

# Fill your week with smiles!

SATURDAY, APRIL 4 VITAMIN C DAY

## Tangy with a twist!

Get your vitamin C today with a cocktail created by Blakely Trettenero (GourmetWithBlakely.com). A bit of honey counters the grapefruit's zing for a refreshingly sweet sip.

**To make her Ruby Red Grapefruit and Honey Paloma:** Pour 2 oz. of

room-temperature tequila, 2 oz. of freshly squeezed grapefruit juice and 1 tsp. of honey into a cocktail glass. Stir until honey is dissolved. Fill the glass with ice; top with club soda and a squeeze of lime. Stir. Garnish with a lime or grapefruit wedge. *Makes 1 drink.*

JOKE OF THE WEEK

### Just plane unreliable

A group of engineering professors boarded a flight. After they were comfortably seated, they were informed that the plane had been built by their students. All but one stood and ran for the exits. The flight attendant asked the one professor who remained sitting calmly in his seat, "Why did you stay put?" He replied, "I have plenty of confidence in my students. Knowing them, I can assure you this plane will never even start."

MONDAY, MARCH 30  
NATIONAL VIRTUAL VACATION DAY

## See the world!

Escape to the destination of your choice—from the comfort of your home! "When you go on a virtual vacation, you can travel anywhere at any time without having to pack or plan," says holiday creator Terrance Zepke of TerranceTalksTravel.com. "The possibilities are endless: exploring Times Square, taking a Mediterranean cruise or enjoying a gondola ride in Venice." Zepke suggests visiting Earth.google.com for 3D guided tours of sites around the world. Whether you "visit" a tropical beach or the Egyptian pyramids, you're sure to feel refreshed: Just gazing at vacation photos floods your brain with calming alpha waves, tiding you over until you can truly get away!



HELP A HERO!

### Feed the troops!

Do you have protein bars or packages of beef jerky to spare? If so, send them to Operation Troop Appreciation! This nonprofit organization will use them in care packages for troops abroad or "welcome home" kits for veterans. Mail items to Operation Troop Appreciation, 500 Regis Avenue #18052, Pittsburgh PA, 15236-8052.

FRIDAY, APRIL 3  
INSPIRING JOY DAY

## Share bliss!



Today is the second Inspiring Joy Day, a holiday we created to spread smiles. And according to the Comfort Keepers' National State of Joy Survey, 87% of respondents said we need more joy in the world. Fortunately, it's easy to find! The 5,360 people polled rated "sunshine on my face" and "reminiscing about old times" as the top two joy inducers. To celebrate, take a few minutes to enjoy these simple pleasures—or anything else that brings you joy—and share photos of your moments on social media with the hashtag #inspiringjoy. Research shows that lighthearted posts spread faster than negative ones, plus encourage others to share their own happy updates.

THURSDAY, APRIL 2

NATIONAL PEANUT BUTTER AND JELLY DAY

## PB & Joy!

Peanut butter and jelly gets a fun upgrade with this recipe from Nicole Meyer (NibblesByNic.com). "This simple twist on PB&J combines your favorite breakfast and lunch into one delicious dish!" she says.

**To make Stuffed PB&J French Toast Kebabs:**

Spread strawberry jam on 4 slices of 1/2"-thick challah or egg bread. Top with sliced strawberries; sprinkle with cinnamon. Spread creamy peanut butter on 4 slices of bread; make sandwiches. In bowl, whisk 5 large eggs, 3/4 cup of milk, 3 Tbs. of maple syrup and 3/4 tsp. of vanilla. Dip sandwiches in egg mixture and cook on greased griddle, 3–4 minutes per side. Transfer to a cutting board; brush with 2 Tbs. of maple syrup. Cut into quarters and serve on skewers, alternating sandwiches with halved strawberries.



TUESDAY, MARCH 31 NATIONAL WALKING DAY

## Power up your stroll!

When you head outside for a walk today, consider turning on some music—it'll make you feel better, suggests research in the journal *Psychological Bulletin*. The review of 139 studies of 3,600 people found that listening to tunes not only boosted subjects' mood, it also improved their physical performance. Explains study author Peter Terry, "Music

slightly enhances blood-flow efficiency and improves the consistency of movement patterns." And listening to songs with 120 beats per minute (bpm), like Cyndi Lauper's "Girls Just Want to Have Fun," offered greater benefits than listening to songs with a slower tempo." Visit GetSongBPM.com to find more 120-bpm tunes.



Getty (3); Jumpfoto; Shutterstock. Text: Shay Trotter

Start your week  
with a  
**Laugh!**



"When it comes to staying on a diet, I'm a desserter"

Q What time do ducks wake up?

A At the quack of dawn!



"You wouldn't believe how many socks I lose in there"

Kids are **fUnNy!**

While sharing Bible stories with my Sunday school class, I read, "The man named Lot was warned to take his wife and flee from the city, but his wife looked back and was turned to salt." A student raised his hand and asked, "What happened to the flea?"

—M.D., Boston

WW