

Apache Scout



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NEXT DEADLINE:
01/20/23
BY NOON



Mescalero Apache Telecom, Inc.
NETWORKS



Mescalero Apache Telecom, Inc.

NOTICE—NOTICE—NOTICE—NOTICE

If you took advantage of the discounted tablets for \$11.00 or free call phones from individuals that were at the Tribal Store, Dollar General, etc.

There may be a catch for some of you that are on LIFELINE or ACP program with MATI. USAC (Universal Service Administration Company) will send an email informing us that you have signed up with another carrier and ask us to remove the benefit. You will then be responsible for the full amount of your internet or phone; please review your bill to see if there is a change in the amount due.

Let's say your daughter/son purchased a

tablet or cell phone, used your Medicaid or SNAP and used your physical address this will cause you to lose your benefits also. There cannot be two (2) lifeline/acp benefits in one (1) household.

You can still apply for this ACP program, stop by our office for more information. If you are on lifeline already you should qualify unless your ID or Medicaid is expired; if you only have standalone internet you can qualify if you have SNAP, Medicaid, Free lunch, etc. and a valid ID. This program will pay up to 75.00 on your internet; so if your internet is below 75.00 you are paid up

for the month. You will still be responsible for your telephone bill; if you receive a letter from USAC to re-certify do not ignore failure to re-certify will cause you to lose your lifeline benefits or your ACP benefits.

For more information please contact MATI at 575-464-4039.

NEED ASSISTANCE TO PAY YOUR INTERNET?

Inquire at the CSR desk

The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service.

You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.

If your household is eligible, you could receive:

- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- If you are already on lifeline, you only need to sign an ACP enrollment form
- If you only have internet, you will need to fill out an ACP application form, have a valid ID, and have proof that you participate in one of the above named programs.

** Through a separate non-FCC initiative, additional no cost plans may be available to Affordable Connectivity Program enrollees. To learn more please visit [GetInternet.gov](https://www.fcc.gov/GetInternet). Provision of a link to this initiative does not imply FCC endorsement of any particular participating provider.*

FCC FORM 5645**Affordable Connectivity Program
Application Form**Universal Service
Administrative Co.

About the ACP

The ACP is a Federal Communications Commission (FCC) program that provides a broadband and/or one-time connected device benefit for qualifying low-income consumers.

Rules

If you qualify, your household can receive a monthly Affordable Connectivity Program (ACP) benefit of up to \$30 to cover the cost of your internet service (up to \$75 on qualifying Tribal lands). Through the program, your service provider may also offer a one-time internet connected device benefit of up to \$100 for a computer, tablet, or laptop with a co-payment of more than \$10 but less than \$50.

Your household cannot get the ACP benefit from more than one service provider. You are only allowed to get one ACP benefit per household, **not per person**. If more than one person in your household participates in the ACP, you are breaking the FCC's rules and will lose your benefit.

The Affordable Connectivity Program is separate from the FCC's Lifeline Program. If your household qualifies for both programs, you can apply for and receive both benefits.

Note: Broadband service providers must also meet certain criteria to participate in the ACP. Check with your service provider to determine if it participates.

What is a household?

A household is a group of people who live together and share income and expenses (even if they are not related to each other).

Do not give your benefit to another person

The ACP benefit is non-transferable. You cannot give your benefit to another person, even if they qualify for the ACP.

Be honest on this form

You must give accurate and true information on this form and on all ACP related forms or questionnaires. If you give false or fraudulent information, you will lose your benefit (i.e., de-enrollment or being barred from the program) and the United States government can take legal action against you. This may include (but is not limited to) fines or imprisonment.

You may need to show other documents

If the ACP Administrator is not able to validate that you or someone in your household qualify by checking available electronic resources (including eligibility databases for the FCC's government agency partners), you may need to provide additional documents. For example, you may need to provide an official document that proves your participation in a qualifying government assistance program, your income, or your identity.

Apply

To apply for the ACP, fill out the required sections of this form, initial every agreement statement, and sign on page 7. You can also apply online at ACPbenefit.org for faster processing.

Mail the form to this address:

**USAC
Affordable Connectivity Support Center
P.O. Box 7081
London, KY 40742**

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Affordable Connectivity Program Application Form



**Universal Service
Administrative Co.**

Your Information

All fields are required unless indicated. Use only CAPITALIZED LETTERS and black ink to fill out this form.

