



O'ODHAM ACTION NEWS
10005 E. Osborn Road
Scottsdale, AZ 85256
CHANGE SERVICE REQUEST

PRESORTED
STANDARD
U.S. Postage
PAID
Scottsdale, AZ
Permit No. 319

LET'S BE SMART ABOUT COVID-19

BY O'ODHAM ACTION NEWS/
COMMUNITY RELATIONS OFFICE/
SRPMIC.TV

The COVID-19 threat is still very real. You may look out the window and see the perfect weather and tell yourself that we are getting back to normal, but the COVID-19 virus is still lurking in the shadows.

According to the Centers for Disease Control and Prevention web page, on April 12 there were 525,704 cases in the U.S. with 20,486 deaths. Here in Arizona there are 3,702 cases and 122 people have lost their lives to COVID-19 (see chart on page 11).

We must continue to practice social distancing for the foreseeable future and to continue to limit our contact with other people, including at family get-togethers, funerals, weddings, etc. We need to stay home as much as possible and trust that we will eventually begin to see the light at the end of the tunnel.

Health and Human Services public health nurse Nancy Mangieri, R.N., recently posted an online video on COVID-19 and the importance of slowing its spread.

In the video, Mangieri said, "COVID-19 is highly contagious and there currently is no cure, which is why we must slow the spread."

She explained that if a case of COVID-19 is confirmed in the Community, our doctors here in Salt River will personally reach out to give the test results to the patient. Health care providers then will conduct a risk assessment to identify persons who have had close and prolonged contact with the positive case. This process is called contact tracing.

"The order to stay at home has streamlined contact tracing," said Mangieri. "If people stay home, we know whom they interact with, but we still must educate ourselves about preventing the virus and keeping the virus out of homes."

The rules are clear. If you have been exposed, isolate yourself at home, treat any symptoms, take a cough suppressant for a cough and take fever-reducing medicine for a fever. Even if you have no symptoms, take your temperature twice a day.

If you have not been exposed to CO-

VID-19, here's how to stay that way:

- Stay hydrated and get plenty of rest. Wash your hands thoroughly.
- Don't touch your eyes, nose or mouth.
- Leave your shoes outside before you enter your home—this helps to leave any virus outside. Change into clean clothes after being in a public place like a grocery store.
- Wipe off the steering wheel and door handles of your car.
- Don't drink any beverages directly from the bottle or can unless the can has been cleaned and the bottle top has been cleaned and the list goes on.

Our goal is to stay at ZERO confirmed cases in the Salt River Pima-Maricopa Indian Community. It's okay to be scared, but we need you to be smart.

We encourage Community members experiencing symptoms to use the Community's COVID-19 hotline. The number is (480) 362-2603. You will be screened and referred to testing if necessary. Please call the hotline for information and to make an appointment if needed.

COMMUNITY RELATIONS OFFICE launches a text messaging alert program

Text SRPMIC to 474747

On March 24, the Community Relations Office (CRO) launched a new text alert communication tool. The new system allows CRO to send text messages to Community members alerting them of notices and events. The initial launch was slated for June 2020 during Community Day; however, the need to provide notifications became essential with COVID-19.

Participants in the SRPMIC Household Computer Program (HCP) were first to take part in the text message program. Over 399 HCP recipients received the first text notice at 6:48 p.m. regarding the text alert system, as well as checking out the www.Facebook.com/SRPMIC site and other pertinent information on COVID-19. On it's first day, 31 new subscribers signed up through the text messaging system. As of April 12, there are 461 participants receiving text alerts.

The new message tool is an effective way to alert Community members because text messages are opened more frequently than email or voice notifications. For SRPMIC this is an essential communications tool to ensure our members are connected to relevant information.

Three ways to sign-up:
1) Text SRPMIC to 474747
2) Email: CommunityRelations@srpmic-nsn.gov
3) Call Community Relations: (480) 362-7740
(Leave your name, number and a brief message as staff are working remotely and will return your call)

CRO would like to remind members and the public, SRPMIC has a no texting while driving law.

Salt River Pima-Maricopa Indian Community COVID-19 HOTLINE (480) 362-2603 Facebook.com/SRPMIC

Salt River Clinic Updates Optometry Division to Provide Better Service in Eye Care



The Health and Human Services has expanded their Optometry Division by adding full time optometrist and new digital eye equipment to provide quality services the members of the Salt River Pima-Maricopa Indian Community. Photo courtesy of Timothy Joyce

BY TASHA SILVERHORN
O'odham Action News
tasha.silverhorn2@srpmic-nsn.gov

SRPMIC members at the Salt River Clinic.

First, HHS has welcomed a new optometrist to the team, Marie Andree Trotter (see sidebar on page 7). Also, during March,

Continued on page 7

WWHS Senior Signs on with Benedictine University Mesa

BY TASHA SILVERHORN
O'odham Action News
tasha.silverhorn2@srpmic-nsn.gov

Westwood High School senior and Salt River Pima-Maricopa Indian Community member Daycee Achin officially signed with Benedictine University Mesa on Wednesday, April 1. Her immediate family and grandparents joined her as she laid pen to paper and committed to furthering her education and playing basketball with the Redhawks starting in the fall.

Her new journey started days after the news of all Arizona schools being shut down for the remainder of the 2019-2020 school year due to the COVID-19 pandemic. It's a devastating blow for seniors, who will miss their senior prom and graduation ceremonies.

"As of now I don't know if they will do any graduation ceremonies, but I will receive my diploma in the mail," said Achin. "What I will miss about high school basketball the most is all the laughs we shared. It is sad, because the team is like my family. We played together for the last six years at school and on club teams, and we're all going our separate ways now."

Although Achin's high school career has been cut a bit short, she looks forward to moving on.



Westwood High School senior Daycee Achin will continue her higher education and college basketball career with the Benedictine University Mesa Redhawks. Photo courtesy of Sarah Achin

It wouldn't have been possible if Benedictine head coach Brian Hutchins hadn't taken notice of Achin's skills on the court and recruited the high school senior. Achin was playing with the club team Copa Krew at the High School Tournament at the Way of Life Facility in February when Hutchins recognized her skills.

"I was playing hard and doing really good," said Achin. "I was out of breath, but Coach Hutchins said my defense spoke out to him and [I demonstrated] how I wasn't giving up."

Earlier this basketball season,

Continued on page 2

In the face of COVID-19, the Salt River Pima-Maricopa Indian Community Health and Human Services (HHS) Division is building upon their services to

WWHS Senior Signs on with Benedictine University Mesa



Achin shares her big moment with her family including her mother Sarah Achin and Erwin Manuel, as she committed to Benedictine University Mesa. Photo courtesy of Sarah Achin

Achin was asked by *O'odham Action News* if she was going to continue with basketball at the college level. At the time she said no, but Achin explained that because someone saw something in her, she felt it wasn't time for her to give it up yet and that she should give college ball a shot.

Achin plans to study for a career in the medical field and after a couple of years transfer to a larger university, such as the University of Kansas. She would like to recognize her entire family, friends and the Community for always supporting her and the Westwood Lady Warriors.

When she told her family that she had decided to continue with basketball in college, "They were happy for me, because I am a person who has a love/

hate relationship with basketball, but when I told them ... they were excited and proud of me," said Achin.

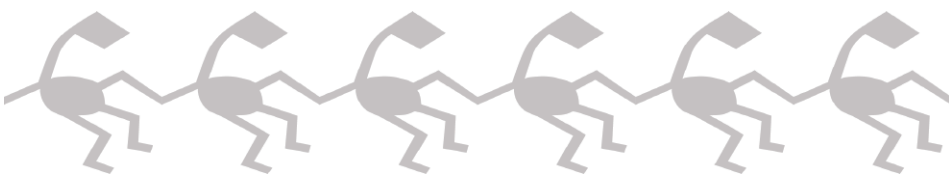


Achin chose to hold her signing at her grandparents Emily and Garfield King's home on Wednesday, April 1. Photo courtesy of Sarah Achin

AROUND THE COMMUNITY



On Monday, March 30, the Salt River Food Distribution Center received a large donation from Salt River Community Gaming Enterprises. Cars weaved through the Salt River Community parking lot and along southbound Longmore Road to pick up food boxes filled with milk, yogurt, and ricotta, mozzarella, cotija, feta and Havarti cheeses. They also had salsa, liquid eggs, cold cuts, pears, lettuce and potatoes. The Food Distribution Center is open Monday, Wednesday, Thursday and Friday from 8 a.m. to 12 p.m. and 1 to 5 p.m. Hours on Tuesday are 10 a.m. to 3 p.m. For more information, call (480) 362-7277. Tasha Silverhorn, *O'odham Action News*.



Family, Cosmetic & Restorative Dentistry



OPEN SATURDAYS

NOW! Braces by a Board Certified Orthodontist.

No out of pocket cost to you!

Call to make appointment.

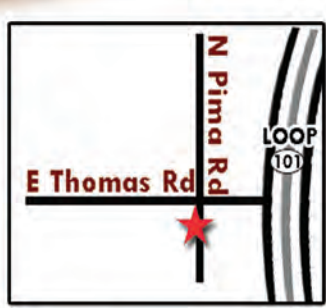
SPRING SPECIAL

- FREE IMPLANT CONSULT
- FREE ORTHO CONSULT

SRPMIC Employees pay \$0 dollars w/ Humana Insurance on following services

- Exam/all X-rays
- Whitening
- Cleanings
- Bonding
- Fillings
- Tooth Colored Fillings
- Extractions
- Root Canals
- Periodontal Treatment (NON-SURGICAL Gum Treatment)

A101 DENTAL CARE
101 & THOMAS
480-423-1000
2899 N. 87 St.
Scottsdale (Thomas Rd. Exit)
www.scottsdale dental offices.com



Emergencies and Walk-Ins seen on the same day!

SRPMIC Health and Human Services Update on Diabetes and COVID-19

BY SRPMIC PUBLIC HEALTH NURSE JENNEL CLARK, R.N.

At this time there is no evidence that people living with diabetes are at higher risk for becoming affected with COVID-19. However, if you have diabetes and your blood sugar is consistently above 200 mg/dL, that can impact how well your body can fight off the infection. As your body releases hormones to help fight infections or illness, that also can increase your blood sugar. In addition, your body can become less sensitive to insulin. It is important to continue taking your diabetes medication unless your medical provider advises you to stop.

People with diabetes who are infected with COVID-19 will most likely experience the same symptoms as someone without diabetes. The three most common symptoms of COVID-19 are:

- * Fever
- * Cough
- * Shortness of breath

Keep in mind that fever can cause someone with diabetes to experience higher than normal blood sugars. Therefore, it is important to have a sick-day plan. A sick-day plan consists of:

- * Checking your blood sugar
- * Taking your diabetes medications
- * Staying hydrated by drinking plenty of water or sugar-free beverages
- * Making sure you are eating some carbohydrates

It is known that stress also can raise your blood sugar, and we are living through stressful times.

