



“Together WE Can Grow a Better Community.”

Visit us on the web at: www.dancing-trees.org

Email us at: dt@dancing-trees.org

DancingTrees is a proud member of www.iSearchiGive.com
Sign-up and start raising funds today!

Committed to

- Families
- Animals
- Environment



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Get Ready for the Annual “Earth Day Challenge” !

On Saturday, April 23rd (4) “Prize Patrol” vehicles filled with exciting prizes will leave DancingTrees in search of households participating in “Earth Day” activities.

Prizes awarded for:

- ⇒ Raking
- ⇒ Cleaning Up Trash & Debris
- ⇒ Gardening
- ⇒ Ditching
- ⇒ Repairing Dirt Driveways
- ⇒ Pruning Trees & Plants...you get the idea!



DT Board Member Raven Merrill with 2010 Earth Day Challenge Winner (and friend) in South Paris.



Team DancingTrees
Seated (l to r) Greta, Sjostrom, Nicky Howell, Deb St. Clair, Tamera Dobbins, Raven Merrill, and Michelle Kilgore. Standing (l to r) Jason Paradis and Ryan Paradis.

Fun was had by all at the **2011 Big Brothers Big Sisters Bowl for Kids' Sake** event on Saturday, April 2nd at Hobbs Lucky Lanes in South Paris. A very big “Thank you!” to all of the volunteers and sponsors who worked so hard to help Team DancingTrees raise \$3034., for this important program.

If you want to have fun and help others, join us! Contact Jacki at:

dt@dancing-trees.org or 207-539-2670.

Best Wishes from the Easter Rabbit!



Help Us Give...Warm Clothing, Winter Boots, Snow Pants, & Winter Coats...To Our Community.

Can't come to us, we will come to you!

If you wish to unsubscribe to this e-newsletter, email us at dt@dancing-trees.org or call 207-539-2670.

Animal Corner



Spring is here and our beloved cats are anxious to be outside. You can help them stay safe and healthy by checking-out these local LOW COST SPAY/NEUTER & RABIES VACCINATION CLINCS:

- **Responsible Pet Care:** 207-743-6441
The 1st and 3rd Wednesday of each month at 86 Roberts Road in Norway. RPC and Well Point Veterinary Service sponsor spay/neuter clinics for cats for low income people. Male cats are \$30. Female cats are \$50. A current rabies vaccine is required or one will be given to the cat at an additional charge of \$12. Call for more info or to reserve a spot. To learn more about this organization, visit them at: <http://members.petfinder.com/~ME44/index.html>
- **Harvest Hills Animal Shelter:** 207-935-4358
Generally held the 1st Saturday of each month at 1389 Bridgton Road in Fryeburg. Harvest Hills Animal Shelter and Fryeburg Veterinarian Hospital offers these services for cats to low income people for a modest suggested donation and includes a rabies vaccination. Drive Through Rabies Clinic: Saturday, May 7th, 9:00 a.m. - 12:00 p.m., at the Fryeburg Fairgrounds in Fryeburg. FMI, contact Meredith Blair. To learn more about this organization, visit them at: <http://www.harvesthills.org/calendar.html>

Serving Sizes Demystified. You can use these examples to picture an official serving size.



= approx. 1.5 oz.
of cheese



= approx. 3 oz. of meat



= approx. 1 cup
of cereal or
cooked pasta

Source: Consumer Reports Magazine, March 2011



Can you really repurpose stuffed animals and mattresses?
Yes you can...and for good causes too!

