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designers say it can help boost self-confidence and reduce stress.

Brain Age

Designed for the portable Nintendo DS, it offers more than a dozen brain-stimulating activities like Sudoku for on-the-go mental fitness.

Unreal Tournament and Medal of Honor

Playing these action video games may improve your ability to focus on and separate objects that are close to each other, according to a recent study at the University of Rochester.

Source: Woman's Day Magazine, June 2007 issue, author Crystal Tate.

Game On!



Giving Well & Wisely

With the holiday season upon us and our new year's resolutions just around the corner, giving can fill our lives with joy. Here are a few suggestions of ways to donate money or your time.

Before You Give

Check it out. With more than 1.7 million nonprofit organizations in the U.S., there is a competition for your time and funds. Watch out for scam artists posing as charities. You don't want your hard-earned cash to fall into the wrong hands. So before you hand over a donation, do your homework. Also, make sure you get the name right. Scam artists like to use sound-alike names to trick you into thinking they represent a legitimate charity. Be sure you have the exact name of the charity you wish to contribute to. You can research charities on websites like guidestar.org, give.org, charitywatch.org, and charitynavigator.org.

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Your time. You can give so many different ways by donating your time; however, looking for the right charity that fits your personality to give time to can be difficult. Look into CharityGuide.org for ways you can volunteer your time locally.



Foods That Banish Bad Breath

With all of the mistletoe hanging around this season, instead of popping in a mint, try these healthy solutions instead.

Apple. With its firm texture, it can help remove plaque from your teeth. The fruit also helps you produce more saliva (dry mouth is a common cause of bad breath).

Yogurt. It's been said that live cultures, found in yogurt, help fight off odor-causing bacteria. Try eating yogurt every morning for breakfast, or as a mid-day snack to keep the bad breath away!

Parsley. That decorative sprig on your plate contains chlorophyll, which absorbs into the bloodstream and helps freshen breath from the inside out.

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BYU sell a year?

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December 2007

Want to know what's happening tonight? Visit schooledmagazine.com to schedule your week and weekends. Submit your parties or events online! We know what's happening around town!

We would like to give a special thanks to Esther Palmer who has been writing for Schooled Magazine from the very beginning. We will greatly miss her and wish her all the best in her future endeavors.

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Throw the Ultimate New Year's Bash

By Ashley Walton

Not sure how to ring in the new year? This time around, plunge into the new year with a bang and host a New Year's Eve party that your friends will be talking about all year long.

Theme: A New Year's Eve party already has a built-in theme, but you can always put an original twist on the festivities. Insist on cocktail attire or make it a pajama party. Or have everyone bring a favorite game from their childhood.

If you really want to shy away from the New Year clichés, or if you want to hit a

blowout bash on the town before your own party begins, host a midnight breakfast for all those who are looking for something to do after the clock has struck midnight. Have your friends come

over with their sore feet and their late-night cravings in full swing and serve a decadent breakfast. After all, there's no reason why the celebration should end at midnight.

Food: Serve simple finger food so your guests can mingle easily. Some classic New

6 Schooled

Year's nibbles are mini quiches, veggies and dip, stuffed mushrooms, mixed nuts, pigs-in-a-blanket, shrimp with cocktail sauce, meatballs, crackers and cheese, cookies, and pastries. Martinelli's is a must for New Year's. Nothing says celebration like a little bit of bubbly. How else would you toast the new year?

Favors: When your guests walk in the door, shower them with silly hats, tiaras, and colorful boas and beads. Make sure to snag some embarrassing snapshots to post on Facebook.

Don't forget the obnoxious noise-makers to wake your neighbors at midnight. Play the kazoo, wave some clappers, throw some streamers, blow some bubbles, and pop some noise crackers. Even if you just bang some pots and pans, be sure to provide your

guests with something to do when midnight approaches.

Do a gift exchange. Have guests bring their favorite book that they read over the last year or have them make a mix with all of their favorite music from the last year. A gift exchange is a great way to get your guests talking and finding something in common.

What better way to kick off the new year than to receive a present? And it will be a unique memento from the evening.

Entertainment: Dancing is a long-loved tradition when it comes to ushering in the new year. Make a mix of all of your very best dance music and get down with your bad self. Clear out your kitchen and make it the designated dance area. Then you can have other activities going on in the living areas so guests have other options if they don't feel like dancing.

