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**NEXT DEADLINE:  
11/21/22 BY  
NOON**

## Information about the Influenza (flu) Vaccines *CHR Program*

### **Influenza Vaccine (Flu) can prevent influenza (flu)**

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants, children, pregnant women and elders 65 years and older or people with certain health conditions or weakened immune system are at greater risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse. Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache and runny nose. Some people may

have vomiting and diarrhea. On average, thousands of people die from the flu per year and many hospitalized.

**Influenza Vaccines** CDC recommends everyone 6 months and older get vaccinated every flu season. Children 6 months through 8 years of age may need 2 doses during each flu season. Everyone else needs only 1 dose. It takes about 2 weeks for protection to develop after vaccination.

Flu viruses are always changing. Each year a new flu vaccine is made to protect against the influenza viruses. Influenza does not cause the flu. Tell your provider if you have had an allergic reaction after a previous dose of influenza vaccine or any severe life-threatening allergies. Vaccine Reactions are: soreness, redness

and swelling where the shot is given, fever, muscle aches and headaches can happen after influenza vaccination. If serious reaction should occur, call 911 and get to the nearest hospital. You may schedule an appointment now, shot are now available. The Booster shots are also available and you can get both shot at the same time. Call for an appointment now.

You can learn more from your health care provider. IHS (575) 464-4441



## Remember to bundle this winter season

### The Common Cold

The common cold, also known simply as a cold, is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose, throat, sinuses, and larynx.[6][8] Signs and symptoms may appear less than two days after exposure to the virus. These may include coughing, sore throat, runny nose, sneezing, headache, and fever. People usually recover in seven to ten days,[3] but some symptoms may last up to three weeks. Occasionally, those with other health problems may develop pneumonia.

Well over 200 virus strains are implicated in causing the common cold, with rhinoviruses, coronaviruses, adenoviruses and enteroviruses being the most common. They spread through the air during close contact with infected people or indirectly through contact with objects in the environment, followed by transfer to the mouth or nose. Risk factors include going to child care facilities, not sleeping well, and psychological stress. The symptoms are mostly due to the body's immune response to the infection rather than to tissue destruction by the viruses themselves. The symptoms of influenza are similar to those of a cold, although usually more severe and less likely to include a runny nose.

There is no vaccine for the common cold. The primary methods of prevention are hand washing; not touching the eyes, nose or mouth with unwashed hands; and staying away from sick people. Some evidence supports the use of face masks. There is also no cure, but the symptoms can be treated. Zinc may reduce the duration and severity of symptoms if started shortly after the onset of symptoms. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen may help with pain. Antibiotics, however, should not be used, as all colds are caused by viruses, and there is no good evidence that cough medicines are effective.

The common cold is the most frequent infectious disease in humans.[19] Under normal circumstances, the average adult gets two to three colds a year, while the average child may get six to eight.[8][13] Infections occur more commonly during the winter. These infections have existed throughout human history.[20]

## MESCALERO HEALTH ED. / DIABETES PROGRAM & MESCALERO FITNESS CENTER

474/490 Mescal Loop. Mescalero, NM  
(575)464-6383 / (575)464-4368



### DIABETES PROGRAM HOURS:

Monday – Friday 8am to 4:30pm

### FITNESS CENTER HOURS:

Monday-Thursday 7am to 6pm; Fridays 7am to 5pm

### GLUCOSE MONITORING CLASSES:

with Shirley Dakin, R.D. Every other Thursday, please call Diabetes Building (6383) for specific days.

### THE LIVING SOBER GROUP ( AA ) :

with Gordon Shendo, Every Thursday evening 5pm to 6pm, Diabetes Building; Public Welcome!

### SPINNING CLASSES:

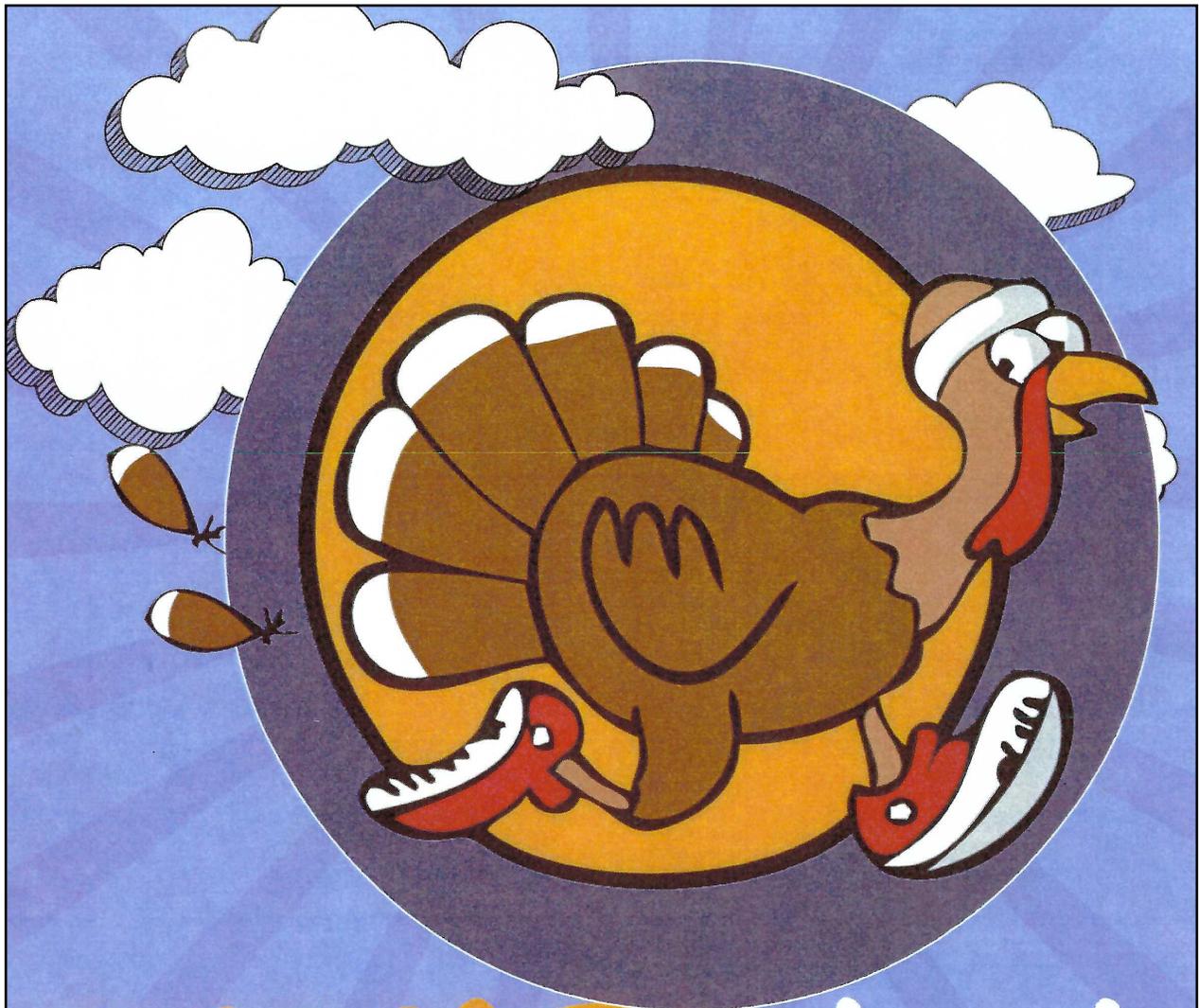
with Barbie Johnson, Tuesday, Wednesday and Thursdays, 12 noon to 12:45pm, call Fitness Center (4368) to reserve your bike!