- **Stuffed Animals:** If they are like new, give them to Beanies for Baghdad, at www.beaniesforbaghdad.com. This organization sends Beanie Babies, stuffed animals, and other items to armed service units in war-torn areas such as Iraq and Afghanistan and they distribute them to children. LovingHugs.org sends soft stuffed animals to children in war zones, refugee camps, orphanages, medical facilities, and elsewhere. With both, you pay for postage. Some animal shelters will take your well used stuffed animals to comfort puppies. Call your local animal shelter for more information.
- **Mattresses:** They are the stuff of landfill nightmares. If you're buying a new mattress, the retailer may take away the old one, but try to find out what happens to it. Some retailers dismantle the mattress and recycle its components. If not, the mattress goes to the dump. If it's in good condition, offer it to shelters for the homeless or battered women, or the Salvation Army. Otherwise, look for a local recycler online or by searching at www.earth911.com; you'll probably have to pay a fee. Hauling the mattress to the curb for regular trash pickup is a last resort, but be sure to check with you sanitation department. Some communities require mattresses to be wrapped in heavy plastic and sturdy tape to seal in any bugs.

Source: "How to get rid of practically anything.", Consumer Reports Magazine, March 2011

Earth Day Quiz

Recycle Fun - Are You Smarter Than a Fifth Grader?

Connor, Ethan, Kaylee, and Alyssa each recycled a different number of cans (30, 26, 23, and 16) as well as a different number of junk mail letters (123, 127, 116, and 121).



Figure out how many cans and junk mail letters each person recycled.

1. Kaylee recycled the most number of cans.
2. Ethan recycled a total of one hundred forty-nine cans and junk mail letters.
3. Alyssa recycled the least number of junk mail letters.
4. Connor and Ethan recycled a total of two hundred ninety-two cans and junk mail letters.
5. Kaylee recycled less than one hundred twenty-three junk mail letters.
6. If the number of cans Ethan recycled was doubled he would have recycled fifty-two cans.
7. Alyssa recycled ninety-three more junk mail letters than the number of cans she recycled.

Answers:
Cans: Kaylee (30), Ethan (26), Alyssa (23), Connor (16)
Junk Mail Letters: Ethan (123), Connor (127), Kaylee (116), Alyssa

monetarily speaking

Your Money Blueprint for 2011 (Continued)

By Suzie Orman

Last month we completed the “Spring Cleaning” (shredding old paperwork, rolling over 401(k) from old jobs, and adjusting allowances on your W-4 form) exercise. If you haven’t made time, you can still catch up. Let’s get started!

APRIL: Take Stock. As we head into the sign of Taurus, take a moment to think about bull markets. For long-term savings goals, stocks have the potential to generate inflation-beating gains. But we’re all a bit queasy about stocks these days. Focus your stock investments on those that pay dividends—payments a company makes to its shareholders. Sticking with a low-cost exchange traded fund with a diversified portfolio of dividend payers is a smart strategy. Try the Vanguard Dividend Appreciation.



If you haven’t already...**Automate Your Security!** Building security requires a commitment to saving and the easiest way to save is with an automatic transfer. Search online for the highest-yielding bank or credit union savings account; after you’ve opened one, set up monthly deposits from your checking account. If your employer matches employee contributions to a 401(k) sign up now. Already enrolled? Make sure you’re contributing enough to qualify for the maximum company match, and if you’re not, boost your contribution rate by one percentage point each year until you’re eligible for the maximum match. Then make funding your IRA automatic as well by linking it to your checking account.

Prevent Dryer Fires

By Consumer Reports Magazine March 2011

THE CLAIM. Lint Alert \$39.50 plus shipping, “can help prevent dryer fires” by letting you “monitor and detect lint buildup in your dryer duct.” A pressure sensor you install in clean dryer ductwork, detects levels of pressure needed to force air out of the dryer. At higher pressures, indicating poor airflow, an alarm sounds. **THE CHECK.** We installed Lint Alert as instructed, using a drill to create the required hole in the dryer duct. To measure actual pressure differences and assess the device’s accuracy, we put a separate gauge inside the duct. **BOTTOM LINE.** Lint Alert works. Because of the potentially catastrophic effects of a dryer fire, it could be worth buying, but you still should clean the dryer duct periodically.