Wheels
- Against Abuse, Inc.
- Boys and Girls Club of the Sun Corridor - Casa Grande
- Casa Grande Roller Derby
- First Things First
- F.O.R. Maricopa
- Maricopa VFW -Veterans of Foreign Wars
- Saddleback Elementary School

and the United Way of Pinal County. Individuals or organizations interested in submitting a request for support can do so by completing an application on the Caesars website at <https://www.caesars.com/corporate-social-responsibility/social-programs/social-impact/regional-and-property-giving>.

Valid only at Harrah's Ak-Chin Casino and must have a Caesars Rewards card and valid photo ID to participate. Management reserves the right to change or cancel these promotional offers at any time without prior notice. Must be 21 or older to gamble and the age of legal drinking in these states. Know How to Stop Before You Start. Gambling Problem? Call 1-800-522-4700 or 1-800-NEXT STEP. ©2023 Caesars Entertainment, LLC. See official rules at the Caesars Rewards Center for complete details.