

Disney Snow Buddies

ALL-NEW MOVIE ON  TODAY

WALT DISNEY THE Aristocats SPECIAL EDITION

ON  TODAY

Help Others, Help Yourself

By Kristen Stewart

Volunteer work can be an excellent way to help others but it can also be a good way to help yourself. In the all-new movie *Snow Buddies*, the pups agree to help Adam and Shasta by racing on their sled team, knowing the route ends at the airport that will get them home. Similarly, in *The Aristocats* footloose and fancy free Thomas O'Malley offers to help Duchess and the kittens get home only to find himself becoming part of a family. The project can be as big as planning a parade in your community or as small as helping a lonely neighbor, but follow the steps below and soon you and your kids will be making a difference—to others and yourselves.



Decide what problem you want to tackle. This will help you learn more about your community and its citizens' needs and desires.



Remember your interests. The most satisfying volunteer work comes from an activity you enjoy. You will learn more about a topic you already like and get to spend time doing something fun.



Formulate a plan. By deciding what needs to be done to successfully complete the work, you will improve your logical thinking and organizational skills.



Recruit a team. Not only will you make new friends with people who enjoy the same things, but you might be able to increase the scope of the project with more hands to share the work.



Just do it! Dig in and get it done, then enjoy the feeling of pride at your accomplishment.



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