Once your friends have worn out their dancing shoes, have everyone write their New Year's resolutions on a piece of paper (they can be serious or silly) and place them in a hat. Then see if your guests can guess who wrote which resolution. You can play different variations of this game, like having guests write their most embarrassing moment from the last year. Or you can write predictions for each other of what the next year will bring.

Have a game tournament—whether it's Trivial Pursuit, Guitar Hero, Poker, Connect-Four, Halo, charades, or all of the above—and have door prizes for the winners. Your guests will be so involved in the competition that the wait for the new year will fly by.

If you can stand the cold, host a bonfire. Have everyone bring a silly object that is symbolic of the last year and add it to the fire as a symbol of the year coming to a close and a celebration of many more memories to come with the new one. Just make sure no one wants to burn any plastic or rubber. It's probably best to stick to paper products.

The Kiss: Most people secretly look to midnight with anxiety and anticipation as they eye the room for someone kissable. Don't be scared to dive right in. The most effective way to secure a midnight smooch is to directly ask someone if they'd like to share that first kiss of the new year with you. Then you can look forward to it all evening, instead of worrying about finding someone. Or, if you're less calculating and more spontaneous, just grab that hot stranger and plant one on him.

If both of these ideas seem daunting, then some good old-fashioned flirtation is the way to go. Honestly, if you have been flirting with someone all night and you are standing next to her during the countdown to midnight, maybe with your arm around her, then the ambiance is going to be right for a kiss. Look into her eyes and pucker up.

New Year's is a celebration of life and of all the good memories we take with us from year to year. No matter what you decide to do for New Year's, let loose and enjoy the moment. After all, it's a time for renewal—a time to take chances and live life to its fullest.

Top 7 Trilogies

By Mark Hansen

Movie trilogies have been and still are very popular. But who has the time to sit down and watch them all back to back to back? Well if you're not one to spend New Year's Eve at a street party, consider staying in. Gather some friends or your significant other and curl up with some classics while waiting for that midnight kiss.

#7 Pirates of the Caribbean - Like so many trilogies this started off great and went downhill. At a little over 7.6 hours it can definitely drag, so be warned.

#6 Ocean's Trilogy - At 6 hours and with a huge all-star cast these three movies are witty and fun and don't overstay their welcome.



#5 The Bourne Series - Be sure to take a Dramamine before sitting down to watch because the handheld camera work is sure to cause motion sickness even at a short 5.7 hours.

#4 Indiana Jones - If you haven't seen this trilogy you owe yourself. Plus, watching 6 hours of Indy will prepare you for the fourth installment in 2008.

#3 Star Wars - With two trilogies there's something for everyone. The original three are slightly shorter at 6.5 hours versus 7 hours for Episodes I - III; either way you're sure to be debating which films are better through the coming year.

#2 Lord of the Rings - Do yourself a favor and get the extended cuts of each of these fantastic films. Start early, though, because at 11.4 hours it's a long trek to Mt. Doom.

#1 James Bond - Technically not a trilogy; however, this long-running series gives you plenty of options. Mix and match your selection or watch all 21 films, but you might want to get a catheter because at 43 hours that's almost two full days of Bond!

Honorable Mentions: Austin Powers, Back to the Future, Die Hard, Jaws, The Godfather, Harry Potter, Jurassic Park, Poltergeist, The Matrix, Robocop, Samurai, Spider-Man, Terminator, XMen. (Find more trilogies at: http://en.wikipedia.org/wiki/List_of_movie_trilogies)



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Married?

Five fun things to do on New Year's

By Rachael Cutler

Whether it's your first year together or your fifth, you may be fresh out of ideas for your New Year's Party. Before you make big plans, check with your sweetheart to make sure that you are both going to enjoy the holiday. Be honest with each other in determining what you want to do. Don't go to a big party if all you want to do is spend time at home. If you're looking for a little help, here are a few New Year's ideas.

1. On the road. Sometimes it just works out that you and your spouse are traveling on New Year's Eve. Make it a fun and different road trip. Buy grapes, cheeses, and crackers for the road trip and maybe even a little sparkling cider. Talk about your New Year's resolutions and think of all the fun things you did and things you accomplished from the previous year.

2. Crash the party. Typically, newlyweds have an array of single friends. Chances are these friends are either throwing a massive party or going to one. If you and your spouse are truly bored, I'm sure they would let you tag along.

