

March 2020

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Fun Fact Friday
2 Life is 10 percent what happens to me and 90 percent of how I react to it. – Charles Swindoll	3 Bacon and Spinach Stuffed Chicken	4 Take the stairs.	5 Making compost from organic debris reduces 35% of household waste away from garbage. Compost conditions old soil in garden and pot-plants with nitrogen and carbon nutrients and reduces the use of fertilizers.	6 German Chocolate Cake is named after an American baker by the name of Samuel German.
9 If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. – Oprah Winfrey	10 Tex-Mex Meatballs	11 Take a mini break for a stationary jog.	12 How to prepare compost bin: make holes for aeration on the top of a bin or drum. Add old soil to cover the bottom. Add worms or manure to speed up the digestion of the compost. Add your organic debris chopped. Rotate the soil once per week.	13 Chimpanzees, gorillas, and koalas have human-like fingerprints.
16 None of us is as smart as all of us. – Ken Blanchard	17 Air Fryer Pork Chops	18 Celebrate with split squat jumps.	19 Components for good compost: 1/3 greens and 2/3 browns. "Greens": home scraps; "Browns": paper, fallen leaves, toothpicks, woody pruning; Avoid: oils, diapers, glue, latex rubber, meats and dairy, anything non-degradable	20 There is enough DNA in the average person's body to stretch from the sun to Pluto and back – 17 times.
23 I can't change the direction of the wind, but I can adjust my sails to always reach my destination. – Jimmy Dean	24 Easy Chicken Fajitas	25 Walk the halls to catch up with coworkers or welcome a new employee.	26 Alternatives to making compost: Find a weekly compost collection service like New Haven's Peels and Wheels which uses bikes to pick up scraps for a small monthly fee	27 In Colorado, USA, there is still an active volcano. It last erupted about the same time as the pyramids were being built in Egypt.
30 Believe you can and you're halfway there. – Theodore Roosevelt	31 Classic Calzones			