



Apache Scout



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Transitional Housing Qualification

Mescalero Violence Against Women



Violence Against Women is a grant that was awarded to the Mescalero Apache Tribe to address survivors housing needs, particularly as result of domestic violence.

It also helps survivors relocate where necessary for their safety and well-being. Transitional housing for survivors are those who are in need of housing and cannot return to their previous housing due to the circumstances of their victimization.

Transitional Housing Qualification

1. Must be a survivor of domestic violence

2. Order of Protection and/or Police Report in place against batterer
3. Must be 18 years old or older
4. Is homeless due to domestic violence situation
5. Spend 90 days in domestic violence shelter
6. Must gain employment within the 90 days of shelter stay

CHR

Recent News

Medical Health: September was **HIV Awareness Month**

H - Stands for **Human**; only humans get infected

I - Stands for **Immuno-deficiency**; weakened Immune System

V - Stands for **Virus**

HIV is a virus that attacks the human im-

mune system. There is no cure for HIV. Unlike some other viruses such as the common cold, HIV cannot be cleared from the body. HIV attacks and destroys the CD4 T-cells which is your immune system. The T-cells are important, they help your body fight infections. The more CD4 T-cells that

are destroyed, the weaker your immune system can become. With fewer T-cells due to HIV, it can be harder for your body to fight illnesses and infections. Over time, if so many T-cells are killed the body has a reduced ability to fight off infections, HIV then advances to AIDS. HIV infection

**DEC. DEADLINE:
11/15/19
BY NOON**

advances to AIDS when there are less than 200 CD4 T-cells in your body. A healthy body has at least 1200 T-cells in the body.

HIV Transmission: The HIV virus is transmitted through contact with certain body fluids such as, semen, vaginal or anal fluids, breast milk, and blood. Contact with these body fluids can occur during unprotected sex or sharing needles or other items with body fluids on them. Mothers can pass the HIV Virus to their babies during pregnancy, birth and breastfeeding. You cannot transmit HIV through contact with sweat, tears, saliva, bath or pool water, or by sharing dishes or drinking glasses, hugging or shaking hands. There is no cure, but if you have HIV you can take steps to live healthy with HIV, including taking HIV medicine. HIV treatment helps lower your viral load and, as a result, helps to protect your immune system.

Stay HIV free by:

- Avoiding STDs, Sexually Transmitted Diseases
- Avoiding unprotected Sex

- Never share Needles or reuse needles
- Avoid having multiple sex partners
- Exercise and eat well, do not smoke, use alcohol or drugs it can be more harmful to people living with HIV— Get help for Stress or Depression

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The month of September is also **Suicide Awareness** month.

Why do people commit Suicide? People usually attempt suicide to block unbearable emotional pain, which is caused by a wide variety of problems. It is often a cry for help. A person attempting suicide is often so distressed that they are unable to see that they have other options: we can help prevent a tragedy by endeavoring to understand how they feel and helping them to look for better choices that they could make. Suicidal people often feel terribly isolated; because of their distress, they may not think of anyone they can turn to, furthering this isolation. In the vast majority of cases a suicide attempter would choose differ-

ently if they were not in great distress and were able to evaluate their options objectively. Most suicidal people give warning signs in the hope that they will be rescued, because they are intent on stopping their emotional pain, not dying.

**Survivors of Suicide”**

No single explanation can account for all self-destructive behavior. Edwin Shneidman, a clinical psychologist who is a leading authority on suicide, described ten characteristic that are commonly associated with completed suicide.

1. The common purpose of suicide is to seek a solution. Suicide is not a pointless or random act. To people who think about ending their own lives, suicide represents and answer to an otherwise insoluble problem or a way out of some unbearable dilemma.
2. The common goal of suicide is cessation of consciousness. People who commit suicide seek the end of the conscious experience. Suicide offers oblivion.



3. The common stimulus (or information input) in suicide is intolerable psychological pain. Excruciating negative emotions - including shame, guilt, anger, fear, and sadness serve as the foundation for self-destructive behavior.
4. The common stressor in suicide is frustrated psychological needs. People who attribute failure or disappointment to their own shortcomings may come to view themselves as worthless, incompetent or unlovable.
5. The common emotion in suicide is hopelessness - helplessness. The suicidal person is convinced that absolutely nothing can be done to improve his or her situation; no one else can help.
6. The common internal attitude in suicide is ambivalence. Most people who contemplate suicide are sincere in their desire to die, but they wish they could find another way out of their dilemma.

7. The common cognitive state in suicide is constriction. Suicidal thoughts and plans are frequently associated with a narrow pattern of cognitive activity that is comparable to tunnel vision.
8. The common action in suicide is escape. Suicide provides an escape from intolerable circumstances.
9. The common interpersonal act in suicide is communication of intention. At least 80% of completed suicides, the people provide verbal or behavioral clues that indicate clearly their lethal intentions.
10. The common consistency in suicide is with life-long coping patterns. People who have refused to ask for help in the past are likely to persist in that pattern, increasing their sense of isolation.

**Native Americans:**

Depression and suicide affect people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk. If you're struggling, the Lifeline

is available to help, 24/7.

If you are struggling there are ways to cope right now, call the Lifeline at any time-free and confidential. Talk to someone: Silence isn't strength. Don't keep suicidal feelings to yourself.

**Make a safety plan:** Have a plan ready if or when you feel depressed, suicidal, or in crisis so you can start to help yourself.

**Guild your support network:** Having a sense of belonging to one's culture, or a strong tribal/spiritual bond can be helpful. Discuss problems with family or friends.

**Find an activity you enjoy:** Your "self-care" activities can be anything that makes you feel good about yourself.

*To experience grief is the result of having loved.*

*\*Continued on pages 32 & 33.*



## Partnering with PWNA for Training

### *Partnership with Native Americans*

Partnership With Native Americans (PWNA) and the White Mountain Apache Tribe are partnering together to launch a customized leadership training and professional development program for selected tribal management and staff. The tribe was recently awarded a grant from Freeport McMoRan Foundation to support this project.

PWNA is a 501(c)(3) nonprofit organization committed to championing hope for a brighter future for Native Americans. Collaborating with reservation programs, PWNA provides consistent aid and services to hundreds of tribal communities in nine priority states across the Northern Plains and Southwest. Founded in 1990, PWNA partners with local leaders in remote tribal communities to enhance reservation services and support social change by reducing food insecurity, improving health and wellness, supporting education and retention, assisting shelters for the homeless and supporting youth de-



*Pictured: Rafael Tapia - PWNA Vice President of Programs, Chairwoman Gwendena Lee-Gatewood, Shane Burnette - PWNA Program Manager and Mark Ford - Director of Major Gifts & Partnerships at PWNA.*

velopment projects. PWNA recognizes that as its tribal partners become more effective, they are likely to create more positive impact for the communities where they live and work.

PWNA partners with 20 different tribal programs and agencies on the Fort Apache Reservation to provide goods and services in the communities of Whiteriver, Cibecue, Fort Apache and Cedar Creek. PWNA supports these communities by delivering needed supplies such as food, bottled water, personal hygiene products, diapers, paper goods, school supplies, holiday meals and cleaning products that are distributed by programs in the communities.