3. Spend it at home. Buy some champagne glasses and Martinelli's, and have the most romantic New Year's party of your life. Cook your spouse dinner, light some candles, cuddle up with a blanket, and watch the count-down.

4. Hit up the local events. Check out the local newspapers and community calendar to see if there are any big events going on.

5. Throw your own party. Parties are a great time to meet new people. Get together with another married couple and throw a "couples only" party. Be sure to invite different married couples that you'd like to get to know or ones you know would be the life of the party. Decorate the house or apartment, play games, and make lots of food! **S**
M

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career & finance

Isn't it funny how in life, things we are excited for (like birthdays, Christmas, Radiohead's new album, etc.) seem to take forever to come, while things we dread seem to always lurk around each corner? Well, looking for financial aid is something many students dread. It can be time consuming and frustrating, but hopefully this will take some of the sting out of it.

The FAFSA (Free Application for Federal Student Aid), found on www.fafsa.ed.gov, is always a smart place to start. A FAFSA is required if you want to receive any federal aid, such as Stafford loans or Pell grants; some scholarships require the information as well. If you're applying for the 2008 school year, the deadline is July 30, 2008. But remember, the FAFSA is a beast and can be very time consuming. It may be a good idea to start now and complete it piece by piece, thus not being stuck when the deadline comes around.

Another option is to go to FastWeb. FastWeb, found at www.fastweb.com, compiles thousands of scholarships and helps personalize them to your needs based on the information you enter. There aren't deadlines for it, but if you're looking to get a scholarship for next year, it's best to get it done as quickly as possible. One bad thing about FastWeb is the many advertisements. After each page, you have to go through a different ad to move on. Still, it can be a great resource and is free to sign up.

If you're a student at UVSC (soon to be UVU), your scholarship applications are generally due by February 1st. There are departmental scholarships to be had, along with presidential, academic, and private scholarships too. Information can be found at www.uvsc.edu/finaid/scholarships.

At BYU, the deadlines differ according to student status. If you're a new freshman, applying for fall semester 2008, your application is due by February 1st. Transfer students must apply by March 1st and continuing students by April 15th. There are several types of scholarships available at BYU. Information is available at saas.byu.edu/depts/scholarships. **S**

Money Does Grow On Trees!!!!

Apply Early For Scholarships

By Mitch Mallory



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Christmas Theater

By Chelsea Pyle

Christmas activities abound in Utah Valley- what better way to celebrate the spirit of the season than to enjoy a night at the theatre?

A Christmas Carol

Hale Centre Theatre – Orem

Nov 30 – Dec 22

For more information visit www.halecentretheatre.org

Utah Regional Ballet presents the Nutcracker

Dec 13 – Dec 15; Dec 17 – Dec 22

For more information visit www.coveycenter.org

A Christmas Carol

Center Street Musical Theatre

Nov 30 – Dec 22

For more information visit www.csmtc.com

A Wonderful Life the Musical

Art City Playhouse

Dec 8 – Dec 22

The Foreigner

Pioneer Theatre Company

Dec 7 – Dec 22

For more information visit www.pioneertheatre.org

Lighting Up This Season

By Jennie Nicholls

Nothing gets you in the mood for the holidays like Christmas lights. Thanks to daylight-saving time, it gets dark as early as 5 p.m., which leaves lots of time to enjoy the twinkling lights scattered throughout the city streets.

Temple Square is not the only place that has incredible light displays. You can enjoy the season's lights without even going past the point of the mountain.

Thanksgiving Point offers over one million lights in its electric light park. The holiday lights are accompanied by Christmas tunes and artwork by Simon Dewey, illustrating the 'true meaning of Christmas.' Admission is \$7 per car. Thanksgiving Point also offers carriage rides for hire as well as trolley rides and is open nightly from 6 p.m. to 10 p.m. thru December 31, excluding Sundays and Christmas.