1. What is your full legal name?
The name you use on official documents, like your Social Security Card or State ID. Not a nickname.

First

Middle (Optional)

Suffix (optional)

Last

2. What is your phone number (if you have one)?

3. What is your date of birth?

Month Day Year

4. What is your email address? (Recommended)

5. Identity Verification. Please select one of the following:

☐ a. If you would like to verify your identity using your Social Security number, please enter the last four digits of your Social Security number (SSN4)*

***Social Security numbers are not required to participate in the Affordable Connectivity Program, but using a Social Security number will process your application the fastest.**

☐ b. If you have and would like to use a Tribal Identification Number to verify your identity, please enter it below.

☐ c. Driver's License, Military ID, Passport, Taxpayer Identification Number (ITIN), or other Government ID. Please select the type of identification you would like to use to verify your identity.

Driver's License	<input type="checkbox"/>
Military ID	<input type="checkbox"/>
Passport	<input type="checkbox"/>
Taxpayer Identification Number	<input type="checkbox"/>
Other Government ID	<input type="checkbox"/>

Please include a scanned copy or photo of your form of identification with your application.

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**Affordable Connectivity Program
Application Form**



Universal Service
Administrative Co.

Your Information (continued)

*Tribal lands include any federally recognized Indian tribe's reservation, Pueblo, or colony, including former reservations in Oklahoma; Alaska Native regions established pursuant to the Alaska Native Claims Settlement Act (85 Stat. 688); Indian allotments; Hawaiian Home Lands—areas held in trust for Native Hawaiians by the state of Hawaii, pursuant to the Hawaiian Homes Commission Act, 1920 July 9, 1921, 42 Stat. 108, et. seq., as amended; and any land designated as such by the FCC pursuant to the designation process in the FCC's Lifeline rules.

A map of qualifying Tribal lands is available on USAC's website: https://www.usac.org/wp-content/uploads/lifeline/documents/tribal/fcc_tribal_land_map.pdf.

6. What is your home address? (The address where you will get service. Do not use a P.O. Box.)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street Number and Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Apt., Unit, etc. City

--	--	--	--	--	--	--

State Zip Code

7. Is this a temporary address? ☐ Yes ☐ No **8. Check if you live on Tribal lands*** ☐

9. What is your mailing address? (Only fill this out if it is not the same as your home address.)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street Number and Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Apt., Unit, etc. City

--	--	--	--	--	--	--

State Zip Code

FCC FORM 5645

Affordable Connectivity Program Application Form



**Universal Service
Administrative Co.**

Your Information (continued)

Only fill this section out if you are applying through a child or dependent.

☐ 10. Check if you are qualifying through a child or dependent in your household. If so, answer the following questions:

11. What is their full legal name?

--	--

First

--	--

Middle (optional) Suffix (optional)

--

Last

12. What is their date of birth?

--	--	--

Month Day Year

13. Identity Verification. Please select one of the following:

☐ a. If you would like to verify their identity using their Social Security number, please enter the last four digits of their Social Security number (SSN4)*

--	--	--	--

***Social Security numbers are not required to participate in the Affordable Connectivity Program, but using a Social Security number will process your application the fastest.**

☐ b. If you have and would like to use a Tribal Identification Number to verify their identity, please enter it below.

--	--	--	--

☐ c. Driver's License, Military ID, Passport, Taxpayer Identification Number (ITIN), or other Government ID. Please select the type of identification you would like to use to verify their identity.

Driver's License	<input type="checkbox"/>
Military ID	<input type="checkbox"/>
Passport	<input type="checkbox"/>
Taxpayer Identification Number	<input type="checkbox"/>
Other Government ID	<input type="checkbox"/>

Please include a scanned copy or photo of their form of identification with your application.

FCC FORM 5645**Affordable Connectivity Program
Application Form**

Universal Service
Administrative Co.

Qualify for the ACP

Fill out this section to show that you, your dependent, or someone in your household qualifies for the ACP.

You can qualify through certain government assistance programs or through your income (you do not need to qualify through both).

When you mail this form, **please include documents that show you participate in one of the programs you selected or that you qualify through your income.** A list of acceptable documents is available at ACPbenefit.org.

