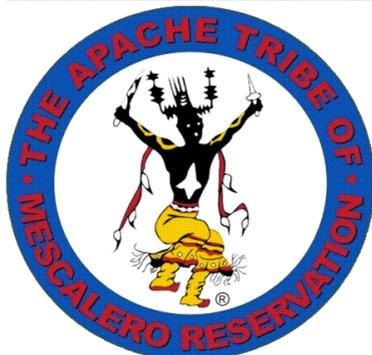


May 2016

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Mescalero Apache Tribe

Apache Scout



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Medicare Program Overview

Mescalero Care Center

Medicare is a health insurance program for:

- People age 65 or over
- People under age 65 with certain disabilities
- People of all ages with End-Stage Renal disease (permanent kidney disease requiring dialysis or a kidney transplant).

Medicare has:

PART A HOSPITAL INSURANCE- Most people don't pay a premium for Part A because they or a spouse paid for it through payroll taxes when they were working. Medicare Part A

(Hospital Insurance) helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long term care). It also helps cover hospice care and some home health care.

PART B MEDICAL INSURANCE- Most people pay a premium for Part B. Medicare Part B (Medical Insurance) helps cover doctors' services and outpatient care. It also covers some other medical services Part A doesn't cover, such as some of the services of physical and occupational

therapists, and home health care. Part B helps pay for these covered services when they are medically necessary.

Prescription Drug Coverage- Everyone with Medicare can get this coverage that may help lower prescription drug costs.

If you or a loved one require help completing Medicare forms or have questions please make an appointment by calling Cindy Lockwood- Social Services , Mescalero Care Center at 464-4802. We look forward to assisting you with this health important benefit.

Mescalero Conservation

Living with large predators in New Mexico, cougars, black bears, bobcats and coyotes are found throughout the state. These large predators have lived here much longer than humans and play an important role, helping to maintain a balanced ecosystem. If you

live near or enjoy the outdoors in habitats used by these predators, it is wise to learn about their behaviors to better avoid danger and safely coexist. Predator encounters thought infrequent, predator-human interactions sometimes occur. Although most preda-

tors usually live in remote, rural country and are difficult to spot, a combination of factors can cause an encounter. A few examples of the causes include drought, which can pressure predators to expand their ranges; more people recreating and using hiking and biking

**JUNE DEADLINE:
05/20/16 BY 4PM**

trails in predator habitat; and more people residing in wild, mountainous or previously undeveloped areas. Don't encourage an encounter if you live in or visit predator country, be sure you aren't contributing to an encounter. Follow these precautions to reduce your risk:

- Avoid outdoor activities such as running or hiking at or around dawn and dusk, when predators are most active.
- Supervise children when they are outdoors and keep them close when hiking.
- Eliminate hiding places for predators. Remove enough vegetation to detect large predators in your yard and make it difficult for them to hide or approach unseen.
- Enclose open spaces below porches and decks.
- Install outside lighting (preferably motion sensors). Illuminate walking areas.
- Avoid non-native shrubs and plants. These can attract prey that predators may follow.
- A leash will help protect your pet and usually is required by law. Pets are easy prey.

Bring pets inside at night. If they must stay outside, confine them in a kennel with a secure roof.

- Do not feed pets outside. Pet food can attract predators and prey.
- Store all garbage securely. Most predators will not cause damage and will move on if abundant food cannot be found. If you have an encounter when a predator detects your presence, it usually will leave the area before you know it's there. attacks are rare, and each situation is different and will depend on the predator, the terrain and how the person (s) reacts. Though steadfast rules often don't apply, these suggestions will reduce the risk of attack:
 1. If you see a predator that hasn't seen you, remain calm and leave the area. Talk loudly as you move away to make your presence known.
 2. Stop and back away slowly while facing the predator if this can be done safely. Avoid direct eye contact. Do not run; this may stimulate the predator's instinct to chase and attack. Allow the

predator as much room as possible for it to leave.

3. Appear as large as possible. Raise your arms and if wearing a jacket open it. If wish small children, pick them up to protect them and prevent panic and running.
4. Never approach a wild animal. Predators are unpredictable, but will avoid confrontation unless forced.
5. Watch for young. Coming between a female and her young is dangerous. If a predator's young are nearby, move away while remaining alert for other young and adults in the area.
6. Convince the predator you are not prey. If a predator approaches or behaves aggressively, arm yourself with a large stick, throw rocks or sticks and speak loudly and firmly. Convince the predator that you are dominate and a danger to it.
7. Fight back if a predator attacks. Fight aggressively and use any weapon available, such as rocks and sticks, a backpack, hat or jacket or your bare hands if necessary.

Who can you call?

Don't encourage an encounter if you live in or visit predator country, be sure you aren't contributing to an encounter.

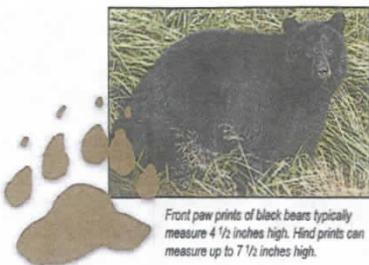
The Mescalero Conservation Department manages, conserves and protects wildlife within the Reservation. Your concerns about wildlife are our concerns as well. If you have a potentially life threatening situa-

tion or suffer an injury from a large predator, please contact us at (575) 464-9323.

Office hours are Monday through Friday, 8 a.m. to 4:30 p.m. After hours, contact the BIA Law Enforce-

ment at (575) 464-4479 or (575) 464-4511 and they will send a Conservation Office out.

Sightings or encounters with large predators are not uncommon.



Front paw prints of black bears typically measure 4 1/2 inches high. Hind prints can measure up to 7 1/2 inches high.

Black Bear

Black bears (*Ursus americanus*) are large, powerful and can weigh more than 200 pounds. The largest black bear recorded in New Mexico was nearly 600 pounds. Fur color of individuals can vary from dark black to cinnamon. Though unusual, blonde-colored bears sometimes occur.

Bears have pointed noses, high-set ears and short, sharp, curved claws that enable them to dig, overturn heavy rocks and debris and climb trees. Adult females normally give birth every other year. One to three cubs are born while the mother is in hibernation and weigh eight ounces. Cubs remain with the mother through the first full winter and disperse in the spring.

Lifespans of black bears in the wild average from 10 to 20 years, and in captivity bears have been known to live 35 years.

