

Apache Scout



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6 Smart before-bed snacks

Mescalero SDPI Program—Nutrition Corner

By Lisa Lillien, a.k.a. Hungry Girl | Reviewed by a board-certified physician

Updated June 14, 2017

Sometimes, hunger strikes at night. You're in the middle of a Netflix binge, and your stomach starts to rumble. But when it's so close to lights out, you need to choose your snacks wisely. You don't want to eat something heavy that'll keep you up at night while your body tries to digest it. Reach for low-calorie, sleep-inducing foods, full of nutrients that'll satisfy. I'm Hungry Girl Lisa Lillien, and I have six great options for you.

Reduced-Fat Cheese

Say cheese! This savory treat has protein and fat, so it'll stop

hunger in its tracks. Just stick with light varieties, preferably portion controlled, to avoid overdoing it.

Grab a serving of Sargento's Snack Bites cheese snacks (the Chipotle BBQ Cheddar is the best), a stick of light string cheese, a slice of reduced-fat cheddar, or a Mini Babybel Light. Bonus: The red wax of the Babybel will keep your hands busy (distracting you from continuing to eat) once you're done with the cheese.

Nonfat Greek Yogurt

The plain kind is my top pick to stave off late-night hunger. It's loaded with protein and low in calories. Avoid the flavored kinds, which are usu-

ally higher in calories and chockfull of sugar.

If it's too tart on its own, stir in some natural no-calorie sweetener and vanilla extract. Stock up on the pre-portioned containers, because they make a great anytime snack. You can also toss it with fruit and nuts for a healthy no-cook breakfast!

Turkey-Pickle Roll-Up

You've probably heard that turkey makes you sleepy, so it makes sense that it's a good pre-bed snack. No need for a full-on sandwich though! Wrap turkey slices around some pickle or cucumber spears for a low-calorie snack. Dunk in mustard for

**OCT DEADLINE:
09/18/17 BY NOON**

added flavor. It's one of those smart snacks you're probably not eating.

Chickpeas

These little legumes provide a great punch of protein and other important nutrients. Grab a can, drain and rinse, and enjoy a 1/2-cup serving for only around 110 calories. Even better: Crunchy chickpea snacks are becoming increasingly popular. Try the kinds by Biena, or make your own with my simple recipe.

Crispy Roasted Chickpeas

1/4th of recipe (about 1/4 cup): 92 calories, 1.5g fat (0g sat fat), 337mg sodium, 15.5g carbs, 4.5g fiber, 1g sugars, 5g protein

1. Preheat oven to 400F. Spray a baking sheet with non-stick spray.
2. Drain and rinse a 15-ounce can of chickpeas/garbanzo beans. Thoroughly pat

dry. Discard any skins that were removed while drying.

3. Place beans on the baking sheet. Bake for 15 minutes.
4. Rearrange beans on the sheet, either with a spatula or by gently shaking the sheet (using an oven mitt). Bake until browned, 15 to 25 minutes.
5. Transfer beans to a medium bowl. Drizzle with 1/4 tsp. extra-virgin olive oil, and sprinkle with 1/4 teaspoon salt. If you like, add chili powder, garlic powder, and/or onion powder. Toss to coat.

Let cool for a crispier snack, or enjoy warm!

Apple + Peanut Butter

With this easy-to-make snack, the apple's filling fiber, and PB's healthy fat team up to tame your hunger. Stick with a single tablespoon

of peanut butter to avoid a too-heavy treat.

Broth-Based Soup

A warm cup of soup is soothing, and it's ideal for putting you in that calming mindset you want before you hit the hay.

Simple is best: broth, protein, and veggies. Lately, I'm hooked on the soups by Boulder Organic! and Campbell's Well Yes! line.

Hungry Girl PSA

Only eat if you're truly hungry, try to get to bed at a decent hour, and aim for 7 to 8 hours of sleep each night.

We all need sleep to function properly, especially when losing weight is a concern. Sleep is an important component of any weight-loss plan! Also, incorporate healthy fats, proteins, and carbs throughout your daily meals and you're less likely to have these nighttime cravings.

8 Easy ways to increase your daily water intake

Mescalero SDPI Program—Nutrition Corner

1. Add a Splash of Citrus

If you just can't drink glass after glass of plain water all day, try infusing your water with some citrusy flavor. Just slice up some lemon, lime, or orange, or even all three! Then add to a pitcher or bottle and let it infuse your water with fruity flavor.

Keeping a pitcher of this in your fridge at all times will double your water intake in no time.

Other great infusers are strawberries, mango, cucumbers, and mint. You can also find flavored waters on supermarket shelves, but read the labels carefully and watch out for added sugar.

2. Carry a Reusable Water Bottle

Toting around a refillable water bottle is a surefire way to increase your water intake. Pick up a cute one at the grocery

store or mall and be sure to wash it often. Prefer to drink out of a straw? Look for bottles with built-in straws. Like the fruit-infusion idea in tip number 1? There are reusable water bottles with a special section for fruit slices.

Here's another tip: Did you know it's extremely common to mistake thirst for hunger? The next time you feel hungry, try drinking some water before reaching for food to see if that's what your body is really craving.

3. Go for Sparkling Water

Because bubbles make everything more fun try alternating flat water with the carbonated kind. Experts say carbonated water is just as good for you as flat. Fizzy water is especially good if you're trying to cut back on soda. There are even options available with a hint of flavor. Just

remember to check those labels for added sugar or sweeteners.

4. Spice Up Your Food

Think about it: A little heat at mealtime is guaranteed to send you straight for some refreshing water to cool down your mouth. Try seasoning your food with a little cayenne pepper or hot sauce. There are some fantastic spicy salt-free seasoning mixes out there too. Bonus? Guzzling water in between bites will help you feel full faster, so you'll be less likely to overdo it on portions.

5. Change Up the Temperature

Start your day with a cup of hot water with a squeeze of lemon. Some people prefer ice-cold water, especially after a workout, while others find that sipping room temperature water is easier than sipping it cold. Try

switching it up until you find the temperature that works best for you. It could be that you like different temperatures at different times of days.

6. Get Your Workout On

When you're working up a sweat you'll need to replenish those fluids. Even a fast-paced walk on your lunch break can have you reaching for the cold stuff. Set a goal of at least 8 ounces of water for every 30 minutes of physical activity. Make sure you're always prepared with

a big bottle of water, especially if you're exercising in the heat.

7. Use a Tracker App

Set a daily goal on your phone app and update it throughout the day.

You don't want to realize at the end of the day that you still have more than half of your daily water left to drink. Who wants to drink that much water before bed? Having the reminder at your fingertips can be really helpful. A few helpful apps include Waterlogged for iPhone and Carbodroid

for Android users. No smartphone? Set an alarm to go off throughout the day as a reminder.

8. Use a Straw

Using a straw is one of my favorite tips for getting a lot of water in a short amount of time. Something about sipping through a straw makes the water go down easier. Like mentioned in tip number 2, you can even find reusable water bottles and cups with built-in straws.

2017 Fall Hunts

Mescalero Conservation Department

The following is a list of all elders that are ineligible to apply for the
2017 TRIBAL ELDER DEER hunts:

	NAME	YEAR DRAWN	ELIGIBLE YEAR
1	Andrews, Lillian	2015	2019
2	Baca, Paul	2016	2020
3	Balatche, Esther	2015	2019
4	Benally, Virginia	2016	2020
5	Bigrope, James Sr.	2016	2020
6	Blake, Alda	2015	2019
7	Breuninger, Danny	2015	2019
8	Brusuelas, Glenda	2014	2018
9	Cervantes, Cornel	2015	2019
10	Chalepah, Juanita	2014	2018
11	Chico, Rayburn	2016	2020
12	Chico, Todd	2016	2020
13	Choneska, Rockland	2014	2018
14	Comanche, Arden	2016	2020
15	Comanche, Bruce Sr.	2014	2018
16	Denny, June	2014	2018
17	Diaz, Alice	2015	2019
18	Fatty, Cornell	2016	2020
19	Fossum, Ivora	2016	2020
20	Fulsom, Marjorie	2015	2019
21	Gallerito, Franklin	2015	2019
22	Garcia, Velda	2016	2020
23	Hosetosavit, Arvin	2014	2018
24	House, Annette	2015	2019
25	Imus, Mary	2014	2018
26	Jose, Colleen	2015	2019
27	Kaydahzinne, Freddie	2014	2018
28	Kaydahzinne, Vincent	2014	2018
29	Klinekole, Eugene	2015	2019

CONTINUED TRIBAL ELDER DEER hunts:

