



Rockstar Challenge

Good Deeds!

	Suggested by
Clean your room	
Say hello to someone you don't know	Adam Ray
Donate unneeded household items	
Have a meal with family and friends and appreciate being together	Adam Ray
Pick up trash in your neighborhood.	
Get someone do pick up trash with you.	
Donate to any charity.	
Ask someone you love about their day	
Tell someone they did a good job.	
Invite a friend to take part in the Turkey Trot	
Save electricity by turning off the lights.	
Save water but turning off the tap when your brushing your teeth.	
Donate a book.	
Check out a book at the library.	
Try something new to eat	Diana Callahan at Bellwether Farms
Volunteer for anything	
Support a local family-owned business	Liam Callahan at Bellwether Farms
Run and errand for a friend, friend or neighbor	
Exercise for 30 minutes.	Kenny Brown at Heart and Sole Sports
Donate to Redwood Empire Food Bank	Shana Davis at Redwood Empire Food Bank