In addition to material services, PWNA has three distinct capacity building services to support tribal self-sufficiency and equip tribal citizens with the skills and knowledge to increase their effectiveness. These services include food and nutrition education (gardening support, cooking and food preservation training and food foraging experiences), community-based disaster preparedness (training communities how to prepare and respond to disasters), and leadership development (individual training in professional and personal effectiveness). The Fort Apache Reservation has been a beneficiary of PWNA's food and nutrition ed-

ucation services through support for an orchard on the People's Farm and training of community members on cooking and canning to prepare more nutritious meals using local produce.

Soon, PWNA will deploy its Four Directions Development Program (4D) to provide leadership training and support for the staff of the White Mountain Apache Tribe, as outlined in the grant. The 4D program was designed to enhance the personal and professional effectiveness of grassroots and emerg-

ing leaders who are serving Native American communities. 4D includes a six-month training period for a small cohort of participants, ensuring optimal learning and peer-to-peer support. Curriculum development is based on the needs and skills of the participants in each cohort and 12 members of the White Mountain Apache tribe have already completed the 4D program. Graduates use the tools and skills they acquire through 4D to advance their work in communities where they live and

serve.

This year, PWNA is working closely with Chairwoman Gwendena Lee-Gatewood to customize a 4D cohort to advance the goals of the White Mountain Apache Tribe. The customization will support the dedicated tribal staff by highlighting their leadership skills and providing them with the resources and training they need to advance their individual abilities. Training sessions will begin this October and those participating will complete the program in January 2020.

## Concern for Vehicles!

### *BIA—Mescalero Agency*

The last several months Mescalero BIA has seen an increase in tribal members loaning their vehicles to other people resulting in the owner reporting the vehicle as stolen because the loaner doesn't want to give the vehicle back. Numerous Tribal members are without any transportation due to loaning their own very nice vehicle. Many vehicles have been wrecked, smashed into trees, rolled or just plain vandalized.

Chief of Police, James Veply like to remind tribal members to be cautious of this common practice. It's very unfortunate that some of these cases involve young women who have small children and loaned their only vehicle to men who drink and drive and totaled the vehicle. Sadly, some of these cases also involve family members.

**Vehicle Owners**  
**PLEASE be certain**  
**your vehicle is in**  
**good care should you**  
**decide to loan your**  
**vehicle.**





Guu'kas galee'ł...It is getting Cold.

Sisdłí... I am cold.

Xá ni chish gúú'lı́...Do you have any fire wood?

Shá'í t'á yuu' núudáł...The sun is going back.

Xá síndlı́...Are you cold?

Xá ni Kahéé' gúú'lı́...Do you have any coffee?

Xá ni t'ł'u kahéé gúú'lı́...Do you have any Indian Tea?

Naagułti...It is raning.

Nááńduustséł...See you again.

Hnzhúú naanúudáł...Go in a good way.

Language Classes for all ages; Tuesdays at 5:00 p.m.

Do you need help in writing the language, how to read or how to pronounce, come by the Language Program at the Empowerment Complex or call 464-2152.

## StrongHearts Native Helpline Awarded More Than \$2.7M in Federal Grants to Expand Culturally-Based Domestic Violence and Sexual Assault Services

*Courtesy Mallory Black, StrongHearts Native Helpline*

*Native helpline for domestic violence and dating violence sets sights on expansion to 24-7 operating hours, integration of digital chat service and inclusion of sexual assault advocacy*

EAGAN, Minnesota (October 10, 2019) - Within three years of launching its collaborative project, the National Indigenous Women's Resource Center (NIWRC) today announced the [StrongHearts Native Helpline](#) (StrongHearts) is receiving two grants from the Office of Victims of Crime under the United States Department of Justice for a combined total of \$2,768,168.00 to enhance services over the next three years.

The awards - provided by the Office of Victims of Crime Advancing the Use of Technology to Assist Victims of Crime solicitation and the Field-Generated Program to Improve Services for Victims of Crime - will be utilized to extend the helpline's operating hours

to 24 hours a day, develop advocacy training and services to assist survivors of sexual violence, as well as implement digital chat services to help increase accessibility and address caller safety. Launch dates for the digital chat service and 24-7 operating hours will be released at a later time.

"Considering Native women are 2.5 times more likely to be raped or be a victim of sexual assault than other groups, the StrongHearts Native Helpline serves as a potential lifeline for survivors of these crimes," said Lori Jump, Assistant Director for StrongHearts. "We also know in remote areas, some victims may not have phone service or may fear their abusive partner overhearing them in an attempt to call, so providing a digital chat service option is crucial for increasing access for everyone in our communities."

American Indians and

Alaska Natives suffer from the [highest rates of violence](#) in the U.S., according to the National Institute of Justice. In March 2017, the StrongHearts Native Helpline (1-844-7NATIVE) began providing callers culturally-based support for domestic violence and dating violence, along with a connection to Native resources. Grounded in an understanding of Native cultures, tribal sovereignty and traditions, Native advocates are specially trained to provide callers with emotional support, crisis intervention, personalized safety planning, and a referral to a Native



and Tribal service provider if needed. Currently, the helpline is available every day from 7 a.m. to 10 p.m. Central time.

“Since the very beginning, StrongHearts staff listened to the

critical needs of Native communities across the country and identified the need for 24-7 operations” said Lucy Simpson, Executive Director of the [National Indigenous Women’s Resource Center](#).

“Now with these two awards, we can realize the collective vision of having a dedicated Native helpline to serve survivors of violence in a culturally-rooted way at all hours of the day and night.”

## Food Sovereignty Assessment Survey

*Native Food Sovereignty Fellows VISTA, Meredith*



Please consider completing the Food Sovereignty Assessment Survey! The survey will be used to gather information about community food access, diet and health, as well as traditional and local food use. The Food Sovereignty Assessment has been used a stepping stone to creating healthier and stronger communities by collecting data used to learn the strengths of the community food system and how we as a community would like to improve and move forward. Tribes across

the nation including Blackfeet Nation, Lower Sioux Indian Community, Pawnee Nation, and many more have all completed similar assessments. The results from the assessments have been used to inspire and start new food and agriculture initiatives, including community gardens, healthy cooking classes, and much more. Please consider doing your part and completing the survey! The survey should take between 10 to 15 minutes to complete. The survey can be ac-

cessed at <https://mescaleroapachetribe.com/foodsurvey/> or a handout version can be printed online. Please bring your completed written surveys to the DRMP office, if possible. If you would like to pick up a printed copy of the survey, you can stop by the DRMP office as well. Have a few questions? Please call DRMP 575-464-4711 or email [messcaleroapchefood@gmail.com](mailto:messcaleroapchefood@gmail.com) Native Food Sovereignty Fellows VISTA, Meredith. She will be avail-

able at the DRMP of-  
fice during week day  
hours to answer any of  
your questions or go  
over the survey with  
you. In case you can-

not drop off your com-  
pleted survey, but  
would still like to par-  
ticipate, please con-  
tact Meredith for a  
pickup location of your

choice and she will  
gladly meet you.  
Thank you for your  
time!

