



**Committed to**

- Families
- Animals
- Environment



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**Announcing DancingTrees’ Firewood Program (FMI: See Page 11)**

**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)

The 2nd Annual “Winter Warmth” 5K Road Race & 1 Mile Fun Run/Fitness Walk proved again to be great family fun!

Thank you to the volunteers, sponsors, runners, walkers, & [5K Sports Race Management Service](#) for making this fundraiser possible. 100% of the proceeds benefit our Winter programs providing warm clothing, winter boots, firewood, blankets, &



**Nice Finish!**  
 DancingTrees’ Board Member, Justin Kiger

Christmas is for Everyone to community members who need a helping hand.

This event was part of the [Big Oxford Fair’s](#) Opening/Community Day activities.

**5K Runners taking off the Start Line**



**1 Mile Fun Runners/ Fitness Walkers**



The great soul man, [Johnny Rawls](#) wowed everyone with his magical rockin’ style at the Annual Music Festival on August 28th at the beautiful Magic Lantern Theater!



**A heartfelt thank you** to the talented artists who shared their gift and time, the many volunteers, sponsors, and the Magic Lantern Theater for making this year’s event a success.

100% of the proceeds benefit our Winter programs .

**Pete Finkle got into a groove playing beloved classics**



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.

## Announcing the Annual Firewood Program

DancingTrees' is now accepting firewood requests from community members who are unable to afford it but need a helping hand to stay warm this season.

If you or someone you know could benefit from this program, please contact Jacki at 207-539-2670 or at [dt@dancing-trees.org](mailto:dt@dancing-trees.org).

Quantity is limited and dependent upon the amount of money and firewood donated to this program. To lend a helping hand, please contact us.



## monetarily speaking

### Your Money Blueprint for 2011

By Suzie Orman

#### SEPTEMBER: Check, Please!

Have you checked your credit report in the past year? Didn't think so.



Visit [annualcreditreport.com](http://annualcreditreport.com) where you can access your reports on file at the big three credit bureaus for free.

If you anticipate taking out a loan in the next six months or may be job hunting or if your credit report turns up any mistakes, you should also obtain your FICO credit score (\$16.00 [myfico.com](http://myfico.com)).

## ∞Photo Gallery ∞ 2011 Music Festival & Winter Warmth 5K 1 Miler Fun Run



## Health Information for You

**Detox Your Dishwasher:** A nasty ingredient may be making its unwelcome way into your dinner. According to a recent study in the journal *Fungal Biology*, 35% of dishwashers tested in 101 cities contained black fungi called *Exophiala* on the rubber seal of the doors. The moist environment is a perfect breeding ground for fungi, which are particularly dangerous for children and the elderly. To combat, clean with a bleach solution and leave the dishwasher door open to air-dry after use.

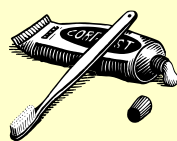
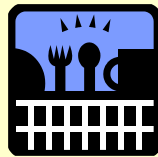
Source: Prevention Magazine, October 2011 Issue

### The Truth About Trendy Toothpastes

**“Fluoride Free”:** In these, aloe and peppermint oil replace fluoride in response to fears of cosmetic damage to enamel from too-high doses of fluoride. But only children who swallow paste are at any risk.

**“Natural”:** You won’t find artificial colors, flavors, or fragrances in these, but the jury is still out as to whether their tooth decay and plaque fighting ingredients work as well as traditional formulas. If you go natural, pick one that at least contains fluoride.

Source: Prevention Magazine, October 2011 Issue



## Word of the Month

### Esprit de corps

A feeling of unification or commonly held beliefs or attitudes among a group of people. The phrase can be used to describe a feeling of excitement and belonging that comes from being a part of a successful group. Apple Computer had it for a while; so did the Peace Corps.

Pronounced:  
*Ess-PREE Duh Core*

Source: Million-Dollar WORDS

## Quote of the Month

**“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.”**

∞ *William James*

## Everyday Environmental Tips

- **Simple Flushing:** Fill a large water bottle with water (cap on) and place in your toilet cistern. This will cut the water used to flush by about a liter.
- **Swap Magazines:** before tossing your magazines in the recycle bin, share them with others.
- **No more paper towels:** Instead of using paper towels to dry your hands, use cloth towels.
- **Get Crafty:** Reuse greeting cards for bookmarks, scrapbooking, or as a tree ornament (DT tip)
- **Remember Your Bags:** Always keep cloth bags in your trunk for trips to the grocery store, picking up shells at the beach, you name it!
- **Green Travel:** Reuse towels while on vacation.

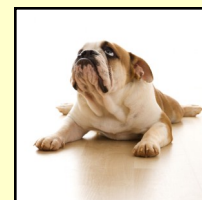
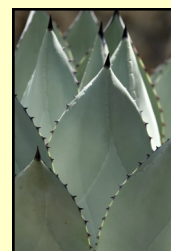
Source: [my.nature.org](http://my.nature.org) (The Nature Conservancy)



## ANIMALS

Pets are curious and that curiosity can lead to danger. In a video, [ASPCA](#) Senior Vice President, Dr. Steven Hansen lists 17 poisonous plants:

- 1) Lilies
- 2) Marijuana
- 3) Sago Palm
- 4) Tulip/Narcissus Bulbs
- 5) Azalea/Rhododendron
- 6) Oleander
- 7) Caster Bean
- 8) Cyclamen
- 9) Kalanchoe
- 10) Yew
- 11) Amaryllis
- 12) Autumn Crocus
- 13) Chrysanthemum
- 14) English Ivy



- 15) Peace Lilly (a/k/a Mauna Loa Peace Lilly)
- 16) Pothos
- 17) Schefflera