Qualify through a government program:

14. Check all programs that you or someone in your household have:

- ☐ Supplemental Nutrition Assistance Program (SNAP, also called Food Stamps)
- ☐ Supplemental Security Income (SSI)
- ☐ Medicaid
- ☐ Federal Public Housing Assistance (FPHA)
- ☐ Veterans Pension or Survivors Benefit Programs
- ☐ Federal Pell Grant for the current award year
- ☐ Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- ☐ Free and Reduced Price School Lunch or Breakfast Program, or enrollment in a Community Eligibility Provision School for the 2019-20, 2020-21, or 2021-22 school year. If you choose this program, please enter your school name, school district and state.

School Name

School District

State

Tribal Specific Programs

- ☐ Bureau of Indian Affairs (BIA) General Assistance
- ☐ Tribal Temporary Assistance for Needy Families (Tribal TANF)
- ☐ Food Distribution Program on Indian Reservations (FDPIR)
- ☐ Tribal Head Start (only households that meet the income qualifying standard)

Or

FCC FORM 5645

Affordable Connectivity Program
Application Form



Universal Service
Administrative Co.

Qualify for
the ACP
(continued)

Qualify through your income:

15. Including you, how many people live in your household? (check one)		16. Is your income the same or less than the amount listed for your state and household size? (only check yes or no next to your household size)				
		All 48 States, DC, and Territories	Alaska	Hawaii		
<input type="checkbox"/> 1		\$25,760	\$32,180	\$29,640	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 2		\$34,840	\$43,540	\$40,080	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 3		\$43,920	\$54,900	\$50,520	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 4		\$53,000	\$66,260	\$60,960	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 5		\$62,080	\$77,620	\$71,400	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 6		\$71,160	\$88,980	\$81,840	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 7		\$80,240	\$100,340	\$92,280	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/> 8		\$89,320	\$111,700	\$102,720	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<input type="checkbox"/>	If more than 8, add this amount for each extra person:	Add \$9,080	Add \$11,360	Add \$10,440	<input type="checkbox"/> Yes	<input type="checkbox"/> No

200% of the 2021 Federal Poverty Guidelines
*The Federal Poverty Guidelines are typically updated at the end of January.

FCC FORM 5645

**Affordable Connectivity Program
Application Form**



Universal Service
Administrative Co.

Agreement

I agree, under
penalty of perjury,
to the following
statements:

*You must initial next to
each statement. If you
fail to initial each
statement, your
application will be
considered incomplete.*

- | | |
|---------|---|
| Initial | 17. I (or my dependent or other person in my household) currently get benefits from the government program(s) listed on this form or my annual household income is 200% or less than the Federal Poverty Guidelines (the amount listed in the Federal Poverty Guidelines table on this form). |
| Initial | 18. I agree that if I move I will give my service provider my new address within 30 days. |
| Initial | 19. I understand that I have to tell my service provider within 30 days if I do not qualify for the ACP anymore, including:
1.) I, or the person in my household that qualifies, do not qualify through a government program or income anymore.
2.) Either I or someone in my household gets more than one ACP benefit. |
| Initial | 20. I know that my household can only get one ACP benefit and, to the best of my knowledge, my household is not getting more than one ACP benefit. I understand that I can only receive one connected device (desktop, laptop, or tablet) through the ACP, even if I switch ACP providers. |
| Initial | 21. I agree that all of the information I provide on this form may be collected, used, shared, and retained for the purposes of applying for and/or receiving the ACP benefit. I understand that if this information is not provided to the Program Administrator, I will not be able to get ACP benefits. If the laws of my state or Tribal government require it, I agree that the state or Tribal government may share information about my benefits for a qualifying program with the ACP Administrator. The information shared by the state or Tribal government will be used only to help find out if I can get an ACP benefit. |
| Initial | 22. For my household, I affirm and understand that the ACP is a federal government subsidy that reduces my broadband internet access service bill and at the conclusion of the program, my household will be subject to the provider's undiscounted general rates, terms, and conditions if my household continues to subscribe to the service. |
| Initial | 23. All the answers and agreements that I provided on this form are true and correct to the best of my knowledge. |
| Initial | 24. I know that willingly giving false or fraudulent information to get ACP benefits is punishable by law and can result in fines, jail time, de-enrollment, or being barred from the program. |
| Initial | 25. I was truthful about whether or not I am a resident of Tribal lands, as defined in the "Your Information" section of this form. |

26. Signature

27. Today's Date

FCC FORM 5645

Affordable Connectivity Program Application Form



**Universal Service
Administrative Co.**

Representative Information

*Answer only if a Service
Provider Representative
submits this form.*

28. What is your Representative ID?

[illegible]

Privacy Act Statement

This Privacy Act Statement explains how we are going to use the personal information you are entering into this form.