## Mescalero Elementary Perfect Attendance

August 12, 2019–October 10, 2019

Kamlynn Blaylock  
Bennie Diaz  
Camelia Duran  
Alina Luevano  
Darron Valdez  
Trent Apachito  
Rocclin Bigmouth  
Delilah Carrillo  
Eli Kanseah  
Ian Murphy  
Tristian Reynolds  
Ashtynn Shanta  
Kienzley Shendo  
Rhielyn Smith

Memoriah Yahnahki-  
Bigmouth  
Josiya Apachito  
Samyiah Chico  
Azellia Diaz  
Saleigh Enjady  
Halia Lopez  
Malair Maldonado  
Maloy Maldonado  
Makeighla Mendez  
Tandy Smith  
Tripp Smith  
Keira Apachito  
Embre Carrillo  
Xynazia Cook

Koleton Shanta  
Taylor Smith  
Taylynn Ahidley  
Lilliana Martinez  
Sammie Mendez  
Ryan Morgan  
Leikin Stierwalt-  
Martinez  
Heidy Jenkins  
Tommia Trujillo  
Jaylynn Ahidley  
Benita Klinekole  
Gillian Morgan  
Kairah Shanta

*These students have not missed a day of school, came in tardy, and had no check-outs. Mr. Gutierrez, Principal awarded them with an ice cream cone.*

*Thank you parents for sending your children to school everyday!*



## Elderly Center

### Recent News

It seems like only yesterday we were excited about upcoming ceremonial, and now with fall leaving and winter taking its place, the center is gearing up for winter activities.

As always we begin each new month with our Monthly Program Improvement Meeting. During this time, participants share ideas and voice concern about the program. Each person is given a short one page survey that asks for opinions and concerns in the areas of a. building up keep and cleanliness b. staff c. food quality and service d. activities and planning e. travel and ideas. In case you miss the meeting surveys are always available at the center and there is a drop box for comments and suggestions.

Educational activities for November include several interesting educational classes, Our Mescalero Natural Resources, and Aging with Gratitude.

The center begins each week with our Casino day on Monday, and we close the week with Friday Bingo.

There is no fee to play, and we are grateful for donations given by community members. The middle of the week fills up fast with fitness classes, field trips, crafting, sewing, puzzling, and adult coloring, just to name a few. Some of the special activities planned are a corn roast with traditional singing and dancing, crafting with Nde Youth, and Resiliency in Aging hosted by Presbyterian Medical Center, and Nutrition Education.

Start warming up for our 5<sup>th</sup> annual Turkey Calling Contest. This year, we will add Bull Elk calling to the contest. Last years' winners walked away with some great prizes, and it was tons of fun!

### Movie Day and Shopping in Las Cruces

The first Friday of the month is our movie day in Alamogordo.

The program is able to pay for 14 elders who sign up at the center. Moviegoers are responsible for buy-

ing their own snacks, and if they want they can drive to Aviator 10 in Alamo and meet the van at 2:00 pm. The program will pay for your movie ticket.

Every other month we take a shopping trip to Las Cruces. Our next trip will be in November usually around the first of the month. We go to the mall, Joann's Tuesday Morning, and then Sam's Club.

### NM Senior Olympics

The center will host a meeting on October 9<sup>th</sup>, for all interested in participating in the 2020 Senior Games. As of now, the host city is undetermined. The games offer a variety of events for all senior ages and skill level. 2020 is a national qualifying year, winners will have the chance to represent New Mexico at the National Games in Ft. Lauderdale Florida. The cen-



ter will be hosting local games in the spring. All are welcome to join in on the fun!

### Travel and Field Trips



The center offers a variety of trips and travel. Some may require an overnight stay, while others are day trips. It's always a good idea to come into the center and take a look at the sign in sheet and calendar. Travel often fills up fast and there is always an alternate list available, so please come in and sign in because there is always a great chance of getting in if and when people drop out or are unable to travel. Our most recent was to the ghost town of White Oaks and the Southern NM State Fair in Roswell. White Oaks museum curator Karen was kind enough to open the old school house, where the group enjoyed learning

about the history of the old mining town. Kitchen staff packed a delicious sack lunch which was enjoyed in the old school lunch room. The group also looked at the miner's museum and the amazing Victorian homes. Weather wise, it was a beautiful day.



We celebrated Senior Citizen's day at the Roswell State Fair. There were booths with information about healthy aging, games, door prizes and of course the fairgrounds.

### Gardening at the Center

The elder garden is doing well considering it was planted a bit late. We harvested chili, tomatoes, squash and pumpkins.



### Otero County Fair

Our elders did very well at this year's Otero County Fair in Alamogordo. Here are our winners. Crisosto Pena, 1st place, category needlework, Abigail Tahnito, Reserve Grand Champion, 2nd place, 3rd place, in the category jewelry, Pansy Shendo, Reserve Grand Champion, category needlework, Ester Ortiz, 3rd place, 1st place, 2nd place, category creative arts needlework, Sandra Enjady, Grand Champion, 3rd place, creative arts traditional beadwork, Carlos Enjady 1st traditional beadwork, Norma Adams, 1st place, crochet, Rosemary Torrez, Grand Champion, sewing, Selena Chino 1st , 2nd diorama display, Mark Chino 2nd place, diorama display. Mark also won a 2nd and 3rd at the New Mexico State Fair in Albuquerque.



