March 2022
Volume VII, Issue 02

Mescalero Apache Tribe

Apache Scout

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Heading picture: Nde Youth Council taking part in a Color Walk.

APRIL DEADLINE: 03/18/22 BY NOON

Problem Gambling Frequently Asked Questions

Mescalero Responsible Gaming Program

Responsible Gaming Program

What is problem gambling?

Problem gambling or gambling addiction includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. The symptoms include:

- increasing preoccupation with gambling
- a need to bet more money more frequently
- "chasing" losses (betting even more to try to recoup previous losses)
- restlessness/ irritability when trying to stop
- loss of control manifested by continuation of gambling in spite of mounting, serious, negative consequences
- in extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide ($7 billion social cost in America alone!)

Isn't problem gambling just a financial problem?

No. Problem gambling is an emotional problem that has financial consequences. If you pay all the debts of a person affected by problem gambling, the person still has a gambling problem or gambling disorder. The real issue is that they have an uncontrollable obsession with gambling.

Who is at risk for problem gambling?

Anyone who gambles can develop problems. This is why it is important to be aware of the risks and to gamble in a responsible way, if you choose to gamble. When gambling behavior interferes with finances, relationships and the workplace, a serious problem already exists.

How can a person be addicted to something that isn't a substance?

Although no substance is ingested, someone with a gambling problem gets the same effect from gambling as one might get from

taking a drug or drinking alcohol. But just as tolerance develops to drugs or alcohol, a person with gambling problems finds that it takes more and more of the gambling experience to achieve the same effect as before. This creates an increased urge for the activity and the person finds that they have less and less ability to resist as the craving grows in intensity and frequency.

How much money do you have to lose before gambling becomes an issue?

The amount of money lost or won does not determine when gambling becomes problematic. Gambling becomes an issue when it causes a negative impact on any area of the person's life.

NCPG
National Council on Problem Gambling

How widespread is problem gambling in the U.S.?

2 million U.S. adults (1%) are estimated to meet criteria for severe gambling problems in a given year. Another 4-6 million (2-3%) would be considered to have mild or moderate gambling problems; that is, they do not meet the full diagnostic criteria for gambling addiction but meet one of more of the criteria and are experiencing problems due to their gambling behavior. Research also indicates that most adults who choose to gamble are able to do so responsibly.

Can children or teenagers develop gambling issues?

A number of states allow children under 18 to gamble, and youth also participate in illegal forms of gambling, such as gambling on the internet or betting on sports in states where it is not legal. Thus it is not surprising that research shows that a vast majority of kids have gambled before their 18th birthdays, and that children may be more likely to develop issues related to gambling than adults. While debate continues on this, there appears to be a number of factors influencing this finding. Parental attitudes and behavior play a role. Age of exposure also plays a part – research shows that adults who seek treatment for problem gambling report having started gambling at an early age.

For more information please visit our website at www.mescalerorespo nsiblegaming.org

MESCALERO DENTAL CLINIC

575-464-3832

March 1, 2022	Walk Ins	8-10 am
March 2, 2022	NO WALK INS	
March 3, 2022	Walk Ins	8-10 am
March 4, 2022	Walk Ins	8-10 am
March 7, 2022	Walk Ins	8-10 am
March 8, 2022	Walk Ins	8-10 am
March 9, 2022	Walk Ins	1-4 pm
March 10, 2022	Walk Ins	8-10 am
March 11, 2022	Walk Ins	8-10 am
March 14, 2022	Walk Ins	8-10 am
March 15, 2022	Walk Ins	8-10 am
March 16, 2022	Walk Ins	1-4 pm
March 17, 2022	Walk Ins	8-10 am
March 18, 2022	Walk Ins	8-10 am
March 21, 2022	Walk Ins	8-10 am
March 22, 2022	Walk Ins	8-10 am
March 23, 2022	Walk Ins	1-4 pm
March 24, 2022	Walk Ins	8-10 pm
March 25, 2022	Walk Ins	8-10 am
March 28, 2022	Walk Ins	8-10 am
March 29, 2022	Walk Ins	8-10 am
March 30, 2022	Walk Ins	1-4 pm
March 31, 2022	Walk Ins	8-10 am

You may sign in with Patient Registration at 7:45 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 exceeds the time available for the Mescalero Dental Staff to provide treatment.

