

# Apache Scout



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Heading picture: 2022 Mescalero, picture taken by Leandra Chimal Photography

**NEXT DEADLINE:**  
**05/19/23**  
**BY NOON**

## Mescalero Apache Head Start

### Recent News

#### Enrollment Opportunities

“Summer Enrollment” days for the 2023/2024 School Year will be held on:  
Tuesday, July 11, 2023- 12 p.m. to 6 p.m. @ Mescalero Site  
Wednesday, July 12, 2023- 12 p.m. to 6 p.m. @ Carrizo Site  
Thursday, July 13, 2023- 8 a.m. to 12 p.m. @ Mescalero Site  
Thursday, July 13, 2023- 2 p.m. to 6 p.m. @ the Carrizo Site

If you did not get your child screened at the Child Find Fair, we would strongly suggest that you make an appointment to get their physical done with their primary doctor as-soon-as-possible, including their lead and hematocrit blood screening.

**Documentation requirements for all new students:** An updated Immunization Record, Birth Certifi-

cate, Certificate of Indian Blood (if applicable), Income Verification (TANF, SSI, 2023 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).

#### Blessing Run

This year’s annual Blessing Run was a huge success. Compared to it snowing last year, this year was perfect. After the children ran the mile to mile and a half run from the White Tail turn off to the Old School, we all sat down and ate lunch together. Thank you to all who were able to participate that day.



#### Head Start Family Easter at White Sands

Another event that took place was our annual gathering at the White Sands National Monument. It was a pretty chilly morning, but as the day progressed, the winds settled down and it turned out to be a nice day. We all enjoyed playing on the dunes, hunting for Easter eggs and eating hamburgers and hotdogs. We’re glad everyone had fun.

### Movie with Dad Day

First of all, we'd like to thank all the dads, grandfathers, uncles, older brothers, etc., who took time out of their busy schedules to spend the day with their Head Start child during the "Movie With Dad" day. They got to watch the Super Mario Brothers movie at Aviator 10 Theatres in Alamogordo. After the movie, we all gathered at the Kid's Kingdom park for pizza and salad.



### Upcoming Head Start Events

- May 26th- Last Day of School
- May 31st- Head Start Graduation





# Mescalero Prevention Program



Office Location: 111 Sunset Loop (next to FDTRC)

Office Phone: 464-4516 or 464-4976 Fax: 464-1678

Greetings,

The Mescalero Prevention Program would like to share with you some of the things we have been doing and working on.

## **"Together We Thrive" Youth Conference**

In collaboration with the Violence Against Women Program we held a Native American Youth Conference at the Inn of the Mountain Gods. Special Guests included Bird Runningwater and Chance Rush. It was a very good turnout "Thank You" to all the Sponsors and Programs that made this event possible for the youth of Mescalero. We look forward to future collaboration efforts to serve our community.



## **Mescalero Apache School Blessing Run**

The Mescalero Apache School held their Annual Blessing Run. Our program was happy to provide t-shirts, lunch and snacks to the community members that participated. Good Job to all the runners!



## **"TRADITION IS PREVENTION"**

As a program it is our goal to decrease underage drinking for youth on the reservation by increasing involvement in traditional activities and lifeways. We do this by offering a variety of cultural sessions. Each session is to help participants learn and gain knowledge on items that may be used in a traditional setting.

### **Traditional Attire Session**

On April 11, 2023 we held a traditional cultural class, each participant learned how to make a belt. Each belt had its own design and they all came out very nice.



### Apron Session

In March we held a sewing class, each participant was able to make an apron. We offer different colors and patterns of material so that each person can create a unique piece. Thank you to everyone that was able to attend.



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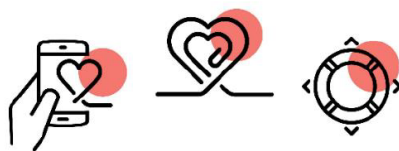
The best way to sign up for any training or class that we offer is to call our office at (575) 464-4976 or (575) 464-4516.

Please be on the lookout for upcoming events, we are planning for another drum, shawl, and bone necklace class within the next couple of months.

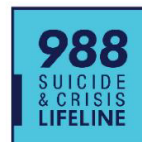
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If you think someone is in crisis or at risk of #suicide, be a lifeline. Stay with them until you can get them help and call, chat, or text 988. Learn other ways to help [www.samhsa.gov/suicide](http://www.samhsa.gov/suicide)

*Be the lifeline.*



If you or someone you know needs support now, **call or text 988 or chat 988lifeline.org**





## Part 2

## A Message from the Mescalero Prevention Program

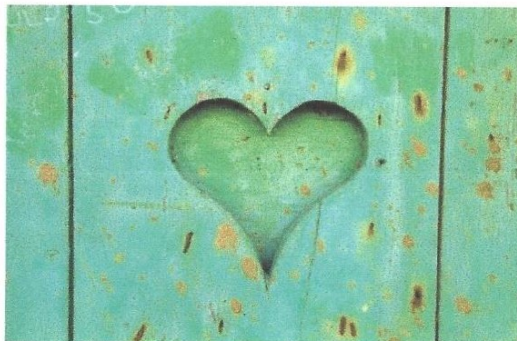


# MENTAL HEALTH MATTERS

## What is self-esteem?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. Your self-esteem can affect whether you:

- Like and value yourself as a person
- Can make decisions and assert yourself
- Recognize your strengths
- Feel able to try new or difficult things
- Show kindness towards yourself
- Move past mistakes without blaming yourself unfairly
- Take the time you need for yourself
- Believe you matter and are good enough
- Believe you deserve happiness



## What can cause low self-esteem?

The things that affect our self-esteem are different for everyone. Your self-esteem might change suddenly. Or you might have had low self-esteem for a while.

There are lots of things in life that may contribute to low self-esteem. For example:

- Being bullied or abused
  - Experiencing prejudice or stigma
  - Losing your job or difficulty finding one
  - Problems at work or while studying
  - Physical and/or mental health problems
  - Relationship problems
  - Problems with money or housing
  - Worries about your appearance
  - Feeling pressure to meet unrealistic expectations, for example through social media
- You might have had some of these experiences. And you might have had difficulties that aren't listed here. Or there might not be one particular cause.

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



## A Message from the Mescalero Prevention Program

### Changing Negative Thoughts About Yourself to Positive Ones

You may be giving yourself negative messages about yourself. Many people do. These are messages that you learned when you were young. You learned from many different sources including other children, your teachers, family member, caregivers, even from the media and from prejudice and stigma in our society.