Hunting and Feeding

Omnivores (feeding on both plants and animals), black bears are opportunistic and will eat whatever is available seasonally or can be scavenged or caught. Bears eat mostly plants such as grasses, berries and fruit in the spring and acorns and piñon nuts in the fall. Bears will eat carrion (dead animals) where found and often overturn rocks and stumps while hunting insects or rodents. Research has shown bears can be efficient predators on large game, particularly young animals.

On rare occasions, when under environmental stress such as lack of food during drought, bears may kill livestock or break into beehives to feed on the honey and bees.

Habitat

Black bears commonly inhabit forested areas of New Mexico, but can be found from low-elevation desert to tundra areas above tree line. Bears prefer woodland cover and mixed forest with food-producing trees such as oak and piñon. Bears are attracted by water sources such as tanks, springs and creeks and may be attracted to mountain campgrounds or rural communities if human food sources are present.



Bobcat front and hind paw prints measure approximately 1-7/8 inches high.

Bobcat

Bobcats (*Lynx rufus*), sometimes confused with the lynx, are smaller and more compact in appearance, similar to a large house cat. Though both the bobcat and lynx have erect, tufted ears, the lynx has longer tufts. Bobcats are a brownish color with black spotted flanks, belly and legs. Lynx are taller and longer in appearance and are generally a grayish color. Though both animals have short tails, the bobcat's tail has black bars on top, is white underneath and is white-tipped. The lynx's tail has a black tip and no white underneath. Bobcats have small, hairless feet (up to 2-1/2 inches wide) while lynx have larger, fur-covered feet (3-1/2 to 4-1/2 inches wide).

Bobcats usually mate from February to May, but can be active anytime of the year. Gestation lasts about 60 days, and litters average two to three kittens. Newborns open their eyes in 10 days and are weaned at two months. Kittens may remain with the female until the fall of the following year.

Hunting and Feeding Habits

Bobcats primarily are nocturnal hunters, but occasionally hunt during daylight. Bobcats are sight hunters, and in dim light the pupils of their eyes become large and round, aiding their ability to hunt at night.

Like most cats, bobcats hunt by stealth rather than pursuit and may patiently wait by a trail until prey passes nearby. Their diet consists of small and medium-sized prey such as rabbits and other rodents, birds, reptiles or even insects. House pets such as cats or small dogs can fall prey to these predators.

Habitat

Bobcats are found in every county in New Mexico. This highly adaptable member of the cat family can range from sandy deserts in the lower Sonoran zone to high mountains in the alpine. Though elusive and difficult to observe, the bobcat's habitat can include lightly populated urban areas.

Unlike far-ranging cougars, bobcats seldom travel more than a few miles from home and adapt more easily to areas settled by humans. Even a wooded lot in an agricultural area can sustain a pair of bobcats.



Coyote front paw prints measure approximately 2 1/2 inches high, and rear prints are slightly smaller.

Coyote

Coyotes (*Canis latrans*) are one of the most vocal North American canids, having a wide vocabulary of yips, barks and howls. Sometimes confused with wolves, coyotes can be distinguished by their smaller size, more elongated muzzle and more pointed and prominent ears.

The light-colored, thick fur of a coyote can mask its more delicate bone structure and sometimes give it an appearance of being larger than it actually is. Adults weigh 20 to 40 pounds, and males are slightly heavier than females. Overall body length varies between 48 and 60 inches, and the tail measures approximately 16 inches.

Coyotes are serial monogamists and pair for several years, though not necessarily for life. Females become fertile once each year in late winter to early spring. After mating, the pair construct a den, and approximately six pups are born about 63 days later. Young emerge from the den in about two weeks and remain with the parents for six to nine months, after which they disperse. Occasionally, young will remain with the parents and form a small group.

Hunting and Feeding

Most of a coyote's diet is other animals, including carrion and insects. Coyotes are opportunistic and will eat large quantities of fruit, seeds, berries and cultivated crops when available. Favoring rabbits, voles and mice, coyotes will prey on deer, usually first-year fawns or a feeble and infirm adult. Coyotes can be livestock predators and may target domestic pets, such as cats and dogs in urban areas.

Coyotes are less social than wolves or domestic dogs and often hunt alone or in mated pairs. Though a coyote cannot overtake a jackrabbit or a pronghorn fawn older than two weeks, a pair can use teamwork to catch and kill more difficult prey, running relays or waiting in ambush while one drives the prey toward the other.

Habitat

Coyotes inhabit most of New Mexico, including urban areas, and can be seen in almost every life zone, from high alpine meadows to lower deserts. Despite programs to reduce populations, coyotes are adaptable and remain common.



Cougar front and hind paw prints measure approximately 3 inches high.

Cougar

Cougars (*Puma concolor*; translated "cat of one color") are a yellow-brown to light-cinnamon color with black-tipped ears and tail. Adults can weigh 80 to 150 pounds and measure eight feet long from nose to tail. Cougars, even young cats, are distinguished from other wild cats by the long tail. Fur is short and kept clean by grooming.

Females begin to reproduce at two years of age, bearing an average of two to three kittens. Newborns average 1 foot in length and 1 pound in weight, have spotted coats and nurse for one month before eating meat provided by the mother.

Hunting and Feeding

Most active at night from dusk to dawn, cougars sometimes hunt or travel during the day. Cougars prefer deer but also prey on elk and smaller mammals such as porcupines, rabbits and foxes. Cougars prefer to kill prey by ambush rather than pursuit, and use a powerful bite below the base of the skull to break the necks of prey. Given the opportunity, cougars will prey on livestock, domesticated animals or household pets.

An adult cougar can survive for a week on a single deer, covering the unconsumed carcass (cache) with dirt, leaves or snow and returning repeatedly to feed. A feeding cougar on its food cache is extremely dangerous and always should be avoided.

Habitat

Sometimes called mountain lions or pumas, cougars occupy all parts of New Mexico except the wide-open eastern plains. Cougars are found in piñon, juniper and ponderosa forest, mountain mahogany and desert, oak brush and subalpine meadows. Where prey are plentiful, cougars likely are nearby. An individual cougar's range can encompass 10 to approximately 300 square miles, depending on the terrain and available food. Their ability to feed on a wide variety of prey allows them to occupy many different habitat types. Females with young have smaller ranges and adult males the largest.

Miss Mescalero



Nilth Da Dagute?