### ZUMBA CLASSES:

with Natalia Torres, Monday and Wednesday Evenings, 5pm to 6pm, Fitness Center Building



**\*Closed for Thanksgiving\***



# TURKEY trot

November 15-30, 2022

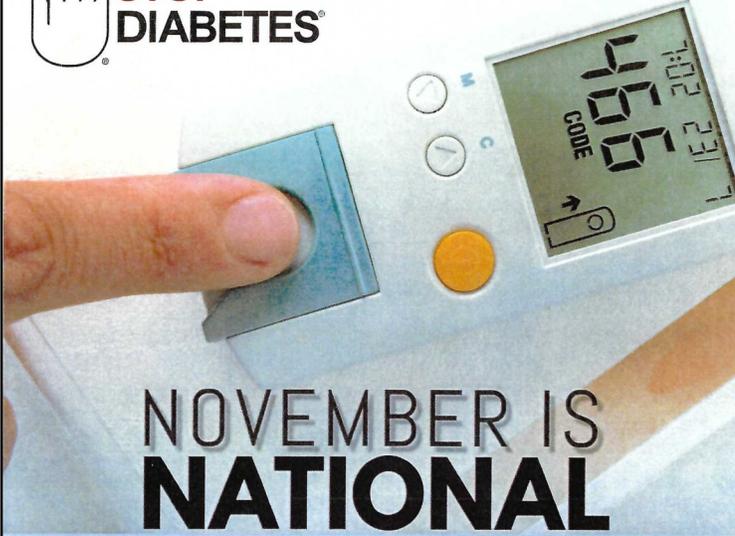
5K and 10K VIRTUAL RUN

Prefer You Complete It At Fitness Center But Not Required

Complete Your Run In One Session

Sign Up at Mescalero Fitness Center

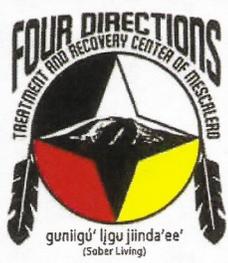
Incentives To Those That Complete The Challenge

**NOVEMBER IS  
NATIONAL  
DIABETES  
AWARENESS MONTH**

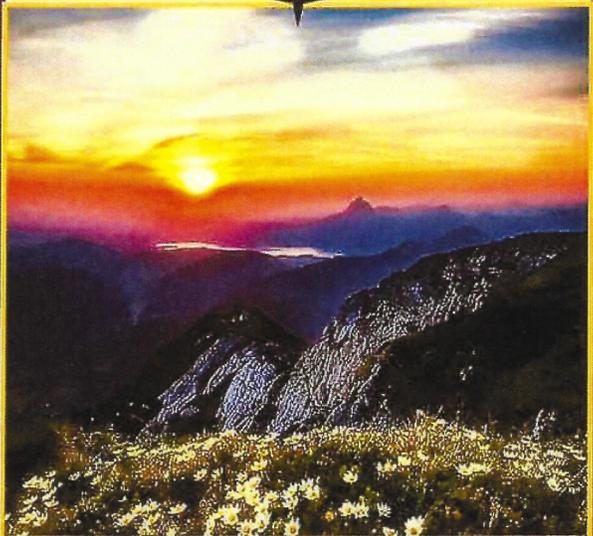
**GLUCOSE MONITORING  
CLASS  
NOVEMBER 14, 2022  
9:00 A.M.**

\*BRING YOUR GLUCOMETER & TESTING  
SUPPLIES!  
CALL 464-6383 TO SIGN UP  
REFRESHMENTS WILL BE SERVED



**(575)464-4432**  
**107 SUNSET  
LOOP  
MESCALERO, NM  
88340**

Here at Four Directions Treatment and Recovery Center, we believe that all people deserve comprehensive counseling. We also believe that people have the power and the ability to take charge of their lives and become the people they want to be. We want to help you start your path to recovery.



*"The future depends on what you do today!"*



# FOUR DIRECTIONS TREATMENT & RECOVERY CENTER



## Admissions Process



Call FDTRC (575)464-4432 to schedule an Assessment. You will be registered and an assessment will be scheduled.

**\*Takes approx. 10 minutes**



Assessment with one of our counselors.

**\*Takes approx. one hour**

Please be on time. Due to the time it takes to complete an assessment, counselors may not be able to see you if you are late.



Based on the recommendations of your assessment you will either;

- 1) Schedule an Outpatient Appointment
- Or
- 2) Pick up an Admission Packet from FDTRC for in-patient treatment.



Call IHS (575)464-4441

Schedule an Appointment for a Physical/Medical Clearance

**\*FDTRC forms should be used for this medical appointment**



Wait for the tests results

Request a Medical History Report

Request a Behavioral Health History Report

Return all forms back to FDTRC



Once we receive all the required documents, the file will be reviewed and the Client will be notified of admission.