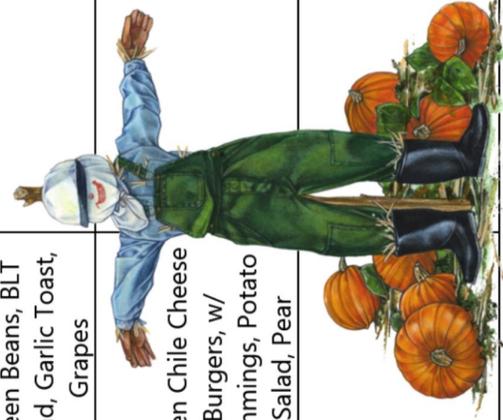


# November 2019



Sun Mon Tue Wed Thu Fri Sat

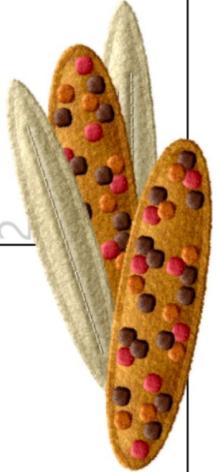
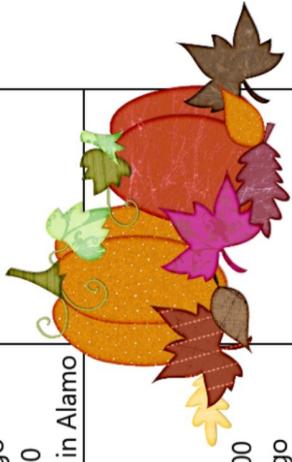
|                                                                                                                                                                                                                         |                                                                                 |                                                                       |                                                                                    |                                                                 |                                                                                    |    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------------------------|----|
| 27                                                                                                                                                                                                                      | 28                                                                              | 29                                                                    | 30                                                                                 | 31                                                              | 1                                                                                  | 2  |
| <b>MESCALERO APACHE ELDERLY CENTER MENU</b><br>*Menu is subject to change without notice. Questions? Call 464-1614 or 464-9326. Homebound meal cancellations please call before 8:00 am. All meals served with 2% milk. |                                                                                 |                                                                       |                                                                                    |                                                                 | 1 Hamburger & Potato Stew, Green Beans, Squash, Tortilla, Mandarin Orange w/Jell-O |    |
| 3                                                                                                                                                                                                                       | 4                                                                               | 5                                                                     | 6                                                                                  | 7                                                               | 8                                                                                  | 9  |
|                                                                                                                                                                                                                         | BBQ Chicken, Mac & Cheese, Sateued Spinach, Stewed Tomatoes, WW Roll, Pear      | Beef Tacos, Beans, Lettuce & Tomato, California Blend, Orange         | Brisket, Potato Wedge, Green Beans, Beets, Tortilla, Fruit Salad                   | Baked Cod, Corn, Coleslaw, California Blend, WW Roll, Grapes    | Beef Enchiladas, Calabacitas, Salad, Seasonal Fruit                                |    |
| 10                                                                                                                                                                                                                      | 11                                                                              | 12                                                                    | 13                                                                                 | 14                                                              | 15                                                                                 | 16 |
|                                                                                                                                                                                                                         | Center Closed for Veteran's Day                                                 | Tamales, Pinto Beans, Garden Salad, Spinach, Crackers, Orange         | Meat Loaf, Mashed Potato w/ Gravy, Brussel Sprouts, Island Blend, WW Roll, Peaches | Chicken Alfredo, Garden Salad, Asparagus, Garlic Toast, Sherbet | Turkey, Cranberry, Butternut Squash, Green Beans, Fry Bread, Pumpkin Pie           |    |
| 17                                                                                                                                                                                                                      | 18                                                                              | 19                                                                    | 20                                                                                 | 21                                                              | 22                                                                                 | 23 |
|                                                                                                                                                                                                                         | Parmesan Chicken, Brussel Sprouts, Carrots, Scalloped Potatoes, Roll, Pineapple | Beef Taquito, w/ Guacamole, Spanish Rice, Spinach, Squash, Applesauce | Tuna Casserole, Broccoli, Garden Salad, Crackers, Apricots                         | Beef Stew, California Blend, Orange Fry Bread                   | Beef Spaghetti, Green Beans, BLT Salad, Garlic Toast, Grapes                       |    |
| 24                                                                                                                                                                                                                      | 25                                                                              | 26                                                                    | 27                                                                                 | 28                                                              | 29                                                                                 |    |
|                                                                                                                                                                                                                         | Baked Cod Sandwich w/ Tarter Sauce, Coleslaw, Green Beans, Pears, Cake          | Green Chile Stew, Squash, Mixed Veggies, Fry bread, Peaches           | Brunch Eggs, Sausage, Spinach w/Tomato Slice, Pancakes, Hash Browns, Melon         | Center Closed for Turkey Day                                    | Green Chile Cheese Burgers, w/ Trimmings, Potato Salad, Pear                       |    |
| 1                                                                                                                                                                                                                       | 2                                                                               | 3                                                                     | 4                                                                                  | 5                                                               | 6                                                                                  |    |
|                                                                                                                                                                                                                         |                                                                                 |                                                                       |                                                                                    |                                                                 |                                                                                    |    |



# November 2019

Sun Mon Tue Wed Thu Fri Sat

| 27 | 28                                          | 29                                                                     | 30                                                          | 31                                                    | 1                                            | 2  |
|----|---------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------|----|
|    |                                             |                                                                        |                                                             |                                                       | 10:00<br>Bingo<br>1:00<br>Movie Day in Alamo |    |
| 3  | 4                                           | 5                                                                      | 6                                                           | 7                                                     | 8                                            |    |
|    | 10:00<br>Casino Day or<br>Center Activities | 10:00<br>Monthly Program<br>Improvement<br>Meeting and<br>Election Day | 10:00<br>Shopping in Las<br>Cruces                          | 10:00<br>Nutrition Education<br>with Caitlyn          | 10:00<br>Bingo                               |    |
| 10 | 11                                          | 12                                                                     | 13                                                          | 14                                                    | 15                                           | 16 |
|    | Center Closed<br>for<br>Veteran's Day       | 10:00<br>Fitness                                                       | 10:00<br>Our Natural<br>Resources<br>Thora Padilla          | 10:00<br>Aging with<br>Gratitude                      | 10:00<br>Bingo                               |    |
| 17 | 18                                          | 19                                                                     | 20                                                          | 21                                                    | 22                                           | 23 |
|    | 10:00<br>Casino Day or<br>Center Activities | 9:00<br>ADRC Open<br>Enrollment                                        | 10:00<br>Resiliency in Aging<br>David McKay<br>Presbyterian | 10:00<br>Fitness<br>12 Noon<br>White Elephant<br>Game |                                              |    |
| 24 | 25                                          | 26                                                                     | 27                                                          | 28                                                    | 29                                           | 30 |
|    | 10:00<br>Casino Day or<br>Center Activities | 10:00<br>Crafting with Nde<br>Youth                                    | 10:00<br>Turkey and Elk<br>Calling Contest                  | Center Closed for<br>Turkey Day                       | 10:00<br>Bingo                               |    |
| 1  | 2                                           | 3                                                                      | 4                                                           | 5                                                     | 6                                            | 7  |
|    |                                             |                                                                        |                                                             |                                                       |                                              |    |



# Head Start

## 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, 2018 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).

### “Pumpkin Patch Field Trip”

Every year, our program takes the Head Start Children to the Pumpkin Patch in Las Cruces to the Mesilla Valley Maze. The children and families really enjoyed themselves this year. Each child is able to do the hay ride, participate in fun

activities, and pick out their own pumpkin from the pumpkin patch to take home to share with their families. The kids and all those in attendance always have a great time. Thank you to all who attended.

### “Male Involvement Initiative”



Our Head Start Male Involvement Initiative is geared toward getting more men to volunteer for their child at the Head Start. Throughout the year, we host several activities to give the men opportunities to spend one-on-one time with their child.