Shi shilth gu'zuu

Hello everyone,



My name is Talia Randolph I am your current Miss Mescalero Apache XXXVII here is an update on things I have been doing and places I have been for the month of March and April. My family and I started March with an Indian Taco sell to raise money so I was able to attend more than one traditional gathering for the month. It was a huge success because I attended two powwow's outside of New Mexico. The first one was held at the Apache Gold Casino in San Carlos, Arizona. There I met a couple of new Native American royalty like The 2015-2016 Miss Quechan Chynna Cachora from Winterhaven, California. Since I traveled to San Carlos before I got to catch up with royalty I have previously met like Miss San Carlos, Missy San Carlos Apache and Miss San Carlos Apache Princess. It is always exciting to hear the places they have traveled and things they are currently doing for their community.



Easter weekend I attended the 42nd Annual Denver March Powwow in Denver, Colorado. This gathering has more than 13,700 guest per day and more than 1,500 dancers. It holds the international world record of 73 drum groups at single powwow but this year there was a total of 33. Since the Powwow is the 3rd biggest in Indian Country

there were many beautiful ladies representing their tribe, school, powwow and/or organization. I had the honor of meeting The 2015-2016 Denver March Princess Mikayla Sage and the 2015-2016 Stone Lake Princess.



On March 30, 2016 Mrs. Louanna Sanchez asked me to be the Mistress of Ceremony for the 2016-2017 Mescalero Apache School Brave & Princess Pageant, without hesitation I took the offer. It was a great privilege to witness the young talent in our community. My job was not only to host the pageant but to also recruit potential candidates for the upcoming Miss Mescalero Pageant. I did this by telling them how my experience has been and how it has opened up many opportunities.



For spring break some students made a very wise decision by attending the Mescalero Youth Development Program. They could have been at home watching TV or hanging out with friends but instead they made a huge step to sort of get a start on what they want their future to look like. Many people talked to the students about respect, opportunity, effort and tradition. They were able to go to the different places of employment on the reservation to explore their options and know exactly what the tribe has to offer. I prayed to the creator and ask that he bless our youth with wisdom, courage and understanding. To guide them in the right direction and always keep their mind strong and open to endless possibilities. The purpose of this was to help them understand there is more to the world than drugs, alcohol, gangs and any other negative effect(s) Instead they could go to college and become a doctor, lawyer, teacher or even join the military. As long as they are willing to put forth the effort I know these students could do great things.



All April long my family and I were busy preparing for the Miss Mescalero & Tribal Blessing Feast held at the Mescalero Ceremonial Grounds. It was a great turnout, a lot of hard work especially because it was planned in a very short amount of time. I believe the tribe needed a blessing and one should take place at least once a year. The people, land, resources, our leaders, traditions and enterprises are all important things that need prayer. I would like to thank everyone who came out, danced, sang, donated items, lent a hand it was all very much appreciated. It was an honor to have royalty in attendance that included Miss Indian New Mexico Megan Badonie, Miss Quechan Chynna Cachora, Miss To'Hajiile Autumn Platero, Miss Alamo Kiaheshia Dawn, Mescalero Apache High School, Middle School and Elementary School Princesses and the Ruidoso High School Indian Club Princess. I would like to thank all of you for taking time out of your busy schedules to be with my family & I.

I will be attending the 33rd Annual Gathering of Nations Powwow in Albuquerque, New Mexico. I am looking forward to meeting new royalty, catching up with the ones I have previously met, dancing and witnessing the Miss Indian World Pageant. Good luck to our local contestants Megan Byers and Sophia Ponce you ladies will do great.

Many Blessing to the Mescalero Apache Tribe!

I'xehe

Miss Mescalero Apache XXXVII

Talia Nicole Randolph

(More Pictures on Page 17)



Mescalero Apache Elementary

Mescalero Apache Elementary will be having an Early Start Program open to current MAS students who will be in 1st–5th grade.

The four week sessions will began Wednesday, July 6, 2016 and ending Thursday, July 28, 2016. The children will attend Monday through Thursday, from 9:00 am to 1:00 pm.

More information will be given out at a later date.

Indian Health Services

Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses; National Center for Emerging and Zoonotic Infectious Diseases Division of Vector-Borne Diseases



Put plants in soil, not in water



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.

Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch

and become adults in about a week.

Adult mosquitoes live inside and outside.

They prefer to bite during the day.

A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1. Eliminate standing water in and around your home:

- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than

an adult mosquito.

2. **If you have a septic tank, follow these steps:**

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3. **Keep mosquitoes out of your home:**

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.

4. **Prevent mosquito bites:**

- Use an Environmental Protection Agency

(EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear

(such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear. Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.

- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.

For more information, visit: www.cdc.gov/dengue, www.cdc.gov/chikungunya, www.cdc.gov/zika



Drain & dump any standing water.



Weekly, scrub vases & containers to remove mosquito eggs.



Keep rain barrels covered tightly.



Weekly, empty standing water from fountains and bird baths



Keep septic tanks sealed.



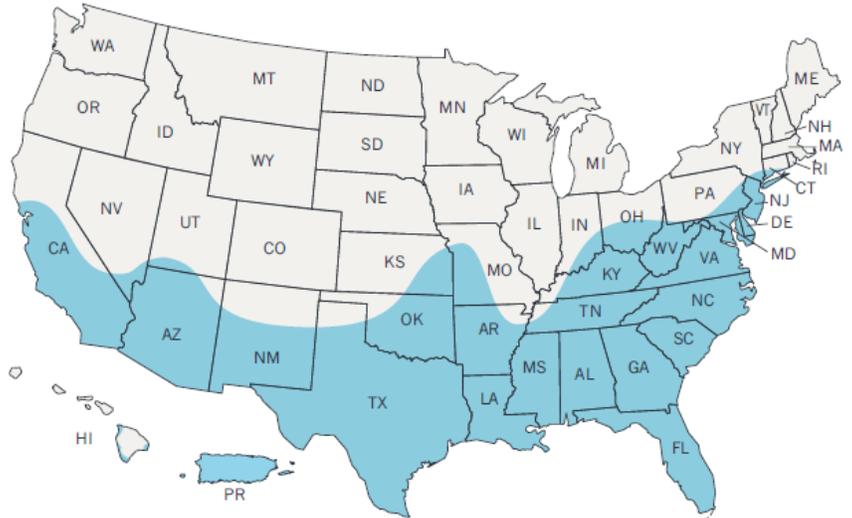
Install or repair window & door screens.

Active Ingredient Higher percentages of active ingredient provide longer protection	Some brand name examples*
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.	

