

# INTERVIEW 1

Pre-interview:

Interviewer (Jerry) comes in.

Jerry: So who will I be interviewing today

Announcer: You're interviewing a worm

Jerry: A what!

Announcer: Some kind of super worm

Interviewer disgruntly talks lows.

Jerry: I used to interview captains of industry, world leaders, now a worm.

Announcer: Jerry, mic is hot everyone can hear you.

Worm is there, the lights are turned way down.

Jerry: OK, so why are you a super worm?

Worm: I'm not a super worm, we, worms make your plants super.

Jerry: You must be some kind of super you're talking.

Worm: Oh, get real, haven't you heard of a voice synthesizer.

Jerry: So how do you make plants super?

Worm: We work for CBI located in Murfreesboro, TN. They service the residents of Murfreesboro.

Jerry: What is that like a gov. service like the Central Bureau of Investigation?

Worm: It's a service called Compost Boro of Ingestion its actually just CompostBoro we, worms added the 'Ingestion' part cause that's what we do. It can be found online at [compostboro.com](http://compostboro.com)

Jerry: What does CompostBoro do?

Worm: Its a curbside composting service with a few twists.

Jerry: What is curbside composting?

Worm: Curbside composting is a way to recycle food scraps and compostable materials through a pickup service rather than at home. Instead of throwing food scraps, food contaminated paper products, and other compostables into the trash and going to a landfill, households use a CompostBoro bucket with sealed lid. Each week, members put the bucket in a designated location for a rep from CompostBoro to exchange for a clean one.

Jerry: So why should I compost?

Worm: 167 million tons of waste every year goes to landfills and incinerators nationwide and 50% of it is compostable! (2013 numbers)

Composting is the most environmentally friendly method of disposing of food waste.

When you don't compost your food gets dumped in landfills, where it's trapped by tons of garbage, which generate 20 percent of the nations' emissions of greenhouse gases. Microorganisms break it down by anaerobic (no air) digestion, emitting methane (21X worse than CO2) and carbon dioxide, contributing to global warming.

Jerry: You said a few twists, I guess you're one of those twists.

Worm: That's right we, worms are one, the major one.

The way our handlers from CompostBoro describe it in the header at [compostboro.com](http://compostboro.com)  
A New Dimension in Recycling

Or

Curbside (minus the curb) Composting (in name only)

with Worm Power (well at least this part is correct)

That's us, the power.

Jerry: Why is Vermicomposting so different from normal composting?

Worm: Composting is chemical process or breakdown of organic material with the help of various living organisms. By breaking down these organic materials into carbon dioxide, water and biomass, the bacteria are able to provide organic material for the soil thus making your soil a bit healthier than before. It takes about 6-9 months for the process.

Vermicomposting is a physical process of using worms to breakdown food waste

It is where we, worms, are added to eat the same materials to speed and refine the process. The breakdown of those materials is further enhanced and quickened by the bio-activity in our gut.

and turned into a natural fertilizer that can rebuild tired soil, increase plant growth and enhance the yield of vegetables and fruits In other words making your plants SUPER!

Jerry: So how exactly does this happen?

Worm: Worm compost, also known as worm castings, is a nutrient-rich worm by-product. It's an organic fertilizer that is filled with a loads of nutrients, minerals, enzymes and beneficial bacteria. In short, it's our poop.

This natural fertilizer is also a better alternative to using chemical fertilizer. Worm castings, the end product of the Vermicomposting process, are pound for pound, the best cure for a world that loves good food. From your human internet, it could run \$600-\$3600 per cubic yard.

Worm compost is one of the richest forms of fertilizer that you can use in your garden today.

Jerry: I've seen it sold in big box stores & garden centers for less. What makes CompostBoro's so different?

Worm: Vermicompost (or Vermicast) is full of fungi, bacteria, and other microorganisms. So Vermicompost needs air and moisture to stay alive.

The stuff you find in stores:

1. gets bagged in factories into air tight plastic bags
2. sits in a hot warehouse for months drying out
3. gets trucked to the stores in hot trucks

In short by the time it reaches those stores its about equal to normal compost.