- 1) A Rapid Covid-19 test will be scheduled by FDTRC staff on the day of the admission.
- 3) Upon receipt of a NEGATIVE test result, staff will transport client directly from IHS with their personal belongings.



The Final Step

Upon arrival to FDTRC, a drug and alcohol screening will be done.

In order to be accepted into the facility, the test must be NEGATIVE for both alcohol and drugs.



In-Patient (residential) admission process



**Swimming Pool**  
**Pool Hours:**  
**Mon. - Fri.**  
**9am - 4pm**  
**Present Covid Cards**  
\*Heated Pool\*

**Mescalero Community Center**

**Gym Hours:**  
**Mon. - Fri.**  
**8am - 4pm**

**Not Available for Private Parties**

**GYM**



*Mescalero Apache*  
EARLY CHILDHOOD PROGRAM

"OUR CHILDREN OUR FUTURE"

*Do you have questions or concerns about your child's growth and development? Would you like to receive support during your child's early years? Give us a call at 575.464-9328.*

## Patient Benefits

### Recent News

#### What is the Affordable Connectivity Program in New Mexico?

*Program will help lower cost of broadband for eligible households struggling to afford internet service*

The New Mexico Human Services Department (HSD) announced it is working to help build customer awareness about the Affordable Connectivity Program, a Federal Communications Commission (FCC) program. The new long-term benefit helps lower the cost of broadband for eligible households, making the internet more accessible for all New Mexicans.

The \$14 billion Affordable Connectivity Program provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for qualifying households on qualifying Tribal lands. The benefit also provides up to a \$100 per household discount toward a one-time purchase of a computer, laptop, or tablet if the household contributes more than \$10 and less than \$50 toward the purchase through a participating broadband provider.

**A household is eligible if one member of the household meets at least one of the criteria below:**

- Has an income that is at or below 200% of the Federal Poverty Guidelines;
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#);
- Participates in one of several Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal Head Start (only households meeting the relevant income qualifying standard) Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.
- Affordable Connectivity Program enrollment opened on December 31, 2021. Eligible households can enroll by (1) going to [AffordableConnectivity.gov](#) or [GetInternet.gov](#) to submit an online application or print a mail-in application or (2) contacting their preferred participating broadband provider and selecting a plan. Additional information about the Emergency Broadband Benefit is available at [www.fcc.gov/ACP](#), or by calling **877-384-2575** between 9 a.m. and 9 p.m. EST any day of the week.
- The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Affordable Connectivity Program enrollment opened on December 31, 2021. Eligible households can enroll by (1) going to [AffordableConnectivity.gov](#) or [GetInternet.gov](#) to submit an online application or print a mail-in application or (2) contacting their preferred participating broadband provider and selecting a plan.



*\*The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.*



**Go Paperless With E-Notices!**



The New Mexico Human Services Department (HSD) is working to cut down on the amount of paper mail that customers get from us. To make that happen, customers can opt-in to receive electronic notices (e-notices). Customers who opt in for e-notices have electronic versions of notices issued to them by HSD delivered to their YesNM account. HSD customers are able to opt-in for e-notices by logging in or creating an account on [YESNM](#). To access the e-notice opt-in and information about their HSD benefits, customers must “link” their YESNM account. The linking process is quite easy.

Once logged in, customers need to click on **“Link Account”** and follow the instructions. They will need to enter their date of birth AND their social security number or their HSD individual ID number. Once linked, they can click on **“Manage E-Notice Preferences”** to Opt-in to receive e-notices.

Once customers start the process to opt-in, they will receive an e-notice confirmation letter in the mail with detailed instructions on how to complete the opt-in process. Once they have completed the opt-in process, customers will receive an email alert when notices are available for them to view in their YESNM account. If they log-in to their YESNM account and view the notice within ten days of receiving the alert, the notice will be sent to them by postal mail. Authorized representatives and those customers who DO NOT opt-in will continue to receive HSD notices by mail.

For your clients who have questions about the opt-in or account linking processes, please have them call the Consolidated Customer Services Center (CCSC) at **1-800-283-4465**.

As a reminder, HSD encourages all customers to provide their most up-to-date mailing address to ensure they receive written correspondence in a timely manner. Customers can make mailing address updates at [www.yes.state.nm.us](http://www.yes.state.nm.us). Address updates can also be made in person at any ISD office, by calling the CCSC at **1-800-283-4465** Monday–Friday, or by accessing the address update chat bot by [clicking here](#) or using their smartphone’s camera to use the QR code to access the chat bot. To update an address through the chat bot, the customer must choose **“See My Benefits or Update My Case.”**



**Word Search**

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

ELIGIBILITY      APPLICATION      MEDICAID  
 ONGOING          AUDIT

## MESCALERO *APACHE* TRIBAL COURT

### **Educate Yourself - Recreational Marijuana is legal within New Mexico, But is NOT legal on the Mescalero Reservation**

**This new State law seems to have resulted in some confusion and some misunderstanding on the legality of Marijuana on the Reservation.**

The State law only applies to use within the State, but **does not include use on the Mescalero Apache Reservation**, as those lands are considered federal lands. While there is current effort in Congress to decriminalize Marijuana at the federal level, **the cultivation, manufacture, distribution, or use of Marijuana is still illegal under federal law and under Tribal law.**

In addition, the Tribe, as a recipient of federal grant funds, is subject to the Drug Free Workplace Act (41 U.S.C. 81) and is required to certify as such for all grant programs. Violation of this Act can result in severe financial penalties, up to and including the suspension or loss of all federal funding. Thus, another reason that the Tribe takes very seriously the compliance with, and enforcement of, Tribal and federal illegal drug laws.

The Tribe and the Tribal Court encourage you to read through the applicable Tribal Code Chapters to educate yourself about the differences between the new State law and the Tribal Code, with special attention to Sections 10-10-1 through 10-10-8 of Chapter 10 which cover the general laws related to controlled substances (illegal drugs) and then Section 10-10-9 which deals with the penalties specific to Marijuana. An excerpt from the Tribal Code, with just those Sections, is available for download from this link for your convenience.



