



Local student selected for internship at the University of Texas to analyze NASA earth science data

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Heading picture: Mescalero elders participating at the Senior Olympics.

NEXT DEADLINE:
07/22/22
BY NOON

Caydence Palmer, student Mescalero Apache School in Mescalero, NM has been selected for the prestigious Student Enhancement in Earth and Space Science (SEES) Summer internship to be held at the University of Texas at Austin's Center for Space Research. Students will work with scientists and engineers to conduct authentic research from data received

from NASA's earth observing satellites as well as designing Mars habitats, Lunar Exploration, and analysis of images from the International Space Station. This nationally competitive program sponsored by NASA's Texas Space Grant Consortium selects students who will increase their knowledge of science, technology, engineering, and math through

earth and space education.

SEES is a collaborative effort of Texas Space Grant Consortium members and affiliates, NASA, and The University of Texas at Austin's Center for Space Research. Students apply for SEES and are selected competitively. The internships are organized around an aerospace or space science theme drawn from NASA's diverse engineering and scientific research programs. The program combines the strengths of collaborators to enrich teaching and learning of STEM.

Almost 1100 applications were received for the coveted 92 on-site internship positions. Students work remotely with their project scientist prior to the on-site internship. During the two weeks the students'

will work at UT/CSR, they will conduct hands-on activities, field investigations, attend presentations by NASA scientists and engineers, and work on various NASA missions.

Earth is a complex, dynamic system we do not yet fully understand. The Earth system, like the human body, comprises diverse components that interact in complex ways. We strive to understand the Earth's atmosphere, lithosphere, hydrosphere, cryosphere, and biosphere as a single connected system. Our planet is changing on all spatial and temporal scales. The purpose of NASA's Earth science program is to develop a scientific understanding of Earth's system and its response to natural or human-induced changes, and to improve

prediction of climate, weather, and natural hazards.

Students selected will come together July 16 in Austin, Texas to conduct experiments, tour facilities, network with other students, and conduct research while being mentored by NASA subject matter experts at The University of Texas at Austin.

The SEES internship proves that the excitement students feel about space science is a critical step in enriching science, math, engineering, and technology. The internship will provide students the rare - and for most, unique - opportunity to spend two weeks working with professional scientists and engineers at the

cutting edge of space exploration.

SEES is funded through NASA's Cooperative Agreement Notice NNH15ZDA004C.



Mescalero Community Library 

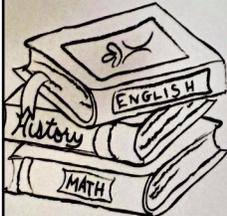
69 Carrizo Canyon Rd/PO Box 227
Mescalero, N.M. 88340
Phone/Fax 575-464-5010/575-464-5011
Email: mescalero@matisp.net

“COLLEGE STUDENTS SCHOOL IS
AROUND THE CORNER”

**ORDER YOUR Fall TEXTBOOKS
DEADLINE**

August 1, 2022 @ 4:30
(NO EXCEPTIONS)

PLEASE HAVE THE FOLLOWING:
ISBN NUMBER
TITLE
AUTHOR
EDITION
PICTURE OF BOOK
CLASS SCHEDULE




Information on Monkeypox

CHR

Monkeypox virus can spread when a person comes into contact with the virus from an infected animal, infected person, or materials contaminated with the virus. Monkeypox spreads between people primarily through direct contact with infectious sores, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged, face-to-face contact.

There are number of measures that can be taken to prevent infection with monkeypox virus:

- Avoid contact with animals that could harbor the virus

(including animals that are sick or that have been found dead in areas where monkeypox occurs).

- Avoid contact with any materials, such as bedding, that has been in contact with a sick animal.
- Isolate infected patients from others who could be at risk for infection.
- Practice good hand hygiene after contact with infected animals or humans. For example, washing your hands with soap and water or using an alcohol-based hand sanitizer.

- Use personal protective equipment (PPE) when caring for patients.

For more information contact your Health care provider!



Mescalero Dental Clinic 575-464-3832

July 1, 2022	**NO WALK INS**
July 4, 2022	**HOLIDAY** NO WALK INS
July 5, 2022	Walk Ins 8-10am
July 6, 2022	Walk Ins 1-4pm
July 7, 2022	Walk Ins 8-10am
July 8, 2022	Walk Ins 8-10am
July 11, 2022	Walk Ins 8-10am
July 12, 2022	Walk Ins 8-10am
July 13, 2022	Walk Ins 1-4pm
July 14, 2022	**NO WALK INS**
July 15, 2022	**NO WALK INS**
July 18, 2022	Walk Ins 8-10am
July 19, 2022	Walk Ins 8-10am
July 20, 2022	Walk Ins 1-4pm
July 21, 2022	Walk Ins 8-10am
July 22, 2022	Walk Ins 8-10am
July 25, 2022	Walk Ins 8-10am
July 26, 2022	Walk Ins 8-10am
July 27, 2022	**NO WALK INS**
July 28, 2022	**NO WALK INS**
July 29, 2022	**NO WALK INS**

You may sign in w/Patient Registration at 745 AM. WEDNESDAY ONLY sign in no earlier than 12:30 PM. Walk Ins are limited each session (2 EMERGENCIES/1 EXAM) and seen on a first come, first serve basis, OR by severity of dental emergency. Additional patients who check in can wait to be triaged, but may be asked to return another day if the number of patients exceed the time available for the Mescalero Dental Staff to provide treatment.