CompostBoro doesn't pack the Vermicompost into air tight plastic bags. CompostBoro delivers to the member, fresh, not completely dried out Vermicast.

Like I said earlier good, fresh Vermicompost can breathe life back into your soil.

Jerry: So I guess this service makes a lot of money selling the fresh Vermicompost?

Worm: Nope, that's another twist CompostBoro gives it back to the members.

See, how it works is the member gets Free compost: for every 50 lbs of acceptable food scraps; member receives 5 lbs Vermicast.

Jerry: What if the member doesn't want or need it. Does CompostBoro sell it then?

Worm: Nope, CompostBoro donates their castings to nonprofit farms, community gardens, or school gardens.

Jerry: What are some other the benefits of composting with CompostBoro?

Worm: There are many!

Now, CompostBoro makes composting easy by doing all of the dirty work for you! When you sign up for CompostBoro, a rep delivers a bucket and exchanges it for a clean one weekly. All you have to do is place your food scraps in the bucket rather than your trash or garbage disposal, and CompostBoro takes care of the rest.

Other great benefits include:

***Some Financial & Convenience Benefits:***

- Saves money by reducing trash bag costs
- Greatly reduces trash volume & eliminates trash odor
- Keeps kitchen cleaner & trash easier to carry
- Never buy potting soil again
- Saves water and electricity that kitchen sink garbage disposal consumes

***Some Environmental Benefits:***

- Supports school & community programs
- Shows others in your neighborhood that composting is important
- Reduces landfills and methane emissions
- Compost increases soil fertility, cleans water bodies, reduces storm water run-off, increases nutrition of food grown in compost, and improves air quality

Jerry: Any more twists?

Worm: Ever heard of a company giving money back to its members, CompostBoro Does with possible quarterly rebate checks thru their "More the Merrier" program.

Jerry: What, never, what and how does that work?

Worm: It's called "More the Merrier" Rebate Program.

The rebate program uses networking based on multilevel marketing. they do not require the member to get more members, but they only rebate on member's down line. CompostBoro rebates each quarter. It is not a one time payment. As long as the member keeps their down-line to match the required number of members, the member will continue to receive rebate. CompostBoro also do not limit the number of levels.

Example in your down-line network:

YOU + 10 Members =10% Rebate

YOU + 20 Members =20% Rebate

Up to

YOU + 100 Members =50% Rebate

\*Quarter is 13 weeks from when you became a member.

\*\*Minimum rebate paid out is \$10.

\*\*\*Your down line member must have been with CompostBoro for at least 2 months to be counted.

Everything is explained in the CompostBoro brochure. Found online at [CompostBoro.com](http://CompostBoro.com)

Jerry: You keep saying members. What do you mean?

Worm: Well, CompostBoro wants to grow more than a company they want to grow a movement (an underground movement). So when someone signs up they get a membership.

Jerry: What does their membership include?

Worm: Their membership includes:

- A Starter Kit (bucket, fridge magnet of compostables, setup instructions)
- Weekly collection and exchange for a clean bucket brought to the designated location
- Automatic membership in "More the Merrier" (the rebate program that lets you earn money back mentioned earlier)
- Free Vermicast: for every 50 lbs of acceptable food scraps from member; member receives 5 lbs Vermicast
- A personalized 'Your Impact' report card that gives you real-time stats on the positive impact you are making on your environment and your community and the size of your MtM Network.
- That warm fuzzy feeling you get from reducing your waste, strengthening your local food system, and living in a more connected community!

Jerry: That's a lot, more than what people get back when using a normal recycling service. Must cost a lot to join.

Worm: Not really that much just \$20 every 4 weeks.

My handler has seen other normal curbside composting companies charge much more, but again CompostBoro wants to grow more than a company.

Jerry: Sounds like you have a big heart.

Worm: It's CompostBoro that has the big heart; we, worms just have multiple hearts, 5 actually.

Jerry: What 5 hearts?