## Recent Events

### Annual Mescal Roast-

On April 27<sup>th</sup> - May 3<sup>rd</sup>, 2022 the Historic Preservation Office hosted its annual Mescal Roast. The event is hosted to help families prepare some of the traditional foods used during the Coming-of-Age Ceremony. Throughout the event, all families and participants were encouraged to help gather materials used, firewood, rocks, and to help dig the pit. After all preparation was done, they then traveled to Carlsbad, New Mexico to harvest the mescal - inaada - Once harvested, the group returned to Mescalero to start the fire that went all night to build up enough coals to cook the Mescal for four days and four nights. There was a total of 32 mescal plants harvested and cooked.



Pictured families harvesting Mescal - inaada.

### Osha Day With the Elderly



In September, the Historic Preservation Office was asked to take the Elderly Center to harvest Osha - ha'i'ch'ide - the group was anxious to go pick some and as you can see, they climbed hillsides to do the harvests.

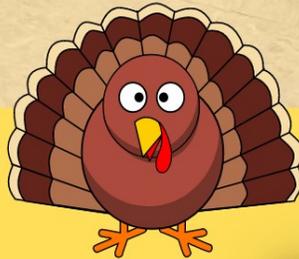


Photographed: Elders of the Mescalero Community harvesting Osha - ha'i'ch'ide.





**BOYS & GIRLS CLUB  
OF MESCALERO APACHE  
TRIBE**



# Grateful THANKFUL

## BLESSED

November is the month to count our blessings and be thankful for all the little things. We can say with certainty that we are THANKFUL for all our Club members. Each brings happiness, laughter, hugs, and smiles.

We asked a few of the Club members what they were thankful for, and these were their responses.

Isaiah K: I'm thankful for playing games. I'm thankful for my friends. I love this Boys & Girls Club!

Kamlynn B: I'm thankful for being rich! To be a singer, which I want to be when I grow up, means that you are rich. Grandma, Aunties, families, and friends. They are there for me all the time. I love all my family, they are all special.

Austin S: I am thank-ful to be in Club. I am also thankful for clothes-we would be cold if we didn't have any. There are 3 more things I am thankful for. Trees because we wouldn't have oxygen. I'm also thankful for the rain, because if we didn't have water, nothing would grow and there would be no oxygen!! I'm also thankful for my friends.



Kids making "bakeless" cookies using oatmeal, peanut butter & chocolate chips

# CLUB HIGHLIGHTS



We have been doing a variety of activities in the Club. Each Club member has the opportunity to do homework & to be tutored by the staff each day. Club staff plan high-yield activities that foster the growing minds of our youth. We promote education, healthy choices, positive self-esteem and much more. Field trips are also a sweet treat! Each Friday, we try to go on adventures and enjoy the day!

Recognition and a pat on the back is important at the Club. Each month we select a Club Member and Staff Member of the month. These individuals show leadership and go that extra mile. We have not selected our VIPS for the month of October...so stay tuned!



## the joke corner

**Why don't you take a turkey to church?**

**Answer: Because they have FOWL language**

**How do you make a turkey float?**

**Answer: 1 scoop of ice cream, root beer, and some turkey!**

**What does Dracula call Thanksgiving?**

**Answer: Fangs-giving**

**How do you keep a turkey in suspense?**

**Answer: I'll let you know next week!**



# Mescalero Apache Head Start Program

*Recent News*

## Enrollment Opportunities

Is your child between the ages of 3 and 5 years old? Or about to have their 3rd birthday? Stop by the Head Start and pick up an Enrollment packet to start their enrollment process. One of our staff will gladly assist you.

**Documentation requirements for all new students:** Immunization Record, Birth Certificate, Certificate of Indian Blood (if applicable), Income Verification (TANF, SSI, 2022 Income Tax or, 2 of your most recent check stubs), child's Social Security Card, child's Medicaid Card or other Health Insurance Card, Custody Papers (if applicable).

## Head Start "Male Involvement Initiative"

Each month, we try to get as many males involved in the program by having certain activities geared toward them which we label as "Male Involvement" activities. As a program, we understand the importance of children having one-on-one time with their child. We also understand that most times, the male/father in the

household is working and cannot easily take leave from work for their child unless it's an emergency. So, we try to give ample time for "fathers" to submit their leave request to join their Head Start child for these planned monthly activities.

"Fathers" includes grandpas, uncles, older siblings, step-dads, or a male family friend. In our past experience, anytime the children see a male figure volunteering, they get all excited. That is why we see the importance of involving male father-figures into our program.

With that said, our first Male Involvement activity was the "Fishing With Dad" day along the Mescalero Creek in September. The male volunteer started off the day by eating breakfast with their Head Start child and then heading off on their fishing adventure. For lunch, they all came back to enjoy a plate of Indian Tacos and watermelon. But not before playing an interactive game of Human Bingo. All-in-all, it turned out to be a very good day. Some upcoming activities include the Halloween Bash, the Hunt Lodge field trip, and going to the movies.



**“Mesilla Valley Pump-  
kin Patch Visit”**

Each year we make it a point to have our children visit the Pumpkin Patch in Las Cruces. Because of the Covid pandemic, we had to suspend this activity for the last 2 years. Thankfully, this year, our Head Start children got to experience this with their family.

We sat down and ate lunch as a group and rode a tractor-pulled trailer out to where all the pumpkins were and picked a pumpkin to take home. Afterwards, the families got to go explore what other activities were offered at the farm, like, going through a maze and sliding down a huge slide.



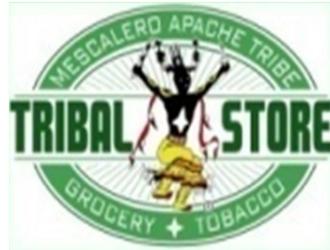
**Upcoming Head Start  
Events**

- November 10th- Head Start Thanksgiving Drive-Through Lunch
- November 11th- Veteran’s Day (No School)
- November 25th through November 29th—Thanksgiving Break (No School)

From our Head Start family to yours... Happy Thanksgiving!