Spanish Fork city is celebrating its 15th year of the Festival of Lights. Displays at the

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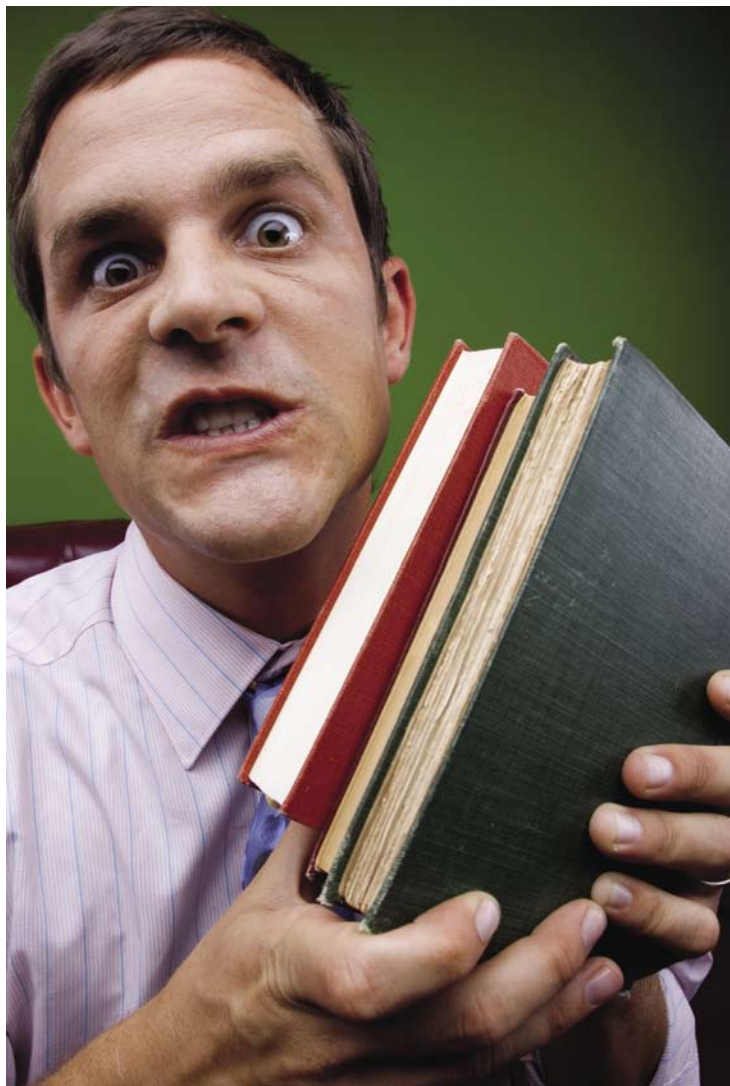


Festival of Lights include a waving Santa Claus to dinosaurs, and tree displays reach heights of 70 feet. Cost is \$5 per car and, in collaboration with the 15th anniversary, each night the lucky car that is the 15th to arrive will be admitted free. The Festival of Lights runs through January 1 from 6 p.m. to 10 p.m.

Downtown Provo is also getting in on the holiday spirit. Center Street is fully il-

luminated with Christmas trees, trains and snowflakes. This free display of lights will be shining bright through the month of December.

No matter where you decide to get your fix for holiday lights, bundle up and grab a cup of hot chocolate to create the perfect holiday-inspired evening.



How to Relieve Stress During Finals

By Esther Palmer

You've been dreading it all semester, trying your best to not even think about it. But yet, it's been lurking in the back of your mind causing a sick feeling in your stomach. It's the only thing standing in your way of Christmas break. You can't avoid it any longer. It's finals week and it's here!!!

Finals week can be one of the worst weeks of the year, especially if that textbook of yours has never been cracked open and you can't figure out if your calculus professor is speaking English or not. As exhausting and stressful as finals can be, make sure to take some time each day and relax a little so you don't have a nervous breakdown. Here are some ideas to help you relieve some of your stress during the hectic week of finals.

First of all, get a head start on your finals! Don't wait til the last minute to start studying or you will be really stressed as you race against the clock. So plan ahead and be prepared!

Take a break! Don't be afraid to give your eyes a rest and close your textbook for 15 minutes. Your mind could use a break every now and then so it can focus better, rather

than trying to cram for 12 hours straight. You'll probably just be tired and not very sharp, forgetting most of what you are studying anyway. So take 15-20 minutes to relax and unwind. Watch TV, read a favorite book, listen to music, call a friend, or meditate. Just make sure after your allotted time is up, you return to studying.

Exercise. It's a great way to clear your mind and rejuvenate your body. Go on a short jog or do some yoga. It will wake you up if you're feeling drowsy.