Estimated range of *Aedes albopictus* and *Aedes aegypti* in the U.S., 2016

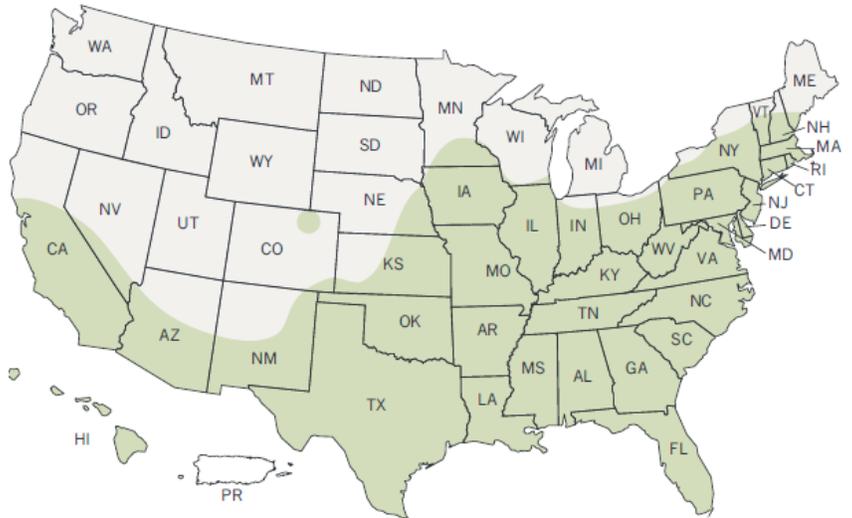
Mescalero CHR Program

Aedes aegypti mosquitoes are more likely to spread viruses like Zika, dengue, chikungunya and other viruses than other types of mosquitoes such as *Aedes albopictus* mosquitoes.



These maps DO NOT show

- Exact locations or numbers of mosquitoes living in an area
- Risk or likelihood that these mosquitoes will spread viruses



These maps show

- CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States
- Areas where mosquitoes are or have been previously found

**Maps have been updated from a variety of sources. These maps represent CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States. Maps are not meant to rep-

resent risk for spread of disease.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Mosquito Bite Prevention

Mescalero CHR Program

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex species</i></p>	<p>West Nile</p>	<p>Evening to morning</p>

Protect yourself and your family from mosquito bites

Use insect repellent

- Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
- Always follow the product label instructions.
- Reapply insect repellent every few hours,

depending on which product and strength you choose.

- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second .

Natural insect repellents (repellents not registered with EPA)

- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- To protect yourself

against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.

- When used as directed, EPA-registered insect repellents are proven safe and effective.
- For more information: www2.epa.gov/insect-repellents

If you have a baby or child

- Always follow instructions when applying insect repellent to children.
- Do not use insect repel-

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and Icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart





lent on babies younger than 2 months of age.

- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child’s hands, eyes, mouth, and cut or irritated skin. » Adults: Spray insect repellent onto your hands and then apply to a child’s face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthenediol (PMD) on children under 3 years of age.



Treat clothing and gear

- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
- Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin.



Mosquito-proof your home

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

www.cdc.gov/features/StopMosquitoes

Are Your Ready? Zika virus: How to keep your family safe

Mescalero CHR Program

Mosquitoes are more than just an itchy nuisance. They can also pass on diseases. One of those diseases is Zika. You can take steps to help protect yourself, your family and your community from Zika.

Zika virus: How to keep your family safe

What is Zika?

Zika is a disease caused by a virus. It’s mainly spread to people by mosquitoes. When an infected mosquito bites you, it can pass on the virus and make you sick. Zika illness is usually very mild. You may get symptoms such as a rash,

fever, red eyes or joint pain, which usually go away within a week. According to the Centers for Disease Control and Prevention, only about 20 percent of people who are infected with Zika will get sick. Some reports link Zika to Guillain-Barré, a rare con-



dition that causes nerve damage, but CDC hasn't confirmed that connection. It's very rare for anyone to die from Zika.

Zika and pregnant women

The main health concern



with Zika is the virus' effect in pregnant women. Since the disease was reported in Brazil in May 2015, reports of microcephaly have increased there. Microcephaly is a birth defect in which a baby is born with a small head and other possible developmental problems. Science has not proven for sure that Zika is the cause. But health officials are telling pregnant women to take caution, just in case. CDC advises that pregnant women avoid traveling to countries with Zika transmission. Women who are trying to become pregnant or who are pregnant should talk to their doctors first before traveling to areas with Zika. Pregnant women who live in or visit areas with Zika should take care

to protect themselves from mosquitoes.

How else is Zika spread?

Zika virus can also be spread via sex. CDC is advising that men who may have been exposed to Zika and have pregnant partners wear condoms during sex or that they abstain from sexual activity.

There are concerns that Zika may be spread via blood. The Food and Drug Administration says that people who may have been exposed to the virus should not donate blood for at least four weeks to be sure they don't pass Zika to others.

How can I prevent or treat Zika?

There are no vaccines or treatments for Zika, other than caring for symptoms.



The best way to avoid Zika is to not get bitten by mosquitoes. Here are some steps CDC recommends:

- When outdoors, wear approved repellents with DEET. Follow all directions on the label.
- Wear long-sleeved shirts and pants. Treat your clothing with the chemical repellent permethrin or buy pre-treated clothes.

- Stay in places with screens on windows and doors that keep mosquitoes out.

You can also play a part by getting rid of places where mosquitoes breed around your home. The Environmental Protection Agency says you should get rid of standing water in rain gutters, tires, buckets, plastic covers, toys and containers where mosquitoes might lay eggs.

It's also a good idea to empty and change water in bird baths, rain barrels and potted plant trays at least once a week, EPA says. Water in swimming pools should be circulated and treated.

Photo by James Gathany, courtesy CDC Public Health Image Library

What else is known?

Zika virus is spread by a type of mosquito called Aedes. These kinds of mosquitoes also spread dengue and chikungunya. So preventing mosquito bites and mosquito breeding makes sense for many reasons.

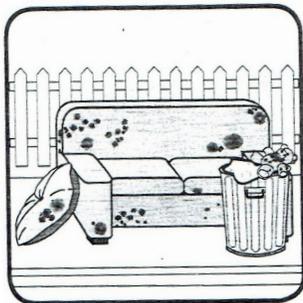
Health officials are predicting that Zika could be shared by mosquitoes in the U.S. at some point, though it's not expected to be spread widely.