Once learned you may have repeated these negative messages over and over, especially when you were not feeling well or when you were having a hard time. You have come to believe them. You may have even worsened the problem by making up some negative messages or thoughts of your own. Some common examples include: "I am a loser," "I never do anything right," "No one would ever like me," "I am a klutz." Most people believe these messages, no matter how untrue or unreal they are. They come up immediately in the right circumstance, for instance you might get an answer wrong and think "I am so stupid." You may think these thoughts so often that you are hardly aware of them. Pay attention to them

Carry a small pad with you as you go about your daily routine for several days and jot down the negative thoughts about yourself whenever you notice them. As you become aware of your negative thought, you may notice more and more of them. It helps to take a closer look at your negative thought patterns to check out whether or not they are true. You want a close friend or counselor to help you with this. When you are in a good mood and have a positive attitude about yourself, ask yourself the following questions:

Is this message really true?

Would a person say this to another person  
If not, why am I saying this to myself?

What do I get out of thinking this thought?  
If it makes me feel badly about myself, why not stop thinking it?

You could also ask someone else, who you trust, if you should believe this thought about yourself. Just looking at a situation in new light helps.

Next step... develop positive statements you can say to yourself to replace these negative thoughts whenever you notice yourself thinking them.

(Continued on the next page)



A Message from the Mescalero Prevention Program



- You can't think two thoughts at the same time. When you are thinking a positive thought about yourself, you can't be thinking a negative one.
- Use words like: *happy, peaceful, loving, enthusiastic, warm*
  - Avoid words like: *worried, upset, tired, not never, can't*
  - Don't make a statement like, " *I am not going to worry anymore.*" Instead use, " *I focus on the positive.*"
  - Always use present tense. E.g. " *I am healthy, I am well, I am happy.*"
  - Use *I, Me, or your own name.*

Fold a piece of paper in half to make two columns. In one write you negative thought and in the other write a positive thoughts that contradicts the other.

Negative Self-Talk	Positive Self-Talk
I've never done it before/ I don't know how to do it.	It's a chance to learn something new/I can learn.
It's too complicated/hard/ I'll mess it up.	I can figure it out/I've overcome tougher challenges
Other people can do it better/Someone else should do it.	I look for the bright side of things/I deserve to win/I'm always improving.
I don't have the time/resources/experience.	I am resourceful/others will help me.
It won't work.	I'll come up with an answer.
I tried before and didn't succeed/ It looks stressful.	I enjoy adapting and growing with change.
I'm not good enough.	I trust myself to succeed.

Work on Changing your Negative thoughts by:

- ♦ Replacing the negative thought every time you realize you are thinking a negative one
- ♦ Repeating your positive thought over and over to yourself, out loud whenever you get a chance
- ♦ Writing them over and over
- ♦ Making signs that say the positive thought, hanging them in places where you would see them often—like on the fridge or the mirror in your bathroom—and repeating the thought to yourself several times when you see it.

It helps to reinforce the positive thought if you repeat it over and over to yourself when you are deeply relaxed, like when you are doing a deep breathing or relaxation exercise, or when you are just falling asleep or waking up.

Changing negative thoughts you have about yourself to positive ones takes time and persistence. If you use the techniques consistently for four to six weeks, you will notice that you don't think these negative thoughts about yourself as much. If they recur at some other time, you can repeat these activities. Don't give up. You deserve to think good thoughts about yourself.

More Resources:

Substance Abuse and Mental Health Services Administration (SAMHSA), [www.samhsa.gov](http://www.samhsa.gov)

SAMHSA's National Mental Health Information Center, [www.mentalhealth.org](http://www.mentalhealth.org)

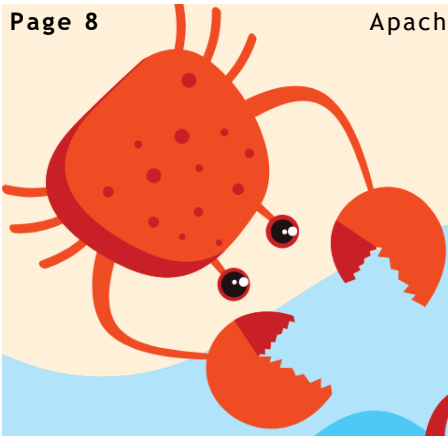
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/>

IXEHE,

From the Mescalero Prevention Program Staff







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



# SUMMER REGISTRATION

**Where: Mescalero Apache Boys &  
Girls Club**

**When: Tuesday, May 9, 2023  
Time: 10:00 a.m.-?  
6-18 Years Old**

**Session 1: June 5th- 30th  
Session 2: July 6th- 28th**

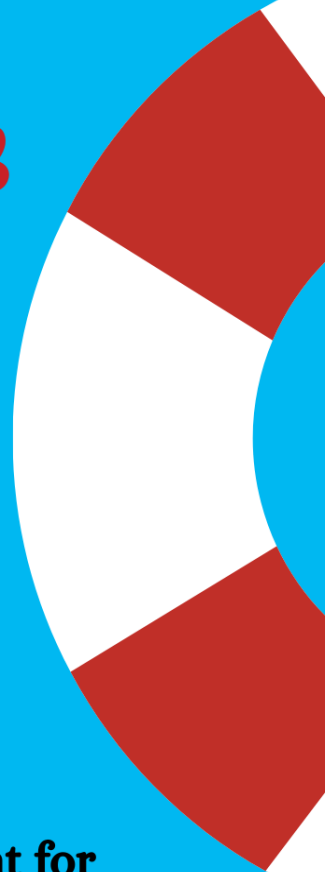
**\$50.00 Fee Non-Refundable**

**-Space is very limited.**

**-First come first serve basis.**

**-Parents or legal guardian must be present for  
registration.**

**Any questions please call M.B.G.C (575) 464-9212**





Good day! The Mescalero Apache Boys & Girls Club was busy during March. We enjoy two weeks of Spring Break with our Club kids. We took numerous field trips to the Aquatic Center, Sky Zone Trampoline Park, Movies at Aviator 10, and Zoo in Alamogordo, and enjoyed different carnival rides at Western Playland.

The Club staff was able to participate in the Blessing Run. Throughout the day, we gave out snacks, Gatorade, and water. It was nice to be a part of a great event. Below are pictures from Spring Break and staff Show and Tell. The Club kids loved Elmer's little pug Doug and Paris's little puppy Shilo. Wishing you all a blessed day.



★★★★★  
Students of the Month for March  
2023

Jaden Starr & Melanie  
Rodriguez

Employee of the Month for  
March 2023

Josie Chavez

YAY!