30	Klinekole, George	2015	2019
31	Lapaz, George	2014	2018
32	Lapaz, Pearlita	2016	2020
33	Lester, Ermina	2016	2020
34	Lester, Lorena	2014	2018
35	Little, Joseph	2014	2018
36	Little, Regina	2014	2018
37	Long, Caroline	2016	2020
38	Love, Leatrice	2016	2020
39	Marden, Elsa	2015	2019
40	Mendez, Janet	2016	2020
41	Moreno, Karen	2014	2018
42	Niko, Rae	2014	2018
43	Notsinneh, Gina	2016	2020
44	Pellman, Leland	2016	2020
45	Rice, Clarissa	2014	2018
46	Rice, Nadena	2014	2018
47	Rodriguez, Micha	2015	2019
48	Runningwater, James	2014	2018
49	Shanta Ceda	2016	2020
50	Shanta, Dean	2014	2018
51	Shanta, Ella	2016	2020
52	Shendo, Pansey	2015	2019
53	Shush, Ray	2015	2019
54	Skin, Erdine	2015	2019
55	Smith, Ellen	2014	2018
56	Spitty, Oral Sr.	2015	2019
57	Stern, Joyce	2014	2018
58	Tafoya, Nadine	2014	2018
59	Tissnolthtos, Kaylee	2016	2020
60	Tso, Perida	2016	2020
61	Valdez, Caroline	2014	2018
62	Valdez, Lorda	2015	2019

>> The following is a list of all elders that are ineligible to apply for the 2017 TRIBAL ELDER DEER hunts. >>

The following is a list of all tribal members that are ineligible to apply for the 2017 **BULL ELK** hunts:

	NAME	YEAR DRAWN	ELIGIBLE YEAR
1	Adams, James	2014	2018
2	Adams , Jonathan Sr.	2014	2018
3	Adams, Joshua	2014	2018
4	Adams, Yolanda	2015	2019
5	Ahidley, Austin	2014	2018
6	Baca, Courtney	2014	2018
7	Baca, Paul	2014	2018
8	Battiest, Shelley	2014	2018
9	Beck, Leslyn	2016	2020
10	Bell, Shawn	2016	2020
11	Benally, Alvin	2016	2020
12	Bigmouth, Daniel	2014	2018
13	Bigmouth, Sterling Jr.	2015	2019
14	Blake, Justin	2014	2018
15	Blake, Lindsey (Garcia)	2014	2018
16	Blaylock, Calum	2016	2020
17	Blaylock, Jackie Jr.	2015	2019
18	Blaylock, Jackie Sr.	2016	2020
19	Botella, Ralph	2016	2020
20	Cervantes, Aspen	2014	2018
21	Cervantes, Ivy	2016	2020
22	Chavez, Eric	2014	2018
23	Chavez, Lorrie	2016	2020
24	Chavez, Melissa	2016	2020
25	Chavez, Ted	2015	2019
26	Chee, Myra	2015	2019
27	Chino, Levi	2014	2018
28	Cimarron, Kyle	2015	2019
29	Cochise, Travis	2014	2018
30	Comanche, Dwayne	2016	2020
31	Comanche, Marilee	2015	2019

<< The following is a list of all elders that are ineligible to apply for the 2017 BULL ELK DEER hunts. <<

CONTINUED BULL ELK hunts:

32	Coriz, Aldon	2016	2020
33	Davis, Clyde Jr.	2016	2020
34	Davis, Danan	2014	2018
35	Davis, Sheriene	2015	2019
36	Dolan, Jasmine	2015	2019
37	Duffy, Duane	2016	2020
38	Duffy, Thomas	2014	2018
39	Duffy, Wendy	2016	2020
40	Enjady, Duane	2014	2018
41	Evans, Pamela	2015	2019
42	Evans, Shane Sr.	2014	2018
43	Evans, Willard Sr.	2014	2018
44	Frasier, Brenda	2014	2018
45	Frizzell, Frizzell Jr.	2014	2018
46	Gallardo, Adam	2015	2019
47	Geromino, Lyle	2014	2018
48	Gonzales, James	2015	2019
49	Guerrero, Alexis	2014	2018
50	Hernandez, Irene	2014	2018
51	Hernandez, Muriel	2015	2019
52	Hiles, Patrick	2015	2019
53	Hurley, Morgan	2016	2020
54	John, Raybert	2015	2019
55	Kane, Sharon	2014	2018
56	Kaydahzinne, Danica	2015	2019
57	Kaydahzinne, Norleen	2015	2019
58	Kazhe, Gene	2016	2020
59	Klinekole, Douglas	2015	2019
60	Klinekole, Petra	2016	2020
61	Lapaz, Amanda	2015	2019
62	Lapaz, Christie Jr.	2014	2018
63	Lapaz, George	2016	2020
64	Lapaz, James	2014	2018

CONTINUED BULL ELK hunts:

65	Lapaz, Trevor	2014	2018
66	Lester, Crystal	2016	2020
67	Lester, Lana Cochise	2015	2019
68	Long, Caroline	2014	2018
69	Marden, Cody	2016	2020
70	Martinez, Cameron	2016	2020
71	Martinez, Raymond Sr.	2015	2019
72	Martinez, Steven	2014	2018
73	Martinez, Victoria	2015	2019
74	Mendez, Ashley	2015	2019
75	Mendez, Carmen	2016	2020
76	Mendez, Jacob	2016	2020
77	Mendez, Thomas	2014	2018
78	Montoya, John	2016	2020
79	Morgan, Bobby	2014	2018
80	Morgan, Damian	2014	2018
81	Morgan, Pamela	2015	2019
82	Morgan, Reuben	2014	2018
83	Morgan, Sylvalene	2016	2020
84	Morin, Garrick	2015	2019
85	Nanz, Andrew	2016	2020
86	Nanz, Anthony	2014	2018
87	Negrete, Benji	2014	2018
88	Ortega, Julian	2016	2020
89	Peso, Sonny	2015	2019
90	Platta, Percy	2014	2018
91	Poolaw, Dustin	2016	2020
92	Prins, Chrisalyn	2016	2020
93	Randall, Murray	2014	2018
94	Randolph, Talia	2016	2020
95	Robinson, Terrence	2014	2018
96	Rocha, Anthony	2015	2019
97	Rocha, Francis	2014	2018

<< The following is a list of all elders that are ineligible to apply for the 2017 BULL ELK hunts. <<

CONTINUED BULL ELK hunts:

98	Rocha, Terrence	2014	2018
99	Sago, Tyrone	2016	2020
100	Sanchez, April	2014	2018
101	Sanchez, Gary	2016	2020
102	Schmider, Christina	2014	2018
103	Shanta, David	2015	2019
104	Shanta, Jory	2014	2018
105	Shendo, Aubryn	2016	2020
106	Shendo, Bryan	2016	2020
107	Smith, Branson	2016	2020
108	Spitty, Timothy	2014	2018
109	Valdez, Cecelia	2016	2020
110	Valdez, Craig	2016	2020
111	Valdez, Darrell Jr.	2016	2020
112	Valdez, Tonya	2014	2018
113	Victor, Lareina	2014	2018
114	Yahnahki, Thomas	2014	2018
115	Yazza, Nevilynn	2014	2018
116	Yuzos, Darin	2014	2018
117	Yuzos, Francisco	2016	2020

The following is a list of all tribal members that are ineligible to apply for the 2017 tribal **DEER** hunts:

	NAME	YEAR DRAWN	ELIGIBLE YEAR
1	Adams, Joshua	2014	2018
2	Balatche, Jaylynn	2016	2020
3	Belin, Twyla	2014	2018
4	Blaylock, Marilyn	2016	2020
5	Botella, Carl	2014	2018
6	Casares, Kaycee	2015	2019
7	Chico, Swanlynn	2015	2019
8	Chino, Fernon	2015	2019
9	Cochise, Krissie	2014	2018
10	Cojo, Jody	2016	2020

CONTINUED DEER hunts:

11	Coonie, Kelsey	2016	2020
12	Coriz, Aldon	2014	2018
13	Cruz, Kathy	2016	2020
14	Dallas, Roy	2016	2020
15	Dolan, Fabian	2016	2020
16	Enjady, Dashina	2014	2018
17	Enjady, Hesston	2015	2019
18	Enjady, Wayne	2014	2018
19	Evans, Gavin	2015	2019
20	Evans, Shane Sr.	2016	2020
21	Frizzell, Robert	2014	2018
22	Gallerito, Loren	2015	2019
23	Gayton, LeClaire	2014	2018
24	Geronimo, Lyle	2014	2018
25	Guerrero, Felicia	2014	2018
26	Herrera, Joella	2014	2018
27	Hiles, Patrick Sr.	2016	2020
28	John, Raybert	2014	2018
29	Kaydahzinne, Danica	2015	2019
30	Kaydahzinne, Jouree	2015	2019
31	Lapaz, Cierra	2015	2019
32	Lester, Frank	2014	2018
33	Martinez, Cameron	2014	2018
34	Martinez, Geraldine	2015	2019
35	Martinez, Steven	2014	2018
36	Mendez, Carmen	2015	2019
37	Mendez, Faith	2016	2020
38	Mendez, Karen	2016	2020
39	Mendez, Rena	2014	2018
40	Mendez, Teresa Cooper	2016	2020
41	Murphy, Houston	2014	2018
42	Padilla, East	2015	2019
43	Pellman, Kevin	2015	2019

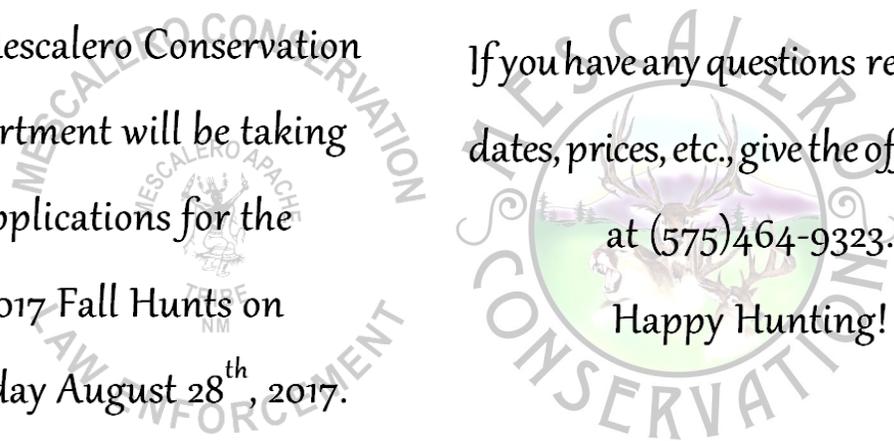
<< The following is a list of all elders that are ineligible to apply for the 2017 DEER hunts.

CONTINUED DEER hunts:

44	Pellman, Melene	2015	2019
45	Platta, Percy	2016	2020
46	Peso, Gwen	2014	2018
47	Rocha, Raysheena	2015	2019
48	Scott, Charles Sr.	2014	2018
49	Scott, Ivan	2016	2020
50	Shaffer, Larry	2015	2019
51	Shanta, Barry	2015	2019
52	Shanta, Loretta	2015	2019
53	Smith, Edwina	2014	2016
54	Rocha, Florence	2016	2020
55	Rocha, Frances	2016	2020
56	Rocha, Kathryn	2016	2020
57	Smith, Roseanna	2016	2020
58	Spitty, Eric	2014	2018
59	Torres, Sterling	2014	2018
60	Tsinnijinnie, Tasia	2016	2020
61	Valdez, Tonya	2014	2018
62	Yahnahki, Clarence	2014	2018
63	Valdez, James	2015	2019
64	Valdez, James Jr.	2016	2020
65	Valenzuela, Deanandre	2015	2019

The Mescalero Conservation
 Department will be taking
 applications for the
 2017 Fall Hunts on
 Monday August 28th, 2017.

If you have any questions regarding
 dates, prices, etc., give the office a call
 at (575)464-9323.
 Happy Hunting!



News for July & August 2017

Hello to all from C.H.R.

The Mescalero CHR Program was chosen as Grand Marshall for the July 4th Parade in which they placed 3rd. We would like to give a special "Thank You" to those individuals who helped us construct & march our float in the parade...

Jerry Peralto-Nicholas Ahidley-Veronica Beck-Ruiz -Xavier Ruiz- Renee Mangas-Shaylee Mangas & Tahnice Moreno-Serena Wheeler & the CHR ladies.

The CHR "Walking Team" participated in the Prevention "Glow Walk" - "Nice Job" to Clar Eyelash - Justine Peralto -

Martha Duffy & Sandra Enjady!

We would like to welcome DONNA CASARES to the CHR Program. Donna is our new CHR Technician & she will be introducing herself to the community.

NOTICE: The CHR Program will NO longer be giving "Personal Health Bags" due to the increase of community member harassment calls/visits to our CHR Technicians & offices. We apologize for the inconvenience but this harassment is unnecessary by certain community members.

The CHR Program is planning several workshops that will be held in the CHR Conference Room. Look out for the flyers and join us for fun and health information.

"Thank You" to United Health Insurance who assisted with several events and made donations to the Cancer Walk, Community Health Fair & School donations.

Be safe on your travels & SLOW DOWN - watch out for children... the new school year is here.



From: United Healthcare Community Plan of New Mexico - Ashley Avila

United Healthcare has been supportive in the Mescalero Community Events that have re-

cently been happening.

United has taken part in the Child Find, MAS Blessing Run, Community Health Fair, CO Rabies Clinic, and will be participating in fu-

ture events.

Look for the flyers/posters and if you have any questions, they will gladly help you.



Mescalero Dental Clinic

Emergency / Walk-In Schedule

SIGN IN @ 745 AM MON-FRI (575)-464-3832

September 01	8 am - Emergencies	September 15	NO EMERGENCIES
September 04	HOLIDAY	September 18	8 am & 1 pm- Emergencies
September 05	8 am - Emergencies	September 19	8 am - Emergencies
September 06	1 pm - Emergencies	September 20	1 pm - Emergencies
September 07	8 am - Emergencies	September 21	8 am - Emergencies
September 08	8 am - Emergencies	September 22	NO EMERGENCIES
September 11	NO EMERGENCIES	September 25	8 am - Emergencies
September 12	NO EMERGENCIES	September 26	8 am - Emergencies
September 13	NO EMERGENCIES	September 27	1 pm - Emergencies
September 14	NO EMERGENCIES	September 28	NO EMERGENCIES
		September 29	NO EMERGENCIES

Emergency/Walk-in time is first-come, first-served, so we highly recommend signing-in at 7:45 AM on whatever day you come on.



Chainsaws: used for falling, lopping (chop branches to below 18 inches from ground), and bucking (cutting the stems into 3-foot chunks). Also used for pruning the lower branches of the “leave trees”.



How to help bring back our forest ecosystem to balance

Division of Resource Management & Protection - Robert Campbell, Silviculturist, Contracted by DRMP

As stated in last month’s Apache Scout, there are about 10 times too many trees in the forests for the ecosystem to manage itself on its own due to the significant changes in historical natural

fire patterns in the last 150 years. What follows is some ideas that have already been proven to work on our reservation, and will hopefully continue in the future.

1) Thin the smaller

trees. Increase the cutting of smaller trees across the reservation. Trees less than 9” diameter at shoulder-height can be cut safely and efficiently.

2) Prescribed Fire.

Increase the amount of prescribed fire designed to kill the smaller trees, and re-

duce the fuel on the ground. This potentially could be done on a large scale in the Encino Well, Bull Well,

Snake Tank and White-tail areas. These areas are very, very overcrowded with pine seedlings and saplings.



Drip Torches: used for igniting prescribed fire. Light fuels burning in ponderosa pine after ignition.

3) Logging.

Continue logging, especially “mechanical logging” on the reser-

vation. Even though the two large sawmills (Mescalero and White Sands) are not functional, there are sev-

eral local small mills buying smaller logs, and some other non-local mills buying large logs.



Feller Buncher: used to efficiently fall and bunch 9-inch diameter breast high (dbh) and larger trees. This falling method minimizes damage to the marked “leave” trees and to the soil.

4) Pinon/Juniper Woodland Thinning.

Continue to thin, and increase prescribed

fire in the overcrowded woodland forest. This also helps to maintain a steady

supply of dead and down juniper firewood for tribal members.



Hydraulic Excavator: used to effectively pull trees out of the ground, then stack them into piles. The piles are sources of firewood and then afterward burned. The wide tracks minimize soil compaction.

WATER

WATER: Increased water yield and quality downstream for springs, irrigation, and water table recharge. Increased health of grasses, forbs, bushes and trees downstream.

PEOPLE

PEOPLE: Increased income, health and

pride for the workers, their families and communities. Ability to help pay down loans on large logging equipment and keep industry viable in southern NM. Maintain the 20-man DRMP thinning/qualified fire-fighting crew's availability.

LAND: The reduced tree stocking increases forest health and vitality; resiliency to insect and disease outbreaks; and reduces the potential for large, damaging wildfires and consequential flooding downstream.