For more tips on Zika, visit www.apha.org/zika and www.cdc.gov/zika.



Get Rid of Mold

Mescalero CHR Program



After a flood, mold will grow in your house. It can make you sick. You will need to clean your house.

Take things that were wet for 2 or more days outside.

Things that stayed wet for 2 days have mold growing on them even if you can't see it.

Take out stuff made of cloth, unless you can wash them in HOT water. Also take out stuff that can't be cleaned easily (like leather, paper, wood, and carpet).



Use bleach to clean mold off hard things (like floors, stoves, sinks, certain toys, countertops, flatware, plates, and tools).

Follow these steps:

1. Never mix bleach with ammonia or other cleaners.
2. Wear rubber boots, rubber gloves, goggles, and N-95 mask.
3. Open windows and doors to get fresh air when you use bleach.
4. Mix no more than 1 cup of bleach in 1 gallon of water.
5. Wash the item with the bleach and water mixture.
6. If the surface of the item is rough, scrub the surface with a stiff brush.
7. Rinse the item with clean water.
8. Dry the item or leave it out to dry.

Mescalero Elderly Center

Birthday blessings to all of our elders celebrating their special day in May! We wish you many more of health, happiness and love!

Our April snow showers brought along greener days and fields of wildflowers! We all know spring is just on the horizon, but the snowy colder days in April made some of us think different. Never the less, the sun is always shining and the days are bright and busy at the center.

A friendly invitation to all tribal elders to join in at the center for a variety of activities and travel.

Unless something unexpected comes up, we play Bingo every Friday. There is no charge for tribal elders 55 and older to come in to play. Just remember to sign up each time you play because often times we have door prizes, and in order to be eligible to win a prize you must be signed in! Remember to bring your smile in with you when you come to play, and stick around for one of our delicious meals!

We go to the Inn of the Mountain Gods Resort and Casino every Monday provided nothing unexpected comes up.

Our month of May will start out with the Monthly Program Improvement Meeting. We encourage all to participate and share their ideas and concerns about the program. We also have town day scheduled the first part of the month, going to Ruidoso and once in a while to Alamogordo.

The rest of the week is packed with a variety of activities that vary from day to day. We are planning more day outings this year. Our first one will be to the Hondo Iris Farm and Fox Cave on the 4th. The second will be on the 25th to Health and Fitness Day in



Roswell. This event is hosted by the New Mexico Senior Olympics. A friendly reminder that these trips fill up early so please come in often and check out the sign in book and sign in if you are interested in going.



Throughout the month we offer a variety of special classes. This month we will have Native American Legal Aid, Apache Language Class, Alzheimer's Class (continuing) and an Introduction to Basic Computer Skills. The Computer class is new this month, all computers will be provided for us to use. In addition to a group presentation on topics that we suggest, Native American Legal Aid will also spend time with individuals who may need private consultation. We always enjoy the Apache Language Class, it is both a social and educational time. The Alzheimer's class in May is the second in a four part series. These classes are open to all tribal elders and we encourage you to come in and take part.

for your use from 8:00-3:30 every day. We also have a laundry room with washers and dryers for elderly use. We will begin our sewing this month as well as working on our raised bed garden. Last year we enjoyed watching our pumpkin grow to 26 pounds. It was even better when we roasted it and ate it with brown sugar and butter!

Weeks packed with activities that vary from day to day!

Take a look at our monthly calendar and see if there is anything you'd like to do! We serve lunch every day from 11:00 to Noon, so after a morning of activities, you can enjoy a delicious healthy lunch while visiting with your friends!



We also go to the movies in Alamogordo once a month. Our next date is scheduled for May 6th. A friendly reminder that the program will no longer be paying for your kids pack snacks. You are welcome to sign up to ride in the elderly or drive your own vehicle and meet us at the movie theater. We are happy to pay for your movie ticket! This activity is very popular and fills up fast. Sign in early if you are interested in going!

Some of the ongoing activities offered at the class are nutrition education, health and fitness, arts and crafts projects, sewing projects, and recreational games. Every other month we are happy to have our Mesclero CHR program come to the center to do health assessments and consultations. Thank you CHR!



The elderly center also has a fitness room for elders to use. Treadmills and stationary bikes are available

All Indian Game Day Reception

Mescalero Elderly Center



A reception was held at the elderly center to recognize the elders from Mescalero who participated in the All Indian Game Day. Participants shared stories about their experience and enjoyed refreshments provided by the center. The high point person trophy

was also awarded. This is an annual award given to the person who scores the most points during the games. The award is in memory and honor of our former athlete Jayro Treas. This year's winner was Roderick Chimal. The Elderly Center will give out a

similar trophy for the NMSO in honor of another of our dearly missed athletes, John Fossom. The "Closest to the Pin" trophy pays tribute John who was the best at predicting his time in the estimated walk, and making ringers in washers.

An annual award is given to the person who scores the most points during the games. The award is in memory and honor of our former athlete Jayro Treas.

Elders Qualify for 2016 New Mexico Senior Olympics

Mescalero Elderly Center



April 4-8th was state qualifying for NMSO. The games were held here in Mescalero as well as Tularosa. We are proud to report that 22 of our tribal elders qualified to travel

to the state games in Roswell July 13-16. The week was full of healthy competition and those that participated were in good spirits trying their best in their respective sports.

We always enjoy spending part of the week in Tularosa with our neighborly Olympians from the Tularosa Senior Program.

News Continued

Mescalero Elderly Center

Elderly Community Yard Sale and Hot Dog Sale

The elderly center will hold its first spring yard and hot dog sale. The date is set for Saturday May 7th outdoors at the elderly center. There is no fee for tribal elders 55 and over. If you are a younger tribal member and would like to set up a table we will ask for a \$5 donation. Please bring your own tables, and whatever you sell, you keep the cash. We will be selling 100% all beef hot dogs and for a charge of \$6 you get chips and a soft drink.



Elderly Center to Host Family Night Bingo and Food Sale

The elderly center will also be hosting a family friendly bingo night on Wednesday May 18th. Doors open at 5:00 pm we will serve food from 5:30 to 6:30 pm. Bingo games will begin at 6:00 pm and cards will be \$1 each. The cost for the meal will be \$6, and at this time the menu has not been determined. The activity is family friendly so bring them along. We will have great prizes! Come on out and enjoy the evening with us!