If you have any question or concerns, you may contact the M.B.G.C at  
(575) 464-9212

The Mescalero Apache Boys & Girls Club announces its sponsorship of the  
 Name of Sponsoring Organization

Summer Food Service Program for Children (SFSP).

Beginning 06 /05 /23 and ending 07 /21 /23, meals will be provided to all

children free of charge. The meals served will be the same for all children regardless of race, color, national origin, sex, gender identity, sexual orientation, age, disability or reprisal or retaliation for prior civil rights activity and there will be no discrimination in the course of the meal service. Meals will be provided at the following meal site location(s) and approved time(s):

<u>Meal Site Location</u>	<u>Meal Service Offered</u>	<u>Scheduled Time</u>
<u>A &amp; B Side</u>	<u>Lunch</u>	<u>12:00-12:45 pm</u>
<u>Carrizo Trails</u>	<u>Lunch</u>	<u>12:00-12:45 pm</u>
<u>Palmer Loop</u>	<u>Lunch</u>	<u>12:00-12:45 pm</u>
<u>Pena Housing/Pena Canyon</u>	<u>Lunch</u>	<u>12:00-12:45 pm</u>
<u>White Mountain Subdivision</u>	<u>Lunch</u>	<u>12:00-12:45 pm</u>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, gender identity, sexual orientation, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or, (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

For more information call: \_\_\_\_\_  
 Sponsoring Organization Contact Name and Telephone Number

<u>Meal Site Location</u>	<u>Meal Service Offered</u>	<u>Scheduled Time</u>
Mescalero Community Center	Lunch Snack	12:00-12:45 pm 3:00-3:30 pm



Bureau of Indian Affairs  
Office of Justice Services  
Branch of Criminal Investigations



# Cold Case Unit

## 1-833-560-2065

Confidential | Toll-Free | 24/7

Call in tips to the Bureau of Indian Affairs, Cold Case unit to help with any information concerning a missing Indigenous person or unsolved homicides in Indian Country.

YOU CAN HELP.



Department of the Interior  
Bureau of Indian Affairs



# Baby2Baby!



We have received a generous **diapers and wipes** donation from Baby2Baby. We have **sizes from newborn to 6**. You may leave a voicemail at 575.464-9328; or send a text message to 575.937-6439 or 575.937-6365. This is **available to all tribal members**.



# 2023 Mescalero Annual Child Find



Birth-5yrs

Wednesday, May 3, 2023

9 am to 12 pm



Inn of the Mountain Gods Convention Ctr.

## SCREENINGS:

- Vision
- Audio
- Dental
- Nutrition
- Developmental
- Behavioral
- Speech
- Motor Skills
- Onsite Physicals
- Lab Work

*Lunch Provided!*

*Transportation  
Available!*

**ADMINISTRATIVE LEAVE**

Enrollment for:

Mescalero Schools & Headstart



**Tribal Departments & Vendors Welcome to set up a booth!**

For more info contact Bernadette Blaylock at 464-9183/3492 For

Transportation contact Wendolyn @ 464-9212







# Religion

## Mescalero Reformed Church

### *Jesus Loves You*

It's a pretty simple message, but we forget it so often. As I left church this past Sunday after worship, I was so glad to be reminded of the simple and yet foundational truth that Jesus loves you.

I walked out of the front door of the sanctuary and stopped in my tracks. In beautifully bright colored chalk was a picture of a flower and the message "Jesus loves you." Some wise person had the brilliant idea of drawing these wonderful words.

Thank you! It was such a simple and yet beautiful reminder of God's love for each and every one of us. I wonder though if we forget that message. Maybe it's because we've downplayed or devalued the reality that the Creator of the universe actually desires to be in a relationship with us. Maybe it's because we've prioritized the love of someone else higher than the love of God. Maybe it's because we simply don't under-

stand how God can love us despite our tremendous sin and painful brokenness. Or maybe it's some other challenge or difficulty that keeps us from embracing the love we have in Christ Jesus.

The Apostle Paul writes these beautiful words to the church in Rome, but I am quite certain they are meant for our ears as well: *"For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord."*

Nothing! Nothing can separate you from the love of God that is in Christ Jesus. Whatever you're thinking of right now, no matter what it is, that too can't separate you from the love of God. Of course, this doesn't mean we justify our sin and treat Jesus like some sort of cosmic 'get out of jail

free' card. Rather it should reframe our thoughts, words, and actions towards responding to God with a lifetime of gratitude because of His tremendous love graciously and freely offered to each and every one of us.

So, whether you hear it from a letter, a sermon, a card, a phone call, or from a chalk-picture, may you hear it again with fresh ears ... Jesus loves you.

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.co*  
*m*

**Sunday Worship**  
9:30 - Sunday School  
for all ages - Children

*and Adults*  
10:40 - Worship

**Opportunities for  
Fellowship and  
Encouragement**

**Women's Bible Study**  
- every Tuesday at  
6:00 pm in the sanctu-  
ary.

**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 sanctu-  
ary.*

**Youth Group for Mid-  
dle and High School -**  
*Monday at 6:00 pm.*

## Tackling the burden of osteoarthritis in Indigenous communities

*Wellness Educator, Mescalero Elderly Program*

Editorial written by  
OPUS PhD stu-  
dent **Penny O'Brien**

### **WHY IS OSTEOARTHRITIS AN IMPORTANT HEALTH ISSUE**

Osteoarthritis causes pain, swelling and difficulty moving the joints. In coming years, osteoarthritis is likely to become more common as our population is becoming older and more overweight [1,2]. As people get older and heavier, the risk of developing osteoarthritis increases because the cartilage that covers healthy joints is more likely to break down. As one of the most common causes of pain and disability around the world, billions of dollars are spent each

year on minimizing the health, social and economic impact of osteoarthritis [2,3]. However, until now we have rarely considered how osteoarthritis impacts Indigenous people and their communities.

### **WHAT ARE THE FACTORS THAT CONTRIBUTE TO THE IMPACT OF OSTEOARTHRITIS IN INDIGENOUS COMMUNITIES?**

Osteoarthritis is an unmet health need for Indigenous people [11]. Until now, health care providers, researchers and policy-makers have focused most of their attention on conditions that directly contribute to 'the gap' in life expectancy for Indigenous people. Focusing on

areas such as diabetes, heart disease and childhood health is certainly important. However, as the leading cause of mobility limitation, osteoarthritis contributes indirectly to life expectancy [12]. Pain and stiffness caused by osteoarthritis can make it harder to exercise, which makes it difficult to manage other chronic conditions. Because of this, we can view osteoarthritis as a central piece of the chronic disease puzzle, which must be addressed if we are to eliminate inequalities in life expectancy. Treating osteoarthritis as a priority can help Indigenous people live longer lives, free from pain and disability.