The Privacy Act is a law that requires the Federal Communications Commission (FCC) and the Universal Service Administrative Company (USAC) to explain why we are asking individuals for personal information and what we are going to do with this information after we collect it.

Authority: 47 U.S.C. §254; Consolidated Appropriations Act, 2021, Public Law 116–260, div. N, tit. IX, § 904, as modified by the Infrastructure Investment and Jobs Act, Public Law 117–58, div. F, tit. V, secs. 60501, 60502(a)–(b); 47 CFR Part 54, Subparts E and P.

Purpose: We are collecting this personal information so we can verify your identity and that you qualify for the Lifeline program or similar programs that use income or consumer participation in certain government benefit programs as eligibility criteria, such as the Affordable Connectivity Program. We access, maintain and use your personal information in the manner described in the Lifeline System of Records Notice (SORN), FCC/WCB-1, and the Affordable Connectivity Program SORN, formerly known as the Emergency Broadband Benefit Program SORN, FCC/WCB-3, both available at <https://www.fcc.gov/managing-director/privacy-transparency/privacy-act-information-systems/>.

Routine Uses: We may share the personal information you enter into this form with other parties for specific purposes, such as:

- With contractors that help us operate the Lifeline program and similar programs that use income or consumer participation in certain government benefit programs as eligibility criteria, such as the Affordable Connectivity Program;
- With other federal and state government agencies and Tribal agencies that help us determine your Lifeline eligibility and eligibility for similar programs that use income or consumer participation in certain government benefit programs as eligibility criteria, such as the Affordable Connectivity Program;
- With the telecommunications companies and broadband providers that provide you Lifeline service and service under a similar program that uses income or consumer participation in certain federal benefit programs as eligibility criteria, such as the Affordable Connectivity Program;
- With other federal agencies or to other administrative or adjudicative bodies before which the FCC is authorized to appear;
- With appropriate agencies, entities, and persons when the FCC suspects or has confirmed that there has been a breach of information; and
- With law enforcement and other officials investigating potential violations of Lifeline and other program rules.

A complete listing of the ways we may use your information is published in the Lifeline SORN and the Affordable Connectivity Program SORN (formerly known as the Emergency Broadband Benefit Program SORN) described in the "Purpose" paragraph of this statement.

Disclosure: You are not required to provide the information we are requesting, but if you do not, you will not be eligible to receive Lifeline services under the Lifeline Program rules, 47 C.F.R. Part 54, Subpart E, or benefits under the Affordable Connectivity Program rules, 47 C.F.R. Part 54, Subpart P.

As of 12/15/22

Inn of the Mountain Gods Open Positions

IMG Positions

IMG Security Officer
Room Attendant
Floor Specialist
CATC Cage Cashier
CATC Main Bank Cashier
Public Space Attendant
Child Care Attendant
CATC Housekeeping Attendant
Central Storage/Receiving Warehouse Clerk
Promotions & Entertainment Production
CATC Executive Assistant
Child Care Supervisor
Shot Bar Attendant
MATM Supervisor
Broken Arrow Tap House Host
Broken Arrow Tap House Busser
IT Network Technician II
Players Club Ambassador
Key Shop Technician
Casino Sanitation Attendant
O/N Maintenance Technician

Ski Apache Positions

Cashiers
F&B Cashier
Ticket Sales Agent
Town Shop
Sport Shop
Ski School Ticket Agents
Cooks
F&B Cook 1
F&B Cook 2
F&B Stockers/Bussers
Snow Makers
Rentals
Ski / Snowboard Technicians
Town Shop
Lift Operators
Lift Attendants
Lift Maintenance
Snow School Instructors



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, Current Income Tax return 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).