If you have any questions or concerns, call the 24-hour Public Health Nursing line at (480) 362-5555.

COVID-19
Coronavirus Disease 2019

SYMPTOMS*

COMMON SYMPTOMS

- FEVER
- TIREDDNESS
- DRY COUGH

SEVERE CASES

- HIGH FEVER
- PNEUMONIA
- DIFFICULTY BREATHING

*Symptoms may appear 2 to 14 days following exposure to the virus

If You Get Sick

Stay home and call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

What Others Can Do to Support Older Adults

- Know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently, and know the protocol if there is an outbreak.

Source: maricopa.gov

We Are In This Together - SRPMIC 2020

How to Identify Credible Online Resources

BY HANNAH LEWIS
O'odham Action News
hannah.lewis@srpmic-nsn.gov

Keeping up on the news regarding the novel coronavirus (COVID-19) is vital for the health of you and your family. Unfortunately, as with every news topic, incorrect and misleading information can be found online among the facts. So how do you know you can trust that the information you're reading is accurate? Check the source.

Here are some ways to identify credible online resources to assure you are obtaining correct information:

- Look for the author of the article. If the author is an expert, such as a scientist, doctor or health expert, then the information should be credible. However, this is not always the case. Use your judgment as you read. Ask yourself, is this author biased one way or another? Does the information present both sides? Does this person have something to gain by spreading this particular information? These days, anyone can call themselves an "expert," and such experts—even those with excellent educational and/or career credentials—can be paid

by lobbying groups to push a certain angle or misleading information rather than the truth.

- Check the website or publisher of the online article. Government-regulated agencies such as health and hospital websites (the U.S. Centers for Disease Control and Prevention at www.cdc.gov, the Arizona Department of Health Services at <http://azdhs.gov>) are the best to obtain credible information. Generally, web addresses ending in .edu or .gov are going to be more reliable than those ending in .com; after all, ".com" means the site is commercial, and therefore one of its goals is to make money. For example, don't believe any hype for a coronavirus "cure" on a site that ends in .com. They are just trying to sell you something.
- Look at the date when an article or journal is published online. Recent articles are most likely to contain current and up-to-date information.

By making sure you deal with online resources that are credible, you help to stop the spread of false information and shed light on the factual information that everyone needs to know.



HOW COVID-19 SPREADS

PERSON-TO-PERSON SPREAD

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19.

SPREAD FROM CONTACT WITH CONTAMINATED SURFACES OR OBJECTS

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main

way the virus spreads, but we are still learning more about this virus. CDC recommends people practice frequent "hand hygiene," which is either washing hands with soap or water or using an alcohol-based hand rub. CDC also recommends routine cleaning of frequently touched surfaces.

HOW EASILY THE VIRUS SPREADS

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.



SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722 | PH: 480.362.7400 FX: 480.362.7593

COVID-19
FOR SRPMIC UPDATES VISIT

<https://www.srpmic-nsn.gov/covid-19/>

[www.Facebook.com/SRPMIC](https://www.facebook.com/SRPMIC)

The <https://www.srpmic-nsn.gov/covid-19/> website not only provides SRPMIC updates pertaining to COVID-19, it includes important links to update your address, or sign up for direct deposit or a pay card.

Community Elder Barbara Johnson Shares Her Life Experiences

BY MARISSA JOHNSON
O'odham Action News
 marissa.johnson2@srpmic-nsn.gov

Barbara Corrine Vohavi Johnson was born on June 28, 1933. Her parents are the late Nallis Johnson and Virginia Eleanor Vohavi. She is the sister of Raeburn Francis Lewis-baht, Robert Anthony Lewis-baht, Glenford John Lewis Sr.-baht, Jacqueline Ann Lewis-baht, Melva Jean Lewis-baht, Bernadine Claire Lewis and Jerolyn Mae Lewis Goodwin. She grew up under the care and guidance of her grandparents, the late Andrew and Lillie Vohavi-baht, on the Salt River Pima-Maricopa Indian Community where she attended Salt River Day School.

Being surrounded by a farming lifestyle, she gained experience farming, harvesting crops and selling them. During wheat harvesting time, she and her brother Raeburn would push the wheat sacks onto the buyers' trucks. In the cotton fields she would collect the remaining cotton that wasn't picked up by the machines.

Twice a day they would water the working horses. She would help her grandma feed the chickens and turkeys; she recalls some hens being mean, pecking at her heels. In the garden she helped pick the tomatoes, chilies, onions and sweet potatoes. People from town would come to purchase their vegetables.

Her grandfather built a relationship with a local store owner and exchanged goods in an arrangement where each made a profit. She would spend some of the money she earned at the Salt River Day School store to buy candy.

Barbara's grandparents spoke O'odham daily, as well as English. When she was 9 years old, she began singing with the Salt River Presbyterian Choir. Her grandfather would sit down with her to work on the notes and go over till they sounded right.

As a teenager, Barbara met Lloyd F. Johnson of the Tohono O'odham Nation. After marrying him, they both resided in Sells, Arizona. She became familiar with the Tohono O'odham language dialect, which was prevalent in Lloyd's household. Barbara and Lloyd were both members of the Presbyterian Church, and both families were very active. As a young couple they moved to Phoenix and began a family. They had nine children: Lauretta, Jeryle, Judith, Leland, Verlin, Janet, Rhonda, Vanessa and Alana. She now has numerous grandchildren going down three generations.

In 1991 Barbara graduated from Charles Cook Theological School, majoring in pastoral studies. Barbara began sharing her knowledge of the O'odham language by teaching the students at Salt River Elementary School. She taught them to sing Christmas songs. She also

taught other Community members and developed her own choir in which they sang various O'odham songs. Barbara herself has been invited numerous times to sing the National Anthem in O'odham and give opening and closing prayers at various valley events. She also worked as a teacher at the Cultural Resources Department with the O'odham Piipaash Language Program with preserving the O'odham language. She was on the National Indian Council on Aging when she worked as an Assistant Director at Senior Services.

Her favorite thing to do was going to every chicken scratch dance she could get to. Her favorite band was the Joaquin Brothers. She was very particular who she danced with; they had to know how [to dance]. Her favorite was dancing two-step; she says the regular dance is too easy. She says everybody is waiting for her to come back as soon as her hip gets better.

Today she likes to sit back and write down all the stories she can remember on her computer. In addition to taking care of her plants, she enjoys coloring, crossword puzzles and word-find games. She listens to church services on TV and sings to herself to

remember all the translations from her choir. She is still an active member of the O'odham Niok Hemapik (people language gathering) with the Cultural Resources Department. She enjoys contributing in helping preserve the O'odham Niok. Barbara continues to be a very active member of the Community by helping others in need of all the knowledge she has to offer. You can always see her at Community events with a warm smile and friendly attitude.



Barbara in the 1950s, was married in Nogales, Arizona.



Barbara with three generations of grandchildren.



Barbara with Rowland Choir.



Barbara Graduated Charles Cook Theological College 1991.



Barbara with co-workers during her time working at Cultural Resources.



Barbara at Papago Buttes with family.

Photo by Schaaf Images

AROUND THE COMMUNITY



The Salt River Rodeo Committee held its annual Spring Horse Camp on the weekend of March 14 at the Salt River Pima-Maricopa Indian Community's Wild Horse Facility. The camp provided horsemanship training for youth ages 7 to 17 and was led by horse professionals, such as SRPMIC member David Antone. Antone showed the youth how to tag and brand calves; the children even helped round up the calves and get them back into the trailer. Other activities at the camp included feeding and cleaning the horses, horseback riding and presentations from different speakers. *Tasha Silverhom, O'odham Action News.*

AROUND THE COMMUNITY



Mavrix is the newest entertainment destination at The Pavilions at Talking Stick, providing fun and games including bowling, arcade games, laser tag and billiards. The facility had its soft opening during spring break on March 16; it opened to the general public on March 17. Some youngsters from the Salt River Pima-Maricopa Indian Community spent the afternoon there as part of the Community Relations Office's planned spring break activities. They bowled, played laser tag, played arcade games and had lunch. As of March 18, Mavrix and other entertainment businesses at The Pavilions at Talking Stick have closed temporarily due to the COVID-19 virus. Call (480) 291-7500 or visit www.mavrix.com for updates and when they expect to reopen to the public. *Tasha Silverhom, O'odham Action News.*

Graceland Buildings of Phoenix, Mesa & Rye
Rent To Own with No Credit Check

PHX 602-380-5444 / MESA 480-738-9008 / RYE 928-514-3000
5036 E Van Buren PHX, AZ & 9301 E Main St Mesa, AZ

GRACELAND PORTABLE BUILDINGS
"Back in the 50's"

April Specials * Free Radiant Barrier * 4/1-4/30/2020 * OR
1 Payment Down & next payment due after per capita comes in!
sheds, barns, cabins, garages, tiny home shells & more

STAYING HOME SAVES LIVES.

Don't let time and distance stand in the way of happiness and success. Open the door of your future. No longer be worried or confused.

She guarantees to help you no matter what the problem may be. Such as Relationships, Marital Problems, Employment, Health, Love, Job, etc.

She will help you avoid stumbling blocks of all kinds, business, personal and bad luck. Just one visit will convince you. All readings are private and confidential. Come by 7 days a week or call for an appointment.



Psychic & Tarot Readings

By Debra

(602) 477-9930

Call for appointments

Appointment times: 9 a.m. -10 p.m.

HAS THE PRESCRIPTION OPIOID CRISIS AFFECTED YOU OR SOMEONE YOU KNOW? YOU COULD BE COMPENSATED FROM THE PURDUE PHARMA L.P. BANKRUPTCY.

FILE YOUR CLAIM BY JUNE 30, 2020.

PLEASE READ THIS NOTICE CAREFULLY. YOUR RIGHTS MAY BE AFFECTED.
PARA INFORMACIÓN EN ESPAÑOL, VISITE EL SITIO WEB.

WHAT IS THIS ABOUT?

If you think you've been hurt by Purdue Pharma L.P., a U.S. limited partnership, its general partner and its subsidiaries, including Imbrium Therapeutics L.P., Adlon Therapeutics L.P., Greenfield BioVentures L.P., Avrio Health L.P., Rhodes Technologies, and Rhodes Pharmaceuticals L.P. ("Purdue"), or Purdue prescription opioids, like OxyContin®, or other prescription opioids produced, marketed or sold by Purdue, you can file a claim for compensation in the Purdue bankruptcy proceeding. The deadline to file a claim is **June 30, 2020, at 5:00 p.m. Eastern Time.**

WHAT IS A CLAIM AND WHO CAN FILE?