NICOA Conference News

Many of our elders have expressed an interested in attending the National Indian Council on Aging 2016 conference in Niagra Falls, New York. The conference date is September 13-15. The elderly program is currently working on getting travel information together for those interested. Be on the lookout for another meeting to be held in May. If you are interested please attend the meeting. Notices will be posted when that date is available.



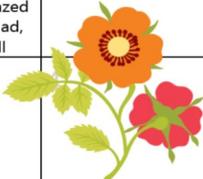
*HAPPY MOTHER'S DAY TO ALL!
FROM THE ELDERLY CENTER!*



May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	25 *MESCALERO ELDERLY CENTER ACTIVITIES	26	27	28	29	30 
	*Calendar is subject to change without notice. Need transportation to the center? Call 464-4674 before 8:30 am.					
1	2 10:00 Casino Day	3 10:00 Monthly Program Meeting & Travel Planning Meeting 1:00 Town Day	4 10:00 Mother's Day Field Trip Fox Cave and Hondo Iris Farm	5 10:00 Native American Legal Aid	6 10:00 Bingo 1:00 Movie Day in Alamo	7 Community Yard Sale and Hot Dog Sale Free Space Tribal elders 55 and older 9-1pm
8 	9 10:00 Casino Day	10 10:00 Apache Language Class	11 10:00 Spring Seed Clay Balls	12 10:00 Spring Seed Clay Balls	13 10:00 Bingo	14
15	16 10:00 Casino Day	17 10:00 Feast Day Sewing	18 10:00 Intro to Computer Skills 5:30-8:30 Family Bingo & Brisket Night	19 10:00 Alzheimer's Class The Mid Stages	20 10:00 Bingo	21
22	23 10:00 Casino Day	24 10:00 Nutrition with Kelly	25 Field Trip to Roswell Day of Health and Fitness	26 10:00 Fitness	27 10:00 Bingo	28 
29	30 Center Closed in Observance of Memorial Day	31	1	2	3	4 

May 2016

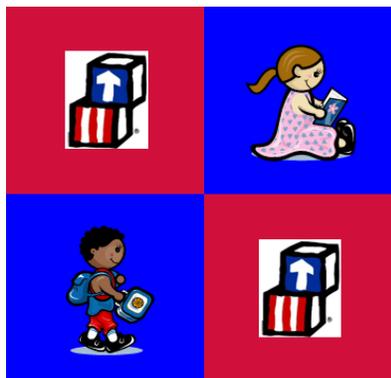
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	25 *MESCALERO ELDERLY CENTER MENU	26	27	28	29	30
	*Menu is subject to change without notice. Homebound meal delivery cancellations please call before 9:00 am. All meals served with 1% milk. Questions? Please call 464-1614					
1	2 Beef Patty w/gravy, Mashed Potato, Green Beans Glazed Carrots Peaches WW Roll	3 BBQ Chicken Zucchini, Beets Macaroni Salad Pound Cake w/Cherries	4 Turkey/cheese Hoagies Lettuce Tomatoes Celery Carrot Sticks Grapes Sun Chips	5 Mother's Day Dinner Brisket Glazed Carrots, Broccoli Salad, Roasted Red Potatoes, Strawberry Short Cake WW Roll	6 Tuna & Macaroni Salad, Island Blend, BLT Salad, WW Roll, Pudding	7 
8 	9 Spaghetti w/Meat, Green Beans, Salad, Bread Sticks, Peaches	10 Baked Pork Chop, Mash Potatoes and Gravy Squash w/Tomatoes, Asparagus, Biscuit, Cherry Cobbler,	11 Beef Stew, California Blend, Fry Bread, Pears	12 Oven Fried Chicken, Okra, Coleslaw, Rice, WW Roll, Mandarin Orange	13 Burrito Supreme, Chuck Wagon Veggies, Green Salad, Apricots	14
15	16 Mac & Cheese w/ Ham, Broccoli, Capri Veggies, Corn Bread, Plums	17 Liver & Onions, Rice, Tomato Salad, Asparagus, Tortilla, Banana	18 Green Chile Pork Stew, Cucumber & Onion Salad, Corn Bread, Jello w/Fruit Cocktail	19 Baked Cod, Scalloped Potato, Spinach Salad, Caribbean Veggies, WW Roll, Pineapple	20 Hamburger & Potato Gravy, Green Salad, Mixed Veggies, Tortilla, Diced Peaches	21
22	23 Chile Mac, California Blend, Zucchini, Corn Bread, Apricots	24 Pepper Steak, Rice, Carrots, Onion & Bell Pepper Medley, WW Roll, Pears	25 Chicken & Noodles, Brussel Sprouts, Beets, Biscuit, Peaches & Strawberries	26 Red Cheese Enchiladas, Pinto Beans, Lettuce, Tomato, Squash, Pineapple & Cottage Cheese	27 Roast Beef, Mashed Potato & Gravy, Glazed Carrots, Tossed Salad, Orange, WW Roll	28 
29	30 Center will be closed in Observance of Memorial Day.	31 Roasted Chicken Dressing w/gravy, Tossed Salad, Green Peas, Fruit Cocktail	1	2	3	

Miss Mescalero





Lionel Magoosh & grandsons



Mescalero Apache Head Start News

Program Information

The Mescalero Apache Head Start program year is coming to an end.

Last Day of School—
Wednesday, May 25, 2016

Award’s Day—Wednesday,
May 25, 2016

Parent/Teacher Conference—Thursday & Friday,
May 26-27, 2016

Head Start Graduation—
Saturday, May 28, 2016

During the month of April, the Head Start children will continue learning the following letters, Xx and Jj. Ms. “J” will begin teaching the children about exploring sounds by joining letters

to sound out a word. Mr. “X” will introduce the Planets and Stars to the children. The teachers will also be reviewing all the letter learned throughout the school year.

April Activities

Movie with Dad

The Head Start “Movie with Dad” day was a huge success. Just about every child had a male volunteer.

We started the day off by watching the *Jungle Book* movie in Alamogordo and then heading to the Kid’s Kingdom park where the children got to play out on the playground. For lunch

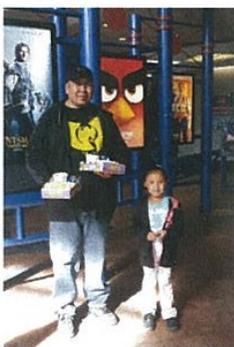
they ate pizza, salad, and watermelon.

