

FIGHT FOR EARTH

There's an important holiday approaching in April. No, it's not Easter. Nope, not April Fool's Day either. On April 22, we celebrate Earth Day.

Each passing year, Earth Day becomes more important. The holiday acknowledges the modern environmental movement that happened in 1970. One of the main battles younger generations face is climate change, and it's an issue that has created more concern, louder voices and relevant debates between our country's leaders. As they bicker about the subject, you have the ability to do your part right now.

There are plenty of ways you can help celebrate this holiday. If you haven't already, start using reusable bags to shop or invest in a nice water bottle. You also can find alternative forms of transportation like riding your bike to lessen your carbon footprint. You know how you unsubscribe from emails all the time? Convince your parents to unsubscribe from catalogs they receive in the mail, and while you're at it, tell them to get on auto-draft and sign up for paperless billing.

If you want to really get involved, check out organizations such as Sunrise Movement and Fridays For Future. Also, write to your state's representatives, expressing how important the issue is to you. There are opportunities to help out at local markets or dedicate your time to restoring habitats, as well. You can visit Earth Day Network's website for opportunities in your community.

Lastly, plant something. It could be something simple like a flower or herb garden on your window sill, or something big like planting trees in your community. Anyone is capable of creating sustainable life, green thumb or not.

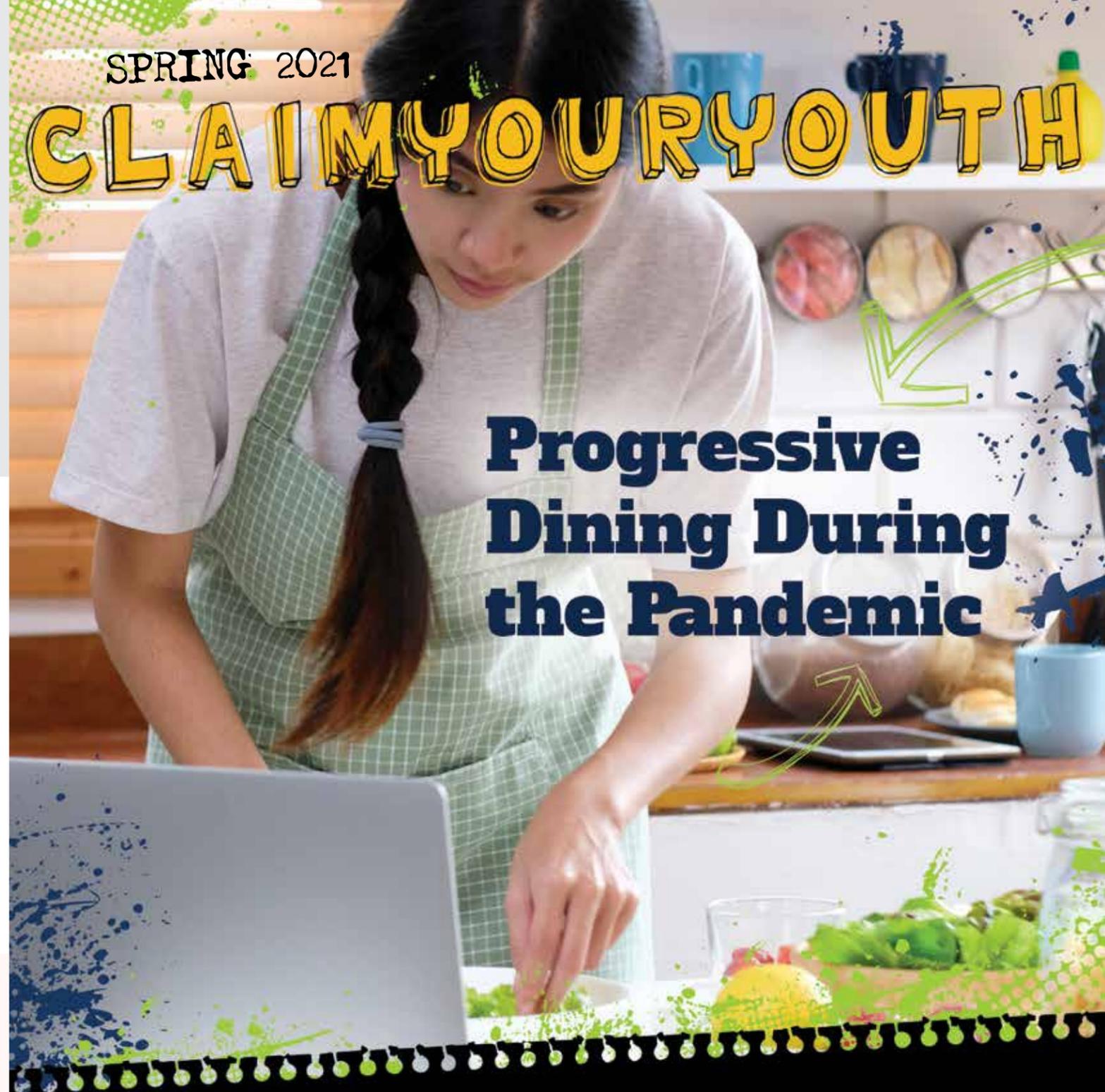
Come April 22, do your part to help what has become a very important global cause. Go outside and enjoy our great planet.