## **Tribal Store** *Recent Update*



**I want to provide you with an update on the Tribal Store. We are working hard to get it up and going. Within the next week you will see the shelves stocked. Also rearrangement within the Store is going to happen. We hope to provide a friendly and great shopping experience.**

**We look forward to seeing all your friendly faces. We hope that you continue to shop at your Tribal Store.**

**Best Regards,**

**Elisa Kadayso ( MAT Store Manager )**



## Mescalero Tribal Fish Hatchery

*Recent News & Activities as provided by Shelley Belin, Manager MTFH*

News and Activities June-October 2022 Greetings! This past summer we had a total of 9 summer youth working at the hatchery. Reuben Morgan, Dionna LaPaz, Arda Kanseah, Kaylee Balachu, Kaden Comanche, Madison Chee, Justin Coonie, Thomas Douglas and Eddie Martinez. Reuben and Dionna worked under a partnership with the US Forest Service and the Southwest Tribal Fisheries Commission. Kaden, Madison, Justin, Thomas and Eddie worked under a partnership with WIOA. Their summer experience included delivering trout to local lakes, cleaning fish tanks, feeding fish, retrieving data such as total weights/sample lengths and assisting with hatchery tours. The staff enjoyed teaching the youth about one of the branches of Natural Resources "Fisheries".



The hatchery staff has been working with the US Fish & Wildlife Service to remove carp from Mescalero Lake. Gill nets were set out overnight and removed the next morning. Data was collected on the carp that was caught. And carp were disposed of. The hatchery manager and 3 fisheries technicians attended the Na-

tive American Fish & Wildlife Society regional conference at the Santa Ana Pueblo in Bernalillo, NM. The Hatchery Manager presented a hatchery report to the SWTFC and its member tribes (southwest tribes that the fish hatchery delivers fish to). The fish hatchery is preparing for its 4<sup>th</sup> Annual Haunted House. We hope it is another success and that it will give the local community a fun and scary activity to participate in on Halloween weekend, October 28 and 29.

We also want to wish everyone happy and safe holidays!

Contact Info:  
 Mescalero Tribal Fish Hatchery  
 PO Box 190  
 Mescalero NM 88340  
 Office: 575-464-8768  
 Facebook: Mescalero Tribal Fish Hatchery



# Mescalero Apache Tribal Maintenance Department

Office number 575-464-9289

**HOURS OF OPERATION:** Monday through Friday, 8:00 a.m. to 4:30 p.m.

**AFTER HOURS/ON-CALL:** Please call (575) 937-3714.

The Tribal Maintenance Department provides the following services to the community:

- Maintenance and repair of privately owned homes. This does not include new construction, remodel, or rehabilitation of a home. If you have questions about maintenance repair, please call our office.
- We provide assistance to Feast givers and Tribal Ceremonies such as:
- Gathering ceremonial tee pee poles, oak brush, and Gahé' fire wood.
- Deliver water buffalos, serving tables, benches, and trashcans.
- Assist with the construction and take down of the Ceremonial Tee Pee.
- Any other duties requested by Tribal Administration and Cultural Committee.

- We prepare gravesites and install U.S. Military Veteran's headstones.
- We perform any other assignments requested by Tribal Administration.

Steps to request repair or maintenance on your home:

1. Please call our office at (575) 464-9289. After hours, weekends, or holidays you can call the Tribal Maintenance work cell number at (575) 937-3714.
2. Provide your name, address, phone number, and your maintenance repair request.
3. A work order will be issued to a Maintenance Worker to make repairs at your home.
4. Please be home or have someone there to open the door. We do not have keys to enter your home. If no one is home, we will make three attempts to repair your home. After three attempts, we will close out the work order.

The Tribal Maintenance

Department will charge you for the material and supplies needed to repair your home. We do not charge you any labor or transportation fees. If we have ever provided maintenance or repair services to your home, please call our office to arrange payment on any balances owed to the Mescalero Apache Tribe.



## MESCALERO GAS COMPANY

TEMPORARY LOCATION: 218 TROUT LOOP

(575)464-4589 or (575)464-4323

Facebook: Mescalero Gas

Business Page: Mescalero Gas Company

Office Hours: Monday-Friday 8:00am-4:30pm

Kiosk Hours: Sunday-Saturday 7:00am-5:00pm

The Mescalero Gas Company thanks all our customers, we appreciate each & everyone of you. We would like to inform everyone that our Facebook page is where you can find our prices and important updates. A friendly reminder to please check your tank to ensure that tanks aren't running empty during the winter we suggest to call for gas between 15%-20% or more. That way in any unforeseen delays the customers always have gas. Please be safe & warm throughout the winter months ahead.

### Prepare Your Propane Home For Winter

- Check Your Propane Supply. ...
  - Schedule Annual System Service. ...
  - Mark the Location of Your Tank. ...
  - Keep a Clear Path to the Tank. ...
  - Double-check Your Fuel Before a Storm.
  - Don't Use Outdoor Propane Tanks Inside.
  - Install a Programmable Thermostat
- 
-

# Juniper Encroachment on the Mescalero Apache Reservation

By Jennie Van Auken, Supervisory Rangeland Specialist with DRMP

The DRMP-Rangeland and Natural Resources Program has been working with our local Natural Resource Conservation Service (NRCS) to develop projects to reduce the encroachment of Juniper tree species on our rangelands. Juniper species are very beneficial in heating our homes and providing medicine.

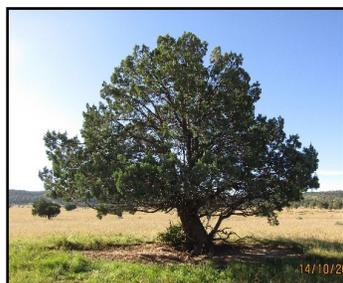
But with temperatures increasing due to climate change, the juniper species are growing outside of the areas where you would normally find them. Now they are getting more populated in the lowland grassy meadows, and this greatly affects grazing animals, both livestock and wildlife, who depend upon these meadows for food.

Before settlers moved into the southwestern United States, there was reoccurring cool surface fires every 10-25 years. The juniper seed and seedlings would burn up and there was not as big of a population issue in the grasslands. Now that fire is not reoccurring, the seeds are rooting and growing in areas where they should not be.