A "claim" means a right to seek payment or other compensation. You must file a Proof of Claim Form so it is actually received by the deadline. It can be filed by you, by a legal guardian, by survivors, or by relatives of people who have died or are disabled. **All Personal Injury Claimant Proof of Claim Forms and any supporting documentation submitted with those forms will be kept highly confidential and will not be made available to the public.** You do not need an attorney to file a proof of claim for you.

Additionally, partnerships, corporations, joint ventures, trusts, governmental units, and Native American Tribes may also file a proof of claim against Purdue. Go to **PurduePharmaClaims.com** to find a complete list of instructions on how to file a claim. You will also find a list of the opioids produced, marketed or sold by Purdue. You may file a Proof of Claim even if a settlement is contemplated in the Purdue bankruptcy so that your claim can be considered as part of any settlement.

WHO DOES THIS AFFECT AND WHAT ARE MY RIGHTS?

If you think you've suffered harm from Purdue or its prescription opioids, you have the right to file a claim even if you may also have received reimbursement from insurance. Examples of claims that may be filed in the Purdue bankruptcy include death, addiction or dependence, lost wages, loss of spousal relationship benefit for things like child-rearing, enjoyment of life, etc., or Neonatal Abstinence Syndrome (sometimes referred to as "NAS"), among others.

The deadline to file a claim is June 30, 2020, at 5:00 p.m. Eastern Time. If you do not file a claim by the deadline, you will lose the right to file a claim against Purdue, and you will lose any right to seek payment or compensation you may have had. Proof of Claim Forms, a list of opioids produced, marketed or sold by "Purdue," and instructions for how to file a claim are online at **PurduePharmaClaims.com**. You can also request a claim form by mail, email or phone:

Purdue Pharma Claims Processing Center c/o Prime Clerk LLC
850 Third Avenue, Ste. 412, Brooklyn, NY 11232

Email: purduepharmainfo@primeclerk.com
Phone: 1.844.217.0912

THIS IS ONLY A SUMMARY OF THE INFORMATION.

Is Purdue out of money? No. For more information concerning Purdue's bankruptcy, Frequently Asked Questions, Proof of Claim Forms, examples of personal injury and other claims that can be filed, instructions on how to file a claim, and important documents including the Bar Date Notice, visit

PurduePharmaClaims.com, or call 1.844.217.0912.



Keeping A Balanced Routine During Quarantine

MARISSA JOHNSON
O'odham Action News
marissa.johnson2@srpmic-nsn.gov

Many public places have been closed to reduce the spread of the COVID-19 virus. One major shutdown that has affected many people are fitness facilities. With the rule of self-quarantine, people have been finding creative ways to stay active inside their home.

To start, make sure to do plenty of stretching. Many of us are working at home with a computer, which means sitting down for long periods of time. At home, by yourself, there are fewer interruptions than there are in an office, meaning you have fewer occasions to get up and walk around. It is best to get some walking and stretching every hour.

When committing to workouts, having a solid schedule and knowing your limits will definitely help. In a New York Times opinion article, astronaut Scott Kelly outlines some key points to follow when you're in the isolation of space: stick to a schedule, pace yourself and go outside. While Kelly's situation in space is much different than ours, his message still applies to those of us in quarantine. Following a set schedule and getting outside occasionally will help maintain a good balance. "And

don't forget to include in your schedule a consistent bedtime," Kelly said. "NASA scientists closely study astronauts' sleep when we are in space, and they have found that quality of sleep relates to cognition, mood and interpersonal relations."

Journaling is another good activity to pick up. "Writing about your days will help put your experiences in perspective and let you look back later on what this unique time in history meant," Kelly said. For example, you can write about what you are feeling, what you are proud of or working on, what emotions you are experiencing and why. If you're having a particularly tough time, think about why you are struggling but also why you will get through.

When working from home, have a designated work space and schedule breaks. Schedule social time for friends and family via phone call, Skype or Zoom. Set a limit on social media so it doesn't consume your entire day.

The sudden life changes that COVID-19 has brought to us may be disruptive to our daily rituals. However, humans adapt, and we can establish healthy, productive routines for our days.

The Loneliness From Inside

BY GABRIELLA FULWILDER
Special to O'odham Action News

When I was younger, my childhood wasn't always the "picture perfect" childhood. There were a lot of problems I had to endure as a child. The choices my parents made left me in foster care, and for a short amount of time also in group homes. But to this day, when I look back on those days, I remember the curiosity that always filled my head. Wondering, "Why am I here? Why can't I go home? Who are these people?" I would ask myself, "How long am I going to be here?" Those days I felt alone, like the moon in the starry black night. But when I look back, I don't remember the loneliness that filled my body from head to toe. I remember them as days that made me who I am today. I now know that no matter how alone I feel, I am never alone! And the days when I was sad or scared make me braver than I ever was.

I remember having the feeling of being imprisoned: from sleep schedules, eating time, showering time and free time. It was as if my life was stuck on a continuous loop with a mystery of the unknown. But when I was by myself, I would be able to get lost in my own mind and imagine what my future would be like. I always thought I would be stuck, trapped inside that dark, emotionless

house. Because I was a kid, I felt like I would be there forever. It was as if time was never-ending. In those moments when I wanted to leave or run away, there was always something holding me back.

Holding me back, like when you have the courage to do something but fear is there digging your feet deeper and deeper into the ground. Or when I wanted to be free like a balloon, but my string was always tied to an anchor. Like the time in class when I want to raise my hand but embarrassment is whispering in my ear with its hateful voice, "Don't do it! That's not the answer."

Through all of the emotions, I learned to figure out who I really am and that my past makes me who I am today. And what kid has a perfect childhood anyway? When I remember those days, I'm not ashamed of them. I see them as events that make me appreciate my life more and more every day. My choices in life didn't put me there, but I made the best of what I was given.

Today I am thankful for where I am now and what I've been able to accomplish in life. The loneliness from inside can take over your body, but if you see it from a different point of view, it can blossom into something beautiful. And the moon was never alone: It was always surrounded by a bright starry night.



If you have a story idea, please contact Tasha Silverhorn at (480) 362-7731

RESOURCES AVAILABLE TO VETERANS AND THEIR FAMILIES DURING COVID-19

Attention Community Veterans, friends, and families of Veterans!

Below is a link to an article with information on staying safe during this pandemic as well as resources available to Veterans and their families to help cope with daily battles they may be facing during this trying time.

www.facebook.com/WeArePREVENTS
Additionally, if you know of a Veteran or are a Veteran that has any questions, concerns, are in need of assistance, or are just wanting to con-

nect with someone; please feel free to contact Salt River Veteran Representatives:

Troy Truax
(480) 252-8060 or

Amanda White
(480) 241-4123

Source: Salt River Veterans Office

SRPMIC has gone to three ways to obtain a payment due to COVID-19

1. DIRECT DEPOSIT
2. MAIL or
3. PAY CARD

SIGN-UP FOR A PAY CARD BY CALLING (480) 362-7620

Easy Steps:

1. Get Started, call (480) 362-7620
2. Use Your Card
 - * Make Purchases
 - * Get Cash
 - * Cash Back Rewards
3. Track Spending
 - * Cardholder Website
 - * Text and Email Alerts
 - * Mobile Banking App

FREE BREAKFAST & LUNCH FOR CHILDREN 18 & UNDER!

PROVIDED BY SALT RIVER SCHOOLS FOOD SERVICES



LOCATION: Salt River High School north side the main parking lot (look for the drive-thru canopy)

BREAKFAST & LUNCH PICK-UP 10:30AM-12:30PM Beginning Fri., 3/20

All children who receive a meal must be physically present at the time the meal is provided.

New guidance from health & education authorities recommends we distribute breakfast & lunch together to limit exposure & practice social distancing. The new distribution time begins Friday, March 20, and is in effect until further notice and is subject to change. Questions? Call 480-362-2077.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights | 1400 Independence Avenue, SW | Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

Salt River Clinic Updates Optometry Division to Provide Better Service in Eye Care

the Optometry Division installed new, top-of-the-line eye equipment.

“We had an older manual-style system and we were limited in what we were trying to do in this division,” said clinic administrator Timothy Joyce about why they purchased new equipment.

For example, HHS purchased a new digital refractive system that allows the optometrist to conduct testing faster and easier. In addition to this digital technology which can integrate with EHR, the new lane equipment includes a high-illumination LED biomicroscope; both are huge step up from the older equipment.

The refraction test is a basic part of the routine eye examination. This is the vision test that determines exactly what a person’s glasses prescription will be. For those who have had an eye exam, this is the part where the eye doctor has you look through the phoropter, a large device that has many different lenses. The doctor changes the lenses and asks which lens is better.

“There are a lot of features in the digital system that are not available with the traditional phoropter. For example, with a click of a button I can show the patient their old glasses prescription compares to their new prescription,” said Trottier. “I’m especially excited about the Split Prism JCC that allows the patient to look at two images at the same time instead of flipping through lenses multiple times while asking which is better one or two.”

The autorefractor allows valuable objec-



This three-in-one machine is non-contact auto retorefractor, autokeratometer, and non-contact tonometer, this new device helps optometrist get non-invasive and quicker results to patients.



The new digital equipment allows optometrist to conduct refraction testing faster and easier through machines such as the phoropter.

tive measurements especially for patients who cannot communicate well or those whose answers fluctuate, Trottier explained.

“Objective measurements are essential when working with children,” said Trottier.

Good vision is key to a child’s development and success in school. The vision system is not fully formed in children. Early high-quality eye care can provide the best opportunity to correct vision problems.

“It is surprising how many children will not typically complain about their vision, they realize they are not seeing great only when we show them better,” said Trottier.

Often, children are not aware of having better vision in one eye than the other. Amblyopia (lazy eye) for example, has best vision improvement when treatment start before the age of 7, hence the importance of early eye exam with the right instruments.

Another new feature is the non-contact tonometer, which is used to measure intraocular pressure (pressure within the eye). The machine blows a light puff of air into a patient’s eye to measure the intraocular pressure. It is done without the needs of eye contact and topical anesthesia. The other technique to check the pressure of the eyes is to give the patient drops to numb the eye so the optometrist can touch the eyeball

with a prism.

“A non-contact tonometer allows us to screen everyone, it’s not invasive, so we can do the pressure test on all children too, which we wouldn’t typically do with applanation tonometry,” said Trottier. “It does not replace the Goldmann, which is the gold standard instrument.”

These are the first steps in providing enhanced eye care to the SRPMIC members: new technology and access to a full-time optometrist. Previously, patients were only able to see the optometrist one week each month at the Wellness Center. Patients who needed immediate eye care would have to visit the Indian Health Service in Phoenix or a private optometrist.

