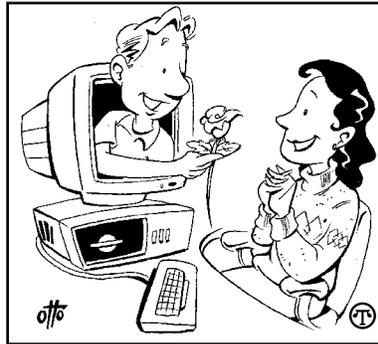


SPRING FORWARD

Change In The Weather? Try A Change Of Pace

(NAPSA)—Each year, more and more people celebrate the arrival of warmer weather by doing something to shake up their lives and get a jump-start on the future.

Whether you're looking to take a romantic plunge or just shake off the winter blahs, here are a few fun things you can do to open doors and explore a brave new world of possibilities.



When love is in the air, the Internet can be a great place to look for a soulmate.

- **Join the cyber party.** Online dating is not only an exciting way to meet a potential soulmate, but it's also a great way to make new friends. Experts recommend visiting an established dating site, such as AmericanSingles.com. The site is easy to use and free to join; visitors can take a quick tour and get an idea of who's online and looking for romance.

- **Do something you've never done before.** Test drive a Ferrari, wear a wig, go parachuting, eat snails, learn a new language.

- **Spice up your look.** Get a new haircut, try a new eyeshadow, pierce your nose, reshape your goatee, paint your toenails blue.

- **Make someone's day.** Call someone you haven't talked to in a while, be nice to a telemarketer, send a goofy card to someone you've met on AmericanSingles.com.

- **Get sporty.** Take a walk, go shopping, offer to take a friend's dog for a walk, flirt.

- **Learn something new.** Sign up for that class you've always wanted to take—basket weaving, yoga, rocket science. A local junior/community college, university extension or even the Yellow Pages can be a great place to start.