November and December Events

For the month of November, our event included a visit to the Mescalero Apache Hunt Lodge. After having a hearty breakfast at the Head Start with their child, all the "dads" headed over to the Hunt Lodge for a small presentation from the staff about what the

Hunt Lodge is and what animals we all have on the reservation. Then those who wanted to, went to see how the meat of the elk and deer are processed. Lastly, we had a "bugling" contest, with only one contestant. Joe Chavez and his grandchildren demonstrated their bugling techniques.



by spending quality time with their Head Start child. Lastly, we would like to thank the Inn of the Mountain Gods for hosting our "Santa Visit" for the children. Again, from our Head Start family to yours, may 2023 bring you joy and blessings!



And, in December, we had "Donuts with Dad" which also coincided with "Muffins With Mom". This was another opportunity for the "moms and dads" to come in and volunteer their time





Mescalero BIA Chief of Police, James Vepley 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****





Religion

Mescalero Reformed Church

A String of Pearls (Psalm 119)



Throughout scripture different literary devices are used to awaken our senses to the presence of God. For example, the Gospel of John is filled with metaphor (e.g., *in the beginning was the Word, and the Word was with God, and the Word was God*) and many of the prophets are filled with foreshadowing. In the book of Psalms (which is one part of the Biblical Wisdom Literature) we see a particular literary device that is quite rare: an acrostic.

Psalm 119 is an acrostic poem where the 22 sections (8 verses in each) align with the 22 letters of the Hebrew bible and each section starts with the next letter in the alphabet. This makes Psalm 119 the longest

psalm in the entire bible. It also makes Psalm 119 a bit odd to read because each section of 8 verses is separate from the

other sections; the sections and verses are not like a chain where one link is connected to the other, but like a string of pearls where each pearl has equal, but independent value.

This is all to say, I'd encourage you to read one section a day for the next 22 days. It's only 8 verses. For example, the following 8 verses are the Lectionary passage for today:

↳Lamedh (HEBREW LETTER)

- 89 Your word, Lord, is eternal;
it stands firm in the heavens.
- 90 Your faithfulness continues through all generations;
you established the

earth, and it endures.

- 91 Your laws endure to this day,
for all things serve you.

- 92 If your law had not been my delight,
I would have perished in my affliction.

- 93 I will never forget your precepts,
for by them you have preserved my life.

- 94 Save me, for I am yours;
I have sought out your precepts.

- 95 The wicked are waiting to destroy me,
but I will ponder your statutes.

- 96 To all perfection I see a limit,
but your commands are boundless.

8 verses, that's it. I worry that sometimes we think in order to study or engage with God's Word we have to read multiple chapters or books at a time, but what if we started with just 8 verses for 22 days in a row. Imagine how our eyes and hearts might be more open to the

Holy Spirit if we were to begin our day meditating on the faithfulness, majesty, wisdom, justice, and perfection of God.

Maybe you already have a daily commitment to reading and engaging with God's Word, if so, then keep it up. But if you don't, then maybe start with a string of pearls like Psalm 119, one section of 8 verses at a time.

Grace & Peace,
Pastor Mark

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.

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
mescalerorc@gmail.com

Sunday Worship (as of January 1, 2023)

9:30 - Sunday School for Children and Adults

10:40 - Worship

Opportunities for Fellowship and Encouragement

Women's Bible Study

- every Tuesday at 6:00 pm in the sanctuary.

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

Men's Bible Study - every Wednesday at 6:00 pm in the sanctuary.

Youth Group for Middle and High School - Monday at 6:00 pm.

Kids' Club is our after-school program for 1st-5th grade students which meets on Thursday's at 3:30 pm in the church basement. Come for a fun time of playing, praying, singing, and crafts.



BOYS & GIRLS CLUB OF MESCALERO APACHE TRIBE

The month of December has been busy for the Mescalero Apache Boys & Girls Club. From our staff planning calendar activities from S.T.E.M., Money Matters, Power Hours, etc. Attending field trips to the movies, Sky Zone, and Meow Wolf. Our club staff put together 1,000 candy bags for the Toys for Tots Community Drive Thru held Sunday, December 18th. Having your child/ren presence at club, seeing their smiles, laughter, and being a part of their life has made 2022 a great year for club. We're excited to see what 2023 has in store the Mescalero Apache Boys & Girls Club.



Our club won the best overall float for this years Christmas Light Parade 2022.

Mescalero Apache Boys & Girls
Club wishes you a

*Happy
New Year!*
2023



We gave all our club kids a chance to participate in a Bike Raffle. For every A & B on their report card, they received one ticket to enter. Congratulations to Josiya Apachito & Fallon Martinez. Keep up the amazing work!



