



March 1, 2007

The Weekend Guide

What to Do This Weekend



Forward ... March.

EAT Monks' Bread

What: Friars and nuns whip up loaves, preserves, and honey to benefit charity.

Why: Give us this day our daily bread.

Where: Online at monksbread.com.

USE Nicogel

What: Satisfy your urge to smoke with a hand gel that has less than one tenth the tobacco of a cigarette.

Why: Thank you for not smoking.

Where: Online at sunridgedistribution.com.

WEAR Psi Bands

What: Wrist bracelets in cute prints relieve nausea from pregnancy, motion sickness, anesthesia, and chemotherapy without using drugs.

Why: Beats tossing your cookies.

Where: Online at psibands.com.

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Grand Cayman Oceanview Getaway w/Air	\$449
CheapCaribbean.com	
Florida: Over 150 Routes Under \$100 (each way)	\$69
AirTran Airways	

Release Date: 05/21/08

*Taxes & fees may apply

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