

MAKING LIFE MORE FUN

Make The Most Of “Me Time”

(NAPSA)—From bad dates to bad bosses, there are many factors that make us want to steal away and enjoy some quiet time alone. Escaping the daily grind isn't always easy, but don't fret—here are a few ideas on how you can catch some solo time. Then, once you make the “escape,” these tips will help make “me time” fun!



EXCUSES, EXCUSES...

Make a Date with Yourself

Whether it's colleagues heading to Happy Hour, family in from out of town or a friend's birthday bash, your presence is always wanted somewhere. Set a date with yourself and let your friends, family and co-workers know a week in advance that “date night” is for you alone. When the date night arrives, enjoy your “me time” by doing something you really enjoy.

Silence the Cell

Score some time alone by shutting off the cell phone. Everyone is entitled to a few hours during which they are unreachable. Whether it's your boss inquiring about a deadline, your mom asking about your latest doctor appointment or your spouse wondering what's for dinner, it can wait a few hours.

Need an Emergency Excuse?

Now you don't need an excuse to ditch the boring date or the dry office meeting—the DIGIORNO For One “Ditcher” excuse maker will do it for you! Just log on to MySpace.com/DiGiornoForOne, pick a preprogrammed excuse and a time, and the DIGIORNO For One “Ditcher” will text or call you with an excuse to escape the situation so you can steal away and enjoy time all to yourself.

YOU'RE ALONE—NOW WHAT?

Catch Up on Classics

Pull out that list of old movies you've always been meaning to watch—now is the time to cross one off the list! Make a bowl of popcorn, curl up in your favorite fuzzy pajamas and turn down the lights to imagine you are in a theater, minus the obnoxious guy talking in the row behind you.

Read to Relax

If movies aren't your thing, grab that book you've been meaning to read—or thumb through a magazine to catch up on current events.

Turn Up the Heat on Eating Solo

So you've managed to wrangle some free time in your busy schedule, but don't want to spend the evening slaving away in the kitchen? Just because you're flying solo doesn't mean you need to settle on a bland, boring or utterly forgettable meal. DIGIORNO For One pizza and CALIFORNIA PIZZA KITCHEN For One pizza deliver oven-baked taste and premium ingredients in a quick, convenient, single-serve portion that's ready in minutes!

For more information on new DIGIORNO For One pizza and CALIFORNIA PIZZA KITCHEN For One pizza, visit www.kraftfoods.com.