Oh. It looks like we're running out of time.

We have to continue this next time, 5 hearts really, more with Mr. Worm.

Worm: About that, not Mister

Jerry: O.K. Miss

Worm: Not that either

Jerry: Well, we got to go next time more about the sex and life with CompostBoro's worm.

Jerry: Well that went better than I thought it would for your 1st interview, people need to check out [compostboro.com](http://compostboro.com)

Announcer: Jerry, mics still hot and we're still recording.

# INTERVIEW 2

Jerry: Well, we're back talking with CompostBoro's worm. Just to recap listeners up you're one of the worms who work for CompostBoro. It can be found online at [compostboro.com](http://compostboro.com) and is located in Murfreesboro, TN they service Murfreesboro's residents.

Its a curbside composting service with a few twists.

- They use worms instead of normal composting to give their membership one of the richest forms of fertilizer that they can use in their garden.
- Automatic membership in "More the Merrier" (the rebate program that lets members earn money back)
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Jerry: CompostBoro makes composting easy by doing all of the dirty work for you!

Online at [compostboro.com](http://compostboro.com)

All the member has to do is place food scraps in the bucket rather than the trash or garbage disposal, and CompostBoro takes care of the rest. They exchange the used bucket weekly with a clean bucket. CompostBoro keeps track of everything .

All this for only \$20 every 4 weeks.

Jerry: CompostBoro is the company with a big heart and you have multiple hearts.

Well, worm did I cover everything.

Worm: Yep, you got it in a nut shell, hmm nut shells.

Jerry: You sound hungry.

Worm: I am, it's been about an hour since I last ate.

Jerry: That's one of things I wanted to cover after finding about you. In general, do all worms have 5 hearts?

Worm: I'm not sure, I only know about my species.

Jerry: So tell the audience a bit about your species.

Red: O.K. Our a Latin name is Eisenia Fetida or E.F. Our common name is Red Wiggler, you can call me, Red.

Jerry: Well, worm, working for CompostBoro, how did you start there?

Red: We do more than just work there: We live, we work and we play there or in other words; we eat, we poop, and we have ss, oops, sorry just remembered children may be listening, make babies.

Jerry: But couldn't I just go dig up some worms in my back yard and start doing composting?

Red: No, that most likely will not work (unless you dig up one of us.) There are more than 6,000 species of earthworms, and only 6 species have been identified as suitable for composting. We, the Red Wiggler are the most versatile, if I do say so myself.

We are able to handle cold weather, warm weather, and pounds of garbage.

Optimal Conditions for Raising Us, Red Wigglers

Temperature: 59° - 77° F (limits 32° - 95° F)

Moisture: 80% (limits 60% - 90%)

Oxygen requirement: Aerobic we do need air to breathe

pH: >5 and <9 best 6.1-7.5

Jerry: I bet you got your name because of the way you wiggle well on a hook.

Red: Jerry, don't go there, our handlers love us.

We are smart worms. When cold, we will retreat from the surface and ball together for protection.

Unlike another composting worm I shouldn't mention NIGHTCRAWLERS they just continue to eat on the surface til they freeze or if they don't like something they'll just leave their container and crawl away, they are so finicky

We, also, have a sense of community & of our surroundings

Jerry: In what way?

Red: We share and alike, we're not territorial.

STORY>> YOUTUBE VIDEO

Our handler told about a story he saw on the human YOUTUBE a man made a homemade CFT, that's Continuous Flow Through (worm farm type) from a little trash can fed his worms for a while to make a video then put it his garage and forgot about it. It was there all during the Winter, he found it at the start of Spring. The worm community stood together and survived although no food was available. All the worms were emashed but alive. Those poor worms.

Jerry: You also said of your surroundings, what did you mean by that?

Red: Well, Jerry, for a species that have no eyes we can always find our food even when our handlers keep changing the location. He says he does this to make sure he not over feeding us because that will lead to other dangers for us. Also we know how large our living area is so we don't over populate it. We only reproduce when the conditions are right.