Community Member SHOUT-OUT

A huge THANK YOU to Fernon, Kelly and Ashleigh Chino for their donation of windows for a home.

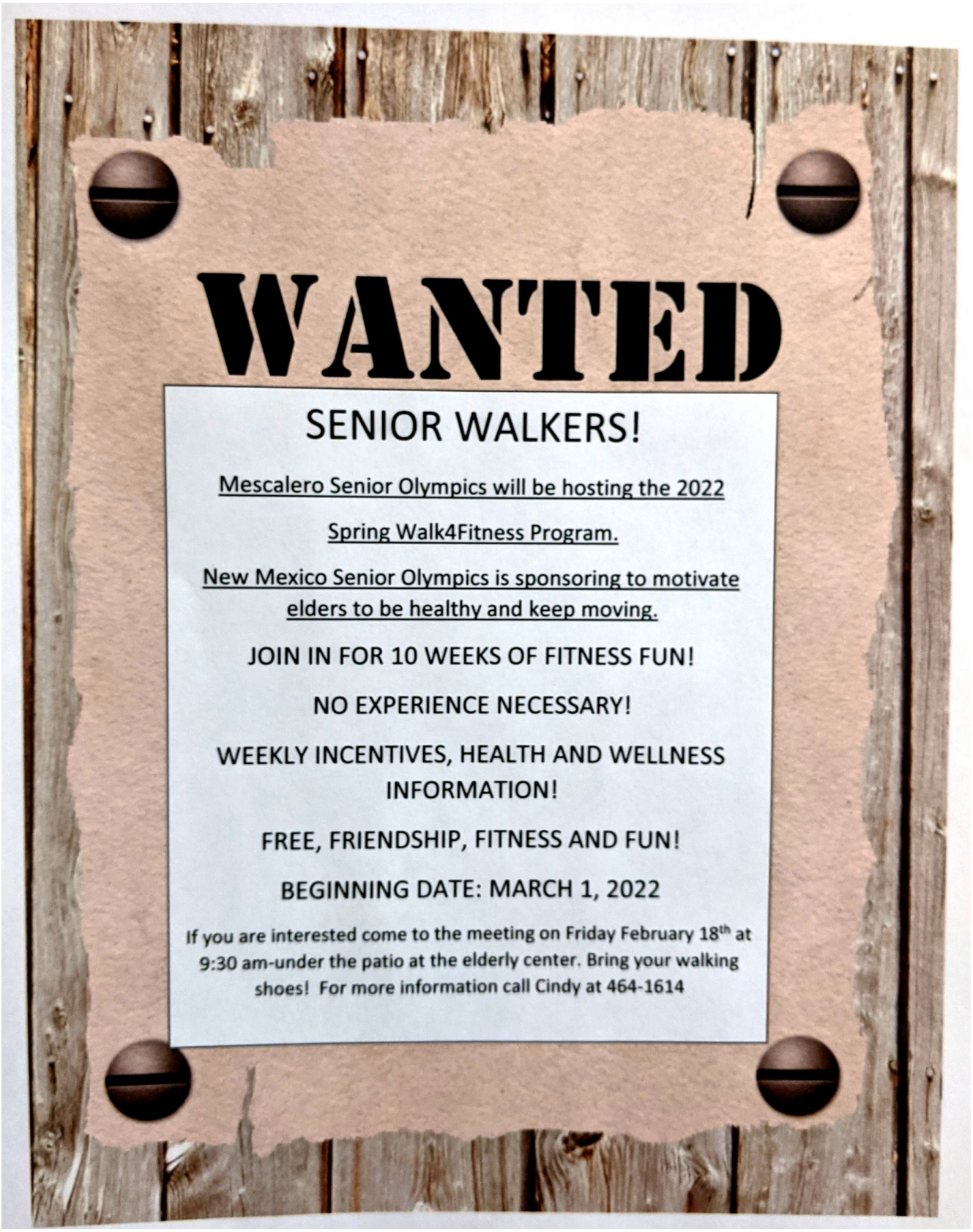
Sincerely, the Morgan Family

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1 Tuna & Noodles, Green Beans & Mushrooms, Apricots, Roll	2 Parmesan Chicken, Rice, Cauliflower & Carrots, Baked Apple, Roll	3 Pork Chop, Yams, Asparagus, Pears, Roll	4 Spaghetti, Italian Blend, Peach Crisp, Garlic Toast	5
6	7 Oven Fried Chicken, Mac & Cheese, Collard Greens & Bacon, Oranges, Roll	8 Beef Taco w/ trimmings, Beans, Calabacitas, Fruit Cup	9 Sweet & Sour Pork, Rice, Emperors Blend, Pineapple, Egg Roll	10 Liver & Onions, Mashed Potatoes, California Blend, Tortilla, Peaches	11 Baked Trout, wild Rice, Brussel Sprouts, Mandarin Orange, Roll	12
13	14 Beef Stroganoff, w/ Noodles, Broccoli & Cauliflower, Pear, Roll	15 Tamales w/Red Chile, Pinto Beans, Capri Blend, Apple Sauce	16 Meat Loaf, Mashed Potatoes, Island Blend, Tortilla	17 Green Chili Chicken Enchilada, Spanish Rice, Spinach, Shamrock Cookie	18 Breakfast for Lunch Eggs, Sausage, Blueberry Pancakes, Potatoes O'Brian, Juice	19
20	21 Chicken Alfredo, Italian Blend, Bread Sticks, Pudding	22 Baked Pork Chop, Corn, Asparagus Casserole, Roll, Pineapple	23 Indian Taco, w/ trimmings Watermelon	24 Salisbury Steak, Mashed Potato, Veggie Mix, Diced Pears	25 Ham, Yams, California Blend, Roll, Fruit Cup	26
27	28 Beef & Mac N Cheese Casserole, Green Beans, Orange, Roll	29 Oven Baked Chicken, Potato Wedge, Steamed Carrots, Banana, Roll	30 Beef Fajitas, w/Bell Pepper, Squash, Tortilla, Apple	31 Pork Chop w/ Apple Filling, Stuffing, Green Beans, Orange, Roll	1	2
3	4	5	6	7	8	

MESCALERO ELDERLY CENTER MENU