SPRING 2021

CLAIM YOUR YOUTH

Progressive Dining During the Pandemic



Dining out or having a dinner party to share great food, laughs and gossip is one of society's primary forms of recreation and togetherness. The COVID-19 pandemic has burdened our ability to have such experiences in full. However, we're only limited, not forbidden.

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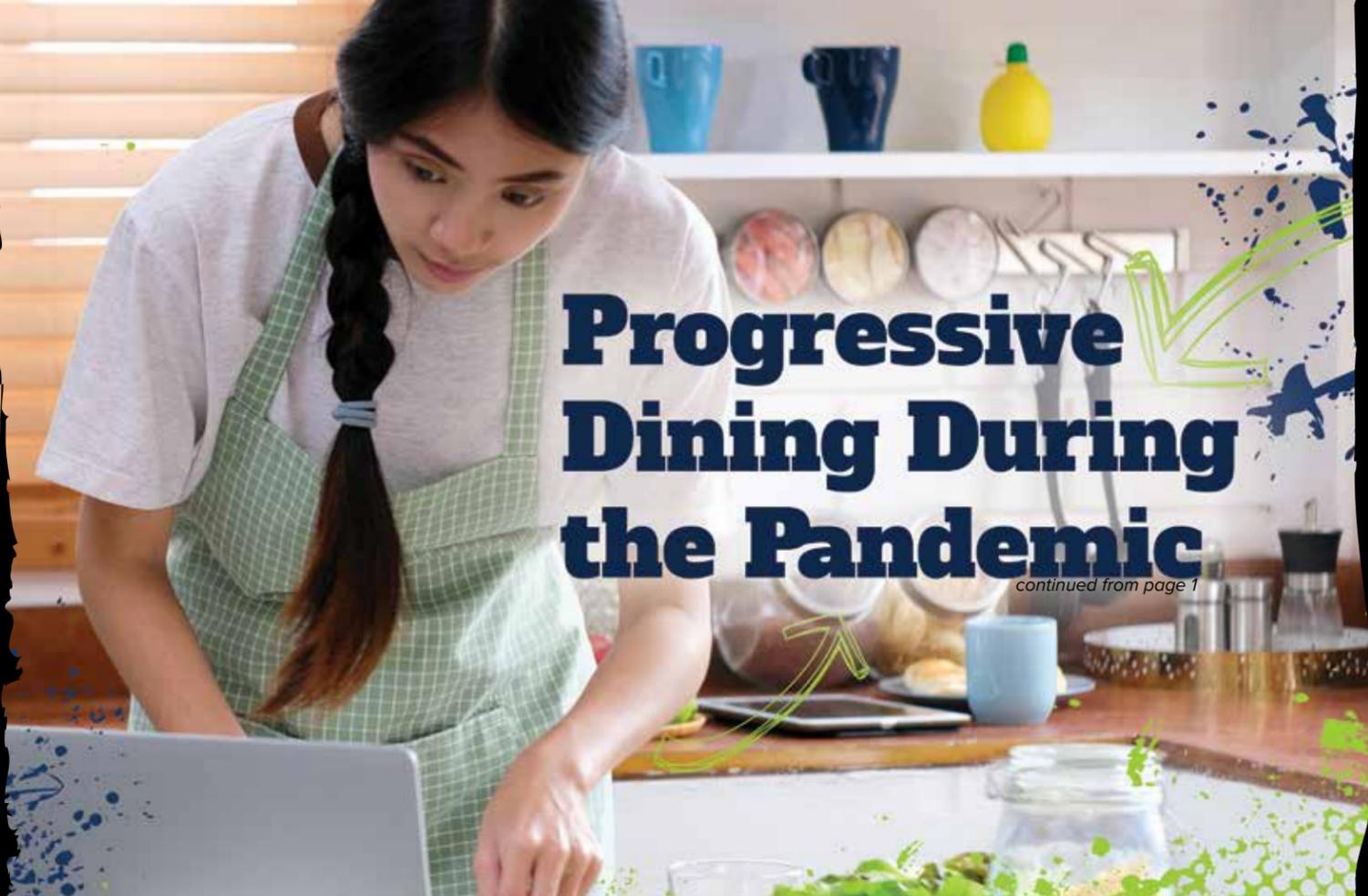
CLAIM YOUR YOUTH™