LAND



Services offered

Four Directions Treatment & Recovery Center



107 Sunset Loop
 P.O. Box 228
 Mescalero, New Mexico
 88340
 Phone (575) 464-4432
 Fax (575) 464-4331

Four Directions Treatment & Recovery Center - Substance Abuse Rehabilitation

- Adult Biopsychosocial Assessments with dual diagnosis if necessary
- 90 Days or 180 Days In-Patient Program
- 10 Male Beds
- 6 Female Beds
- 2 Family Units (Up to three children ages 6 months old to

- 12 years old)
- Out-Patient Program
- One-On-One Counseling
- Group Therapy/ Sessions
 - Substance Abuse Education Classes (Tuesday Afternoon
 - Parenting Classes (Thursday Afternoons)
 - Anger Man-

- agement (Tuesday Afternoons)
- Batterers Intervention Program (Friday Afternoons)
- Domestic Violence Classes (Friday Afternoons)
- Cultural Education (Thursday Mornings)
- Apache Language Classes

(Tuesday, Wednesday & Friday Mornings)

- Monday Evening Support Group - open to recovering individuals from 7pm-8pm
 - Aftercare Program with treatment plan
- Indian Child Welfare Act**
- Foster Care Licensure for Native Homes
 - Safe and Stable Families

- Case Management per family (Service Plan)
- Referrals for at risk families (To prevent children removal from homes)

Native Connections - Substance Abuse and Suicide Prevention (Youth 12 yrs old to 24 yrs old)

- Youth Biopsychosocial Assessment with dual diagnosis if necessary
- Substance Abuse/ Suicide Prevention

Out Reach

- Group Counseling Sessions
- One-On-One Counseling

Tobacco Cessation

- Commercial Tobacco vs Organic Tobacco use Classes
- Organic Tobacco Growing
- Cessation Resources Provided

Hoop House

- Vegetables and fruit growing (Earth Day to nurture growth)

Personal Free-Use Wood Cutting Permits

BIA—Mescalero Agency

As the summer season comes to an end and the cold fills the morning/evening air, many tribal members will be requesting wood permits. Wood permits will be issued Monday through Friday from 8 a.m. to 4:30 p.m. at the BIA Forestry Office located at the Summit (210 Chatto Drive).

You will be requested to provide the following information:

- Physical Address

(Red Number). The address you provide is where the wood must be hauled to.

- Vehicle Information: Year, Make, Model, Color, and License Plate #.

One Wood Permit per Household will be issued. Wood permits are valid for 3 months.

Non-Tribal Members are not allowed to use Free-Use Permits.

Must be accompanied by permit holder.

FIRE ASSIGNMENTS

Most of our BIA-Wildland Fire Management staff are currently on various fire assignments in the northern United States: Superior, Montana; John Day, Oregon; Cascade, Idaho, Pine Ridge, South Dakota; Plains, Montana. We wish them the best on their assignments and a safe return.

United States
 Department of the Interior
 BUREAU OF INDIAN AFFAIRS
 Mescalero AGENCY
 P.O. Box 189
 Mescalero,
 New Mexico 88340



Nitdaguté!

Hello everyone I hope this greeting finds all of you doing well.

The past few months have been amazing and fun.

The Fourth of July celebration was one of the best I have been apart of. The parade was awesome and the parade committee did a great job showcasing all of the participants. For the Parade I placed 3rd in the royalty category. I'd like to extend a thanks to Melanie and Mila Bell, Russell Mithlo, Congetta Little, Marley Chino, Kostachalsah Kaydayso, Journie LaPaz, and Dionna LaPaz. The support y'all provided me was greatly appreciated!! The rodeo was also very well organized and gave the spectators quite a show! I'd like to give a big thanks to the cultural committee for giving me the time to host a special.



Following the Fourth I attended Fort Staton days. It was a good experience and a chance to learn some more about the history of Lincoln county. I then attended Old Lincoln Days and participated in social dancing with Lee Pike and his group.

This past week I traveled to the Pueblo of Zia for their feast day. An old classmate from NMMI opened her home to me; it was an amazing experience!

I am finding it hard to believe that my reign is coming to an end. This year has been a roller coaster but I have learned and experienced so many amazing things that I will hold dear. I have also met countless people who have greeted me with a word of encouragement and a handshake or hug. I enjoyed representing Mescalero and I wish the next Miss Mescalero all the best. I am confident she will do an amazing job.





I am entering my senior year at NMSU. I will complete my bachelors degree in May. I'd like to wish everyone a school year filled with growth and learning.

Thank you so much to everyone who has supported me through this year!!

Ixhehe

Megan Byers

Miss Mescalero XXXVIII



Mescalero Boys & Girls Club

Recent News



We have officially begun our After School Program with a total of 60 children enrolled at our site. Some of the activities we plan for the month of September include tile painting, Pool tournament, jump rope contest, making rice

crispy treats, celebrate MAS homecoming, Bingo, board games, and much, much more. We also do homework every day, so please bring your homework. If the children don't have homework, we will start working on spell-

ing words, multiplication facts, and other concepts. If you have any questions, ideas, or if you would like to share your talents with us at the Club, please feel free to contact us at 464-9212 or 4649204.



End of the Summer Field Trip to Cliffs August 2016



Our summer was very busy with many fun activities including the CHR's Health Fair and our own Color/Powder Walk in collaboration with the Prevention Program.



SEPTEMBER BIRTHDAYS!!

- Ferron 9/1 Shamicka 9/4
- Railey 9/11 Avin 9/26
- Madison 9/30 Kylenea 9/30

Have a Great Day!





Sáánénde ndé jil chíí
 Respect your Elders

Sáánénde baa gúú'zhúúné
 With the elderly, there is joy, gladness.

Sáánénde dáálk'idá danłdził
 The elderly a long time ago were strong.

Sáánénde dákuji 'itédaadi dhi
 The elderly were prayerful.

Sáánénde bee naizaa'í gúú'lı
 Because of the elderly we have our language.

Sáánénde bi hndénde bił hnzhú
 The elderly care about their people.

Sáánénde hnzhú dzi yélts'á
 Listen good to the elderly.

Sáánénde bee 'isdá huu'ka
 With the elderly we survived.

Sáánénde dubená daa'łdałda
 Don't forget about your elderly.

Sáánénde bee hndásá huu'ka
 With the elderly, we go forward.

Elderly Center

Recent News



Birthday wishes to all born this month. Summer has flown past and with fall fast approaching, our days at the center are moving fast, it's often a challenge to keep up with everything the program has to offer elders in the community. Staying busy and actively engaged, makes the days fly by. Our regular monthly activities such as Bingo, Nutrition Education, Fitness, Casino, and Monthly Program Improvement Meeting, and of course lunch will continue as usual. Each month the center offers a variety of additional activities, classes and special events.

The center will begin its September activities with our Monthly Program Improvement Meeting. This is held each month, and its purpose is to hear your suggestions, ideas, and concerns. The meeting helps us plan, organize, and improve the program, and service to the elderly community. The month will continue with a shopping trip to Las Cruces. The program is able to do this every other month. The second class of Alzheimer's Education "The Basics of Alzheimer's Disease" will be held on the 13th, continuing on throughout the rest of the month with Native American Legal Aid,

whose topic will be "What to do when Seniors Bully". It is estimated that 10-20% of older adults experience some type of senior to senior aggression. This class will teach us understanding and prevention.

The center will also have a repeat class on "Foster Grand Parenting The program is being offered by the Foster Grand Parenting/ Senior Companion Program in Otero County. If you are interested in learning more on how you can help children in our Mescalero community with academic and life skills, please come to the class or stop by the center to get more information.

Field Trips and Travel

Elderly Center



The program tries to take one local field trip each month. These are day trips to surrounding places

that are fun, educational, and social. On our last field trip to Lincoln and Capitan we were treated to a

guest lecture by historian and author, Lynda Sanches. Lynda shared her knowledge about the Ft. Stanton Caves,

as well as the history of the area. The group had a special tour of the historic district of Lincoln, including a special look into a room at the Tunstall store that is not open to the public. On occasion, the program will offer overnight trips, check the calendar and come in to the center to learn more

about these trips. The center is planning on providing limited transportation to the Guadalupe National Park for the blessing feast. Interested parties are reminded that the center will only be providing transportation and the individual is responsible for providing all of their own

camp gear. You are welcome to come into the center for more information. For those still interested, the program is gathering information for the trip to Hawaii in September of 2018. The program is hoping to have information to share at the September monthly meeting.

