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# all you

**NOW WITH SUDOKU PUZZLES IN EVERY ISSUE!**



Ideas \* Tips \* Life with a Reality Check

Issue 8, August 31, 2007



## Get your 'jeans body' back!

Walk off 10, 20, 35 lbs

### UPDATE YOUR HAIR



#### The 4 best cuts of 2007

Choose the one that's right for YOU!

### HEALTH REPORT

Protect yourself from OTC drug dangers

### Get organized FOR FALL

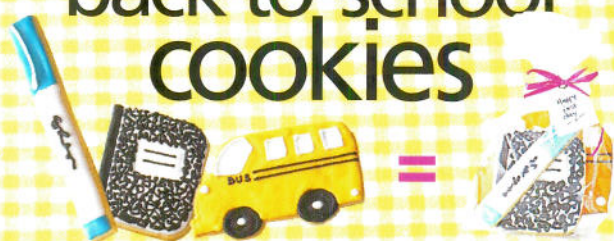
- ✓ School **supplies**
- ✓ Homework **desks**
- ✓ Kid-friendly **snacks**
- ✓ Child **health planner**



Plus  
● **Supernanny's 5 top tips** for raising happy kids

**HOW-TO INSIDE**

## Give them a fun send-off with back-to-school cookies



### Feel-good food



- Throw the best tailgate party
- Classic diner desserts

### Your style



- Find your most flattering jeans

### Your home

- Decorating tricks that cut the clutter

### Save \$\$\$

- Cut your energy bills all year long
- Get the best deal on a new computer

www.allyou.com AOL keyword: All You \$1.97US





## Get the right gear for a high schooler



▲ Provide teens with portable USB flash drives. Printing out papers at the school computer lab will be a breeze. Flash drive, \$10; at Staples.



▲ Prevent laptop switcheroos. Distinguish your teen's computer with a removable cover. Laptop skin, \$10; at Staples.



◀ Remember that personalization is a hot trend. These mini pens—just 4 inches long—hold a small snapshot inside.

Photo frame pens, Oriental Trading Company, \$5 for 12; [www.oriental.com](http://www.oriental.com).



▶ Opt for a decorative binder. It's just as functional as the ubiquitous canvas ones.

Decorative notebooks, Anna Griffin, \$9; [www.paperstyle.com](http://www.paperstyle.com).



▶ Encourage neat homework.

Purchase spill-proof corrective tape that goes on dry—kids can write over it instantly.

Dryline, Liquid Paper, \$5; at Office Depot, Staples and other mass retailers.



▼ Help young adults schedule their days efficiently. Choose planners with plenty of writing space.

Academic Crush planner, \$13, and Spiral-bound Retro Check mini planner, \$12, Letts of London; [www.filofaxusa.com](http://www.filofaxusa.com).



▲ Go for a hybrid notebook-binder. This model has rings like a binder, but the spine lies flat like a notebook. It comes with five durable plastic folders.

Five Star Flex NoteBinder, Mead, \$10; at Target, Wal-Mart and other mass retailers.

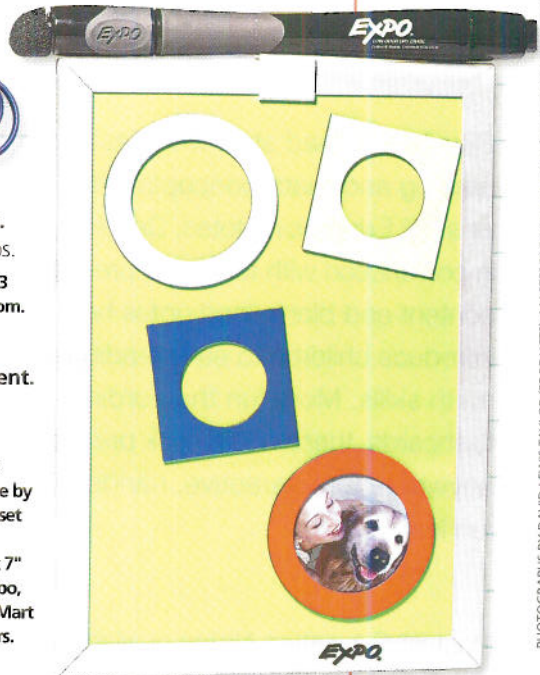


▲ Have some fun. Get funky paperclips.

Geo paperclips, DCI, \$3 for 50; [www.dcgift.com](http://www.dcgift.com).

▶ Inspire excitement. Pick up locker accessories.

Surround Your Friends magnetic frames, Three by Three Seattle, \$6 for a set of 4; [www.fridge-door.com](http://www.fridge-door.com). Premier 5" x 7" board with marker, Expo, \$4; at Circuit City, Wal-Mart and other mass retailers.



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