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What's Inside



Progressive Dining During the Pandemic

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Progressive dinners consist of multiple courses, each being consumed at a different house. It's similar to a potluck, but people are going toward the food rather than the food coming to them. Depending on your current restrictions, some of you may still be able to arrange this type of dinner.

The main component to planning a progressive dinner is organization. Each friend should choose a course they would like to be responsible for. Usually, the event includes an appetizer, salad and soup, main course and dessert. Then, the group can either decide on a theme or cuisine, or even make it buffet-style—but not literally because, you know, we're still in a pandemic.

After the menu is planned, the route must be mapped. Another thing to consider is logistics, and that may help decide who makes what. Just remember, you probably don't want warm food served cold, and do you really want to wait long for dessert? So timing and sticking to a schedule are also very important. The destinations being in close proximity, or planning a party with neighbors, helps make a great progressive dinner.

On the other hand, some of you may need to get a little creative if your health order is stricter. Each house could still make a dish, but it could be picked up and brought home—similar to the curbside option offered by restaurants. You can

eat in your cars, or drive to a parking lot or open space, set up at an appropriate distance, and then enjoy.

This option can be easier done if in a neighborhood. The food can be served in the driveway as if you were taking a street food or food truck tour. Or, if you desperately miss sporting events, bring out your grilling equipment, plan a barbeque theme, and tailgate in your respective driveways for all to enjoy in passing.

Another option in our technologically-savvy world is a virtual dinner. A menu, attire and schedule can still be planned for the event, but everyone makes each dish and you enjoy it together over a video call service such as Zoom. This way you're being socially responsible and not putting yourself or family and friends at risk, you're saving on gas, and your dishes are guaranteed to be fresh—depending on your expertise in the kitchen, of course.

We miss going to a restaurant or having a large dinner party; humans are social creatures. We're going to continue to search for a slice of normal, and getting together will help us through what's ever left of this pandemic. Though we may have our limitations, we still have our creativity and determination to assure our quality of life remains strong.

Bon appétit!



Live from your living room

Music is one of the most important languages in the world. Though we all have different tastes and ideas of what should be considered quality, it's all still music. It's universal, it's a constant and it's something that will always connect society.

We need music more than ever, and one of the greatest gifts a musician can give their family is a recital. Unfortunately, it's difficult for people like your grandparents to experience the joy of live music right now, but there are ways they can still be able to hear you play.

Like restaurants, movies and sports, society yearns for concerts. Luckily for you, services like Zoom and YouTube can provide your family with the ability to still experience your talent. First, practice your pieces; don't slack off just because there won't be a teacher staring over your shoulder or a live audience making your hands clammy and forehead glisten.

Next, decide on your video platform. You can stream live on Zoom, but YouTube also gives you the capability to record then post—in case you want to make sure the performance is flawless. Then provide start times and share working links to your family and friends. Remember, there may be a learning curve to consider for some of your virtual attendees.

Another option is an outdoor performance. If you have family and friends in close proximity, a small open space like a driveway or apartment building rooftop, and a mobile instrument and amplifier, then give away free tickets via email to your show. If you choose this route, be sure to check with your neighbors and/or the city for permission, though.

Now all you have to do is play. Remember, recitals aren't a chore; they're a gift to others and an accomplishment for yourself.



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