## WHAT CAN WE DO ABOUT IT?

By improving the joint health of Indigenous people, we have an opportunity to improve the wellbeing of Indigenous communities. We therefore call on health care providers, researchers and policy-makers to:

1. Recognize that osteoarthritis is a leading cause of pain and mobility difficulties among Indigenous people and is therefore a central piece in the chronic disease puzzle. Building capacity in the Indigenous health workforce to recognize and manage osteoarthritis must be a priority. This may be achieved by widespread education and training of the health workforce.
2. Engage Indigenous people in research efforts to generate a much-needed understanding of the experience of osteoarthritis from an Indigenous perspective. More Indigenous researchers working in musculoskeletal health also means that more researchers will adopt an Indigenous view of health in their work. Provide culturally secure osteoarthritis care for Indigenous communities. Cultural security means that

health services are committed to providing care that upholds the cultural rights, values knowledge systems and expectations of Indigenous people [13]. Embedding these principles into health care means that more Indigenous people will be able to receive the care that they need for their joint pain, so that they can remain active, healthy members of their communities.

It is now time to take musculoskeletal health off the backburner and recognize the central role that osteoarthritis and joint pain plays in managing chronic disease in Indigenous communities. We need to keep Indigenous peoples on their feet, so they can walk the path to improved health and wellbeing.



**Mescalero CHR Program*****“How to Keep Your Eyes Healthy”***

Don't take your eyes for granted. Take these steps to keep your eyes healthy.

1. **Eat Well** – Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C & E will help ward off age-related vision problems like macular degeneration and cataracts.
2. **Quit Smoking** – It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems.
3. **Wear Sunglasses** – The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration. If you wear contact lenses, some offer UV protection.
4. **Use Safety Eyewear** – If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles. For some sports wear eye protection.
5. **Look Away From the Computer Screen** – Staring at a computer or phone screen for too long can cause:
  - . Eyestrain
  - . Blurry vision
  - . Trouble focusing at a distance
  - . Dry eyes
  - . Headaches
  - . Neck, back, and shoulder pain
6. **Visit Your Eye Doctor Regularly** – Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best.

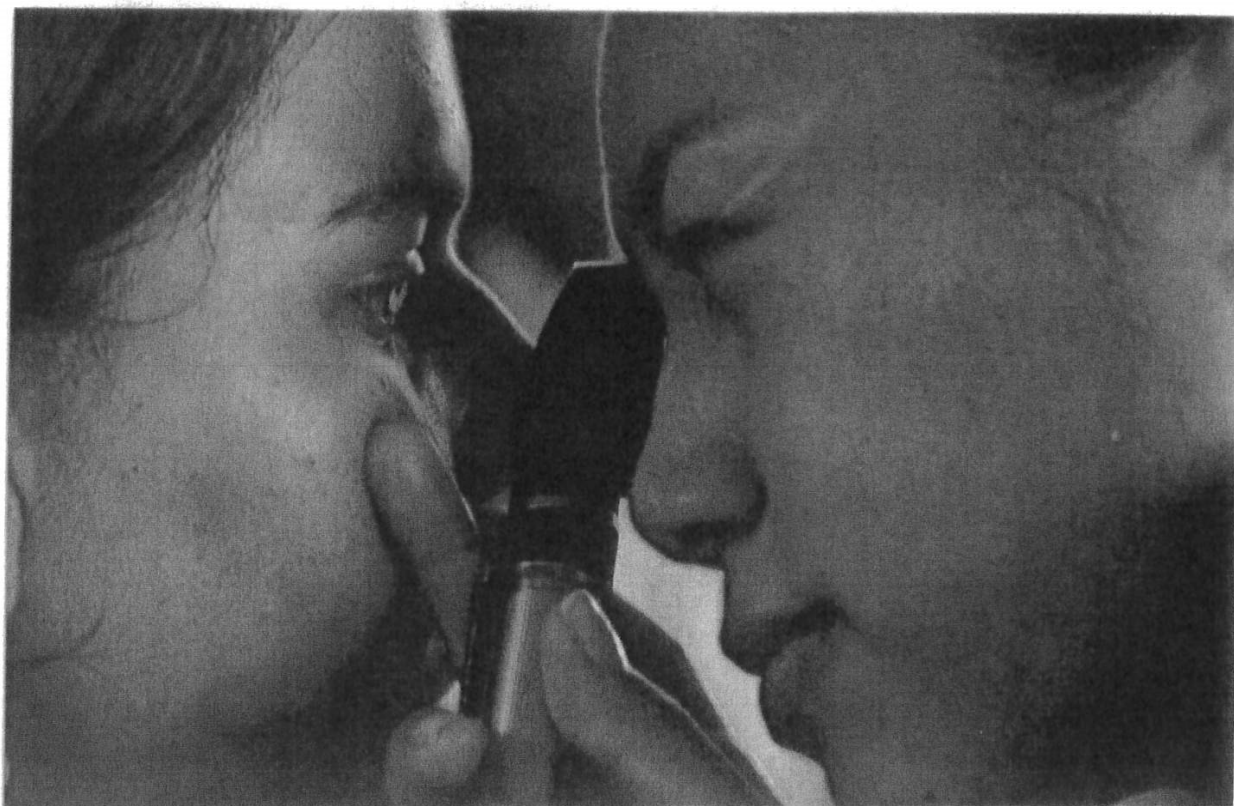
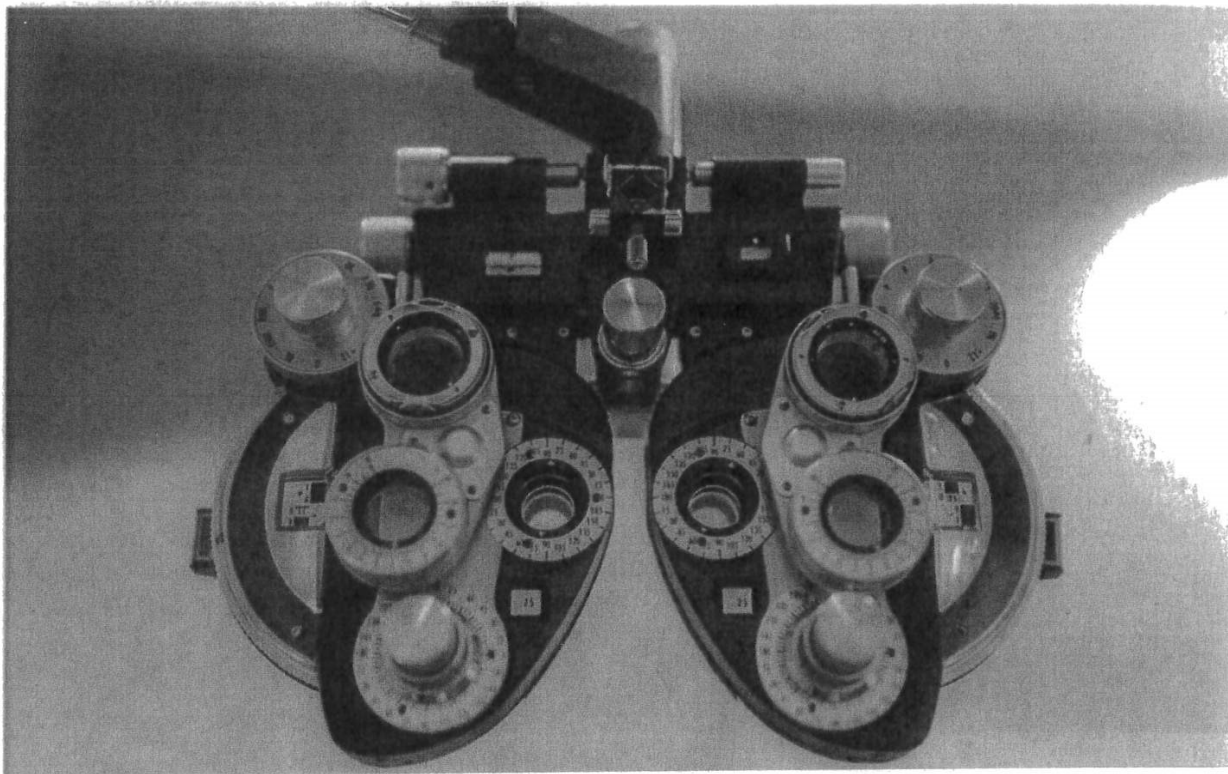
Eye exams can also find diseases, like glaucoma, that have no symptoms. It's important to spot them early on, when they're easy to treat.