Senior Olympic News and All Indian Game Day

Elderly Center

We want to congratulate the 2017 Senior Olympians from Mesca- lero. A friendly re- minder that the 2018 games will be held in Albuquerque and it is a national qualifying year for 2019. The Na-

tional Senior Olympic Games will be held in New Mexico hosted by Albuquerque. The games are open to all ages 50 and older, and we are encouraging and inviting everyone to join in. Stop by the

center to get more in- formation. 2018 is also All Indian Game Day. Remember that this is event is every two years, and the NMSO committee has not yet deter- mined the host site.



2017 Conference on Aging

Elderly Center

This year’s theme for the conference was “Today, Tomorrow and Beyond, Healthy Ag- ing”, and it was held in Albuquerque at Is- leta Resort and Casino. The main focus of the conference was on ag- ing issues that affect

us all. A variety of in- formative and educa- tional subjects and topics were offered throughout the day, and participants could choose from such top- ics as Smart Phones 101, Finding Your Inner Artist, Yoga Movement

for Back Care, Demen- tia in New Mexico, and The Language they were forbidden to Speak. During each morning session keynote speak- ers addressed the more than 1200 atten- dees. Keynote speaker

Lis Marsh Ryerson spoke about the importance of caring for elders in our communities, stating that there are several issues in communities that exist regarding the well-being of our elders. Some of these include

poor nutrition, sub-standard housing, lack of employment opportunities, and transportation. One of the most important items was social isolation, stating that this was a growing health concern for elders. Lone-

liness, and lack of social connections, she said are detrimental to healthy aging. Communities and families were encouraged to reach out and help an older person in need.

Fall Prevention Month

Elderly Center

September is fall prevention month, and once again the program will host a fall prevention awareness day. The activity will take place the day be-

fore the first day of fall. This year's theme is "Standing Together to Prevent Falls". The center will have a day full of activities, fun and education, includ-

ing Fall Prevention Bingo, Fall Myth Busters Challenge, Introduction to Tai Chi, Fall Risk Assessments for the home and individual.



Open Enrollment

Elderly Center

This program is offered courtesy of the State of New Mexico Aging and Long Term Services Department. The coordinator will be at the center from Roswell to help answer questions and help any

senior with questions about their health and medical insurance coverage. There is no charge for the service but you are reminded to bring photo identification, and a list of your current medica-

tions, and coverage. October 18th will be your opportunity to get some of your questions answered and get help. The center will repeat the service November 15th.

Solar Eclipse at the New Mexico Museum of Space History

Elderly Center

A group of elders made the trek to Alamogordo to spend the morning at the museum learning about and observing the solar eclipse. The solar eclipse party began with a lesson on how to build your

own eye safety eclipse viewer, and lecture on how the sun influences our lives. The group was able to observe the eclipse through eclipse glasses courtesy of the museum. Participants were also

able to watch a live feed from NASA and watch the eclipse through a Sunspotter and an H-alpha solar telescope. Be on the lookout for pictures in next month's edition of the *Scout*.

RUIDOSO WARRIOR 2017 BOYS SOCCER

Date	Day	Level	Opponent/Description	Time	Site	Depart
8/22/17	TUE	Varsity vs.	LAS CRUCES HIGH-JV	7:00PM	LCHS	
8/29/17	TUE	Varsity vs.	ARTESIA	6:00PM	ARTESIA	
9-1/17	FRI	Varsity vs.	CENTENNIAL-JV	6:30PM	CENTENNIAL	
9/02/17	SAT	Varsity vs.	ONATE-JV	11:00AM	RUIDOSO	
9/05/17	TUE	Varsity vs.	ARTESIA	5:00PM	RUIDOSO	
9/07/17	THUR	Varsity vs.	ALAMOGORDO-JV	4:30PM	RUIDOSO	
9/13/15	TUE	Varsity vs.	LOVINGTON	6:00PM	RUIDOSO	
9/19/17	TUE	Varsity vs.	MORIARTY		MORIARTY	
9/23/17	SAT	V & JV vs.	NMMI	1 & 2:30	NMMI	
9/26/17	TUE	Varsity vs.	HOPE CHRISTIAN	6:00 PM	RUIDOSO	
9/28/17	THU	Varsity vs.	HATCH	3:00PM	RUIDOSO	
10/3/17	TUE	Varsity vs.	PORTALES	4:00PM	PORTALES	
10/05/17	THUR	Varsity vs.	HATCH	5:00PM	HATCH	
10/7/17	SAT	Varsity vs.	MORIARTY	1:00PM	RUIDOSO	
10/10/17	TUE	V & JV vs.	NMMI	3 & 5 PM	RUIDOSO	
10/14/17	SAT	Varsity vs.	HOPE CHRISTIAN	3:00PM	HOPE	
10/17/17	TUE	Varsity vs.	PORTALES	5:00PM	RUIDOSO	
10/27 & 10/28/17		Varsity vs.	1ST ROUND STATE	TBA	TBA	
11/2-4/17	THU-SAT	Varsity vs.	STATE CHAMPIONSHIPS	TBA	TBA	

RUIDOSO WARRIOR 2017 GIRLS SOCCER

Date	Day	Level	Opponent/Description	Time	Site	Depart
8/18-19	FRI-SAT	Varsity vs.	(3)ALIEN TOURNAMENT- RoswellTBD		ROSWELL	
8/22/17	TUE	JV vs.	Las Cruces High JV	5:00PM	LCHS	
8/26/17	SAT	V&JV vs.	LOVINGTON	11:00 & 1	LOVINGTON	
8/29/17	TUE	V & JV vs.	ARTESIA	4:30 & 6	RUIDOSO	
9/1/17	FRI	Varsity vs.	CENTENNIAL (JV)	5:00PM	CENTENNIAL	
9/2/17	SAT	Varsity vs.	ONATE (JV)	1:00PM	RUIDOSO	
9/7/17	THU	V & JV vs.	ALAMOGORDO	4:30JV 6:00V	ALAMOGORDO	
9/12/17	TUE	Varsity vs.	LOVINGTON	4:00PM	RUIDOSO	
9/23/17	SAT	V & JV vs.	GODDARD	11 & 1	RUIDOSO	
9/19/17	TUE	Varsity vs.	MORIARTY	4:00PM	MORIARTY	
9/26/17	TUE	Varsity vs.	HOPE CHRISTIAN	3:00 PM	RUIDOSO	
9/28/17	THU	Varsity vs.	HATCH	5:00PM	RUIDOSO	
9/30/17	SAT	V & JV vs.	ARTESIA	1 & 3	ARTESIA	
10/03/17	TUE	Varsity vs.	PORTALES	5:30 PM	PORTALES	
10/05/17	THU	Varsity vs.	HATCH	3:00PM	HATCH	
10/7/17	SAT	Varsity vs.	MORIARTY	3:00PM	RUIDOSO	
10/14/17	SAT	Varsity vs.	HOPE	1:00PM	HOPE	
10/17/17	TUE	Varsity vs.	PORTALES	3:00PM	RUIDOSO	
10/27 & 10/28/17		Varsity vs.	1ST ROUND STATE	TBA	TBA	
11/2-4/17	THU-SAT	Varsity vs.	STATE CHAMPIONSHIPS	TBA	TBA	

(20) 4/30/15

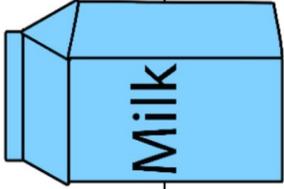


2017 Warrior Cross Country Schedule

Date	Time	Meet	Location	Date	Time	Meet	Location
8/7	7:00 a.m.	Practice Begins	Cedar Creek Picnic area	10/7		Open Week	
8/25	3:00 p.m.	Clovis Invite	Clovis	10/14	10:00 a.m.	Rio Rancho Jamboree	Rio Rancho
9/1	3:00 p.m.	Alamogordo Invite	Alamogordo	10/21	10:00 a.m.	Ruidoso Invitational	Ruidoso
9/9	9:00 a.m.	Moriarty Invite	Moriarty	10/27	3:00 p.m.	District Championships	Moriarty
9/16	9:00 a.m.	Fort Stanton Invite	Capitan	11/4	8:00 a.m.	New Mexico Cross Country State Championships	Rio Rancho
9/23	9:30 a.m.	Ocate Invite	Las Cruces				
9/28	3:30 p.m.	Artesia Invite	Artesia				

* Schedule subject to change.