Another activity we are incorporating during the 2019 NFL season is the “NFL Pick Ems” for the men who come in to volunteer. So far, these are our current winners:

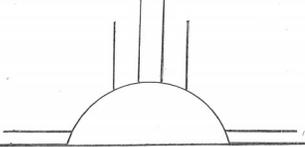
- Week 1- Amen Magoosh (father)
- Week 2- Epifanio Martinez (grandfather)
- Week 3- Corey Saenz

- Week 4- No volunteers
- Week 5- Chris Kazhe
- Week 6- Ted Chavez

### Upcoming Head Start Events

- November 8th—Muffins with Mom
- November 11th—No School
- November 15th - Doughnuts with Dad
- November 22nd- Annual Head Start Thanksgiving Dinner
- November 25th through November 29th—Thanksgiving Break (No School)

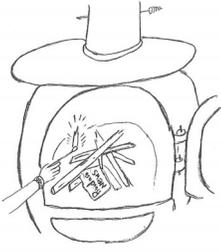
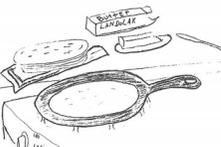
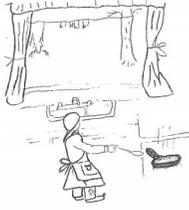




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joseph  
**GERONIMO**  
apache beginner book  
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Joseph Geronimo  
Mescalero Apache Indian Reservation  
P.O. Box 396  
Mescalero, New Mexico 88430

Violators will be scalped!

|                                                                                                                                   |                                                                                                                                    |                                                                                                                                     |                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Dii hayutka</p> <p>1. dote</p>               |  <p>Nánná</p> <p>2. naaki</p>                     |  <p>Deń'jaa</p> <p>3. tai</p>                     |  <p>Áu, dedish'jaa</p> <p>4. dii'</p>           |
|  <p>Ku'ink'tá</p> <p>5. 'aashdai'</p>           |  <p>Gaxée tse hisháa</p> <p>6. guustáni</p>      |  <p>tsegustei'agush lá</p> <p>7. guusts'iidi</p> |  <p>Tannidi 'águshlá</p> <p>8. 'tsaq'bi'</p>   |
|  <p>Kadii Guduye</p> <p>9. nguust'ai'</p>      |  <p>Tanagís</p> <p>10. guneenani</p>            |  <p>Éi'yenáda</p> <p>11. fedzaada</p>           |  <p>niit'aguí yenda</p> <p>12. naakizaada</p> |
|  <p>shiit'aaui yehuuya</p> <p>13. taizaada</p> |  <p>Nikeezisi' yent'és</p> <p>14. diizaada</p> |                                                                                                                                     |                                                                                                                                    |

# Religion

## “What and Who”

*Submitted by Mathew Bancroft*

From: Catholic Way

By: Fr. Clayton Kilburn, CM

During your lifetime you will become identified as many things: as an infant, a youth, a student, hopefully a graduate from high school and even college, and then in relation to different works you perform or professions you enter into. The identity will be determined by what you choose to make of yourself at any particular time in your life, as is seen in the life of St. Joan. Your parents, the country in which you are born, the com-

munity in which you grow up, your economic status and for sure your own personal abilities can facilitate or impede the progress you make in life, but **you** alone are the final determiner of what **you** will be. You will become known by what others see you choosing to do. To be seen by others as honest, hard working, considerate, moral, and so on, you must live honestly, work hard, be considerate of others and so on. No matter what others may say, what you truly are is how you will ultimately become known by

people. Choose a moral way of life, because that is truly the type of person you want to be, and others will come to know you as the person you want to be. You alone determine who you are going to be. Too many people blame others for their condition in life while failing to achieve for failing to take personal responsibility for their lives. When we stop striving to be identified by a single title, we become free to become all the things that God created us to be.

## Mescalero Reformed Church

*Zoom*

Have you ever heard of a Zoom conference call? I hadn't either, but I have been using Zoom calls every month for the past year. Essentially, it's a conference call that has the capability for participants to be involved via webcam. This past month, I joined a Zoom conference call

with pastors from literally all over the world: two pastors from Pennsylvania, Colorado, Massachusetts, California, Nova Scotia, Mexico, Iowa, and New Mexico. This simple piece of technology reminded me yet again how expansive God's Kingdom really is. However, the greatest takeaway was

from the host's comments. Our host was pastor Jeff Allen from Littleton, Colorado. Jeff was guiding our discussion around discipleship; specifically, trying to frame our conversation around this question: how do we create a disciple making culture? In other words, how do we *be* the

church and not just *do* church? The answer to this question has eluded the church for decades. It's so easy to simply *do* church; it's easy to hold Sunday morning services, offer coffee time, the seasonal bible study and the annual mission trip. It's much more difficult to *be* the church; it's difficult to live out the Great Commission from Matthew 28 and "make disciples of all nations."

In the midst of this heavy and helpful conversation, Jeff offered these words of conviction and encouragement: if you build the church, sometimes you get disciples; if you make disciples, you always get the church.

If you're willing to wrestle with this phrase, there is great truth and challenge in its' meaning. For example, just because we *do* church doesn't mean we *are* the church. Just because we hold the services and the programs of the church, doesn't necessarily mean we are living out the tenants of the faith. Just because we renovate the building or decide on a Sunday School curriculum doesn't necessarily mean we are spreading the Gospel and making disciples. But when we recognize that at the

very identity of the church is to make disciples and impact the Kingdom and then function through this lens, then we always get the church.

I wonder what this phrase could mean for us in Mescalero. I hold this phrase in tension with my own leadership; have I been intentional in making disciples in Mescalero? Have I been courageous to disciple one person to faith? I wonder if you could hold this phrase in tension with your own faith journey. Are you willing to be disciplined so that you could eventually disciple another?

As a church, we are charged with the call to "make disciples of all nations;" that call isn't limited to just pastors with seminary degrees or missionaries in a foreign land, but instead we are all charged to make disciples. May the Holy Spirit give us guidance, humility, and courage to be a disciple-making kind of church and community.

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***

*9:30 - Sunday School for Children and Adults*

*10:40 - Worship*

***Opportunities for Fellowship and Encouragement***

***Women's Bible Study***  
*- first and third Tuesday of each month at 6:00 pm in the sanctuary.*

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

***Youth Group for Middle and High School***  
*- Sunday at 4:30 pm.*

***Kids' Club*** is our after-school program for 1<sup>st</sup>-5<sup>th</sup> 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.



# MTTCPP GOALS

- \* To promote the respect and the sacred use of tobacco.
- \* Increase the knowledge of second-hand smoke.
- \* To promote "quitting" program for smoke and non-smoke tobacco products.
- \* To increase the knowledge of tobacco usage and the consequences of tobacco.
- \* To prevent youth initiation of smoking and smoke-less tobacco products



**MTTCPP OFFICE 575-464-4432**

## Tobacco's Tough Toll on Health



Tobacco-Free: Get the Facts

Tobacco use can cause a variety of negative health effects on the body. Circle the common health effects of tobacco use below. Answers can be forward, horizontal, vertical, or diagonal.

Solve the puzzle below by working each math problem; then use the key to match your answer to the letter in the alphabet. Place the letter in the gray box to reveal three good reasons to remain tobacco-free.

