**Help Detector Dogs: Don’t Pack A Pest**

(NAPSA)—If you’ve returned from an international trip, you’ve no doubt seen beagles with blue jackets sniffing luggage in the baggage claim area. Visitors to Hawaii and Puerto Rico may also see four-legged officers in green jackets helping to find prohibited foods and plants hidden in luggage. As c aptive as this may seem, the detector dogs, or sniffer dogs, who work alongside U.S. Customs and Border Protection officials are performing an important job. They are helping to keep harmful invasive pests out of our country, including Hungry Pests, which can severely damage our crops, trees and landscapes. Invasive pests cost our country $40 billion each year in damages and related costs. They come from other countries and can spread quickly, since they have few natural predators here. These invasive insects and diseases, however, are ones we are losing oranges to citrus green disease, and oak trees—a popular shade tree in parks and communities—to the emerald ash borer beetle. But by knowing what not to bring back, you can help pro- tect so much that we love.

Detector dogs help human inspectors catch pests and diseases that might otherwise be overlooked. Through their keen sense of smell and ability to detect pests, sniffing snared unopened bags and alert U.S. Customs and sniffer dogs to look for several pests that are able to detect a single scent among many overlapping ones. And, on average, they have been able to detect as much as 100 million scent-detecting cells, as compared to humans who have about 10 million such cells.

Why are beagle and beagle mixes chosen for this role? Because of their smaller size and relatively lower cost, the dogs are good around people and tend not to be intimidating. They also have a keen appetite, so happily train and work for treats. Most of the dogs come from shelters. Those selected are sent to the USDA National Detector Dog Training Center in Georgia, where they go through rig- orous training. Those who successfully complete the program become detector dogs.

Be thankful these dogs are trained to find prohibited pests before they enter the States. A seemingly harmless piece of fruit could carry an invasive pest hiden inside. And if it finds its way to your neighborhood, your trees and plants could be its next target for destruction.

So, what is safe to bring back home? Small quantities of canned foods or foods packed in vacuum-sealed jars (except those that contain meat or poultry) are generally allowed. Some fresh fruits, vegetables, plants, flowers and agriculture items may also be allowed, but only after they’ve been inspected and cleared by USDA or Customs offi- cials. To learn more, visit USDA’s “Traveler Information” page before your return trip to learn more and always declare all agricultural products or live plants to U.S. Customs officials.

When it comes to protecting our country’s agriculture, you can do your part. You can make all the difference. Be wise when traveling, and know what’s safe to bring back, so you don’t pack a pest. Learn more by visiting www.HungryPests.com.

**USDA detector dogs help keep dan- gerous pests from America’s plants.**

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**Ten Tips For Happiness**

(NAPSA)—Many people find it’s the little things that provide the most joy in life. Here are some simple steps that can put you on the road to more happiness:

1. Give: Do kind things for others.
2. Relate: Connect with people. Call a friend.
3. Health: Exercise, being active can improve your mood. Make sure you get enough sleep and eat a healthy diet.
4. Awareness: Stop and take notice of the moment.
5. Direction: Have goals, plans, and things to look forward to.
6. Attitude: Feelings can follow actions. Tell yourself you’re content and you may soon be happy.

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**In “Downsizing,” a couple finds a way to escape their average lives and live in luxury: but will it bring them happiness?**

7. Acceptance: No one’s perfect. Be kind to yourself.
8. Gratitude: Write a list of everything you’re grateful for in life and read the list whenever you’re down or having a bad day.
9. Find Meaning: Be a part of some- thing bigger—your faith, your job, your family.
10. Treat Yourself: Remember to take care of yourself; whether it’s taking a bath, reading a book or watching a funny movie like “Downsizing” at home with friends.

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When scientists find a way to shrink, it’s about you, too.

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**Out With The Old, In With The Old-Inspired: Retro-Feeling Essentials Make At-Home Fitness Fun Again**

(NAPSA)—If you’re like most people, your resolution to eat well and get fit won’t even last 365 days. According to U.S. News & World Report, 80 percent of people ditch their resolutions after eight weeks. Fortunately, there are fun, retro-inspired tools you can use to stay on track while staying on trend.

One expert says “to keep your resolutions is to find ways to make healthy living fun,” explains exercise physiologist and Schwinn fitness advisor Tom Holland. “If you find a workout or a nutritious recipe you enjoy, make it a part of your regular routine and eventually you’ll have a healthy habit that lasts.”

Recently, retro-inspired items have soared in popularity based on the nostalgia and positive memories they evoke. Having that reminder of who you once were and can create positive emotions and help keep you motivated.

Try these four retro-inspired essentials to make healthy living more fun with a nod to the good of days:

1. **Invest your workout with vinyl.**
   - Music can play a crucial role in any fitness routine, but nothing gives you a more personal workout experience than investing in a record player that blends new with old by offering Bluetooth technology. Adding a retro-inspired design. Help your local record store find you a new set of records to keep you upbeat tunes that’ll get you amped to sweat.

2. **Make meal prepping cool with a vintage-style lunchbox.**
   - If you want to practice healthy eating, meal prepping is a great place to start. Planning meals helps with portion control, ensures you’re eating nutritious foods and helps curb mindless snacking all while saving money. The next time you make a healthy dinner, double the recipe and you’ll have leftovers for delicious lunches. Still not convinced meal prepping is for you? Get a cute lunchbox you’ll remember from elementary school for use at work or on the go. It can help you feel more excited about packing lunches while showing off your trendy accessory. If your food doesn’t fit into your lunchbox, it’s a pretty good bet it doesn’t fit into your diet!

3. **Leave the filters behind and showcase your true results with a Polaroid camera.**
   - Tracking your progress is an important motivational tool, regardless of your fitness goals. Tracking can take many forms—including journaling or using an app. You can also use a camera, such as an old-school Polaroid, to keep tabs on your results through pictures.

4. **Work out with equipment that makes you feel like a kid again.**
   - Studies show that when you enjoy your workout, you’re more likely to continue doing it and you’ll see better results. Find a piece of workout equipment that makes fitness feel like play—such as a hula hoop, roller skates, a skateboard. One such piece is the Schwinn Classic Cruiser bike (www.schwinnfitness.com/classic-cruiser.html). The retro-inspired Classic Cruiser bike offers users a fast, effective, 20-minute workout and makes fitness fun for the whole family. It comes complete with many modern capabilities—such as Bluetooth connectivity and an electric speedometer—while maintaining a retro feel and whimsical charm.

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**Five Spring Vacation Tips**

(NAPSA)—Presented by Carmex—If you’ll be traveling as temperatures soar in sun-baked climates on your next vacation, these tips can help you keep your skin, eyes and lips at their best.

1. **Travel like a pro:** Stay moisturized while in flight. To combat the notorious dry airplane cabins, reach for a lip balm that contains cocoa butter. For example, Carmex’s Classic Original can keep your lips soft and smooth and moisturize even the most chapped lips.
2. **Find some shade:** Find a spot at the pool with an umbrella. You can also wear a hat with a brim all the way around that shades your face, ears and the back of your neck from the sun. Retreating from the sun and having a little rest in the shade can help you stay pro- tected.
3. **Drink plenty of water:** Just as lips are sensitive to the sun, so is your body. It’s important to keep hydrated, especially when you’re exercising.**