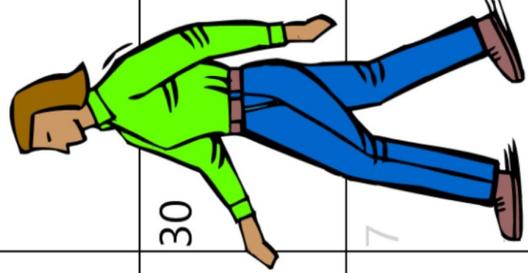
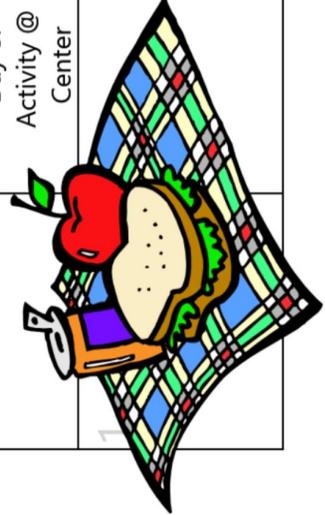
September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
MESCALERO APACHE SENIOR CENTER MENU						
All meals served with 2% milk. Homebound meal delivery cancellations please call before 8:30 am. Menu is subject to change without notice. Questions? Call 464-1614						
3	4	5	6	7	8	9
	Center closed for Labor Day	Pork chops, broccoli, carrots, , man n cheese, apple sauce rolls	Beef enchiladas, lettuce/tomatoes, squash, banana Jell-O, Spanish rice	Chicken salad croissant, tomato soup, sliced cucumbers, apricots	Baked cod, green beans, tomato wedges, rice, peaches, rolls	
10	11	12	13	14	15	16
	Barbecue chicken, beets w/ onions, squash, rice, fresh oranges, rolls	Beef tacos w/ trimmings, carrots, fresh peaches, pinto beans	Chicken fajitas, bell peppers, lettuce/ tomato, Jell-O w/fruit, tortillas	Goulash, spinach, Capri blend, apple crisp, garlic	Baked ham, green beans, cauliflower, yams, pears, rolls	
17	18	19	20	21	22	23
	Beef burritos, lettuce/ tomatoes, coin carrots, rice, pears, tortillas	Beef brisket, asparagus, broccoli w/cheese, potato salad, fresh bananas, rolls	Roast beef, cauliflower, island blend, mashed potatoes w/gravy, fresh watermelon, rolls	Beef lasagna, Brussels sprouts, California blend, banana pudding, garlic bread	Indian tacos w/ trimmings, Brussels sprouts, mandarin oranges	
24	25	26	27	28	29	30
	Pork ribs, tomato wedges, green beans, scallop potatoes, pineapple, corn bread	Tuna helper, Brussels sprouts, carrot w/raisin salad, Mac n cheese, berry's w/yogurt, garlic bread	Turkey/cheese sandwiches w/ trimmings, coleslaw , potato wedges, melons	Orange chicken, asparagus, garden salad, , white rice, grapes egg rolls	Pork tamales, garden salad, yellow squash, Spanish rice, apricots	
1	2	3	4	5	6	7
						

September 2017

Sun Mon Tue Wed Thu Fri Sat

27	28	MESCALERO APACHE SENIOR CENTER ACTIVITIES *Calendar is subject to change without notice. Questions? Call the center at 464-1614. Transportation please call before 8:30 am daily.			31	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7



✝ Religion

Mescalero Reformed Church

Blind Spots by Pastor Mark



Sometimes I get a kink in my neck. I don't know what I do and I can't pinpoint one exact thing that causes it, but for a few days the side of my neck, between my neck and shoulder, absolutely throb in pain. Maybe it was how I slept one night? I'm not able to turn to one side without my whole body turning from the waist. Like I said, this happens to me from time to time and after a few days it goes away. Maybe I should request a hand massager for Christmas? Or maybe I could bribe my wife Miriam into massaging my neck? Well, maybe next time . . . But the most difficult times are when I'm driving and someone from the back is asking for my attention. I try to turn and respond, but can't because of the

pain. So I not only cannot respond, but I can't see what's going on. It was a blind spot. In some ways, I think we all have blind spots in our lives. Those places we can't see and need someone else to point it out for us. You know what I mean? Those attitudes and attributes that we take on seemingly without knowing it and if we were called out on them, our initial reaction might be defensive. I'll give a personal example since I tend to find many areas in my own life that need a double portion of sanctification. For me, it's my tone. You know what a tone is? That sharp, irritable, *I'm annoyed by you* tone. Yeah - that one. That's the one I struggle with. I'd like to think

that I come from a long line of individuals who struggle with this and I know that at least one of my brothers struggles with tone as well. I find myself answering questions not even realizing I'm doing so with a tone. It's one of my blind spots. I don't think there's anything wrong, but I'm giving off a sinful vibe that hurts those around me. And the worst part of all is that most of the time (not all the time), but most of the time, I don't even realize I have a tone in my voice. So, I need the loving correction of those who love me to point out my blind spot. Maybe for you it's not a tone, it's something else. A spirit of greed? A flare of a temper? A desire to please others at all costs? A willingness to

tell half-truths? Silent addiction? I think we all have areas in our lives that are prone to being our blind spots. Places that we can't see so well and need the loving correction of others to point it out. Now, I'm not going to lie, I don't always react well to being told I have a tone. It's not easy to be called out. It's not fun to have your flaws honestly flaunted in front of you. But then again, no one ever said the process of sanctification would be easy. Jesus never said following Him with our words and our actions and our tones would be easy. No, in a lot of ways, it's hard and difficult and painful. I heard a sermon about how Jesus scribbles in the sand before a woman who was allegedly caught in adultery. It's a powerful story of mercy and truth. It's also a story of radical righteousness and repentance. Jesus tells the woman, "Neither do I

condemn you, go and sin no more." Go and sin no more. I wish it were that easy, don't you? No more sinning - ever?! But Jesus knew the woman would sin again just like Jesus knows that we'll sin again, too. That wonderful journey of pruning the sinful places in our lives is a never-ending journey. Those blind spots in our lives have a way of re-growing. But praise God from whom all blessings flow that Jesus scribbled mercy in the sand before the woman, and he scribbles mercy in the sand before us, too. Please know that you are always welcome to worship God and experience His mercy at Mescalero Reformed Church, as our arms (and our doors) are open to you if you are looking for a church home or just want to come visit. Grace and Peace, Pastor Mark Vellinga

Note: We have had a busy summer at Mescalero Reformed Church.

Included with this article are some pictures from our Cookout, Camp Meeting, Faith Walk, and Rocky Mountain High youth retreat.

Opportunities for Fellowship and Encouragement

Men's Bible Study - first and third Thursday's of each month at 6:00 pm in the church basement.

Women's Bible Study - first and third Tuesday's of each month at 6:00 pm in the sanctuary.

Women's Gathering - every Wednesday at 9:00 am in the church basement.

Youth Group for Middle and High School - Wednesday at 6:00 pm in the church basement.

Kids' Club after-school program for 1st-5th grade students will meet every Thursday at 3:30 pm in the church basement beginning September 28, 2017. Come for a fun time of playing, praying, singing, and crafts.



Mescalero Reformed Church
 336 Wardlaw Dr.
 P.O. Box 188
 Mescalero, NM
 (575) 464-4471

Visit (and Like) our Mescalero Reformed Church Facebook page!

Email us at [mesca-lerorc@yahoo.com](mailto:mescalerorc@yahoo.com) or [mesca-lerorc@gmail.com](mailto:mescalerorc@gmail.com)

Sunday Services
 9:30 - Sunday School for Children and Adults
 10:40 - Worship



Blessing Feast for our people, homeland, & way of life

Feast will be held across the Pine Springs Visitor Center, off HWY 62. Pine Springs, TX is 3 ½ hours away from Mescalero. There are no hotels or gas stations near the Visitor Center where the feast will be held. Only vending machines but, no water for sale. People are encouraged to bring their own water bottles, there is a place to refill with drinking water. Camping and RV'ing is available. Primitive

camping - no electric hook-ups however, a water station is onsite. Restrooms are located near the camping grounds but, no showers. Unfortunately, there are no convenience stores, no gas stations, and no hotels near the Visitor Center, all are 30mins to 1 ½ hour away. Nearest town is Whites City, 30mins away and El Paso, 1 ½ hour away. Due to minimal cell

signal there's patchy cell service. A First Aid station will be near the feast grounds as well as a designated "emergency shelter area" should disastrous weather accumulate. Parking is going to be scattered throughout the area, as a result, a shuttle to and from your vehicle to the grounds will be provided. See you at the feast and safe travels!



SECONDHAND SMOKE HARMS CHILDREN

Secondhand smoke can cause serious health problems in children.