Depending on your eye health needs, you can see one of two types of doctors:

- . **Ophthalmologists** – medical doctors who specialize in eye care. They provide general eye care, treat eye diseases, and perform eye surgery.
- . **Optometrists** - have had 4 years of specialized training after college. They provide general eye care and can diagnose treat most eye diseases. They don't do eye surgery.

What causes Age-related Macular Degeneration (AMD)? AMD is an age-related disease and is more common in older folks. Some things linked to AMD is the genes that your parents passed down to you. Like Smoking, Diet, or High Blood

Pressure. Race and Ethnicity raises your risk, Heart Disease, Obesity and spending too much time in the sun, Some drugs and medications, Alcohol, and Cataract Surgery and your gender. Bout 2/3 of people with AMD are women and 1/3 are men.





***Mescalero CHR Program -  
“What you need to know about Colon Cancer”***

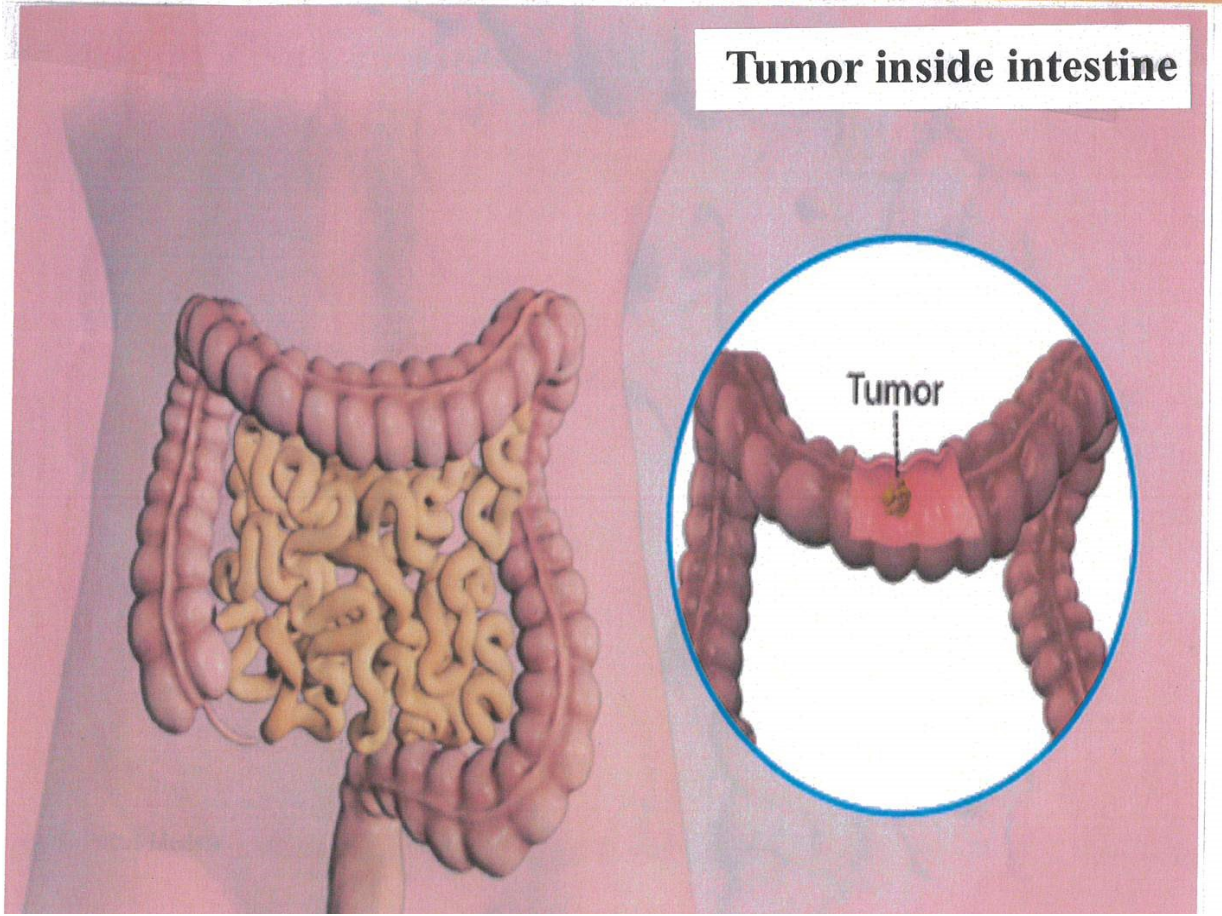
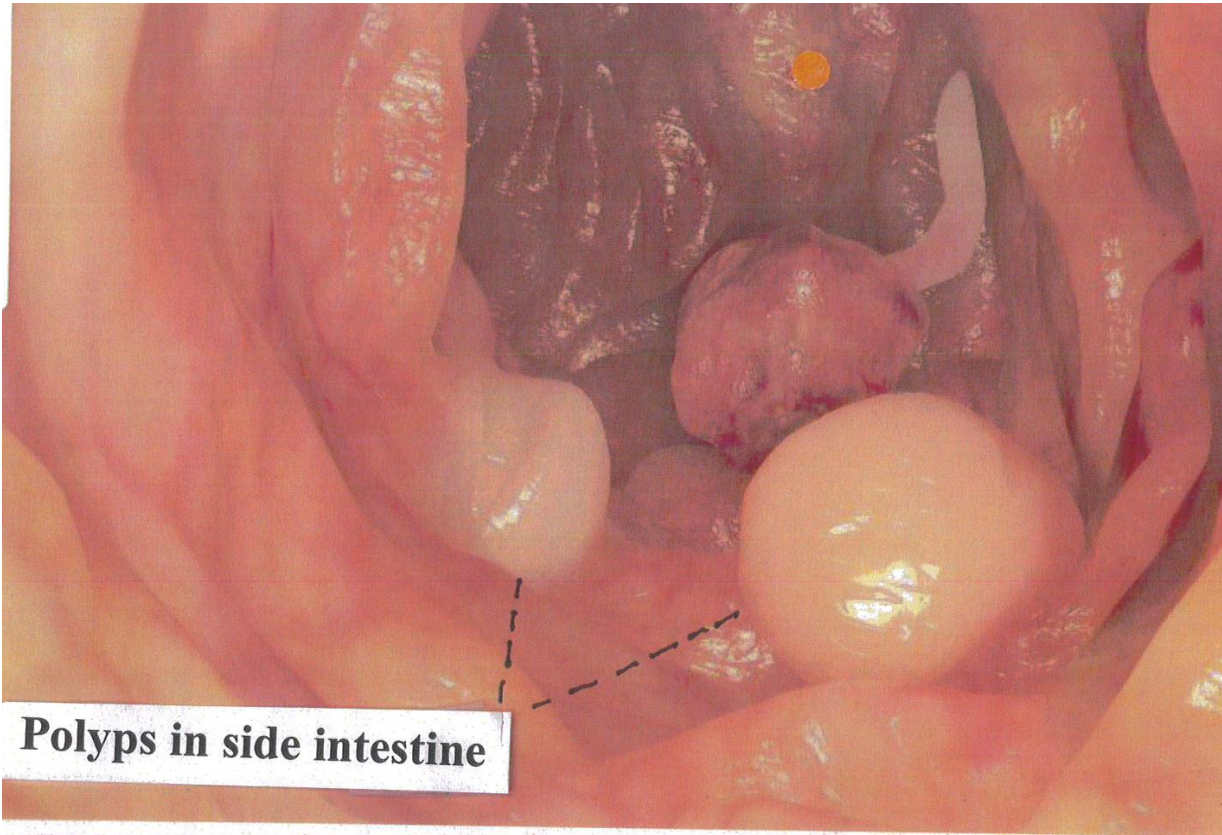
What is Colon Cancer? It is an abnormal growth of cells in the colon or rectum that can invade nearby tissues or spread to other organs. Normally, colon cancer starts as a polyp growth that gets larger over time. Not all polyps are cancerous, but some do turn into cancer. Early polyps look like a small pimple, so small that if you had one, you wouldn't know it and you won't be able to feel symptoms or see any signs of a polyp. The only way to diagnose and remove polyps is with a test called a **Colonoscopy**, which is why it's important to start getting cancer screenings regularly starting at age 45. Since it's difficult to tell during a colonoscopy which polyps have the potential to become cancerous, the goal during the procedure, is to remove all the polyps.

Polyps vary in size and shape, ranging from small flat bumps to larger mushroom-shaped growths. Polyps are very common. It is estimated that 15% to 40% of adults have them, and people who have them may have more than one. Polyps can be benign (non-cancerous) or malignant (cancerous). Only a percentage of polyps will become cancerous but will take years before they do.

**Symptoms of Colon Polyps:**

1. Adenomatous polyps: These are the most common type and the most likely to become cancer.
2. Blood in your stool or rectal bleeding: If you see bright red blood in your poop, in the toilet after defecating, or on the toilet paper after wiping, it may be bleeding from an irritated polyp. This is the most common symptom of larger colon polyps.
3. Changes in Stool Shape: Causes a blockage in your rectum.