Mescalero BIA Chief of Police, James Veply would like to remind our Mescalero residents to make sure their home addresses are displayed clearly.

In every emergency situation, it is very important that the address of a resident (house number) can be clearly and easily viewed by emergency personnel.

****Help emergency responders help you by making your house number easily visible from the road****



The 2021-2022 School year was a bit of a roller coaster! Some schools were closed, some were virtual learning, while others were in session. However, we were happy to be able to serve the youth of our community. Thank you parents for being very patient with us. We have 3 different schools, 3 different schedules, various bus drop offs and Club member pick ups; we felt like a busy soccer mom! Seeing our Club members smiling and hearing their laughter is a great reminder of why we choose to do the work we do.



This summer we have 2 sessions, one in June & one in July to open the Club to as many children as possible. So far we have gone to the movies & went fishing. We will also be going to a feast and Cliff's in ABQ!! We are fortunate to have Kaelene Chino, intern from ACU joining our team for the summer. We also have Mathew Damon and Josie Chavez from WIOA lending a helping hand and learning about employment. We encourage you to stay cool, hydrated and safe this Summer!!





BOYS & GIRLS CLUB
OF MESCALERO APACHE
TRIBE



COME JOIN

Games, crafts & food

We will bring the Club to you!!

Friday June 24th- A&B Playground
4th of July Feast - Games during the day

Friday July 15th - Pena Playground

Friday July 22nd - To be announced

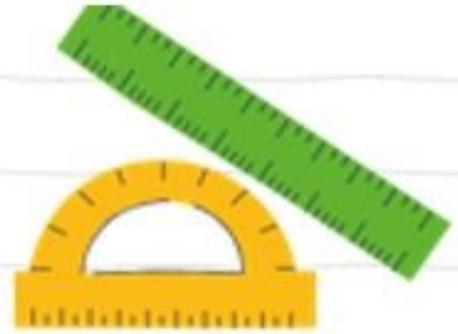
Times: 10:00 am to 1:00 pm

Get there while supplies last!

For more info call 464-9212

Mescalero Tribal Library Book Mobile
will be there too!!





Mescalero Apache Boys & Girls Club



After School
Registration

July 8th 2022



10:00 A.M.-12:00 P.M.



Registration will be held at the Mescalero
Boys & Girls Club

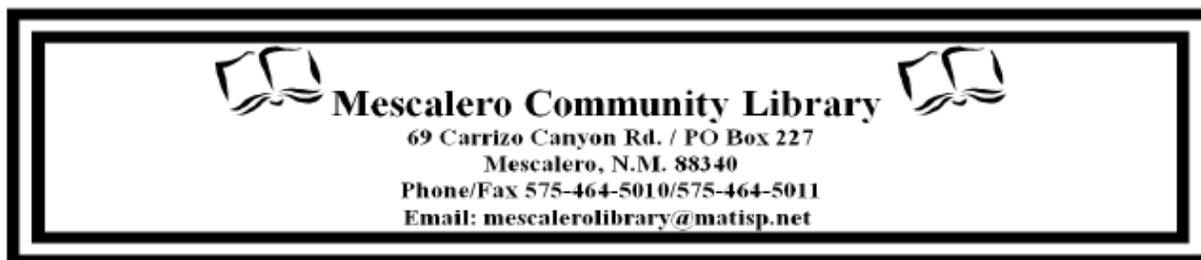
 **Mescalero Community Library** 
69 Carrizo Canyon Rd. / PO Box 227
Mescalero, N.M. 88340
Phone/Fax 575-464-5010/575-464-5011
Email: mescalerolibrary@matisp.net

Book Request

Is there a book you would like to add to our book mobile for check out?

Send us an email mescalerolibrary@matisp.net or call us at 575-464-5010





The Following students still have textbooks overdue and needs to be returned or come to the library to discuss your fine.