- Studies show that older children whose parents smoke get sick more often. Their lungs grow less than children who do not breathe second hand smoke, and they get more bronchitis and pneumonia.

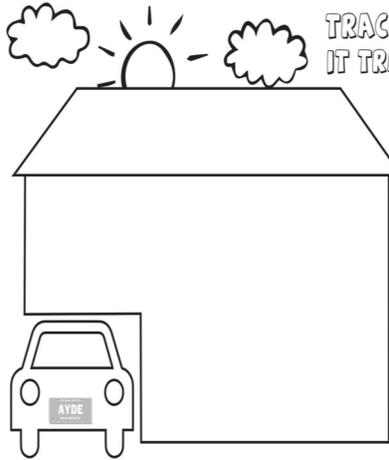
- Wheezing and coughing are more common in children who breathe secondhand smoke.

- Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have more severe and frequent asthma attacks. A severe asthma attack can put a child's life in danger.

- Children whose parents smoke around them get more ear infections. They also have fluid in their ears more often and have more operations to put in ear tubes for drainage.

Parents can help protect their children from secondhand smoke by taking the following actions:

- Do not allow anyone to smoke anywhere in or near your home.
- Do not allow anyone to smoke in your car, even with the window down.
- Make sure there is no smoking outside of your child's daycare, school, and church.
- Find out if homes that your children are visiting are smoke free.



DRAW YOUR FAMILY IN THE SMOKE FREE HOUSE AND CAR

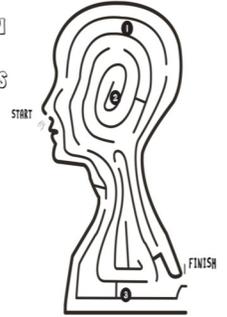


For free help quitting tobacco call:
1-800-QUIT-NOW
(1-800-784-8669) | TTY: 1-877-777-6534
Services provided by the New Mexico Department of Health

TRACE SECONDHAND SMOKE AS IT TRAVELS THROUGH YOUR BODY

Ask your parent how the smoke affects each of these:

1. BRAIN
2. EARS
3. LUNGS



Find the following words in the puzzle

- BREATHE
- CLEAN
- HEALTHY
- HARM
- PROTECT
- SMOKE FREE
- NICOTINE

H	T	S	M	O	K	E	F	R	E	E	G
E	X	R	B	M	W	O	N	H	S	Y	H
A	V	C	P	O	I	S	O	N	Q	Q	E
L	W	P	R	O	T	E	C	T	N	H	S
T	C	N	B	R	E	A	T	H	E	A	Z
H	S	V	N	U	S	T	F	E	J	R	I
Y	R	N	I	C	O	T	I	N	E	M	V
C	T	C	L	E	A	N	F	W	S	W	Z

NATIVE CONNECTIONS

Native Connections is a five-year grant program that helps American Indian and Alaska Native communities identify and address the behavioral health needs of Native youth.

The program supports grantees in:

- Reducing suicidal behavior and substance use among Native youth up to age 24
- Easing the impacts of substance use, mental illness, and trauma in tribal communities
- Supporting youth as they transition into adulthood

There are currently two Native Connections grants in the Mescalero Community

Native Connections 1



Prevention Program
(575)464-4516

Native Connections 2



Four Directions
Treatment & Recovery
(575)464-4433

NEED SOMEONE TO TALK TO?



www.nmcrisisline.com
1 (855) NMCRISIS
662-7474
1 (855) 227-5485
TTY

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
1-800-273-8255
www.suicidepreventionlifeline.org

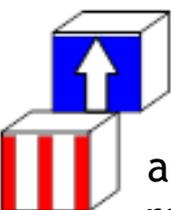
TO THE WORLD YOU MAY BE JUST ONE PERSON BUT TO ONE PERSON YOU MAY BE THE WORLD

**BE PART OF THE SOLUTION
BECOME A FOSTER PARENT OR ADOPT TODAY
CALL US! (575)464-4432 ext 116 or (575)464-4334**

BLAZIN GRAPHICS (575)9372665

RUIDOSO WARRIOR 2017 VOLLEYBALL

Date Day	Level	-	Opponent/Description	Time	Site	Depart
8/26/17	SAT	V-JV-C	vs. ALAMOGORDO	10:00AM	RUIDOSO	
9/1-2/17	FRI-SAT	VARSDITY	vs. SWEET SIXTEEN TOUR. (2)TBA		LAS CRUCES	Suburban
9/05/17	TUE	V-JV-C	vs. HOT SPRINGS	4:00	RUIDOSO	
9/8-9/17	FRI-SAT	VARSDITY	vs. ZIA CLASSIC TOURNEY(2) TBA		ROSWELL	Suburban
9/12/17	TUE	V-JV	vs. TULAROSA	5:00 PM	TULAROSA	
9/14/17	THU	V-JV-C	vs. HATCH	4:00 PM	RUIDOSO	
9/19/17	TUE	V-JV-C	vs. ARTESIA	4:00pm	RUIDOSO	
9/21/17	THU	V-JV-C	vs. HATCH	4:00 PM	HATCH	
9/26/17	TUE	V-JV	vs. LOVINGTON	5:00 PM	LOVINGTON	
10/3/17	TUE	V-JV-C	vs. GODDARD	4:00 PM	RUIDOSO	
10/05/17	THU	V-JV-C	vs. ROSWELL	4:00 PM	ROSWELL	
10/07/17	SAT	V-JV-C	vs. ROBERTSON	1:00PM	RUIDOSO	
10/10/17	TUE	V-JV	vs. PORTALES	4:00 PM	PORTALES	
10/14/17	SAT	V-JV-C	vs. HOPE CHRISTIAN	1:00 PM	RUIDOSO	
10/17/17	TUE	V-JV-C	vs. MORIARTY	4:00 PM	RUIDOSO	
10/21/17	SAT	V-JV	vs. PORTALES	2:00PM	RUIDOSO	
10/24/17	TUE	V-JV-C	vs. HOPE CHRISTIAN	4:00 PM	HOPE	
10/28/17	SAT	V-JV-C	vs. MORIARTY	1:00PM	MORIARTY	
10/30/17		VARSDITY	vs. DISTRICT TOURNEY		TBA	
• 11/		VARSDITY	4 vs 3	6 :00pm		
• 11/		VARSDITY	W vs 2	6:00pm		
• 11/		VARSDITY	W vs 1	6:00pm		
11/9-11/16	VARSDITY	vs.	STATE CHAMPIONSHIPS	TBA	RIO RANCHO	Suburban



The Mescalero Apache Head Start is still accepting applications for enrollment. Call 464-9183 for more information.

RMS VOLLEYBALL 2017

DATE	DAY	OPPONENT	SITE	TIME	BUS
9/5/17	TUE	Holloman	Home	5:00	
9/7/17	THU	Capitan	Home	5:00	
9/9/17	SAT	APS Round Robin	AHS	TBA	TBA
9/12/17	TUE	Chaparral	Away	4:00	2:00 pm
9/16/17	SAT	Ruidoso Round Robin		TBA	
9/23/17	SAT	Socorro	Home	10:00	
9/25/17	MON	Mescalero	Away	4:00	2:30 pm
9/26/17	TUE	Tularosa	Home	5:00	
9/28/17	THU	Chaparral	Home	5:00	
9/30/17	SAT	APS Round Robin	Away	8:00	6:30 am
10/2/17	MON	Mescalero	Home	5:00	
10/3/17	TUE	Tularosa	Away	4:00	2:30 pm
10/5/17	Thu	Capitan	Away	4:00	3:00 pm

Ruidoso Round Robin-- Chaparral, Mt. View, Holloman, Tularosa, Capitan, Mescalero, Ruidoso, Cloudfroft, Socorro, Hondo

THANK YOU GABE & ROBYN!

MANY THANKS TO GABE & ROBYN! ONCE AGAIN THEY SUPPORTED OUR YOUTH OF THE MESCALERO COMMUNITY. THEY MADE MUCH EFFORT IN SPONSORING A YOUTH BASKETBALL CAMP FOR THE CHILDREN AS YOUNG AS 4 YEARS OLD TO 19 YEARS OLD. ON JULY 31 AND AUGUST 1 AT THE MESCALERO COMMUNITY GYMNASIUM, HEAD COACH, MS. KRISTINE KINCAID OF PHOENIX COLLEGE WOMEN'S BASKETBALL INSTRUCTED THE 2 DAY CAMP, WITH ASSISTANTS KIRA & LIZ RODRIGUEZ. OVER 75 YOUTH PARTICIPATED EACH DAY, LEARNING BASKETBALL SKILLS; THEY GOT PLENTY OF EXERCISE AND HAVING FUN JUST BEING PART OF THE TEAM!