Menu is subject to change without notice. Homebound meal cancellations please call no later than 8:30 am. All meals served with 2%milk. If you or anyone in your household has Covid please let the center know immediately. Keep us safe so we can continue to service you!


WANTED
SENIOR WALKERS!
Mescalero Senior Olympics will be hosting the 2022
Spring Walk4Fitness Program.
New Mexico Senior Olympics is sponsoring to motivate elders to be healthy and keep moving.
JOIN IN FOR 10 WEEKS OF FITNESS FUN!
NO EXPERIENCE NECESSARY!
WEEKLY INCENTIVES, HEALTH AND WELLNESS INFORMATION!
FREE, FRIENDSHIP, FITNESS AND FUN!
BEGINNING DATE: MARCH 1, 2022
If you are interested come to the meeting on Friday February 18th at 9:30 am-under the patio at the elderly center. Bring your walking shoes! For more information call Cindy at 464-1614

Boys & Girls Club and Youth Development

BOYS & GIRLS CLUB OF MESCALERO APACHE TRIBE

March

March will be very busy at the Club as we have many exciting events!! We are looking forward to March Madness, Mardi Gras, and SPRING BREAK!!! We are still incorporating Powerhour, the TRAIL Diabetes Prevention Program, and SMART Moves.

Although we have a waiting list, we accept applications all year long. For more information, call us at 464-9212. Our office hours are 8:30 am to 5:00 pm Monday-Thursday and 7:15 am to 5:00 pm Fridays. We are open on days school is closed (Parent/Teacher Conference, Holiday Breaks, etc.) Snow days are case by case, parents please call for more information.

COVID & Illnesses

We kindly remind parents not to send their Club members to Club if:

- They have fever or chills, cough, shortness of breath, fatigue, muscle or body ache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.
- Club members have been exposed to someone testing positive for Covid (follow guidelines set for by physician and a clearance note may be needed.

