

Did You Know?

(NAPS)—To switch and save on your wireless service, consider prepaid providers such as Metro by T-Mobile, Boost Mobile and Cricket. They use nationwide networks, so the service quality is on par with major carriers, but at lower prices. Learn more at www.metro-byt-mobile.com.

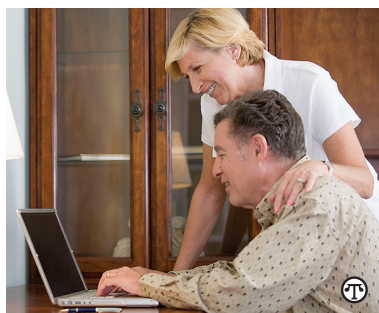
Have a hot time while the weather's warm with four fascinating new novels: "The Shadow Girl" by Misty Mount, "Median Gray" by William Mesce, "Sentinels" by L.C. Conn and "Broken Promises" by Anne Willow. Find them and more great reads at www.BookTrib.com.

BookBites brings readers ideas for their next read at www.BookTrib.com. Among its offerings: a book about a fictional pandemic that seems all too real. One on making America sacred again, the Native American way; an immigration story; and a look at disappearing jets.

Since 1920, DAV (Disabled American Veterans) has helped disabled veterans of all generations adjust to life back home. This nonprofit organization offers a range of free services to veterans and their families. Learn more, including how to get help or give it, at www.DAV.org.

Stress can affect your physical and emotional health. Visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.niddk.nih.gov to learn more about physical activity, healthy eating, adequate sleep, and other behaviors to help you manage your stress. Visit the National Institute of Mental Health website at www.nimh.nih.gov to learn more about stress.

A nonprofit organization, Treehouse, which partners with youth so they have a childhood and a future, collaborates with



social workers, foster care liaisons and caregivers to ensure access to resources. You can learn more and make a gift at www.treehouseforkids.org/donate.

When a dog attacks a letter carrier, the owner could be liable for medical expenses, lost work hours, uniform replacement and other costs, which can be thousands of dollars. Learn to avoid that at about.usps.com/what/corporate-social-responsibility/activities/dog-bite-awareness.htm.

Young men may be better able to save their own lives if they learn more about testicular cancer. They and those who care about them can find help and advice at the The Max Mallory Foundation at <https://maxmalloryfoundation.com>.

The next time you're thinking of buying or leasing a new vehicle, keep in mind that Kia was the #1 mass-market brand in initial quality for the sixth consecutive year according to J.D. Power.

Satellite Internet such as Viasat is driving innovation across industries as diverse as construction, nonprofits, agriculture, retail and more in even many of what may seem to be the hardest-to-reach places in rural America. To learn more, visit www.ViasatForBusiness.com.