2017 CENSUS OF AGRICULTURE
YOUR VOICE. YOUR FUTURE. YOUR OPPORTUNITY.

Coming in December

Be counted. Your answers to the Census of Agriculture matter. They help grow your farm's future, shape farm programs, and boost services for communities and the industry.

For more information or to try the improved online questionnaire, visit www.agcensus.usda.gov.



Congratulations

Ashleigh Neva Lynn Chino
for
Winning 4th Place in
Teen Girls Traditional



Kelly Chino for
Winning 3rd Place
in
Senior Women's
Traditional

At the 54th Annual Shoshone-Bannock Indian Festival Pow Wow
Fort Hall, Idaho August 10 – 13, 2017

From Fernon Chino



RUIDOSO MUNICIPAL SCHOOL DISTRICT

Back to School Schedule 2017-2018

August 14: First Day of School – Grade 1-12
August 17: First Day of School for Kindergarten
August 23: First Day of School for Pre-K

NOB HILL EARLY CHILDHOOD CENTER

Registration opens Aug. 1st for students.

Kinder class visits: Aug. 11th, 14th, & 15th.
 Kinder orientation: Aug. 16th, 8 a.m. OR 12 p.m.
 Kinder 1st day: Aug. 17th
 Pre-K home visits: Aug. 14th thru 17th.
 Pre-K orientation: Aug. 22nd, from 10 a.m.-1 p.m.
 Pre-K 1st day: Aug. 23rd and Headstart August 17th
 The school day is 7:45 a.m. – 3:00 p.m.
 Wednesdays: Dismissal at 1:25 p.m.

WHITE MOUNTAIN ELEMENTARY SCHOOL

Class roster posted: August 7th

Orientation: August 11th, 8:30 a.m. or 12:30 p.m.
 WME 1st day: Aug. 14th
 Early Dismissal: Aug. 14th - 15th, 11:15 a.m.
 Parent-Teacher Conferences: Aug. 14th-15th

The school day begins at 7:30 a.m.

3rd and 4th Grade Dismissal: 2:30 p.m.

5th Grade Dismissal: 2:38 p.m.

Wednesdays: Dismissal at 12:55 p.m.

RUIDOSO HIGH SCHOOL

Students must pay a \$30.00 school activity fee and complete lunch application before picking up schedules.

Class schedules available: Aug. 7th - 8th, 8:30 a.m. to 3:30 p.m.
 RHS Parking Permit Packet may also be obtained at these times.
 9th Grade AND New Student Orientation: Aug. 11th, 9 – 11 a.m.
 Orientation starts in Performing Arts Center.

RHS 1st day: Aug. 14th.
 The school day is 8:45 a.m. – 4:02 p.m.
 Wednesdays: Dismissal at 2:18 p.m.

SIERRA VISTA PRIMARY SCHOOL

Temporary office located in White Mountain Elementary (575) 630-6401

Class roster posted: August 7th
 Orientation: Aug. 11th, 8:30 OR 11:30 a.m.
 SVP 1st day: Aug. 14th
 Early Dismissal: Aug. 14th - 15th, 11:15 a.m.
 Parent-Teacher Conferences: Aug. 14th-15th

The school day is 7:20 a.m. – 2:30 p.m.
 Wednesdays: Dismissal at 1 p.m.



BUS Barn 378-5410

Buses will run on August 14, 2017.
 Contact the Bus Barn for times and locations of bus stops. Routes will also be posted on Facebook and Webpage.

RUIDOSO MIDDLE SCHOOL

6th orientation: Aug 11th, 8-10 a.m.
 7th grade: Aug. 11th, 10:30 -12:30
 8th grade: Aug. 11th, 1:30-3:30.

During orientation students may pay activity fee, use lockers and complete forms.

RMS 1st day: Aug. 14th.

School day: 8:45 a.m. – 3:55 p.m.
 Wednesdays: Dismissal at 2:24

All students must pay a \$15.00 activity fee.

"Where Excellence is Expected!"

RUIDOSO SCHOOL DISTRICT

Substitute Orientation: August 8, 2017, 9:00–10:00 a.m. RMS Multipurpose Room
New Employee Orientation: August 8, 2017, 11:00-12:00 p.m. RMS Multipurpose Room

Welcome Back Staff Breakfast: Wednesday, August 9, 2017, 7:45 a.m. RHS Cafeteria

Go Warriors!



2017 RUIDOSO FOOTBALL SCHEDULE
"COMMITMENT DISCIPLINE TOUGHNESS EFFORT"

DATE	DAY	OPPONENT	SITE	TIME	DEPART
8-TBD	TBD	SCRIMMAGE	TBD		
8-25	F	SOCORRO	RUIDOSO	7:00PM	
9-01	F	HATCH	RUIDOSO	7:00PM	
9-08	F	LOVINGTON	LOVINGTON	7:00PM	
9-15	F	ROBERTSON	RUIDOSO	7:00PM	
9-22	F	TULAROSA	TULAROSA	7:00PM	
9-29	F	SILVER CITY	SILVER CITY	7:00PM	
10-06	F	NMMI**	NMMI	7:00PM	
10-13	F	HOPE CHRISTIAN**	RUIDOSO	7:00PM	
10-20	F	PORTALES**	PORTALES	7:00PM	
10-27	F	OPEN			
11-03	F	MORIARTY **	RUIDOSO	7:00PM	
11-11	S	PLAYOFFS FIRST ROUND	TBA		
11-18	S	AAAA QUARTERFINALS	TBA		
11-25	S	AAAA SEMIFINALS	TBA		
12-02	S	AAAA STATE CHAMPIONSHIP			

*HOMECOMING
 ** DISTRICT 4-AAA

RUIDOSO WARRIORS 2017 JV TEAM FOOTBALL

Date	Day	Opponent/Description	Time	Site
8/24/17	THU	ROSWELL (Fresh)	5:00PM	RUIDOSO
8/31/17	THU	ARTESIA SOPHS	6:00PM	ARTESIA
9/7/17	THU	ALAMOGORDO (Soph)	5:00PM	RUIDOSO
9/14/17	THU	GODDARD (FRESH)	PM	GODDARD
9/23/17	SAT	PORTALES (SOPH)	11:00AM	PORTALES
10/05/17	THU	NMMI	4:00PM	NMMI
10/12/17	THU	ALAMOGORDO (Fresh)	4:30PM	ALAMOGORDO
10/19/17	THU	TULAROSA	4:00PM	TULAROSA

RMS BRAVES FOOTBALL
BLUE TEAM - 2017

Date	Day	Opponent/Description	Time	Site	Depart
8/24/17	THU	PORTALES	4:00PM	PORTALES	12:30 PM
8/31/17	THU	MTN. VIEW (Alamo)	5:00PM	RUIDOSO	
9/07/17	THU	CHAPARRAL (Alamo)	5:00PM	RUIDOSO	
09/14/17	THU	MTN. VIEW (Alamo)	4:00PM	MOUNTAIN VIEW	2:00PM
9/23/17	SAT	ARTESIA	10:00AM	Artesia	7:00 AM
09/28/17	THU	SOCORRO	4:00PM	SOCORRO	1:00PM
10/7/17	SAT	TULAROSA	10:00AM	RUIDOSO	

WHITE TEAM - 2017

Date	Day	Opponent/Description	Time	Site	Depart
8/30/17	WED	CHAPARRAL (Alamo)	4:00PM	RUIDOSO	
9/14/17	THU	CAPITAN	4:00PM	CAPITAN	2:00PM
9/21/17	THU	Mtn. VIEW (ALAMO)	5:00PM	RUIDOSO	
9/28/17	THU	CAPITAN	5:00PM	RUIDOSO	
10/4/17	WED	CHAPARRAL (Alamo)	4:00PM	CHAPARRAL	2:00PM
10/10/17	TUE	HOLLOMAN	5:00PM	RUIDOSO	
10/19/17	THU	Mtn. VIEW (ALAMO)	4:00PM	Mtn. VIEW	2:00PM

Mescalero Apache Tribe

Apache Scout
P.O. Box 227
108 Central Avenue
Mescalero, NM 88340

Phone: 575-464-4494
Fax: 575-464-9220
E-mail: egvia@mescaleroapachetribe.com

Checkout the tribe's official website!

MescaleroApacheTribe.com

Bulk Rate

Non-Profit Organization

Permit #1

Mescalero, NM

88340