



## Together WE Can Grow a Better Community

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### Committed to

- Families
- Animals
- Environment



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### Together, It's Easy to Help Our Community Members to Stay Warm

DancingTrees' Staying Warm program is in full swing!



Many community members find staying warm during the winter months a hardship. Here in Maine, firewood is a common source for cooking & heating and a pair of winter boots is a necessary staple. Firewood, while renewable & abundant, is still expensive. The annual Firewood program was announced in September & soon distribution will begin. Although a necessity, winter boots are costly; children are lucky to have (1) season of use. Last year, thanks to the generous Donors; Boot Tag & Buckets for Boots fundraisers; & smart shopping, we were able to surpass our goal of providing over 100 pairs of winter boots to our community members.

This year, we hope to surpass that figure.



#### It's easy to help!

When you donate new or gently used winter boots, we launder & distribute them. Contact Jacki at 207-539-2670 or at [dt@dancing-trees.org](mailto:dt@dancing-trees.org).

### Everyday Environmental Tips



Recycling is not tricky, but some people waste a lot of time preparing the items they recycle.

- Crush all cans carefully—waste o'time. Nowadays recycling centers take un-crushed cans happily.
- Be a perfectionist about food in jars—the machinery at the recycling center will zap that excess mayo or peanut butter out of a jar. In fact, if a lime is stuck in a beer bottle, you can still recycle it.
- Fail to recycle glossy paper—most recycling facilities do take magazines and other glossy paper.
- Toss anything into the bins—many items need to be recycled in a different manner than your recycling center can handle. Toys and dishes and the like should go to the thrift store, CFLs need to go to a CFL specific center.

∞Source: [www.bestgreenhometips.com](http://www.bestgreenhometips.com)

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.

## How to Make Your Glass 1/2 Full

Adapted from *The Four Secrets of Optimism*

Even in the face of adversity,  
we can work on building a  
healthier and more  
optimistic way of living.



Here are (4) ways to stay positive:

1. **Express Gratitude.** Be mindful of what you do have—a great friend, a home, or healthy children. Every night for (2) weeks, make a list of everything you are grateful for (both minor and major). Verbalize your gratitude. Tell someone special in your life how they have helped you. Thank the stranger who goes a little out of his/her way to hold the door open for you. Appreciating the good in the world can change the way you look at life.
2. **Volunteer.** This may not be possible if you are in a crisis situation but if you are not, results from many studies show taking your awareness outside of yourself and focusing on the well being of others is very helpful. Your local library, school, food pantry, and other non-profits are always in need of help. When you volunteer, you are assisting someone else in need and forming connections with others. As a result, you may become less focused on the issues you are working through.
3. **Notice the Good.** Finding the silver lining in a burdensome situation may be difficult but, it can be helpful. Maybe you've gone through some personal growth and change because of what's happened, or you've become closer to someone.
4. **Change Negative Self-Talk.** It is easy to keep replaying the same negative thoughts over and over. However, you can learn to change this. Each time you notice yourself having a negative thought about yourself, replace it with a positive one. Remind yourself of how well you've been coping and how others appreciate you.

The take away, sometimes the only thing we can control is how we react to the circumstances we are given. Though, the process of working through a situation may take time, it's worth it for the joy and peace of mind that optimism can bring.

### Word of the Month

**pledget:** A small wad of cotton or paper used to absorb liquid, such as the little patch of tissue you use to staunch the blood when you cut yourself shaving.

∞Source: Million-Dollar WORDS

### Quote of the Month

“Always and never are two words you should always remember to never use.”

∞Wendall Johnson

## monetarily speaking

Adapted from

### Your Money Blueprint for 2011

By Suzie Orman

We are now into the 4th quarter of our year long series with Suzie Orman's Your Money Blueprint for 2011. The finish line to a financially healthier you is clearly in view. Keep the momentum going!

This month's tasks start with placing (2) telephone calls. That is it!

#### **OCTOBER: Brace for Life's Tricks**

I wish you only treats this Halloween. But while we all hope for the best, we still need to prepare for the worst. Parents of young children must have life insurance and a will in place, its non-negotiable. For most families, term life insurance is the easiest and least expensive solution. Go to [selectquote.com](http://selectquote.com) or [accuquote.com](http://accuquote.com) and contact a Law Firm that specializes in Estate Planning to make sure you're looking out for your family's best interest if the worst should happen.

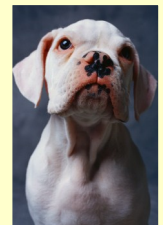
**Timely Tip:** Parents of new college grads: The six-month grace period between graduation and repayment for many student loans is approaching. Make sure repayment arrangements is nailed down.



## A N I M A L S

### Chewing: The Whys & Hows of Stopping a Gnawing Problem

Have you come home to find your belongings chewed and shredded by your beloved pooch? A favorite way dogs teeth and take in new information is to put their mouths to work. Fortunately, chewing can be directed to appropriate items so your valuables aren't destroyed and your pet's safety isn't jeopardized.



#### How to Manage the Situation

- Take responsibility for your own belongings. Keep clothing, shoes, books, trash, eyeglasses, and remote control devices out of your dog's reach.
- Give your dog, toys that are clearly distinguishable from household goods. Offering shoes and socks as toys and then expecting him to distinguish between his shoe and yours will only confuse him.
- Give your dog plenty of people time to teach him alternatives to inappropriate behavior.
- Give your dog plenty of physical and mental exercise. If your dog is bored, you may not like his choices to amuse himself. The amount of exercise should be based on his age, health, and breed characteristics.
- Build a toy obsession in your dog. Use his toys to feed him. At mealtimes, fill a Kong-type toy with his kibble

∞Source: Adapted from the article, Chewing: The Whys and Hows of Stopping a Gnawing Problem by The Humane Society of the United States