

How to Express "I Love You"

Here are several ways to say "I Love You" to the special someone in your life:

- ◆ Make a music CD of all of your favorite love songs. Slip the CD into the stereo of your partner's car before he or she leaves in the morning so it starts playing when he or she starts the car up to leave home.

- ◆ Change the screen saver on your home computer to a scrolling message. Tell him or her you love them or write another special message that is meaningful to the two of you.



- ◆ Pack a special picnic lunch and put a blanket in your vehicle's trunk and invite your partner for an impromptu picnic in the park during lunch.

- ◆ Write a special note to your partner on a sticky note and place it on an upcoming page of the book your partner is reading.
- ◆ Rent the first movie that the two of you watched together and surprise your partner with a movie night with just the two of you.
- ◆ If you're partner travels a lot, surprise him or her at the airport when they arrive home from their next trip.
- ◆ Using bright red lipstick, write a special message to your partner that says "I love you."
- ◆ Watch the sunrise or sunset together.
- ◆ Wink at your partner from across the room at a random moment and for no special reason other than you love him or her.
- ◆ Write a loving message on the bathroom mirror using anti-fog solution so that when the room fogs up from a shower, your partner can see the message from you.

Easy Steps to Better Health

- Eat together at the table: People consume more when eating in front of the TV. And foods eaten "on the go" are generally higher in calories.
- Play with kids for at least 20 minutes a day. Ride a bike, jump rope, or play touch football or soccer. Visit www.caloriecontrol.org/exercalc.html to find out the calories burned in various sports.
- Focus on favorite foods. Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.
- Eat soup. Soup leaves you feeling full on fewer calories.

Tips for a Healthy Pregnancy



To increase your chances of having a healthy pregnancy, consider these tips from the Centers for Disease Control:

- Get prenatal care as soon as possible and see your doctor regularly through the whole pregnancy.
- Stop smoking.
- Drink at least six to eight glasses of water, fruit juice, and milk every day.
- Eat healthy. Consume fortified foods (enriched grain products, including cereals, rice, breads, and pastas) and foods with natural sources of folate (orange juice, green leafy vegetables, beans, broccoli, asparagus, peas, and lentils).
- Don't drink alcohol or take illegal drugs.
- Check with your doctor before taking any medicine or using solvents, insecticides, and paints.
- Engage in safe exercises for pregnant women.
- Get plenty of rest.

How to Quiet a Barking Dog

The Humane Society of Denver says a barking dog can cause neighborhood disputes and violations of animal control ordinances. If your dog's barking has created neighborhood tension, it's a good idea to discuss the problem with your neighbors and tell them you're taking steps to eliminate it.

Determine when and for how long your dog barks, and what's causing him to bark. Is he left alone for long periods of time? Is his environment barren, without playmates or toys? Is he a young dog with few outlets for his energy? Is he a herding or sporting dog who needs a "job" to be happy?



Here are some tips:

- Walk your dog daily.
- Teach him to fetch a ball or Frisbee.
- Teach commands for five to 10 minutes a day.
- Take an obedience class with your dog.
- Provide interesting toys to keep him busy when you're not there.
- When you have to leave for extended periods, take him to a "doggie day care" or have someone walk with him.
- Teach him a "quiet" command. Interrupt his barking by shaking a can filled with pennies or squirting water at his mouth with a spray bottle. This startles him into being quiet so you can reward him.
- If he barks when you're home, call him to you and have him obey a command such as "sit." Praise him and give him a treat.

For more information, visit the Humane Society of the United States at <http://www.hsus.org/>.