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

Key:

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| A  | B  | C  | D  | E  | F  | G  | H  | I  | J  | K  | L  | M  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| N  | O  | P  | Q  | R  | S  | T  | U  | V  | W  | X  | Y  | Z  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

|     |     |    |
|-----|-----|----|
| 12  | 13  | 2  |
| -10 | -12 | x2 |
|     |     |    |
|     |     |    |

|    |    |     |    |    |    |
|----|----|-----|----|----|----|
| 2  | 9  | 20  | 7  | 17 | 5  |
| x1 | x2 | -15 | -6 | +3 | +3 |
|    |    |     |    |    |    |
|    |    |     |    |    |    |

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 15 | 14 | 1  | 5  | 7  | 3  | 7  |
| +4 | +6 | +0 | +4 | +7 | +2 | -3 |
|    |    |    |    |    |    |    |
|    |    |    |    |    |    |    |

|    |    |    |     |    |
|----|----|----|-----|----|
| 18 | 5  | 12 | 10  | 6  |
| +2 | x1 | -7 | +10 | +2 |
|    |    |    |     |    |
|    |    |    |     |    |

- |                    |               |               |
|--------------------|---------------|---------------|
| Wrinkles           | Skin Damage   | Throat Cancer |
| Lung Cancer        | Heart Disease | Lung Disease  |
| Chronic Bronchitis | Emphysema     | Mouth Cancer  |
| Addiction          | Stroke        | Cataracts     |

|    |     |    |    |    |
|----|-----|----|----|----|
| 15 | 17  | 16 | 18 | 13 |
| +8 | -16 | +3 | +2 | -8 |
|    |     |    |    |    |
|    |     |    |    |    |

|    |    |
|----|----|
| 21 | 15 |
| -6 | -9 |
|    |    |
|    |    |

|    |    |    |     |    |
|----|----|----|-----|----|
| 17 | 11 | 21 | 17  | 5  |
| -4 | +4 | -7 | -12 | x5 |
|    |    |    |     |    |
|    |    |    |     |    |

# Four Directions Treatment and Recovery Center



(575)464-4432



## Programs and Services

- \*IN PATIENT SUBSTANCE ABUSE
- \*OUT PATIENT SUBSTANCE ABUSE
- \*COUNSELING
- \*SCREENINGS/ASSESSMENTS
- \*REFERRAL SERVICES
- \*CHILDRENS PLAY THERAPY

guniigu' l'gu jiinda'ee'  
(Sober Living)

- \*MESCALERO APACHE  
FOSTER CARE  
HOME LICENSING PROGRAM

TO THE WORLD YOU MAY BE JUST ONE PERSON BUT TO ONE PERSON YOU MAYBE THE WORLD!  
BECOME A FOSTER PARENT TODAY!

- \*ICWA  
(INDIAN CHILD WELFARE ACT)
- \*SAFE AND STABLE FAMILIES

- \*ADOLESCENT COUNSELING
- \*SUICIDE PREVENTION
- \*PROMOTING MENTAL HEALTH  
AMONG NATIVE YOUTH

- \*COMMERCIAL TOBACCO  
PREVENTION AND AWARENESS
- \*SECOND-HAND SMOKE  
AWARENESS
- \*PROMOTING THE RESPECT  
FOR THE SACRED USE OF  
TRADITIONAL TOBACCO
- \*COMMERCIAL TOBACCO  
CESSATION SERVICES

*Happy 7th  
birthday to  
Amazikiah  
"Mazie Cakes"  
Blake! I love  
you baby!*



Happy  
Birthday!

*From: Mom*



**Happy Birthday  
Maggie Moon!**

**We Love you to  
pieces!**

November 25th  
Happy Birthday to a  
special boy  
Charles Rice  
Lot of Love from  
Grandma, Mom, Dad  
and Jesus

November 30th  
Happy Birthday  
Robert Hugar

**Food Bank**

**November 7, 2019**

**Elderly at 12:30pm**

**Everyone else after.**

**\*Please Bring Your  
Own Boxes and  
Bags\***

# Join the 2020 Census

## Apply Online! 2020 Census Jobs

The 2020 Census is taking applications now for positions starting soon. The 2020 Census has a wide variety of positions requiring various levels of experience and training, offering temporary full time to flexible part time positions. Make your next job count.

For more information about our Field or Office positions please visit us at:

**2020census.gov/jobs**

**1-855-JOB-2020**

(1-855-562-2020)

- Clerks / Supervisory Clerks
  - Listers / Enumerators
  - First Line Supervisors

For more information about Professional and Management positions please visit us at:

**usajobs.gov**

- Area Census Office Managers
- Lead Census Field Manager
  - Admin Manager
  - IT Manager
- Recruiting Manager



Shape  
your future  
START HERE >

United States®  
**Census**  
**2020**

# TIPS for TEENS

## METHAMPHETAMINE



### THE TRUTH ABOUT METHAMPHETAMINE (METH)<sup>1</sup>

**SLANG: METH/SPEED/CRYSTAL/CRANK/  
CHALK/TINA/TWEAK/GO-FAST/ICE/  
GLASS/UPPERS**

## GET THE FACTS

**METHAMPHETAMINE AFFECTS YOUR BRAIN.** Meth causes changes in the brain circuits that control reward, stress, decision-making, and impulse control, making it more and more difficult to stop using even when it is having negative effects on your life and health. Frequent use also can lead to tolerance and withdrawal, so you need more of the drug just to feel normal. Additional effects of using meth can include anxiety and depression, chronic fatigue, paranoid or delusional thinking, and serious psychological illness.<sup>2,3</sup>

**METHAMPHETAMINE AFFECTS YOUR BODY.** Using meth increases heart rate, blood pressure, and risk of stroke. Other negative consequences of long-term meth use are extreme weight loss, severe dental problems ("meth mouth"), and skin sores caused by scratching.<sup>4</sup> Meth use affects the levels of dopamine in your brain. Dopamine is a neurotransmitter that affects, among other things, movement, motivation, emotions, and feelings of pleasure.<sup>5</sup> Because meth causes a flood of dopamine to the brain, the natural supply gets depleted. As a result, activities that would normally increase dopamine and, therefore, pleasure (such as listening to music or eating a delicious meal) may no longer do so, which can lead to depression.<sup>6</sup>

**METHAMPHETAMINE AFFECTS YOUR SELF-CONTROL.** Meth is an addictive drug that can cause aggression, violent behavior, and psychosis (loss of contact with reality).<sup>7,8</sup>

**METHAMPHETAMINE IS NOT ALWAYS WHAT IT SEEMS.** As much as 60 percent of what a person injects, snorts, or smokes is not meth. Powder sold as meth may contain many other substances, including lead acetate or mercury, both of which are toxins that can lead to poisoning.<sup>9,10</sup>

**METHAMPHETAMINE CAN KILL YOU.** High doses can cause the body to overheat to dangerous levels. Death can result from stroke, heart attack, or multiple organ problems caused by overheating.<sup>11</sup>

**METHAMPHETAMINE ADDICTION IS TREATABLE.** Behavioral treatments can help someone stop using methamphetamine and recover from addiction.<sup>12</sup>