- 2016 Spring & Fall**
- Jules Muniz
 - Brittany Morgan
 - Meryl Skin
 - James Bigrope Jr.
 - Tanisha Garcia
 - Thomas Kazhe
 - Alexandrea Antone
 - Courtney Baca
 - Isaac Balatche
 - Charis Blake
 - Brenden Chavez
 - Jeannette Gonzales
 - Jordan Kayitah
 - Cameron Largo
 - Adnana Martinez
 - Violet Peso
 - Tamerah Shanta
 - Emily Tache
 - Masey Tissnolthtos
 - Brittany Valdez
 - Debra Vilareal
 - Augsta Williams

- 2019 Spring & Fall**
- Laura Shay
 - Moriah Brady
 - Varyn Apachito
 - Morgan Hurley
 - Nicole Mendez
 - Angela Sanchez

- 2017 Spring & Fall**
- Sasha Enjady
 - Randall Porrthunder
 - Eleanor Ornelas
 - Raven Poncho
 - Rosaria Smith
 - Tyler Sorensen

- 2020 Spring, Summer & Fall**
- Brenna Williams
 - Joylynn Blake
 - Erma Allard
 - Christopher Little
 - Carson Carrillo III
 - Morgan Hurley
 - Whitney Baldarrama
 - Melony Spitty
 - Taryn Yuzos
 - Mason Diaz
 - Kathryn Rocha
 - Eustine Chino
 - Ashely Kinzhuma
 - Alexis Guydelkon
 - Jolee Chavez
 - Tyler McClendon

- 2018 Spring & Fall**
- Veronica Prieto
 - Melba Saenz
 - Desi Cervantes
 - Enoch Rue
 - Christopher Simms

- 2021 Summer & Fall**
- Dominique Peso
 - Dominique Carter
 - Dillion Torres
 - Anthony Kaydahzinne
 - Katelyn Yuzos
 - Deandra Balatche
 - Favian Ortega
 - Hailey Bigmouth
 - Lawrence Shaffer

- 2022 Spring**
- Kaceney Wilson
 - Yessica Kaneseawah
 - Vivian Allard
 - Marty Lane
 - Adeline Wheeler
 - Matthew Bancroft
 - Ethan Gallerito

A Message from the Mescalero Prevention Program



MENTAL HEALTH MATTERS

Building Self - Esteem

Most people experience feelings of low self-esteem. Whether those feelings are triggered by someone else or by a person's own thought's. This is normal. However, low self-esteem is a constant companion for too many people, especially those who experience depression, anxiety, phobias, psychosis, delusional thinking, or who have an illness or disability. If you are one of these people, you go through life feeling bad about yourself needlessly. Low self-esteem keeps you from enjoying life, doing things you want to do, and working toward personal goals.



You have a right to feel good about yourself. However, it can be very difficult to feel good about yourself when you are under the stress of having symptoms that are hard to manage, when you are dealing with a disability, when you are having a difficult time, or when others are treating you badly. During these times, it can be easier just to downward spiral in lower self-esteem. Here are a few ideas and activities to help you avoid doing things that will make you feel even worse, but also things that will help you feel better about yourself.



Keep in mind the following statement, *" I am a very special, unique, and valuable person. I deserve to feel good about myself."*

Self-esteem, depression, and other illnesses

Before you begin to consider strategies and activities to help raise your self-esteem, it is important to remember that low self-esteem may be due to depression. Low self-esteem is a symptom of depression. To make things even more complicated, the depression may be a symptom of some other illnesses. Have you felt sad consistently for several weeks but don't know why you are feeling so sad? Is this accompanied by other changes, like wanting to eat all the time or having no appetite, wanting to sleep all the time or waking up very early and not being able to go back to sleep? If you answered yes to either question, there are two things you need to do –

- ◆ See your doctor for a physical examination to determine the cause of your depression and to discuss treatment choices
- ◆ Do somethings that will help you to feel better right away like eating well, getting plenty of exercise and outdoor light, spending time with friends, and doing fun things, like going to a movie, painting a picture, playing an instrument, or reading a good book.



Things you can do to raise your self-esteem

- ◆ Pay attention to your own needs and wants
- ◆ Take very good care of yourself (Eat a healthy diet, exercise)
- ◆ Take time to do things you enjoy
- ◆ Get something done that you have been putting off
- ◆ Do things that make use of your own special talents and abilities
- ◆ Dress in clothes that make you feel good about yourself
- ◆ Give yourself rewards
- ◆ Spend time with people
- ◆ Make your living space a place that honors the person you are
- ◆ Display items that fond you attractive
- ◆ Make your meals a special time
- ◆ Learn something new or improve your skills
- ◆ Begin doing things that you know will make you feel better about yourself
- ◆ Do something nice for another person
- ◆ Make it a point to treat yourself very well

More Resources:

Substance Abuse and Mental Health Services Administration (SAMHSA), www.samhsa.gov
 SAMHSA's National Mental Health Information Center, www.mentalhealth.org

