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What' S.U.P.?



Supporting Unlimited Possibilities, Inc.

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April



Prank's for April Fools By Amanda Cochran

1. Don't hard-boiled the eggs
2. Leave the candy out of the Easter eggs during the egg hunts.
3. Hide your kids' Easter egg baskets and tell them that the Easter Bunny forgot them this year or that you woke up early and ate all of their candy.
4. Put toy money in the Easter eggs.
5. Chocolate dip vegetables
6. Make sponge cake out of sponges.

<https://www.click2houston.com/news/10-april-fools-day-pranks-you-can-pull-this-easter>

Happy Birthday For the Month of April:



- Andre Cockrell 4/6
- Larry Oliver 4/7
- Gizele Knight 4/9
- Tracy Wagner 4/12
- Denise Laviera 4/14
- LaGlasha Lancaster 4/25

*Happy Birthday
Aries & Taurus !!!*

EARTH DAY—APRIL 22

Below are a few tips on how you can make a difference.

- Plant a tree or donate a tree through the Canopy Project. (<https://donate.earthday.org/events/trees-for-earth/e76443>)
- Join a local park, river or beach clean-up.
- Use environmentally-friendly, non-toxic cleaning products.
- Replace inefficient incandescent light bulbs with efficient CFLs or LEDs. Reduce your carbon footprint by 450 pounds a year.
- Keep your tires properly inflated and get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved.
- Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
- Change your paper bills to online billing. You'll be saving trees and the fuel it take to deliver your bills by truck.
- When you do use paper, make sure it's 100% post-consumer recycled paper.
- Bring reusable bags when you shop.
- Buy organic food. Keep your body and the environment free of toxic pesticides. Support farmers and companies who use organic ingredients.
- Compost kitchen scraps for use in your garden—turning waste into fertilizer.
- Take a shorter shower and use a water-saving shower head.
- Fix leaky faucets.
- Conserve water outdoors by only watering your lawn in the early morning or late at night. Use drought-resistant plants in dry areas.
- Turn off and unplug electronics you're not using.
- Turn off lights when you leave a room.
- Move your heater thermostat down two degrees in winter and up two degrees ion the summer to reduce your carbon footprint by 2,000.
- Use energy-efficient appliances and electronics. You'll conserve energy, help the environment, and save money in the long run.



Employee Incentive Winners For the Month of March:

- Alma Caballero
Broken Arrow
- Miguel Shannon
Catlin
- Zachary Zuccolotto
Chicago
- Derrena Frelow
Mack
- Valorie Gutierrez
Mayberry
- Marilyn Peele
White
- Day Program Staff
Day Program

For more tips visit <https://www.earthday.org>