## ? Q&A

**Q. WHAT DOES METH LOOK LIKE?**

**A. Methamphetamine is a white, odorless, bitter-tasting, crystalline powder that dissolves easily in water or alcohol.<sup>13</sup> It can be made from ingredients that are used in products such as batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner.<sup>14</sup>**

**Q. WHAT IS THE "CRASH" EFFECT OF USING METH?**

**A. Using meth causes the brain to release a chemical called dopamine, which gives the user a feeling of pleasure. However, once the drug is no longer in the user's system, this pleasurable sensation can be followed by unpleasant feelings of drug withdrawal, sometimes called a "crash."<sup>15</sup> These feelings can include depression, anxiety, fatigue, and intense craving for more of the drug.<sup>16</sup> The "crash" often leads a person to use more meth to avoid these uncomfortable physical and psychological effects.<sup>17</sup>**

### THE BOTTOM LINE:

Methamphetamine (meth) is illegal, addictive, and dangerous. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

### TO LEARN MORE ABOUT METHAMPHETAMINE, CONTACT:

**SAMHSA**

**1-877-SAMHSA-7 (1-877-726-4727)**

(English and Español)

**TTY 1-800-487-4889**

[www.samhsa.gov](https://www.samhsa.gov)

[store.samhsa.gov](https://store.samhsa.gov)



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# BEFORE YOU RISK IT!

1

**KNOW THE LAW.** Methamphetamine is illegal in all states.<sup>18</sup>

2

**GET THE FACTS.** The ignitable, corrosive, and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors, and damage the environment.<sup>19</sup>

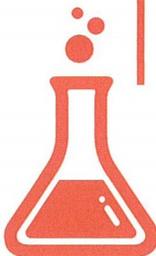
3

**KNOW THE RISKS.** There are a lot of risks associated with using methamphetamine, including:<sup>20,21</sup>

- Meth use can cause a “crash” after the effects wear off.
- Meth use can cause long-lasting damage to the brain.
- Meth users who inject the drugs and share needles are at risk for acquiring HIV and hepatitis.

4

**LOOK AROUND YOU.** Not everyone is using methamphetamine. In 2015, less than 1 percent of adolescents ages 12 to 17 reported currently using methamphetamine.<sup>22</sup>



## KNOW THE SIGNS

How can you tell if a friend is using meth? It may not be easy to tell, but symptoms of methamphetamine use may include:<sup>23,24</sup>

- Inability to sleep or unusual sleep patterns
- Psychotic behaviors such as paranoia and hallucinations
- Mood swings or increased aggression
- Nervous obsessive activities, such as scratching
- Irritability, anxiety, or confusion
- Extreme anorexia
- Changes in physical appearance, including deteriorating skin and teeth
- Presence of injecting paraphernalia, such as syringes, burnt spoons, or surgical tubing

## MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS “TIPS for TEENS,” visit [store.samhsa.gov](http://store.samhsa.gov) or call 1-877-SAMHSA-7 (1-877-726-4727)

(English and Español).

PEP NO. 18-03 REVISED 2018

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## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING METH?

### BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Spanish, call SAMHSA’s National Helpline at:

**1-800-662-HELP (1-800-662-4357)**

or visit the SAMHSA Behavioral Health Treatment Services Locator at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

<sup>18</sup> U.S. Department of Justice and Drug Enforcement Administration. (2015). *Drugs of abuse: A DEA resource guide*. Retrieved from [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)

<sup>24,16,20</sup> National Institute on Drug Abuse. (2013). *Research report series: Methamphetamine*. (NIH Publication Number 13-4210). Retrieved from <http://www.drugabuse.gov/sites/default/files/methrrs.pdf>

<sup>3,9</sup> Substance Abuse and Mental Health Services Administration. (2006). Opioids and club drugs slides. *Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders: Counselor’s Family Education Manual*. Retrieved from <http://store.samhsa.gov/product/Matrix-Intensive-Outpatient-Treatment-for-People-with-Stimulant-Use-Disorders-Counselor-s-Family-Education-Manual-w-CD/SMA13-4153>

<sup>5</sup> National Institute on Drug Abuse (NIDA). (2009). Word of the day: Dopamine. *NIDA for Teens*. Retrieved from <https://teens.drugabuse.gov/blog/post/word-day-dopamine>

<sup>6,8,24</sup> National Institute on Drug Abuse. (2014). Drug facts: Methamphetamine (meth). *NIDA for Teens*. Retrieved from <http://teens.drugabuse.gov/drug-facts/methamphetamine-meth>

<sup>7</sup> National Institute on Drug Abuse. (n.d.). *Commonly abused drug charts*. Retrieved from <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects#meth>

<sup>8</sup> The Meth Project Foundation. (n.d.). What is meth-induced psychosis? *The Meth Project*. Retrieved from <http://www.methproject.org/answers/what-is-meth-induced-psychosis.html#Psychotic-Behavior>

<sup>9</sup> Fries, A., Anthony, R. W., Cseko, A., Gaither, C. C., & Shulman, E. (2008). *The price and purity of illicit drugs: 1981-2007*. Alexandria, VA: Institute for Defense Analyses. Retrieved from <https://www.documentcloud.org/documents/275358-the-price-and-purity-of-illicit-drugs-1981-2007.html>

<sup>10</sup> Poulsen, E. J., Mannis, M. J., & Chang, S. D. (1996). Keratitis in methamphetamine abusers. *Cornea* 15, 77-82.

<sup>12</sup> National Institute on Drug Abuse. (2013). What treatments are effective for people who abuse methamphetamine? *Research report series: Methamphetamine*. Retrieved from <https://www.drugabuse.gov/publications/research-reports/methamphetamine/what-treatments-are-effective-methamphetamine-abusers>

<sup>13</sup> National Institute on Drug Abuse. (2017). *Drug facts: Methamphetamine*. Retrieved from <http://www.drugabuse.gov/publications/drugfacts/methamphetamine>

<sup>14</sup> The Meth Project Foundation. (n.d.). What’s in meth. *The Meth Project*. Retrieved from <http://www.methproject.org/answers/whats-meth-made-of.html#Whats-in-Meth>

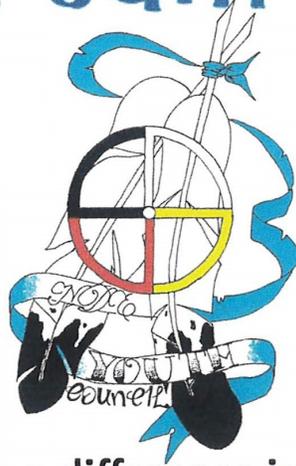
<sup>15,17</sup> National Institute on Drug Abuse. (2006). The brain’s response to methamphetamines. *NIDA for Teens*. Retrieved from <https://teens.drugabuse.gov/teachers/mind-over-matter/methamphetamine>

<sup>22</sup> Center for Behavioral Health Statistics and Quality. (2016). *Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health*. (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from <http://www.samhsa.gov/data/sites/default/files/NSDUH-FFRI-2015/NSDUH-FFRI-2015/NSDUH-FFRI-2015.htm>

<sup>23</sup> The Meth Project Foundation. (n.d.). How can I tell if someone is using meth? *The Meth Project*. Retrieved from <http://www.methproject.org/answers/how-can-i-tell-if-someone-is-using-meth.html#Signs-of-Use>

Mescalero Prevention Program 's

# Nde' Youth Council



## Want to make a difference in our community?

The Nde' Youth Council is looking for dedicated youth ages 12—24 years of age interested and willing to help make our Mescalero community a better place to live, as well as gain personal development and leadership skills.