Some other MALE INVOLVEMENT activities included Fishing with Dad, Pumpkin Carving with Dad, and a drawing contest with Dad which a lot of fathers participated in.

We are very proud of all the male volunteers (biological fathers, step fathers, uncles, brothers, grandfathers, etc.) that took time out of their busy schedules to participate. Below are a few pictures of the “Movie with Dad” outing.



Adam Carrillo & son



Raymond Valdez & daughter



Clarence Mendez & son



At the Aviator 10 Theatre



Dad and kids at Kids Kingdom Playground

Religion

Apache Assembly of God Church

A Truth Shared by Pastor Gary from Kevin Mills

“There is hope for your future, declares the Lord...” Jeremiah 31:28. You’ve got to love the practicality and clarity of the bible. But God makes it simple because He really wants us to get this: There is Hope in you future! There’s people reading this article who have succumb to believing that God has forgotten about their dreams, prayers, and visions—subsequently, you just trying to survive. But God’s desire is not for survival but for a hopeful and joyful existence. God desires us to experience the full range of emotions and feelings in life. (Ecc. 3:1-8) God really wants you to grasp that “there is hope for your future.”

A couple of chapters back in Jeremiah we read the Lord’s encouragement once again, wherein He states, “For I know the plans I have for you, declares the Lord, thoughts of peace, and not of evil, to give you a future and a hope.” (29:11) Friends, God’s desire is for us to have our hope set in Him. Why? Because God is unchangeable in His character towards man and all creation—He is love. (1Jn. 4:8) How many of us have experienced the wonder-

ment and absolute thrill and hope of being in love? Why do we feel so hopeful! Because: someone loves us! How much more to be loved by one whose opinion of you can never change—God says He first loved you therefore nothing you can do can change His Love towards you. How wonderful a security and HOPE! (1 Jn. 4:19, Rom. 8:35-38).

The first step in dwelling within this hope is to acknowledge, believe, and thrive within the unchangeable/unwavering hope of God’s love towards you. Secondly, we learn to set our hope outside of present circumstances and situations. Tom Marshall in his book *Understanding Leadership* makes a good point, “...when the going gets rough, present problems appear to [people] to be far more pressing than future possibilities.” Here we once again return to our text—”there is a hope for your future, declares the Lord.” Because the “means” (present problems) by which you may reach your future hope is many times beyond your present understanding, you must trust God that He will bring you to the expected, hope-

ful, and exceedingly wonderful end He has promised all of us.

My friend, please realize God’s desire for you to grasp this simple and yet far-reaching truth: There is hope for your future. God does not desire to leave anyone without a hope. God himself said that without a hope and vision people will perish. (Prov. 29:18) And didn’t God say that His desire is that none should perish (remember John 3:16)? This week, month, year, and life—remember: There is a hope for your future, declares the Lord. To go along with this article is a special presentation coming up in June at the Apache Assembly of God, 218 Yucca.

On Sunday, June 26, in our 10:30 a.m. worship services, we will be showing *Hope for hurting hearts* a DVD by Harvest Time Ministries and Greg Laurie; narrated by Christian psychologist James Dobson. You can view the trailer online by going to www.harvest.prg/hope-for-hurting-hearts. This DVD has changed countless lives. You will not want to miss it.

God bless,
Pastor Gary Darsery

Sunday Services:
Adult Sunday School
at 9:30 a.m. and
Worship Service at
10:30 a.m.

**Monday Evening
Prayer: 5:00 p.m.—
7:00 p.m.**

**Wednesday Evening
Potluck: 5:30 p.m.—
6:30 p.m.**

**Wednesday Evening
Bible Study: 6:30
p.m.—8:00 p.m.
(Women, Men,
Youth, and Children)**

**Apache Assembly of
God**

**218 Yucca Drive,
Mescalero, N.M.**

(575) 464-47474

**FACEBOOK: Apache
Assembly of God**

Ndé Bizaa' The Mescalero Apache Tribe Language Program

Apache Children at the Carlisle Indian School, 1886



Apache children arriving at the Carlisle Indian Industrial School, November 1886.



Chiricahua Apache children after four months at the Carlisle Indian Industrial School, February 1887. Seven of these children died of diseases they contracted at Carlisle.

'Adí Ch'uk'ánénde bizhaańde 'ádaat'í.	These are Chiricahua Apache children.
1886-dá, keedaa'iíyá.	In 1886, they were photographed.

Saldáagu 'elchíńde guch'áynjaa'.	(U. S) soldiers separated the children from their parents.
Saldáagu 'elchíńde Karlail-yá kaa'yúńdíł	The (U. S.) soldiers threw the children into Carlisle (Indian Industrial School).
Gumáńde shí guta'ńde bił Florida-yá niinánee'l'á-yá ánjii'jé.	Their mothers and fathers were imprisoned in Florida at the edge of the continent.
'Elchíńde nédaa'ldzi shí bildaagútúyé-ná'.	The children were afraid and they were sad
Dáshígundá dáanzj-ná'.	They were thinking about what would happen to them.
'Indá'í gúnińt'é-ná'.	They were not sure of life. (They were not sure that they would live.)
Bitségu, dábíńi háshdiká-ná'.	Before, they traveled freely. (Before, they were free.)
K'adi Karlail-yá 'ánjii'jé.	Now, they were imprisoned at Carlisle (Indian Industrial School).
'Indaa, gúzhjńi k'e'át'é-gu, lą.	White people, like ants, were numerous.
'Elchíńde bit'ekéńde du nádaayiiłtsé-da dáanzj.	The children think that they will not see their parents again.
'Elchíńde ch'ńńda daabiyeesj.	Loneliness is killing the children.
'Indaańde 'elchíńde bitsiigha'í yaadaayúshé.	White people shaved the children's hair.
'Elchíńde 'e'elt'é-gu 'é yeebúńdíł.	The children were dressed uniformly (by the white people).
'Indaa bik'eyágu 'é yeegúńdíł.	They (the children) were dressed in the manner of white people.
Ch'uubayéńde 'it'a nédaaldzi-shí bildaagútúyé ná'k'e'ádaat'é.	The poor little ones (after they were dressed like white people) still appear to be scared and sad.
Łanı Karlail-yá 'it'edaaska.	Many (children) at Carlisle were placed in the earth. (Many children at Carlisle died.)
'Isdáhukańde bit'ekéńde yaanáka.	Those (children) who survived returned to their families.