Jerry: If you have no eyes how do you know when your on the surface or underground?

Red: Our skin is extremely sensitive to light and we move away from any light source we encounter. But not all colors harm us as bad as white. Red light bothers us less.

Jerry: I wondered why our lighting crew kept lowering the lights.

Conditions are right, you mean you put right worm mood music on the stereo.

Red: No Jerry, ideal conditions of air, moisture, and food. We need to be sure there enough for a growing population.

Jerry: Air and food I understand, but why is the ideal moisture so high?

Red: We, worms breathe thru our skin. Our skin must be moist to be able to breathe. If our skin dries out, we will die.

Jerry: Also at the end of our last conversation you didn't want to be call "Mr" or "Miss" why is that?

Red: We are hermaphrodites. Redworms have both male and female reproductive organs.

Jerry: You mean you can breed with yourself. Well that would save a lot of time.

Red: NO, we still require a mate to breed.

Jerry: So then what?

Red: I don't want to get too technical.

Jerry: Oh. Please do.

Red: O.K. here goes;

The reproductive act which lasts for around 3 hours!

Jerry: WOW, 3 HOURS! That's why you, guys/gals need 5 hearts, 3 hours!!, really.

Red: Yep. It begins with two mature worms giving each other a hug. They line up their clitellum and then hold on to each others bodies with tiny hairs called setae. During this hug, the worms swap reproductive seminal fluids. Next, the worms secrete mucus rings around both their bodies. The visual effect is that it makes the worms look like they are tied up with very fine fishing line.

These mucus rings are the beginnings of the shell of the worm cocoon. When the worms begin to separate, the mucus rings slide off each worm, collecting fertilized reproductive seminal fluids as the rings move along the worms' bodies. When the mucus rings get to the end of the worms, the ends of the mucus rings seal themselves, creating the cocoon that contains all the necessary reproductive material. The cocoon then separates from the worms to develop.

Jerry: The 'clitellum'?

Red: Yes its the band near the mouth that's on mature adult worms

Jerry: Do you have one?

Red: No, I'm not an adult yet.

Breeding adults Lay – 2-3 cocoons per worm per week

Days to Hatch – 23 days

Worms per cocoon – 3-4

Worms can go from hatchling to mature breeder in two to three months, depending upon the environmental conditions.

With the right conditions, our population can double every 90 days.

Jerry: So how long does your species live?

Red: We can live 4 -10 years in our captivity. Out in nature, we, worms typically live only 1 or 2 years because of predators, temperature changes, and other potential dangers.

Jerry: Earlier you were fantasizing about eating a nut shell. What else do worms eat?

Red: We are mostly vegetarians. We do not have teeth and without teeth, we can not take a bite out of food. We wait until the food begins to rot or break down so that it is soft and wet enough suck off with our very small mouths. Instead of chewing our food with teeth, we grind the food in our very small gizzards.

Some 'YES' foods are:

Vegetables

Fruits Limit: citrus but it can still be used. But no Pineapple!!

Egg shells

Nuts and grains

Chips

Bread

Pasta

Rice

Corn cobs

Tea bags

Coffee grounds & filters >>I REALLY like coffee grounds

Flowers (wilted ones, hopefully)(but not diseased)

Paper napkins, towels, tissues, plates

Food Contaminated Cardboard (Pizza boxes & Egg cartons)

Some 'NO' foods are:

Meat, poultry, or fish of any sort

Dairy (Milk, Yogurt, Cheese)

Animal or human feces or urine

Excessive amounts of liquid like oil, grease or juice

Charcoal

AND especially NO Pineapple or Papaya

Our handlers have made a list called "Big List of YES NO Compostables" that can be found online at [compostboro.com/what-can-go-compost-boro-bucket.html](http://compostboro.com/what-can-go-compost-boro-bucket.html)

A few factors come into play to get on the 'NO' list

- Food too acidic
- Give off odors that attract pests. PESTS that like to eat us too.
- May transmit dangerous pathogens
- May contain insecticide
- Will heat up as it breaks down. Will cook us.