Reward yourself. Make goals, and when you accomplish them, reward yourself in the way that you'll appreciate most. You are working hard, and you deserve it! Whether it is with some free time, hanging out with your friends, eating out, taking a bubble bath, or whatever else you want, allow yourself to have some fun after you have made great strides in your studying.

Take a nap! You are probably already depriving yourself of sleep with the all-nighters you're pulling. So if you get tired in the middle of the day, take a 20 minute nap.

Make sure to set an alarm, though, so you don't oversleep.

Maintain a positive attitude. There is a light at the end of the tunnel! Remember that finals only last one week and then no more school! Tell yourself that you can do it! If you really need a pick-me-up, call your mom. There is nothing better than hearing how wonderful you are! **S**

How do you avoid stress during finals?

I just write everything down that I have to do that week and just take it one step at a time. And I make sure I get plenty of rest.
- Ryan Harris

I always grow a beard. But seriously, just get out and be active. Go running.
- Chase Titensor

Study in groups. Divide up study guides and then combine answers. It goes faster.
- Kelsey Hess

Sneak food into the library.
- Mikel Telford



A Politically Correct Merry Christmas

By Scotty Spjut

It's good to know some people are still fighting the battles worth fighting. With world hunger, global warming and the popularity of those stupid crocs shoes all on the rise, a brave few have ignored those petty issues, banded together and focused their efforts on something much more important – political correctness.

With such a diverse nation, it's important not to offend anyone during the Christmas season. So, after much deliberation and input from every activist group possible, SCROOGE (Society of Caring Representatives Operating to Outline language for Everyone) has come out with its list of politically correct terms to be used this time of the year.

The term "Christmas" should no longer be used. Not only is it offensive to non-Christians, but also people named Christopher or Christina. And X-mas, which was generally accepted as unassuming, has recently been banned due to an outcry by members of the Brotherhood of Mutants who are against X-anything. The term "season" should not be used, so those who do not follow the Gregorian calendar will not be discriminated against. Also, any usage of the word "holiday" is forbidden, due to the fact it's derived from the word "holy" and has religious connotation. SCROOGE briefly considered combining the several major winter celebrations into one big word – ChristmaHanukKwanzal-AdhaBodhi Day – but the only ones who could remember how to spell it were those crazy 12-year-old Indian (dots, not feathers) kids.

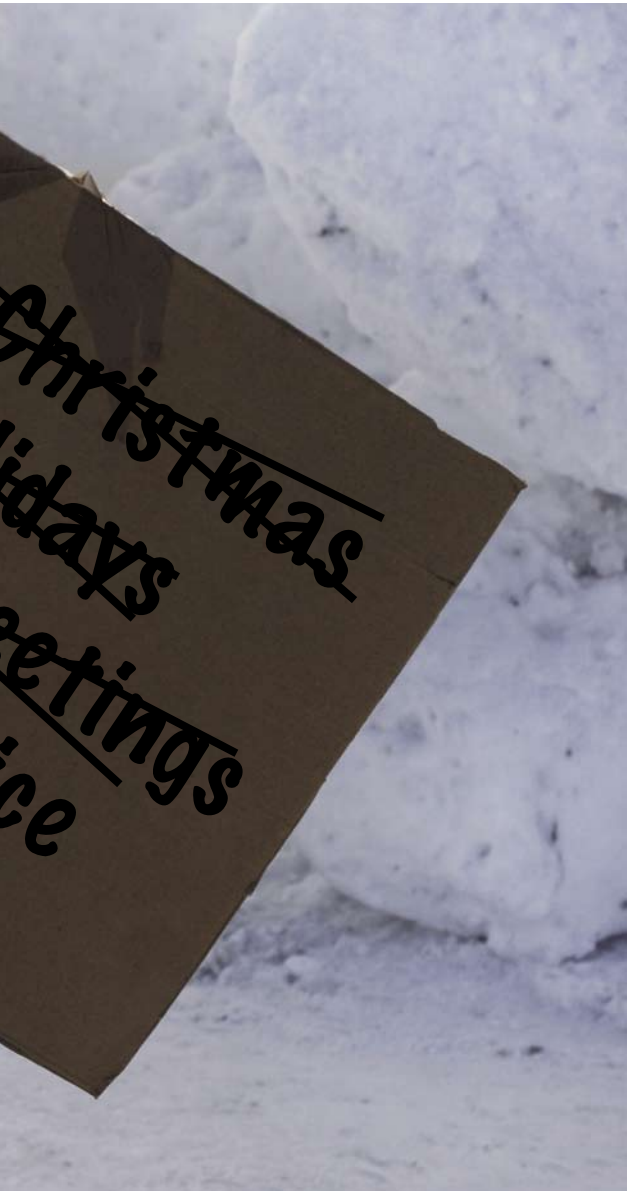
The only appropriate reference to this time of year is "Winter Solstice" since it is an astronomical fact everyone can agree on. God actually tried to take credit for it – with the tilt of the earth's axis and