4. Anemia -Polyps: That have gotten large can cause bleeding. Over time the blood loss can lead to anemia or low red blood cell count. You may feel tired
5. Diarrhea or constipation: A change and shape of stool, pencil shaped stool, is a sign of colorectal cancer.
6. Unexplained weight loss.
7. Abdominal pain or discomfort
8. Fatigue and Weakness: Exhaustion and overall weakness.
9. Shortness of breath: During normal activities is another side effect of Anemia

Colon Polyps are growths that occur on the inner lining of the large intestine (colon) or the rectum (which is the last six inches of the G.I. system before the body expels solid waste (poop)). If you experience any of these symptoms, they may be a sign of colon polyps, colorectal cancer, or some other gastrointestinal issue, which is a red flag warning that you may need to see your doctor.





## ***Sobering Effects of Alcohol Use***

### ***Mescalero CHR Program***

The main psychoactive ingredient in alcoholic beverages is *Ethanol*. Ethanol is the substance that makes you drunk, it is produced by yeast that digest sugar in certain carb-rich foods. Alcohol is the most popular psychoactive substances in the world that effects your mood and mental state. It also reduces self-consciousness and shyness and it impairs judgment and promotes behavior people may end up regretting.

Alcohol is also considered a Stimulant and it can effect your heart rate but it is primarily a depressant which means that it slows your body down. Stimulants effect your nervous system and may increase your blood pressure, it may also cause insomnia and make you jittery and impulsive. As a Depressant, it will slow you down by decreasing your heart rate and blood pressure which helps you feel relaxed and could completely sedate you.

Alcohol has a wide range of effects on your body including;

- Dehydration – Alcohol is a Diuretic which makes you pee a lot, which dehydrates you during and after drinking and will lead to headaches, dizziness & thirst.
- Gastrointestinal effects – Alcohol causes irritation & increases acid production in your digestive system. These are associated with nausea, vomiting & diarrhea.
- Electrolyte imbalance – Electrolyte imbalances contribute to headaches, irritability & weakness.
- Immune system effects – May impair your immune system.
- Low Blood Sugar – (Hypoglycemia) Limits the production of sugar in the body
- Dilated blood vessels – (Vasodilation) When you drink, your blood vessels widen.
- Difficulty sleeping – Drinking too much makes you sleepy and it can also prevent high quality sleep and may cause you to wake up in the night.