A saying our handlers like telling their members about the food they give us is:

**"Remember when in doubt, leave it out."**

Jerry: How much food can worms eat?

Red: Experts are all over the place on that question, my handlers have heard anywhere from ¼ to 2x a worm's weight per day although most say ½ to 1x our weight. I've never seen a worm eat twice their weight, but maybe it's those dumb nightcrawlers, they gorge themselves

See, it's not just the food scraps we are eating it's; the scraps, the bedding, the microorganisms, and the buffers.

I'm a growing worm, I think I can eat at least ¾ my weight per day.

It also why my likeness is on the company's business card saying "WE NEED MORE FOOD SCRAPS"

Jerry: WOW. That's a lot of food.

Red: Not really when you consider 55-65, of us, adult worms equal 1 ounce.

Jerry: Boy, we covered a lot in this session.



People need to check out [compostboro.com](http://compostboro.com)

Red: Yes, "WE NEED MORE FOOD SCRAPS"

Jerry: Well, we got to go next time more CompostBoro's Mr. Red

Red: Ah, hum

Jerry: Right, no sexes just a lot of sex.

Announcer: Again, Jerry, still recording.

# INTERVIEW 3

or Conversations with Red

Jerry: Well, we're talking again with CompostBoro's worm, Red.

Jerry: Just to catch listeners up you're one of the worms, Red Wiggler worms, who work for CompostBoro.

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ALL THIS FOR ONLY \$20 every 4 weeks.

CompostBoro IS THE COMPANY WITH THE BIG HEART with workers that have multi hearts.

Jerry: from our last conversation, we learned about you and your specie's life and breeding Redworms have both male and female reproductive organs. So you're both sexes and that mating sessions are 3 hours each time.

Jerry: We also talked about what you do and don't eat.

Red: Don't forget we are smart worms and we work as a community

Jerry: Right, your not dumb or finicky like those nightcrawlers.

Red: That's right and we're versatile which is great for Vermicomposting.

Jerry: Well, Red what your dreams and aspirations, what do you see as your ideal life?

Red: Well Jerry, based on what we do best;

- Make a lot of babies

Jerry: That's not surprising.

Red:

- Be able to eat my fill everyday.
- My biggest dream which I hope my handler can make happen is to live in a CFT not a small make-shift one but a real long commercial type may even 32 ft or more long.

Jerry: What's wrong with container where you live now?

Red: I said dream, but I like our container especially over the alternatives.

Jerry: Alternatives, how does your container rated on let's say top 8.

Red: O.K. Jerry,

1. Commercial long CFT – 32' or longer
2. Commercial short CFT – 8'
3. Homemade CFT with wide spacious surface area. We, worms don't like small containers.
4. My container
5. A short height version of my container
6. A bucket.
7. An outside bed container
8. Mother Nature

The last 4 make me nauseous and cringe just thinking about them.

Jerry: Why so Red?

Red: Well let me explain, even thou I've never been living any where else but my container, I've heard stories from some of the adult worms about those places.

Starting with 5. A short height version of my container

Surface area would be good since we usually live in the top 3", but it's short so the handlers are constantly harvesting our poop. You, humans, really love our poop.

6. A bucket.

Almost no surface area. A lot of worms in composting factories live in 5 gallon buckets, I heard the conditions are terrible. Not ever enough real food and no worms making babies. And again, constant harvesting.

7, An outside bed container

This is just a little bit better than Mother Nature. There might be good surface area and we have food but at the potential of predators and it being either too hot or too cold. Speaking about cold, its starting to feel cold here, you feel it.

Jerry: Yea, a bit. Hey guys where's the heat?

Announcer: The lights usually keep it toasty, so we turn off the heat.

Jerry: Can we get a heater for my friend, Red?

(Someone comes in with a heater and puts it near Red's chair.)

Jerry: Not too close, we don't want to dry him out, then we'll have a dead Red.

Red: Why Jerry, you were actually listening.