The Nde' Youth Council members are given the opportunity to participate in formal decision making processes that affect Mescalero youth; promote healthy risk taking; promote existing positive programs; and develop programs, projects, and activities for the young people of the community.

The Nde' Youth Council is a youth led coalition under  
the Mescalero Prevention Program

MEETINGS HELD EVERY **WEDNESDAY** at **5:30p.m.**

MESCALERO EMPOWERMENT BUILDING,  
**148 COTTONWOOD DRIVE, RM 201**

TRANSPORTATION PROVIDED IF NEEDED

FOR MORE INFORMATION PLEASE CONTACT US AT  
**464-4976** OR EMAIL [youthconnections@matisp.net](mailto:youthconnections@matisp.net)



**#wematter #youthworkingfortheyouth**

# "LOSS OF A CHILD"

*by Kelly Baltzell M.A. & Karin Baltzell Ph.D.*

1. **Crying is natural:** Cry as much and as often as you want and need. Let the tears flow either when you are alone or in public. Crying is a common outlet for grief. Do not apologize.
2. **Recognize that time does heal:** Your loss will be intense and long-lasting but it won't always knock you to your knees. Do not try to shortcut the grieving process.
3. **Beware of change:** Losing a child can feel like you have lost a physical part of yourself. The loss also puts into question your role as a parent. The loss of your child will change your world. Realize you still can make choices and have control over how you build your life after your loss.
4. **Feeling Guilty:** It is normal to feel guilt after the death of your child. You may feel guilty that you could have prevented his/her death. Also, you may feel guilty because you are unable to care or help your remaining children as much as you would like. If the guilt keeps getting worse, get professional help.
5. **Honor the life your child lived:** Do not try to hide it. Tell other people and family what a wonderful gift you had in your life. Sharing can help heal. Try to find meaning in your child's life.
6. **Watch for special dates:** Losing a child is losing the present and also the future. Special anniversary dates, holidays and birthdays can be doubly hard because not only are you grieving his/her loss, you are grieving the life your child would have had at that special time.
7. **Know gender differences:** Recognize that you and your spouse are most likely going to grieve differently. Try not to blame or criticize your spouse over his/her grieving. Your spouse is also the person who can support you the most. He or she have also lost their child. Lean on each other.
8. **Go to Therapy:** Losing a child is a pain that is indescribable. Do not try to manage this pain on your own. Seek out a grief therapist who can help monitor your mental health, help you make an action plan, and be there to listen when you need it the most.
9. **Watch for Depression:** Being sad and grieving is crippling. Being depressed is a chemical change in your brain. Depression is sometimes missed because it is thought to be "just grieving". If you think you are depressed get a doctor's evaluation. Do not disregard thoughts of suicide. If you are suicidal, call 911 or go to a hospital emergency room as soon as possible.
10. **Remember your remaining children and family:** Grieving affects all members of the family. Other children sometimes are forgotten or ignored by parents who are buried in their own grief. Find the energy to talk to your remaining children about their thoughts and feelings. Get a therapist for yourself and/or your other children if you do not have the strength to parent as well as grieve.
11. **Talk to family and friends:** Friends, family and those at work will not know how to help you or relate to you unless you are specific about your wants and needs. Tell others what you need so they do not fall short of your expectations. Ask for help - it is okay, and at this time in your life - essential.
12. **Lean on your faith:** Remember to touch base with your source of spirituality. It will bring comfort, strength and internal wisdom. If you have no belief system to help you through this rugged time, get in touch with nature. Perhaps this would be an appropriate time to reach out and explore new areas of thought. Or, seek out others who hurt in the same way.

# "TWELVE WAYS TO DEAL WITH YOUR GRIEF"

*by Kelly Baltzell M.A. & Karin Baltzell Ph.D.*

1. **Light a Candle:** A candle can be placed in a window or by a special chair and lit every night. View this as a symbolic form of love's light continuing.
2. **Plant a Tree:** Place a tree in your yard or in a favorite place your loved one liked to visit. Planting a tree gives a constant, growing reminder of the continuation of life and it's many cycles.
3. **Write in a Journal:** Buy a special book for journaling. Express yourself by recording feelings and releasing grief. Journaling is secret, safe, and healing.
4. **Make a Memory Box:** Take a shoebox or a small box. Decorate it with items that hold memories. Inside the box put things that remind you of your loved one. You might want to add a little note why this item is so special. Keep it for yourself, or pass the memories on to a person that might enjoy them.
5. **Plant Flowers:** Planting favorite flowers or plants, either in your own yard or at the burial site, can help heal grief and create beauty. If this is not possible, donate flowers to a park, school, or public place in memory of your loved one.
6. **Tell a Story:** On special anniversaries and holidays tell a story about your loved one that had impact and meaning to you. Stories help you treasure the memories and pass on important messages to others of all generations. Love shines through unique tales.
7. **Make a Scholarship:** Give money to a local school in the name of your loved one. See the joy it brings as each year a student receives a scholarship in your loved one's name.
8. **Sing a Song:** On the anniversary of your loss sing your loved one's favorite song(s) with other family members and friends. Music helps heal pain that normal words can't touch.
9. **Give to a Charity:** Each year make a donation to your loved one's favorite charity in their name. If you prefer donate a book to your local library.
10. **Celebrate with a Meal:** On the eve of your loved one's birthday make their favorite dinner and invite friends and family over to share. Tell stories about your loved one, or pass around pictures of times you enjoyed together.
11. **Sharing with the Children:** After sharing stories or photos with children or grandchildren, ask them to draw a picture about it. Frame the pictures or place them on the refrigerator with magnets. Draw a picture yourself. Let the child in you come alive.
12. **Volunteer your Time:** Do volunteer work on an issue or cause that held special meaning for your dear one and dedicate that service to their memory. Or, do a walk or run for a worthy cause as a memoriam.



*In Loving Memory of Wilfred Platta*  
*December 30, 1945–August 12, 2019*

*Wilfred Platta was a great brother,  
friend and family man. He was loved  
by his family and friends. He will be  
truly missed.*

*We love you so much—your Sisters*

In Loving Memory  
Linda Marie Morgan

Born  
June  
14,  
1954

Passed  
November  
28,  
2018



Gifford & Shanell

Paul Morgan and  
Family

Linda, You are so, so  
much Loved and You are so, so  
much Missed!!! Rest in Peace  
and God Bless You, Raydean Platta

# Mescalero Apache Tribe

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