

SUN MON TUE WED THU FRI SAT

<p>1 Softball vs. Rutgers Ulmer Stadium 11 a.m. & again at 1 p.m.</p> <p>Palm Sunday April Fools Day</p>	<p>2 Women's Golf at John Kirk Lady Panther Stockbridge, Ga. All day</p>	<p>3 Women's Golf at John Kirk Lady Panther Stockbridge, Ga. All day</p> <p>Take some deep breaths and count backwards from 10 when you feel stressed</p>	<p>4 Softball vs. Indiana Ulmer Stadium 5 p.m.</p> <p>Family Time: Talk about goals and set some for each family member. An example might be eating fruit for an afternoon snack.</p>	<p>5 Women's Tennis vs. South Alabama 1 p.m. Mobile, Ala. Track at Texas Relays Austin, TX. TBA</p>	<p>6 Men's Tennis vs. USF Bass-Rudd Tennis Center TBA</p> <p>National Walk to Work Day</p>	<p>7 Softball vs. USF Tampa, Fla. 12 p.m. & 2 p.m. Track at Indiana Relays Bloomington Ind. TBA Track at Texas Relays Austin, TX. TBA</p>
<p>8 Men's Tennis vs. VCU Bass-Rudd Tennis Center 11 a.m.</p> <p>Easter</p>	<p>National Humor Month</p>					<p>14 Men's Tennis vs. Notre Dame Bass-Rudd Tennis Center 3:30 p.m. Women's Rowing at Windermere Rowing Classic Stanford, Calif. All day</p>
<p>15 Softball vs. Pittsburgh Pittsburgh, Pa. 11 a.m. & 1 p.m. Women's Rowing at Windermere Rowing Classic Stanford, Calif. All day</p>	<p>16 Women's Tennis vs. UCF Orlando, Fla. TBA</p> <p>Take a break. Ggo for a walk to get your mind off work to help relieve stress.</p>	<p>17 Softball vs. Eastern Kentucky Ulmer Stadium 5 p.m.</p>	<p>18 Softball vs. Middle Tennessee State Ulmer Stadium 5 p.m.</p>	<p>19 Women's Tennis BIG EAST Conference Tampa, Fla. TBA Men's Tennis BIG EAST Championship Tampa, Fla. All day</p>	<p>20 Track at Mt. SAC Relays Walnut, Calif. TBA Men & Women's Tennis Tampa, Fla.</p>	<p>21 Track Cardinal Invitational Cardinal Park TBA Softball vs. Notre Dame South Bend, Ind. 12 & 2 p.m. Women's Rowing SIRA Championships Oak Ridge, Tenn.</p>
<p>22 Softball vs. DePaul Chicago, Ill. 1&3 p.m. Women's Golf BIG EAST Championship Cardinal Club All Day</p> <p>Earth Day </p>	<p>23 Women's Golf BIG EAST Championship Cardinal Club All Day</p>	<p>24 Women's Golf BIG EAST Championship Cardinal Club All Day</p>	<p>25 Family Time : Discuss the difference between a stranger and someone who acts nicely. Work out a plan if someone were to approach you and suggested that you do something that makes you feel uncomfortable.</p>	<p>26 Track at Penn Relays Philadelphia, Pa. TBA</p> <p>Fact: Water makes up almost two thirds of your body weight, drink up!</p>	<p>27 Softball vs. Connecticut Ulmer Stadium 4 & 6 p.m.</p> <p>Plant a Tree. It's Arbor Day!</p>	<p>28 Track Penn Relays Philadelphia, Pa. TBA</p>
<p>29 Softball vs. Providence Ulmer Stadium 11 a.m. & 1 p.m. Women's Rowing BIG EAST Championships Mercer County, N.J. All day</p>	<p>Stress Awareness Month</p>					

Family Fun

Have a family game night with your own family or invite others to join you. Look at family photos and reminisce. Do a project that helps and involves others in your neighborhood or community, such as building a habitat house.

- Mini Pizza's:**
- 1 package of English muffins (whole wheat)
 - 1 jar pizza sauce
 - Chopped onions/green peppers
 - Parmesan Cheese
 - Other desired toppings
 - Shredded low-fat, part skim mozzarella
 - Cut English muffins in half and toast until golden. Spread desired amount of pizza sauce on each muffin half. Top with desired toppings. Broil until cheese is bubbly. Sprinkle on parmesan cheese.
 - Yields about 12 servings