Alcohol consumption is doing more harm than good. Keep in mind that Alcoholism is a highly progressive disease. Higher doses of alcohol can suppress dopamine production which can make you feel sad or listless. It also effects your respiratory system and can become so powerful that it can cause coma or death. It can also lead to mental foggy drowsiness and lack of coordination.

Alcohol consumption can also have negative effects on your body by;

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. Body Weight Gain               | 5. Birth Defects               |
| 2. Heart Disease                  | 6. Chronic Diseases            |
| 3. Type 2 Diabetes                | 7. Liver disease/liver failure |
| 4. Cancer – Mouth & Throat Cancer |                                |

**If you don't drink Alcohol, please do not start, it can cause Premature Death.  
If you do, please get help from a professional.**



## *Four Directions Treatment & Recovery Center*

### Vaping 101: Vaping Facts



Most e-cigarettes, including the popular Juul brand, **CONTAIN NICOTINE**, the same highly addictive chemical in traditional cigarettes.

About **ONE IN SEVEN HIGH SCHOOLERS** currently use e-cigarettes.



**TEENS ARE MORE SUSCEPTIBLE TO NICOTINE ADDICTION** than adults because their brains are still developing.

Many e-cigarettes used by teens are **SHAPED LIKE USB FLASH DRIVES, PENS, OR EVEN WATCHES**, which makes them easy for students to hide at school.



Despite what some kids think, vaping is not safe. In fact, one Juul pod contains **AS MUCH NICOTINE AS A WHOLE PACK OF CIGARETTES**.

Teens who vape are more likely to start **SMOKING CIGARETTES**.







Some e-cigarette aerosols contain chemicals, such as formaldehyde, as well as the drug nicotine, which can harm your brain and cause addiction.

**What is vaping’s appeal?**

Most vapes are discreet, easy to hide and generally seen as cool and relatively harmless. They come in thousands of tasty flavors that help cover the harsh taste of the chemicals and override the sense that these products might be harmful. They also produce a brief positive sensation or ‘head rush’ that some people like.



Vaping tricks, such as “the Dragon,” shown above, are another major attraction of vaping

Most also have very high doses of nicotine, which can rapidly make those who vape develop an addiction or become dependent on the product. Some young people are also drawn to the “vape tricks” and “cloud competitions,” where they form cloud-like shapes or patterns when exhaling the vape’s aerosol. These tricks are usually preformed with modifiable devices, or ‘mod’ style vapes. People will breathe aerosol deep into their lungs and then exhale it through their ears, eyes or nose.

**Teens say they vape for many reasons.** Curiosity is one, and peer pressure is another. They see friends or family members vaping and they are drawn to the appealing flavors. For others, it’s to do vape tricks. Some also say they do it because they feel lit is less harmful than other tobacco products and it’s also discreet.

**Vaping is illegal for anyone under the age of 21,** according to federal law and many stat and local laws. The 21-age limit applies to all tobacco-nicotine products and to all marijuana products in states where marijuana is legal.



Some vaping devices look like regular cigarettes, cigars, or pipes, while others resemble USB sticks, guitar picks, small cellphones, lipstick, watches or other everyday items and tech devices.

**What are the Signs of Vaping?**

Equipment	You may find devices that look like flash (USB) drives, e-liquid bottles, pods / cartridges (that contain e-juice) or product packaging. Aside from leaf marijuana, gel jars that contain highly concentrated marijuana extract (dabs), small tools to scoop dabs and cartridges that contain THC oil or wax (a yellowish-brown substance) are signs of vaping marijuana.
Online purchases / packages in the mail/ store purchases	Be on the lookout for purchases made online and charged to your credit card or unusual packages that arrive in the mail. Kids also buy them at big box stores, gas stations, or from friends.
Scent	While the smell from vaping is faint, you may catch a whiff of a flavoring where there appears to be no other source. For example, if you smell bubble gum or chocolate cake, take note. It might be a flavored nicotine vaping product. Marijuana vapes can produce a skunk-like smell.

Increased thirst / nosebleeds / interest in stronger flavors	Some of the chemicals used in e-juices dry out the mouth and nose. As a result, kids drink more liquids, have nosebleeds and may show a desire for stronger flavors (when the mouth is dry, flavor perception is reduced).
Decreased caffeine use	Some teens and young adults who vape nicotine develop a sensitivity to caffeine because both nicotine and caffeine are stimulants. Taking multiple stimulants can result in feelings of anxiety. If your child drank caffeinated energy drinks and has cut back or quit, it may be because of vaping.
Vaping Slang	You may see vaping slang in text messages such as “atty” for an atomizer, “VG” for vegetable glycerin found in e-juice or “sauce” referring to e-juice. Getting “nicked” refers to the euphoria experienced with high doses of nicotine and feeling “nic sick” refers to heart palpitations, nausea/vomiting or lightheadedness associated with the overuse of nicotine vapes.
Social media and online references	Kids often brag about their vaping exploits on social media. Look for pictures or references on their Instagram, Snapchat, YouTube, Twitter and other social media accounts. Take note of popular vaping terms in their online searches.
Appearance and behavior changes	Vaping nicotine may lead to anxiety, irritability, difficulty concentrating and loss of appetite. Vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that were once enjoyed.
Physical Symptoms	Physical side effects of vaping may include trouble breathing, headaches, cough, dizziness, sore throat, chest pain and allergic reactions such as itchiness or swelling of the lips. More severe effects include worsening of asthma symptoms, lung disease or failure and heart disease.