“We’re trying to get the right systems in place today so it is easier for us to transition to the Northeast Ambulatory Care Center,” said Joyce. He explained that they are detailing dedicated staff for both optometry and podiatry (foot care) in their clinics to better help assess the patient needs and grow to meet those.

With a full-time optometrist, Community patients now can make eye appointments in the Community Monday through Friday, as soon as the COVID-19 situation is over.

Meet New Optometrist Marie Trottier



Optometrist Marie Trottier. Photo courtesy of Marie Trottier

Marie Andree Trottier is the new optometrist at the Salt River Clinic. She is from Quebec, Canada, and

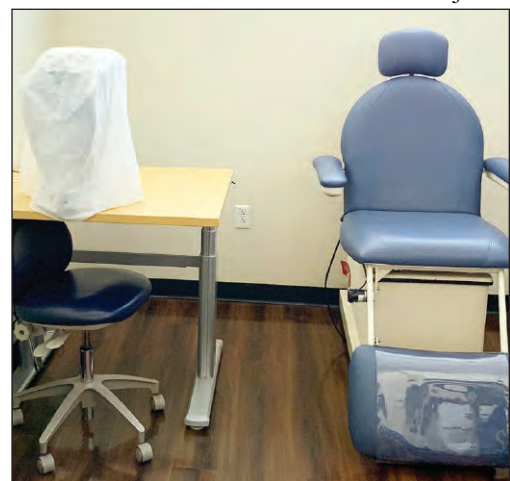
speaks French, Spanish and English. She went to the University of Montreal and completed her externship in Shiprock, New Mexico. She has been working in optometry for the last 14 years and has recently become a United States citizen.

“I had a mentor there who left a big mark in my career,” said Trottier as she explained how she came to love helping others. “There is not a single day you will come home without that fulfillment to help people.”

Although with the COVID-19 situation she is not able to see new patients right now, she is currently assigned as the contact person for those who have taken the COVID-19 test.

“I call to give the patients their test results. This is a good opportunity for me to make my time available to them and try to get to know people [in the Community] through this task,” she said.

“I like to help people; [healthcare is] a rewarding career. I am really excited to be part of the HHS team.”



The SRPMIC Optometry Division is set up at the Wellness Center which is next to the Dialysis Center, in the building where WIC was previously located. The building provides the space for all the new equipment and where the full-time optometrist Marie Trottier will be house. Photos courtesy of Timothy Joyce

How Covid-19 Affects SRPMIC Students

BY MARISSA JOHNSON
O’odham Action News
marissa.johnson2@srpmic-nsn.gov

As with many institutions right now, the education system is taking a hit because of the coronavirus pandemic. Many public schools have decided to close their campuses for the rest of the semester, leaving children and families to find new ways to keep up their education.

Sommer Lopez, a Salt River Pima-Maricopa Indian Community member and a senior at Westwood High School, explained how she has been feeling these past weeks.

“At first I wasn’t too sad or hysterical about it, because life happens and that’s just the way it is,” Lopez said. “But a small part of me wishes that I could’ve experienced prom, graduation, and so many other amazing memories with my friends at school. I’m naturally very sad about that, but I’m trying to stay positive because there’s still bigger things to worry about at the moment.”

There is no word yet what high schools will decide to do for this year’s graduating seniors. Their focus is to continue the

semester online through Zoom to attempt to finish the school year on time.

“My family is sad; they feel bad for me,” Lopez said. “I had relatives from across the country that already made plans to fly over for my graduation ceremony. But I tell them not to feel bad for me, because it’s a situation out of their hands. And once this is all over, we plan to have a graduation party anyways, so I’m excited for that.”

Colleges and universities are a different story. Since the beginning of March, many universities have decided to keep their students healthy by continuing classes online. All in-person classes have switched to online sessions, and online-only classes are still available. This leaves many students to find ways to interact differently and teachers finding unique ways to grade each student.

Arizona State University student and SRPMIC member Cody Achin shared his experience about the switch to online classes.

“I will say that at first it was not a bother when considering doing online sessions for the rest of the semester,”

Achin said. “As each session went on, though, the online sessions started to get to me a little bit. I was used to these classes being in person. I was used to showing up having my homework in hand, seeing my classmates and having discussions in class. Since everything is online now, even the most basic of activities, like having class discussions, have become tougher to accomplish.”

The key to adapting to all of these changing situations is to keep moving forward. Achin said, “While I personally do not like that the rest of the semester will be online, I do like how ASU is still [continuing its] classes. It keeps me busy and I feel like my semester is not a waste. I’m still earning my grade and pursuing my degree.”

Arizona State University released an announcement on April 2 stating that it has decided to not have a traditional graduation ceremony in May. Instead, May graduation will take place online. Those who prefer to walk in a traditional graduation ceremony may do so in the December 2020 or May 2021 ceremonies.

Salt River Pima-Maricopa Indian Community

HHS Behavioral Health Division continues to offer professional counseling over the phone or video chat. The Crisis and Journey to Recovery programs are still open and operating as usual.

If you are experiencing anxiety, panic and fear and need someone to talk to, call Behavioral Health to schedule an appointment or if you have questions. Call (480) 362-5707.

YRPC How-To Videos to Try During Quarantine

MARISSA JOHNSON
O'odham Action News
marissa.johnson2@srpmic-nsn.gov

During these times of social distancing, members of the Salt River Pima-Maricopa Indian Community's Young River People's Council have been creating and sharing how-to videos through their Instagram platform. From hemming clothes, making cemit and other recipes to O'odham song tutorials, planting seeds and gourd painting, YRPC members are putting their personally unique stamp on cultural cooking and crafts.

YRPC member Kerstin Johnson demonstrated how to make blueberry-lemon scones, something she learned in her culinary course at Westwood High School. In her video, she broke down the ingredients and the process step-by-step. She encourages others to try making videos at home.

"Stay active and involved with your culture during this time," Johnson said.

The YRPC is creating these internet tutorials because they want to show what they have been learning, demonstrate their talents and have other people learn and follow what they are teaching.

Living stuck at home is certainly a different experience than many people are used to, and it can be especially frustrating for youth and teens who want to be out and about, doing things. Learning new skills and continuing to practice our culture is something each one of us can still do.

Watch the how-to videos at the Young River People's Council Instagram account, @youngriverpeoples-council

Blueberry Lemon Scone Recipe

- 2 cups flour
- 6 tablespoons sugar
- 1 tablespoon lemon zest
- 2 ½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter or 1 stick
- ½ cup heavy cream
- 1 large egg
- 1 ½ teaspoons vanilla extract
- 1 cup blueberries

-Preheat oven to 400F.

-Mix the flour, sugar, lemon zest, baking powder and salt into a bowl using two forks or your fingers until they become pea size crumbs.

-Mix in the wet ingredients: heavy cream, egg and vanilla extract to the dry mix.

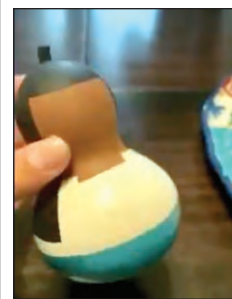
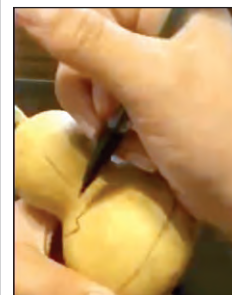
-Place dough onto counter to lightly flatten and cut into triangles.

-Place on baking sheet with parchment paper and place in the refrigerator for 15 minutes.

-Take out of refrigerator and place in oven for 22-25 minutes or until golden brown along edges.

-Let cool and enjoy!

YRPC Member Shares Traditional Hobby Through Video Project



Young River Peoples Council member Christina Schurz shows how to paint a gourd doll in a video that was posted on the YRPC Instagram page. Schurz shows how she draws her design on the gourd with a pencil and then paints hair, top and skirt on the doll. Photo courtesy of Christina Schurz.

BY HANNAH LEWIS
O'odham Action News
hannah.lewis@srpmic-nsn.gov

On March 30, Young River People's Council member Christina Schurz completed and presented her YRPC project. Schurz chose to do her video project on a topic she enjoys, making traditional gourd dolls.

Schurz created an instructional video demonstrating the process of making gourd dolls and presented it to her peers.

Asked what her favorite part of the project was, Schurz stated, "My favorite thing about completing this project was seeing it all come together."



It's time to complete the 2020 Census.

The 2020 Census is here! You can respond online, by phone or by mail. Complete the census now to help your community receive funding for important resources.

Learn more at iCount2020.info



Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



cdc.gov/coronavirus

CS3163538 04/04/2020, 12:22 PM

The Public Safety Communications Division (SRPD Dispatch) Safety Procedures for Emergency Calls

The Public Safety Communications Division (SRPD Dispatch) is putting new procedures in place in regard to the CV19 threat that may impact the Community. We would like to get the word out to increase the Community's awareness, protection, reduce concerns and notify them of this precautionary measure for the best interests of everyone's health, safety and welfare.

SRPD DISPATCH MAY NOW INCLUDE THE FOLLOWING QUESTIONS:

Does anyone at this location have flu-like symptoms?

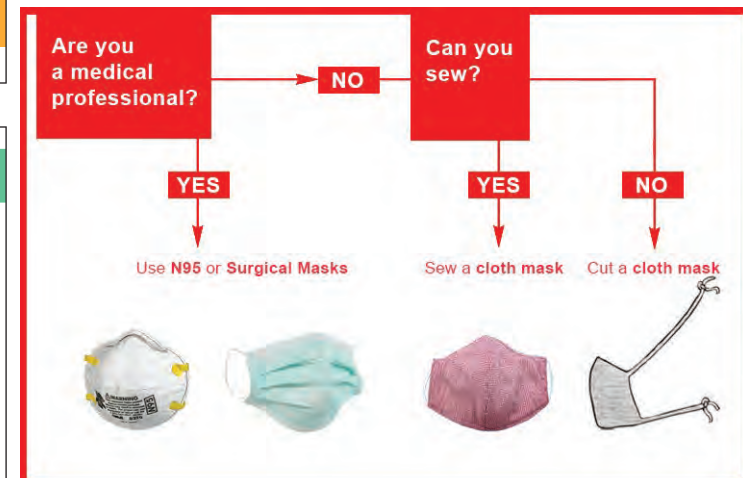
Does anyone at this location have a cough?

Does anyone at this location have a fever?

Does anyone at this location have body-aches?

Answering these questions will not delay or affect response from SRPD or SRFD, they will simply allow our first responders to take appropriate measures to limit possible CV19 exposures and allow for maximum staffing and response during this time.