Juniper normally grows along hillsides and in the mid-elevation areas of the reservation. The overgrowth in juniper trees in these historically marked grasslands causes issues with water balance distribution and vegetation production. Juniper trees cause interception in the precipitation. The junipers can grow so thick that it does not allow the precipitation to reach the ground, causing the vegetation surrounding the tree to die off. Also, the juniper leaves have allelopathic properties, producing substances that act as growth inhibitors. They can choke out the vegetation growing around them, causing issues with loss of important native plant species. These issues leave a bare circle of just soil around the base of the juniper trees.



moving the trees by using an excavator to pluck the trees out of the ground and then stacking the trees in piles. This helps reduce the spread of the seed and vegetative sprouting, and eliminates the need to use chemical herbicides to kill the trees. The regrowth of native grasses and herbaceous plants is important to feed livestock and wildlife.



We are using a mechanical method of re-



Please remember, the piles that we are creating with the juniper trees are available for Tribal members to pick up for firewood under their free use permits.

## Land Office Notification

### *Recent Updates*

It is important to keep the Red Numbers on your house visible from the road. If you cannot see your numbers from the street, it is recommended to put a sign with your Red Numbers at the entrance of your driveway. This will help your home to be easily visible for emergency vehicles and delivery trucks. Red Numbers are available in our office. Please call the Land Office at 575-464-

4711, extension 129 in advance so we can have them ready for pick-up.

To ensure that our addressing is correct, an address audit is being conducted and we are working to minimize the changing of addresses. However, when it becomes necessary to make these changes (where odd numbers are given on even sided streets or address ranges do not

match current addresses), affected residents will be informed and provided with updated letters and new Red Numbers.

If you also need Proof of Residency for your Driver's License or a State of New Mexico ID, we can help you as well. Please call ahead so we can have the letter printed for pick-up or we can also email the letter to you.

## Elderly Center

### *Recent News*

Happy Birthday to our elders born in the month of giving and thankfulness. We wish you many more years of happiness, and health.

As the days grow shorter and the nights begin to get a little cooler, the time at the elderly center continue to be filled with friendship, fun, and a great lunch. Activities are stepping up as we all continue to practice covid safe policies keeping in mind that covid is still with us and we must all work together responsibly to keep it at bay.

Masks are still required

at the center and handwashing and hand sanitizing are a must. The center is open Monday through Friday from 8:00-4:30. Lunch hour is from 11:00-Noon. Elders 60 and older living on the reservation are eligible for the program.

As you may know we are sharing our building with CHR. Their direct phone number is 464-9256. We are not able to transfer calls so please dial them directly.

Activities are kicking up for the fall. Every two months we travel to Las Cruces for shop-

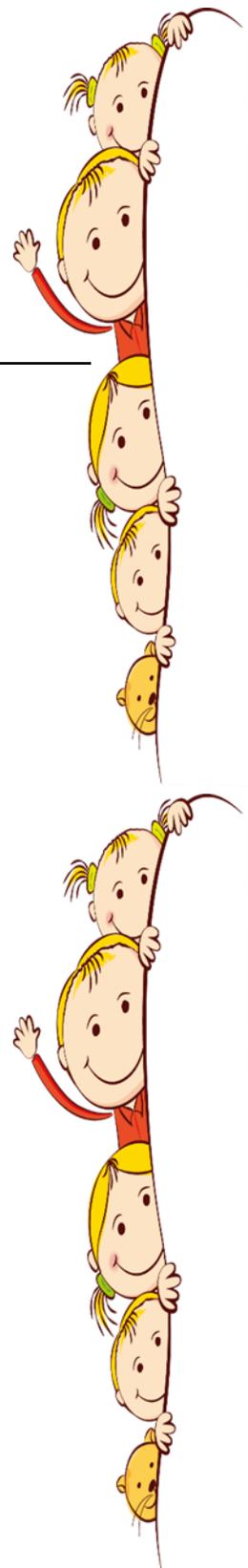
ping. The week days are packed with fitness classes, education classes, nutrition education and day travel adventures.

We appreciate all of you who come into the elderly center to support our program. Along with morning self-serve breakfast, we always have nice hot coffee and tea available. Come in visit with each other over breakfast or lunch, participate in activities and enjoy seeing and visiting with one another. This supports our program so we can continue on. Come in as

much as you can. You are always welcome. Other News One of our service partners is Partnership with Native Americans out of Phoenix Arizona. This program supports us by providing a variety of incentives for our activities and education classes. Re-

cently we had a visitor from PWNA come tour our program and visit with the elders. Jarrod enjoyed his visit and had a great time learning about our program. Thank you PWNA for supporting us! Remember to check us out on face book-

Mescalero Elderly Program !



## Child Care & Development Fund (CCDF) Program

Mescalero Apache Tribe

The CCDF Program offers financial assistance with child care to qualified Native American families of federally recognized tribe.

**Office Hours: 7:30 a.m. to 4:30 p.m. Monday - Friday Located at: 251 A School Circle Drive, Mescalero, NM 88340**

The program is available to parents/guardians working, in training or attending an educational facility.

Completed applications with original signatures will need to be submitted in person to Toni Little-CCDF Monitor or Dannalyn Blake-Director/CCDF Coordinator at the Mescalero Child Development Center.

Applications for the

program can be picked up at the Mescalero & Carrizo Child Care Development Centers or the IMG Team Member Child Care Center. We understand the demand and lack of housing in Mescalero. We exempt families that live in multiple family home.

The CCDF Program will provide assistance to one of three child care centers on the reservation or in-home provider of your choice. Ages for child care assistance are six (6) weeks through twelve (12) years of age.

The Provider Agreement will need to be signed on the last page by the selected Child Care Center and interested applicant(s). Be sure to submit a copy of ALL requested docu-

mentation that applies to your immediate family in order for your application to be considered and processed.

In-home provider application is also available at the three child care centers. Application must be complete, signed, and dated. This is an individual contract labor position and taxes are not taken out of payments issued to in-home providers. Payment of services are based on half-day or full-day rates, which are categorized by age group.

You have any questions, please do not hesitate to call Toni Little-CCDF Monitor or Dannalyn Blake, Child Care Director/CCDF Coordinator, at (575) 464-9224.

