

INSIDE

MEANING

FIND

ABSOLUTELY  
FREE

SPRING 2010

DECENT

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CrimethInc.



# Have You Been Outside Today?

How much time do you spend watching television, playing video games, using the computer, texting friends, or talking on the phone?

HOW CAN I HAVE A CONVERSATION WITH YOU WHEN YOU'RE CONSTANTLY STARING AT YOUR IPHONE?



Let's go somewhere fun and not really experience it.



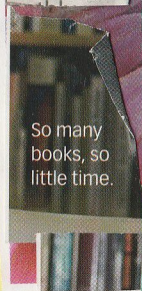
## Open to the community

**Athens Farmers Market:** 10 a.m. to 1 p.m. Every Saturday and Wednesday on East State Street at the University Mall. (No Wednesday market till spring.)

**Free Lunch and Food Pantry:** The Friends & Neighbors Community Food Center Wednesday Soup Kitchen. Noon to 3 p.m. at the Lottridge Community Center, 2754 Lottridge Road. Everyone welcome. Choice pantry open for USDA income guidelines eligible people from 12:30-3 p.m. For info call 667-0684 or 592-3969.

## Athens Public Library Hours

Monday:	Closed
Tuesday:	9 am to 8 pm
Wednesday:	9 am to 8 pm
Thursday:	9 am to 8 pm
Friday:	9am to 5 pm
Saturday:	9 am to 5 pm
Sunday:	Closed



**Free Lunch:** Every Monday at the First United Methodist Church, 2 S. College St., Athens. Noon to 1 p.m. Free and open to all, no questions asked.

**Friday Night Supper for the Hungry:** A sit-down nutritional meal for the hungry and homeless is provided by community organizations and churches who volunteer. 5:30 p.m. every Friday. For info call Good Works at 594-3339.

PLEASE donate your car to the Good Works Transformation Station. These cars go directly to families in Athens County who "earn" them through a volunteer "sweat equity" program. For more information, contact Paul Richard at 740.594.3333 or good-works@good-works.net





Here are some fun and simple things you can do outside. Make the outdoors part of your day everyday.

- take pictures of nature
- smell the fresh air
- listen to the birds
- draw pictures outside
- go on a scavenger hunt
- plant something
- take a walk
- build a fort
- go fishing

- watch the sunrise
- notice the sunset
- look up at the stars
- go to a nature program
- play in the mud
- search for tadpoles
- start an insect collection
- walk in the rain
- go camping
- lay on the ground
- look at the clouds
- keep a nature journal

- look for bird nests
- listen to the frogs
- look under rocks
- roll in the grass
- look for tracks
- ride your bike

down the bike path.

activity

FEEL

BETTER

make your own

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

THEN SHE SAYS, "FILL YOUR HEAD WITH HAPPY THOUGHTS AND THE MURKY ONES WILL SPILL OUT."

go to a MUSIC

show





give thanks for this

take care



PEOPLE WHO LEAVE dogs tied out on chains suck. Trade places with them.

Spring is here so don't waste it in front of the TV

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KEEP CALM AND CARRY ON