## What can parents do to safeguard against vaping?

- Know the Facts** learn about the causes and consequences of youth vaping, be familiar with the popular brands and devices (e.g., JUUL, Suorin, Kandypens, Puff Bars, Stig, Posh) know what is being vaped (e.g., nicotine and/or marijuana, flavor types) and be prepared to answer your child’s questions in an honest and credible way. It is better for them to come to you with questions instead of seeking information from unreliable sources.
- Have Conversations** Look for opportunities to discuss vaping with your child in a calm and reasonable way. When you think about it, there’s likely no shortage of ways into this conversation: news stories, letters from the school about vaping policies, ads, seeing someone vaping on TV or on the street or passing a vape shop. Be ready to listen rather than give a lecture and be sure to focus on health and safety rather than threats and punishment. Try using open-ended questions to get the conversation going such as, “what do you think about vaping?” In these conversations, get their perspectives, acknowledge the potential appeal and help them weigh the risks against the perceived benefits. When answering their questions, offer honest, accurate, science-based information rather than trying to scare them, and try to have these conversations frequently, calmly and, if you can, before they try vaping.
- Try to understand Why** Most kids start vaping due to curiosity, because friends and family vape, the appealing flavors, to do vape tricks, or because they think it’s cool or want to fit in. Over time, vaping can become habit-forming as kids do it to address other needs such as relief from boredom and anxiety. Some may become addicted to nicotine and continue vaping to avoid withdrawal symptoms. It helps to understand why your child is vaping by asking

[https://digitalmedia.hhs.gov/tobacco/educator\\_hub/students/vaping101/vaping\\_facts](https://digitalmedia.hhs.gov/tobacco/educator_hub/students/vaping101/vaping_facts)

Vaping guide for families Drugfree.org



questions like? “What do you enjoy about vaping?” or “How does vaping make you feel?” Answers to these questions highlight your child’s needs that can be addressed in a healthier way. It is also important to challenge children on their perception of norms. Teens tend to overestimate how many of their peers vape. Research shows that such overestimations increase the risk that they will vape to ‘be normal’ or just like their peers.

**Convey your Expectations**

Set clear expectations. Share why you do not want your child to vape and point out that you expect your child not to vape. If you choose to set consequences, be sure to follow through and make sure that these consequences are not overly harsh or long-lasting. At the same time, try to encourage and reward healthier choices and ensure that your child has other means of having fun, feeling cool, fitting in, reducing stress and addressing anxiety or depression.

**Role Play Resistance Skills**

Teach your child skills to resist pressures to use. Children in middle or high school are likely to be in social situations where they are offered an opportunity to try vaping. You might ask, “What would you say if someone offered you their vape?” See how your child would handle the situation. Practicing something along the lines of “No thanks, I’m not interested,” said with direct eye contact and confident body language can help your child be prepared.

**Set a good example**

Set a positive example by being vape- and tobacco-free. If you do vape or smoke, keep your equipment and supplies secured.

## **What to do if your child is vaping**

If your child vapes, try not to assume that it is just a phase or a “harmless rite of passage.” Vaping can be very addictive and most people do not just grow out of an addiction or become bored with it.

**How worried Should I Be?**

Vaping is serious and worthy of concern. Just about all vaping products contain nicotine, a highly addictive drug, and the negative health effects are broad and can be serious. The vast majority of people with nicotine addiction started using a nicotine product before age 21. Despite this, a recent survey of parents of middle and high school students found that 40% said that they were not at all concerned about their own child’s use of vaping products. If you believe your child has tried vaping or is vaping regularly, it is definitely an issue worth addressing.

**Take a health approach**

If you discover that your teen is vaping, address it as you would any other risk to your child’s health. Try to resist the urge to lecture, yell, or punish your child. It is important to keep the lines of communication open, show your child that you are concerned about their health and safety, and keep the discussion from dissolving into a useless standoff.

**Go Easy**

When it comes to vaping, parents are working against strong forces. This includes

**on yourself**

limited government regulation, clever advertising and marketing and young people's natural tendency to try risky things. Kids of all backgrounds, and many who have never before used an addictive substance, have been lured into vaping. With patience, love and the right interventions, you can help your child quit and get back to living a healthy life.

**Get help**

It is important to think of youth vaping as a health rather than a discipline problem. It is very difficult to quit vaping, and youth are especially vulnerable to the addictive pull of nicotine. While some may be able to quit unaided, many young people who try to quit will experience withdrawal symptoms, including anxiety, irritability, difficulty concentrating and loss of appetite. Despite limited research (due to the fact that vaping is a relatively recent phenomenon), the most effective approach to helping a young person quit is through counseling, family and peer support. It's also important to address potential underlying mental or emotional problems that might contribute to the desire to vape or use other addictive substances.

Several online and text messaging programs are available to help teens and young adults quit vaping, and there are other digital platforms to help parents and other caregivers guide young people toward quitting. If a young person seems to be addicted to vaping, it is best to seek out the help and advice of their pediatrician. Physicians may choose to prescribe medications to address nicotine addiction, including nicotine replacement therapies, or for children aged 14 and older, Chantix (varenicline) or Welbutrin (bupropion) to help control cravings. There currently are no medications available to treat youth who are addicted to marijuana vaping. Professional counseling is the best approach to treating marijuana addiction.

**What are the signs of EVALI and how should parents respond?**

In light of the emergence of EVALI (In light of the emergence of EVALI (E-cigarette, or Vaping, product use Associated Lung Injury), which has sickened thousands of young people across the country, the Centers for Disease control and prevention (CDC) encourages the public to be alert to the signs and symptoms and know how to respond.

Symptoms can include:

- ➔ Cough, shortness of breath or chest pain
- ➔ Nausea, vomiting, abdominal pain or diarrhea
- ➔ Fever chills or weight loss

Parents should let their children know about this condition. Share these CDC recommendations, which indicate that, in light of its severity and potential fatality, they should not:

- ➔ Use any THC-containing e-cigarette or vaping products.
- ➔ Buy any type of e-cigarette or vaping products, particularly those containing THC, from informal sources, such as friends, family or in-person or online dealers.
- ➔ Modify or add any substances to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments

- ➔ Add vitamin E acetate to e-cigarette or vaping products. While it appears that vitamin E acetate is the ingredient responsible for the illnesses, evidence is not yet sufficient to rule out contribution of other chemicals of concern.

**IF your child is experiencing symptoms** consistent with EVALI, **contact your health care provider immediately. In the event of life-threatening symptoms**, call your local poison control center at **1-800-222-1222** or emergency services at **911**

*Contact Four Directions Treatment & Recovery Center to Begin the road to recovery*

*Phone (575) 464-4432*

*Fax (575) 464-4331*

*107 Sunset Loop – P.O. Box 228*

*Mescalero, NM 88340*











## 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	464-4711
Economic Development	464-9244
Early Childhood	464-9328
Education	464-4500
Elderly Center	464-1614
Emergency Management	464-4711
Emergency Rental Assistance (ERA)	464-9216
Fence Crew	464-4711
Fire & Rescue	464-3473
Fish Hatchery	464-8768
Fitness Center	464-4368
Forest Products	464-4720
Four Directions Treatment & Recovery ( <i>Rehab</i> )	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
Land Office	464-4974
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 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

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

**\*Updated 4/25/23**



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



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**Bulk Rate**

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