## Parks & Recreation Department

*Recent updates provided by Rufus Sago, Parks & Rec. Director*



Would like to give an update on our upcoming projects right now we have all Parks closed for the off season. Now we're working on upgrading Silver Lake. We have contractors working on new Electric, Water and Sewer Lines for the RV area. We are working on finalizing the cleanup for

Mescalero Cabins. Eagle Creek will also be finalizing the Road and Dam Projects. We are still maintaining the Covid. 19 Trailers at the Hunt Lodge. We are assisting tribal members that choose to utilize the trailers if needed with Covid. 19. We would like to give a thanks to all our seasonal workers that

ended the season with us, it was a great six months and we are looking forward to the upcoming Season 2023.

If you have any questions, please feel free to call me at the Parks and Recreation Office.

Thank you!

## Department of Economic Development

*Recent News*

The Economic Development program has been engaged in a number of exciting projects designed to benefit the tribe. While there are several other significant initiatives on the radar, the following projects have been the center of our focus in recent months;

- **Soldier Mountain Cellular Tower** - An evaluation by an independent engineering firm revealed that the existing tower has reached the end of its useful life and is in need of replacement. Through our recent conversations with Verizon Wireless,

Verizon has offered to work with the Tribe to replace the existing tower with new and taller tower. The proposed tower will be taller and will allow the Tribe to work more cellular carriers and offer significantly improved cell service to our community members in the Mescalero business and residential area.

- **Concrete Batch Plant** - With the current infrastructure and housing efforts underway along with anticipated economic development projects, the Tribe's

need for concrete is stressing and often exceeding regional supply. The Economic Development program has been working with a group from El Paso, Texas to assist us in setting up a local concrete batch plant. The proposed plant will supply concrete for the Tribe's vital construction projects. We are in the process of evaluating tribally based resource materials such as water, aggregate, and sand. Establishing this source material is vital to the success of the operation. We are excited that this

project could be brought online late in the first quarter or early second quarter.

- **Solar** - The Economic Development program has been diligently engaged in developing a solar project for the Tribe. The proposed project is relatively large in scope and will be developed in phases. The first phase is a planned 5 megawatts solar array near the Palmer Loop housing area. This project is expected to reduce energy costs for our largest enterprises as well as address electric costs for tribal residents. The financing for the project is being arranged and, upon conclusion of those efforts, construction will commence shortly thereafter.
- **Sawmill** - The sawmill has been closed for 10 years and the Economic Development program is working to get the mill operational. Our forests require active logging and thinning to maintain a healthy balance. It has been a struggle to

maintain effective forest management without a functioning sawmill. Our program is working with consultants to review our forest resources, perform a forest products market analysis, and undergo an assessment of our existing sawmill with the aim of returning it to full operation.

- **Other Projects** - Our program is looking at a number of other significant opportunities including a redesign of the Chiricahua Plaza property. Our aim is to modernize the business district with new businesses and outlets that will attract more business to our area. This would include a newly designed fueling area with a truck-stop oriented platform for our western-based markets. We are also looking at the addition of franchise opportunities the food space that will complement the entire effort.

We look forward to updating the community on the many exciting projects and initiatives

that the Economic Development program is working on in the coming weeks and months.

**PATIENT CENTERED MEDICAL HOME**



**Nurse Care Coordinators**

**Sumac Team**

LT Regina Scott, BSN RN  
575-464-3892

**Eagle Team**

Shawna Le Beau, BSN RN  
575-464-3888

**Mescal Team**

Harold Gomez, BSN RN  
575-464-3847

**THE PATH FORWARD...**

- Effective Care**
- Flexible Care**
- Patient Satisfaction**
- Pride in Work**

Information about the credentials of healthcare professionals is available

**KNOWING YOUR TEAM...**

**Sumac Team**

Pierrette Toussaint, MD  
LT Regina Scott, RN  
Jack Johnston, LPN

**Eagle Team**

Thu Tran, MD  
Michael Shing, MD  
Shawna Le Beau, RN  
Janene Mason, LPN

**Mescal Team**

Salvador Mercado, MD  
Wally Jean, MD  
Harold Gomez, RN  
Kandi Autaubo, LPN

**Who Should I Call ?**

- General Information, Appointments, and After-Hour Nurse Advice Line**  
575-464-4441
- Purchased Referred Care** 575-464-4441
- Compliments or Concerns**  
CDR HoSun Persimmon 575-464-3804
- Nutrition & Diabetes Education**  
Shirley Dakin, RD, CDE 575-464-3861
- Optometry**  
Dr. Rodney Gilliland 575-464-3853
- Dental**  
Dr. Felicia Fontenot 575-464-3832
- Audiology**  
Rebecca Martinez 575-464-3813
- Behavioral Health**  
Dr. Kayt Whitebird-Orange 575-464-3827
- Pharmacy**  
CDR John Sickman, PharmD 575-464-3844
- Laboratory**  
Barbara Salazar 575-464-3841
- Medical Records**  
Marcene Kane 575-464-3814

Mescalero Service Unit  
P.O. Box 210  
318 Abalone Loop  
Mescalero, NM 88340

*Mescalero  
Service Unit*



MISSION

*To raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the Highest level*

VISION

*Healthy communities and quality health care systems through strong partnerships and culturally responsive practices*

*The Patient Centered  
Medical Home*

**THE MEDICAL HOME  
INCLUDES FIVE AREAS:**

**COMPREHENSIVE CARE  
PATIENT-CENTERED CARE  
COORDINATED CARE  
ACCESSIBLE SERVICES  
QUALITY AND SAFETY**

- **COMPREHENSIVE CARE**  
Physical and Behavioral Health  
Prevention and Wellness  
Acute and Chronic Care
- **PATIENT-CENTERED**  
Working together in setting health goals  
Understanding and Respecting Culture and Values
- **COORDINATED CARE**  
Specialty Care  
Purchased Referred Care  
Community Services
- **ACCESSIBLE SERVICES**  
Scheduling Options  
Urgent Care  
Personal Health Record  
After Hours Nurse Advice Line
- **QUALITY AND SAFETY**  
Improving Quality  
Improving Patient Experiences  
Patient Satisfaction  
Safe Patient Care