Homemade Face Mask Help Prevent the Spread of the COVID-19



BY TASHA SILVERHORN
O'dham Action News
tasha.silverhorn2@srpmic-nsn.gov

In early April, United States health officials recommended that U.S. residents sickened with the coronavirus (COVID-19) wear masks while out in public places to help prevent the spread of the virus. Medical-grade masks should be reserved for healthcare providers and others working on the front lines of the crisis. So, many people have been looking for ways to make their own reusable cloth masks. Since the announcement, seamstresses and creative people around the world have been sharing their mask patterns and what types of materials work better.

According to an article in the Washington Post, the coronavirus has an average diameter of 0.1 micrometer. E. coli bacteria measure 2 micrometers, and a human red blood cell has a 7.5-micrometer diameter. The coronavirus is the most easily transmissible and can be transferred through mucus droplets from a cough, sneeze or when talk-

ing. A homemade cloth mask can help prevent the spread of those droplets.

The U.S. Centers for Disease Control and Prevention (CDC) recommends that the mask be made with two layers of tightly woven 100% cotton fabric, such as cotton sheets or quilting material. The material should not let light shine through it. A T-shirt will also work in a pinch.

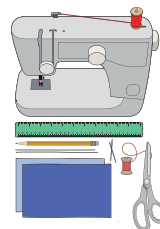
Many do-it-yourselfers have been using coffee filters, air filters and vacuum cleaner bags as filters on their cloth masks. You have to be careful with air filters and vacuum cleaner bags because some of those products can contain fiberglass or other tiny fibers you do not want to inhale.

It is also important to keep your mask clean. After wearing it to the grocery store or running errands, remove the mask when you return home. Do not touch the front of the mask, only the straps, and avoid touching your face until you place the mask in the washer and have washed your hands thoroughly.

Sewn Cloth Face Covering

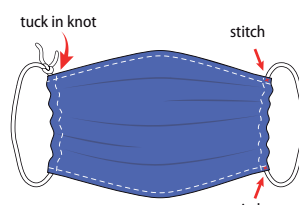
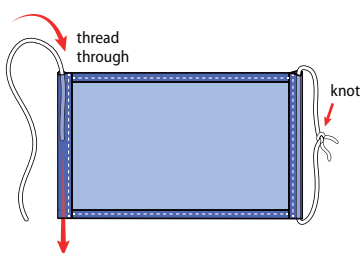
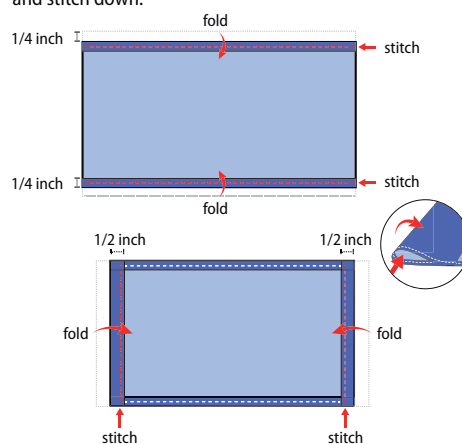
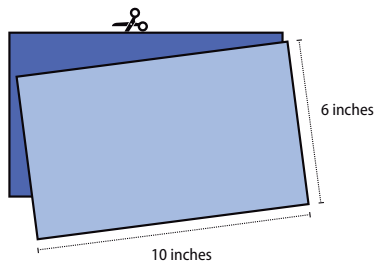
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



Drive-up Pick-up Pharmacy Service

During the COVID-19 pandemic we are making every effort to serve you while limiting your risk of exposure.

To this end, on April 7, 2020 we have established a drive-up pick up pharmacy area which is open during our normal pharmacy hours:

Monday, Tuesday, Thursday and Friday

8:30 a.m. – 4:30 p.m.

Wednesday

9 a.m. – 4:30 p.m.

Please continue to order your refills using the AudioCare process. in the drive-up pick up area as this causes delays and backup for fellow patients.

If you don't have the prescription numbers needed you can still phone the pharmacy to get those numbers. Please be patient and remain in the parking space assigned to you to avoid delivery confusion.

Refillable prescriptions should be ready the next business day by 2:00 p.m. The staff is moving as quickly as safety allows.

Prescriptions that require renewal by your provider may take up to 2 days. Please use caution in the parking lot.

Please try not to order anything else while Source: SR Clinic

MAILING ADDRESS INFORMATION

Questions about your address, call 480-362-7729

In response to the COVID-19 Virus, effective immediately, all rent checks for business leases located within the Salt River Pima-Maricopa Indian Community will be either direct deposited or mailed. There will be NO check pick-up available. If you have direct deposit or Pay Card already set up, there will be no change in how you receive your lease rent payment.

Lease rent payment date information is available on the SRPMIC website: <https://www.srpmic-nsn.gov/government/finance/#FinanceLease>

If you want to ensure we have your correct address and phone number on file for land lease payments, please call: 480-362-7729. A representative will answer your call Monday through Friday, from 8:00 am to 5:00 pm. If all lines are being served, or if after hours, leave a message on the automated SRPMIC Vendor Portal voice mail. Please leave your name and telephone number and your call will be returned by the next business day. Due to the high volume of calls, please try back if you do not receive an immediate answer.

If you would like to do this electronically, please utilize the following links:

Address update form

<https://www.srpmic-nsn.gov/wp-content/uploads/2019/02/FIN-InformationUpdateVerificationForm.pdf>

If you want to sign up for direct deposit

<https://www.srpmic-nsn.gov/wp-content/uploads/2020/01/FIN-ACH-AuthForm.pdf>

If you want to sign up for a Pay Card

<https://www.srpmic-nsn.gov/wp-content/uploads/2020/03/FIN-2020-PayCardAuthForm.pdf>

PLAYGROUNDS CLOSED

To prevent the spread of COVID-19, the Salt River Pima-Maricopa Indian Community has closed certain park amenities including playgrounds, picnic ramadas, basketball courts and public restrooms until further notice.

INCLUDES:

- * B-ball courts
- * Picnic ramada's
- * Playgrounds
- * Restrooms

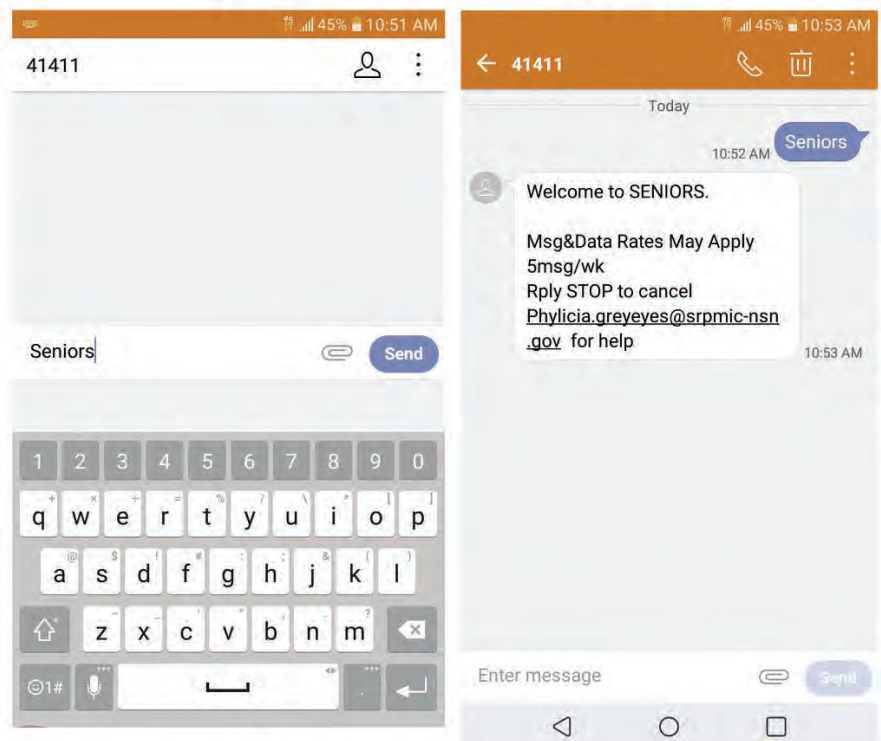
PARK LIST:

- * Friendship Park
- * VA1
- * VA2
- * Red Mountain Vista
- * Lehi Community Building
- * Lehi Gathering Area
- * Salt River Community Building
- * Dobson Heights Neighborhood Center
- * Canalside Neighborhood Center
- * Evergreen Neighborhood Center

Questions? Please contact the Public Works Department at (480) 362-5600 or email PWCustomerService@srpmic-nsn.gov

To Receive Senior Center Updates:

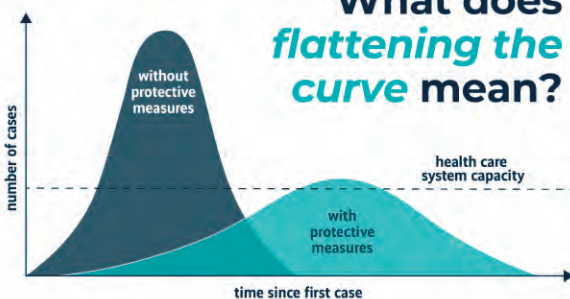
Using your Cell Phone SMS Texting Service
TEXT "SENIORS" to 41411



For assistance call
(480)362-6350

YOU CAN HELP FLATTEN THE CURVE OF COVID-19

What does flattening the curve mean?



The idea of flattening the curve is to delay the peak of cases so we don't overwhelm the healthcare system.

A more gradual increase in cases means that people will still get infected but those who get severe disease will get the best healthcare when they need it.

What You Can Do:

- STAY HOME**
Stay home as much as possible and limit trips to essential services such as groceries and medical care.
- PRACTICE PHYSICAL DISTANCING**
Keep a safe distance from others, at least 6 feet, and avoid gatherings of 10 or more people.
- PRACTICE GOOD HYGIENE**
Wash hands frequently for at least 20 seconds. Avoid touching your eyes, nose and mouth.
- WEAR A FACE COVERING**
Consider wearing a cloth face covering when in public to help prevent spread of the virus to others. This is not a substitute for staying 6 feet away.



SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722 | PH: 480.362.7400 FX: 480.362.7593

Notice SALT RIVER CLINIC

The auto call appointment reminder and text message systems have been temporarily suspended for the duration of COVID-19.

Schedulers will revert to manual call reminders.

Salt River Clinic: 480-946-9066

WE ARE ALL IN THIS TOGETHER – SRPMIC 2020

SOCIAL DISTANCE
Keep a safe distance from others, at least 6 feet.