BOYS & GIRLS CLUB OF MESCALERO APACHE TRIBE



Our club kids enjoyed jumping at Sky Zone in Las Cruces, New Mexico. Thank you to Sky Zone staff for making our trip a memorable one. They also enjoyed pizza and games at Peter Piper Pizza.

DECEMBER EMPLOYEE OF THE MONTH



Lisa Nelson



DECEMBER STUDENTS OF THE MONTH

KAMLYNN BLAYLOCK

SLY ENJADY

"Lisa's always going above and beyond for the kids. Also interacts with the kids great."

"Lisa shows genuine interest."

"Lisa because she has wonderful attendance and is very involved with the kids."

"Lisa does a great job with the club kids. She's respectful, reliable, and overall a great employee."

CHR

Covid, flu and winter information

Winter Health Safety

Frostbite injuries the skin and other tissues.

Nearly 10,000 people in the U.S. Are affected each year. The nose, cheeks, lips, ears, hands and feet are most vulnerable. If skin is red, numb, hard or pale, seek medical attention to prevent infection and damage.

Shoveling Snow

Shoveling snow can cause several health concerns, from muscle strains to heart attack. To remove snow safely, use an ergonomic shovel, warm up, keep up with the snow as it falls, push the snow instead of throwing it, take breaks, keep hydrated, and use legs if you must lift.

Falls

Falls contribute 40% of brain injuries—more than any other factor. Navigate icy sidewalks and parking lots by keeping arms free, wearing proper shoes and walking like a penguin with feet turned outward.

Wet clothing

Wet clothing makes you feel even colder. If possible, change clothes if they get wet to prevent a loss of body heat. Also dress in layers, wear a hat, a scarf to cover your mouth, mittens and wind resistant clothing.

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CHR

Courtesy Righttime Medical Care

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 new 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 does 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 can learn more from your health care provider. (IHS)

COVID-19 VARIANTS AND VIRUSES

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they could contaminate surfaces they touch. Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms.

Variants: Many viruses are constantly changing, including the virus that causes COVID-19. These changes occur over time and can lead to the emergence of variants that may have new characteristics, including different ways of spreading.

COVID-19 and Animals: COVID-19 can spread from people to animals in some situations. Pets like cats and dogs can sometimes become infected by people with COVID-19.

Food: There is no evidence that handling food or consuming food can spread COVID-19. Follow food safety guidelines when handling and cleaning fresh produce. Do not wash produce with soap, bleach, sanitizer, alcohol, disinfectant, or any other chemical.

Drinking Water: There is no current evidence that people can get COVID-19 by drinking water. The virus that causes COVID-19 has not been detected in drinking water. Water treatment methods that use filtration and disinfection, should remove or kill the virus that causes COVID-19.

Wastewater: Genetic material from the virus that causes COVID-19 has been found in wastewater (sewage). There is no information that anyone has become sick with COVID-19 because of direct exposure to treated or untreated wastewater. Wastewater treatment plants use chemical and other disinfection processes to remove and degrade many viruses and bacteria. The virus that causes COVID-19 is inactivated by the disinfection methods used in wastewater treatment.

Variants of the Virus: What you need to know.

- New variants of SARS-CoV-2, the virus that causes COVID-19, are expected to occur.
- CDC is working with state and local public health officials to monitor the spread of all variants.
- The Omicron variant continues to spread throughout communities and can infect people who have been vaccinated or have previously had COVID-19.
- Keeping updated with COVID 19 vaccines reduces your risk of severe illness, hospital, or death.

The omicron variant spreads more easily than earlier variants, including the Delta variant. Anyone with Omicron infection, regardless of vaccination status or whether or not they have symptoms it can spread the virus to others. Omicron can cause re-infection to people who recovered from COVID-19. The symptoms are similar to previous variants. COVID-19 vaccination status , other health conditions, such as age and a history of prior infection can affect the presence of severity of symptoms. Omicron causes less severe illness and death in general. However, a surge in cases may lead to increases in hospitalizations and deaths. The emergence of the Omicron variant emphasizes the importance of vaccination and boosters.

CHR

Courtesy of CDC

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	464-4974
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 (Rehab)	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 12/21/22**



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



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