


How can you engage in civic responsibility in Mescalero and Lincoln County? There are so many ways to give back, large and small. You can volunteer at the High Mountain Youth Project of Lincoln County or Mescalero 4-H, vote when the opportunity arises, donate to the Community Foundation of Lincoln County, take reusable bags to

the grocery store for your own personal use, donate canned food to the Lincoln County Food Bank, get to know your neighbors, or simply interact courteously with the waitress at your local restaurant. Each is a civic gift!

## — HOW TO BUILD COMMUNITY —


<p>TURN OFF YOUR T.V. LEAVE YOUR HOUSE KNOW YOUR NEIGHBORS GREET PEOPLE LOOK UP WHEN YOU'RE WALKING SIT ON YOUR STOOP PLANT FLOWERS USE YOUR LIBRARY PLAY TOGETHER SHOP LOCAL SHARE WHAT YOU HAVE HELP A LOST DOG TAKE KIDS TO THE PARK HONOR ELDERS SUPPORT NEIGHBORHOOD SCHOOLS FIX IT EVEN IF YOU DIDN'T BREAK IT HAVE POTLUCKS GARDEN TOGETHER PICK UP LITTER READ STORIES ALOUD DANCE IN THE STREET TALK TO THE MAIL CARRIER LISTEN TO THE BIRDS PUT UP A SWING HELP CARRY SOMETHING HEAVY BARTER FOR YOUR GOODS START A TRADITION ASK A QUESTION HIRE YOUNG PEOPLE FOR ODD JOBS ORGANIZE A BLOCK PARTY BAKE EXTRA AND SHARE ASK FOR HELP WHEN YOU NEED IT OPEN YOUR SHADES SING TOGETHER SHARE YOUR SKILLS TAKE BACK THE NIGHT TURN UP THE MUSIC TURN DOWN THE MUSIC LISTEN BEFORE YOU REACT TO ANGER MEDIATE A CONFLICT SEEK TO UNDERSTAND LEARN FROM NEW AND UNCOMFORTABLE ANGLES KNOW THAT NO ONE IS SILENT THOUGH MANY ARE NOT HEARD WORK TO CHANGE THIS</p>	<p>APAGA TU T.V. SAL DE TU CASA CONOCE A TUS VECINOS SALUDA A LA GENTE MIRA HACIA ARRIBA CUANDO CAMINAS SIENTATE EN TU ESCALERA PLANTA FLORES USA TU BIBLIOTECA JUEGUEN JUNTOS COMPRA EN TU LOCALIDAD COMPARTE LO QUE TIENES AYUDA A UN PERRO PERDIDO LLEVA A LOS NIÑOS AL PARQUE HONRA A LOS ANCIANOS APOYA LAS ESCUELAS DEL VECINDARIO ARREGLALO AUNQUE NO LO ROMPISTE HAS FIESTAS DE "TRAJE" LIMPIEN EL JARDÍN JUNTOS RECOCGE LA BASURA LEE HISTORIAS EN VOZ ALTA BAILA EN LA CALLE HABLA CON EL CARTERO ESCUCHA LOS PÁJAROS PON UN COLUMPIO AYUDA A LLEVAR ALGO PESADO HAS TRUEQUE POR TUS BIENES COMIENZA UNA TRADICIÓN PREGUNTA CONTRATA JÓVENES PARA TRABAJOS ESPECIALES ORGANIZA UNA FIESTA EN LA CUADRA HORNEA DE MÁS Y COMPARTE PIDE AYUDA CUANDO LA NECESITES ABRE TUS PERCIANAS CANTEN JUNTOS COMPARTE TUS HABILIDADES HAS TUYA LA NOCHE SUBELE A LA MÚSICA BAJALE A LA MÚSICA ESCUCHA ANTES DE ENOJARTE MEDIAR UN CONFLICTO BUSCA ENTENDER APRENDE DESDE ÁNGULOS NUEVOS E INCÓMODOS SEPA QUE NADIE CALLA AUNQUE MUCHOS NO SON ESCUCHADOS TRABAJA PARA CAMBIAR ESTO</p>
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**(575)464-4432**


**107 SUNSET  
LOOP**

**MESCALERO, NM  
88340**



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





“The future depends on what you do today!”



**TOPLINE THERAPY**  
*An Innovative Physical Therapy Clinic*

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We offer physical therapy, pre-op and post-op rehabilitation, injury treatment, pain treatment, and dry needling.



ONSITE PHYSICAL THERAPIST, **DANA WADE, PT**  
PHYSICAL THERAPIST ASSISTANT, **ANGELA BERNAL, PTA**

**Call today for an appointment!**

**For volunteer opportunities, see Page 9 of our directory**