Let's work together to keep everyone SAFE AND HEALTHY!!

WHAT DO YOU LIKE ABOUT CLUB...

Jeneah- "The activities, crafts, Kat's cooking and the teachers".

Aiden- "The crafts, playing outside, Kat's cooking, and teachers".

Josie- "My friends, drawing and coloring, also I wish I had my own Club".

Andy- "Club is fun and I like playing outside!"

Uriah- "I like the crafts and playing in the gameroom."

Acacia- "I like having fun and playing games".

Bryce- "I like playing in the gameroom".

Keira- "I like my teachers, and getting to see my friends".

Genevieve- "I like being with my friends and playing with them".

Josyia- "I like the activities, field trips, and the cooking".

Mackenzie- "I like the games, crafts, parties, cooking, and playing outside".

Ezme- "I like being with my friends and nap time".

Camelia- "I like when we play outside, make slime, projects, we do fun what are they called? Experiments!"

Benny- "Everything what Camelia said. I like to make slime".

"Today you are YOU, that is truer than TRUE. There is no one alive, who is YOUER than you". –Dr. Sues

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Tularosa Teacher In-Service No School Dr. Suess's Birthday	3	4
7	8	9	10 Mescalero PTC No School	11
14 Ruidoso Spring Break Field Trips TBA	15	16	17 St. Patrick's Day	18
21 Mescalero/ Tularosa Spring Break	22 Field Trip Girls Scout Meeting 5:00 p.m.	23 Girl Scout Meeting 5:00 p.m.	24 Field Trip	25 Safe Night for Teens 10-18 year olds
28	29	30 Family Fun Night 5:00-7:30 p.m.	31	Calendar is subject to change.

Mescalero Pre

"Working WIT

Like us on Facebook: Mesc

vention Program

H our Community"

o Apache

ing Program

ou & your family, to join us for
sharing class.
BE HELD AT THE
Building
on Treatment Center)
th, 2022
n Monday evening from
:00pm.
rogram for more information or
ession's at 464-4516

calero Prevention Program

MESCALERO PREVENTION PROGRAM
Native Connections

Gathering of Native Americans

RMSD Students: March 15—17, 2022

TMS / MAHS Students : March 22—24, 2022

9 a.m.—3 p.m. Each Day

Location: Mescalero Activity Hall

Offered to Mid/ High School Students

Leadership and teambuilding activities!

Games, Food, Prizes, Fun and much more!

*Lunch and snacks provided

Only 25 Spots Available on a first come/ first serve basis!

Parent/ Guardian MUST sign a Registration form.

Reserve your child's spot today!

Call 464-4976/ 4516 for more information!

Diabetes Awareness Walk!!

Tuesday-March 15, 2022
10 am Registration
Walk will begin @ 10:30 am – 1 pm

Walk will be at MG walking path
Come out and learn how diabetes can be prevented and controlled

First 50 to register will receive a t-shirt and a bag.

Lunch sponsored by Western Sky

Walk sponsored by Mescalero CHR Program

NDE' YOUTH COUNCIL

Calling All Youth Ages 12—24 years old!

Starting in-person meetings on **Wednesday, August 18th 2021!**

Nde' Youth Council Meetings **EVERY WEDNESDAY!**

Time: 5:30 p.m.

Where: Four Directions Sunrise Building, 111 Sunset Loop, Mescalero

Join & Make a Difference

Community Service Projects ~ Leadership Skills ~ Personal Development ~ Decision—Making ~ Educational Opportunities ~ Traditional Activities ~ Raising Awareness ~ Fundraising ~ Travel Opportunities ~ Fun! ~ Fun! ~ Fun!

WE NEED YOUR VOICES!

For More information please contact the Mescalero Prevention Program At 575-464-4976

@ndeyouthcouncil

@mescalero.nde.youth.council

SUBSCRIBE TO

annie's COVID-19 Text Messages

If the latest COVID-19 variant has you feeling concerned, **Annie can help.** Annie is VA's automated text messaging service for Veterans. It sends health-related information, motivational messages, and reminders.

