

Hello 757swim Family,

In practice, sometimes we will do a feel-good Friday set where we'll have a longer warm-up to help recover from the grind of a tough practice week, followed by some fast swimming. This allows swimmers to feel good by recovering from a tough week and feel good by having the opportunity to swim fast with rest. In honor of feel-good Fridays, I've decided to take a different approach with today's article.

With what we are all going through right now, it is very easy to fall into despair. On top of our reality, we seem to be bombarded with negative news. To help fight that, today, I'd like to share one of my new favorite things, *Some Good News*. *Some Good News* is a new series on YouTube hosted by John Krasinski (known best for his roles in *The Office* and *Jack Ryan*). This news is amazing in that it reports nothing but good news!

Though there have only been 3 episodes so far, each one made me smile, laugh, and left me in a much better mood. A couple stories may have even brought a tear of joy. (Shh! Don't tell my hockey team.) If you haven't seen this show yet, I can't recommend it enough!

Click this link for the first episode. If you like the show, *The Office*, it will be even more special for you. https://youtu.be/F5pgG1M_h_U

Here is a link to the second episode. For fans of musicals, *Hamilton* in particular, you will definitely love it! <https://youtu.be/oilZ1hNZPRM>

The third episode will be particularly special for baseball fans. <https://youtu.be/Eg08rJGKjtA>

On this feel-good Friday, I hope these stories help brighten your day. Take care of yourself, and have a wonderful weekend!

-Mike