



**Committed to**

- Families
- Animals
- Environment



Music Festival... Tickets are going fast! Get Yours Now!	1
DancingTrees' Website Has a Brand New Look!	1
What Do the (chasing arrows), Recycling Numbers on Plastic Mean?	2
monetarily speaking	2
Winter Warmth 5K & 1 Mile Fun Run/Fitness Walk	3
Recipe of the Month	3
Word & Quote of the Month	3

**Together WE Can Grow a Better Community**

DancingTrees is a proud member of [www.iSearchiGive.com](http://www.iSearchiGive.com)  
Sign-up and start raising funds today!

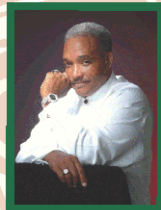
Visit us on the web at: [www.dancing-trees.org](http://www.dancing-trees.org)  
Email us at: [dt@dancing-trees.org](mailto:dt@dancing-trees.org)

**DANCINGTREES' 2ND ANNUAL MUSIC FESTIVAL**  
**ALL MUSIC ALL THE TIME FOR ALL THE PEOPLE**  
**SATURDAY AUGUST 27, 2011**

**DOORS OPEN AT 3:30 PM**  
**MAGIC LANTERN THEATER • MAIN STREET • BRIDGTON, MAINE**  
Reserve Your \$15.00 Tickets at Magic Lantern Theater or DancingTrees  
(tickets include entrance to all shows, dinner & snacks)  
soft drinks, beer & wine available for sale  
**DancingTrees: 207-539-2670 • Magic Lantern Theater: 207-647-9326**



Dail Martin



Johnny Rawls



Chowderfish  
Photo Courtesy of Jim Little



Brad Hooper  
Photo Courtesy of Jim Little



Jeremy Burkard



Afterburners



Peter Finkle  
Photo Courtesy of Julie S. Finkle

- Benefit for DancingTrees a local non-profit serving the community -

**Performances By**

- ⇒ **Johnny Rawls**, accomplished Soulful Blues artist hailing from Mississippi rocks the house.
- ⇒ Singer Songwriter, **Brad Hooper**, moves you with High Mileage Country Blues.
- ⇒ **Pete Finkle**, charms with his "Happy Hardcore" style.
- ⇒ **Afterburners**, turns up the heat with their groovy rock sound.
- ⇒ **CHOWDERFISH**, Singer Songwriter, Pete Morton brings humor to his rockin' musical style spanning generations & genres.
- ⇒ **Dail Martin**, blends mellow jazz and blues components.
- ⇒ **Jeremy Burkard**, member of the Maine St. Andrew Pipes & Drums playing his MacMurchie bagpipes.

∞Notice∞

Check out [our website](#).  
Thanks to Peter Morton of [Griffonwood, LLC](#), it has a brand new look!

**Click Here**  
to register for the  
Winter Warmth 5K &  
1 Mile Fun Run/Fitness Walk

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

## What Do the (chasing arrows), Recycling Numbers on Plastic Mean?

The number inside the triangle of arrows stamped on plastic tells you how easy it is to recycle the plastic and how safe (or not) it is to use with food. In general, the lower the number, the easier the item is to recycle and the safer the plastic is around food. The seven-tier scale breaks down like this:

1. PET or PETE (polyethylene terephthalate): The most common plastic used for bottled beverages. It's easy to recycle and poses a low risk of leaching into beverages.
2. HDPE (high-density polyethylene): Used for milk jugs and some trash and shopping bags. It's recyclable and has a low leaching risk.
3. V (vinyl) or PVC (polyvinyl chloride): Used for shampoo bottles, siding, windows, and piping. It's rarely recycled. PVC contains chlorine, so it can release dangerous dioxins during manufacturing; it should never touch food.
4. LDPE (low-density polyethylene): Flexible plastic found in squeezable bottles, bread bags, dry-cleaning bags, and some shopping bags. Some stores accept it for recycling.
5. PP (polypropylene): Used for ketchup bottles, caps, straws, and medicine bottles, and often to contain hot liquids. It's accepted in some curbside recycling programs.
6. PS (polystyrene): Used to make disposable plates and cups, egg cartons, and compact disc cases. Most recycling centers do not accept it, and it can leach toxins into foods.
7. OTHER: Used for large water bottles, some food containers, and nylon. It's traditionally not accepted for recycling. Some No. 7 plastics can leach potential hormone disruptors into foods.



Source: Adapted from Remodel Magazine's January 2011 Issue

## monetarily speaking

### Your Money Blueprint for 2011 (continued) Suzie Orman

#### **AUGUST: Teach Your Children a Lesson**

This school year, think about instituting new money rules for you and your kids. I'm a big advocate of a work for pay setup rather than an allowance that isn't attached to chores... it's a great way to impact the value of money to your child.

If you need a new car, August is the time to shop—dealers are eager to make room the next year's models.





1 Milers crossing the finish line at the 2010 Winter Warmth Event

New course, great family fun, fantastic prizes, & refreshments all for an important cause!

### Register Now

Annual Winter Warmth

Date: 09/11/2011

Time: 1 Miler 9:00 a.m.  
5K 9:30 a.m.

Place: The Big Oxford Fairgrounds  
68 Pottle Road  
Oxford

Register: online at [5K Sports Management Services](#) or manually by

contacting Jacki at 207-539-2670.

Benefitting the Staying Warm Program.

### Word of the Month

#### kith

Your family is kin; your friends are kith. When the whole gang gets together, you refer to them as your kith or kin.

Source: Million-Dollar WORDS by Seth Godin and Margery Mandell

### Quote of the Month

Some of us are more capable  
Than others of us,  
But none of us are more  
Capable than all of us.

∞Author Unknown∞

Source: Shoot For The Moon  
Even if You Miss You'll Land  
Among the Stars.

### Recipe of the Month

Serves: 8  
Prep Time: 30 Min.  
Cook Time: 30 Min.  
Ready In: 2 Hrs.



#### Cold Rice Salad

**Tip: Have fun; substitute & add ingredients. Toss in dried cranberries or grapes. What's left over in your refrigerator? Add it!**

**Ingredients:** (2) cups water; (1) cup uncooked white rice; (3) hard-cooked eggs; peeled & sliced; (1) tbsp olive oil; (2) boneless skinless chicken breasts, bite-sized; (1) tsp vinegar; (1) tsp salt; (1/4) tsp pepper; (1) cup diced tomatoes; (1) bunch raw broccoli, w/stalk, chopped; (1) cup frozen peas, thawed; (1) cup frozen corn kernels, thawed

#### Directions:

1. Bring water to a boil in a medium saucepan. Add rice & stir. Reduce heat, cover & simmer for 20 minutes. Remove from heat, & set aside to cool.
2. Place eggs in a saucepan & cover w/ cold water. Bring water to a boil & immediately remove from heat. Cover & let eggs stand in hot water for 10-12 minutes. Cool, peel, and slice.
3. Heat (1) tablespoon of oil in a skillet over medium-high heat. Cook chicken, stirring occasionally, until no longer pink & juices run clear.

4. Whisk oil, vinegar, salt, & pepper together in a small bowl until lightly emulsified; set aside. Place tomatoes, broccoli, peas, & corn together in a large mixing bowl; toss to combine. Add eggs & rice, and toss again. Cover, and refrigerate for at least (1) hour before serving. Toss with dressing to coat just before serving.

#### Amount Per Serving

Calories: 300  
Total Fat: 11.1 g  
Cholesterol: 115 mg

Source: allrecipes.com