*Hours of Operation*

*Primary Care*

Monday 8:00 AM—5:00 PM  
 Tuesday 8:00 AM—5:00 PM  
 Wednesday 1:00 PM—5:00 PM  
 Thursday 8:00 AM—5:00 PM  
 Friday 8:00 AM—5:00 PM

*Urgent Care*

Weekdays 8:00 AM—6:30 PM  
 Weekends & Holidays 1:00 PM—4:30 PM

Our Urgent Care treats minor medical conditions including but not limited to:

- Allergies
- Ear Pain
- Vertigo/Dizziness
- Sinus Infection
- Dehydration
- Musculoskeletal Issues
- Urinary Tract Infections
- Asthma
- Dental Concerns
- Minor Burns
- Digestive Issues
- Acid Reflux
- Sore Throat
- Common Viral Infections
- Cold & Flu Symptoms
- Cough & Bronchitis
- Sexually Transmitted Infections
- Laceration
- Abscess
- Pediatric Concerns
- Ingrown Toe Nail

REV 6/1/2022

**LEADERSHIP**

CHIEF EXECUTIVE OFFICER

Dorlynn Simmons, CEO  
 575-464-3801

CLINICAL DIRECTOR

Dr. Thu Tran, Acting Clinical Director  
 575-464-3834

QUALITY/RISK MANAGER

CDR HoSun Persimmon  
 575-464-3804

CHIEF NURSE EXECUTIVE

Yolanda Adams, MSN, RN  
 575-464-3873

CHIEF FINANCE OFFICER

Cassie Frizzell, CFO  
 575-464-3837



The New Mexico Department of Transportation District Two and Mescalero Apache Tribe friendship cultivate road improvements. Mescalero Apache Public Works Director Christopher Little, Road Manager Joe Morgan, Road Foreman Lorenzo Saenz, NMDOT District Two Engineer Francisco Sanchez, Corwyn D. Henry Acting Regional Transportation Engineer Division of Transportation BIA Southwest Regional Office, Mescalero Apache President Eddie Martinez, and Mescalero Apache Tribe Council Ardena Orosco, Larry Brusuelas Jr., and Owen Little, gather for an impromptu visit to the White Mountain Road phase one completion. The Mescalero Apache Tribe received approximately \$6 million in transportation project funds for White Mountain Drive, Adidini Kuwaa, and Eagle Drive, which will improve infrastructure and safety in the Mescalero community. [#NMDOTcares](#)



# Violence Against Women Program

## Domestic Violence Conference

The Mescalero Violence Against Women Program would like to express our gratitude to the Mescalero community for attending our Domestic Violence Conference. We are happy to serve our community. We sincerely hope that this conference will serve as a catalyst to creating change in our community and sends a message of hope to all victims of domestic violence that there are local resources available to help.

*Special thanks to the following for their contributions to the success of our event:*

Inn of the Mountain Gods for the lunch donation

Inn of the Mountain Gods Catering Staff; Joella Kazhe; Richele Bradburn; Deanna Shakespeare

Randy Bell, IT

Veralyn Mendez, Four Directions

Paul Bonnell, Four Directions

Blanca Aguilar, Otero/Lincoln County SANE

COPE Staff

The NEST Staff



*Thank you to our presenters:*

Cindy Prelo, Mescalero Elderly Program

Special Agent Lisa Hill, F.B.I.

David Littlewind, Chief Judge,  
Mescalero Tribal Court

Perry Lawson, COPE

Lucy Rodriguez, Four Directions

Barbie Johnson, Mescalero Wellness Center

Joseph Geronimo, Tribal Elder

Philbert Choneska, Tribal Elder



And a heartfelt *Thank You* to the two Domestic Violence survivors who had the courage to share their experiences; we are deeply moved by your survival stories and we wish you continued success on your journeys toward healing and recovery.

*Ixehe*



# Domestic Violence Awareness

OCTOBER 2022

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

*Message from the Mescalero Violence Against Women Program*



## RESOURCES

Mescalero VAW Program

575-464-0078/0079

The NEST Ruidoso

575-378-6378

COPE Alamogordo

575-258-1064

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Available 24 hours

Strong Hearts Native Help Line

1-844-762-8483 7am—10pm

CST / 7 days a week

1-844-7NATIVE

Domestic violence continues to be a major issue in Mescalero. Despite it being a common occurrence, it is not normal. Domestic violence disrupts our connection to our culture and traditions as Apache people. The lasting impacts on the victims and survivors, their families, and the overall community are real and serious.

Our program hosted a conference this month and our theme was: Respect Women—'isdza 'nde ndejilchee'. Rebuilding our community based on traditional values requires an effort from everyone. In order to eliminate domestic violence on our reservation, a return to traditional values is needed.

We encourage you to seek help if you or a family member is experiencing domestic violence. Remember that violence is a learned behavior and it can happen to women and men. Creating change in our reservation starts with not only awareness and education, but also embracing our traditional ways of life and remembering who we are as strong, proud *Nde*.







Happy Birthday In Heaven  
Shi Chu, Shi M'a

*Mary Morgan-Naiche*

November 11, 1935 – November 1, 2009



*From the very first moment you smiled upon me,  
You gave all that you had, unconditionally.  
You taught me of kindness, patience and love,  
And we formed a closeness God blessed from above.  
Then the seasons passed quickly, and as I grew,  
Each year just increases my devotion to you.  
And I learned among other things, from your caress,  
That the world is much sweeter with tenderness.  
One sweet, special someone, "Grandma, Mom" by name,  
Whose love & faith helps ignite a perpetual flame.  
That adds warmth and beauty in so many ways,  
A light that will guide me through all my days.*

*K'enaaduushigaal shi chu, shi ma*

*Niikaashtii,*

*Your Children, Grands, and Great-Grands*



## 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	464-9256	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 9/23/22



**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](mailto:elapaz@mescaleroapachetribe.com)

**Bulk Rate**  
**Non-Profit Organization**

**Permit #1**  
**Mescalero, NM**  
**88340**



[MescaleroApacheTribe.com](http://MescaleroApacheTribe.com)



“Like” us on Facebook:  
**Mescalero Apache Tribe**

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