Annie's COVID-19 text messages are available to help you take precautions against contracting the virus, monitor and manage symptoms at home if you are quarantining or if you test positive, and cope with feelings of anxiety and stress during the pandemic.

How To Get Started:

To receive Annie messages, you must *register first*.

See link below. Once registered, text these keywords to **Annie** (**75338**) to subscribe:

Message Subscription	Keywords
COVID Precautions	SUB COVID
COVID 10-Day Quarantine	SUB QUAR
COVID 10-Day Isolation	SUB ISO
Coping During COVID	SUB COPE

Register Today!

Point your smartphone's camera at the QR code to register online for Annie: ***mobile.va.gov/annie***

Scroll for details and registration instructions.

Taking charge of your health — one text at a time.

VA Mobile

VA | U.S. Department of Veterans Affairs

Last Updated: February 2022

GRAVESITE SERVICES

My sincere condolences to the family, relatives, and friends of your loss.

All services provided will be held with deep dignity, consideration, and done in a respectable manner. Services include: scaffold boards, lowering straps, canopies, benches, and a P.A. system. Special services will be used for a fallen Veteran of our Country, and for distinguished Tribal members.

A minimal fee will be applied for these services.

Contact Info:

Bruce Klinekole II can be reached at his home number 575-464-4688 or his cell 575-937-3388

** Please contact Bruce as soon as possible, or at least 72 hour of notice prior to the funeral arrangements.

Thank you!

Call Directory—Tribal Departments & Programs

Administration Offices	464-4494
Accounting	464-9251
Boys & Girls Club-Mescalero	464-9212
Boys & Girls Club-Carrizo	464-6814
Care Center	464-4802
Cattle Growers	464-4703
Child Care Center-Mescalero	464-9224
Child Care Center-Carrizo	464-3000
CHR	464-9256
Center Maintenance	464-9260
Conservation Law Enforcement	464-9323
Cultural Center & Museum	464-9254
DRMP/Fence Crew/Land Office	464-4711
Economic Development	464-9244
Early Childhood	464-9328
Education	464-4500
Elderly Center	464-1614
*Emergency Rental Assistance (ERA)	464-9216
Fire & Rescue	464-3473
Fish Hatchery	464-8768
Fitness Center	464-4368
Forest Products	464-4720
Four Directions Treatment & Recovery *(Rehab)*	464-4432
Gas Company	464-4323
Head Start-Mescalero	464-9183
Head Start-Carrizo	464-3492
Health Ed./Diabetes Program	464-6383
Historic Preservation	464-3005
Housing	464-9235
Housing Warehouse	464-9159
Human Resources	464-9276
Language Program	464-2152
Library	464-5010
MATI	464-4039
Native Connections	464-4976
Parks & Recreation	464-2988
Patient Benefits	464-9232
Prosecutor's Office	464-9205
Prevention Program	464-4516
Public Defender's	464-9213
Social Services	464-9328
Swimming Pool	464-9248
Tribal Court	464-0414
Tribal Enterprises	464-4969
Tribal Lounge	464-4319
Tribal Maintenance	464-9289
Tribal Roads	464-4311
Tribal Store	464-9319
Tribal Utilities	464-0254
VAWA	464-0079
WIOA	464-9217
Youth Development	464-0648

Call Directory—Most Used Numbers

Assembly of God	464-4747
Baptist Church	464-4659
Reformed Church	464-4471
St. Joseph's Mission	464-4473
BIA Offices:	
Facilities	464-4282
Forestry	464-4419

**New*

East L.A.	464-4549
Old Road	464-4674
IHS	464-4441
Inn of the Mountain Gods	464-7777
Mescalero Post Office	464-4550
Mescalero Schools	464-4431
Ruidoso Schools	(575) 630-7000
Tularosa Schools	(575) 585-8800
WIC Office	464-0932

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: egvia@mescaleroapachetribe.com

MescaleroApacheTribe.com

“Like” us on Facebook:
Mescalero Apache Tribe

Bulk Rate

Non-Profit Organization

Permit #1

Mescalero, NM

88340