



A Dose of Vitamin L



One day I was reading the March 2010 issue of the *Friend* and I came to the story "Vitamin L." After I read the story, I told my family about it, and I made my own

Vitamin L jar. I know having the jar has made a difference in my family. I am so happy when the *Friend* comes to my home, and I love to read it. Thank you for the *Friend*.

Maddie J., age 11, Utah



Better than Lullabies



I was having a hard time falling asleep at night. My mom decided to play a CD of Primary songs. Listening to the music made me feel peaceful, and I was able to fall asleep. I started to listen to the songs every night. Pretty soon I knew the words to all the songs. Sometimes I sing these songs during the day. Singing them makes me feel happy.

Payson D., age 6, Utah

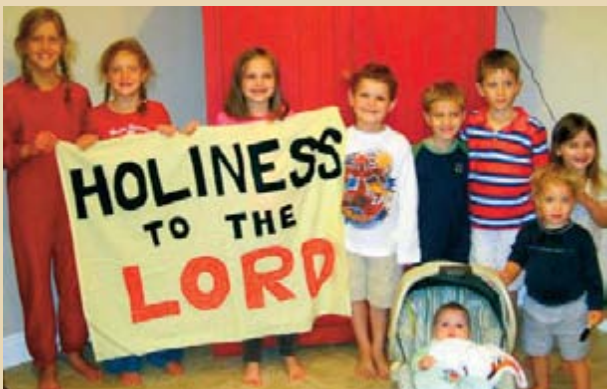
Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.

Dear Friend,

Family Home Evening with the *Friend*

Thank you for your great family home evening ideas. We used our stuffed animals to act out the story that President Dieter F. Uchtdorf shared in the February *Friend* about John Rowe Moyle. Our friends were with us, and together we made homemade ice cream and our own banner of faithfulness. We had a great time.

Emily and Katherine M., ages 10 and 8, California



Sharing My Grandparents



Last year my grandparents told me they would be away for three years while they served a mission. My mom read me a story from the July 2009 *Friend* called "Sharing Grandma." It helped me learn that even though my grandparents would miss their home and their grandchildren, they are following the prophet by serving a mission. I am grateful to have family members that set a good example for me.

Mazee S., age 4, Oklahoma