Salt River
PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722

SRPMIC Clinic implements COVID-19 testing

The Salt River Pima-Maricopa Indian Community (SRPMIC) Clinic has implemented a "drive up" clinic for testing patients for COVID-19 stationed in the SR Clinic parking lot. It is important that you call-in first. Without this step, you will be turned away from testing. These steps are in place to make sure we are best utilizing our limited testing kits and supplies while keeping our clinical staff safe.

This service is for enrolled SRPMIC members and enrolled American Indians of a federally recognized tribe. The 'drive-up' service is SCHEDULED: Monday – Friday, 8 a.m. to 4 p.m.

How you can be tested:

- If you are experiencing COVID-19 symptoms and want to be triaged at the SR clinic this is what you should do:
 - Call the COVID-19 Hotline: **480-362-2603**, select option 2 and go through the automated evaluation of symptoms. If you have two or more symptoms, you will be transferred to a Public Health Nurse for further evaluation.
 - The Public Health Nurse will determine if testing should be conducted, and will advise on next steps.
 - Your information will be sent to the testing team, so that they will be prepared to receive you.



PATIENT TESTING SITE AND TRAFFIC FLOW

It is important that you call-in first.
Without this step, you will be turned away from testing.

COVID-19 Hotline: 480-362-2603

COMMUNITY RELATIONS KEEPING YOU UPDATED THROUGH WEB PAGE, FACEBOOK, ANNOUNCEMENTS, OAN, AND NEW TEXT ALERTING

Email: CommunityRelations@srpmic-nsn.gov
Call: **480-362-7740 M-F 8:30am-11:00am**

The Community Relations Office (CRO) is closed to walk-in services. Staff are providing assistance Monday-Friday from 8:30am-11:00am by phone.

Call: **480-362-7740** or Email: CommunityRelations@srpmic-nsn.gov

Applications for the Household Computer Program (HCP), Email Distribution List, OAN Subscriptions/Changes, and Text Messaging Sign-Up are available via phone or email request. Please know our staff are dedicated and committed working remotely, in-office, and on standby to keep you updated during this time.

For SRPMIC updates, please visit the following sites:

SRPMIC website for an update on department services.
<https://www.srpmic-nsn.gov/covidgovops/>

SRPMIC website for COVID-19
<https://www.srpmic-nsn.gov/covid-19/>
<https://www.srpmic-nsn.gov/covidvirusinfo/>

[Facebook.com/SRPMIC](https://www.facebook.com/SRPMIC)

Text SRPMIC to 474747 Data & Messaging rates may apply

FOOD BANK DISTRIBUTION CENTER HOURS

Monday, Wednesday, Thursday and Friday from 8 a.m. - 5 p.m.
Produce Days are on Tuesdays from 10 a.m. - 3 p.m.

For more information call (480) 362-7277



SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722 | PH: 480.362.7400 FX: 480.362.7593

COVID-19 FOR SRPMIC UPDATES VISIT

<https://www.srpmic-nsn.gov/covid-19/>

www.facebook.com/SRPMIC

The <https://www.srpmic-nsn.gov/covid-19/> website not only provides SRPMIC updates pertaining to COVID-19, it includes important links to update your address, or sign up for direct deposit or a pay card.

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY BE COUNTED IN THE 2020 CENSUS

CENSUS TIMELINE

MID- MARCH
CENSUS FORM WILL BE MAILED OUT

APRIL 1, 2020
CENSUS BEGINS

FORM CAN BE FILLED OUT ONLINE, BY PHONE OR IN PERSON

APRIL 30, 2020
CENSUS STAFF WILL BEGIN DOOR-TO-DOOR OUTREACH TO ENSURE A COMPLETE COUNT

JULY 31, 2020
DEADLINE TO RESPOND

WHEN FILLING OUT CENSUS FORM = USE SRPMIC'S FULL FEDERAL NAME

What is Person 1's race?
Mark one or more boxes AND print origins.

White -- Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

Black or African Am. -- Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

American Indian or Alaska Native -- Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY

WHAT IS CENSUS?

- * A full count of every person living within the United States.
- * Completed every 10 years.
- * Mandated by Law.

WHY IS CENSUS IMPORTANT?

- * Ensures SRPMIC receives its share of federal funding.
- * An accurate account will assist in fixing the under count that occurred during the 2010 Census.

* An accurate count assists with Community, County and State planning for future growth.

Salt River Pima-Maricopa Indian Community supports full participation in the count in the 2020 Census.

**Everyone Counts!
Can We Count You In?**

COVID-19: U.S. at a Glance*† (as of April 12)

Total cases: 525,704
Total deaths: 20,486
Arizona: 3,702
Deaths: 122

Jurisdictions reporting cases: 54 (50 states, District of Columbia, Puerto Rico, Guam, Northern Marianas, and US Virgin Islands)

* Data include both confirmed and presumptive positive cases of COVID-19 reported to CDC or tested at CDC since January 21, 2020, with the exception of testing results for persons repatriated to the United States from Wuhan, China and Japan. State and local public health departments are now testing and publicly reporting their cases. In the event of a discrepancy between CDC cases and cases reported by state and local public health officials, data reported by states should be considered the most up to date.

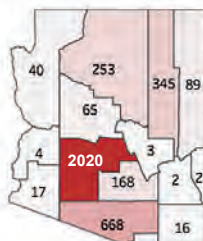
† Numbers updated Saturday and Sunday are not confirmed by state and territorial health departments. These numbers will be modified when numbers are updated on Monday.

COVID-19 in Arizona

COVID-19 in Arizona | COVID-19 Testing in Arizona | COVID-19 Deaths in Arizona | COVID-19 Zipcode Map

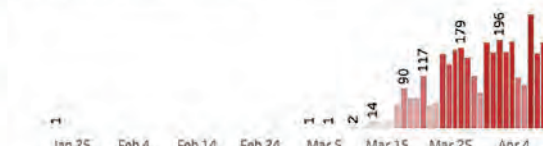
Number of Cases	Number of deaths	Arizona Community Risk	Arizona Community Spread
3,702	122	Increasing with some area of heightened risk	Widespread

Select a county to filter the graphs below.



COVID-19 Cases by Day

Date of specimen collection is used for day



For recent weeks, all data may not be complete due to reporting lags.

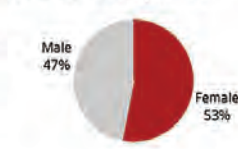
COVID-19 Cases by Laboratory Type

ASPHL	Private Laboratory
174	3,528

COVID-19 Cases by Age Group

Less than 20 years	129
20 - 44 years	1,360
45 - 54 years	676
55 - 64 years	633
65 years and older	899
Unknown	5

COVID-19 Cases by Gender



COVID-19 Cases by Race/Ethnicity

WHITE, NON-HISPANIC	18%
HISPANIC OR LATINO	6%
NATIVE AMERICAN	2%
BLACK, NON-HISPANIC	63%
ASIAN/PACIFIC ISLAND	
OTHER, NON-HISPANIC	
UNKNOWN	

Source: www.azdhs.gov

Cultural Resource Department Seed Distribution

MARISSA JOHNSON
O'dham Action News
marissa.johnson2@srpmic-nsn.gov

In late March, garden technician Jacob Butler from the Salt River Pima-Maricopa Indian Community Cultural Resources Department was outside the CRD building handing out seed packets to families interested in starting home gardens. Butler and the CRD have been providing vegetable seeds and gardening assistance for several years now to any Community members who are interested.

"For the past two years, I have received heirloom and organically produced seeds from a seed company to provide to Community members wanting to start a garden," Butler said. "This year we were unable to give out seeds

to homeowners due to the [coronavirus] shutdown. But I wanted to still offer the seeds to anyone who wanted to plant them, even though our involvement would have to be minimal in providing assistance with their gardens."

Butler was handing out seeds on March 26, 27 and 30. The first two days saw many people coming by; Butler said that on the first day, 19 families stopped by to collect seeds. On the second day, 15 families came by. On Monday the 30th, it was four families. The families that did come out also picked up seeds for friends and families who were unable to come themselves. Butler said more than 1,000 seeds were given out, mainly heirloom seeds (seeds that have not been altered in the past 50 years).

It may be a little late now for planting, but Butler said it's still okay and offered some advice on how to get started.

"Plant [seeds] as soon as possible; even though it is late in the season, a lot of the plants will still produce a yield," Butler said. "Don't overwater; if your plants start to droop, it may be because of the heat. Wait until the evening to see if they stand back up. A quick and easy garden can be created by purchasing a large bag of premixed potting soil, cutting holes in the bag and planting seeds directly into the bag. Bees and insects belong in the garden and are vital to good pollination, especially for melons and squash. Plant flowers to attract pollinators."

With COVID-19 forcing people stay home, many people are gardening to fill the time. Not only is it something to



SRPMIC member Chuvak Montiel-Nunez stops by the Cultural Resource Department for some free seeds, Montiel-Nunez has started preparing for her garden and was happy to get free seeds to start planting. Photo by Tasha Silverhorn




Garden Technician Jacob Butler greeted everyone outside CRD with seed distributions. While at the same time practicing social distancing and sanitation.. Photo by Marissa Johnson

do, but gardening is a way to grow your own food in uncertain times. Just put a little time and effort into it.

Butler's words give good insight into the process: "Do things with a good heart and be positive, and good things will usually come," he said.





SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722

GUIDE TO SOCIAL DISTANCING

Due to your potential exposure to 2019-nCoV infection as much as possible...

- **Stay at home**, except to get essential medical care, as much as possible. Do not go to work or school and avoid public areas (e.g., shopping centers, movie theaters, stadiums, etc.) and public transportation, including rideshare and taxis.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Separate** yourself from others in the home.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Postpone** long-distance travel as you may be unable to return if you become symptomatic.
- **Monitor your temperature & symptoms** for 14 days after you were exposed.
 - **Temperature monitoring:** Please take and record your temperature
 - **Symptom monitoring:** The following symptoms could be associated with 2019-nCoV disease: **fever, cough, sore throat, difficulty breathing or shortness of breath, muscle aches, headache, abdominal discomfort, vomiting, or diarrhea.**

If you develop fever or any of the symptoms listed:

- Stay home away from others until **72 hours** after your fever and symptoms of acute infection are gone.
- **Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your travel or your close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

COMMUNITY MEMBER COVID-19 HOTLINE 480.362.2603

FOR MORE INFORMATION ON THE COVID-19 VISIT: WWW.MARICOPA.GOV

Springtime Vegetable Planting

MARISSA JOHNSON
O'dham Action News
marissa.johnson2@srpmic-nsn.gov

According to Community Garden Coordinator Jacob Butler from Cultural Resources Department the deadline for planting in your vegetable garden has passed (March 15), however there is still time to plant for April. During the spring you can plant anything that comes from a flower, such as eggplants, cucumbers and squash. These are meant to be harvested in the spring, when flowers are in bloom. In contrast, peas, kale and collard greens can be eaten from the root; if you can eat the root and leaves of a plant, it is usually meant as a winter crop.

