LOVE YOUR APRIL

GIVE A LITTLE

LEND A HAND

Pay it forward without writing a check. National Volunteer Week, April 18 to 24, is the ideal jump start to doing good. Put your passion into action by sharing what you enjoy with others.

Love to strum? Teach someone!

START WITH ART Host a workshop on music, dance or art for kids in a needy community through **BellNational.org.** Or pack up your clarinet and send it to **The Mr. Holland's Opus Foundation** (MHOpus.org). The nonprofit donates instruments to the Mozarts of tomorrow at underprivileged schools nationwide.

GET CRAFTY Use your know-how to sew, quilt, crochet or knit a blanket for a child in a hospital or shelter by joining a chapter of **ProjectLinus.org.** If you'd rather work solo, **The Red Scarf Project** (Orphan.org) needs handmade scarves to send in care packages to teens who are aging out of foster care and going to college.

MAKE SCHOOL COOL Let your admiration for equations add up by being an online tutor at **MathNerds.com,** a group that provides help to anyone who can use it, free of charge. If numbers aren't your thing, push a child to succeed academically and personally by mentoring through **BoysHopeGirlsHope.org.** You'll both win!

FIND A PET CAUSE Spend a year raising a golden retriever, Lab or poodle puppy for **GuideDog.org,** which supplies dogs to the blind for free. Or give without a long commitment by coordinating a walk to promote compassion for confined farm animals like chickens, pigs and cows through **FarmSanctuary.org.**

—Andrea Stanley

TIME FOR YOU

Save the date (night)!

In their new comedy *Date Night,* Tina Fey and Steve Carell get more than they bargained for on a night on the town. For a rendezvous that's out of the ordinary in a *good* way, try these SELF-tested ideas.

- "Have a sitter take your *child* out while the two of you have a candlelit meal at home!"
  Kristen Saladino, fashion market editor
- "Go to a spa together for the day."
  Lindsey Benoit, publicist
- "Meet for breakfast instead of dinner. It's a great excuse to eat pancakes on a Wednesday!"
  Merritt Watts, assistant editor

Fey and Carell's date is derailed.

FROM TOP: TERRY DOYLE. SUZANNE TENNER/TWENTIETH CENTURY FOX FILM CORPORATION. STILL LIFES: JOSEPHINE SCHIELE.

SELF BOOK CLUB

True stories

Perfectionists, take note! Two honest new memoirs by magazine priestesses offer proof that the impeccably choreographed life simply does not exist. In Falling Apart in One Piece (Simon & Schuster), Stacy Morrison chronicles her devastating divorce, which coincided with the birth of her son and her ascendancy to the helm of *Redbook*. Just Let Me Lie Down (Little, Brown), by *Real Simple* managing editor Kristin van Ogtrop, is a hysterical and touching handbook for frantic working moms. Like Morrison's book, it's a reminder that, although life can be messy, the best adventures often come from chaos. *—Elisabeth Egan, contributing books editor*

SHARE! Join the club at Self.com/community to discuss these books.

FASHION FIND

THE TIME IS BRIGHT!

A chunky, cheery watch makes everything you wear look up-to-the-minute. This version, with its luxe leather strap and pristine face, is on trend yet totally classic.

TW Steel, $225, Kenjo; 212-333-7220