Jerry: Of course, Red, always, I consider you a friend, a really tiny friend.

Red: Thank you, Jerry. Me, too, you're a giant human friend to me.

Jerry: Are you O.K, now Red?

Red: Yes, better.

Jerry: You were at Mother Nature

Red: Yea, Mother Nature that's the worst place to live.

Jerry: But I thought most worms wouldn't want to live in captivity.

Red: As I said in an early interview, out in nature, we, worms typically live only 1 or 2 years because of predators, temperature changes, and other potential dangers. Let me tell you a story one of the adult worms told me.

Jerry: O.K.

Red: Well he related a story his friend told him. This friend told my adult worm that he and his buddy were in the woods under some leaves sucking on some leaf mold when all of a sudden the worms felt a gust of wind and a thump. His buddy was gone, disappeared. If that's what Mother Nature does to us lowly worms, I rather live in my container.

In captivity, if we have good handlers, we can live a somewhat comfortable long life.

Now the top four starting with 4. My container

Good surface area and deep enough for there to be less harvesting. With the right conditions we can make babies.

Jerry: Yes, Red, you do have a one track mind. You keep mentioning harvesting like it's a bad thing. Seems you would want to get rid of your poop and have a cleaner container.

Red: It's not the harvesting per-say, but the way you humans harvest it. In the 4 – 7 containers: First, you have to separate us from the poop.

- Usually using either strong lights or sunlight, both hurt us. Then humans still need to pick out our cocoons and possibly damaging them.
- Another way is to use screens of one size to sift us from the poop. A smaller size to sift our cocoons from the poop. This is scary for us and dangerous for our cocoons. Some handlers use a rotating trommel to sift us and our cocoons away.

Jerry: A trommel doesn't sound to bad, at least there's no harsh lights.

Red: My handler calls it a "Whirl Around" worms are tossed and tumble over and over only to drop the equivalent of 8-10 feet in human terms into a hard bucket.

Jerry: Well, I guess you're right that type of harvesting is very hard on you, worms.

Red: Now with number 3. Homemade CFT all that changes, actually the top 3, the CFT's basically work about the same. All have large surface area:

- Homemade CFT (the one my handler is working on) – 5 sq. ft.
- Commercial short CFT 8’ – 32 sq. ft.
- Commercial long CFT 32’ – 128 sq. ft.

Plenty of room to multiply, ***make babies.***

My container is tapered 1.6 – 2.9 sq. ft.

Harvesting is easy on us and easier for our handlers, too. Feeding is another item that changes on the 2 commercial models instead of pocket feeding the whole surface area is layered with 1”-2” of food, no more hunting where did they put it this time.

Jerry: How is harvesting different? You still need to be separated from the poop, don’t you?

Red: Nope, not with CFT harvesting:

- We don’t leave the CFT for it to be harvested.
- The food and us are at the top of the CFT and the harvesting of the poop is at the bottom approx. 20-24 inches away in depth.
- By the time the Vermicast is harvested from a CFT all the cocoons that would have hatched have. So no danger to viable hatchlings.
- Handlers can still use their screens but us, worms, aren’t involved. Less stress on us.

Also, (on a side note) in the commercial models the stories from fellow worms (so I been told) at the other end are amazing. The foods, the fruits, the microbes.

Jerry: Well, Red that sounds like a great dream to have. Hope your handlers at CompostBoro can make it happen.

Red: Actually, it’s the residents of Murfreesboro that can help make it happen by signing up for CompostBoro’s curbside composting service.

**”WE NEED MORE FOOD SCRAPS”**

Jerry: Well, we got to go, next time more my friend, CompostBoro’s Red. Well Red what are we talking about next time?

Red: I thought we could cover the goals and visions of CompostBoro.

Jerry: Bye everybody.

Jerry: We off the air this time?

Announcer: Yes

Jerry: How’s the heat, Red? Not to steamy? You sure are stuck on sex, sex, **Sex.**

Red: Hey I’m just a young growing, almost adult, worm.

Announcer: Oops, sorry, no we are not, my fault.