On the back of seed packets there is information about the growing season and climate zone for that specific plant. Look on for information about the days of maturity and how long will it take to grow a fruit. The shortest

days to grow are best because seed packets that are bought at the store are meant to be grown anywhere.

Because Arizona is very hot, many times seeds from packets won't survive, unlike seeds for native plants. If you are interested in getting seeds for traditional local crops, the Salt River Pima-Maricopa Indian Community's Cultural Resources Department has a few that they will give out if you stop by their office.

Find seeds for plants native to the Sonoran Desert through Native Seeds/SEARCH (online at www.nativeseeds.org). They will distribute seeds free to any person from a Southwestern Indian tribe with a tribal ID.

If you are interested in starting a home garden, contact the Community Garden at the Cultural Resources Department at (480) 362-6325. Staff will help you with the process of setting up a small garden.

SEEDS THAT CAN BE PLANTED IN APRIL

- Artichokes
- Lima beans
- Snap beans
- Black-eyed peas
- Carrots
- Cucumbers
- Jicama
- Green onions
- Peanuts
- Radishes
- Summer squash
- Sunflowers

WASH YOUR HANDS FOR 20 SECONDS & KEEP THEM AWAY FROM YOUR FACE.



Spring Cleaning Tips

BY HANNAH LEWIS
O'dham Action News
hannah.lewis@srpmic-nsn.gov

Spring cleaning is a tradition that has been practiced for many years. After being closed in for the winter, many use this annual cleaning period to declutter and find new ways to organize their homes. A good "spring cleaning" improves the air quality of your home and makes you feel better. With a clean house, your mood will improve and you'll be open to welcoming visitors.

To start, make sure you have enough time to clean and have a cleaning system set up. It's best to clean one room at a time. Start and finish at the same spot in a room so you don't waste time running back and forth. Once you have a game-plan setup, gather the necessary cleaning products and tools needed to clean that specific room. Begin cleaning, moving from top to bottom, left to right. This method helps you clean efficiently without getting distracted or forgetting what you already cleaned.

When you are vacuuming,

it's best to vacuum in rows. It saves time and ensures that you won't miss a spot.

After you have taken the time to wipe the dust and grime off dirty surfaces, it's time to declutter your home. When decluttering, sort your belongings into different categories: what you want to keep, throw away, store for later, sell or donate. This will make it easier to go through your belongings and keep the effort from becoming overwhelming.

Once you have removed unwanted items, organize the items you wish to keep into categories, such as kitchen, books, crafts or office supplies. To keep them easily accessible, put items on shelves or in labeled transparent containers.

Another tip: Look for wasted space. Think outside the box for areas that can create more space for your belongings. You might have more storage space than you think. For instance, utilize space under a bed or behind a door; door hangers are a great use of wasted space.

Also, think vertical for storage. According to Marie Kondo, author of the bestselling book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, one of the best ways to use vertical spacing is by placing folded clothes in a drawer vertically. She calls her method Konmari. Kondo describes this system: "Clothes should be folded in a manner that allows them to 'stand on end.' Then, line them up in rows from the front of the drawer to the back of the drawer. When you look inside a drawer, you'll see all of your options at once—no more digging."

Once all the cleaning and decluttering is finally done, try to be consistent with the new organization system and establish new cleaning habits.



Scented All-Purpose Cleaner

What you'll need:

- 1-part white vinegar
- 1-part water
- Lemon rind
- Rosemary sprigs

Combine the ingredients, pour into a spray bottle, shake, and let infuse for a week before using. This natural cleaner can remove hard-water stains, clean trash cans, wipe away wall smudges and much more. Besides giving the solution a fresh scent, the lemon rind helps boost cleaning power. (Caution: Do not use acidic cleaners on granite, as they will etch the stone.)

Kitchen Cleaner and Deodorizer

What you'll need:

- 4 tablespoons baking soda
- 1-quart warm water

To clean kitchen counters, appliances and the inside of your refrigerator, all you need is baking soda. To deodorize surfaces, use this solution or pour baking soda straight from the box into your sink drain and garbage disposal to remove odors. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.

Glass Cleaner

What you'll need:

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol (70%)
- 1 or 2 drops of orange essential oil (optional, for aroma)

The next time you need to wash your windows and mirrors, combine these ingredients and pour them into a spray bottle. Hint: Don't clean windows on a hot, sunny day, because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

Natural Heavy-Duty Scrub

What you'll need:

- 2 tablespoons lemon juice
- 1 cup warm water
- 1 cup borax powder

Rust stains on porcelain or enamel sinks and tubs are no match for this cleaner. Mix the ingredients together to make a paste. Apply the paste to rust stains, let it set for at least 15 minutes, then scrub and rinse it away. (This is not safe for marble or granite.)

Sources: Goodhousekeeping.com

O'ODHAM ACTION NEWS

Dear O'dham Action News Readers:

Please let us know if you have questions that you would like answered pertaining to COVID-19 coverage. Do you have a story suggestion for OAN? Or do you have a story idea? What's happening in your part of the world? What would you like to see more of?

Please contact:

tasha.silverhorn@srpmic-nsn.gov or dodie.manuel@srpmic-nsn.gov

For Sale Wood & Organic Eggs

Weekly Monday-Friday 7 a.m.- 5 p.m.

4425 N. 126th St.
Scottsdale, AZ 85256

For more information and questions on prices please contact
Carson Regis at (602) 668-4412.

PUBLIC WORKS NOTICE

FROM MEMORIAL SERVICES



As part of our continuing efforts to help prevent the spread of Coronavirus (COVID-19) throughout the Community, the following restrictions related to memorials and funeral services are in effect IMMEDIATELY.

- Services will be limited to graveside ONLY (With a maximum allowed attendance of 20 individuals and a maximum of 2 hours)
- NO wakes, memorials, funeral services, family meetings, or meals of any kind will be held in the Memorial Hall, Xalychidom Piipaash Nyvaash, or any other Community facilities
- The Community will NOT provide any type of equipment (tents, tables, chairs, wood, etc.) to individual homes
- Everyone is reminded to limit gatherings, to practice social distancing and practice good hygiene to help prevent the spread of Coronavirus

After this pandemic has passed, our dedicated Memorial Services team will assist all families in planning and conducting memorial services for our members who have passed during this difficult time.

If you have questions or need assistance with burial arrangements, please contact our Memorial Services team at (480) 278-7050.

Memorial Services & Cemeteries -PUBLIC WORKS DEPARTMENT-

The death of a loved one is a very difficult time, the staff at Memorial Hall and Xalychidom Piipaash Nyvaash (MH/XPN) job is to help make it just a little bit easier. Burial assistance is offered to all enrolled members of the Salt River Pima-Maricopa Indian Community.

LOCATIONS

MEMORIAL HALL	XALYCHIDOM PIIPAASH NYVAASH
9849 East Earll Drive, Scottsdale, AZ	3660 North Horne Road, Mesa, AZ

SEE IMPORTANT INFORMATION AT LEFT

SERVICES PROVIDED
Wake Services | Funeral Services
| Memorial Services

CEMETERY REQUESTS
Headboard Replacement | Restore Mound on
Gravesite | Concrete Headstone Slabs

CEMETERY CREW
Cemetery Crew Hours:
6 a.m. - 2:30 p.m. / Tuesday thru Saturday
(480) 278-7050
Hours may vary according to
Funeral Services Schedule

CONTRACTED MORTUARIES
Contact Memorial Services to receive
contract approval to work with mortuaries.

Bunker Family Funerals &
Cremation
(480) 964-8686

Lowmans Arizona Funeral Home
& Mortuary
(602) 276-3601

Meldrum Mortuary & Cremation
(480) 834-9255

Providing a hospitable place to honor loves ones at the end of life's journey.

Main Office Hours: Mon. - Fri. at Memorial Hall
8 a.m. – 5 p.m. / Phone number (480) 278-7050

Gang-related apparel and behavior will not be tolerated in Memorial Hall ~ Xalychidom Piipaash Nyvaash or the surrounding area. Any and all applicable drug and alcohol ordinances shall be strictly enforced, including law enforcement if necessary. Section 6-7(b)(6) of the SRPMIC Code of Ordinances.

JUVENILE COURT JURISDICTION:

Salt River Pima-Maricopa Indian Community Court, Address: 10040 East Osborn Rd., Scottsdale, AZ 85256
CONTACT: (480) 362-6315
 All Juvenile Court Cases report to Courtroom #3 on the 1st Floor.
FAILURE TO APPEAR CAN AFFECT YOUR RIGHTS

ANTONE, IRENA KIM - Review Hearing Case: J-17-0005 Court Date: May 11, 2020 at 3 p.m.

BENITEZ, ELIA LEANN VICTORIA VALLES - Exceptional Care Hearing Case: J-15-0174 Court Date: May 4, 2020 at 9 a.m.

BUTLER, CHRISTOPHER LAWRENCE - Formal Hearing Case: J-20-0071 Court Date: May 14, 2020 at 10 a.m.

JAMES, ALEXANDRA LEAH - Review/Evidentiary Guardianship Hearing Case: J-17-0244/J-19-0002 Court Date: May 6, 2020 at 9 a.m.

JOHNSON, MANUEL LEE - Review Hearing Case: J-11-0042/J-12-0050/0051/J-08-1059 Court Date: May 4, 2020 at 11 a.m.

LEWIS SR., DUSTIN BLAKE - Formal Hearing Case: J-20-0069/0070 Court Date: May 14, 2020 at 10 a.m.

LEWIS-CHIAGO, MICHELLE RENEE - Review Hearing Case:

J-17-0048 Court Date: May 4, 2020 at 3 p.m.

LOPEZ, SHAWN RUIZ - Review Hearing Case: J-19-0016 Court Date: July 6, 2020 at 10 a.m.

MORATAYA SR., CESILIO - Review Hearing Case: J-18-0180 Court Date: June 9, 2020 at 10 a.m.

MURPHY LEWIS, STEPHANIE - Review Hearing Case: J-12-0039 Court Date: May 5, 2020 at 11 a.m.

SANTO, BLAINE GAIL - Review Hearing Case: J-14-0016/0017 Court Date: May 11, 2020 at 9 a.m.

VALLES SR., ROBERT ANTHONY - Exceptional Care Hearing Case: J-15-0174 Court Date: May 4, 2020 at 9 a.m.

WHITEWOLF, EVERON HESTON - Review/Permanency/Order to Show Cause Hearing Case: J-13-0165 Court Date: May 13, 2020 at 11 a.m.