Mescalero Community Resource List

Mescalero Tribal Office	(575)464-4494
CHR	(575)464-1614
Conservation Office	(575)464-9323
Mescalero Apache Fire & Rescue	(575)464-3473
Four Directions Treatment	(575)464-4432
Mescalero Prevention Program	(575)464-4976
Social Services	(575)464-9328
Mescalero Tribal Court	(575)464-0414
Violence Against Women	(575)464-0079
Mescalero BIA Law Enforcement	(575)464-4479
IHS—Indian Health Services	(575) 464-4441
IHS—Behavioral Health	(575)464-3827
PMS Ruidoso Behavioral Health Center	(575)630-0571
Assembly of God	(575)464-4747
Mescalero Mormon Church	(575)464-4630
Mescalero Baptist Church	(575)464-4659
Mescalero Reformed Church	(575)464-4471
St. Joseph's Apache Mission	(575)464-4473
National Suicide Hotline	1-800-273-8255
Text	1-800-273-8255
Chat: https://suicidepreventionlifeline.org/chat/	
New Mexico Crisis Line	1-855-662-7474

***Starting in July 2022, you can dial 988 and it will route you to the National Suicide Hotline**

****For all emergencies DIAL 911 or call BIA Dispatch at (575) 464-4479****

MESCALERO APACHE HEAD START SUMMER ENROLLMENT DAYS



Tuesday, July 12, 2022- 12 p.m. to 6 p.m. @ Mescalero Site
Wednesday, July 13, 2022- 12 p.m. to 6 p.m. @ Carrizo Site

Please bring a copy of your child's:
Updated Immunization record, Birth Certificate, Medicaid or other Insurance Card, Social Security Card, Certificate of Indian Blood (if applicable), Current Physical, Income Verification (2 of your most recent check stubs; 2022 Income Tax forms, TANF, and/or SSI), IEP Forms (if applicable).



Congratulations

Leylah Valdez

Class of 2022

Mescalero Headstart Graduate

Carrizo Site- Basket Class



♥ Mommy & Daddy

THANK YOU

to

Lincoln County

Merchant

Capitan Store

For their donation of feed for the entire Rodeo during July 4th

Support Lincoln County Merchant in Capitan by doing your next shopping there!



Call Directory—Tribal Departments & Programs

Administration Offices	464-4494	Head Start-Mescalero	464-9183
Accounting	464-9251	Head Start-Carrizo	464-3492
Boys & Girls Club-Mescalero	464-9212	Health Ed./Diabetes Program	464-6383
Boys & Girls Club-Carrizo	464-6814	Historic Preservation	464-3005
Care Center	464-4802	Housing	464-9235
Cattle Growers	464-4703	Housing Warehouse	464-9159
Child Care Center-Mescalero	464-9224	Human Resources	464-9276
Child Care Center-Carrizo	464-3000	Land Office	464-4711
CHR	464-1614	Language Program	464-2152
Center Maintenance	464-9260	Library	464-5010
Conservation Law Enforcement	464-9323	MATI	464-4039
Cultural Center & Museum	464-9254	Native Connections	464-4976
DRMP	464-4711	Parks & Recreation	464-2988
Economic Development	464-9244	Patient Benefits	464-9232
Early Childhood	464-9328	Prosecutor's Office	464-9205
Education	464-4500	Prevention Program	464-4516
Elderly Center	464-1614	Public Defender's	464-9213
Emergency Management	464-4711	Social Services	464-9328
Emergency Rental Assistance (ERA)	464-9216	Swimming Pool	464-9248
Fence Crew	464-4711	Tribal Court	464-0414
Fire & Rescue	464-3473	Tribal Enterprises	464-4969
Fish Hatchery	464-8768	Tribal Maintenance	464-9289
Fitness Center	464-4368	Tribal Roads	464-4311
Forest Products	464-4720	Tribal Store	464-9319
Four Directions Treatment & Recovery (<i>Rehab</i>)	464-4432	Tribal Utilities	464-0254
Gas Company	464-4323	VAWA	464-0079
		WIOA	464-9217
		Youth Development	464-0648

Call Directory—Most Used Numbers

Assembly of God	464-4747	East L.A.	464-4549
Baptist Church	464-4659	Old Road	464-4674
Reformed Church	464-4471	IHS	464-4441
St. Joseph's Mission	464-4473	Inn of the Mountain Gods	464-7777
BIA Offices:		Mescalero Post Office	464-4550
Facilities	464-4282	Mescalero Schools	464-4431
Forestry	464-4419	Ruidoso Schools	(575) 630-7000
		Tularosa Schools	(575) 585-8800
		WIC Office	464-0932

*Updated 5/20/22



FOR ALL EMERGENCIES DIAL:
9-1-1 OR DISPATCH 575-464-4479



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: elapaz@mescaleroapachetribe.com

Bulk Rate
Non-Profit Organization
Permit #1
Mescalero, NM
88340



MescaleroApacheTribe.com



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Mescalero Apache Tribe
