



## START UP A CONVERSATION

Sometimes it's hard to know what to say when you see someone you may not know very well. This could happen if you run into someone outside school, like at the grocery store, or if you meet someone new at an activity. Here are a few ways you can begin chatting.

- 1. Say hello.** A simple "Hi, Eli" is a friendly way to start. If you're talking to a new person, introduce yourself by saying, "Hi, I'm Riley. What's your name?"
- 2. Ask a question.** Start by asking, "How are you?" The other person may share something that leads to more conversation. You can also ask about something you have in common. One idea: "Have you seen any good movies lately?"
- 3. Give a compliment.** Saying something nice is another way to keep the conversation going. You could compliment the person on the shirt they're wearing, then follow up by asking where it came from.



**DID YOU KNOW?**  
In one survey about preferred pasta shapes, 68% of respondents said spaghetti is their favorite.



**WARNING!**  
Ask an adult's permission before using a knife, stovetop, blender, or food processor.

## Make green goddess pasta salad

### Ingredients

- 1 pound pasta
- 4 eggs, hard-boiled and roughly chopped
- 1 cup chopped Persian cucumber
- 1 avocado, diced
- 1 can chickpeas, rinsed and drained
- 1 clove garlic
- ¾ cup whole-milk Greek yogurt
- ¼ cup mayonnaise
- 1½ cups loosely packed mixed chopped herbs (such as parsley, chives, dill, mint, basil, and/or tarragon)
- Juice of 1 lemon
- ¼ cup extra-virgin olive oil

### Instructions

1. Bring a large pot of salted water to a boil. Cook the pasta according to package directions for al dente (firm), then drain and rinse under cold water. Set pasta aside.
2. Meanwhile, make the dressing. Combine the garlic, Greek yogurt, mayonnaise, herbs, lemon, and olive oil in a blender or food processor and puree until well combined. Season dressing to taste with salt and pepper.
3. In a large bowl, combine the cooked pasta, hard-boiled eggs, cucumber, avocado, and chickpeas. Pour the dressing over the top and toss to coat. Makes 4 to 6 servings.



**ECO TIP**  
OF THE WEEK

### KEEP TENNIS BALLS OUT OF LANDFILLS

More than 125 million tennis balls end up in landfills every year. Tennis balls, which are made from rubber and felt, aren't biodegradable (able to break down) and can take 400 years to decompose. However, there are ways to help. Find out if your local recycling center or animal shelter accepts used tennis balls, and bring any you have there. You can also ask your town council if you can set up a bin at a local court to collect used tennis balls. Once you've collected at least 100 balls, an adult can help you reach out to organizations like RecycleBalls ([recycleballs.org](http://recycleballs.org)) or ReBounces ([rebound.com](http://rebound.com)), which recycle tennis balls into new items.



Round up tennis balls to recycle.