CIVIL COURT JURISDICTION:

Salt River Pima-Maricopa Indian Community Court, Address: 10040 East Osborn Rd., Scottsdale, AZ 85256
CONTACT: (480) 362-6315
 Civil Court Cases Report to Courtroom #1/#2 on the 1st Floor.
Failure to appear can affect your rights

LEWIS, JULIA ALICIA - Initial Child Support Hearing Case: CFCS-20-0017 Court Date: May 18, 2020 at 9 a.m.

MARRIETTA-VALENZUELA, LETA - Restaining Order Hearing Case: R-20-0042 Court Date: May 21, 2020 at 4 p.m.

MARRIETTA-VALENZUELA, LETA - Restaining Order Hearing Case: R-20-0043 Court Date: May 21, 2020 at 4 p.m.

MILES, JAPHARR SHARIFF - Status Hearing Case: CF-17-0012 Court Date: May 5, 2020 at 9:30 a.m.

PONGYESVIA, JOSEPH PAUL - Civil Complaint Hearing Case: C-20-0048 Court Date: May 7, 2020 at 11 a.m.

RICHARDS, DARRYL LEE - Bond Forfeiture Hearing Case: T-20-0138 Court Date: May 4, 2020 at 2 p.m.

STONE, SHAWNA - Order to Show Cause Hearing Case: C-19-0159 Court Date: May 5, 2020 at 9 a.m.

VEST, JASON DUANE - Initial Child Support Hearing Case: CFCS-20-0010 Court Date: May 13, 2020 at 1:30 p.m.

GARRY A. BYARS J-19-0095
DEFAULT NOTICE
RE: JOHN DOE - D.O.B.: 6/6/2013
TO: GARRY A. BYARS, RESPON-DENT

1. A Complaint / Petition has been filed against you in this Court and your immediate attention to this fact is urgent if you do not want judgment entered against you.
 2. The Court record reflects that you have failed to respond to defend by filing an answer, motion to dismiss, request for extension of time or other responsive pleading and you have failed to attend hearings at the Court called for this matter.
 3. If you do not defend against this suit within Thirty (30) days from the date the Process Server hands you this or you are served with it otherwise as permitted under the Community Code, the Court may enter default judgment against you.
 4. A default judgment may have serious, adverse, and irreversible consequences against you.
 5. If you want to defend against the claim and avoid default judgment entered against you, you must file a written answer, motion to dismiss or other responsive pleading within thirty (30) days from when you are served with this Notice. The Court will not extend time for your response and you must make your response in writing, no oral responses will be accepted
 6. If you do nothing, the Court may give Judgment for what the Complaint demands. (Section 5-16.1, Judgment by Default)
DATED this 7th of February 2020
Clerk of the Court - Salt River Pima-Maricopa Community Court

RICHARDS, DARRYL LEE - NO-TICE OF FILING: PETITION FOR INVOLUNTARY TERMINATION OF PARENTAL RIGHTS;
CASE: J-20-0052
 "Notice, Violation of This Order is Subject to Proceedings for Contempt of Court Pursuant To Salt River Community Code Section 6-42. If Good Cause is Not Shown, the Court May Find the Parent, Guardian or Custodian in Contempt for Failure to Appear at a Court Hearing or for Failure to Follow Court Orders. Further, the Parties Should be Advised that the Hearing for Termination of Parental Rights May Proceed Without the Parent or Necessary Respondent Present. Failure to Appear May Result in the Hearing Being Held Without The Parent and Parental Rights of the Parent May be Terminated."

SUMMONS J-20-0019
IN THE MATTER OF: B.F.S. (D.O.B.: 2/20/2004) AN ALLEGED DEPENDENT CHILD
TO: JOSEPH RICHARD SER-MENO
 On November 21, 2019, a Petition was filed in this court alleging that the child named above is a dependent child as defined at S.R.O. § 11-2 Dependent child. You may obtain a copy of the petition by calling (480) 362-6315.
WARNING: Failure to attend any hearing without good cause shown may result in a finding that you have waived your legal rights to be present and defend against the allegation(s) in the petition. The hearing may go forward without you and may result in a finding of dependency, and the Court could make permanent orders by motion. Further, failure to appear at Court hearings or to participate in

services may result in the termination of your parental rights or the establishment of a permanent guardianship.
 Failure to appear at any Court hearing after receiving notice of the hearing may result in a bench warrant being issued for parent/s/ guardian's/custodian's immediate arrest.
NOTICE, Violation of this Order is Subject to Proceedings for Contempt of Court Pursuant to Salt River Community Code Section 6-42. The Court May Find the Parent, Guardian or Custodian in Contempt for Failure to Appear at a Court Hearing or For Failure to Follow Court Orders.
Clerk of the Court - Salt River Pima-Maricopa Community Court

ORDER TO SHOW CAUSE NOTICE
CASE NO. J-13-0165
IN THE MATTER OF: JOHN DOE (D.O.B.: 6/12/2013)
TO: EVERON HESTON WHITE-WOLF,
 YOU ARE HEREBY ORDERED to appear before the above-entitled court on the 13th day of May, 2020 at 11:00 AM, in Court Room #3, and show cause why you should not be held in contempt for Failing to appear for Disposition hearing on March 16, 2020 at 10:00 a.m., after being duly noticed.
FAILURE TO APPEAR will result in a Bench Warrant issued for your arrest for Contempt of Court from (§6-41) of the Code or Ordinances. **ORDERED** this 16th day of March, 2020.
Raymond L. Deer, Judge of the SRPMIC Tribal Court

Stress and Coping During an Outbreak

Outbreaks can be stressful
 The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**

- * Children and teens
- * People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- * People who have mental health conditions including problems with substance use

Take care of yourself and your community
 Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- * Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- * Take care of your body.
- * Take deep breaths, stretch, or meditate.
- * Try to eat healthy, well-balanced meals.
- * Exercise regularly, get plenty of sleep.
- * Avoid alcohol and drugs.
- * Make time to unwind. Try to do some other activities you enjoy.
- * Connect with others. Talk with people you trust about your concerns and how you are feeling.

Source: www.cdc.gov

NEED HELP? KNOW SOMEONE WHO DOES?
 If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others.

Call 911
Visit the Disaster Distress Helpline, call 1-800-985-5990,
or text TalkWithUs to 66746
Visit the National Domestic Violence Hotline
or call 1-800-799-7233 and TTY 1-800-787-3224
SRPMIC Behavioral Health Division (480) 362-5707

SRPMIC 2020 BOARD VACANCIES

PLEASE READ UPDATED INSTRUCTION.

1. APPLICATIONS CAN BE REQUESTED BY EMAILING:
 - erica.harvier@srpmic-nsn.gov or ardell.moore@srpmic-nsn.gov
2. Fill out the application completely. Incomplete and/or unsigned applications will not be considered.
3. APPLICATIONS CAN BE SUBMITTED BY EMAIL, FAX, MAIL, or IN PERSON.
 - EMAIL to: erica.harvier@srpmic-nsn.gov or ardell.moore@srpmic-nsn.gov
 - FAX to: (480)362-7593
 - MAIL to: SRPMIC Administration, 10,005 East Osborn Road, Scottsdale, AZ 85256
 - IN PERSON: SRPMIC Administration, Two Waters Building A, 3rd Floor. (When offices reopen.)
4. Submit application by 5:00 p.m by the closing date.
5. Any questions, contact the Council Secretary at 480-362-7466 or 362-7465 or 362-7400.

DEADLINE TO APPLY BY: May 31, 2020

GAMING REGULATORY BOARD
 (1) Community Member Representative
 The Board is primarily responsible for oversight of the SRPMIC gaming operations to assure compliance with rules and regulations.
 *Must be able to commit to a three (3) year term.
 *Must be able to attain a gaming license which includes a background check and fingerprinting.
DESIRED QUALITIES:

- Follow procedures according to SR Ordinance 449-2014 (See www.SRPMIC-nsn.gov, Code of Ordinances, Chapter 15.5-14)
- Knowledge of SRPMIC Gaming Ordinance and State Compact
- Knowledge of National Indian Gaming Commission (NIGC) Regulations
- Knowledge of the Community's vision
- Background in gaming and/or legal experience
- Be able to attend regularly scheduled meetings and special meetings if needed.

Board members are compensated a stipend for regularly scheduled and/or special called meetings.

GAMING ENTERPRISE BOARD VACANCIES
 (2) Community Member Representatives. Must be an enrolled member of SRPMIC to apply.
 (1) . Professional Representative.

Members and Non-Members of SRPMIC may apply
 The Gaming Enterprises Board is responsible for adopting policies and procedures, approving budgets, and reviewing the business results of the division of gaming.

Community Members Preferred / Professional is Required to have:
 Knowledge of gaming management, restaurant, hotel, convention, resort operations, banking or finance.

Candidates must be willing to:

- Serve a 2-year term.
- Attend regular board meetings held on the last Tuesday of each month at 4:30 p.m.
- Attend special board meetings held on the second Tuesday of each month at 4:30 p.m. There may also be other special board meetings called as necessary.
- Have knowledge of the Community's vision.
- Members will receive a paid stipend for regular and special meetings.

PLEASE NOTE:
 The appointed applicant will be subject to an extensive background check in order to obtain the necessary gaming license.

LAND MANAGEMENT BOARD
 (2) Community Member Representatives
 As a Community Member Representative, the desired qualities and responsibilities are as follows:

- Serve under the direction of the SRPMIC Tribal Council
- Attend Meetings on the first and third Monday of each month and when special meetings arise
- Attend Public Hearings as scheduled by the LMB.
- Make committed decisions for the SRPMIC, O'odham and Piipaash Culture.
- Responsible to make recommendations on proposals submitted for the development of land within the boundaries of SRPMIC.
- Follow procedures according to SRPMIC Code of Ordinances Section 17-7.
- Obtain a paid stipend for each meeting attended.
- Serve a (3) three-year term.



Be well. Stay safe. We are in this together.

For the most up to date information on COVID-19. Please visit www.cdc.gov.

Check us out at . . .
www.srmaterials.com



Exceptional People...Exceptional Benefits...Exceptional Company
Phoenix Cement Company and Salt River Sand & Rock,
dba Salt River Materials Group,
both divisions of the Salt River Pima-Maricopa Indian Community

CALENDAR OF EVENTS



SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY
10005 E. OSBORN ROAD / SCOTTSDALE, ARIZONA 85256-9722 | PH: 480.362.7400 FX: 480.362.7593

COVID-19
FOR SRPMIC UPDATES VISIT

<https://www.srpmic-nsn.gov/covid-19/>

www.Facebook.com/SRPMIC

WE ARE IN THIS TOGETHER – SRPMIC 2020