2016 Essay Winner

Presented to Damaris Lent by Chief of Police and Mayor of Oro Valley, AZ

Damaris Lent
English 5A
Ms. Ethridge
March 23rd, 2016

I CHOOSE TO DREAM DRUG FREE

My Dream is to be a star basketball player. If I am taking drugs it would make me lose my focus and I would do all of the plays wrong and then coach would have to take me off the team. Also drugs make you age 10-15 years older then you are and cause all kinds of diseases and make you have memory loss. When I would be playing it would be hard to keep up because drugs can ruin your body and you're your breathing. There are good drugs like the ones you go pick up at Walgreens that are for heath problems and your doctor has to proscribe to it. These are the only kinds of drugs that I would even think of ever using.

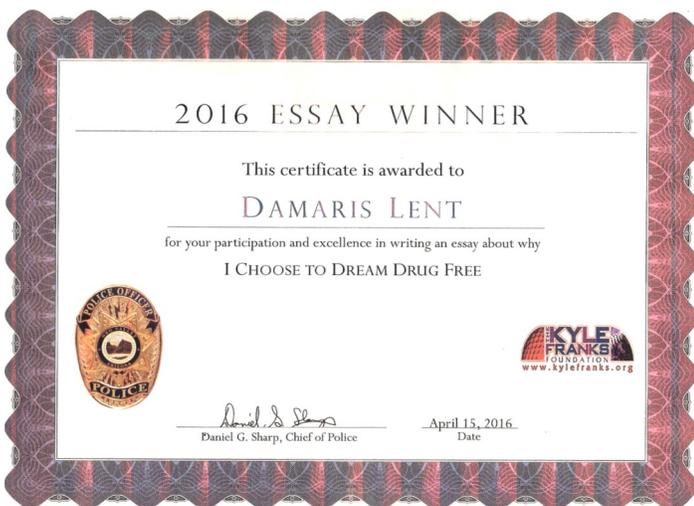
Drugs can also cause you to ignore and disappoint your family, friends and teammates. I do not want to go farther from God and my family or friends. I also do not want to go to prison, which happens to people who sell or use drugs. Alcohol is a drug that can cause high blood pressure, which increases the risk of having a heart attack or a stroke and can also lead to cancer. Alcohol can cause major liver damage and can cause very bad memory loss, which would be awful if I could not remember my family, friends or great moments with my teammates.

I would not use drugs if I became a great basketball player because I would want to be a role model for other kids who loved basketball and wanted to live a good life. I also would want to make my family and God proud of the way I live my life and using drugs would not make them very proud of me. I have two main strategies that will help me stay drug free.

The first strategy for me to stay drug free is to listen to my family, coach and my teachers. I would also listen to a basketball player that I admire who is Shoni Schimmel. She is a Native American like me who grow up on a reservation. When I went to one of her camps she told me not to use drugs or alcohol because I could not be a great basketball player or person if I used them.

The second strategy for me would be always to keep my faith in God. This would help me to stay strong and to avoid the temptation of drugs and alcohol. My faith would help me remember how great life is and how drugs and alcohol would only ruin my hopes and dreams. God could help me stay strong if people tried to tell me to use drugs and alcohol.

Drugs and alcohol would hurt me by not allowing me to reach my dream of being a basketball star. They could get me in trouble with the law and hurt my body and my brain, which no athlete can do. Drugs and alcohol would also make me farther from my family and God whose support I would need to be a star.



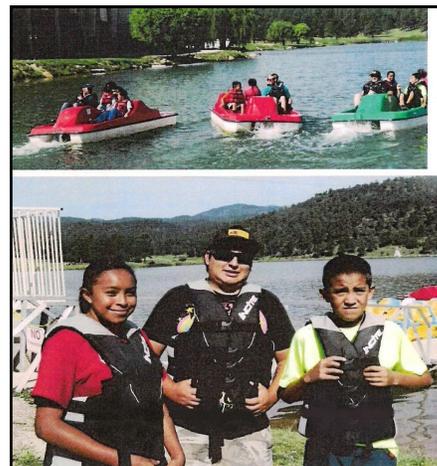


Blessing Feast for
Genevieve Evans
Allene Lester
 May 20th–21st, 2016
 Blake Field Hwy 70
Friday Brunch/Dinner
Saturday Reception/Dinner

BLESSING FEAST
 Celebrating
 Children's Mental Health Awareness

May 6 & 7
2016

PUBLIC WELCOME
 MESCALERO CEREMONIAL GROUNDS
 SPONSORED BY THE MESCALERO SYSTEM OF CARE



MAY 28TH, SATURDAY
INN OF THE
MOUNTAIN GODS
PADDLE BOAT RACE

Participants are to be there by 9:30am.
 Parents pick up participants by 12:00pm.

Boat races for
 Mescalero Boys and
 Girls ages 8-18

Cost is FREE!!!!

Starts 10am-12pm

Free Zip-Line for
 winners of Teen
 Category ages 13-18
 and Big Water Guns
 for winners of Kids
 Category 8-12

NO TRANSPORTATION
 IS PROVIDED.

Sponsored by the
 Mescalero Youth
 Development
 Program

For more information please call
 575-464-0648



Notice:

The Mescalero Conservation Department is now accepting applications for the **Spring Turkey Hunt**.

Hunt dates are as follows:

First Hunt: April 29th- May 1st, 2016

Second Hunt: May 6th- 8th, 2016

For more information, give the office a call at (575)464-9323.

Happy Hunting!



Poker Run

When: Saturday July 30th

Time: 10:00am

Location: Fence Canyon

Meet: @ Gravel Pit

Ages: 21 on up

Entry Fee: \$50.00

Requirements: Valid Driver's License

ALL PROCEEDS GO TO THE MESCALERO YOUTH DEVELOPMENT

FOR MORE INFORMATION PLEASE CALL 575-464-0648

GED
classes
You can do it!

Mescalero Empowerment Building Rm #105

ENMU - Mon - 9am-12pm
NMSU-A - Tue-Wed-Thu - 9am-12pm
NMSU-A - Tues-Thu - 5pm-7pm
(Evening classes)

Mescalero Apache Tribe

Apache Scout
P.O. Box 227
101 Central Avenue
Mescalero, NM 88340

Phone: 575-464-9270
Fax: 575-464-9292
E-mail: egvia@mescaleroapachetribe.com

Checkout the tribe's official website!

MescaleroApacheTribe.com

Bulk Rate

Non-Profit Organization

Permit #1

Mescalero, NM