the revolving around the sun and all – but was quickly put down by scientists, who stated that He had no data to back up His claims.

PETA (People Whose Favorite Animal is Steak, or something like that) has spoken out against eggnog. One would think it was because of the egg – since chickens should not be put through such a natural process as laying eggs – but it is actually because of Nog. It turns out the president of PETA is a big fan of that Ferengi from "Star Trek: Deep Space Nine" and doesn't want Nog's name associated with such a lousy drink.

But while PETA limits its realm of concern to just animals, other groups extend their concern to trees as well. PETT (People for the Ethical Treatment of Trees) feels that trees are also alive – just like animals – and deserve to be treated fairly. So, instead of murdering a tree to bring back to the house, they suggest finding a tree in the wild and putting your presents directly under it. This means placing detour signs to help Santa know where to place the gifts. When making the signs, do not refer to him as Santa. He's not allowed to go by that anymore. Satan has claimed copyright infringement – since both Santa and Satan have the same letters – and since Satan has been around a lot longer, it was obvious he had dibbed those letters first. Santa will now be called, "Gift Giver Uninhibited by Threat of Burglary." That's right, while he is not above copyright laws, he has every right to circumvent felonies.

As for his little helpers, the term "elf" is no longer appropriate. Somewhere between Orlando Bloom in "Lord of the Rings" and Will Ferrell in "Elf," the elves decided their once-positive reputation had been ruined. For a time they considered referring to themselves as "immigrants" – since they're just trying to make a decent living by



doing the jobs nobody else wants to do – but decided against it. They would like to be called “Arctic Skilled Laborers.”

In a final move of political correctness by SCROOGE, titles of many popular Winter Solstice songs have also been changed, and new recordings should be playing on the radio and sold in stores soon. “Frosty the Snowman” is now “Frosty the Snowperson,” “Little Drummer Boy” is now “Young, Non-Gender Specific Percussionist” and “White Christmas” is now “Caucasian Not-Necessarily-Religious Celebration.”

Political correctness is an important part of our future. If it’s not emphasized and enforced, we could end up in a society where speech is uncensored or, in other words, free. We wouldn’t have awkward phrases – like “sanitation engineer” – to integrate into our everyday language. Every minority and special interest group wouldn’t get to be in the limelight anytime some inconsequential phrase is uttered. I don’t know about you, but that’s not the kind of world I would want to live in.

Plus, I’m looking forward to the nostalgia. Years from now, we’ll tell our children about a time before political correctness. Not only will we explain to them what a VCR is and how we used one to tape “Disney’s Adventures of the Gummi Bears,” but we’ll tell them of a time with stewardesses and garbage men. We’ll speak of gay midgets, retarded Indians and fat meter maids. And they’ll have no idea what we’re talking about.

So, regardless of what you’re doing and who you’re doing it with, have an enjoyable Winter Solstice. And remember, if you don’t commit yourself to being politically correct, someone else will force it upon you.

S
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P-I-N-G P-O-N-G!

By Kristen Barlow

Ping pong. Officially known as table tennis, is a great way to make friends, be competitive with friends, and make “friendlier” friends. Almost everyone has played ping pong, whether with roommates or on dates. You can’t have lived in the dorms without playing it. I love ping pong and have played it with several different types of rules.

Little does the average ping pong player know, but in 2001, the official rules changed from a 21-point game to an 11-point game system. The Official Rules can be found through the ITTF (International Table Tennis Federation) or the USATT (USA Table Tennis). To help you avid players, out the following are some of the official rules of ping pong. For more rules please check the ITTF and USATT websites.

1. For single games, the white lines on the table do not mean anything. In doubles, one must serve diagonally from right to left.
2. A game is won when one player reaches 11 points, as long as he is ahead by two points. At a score of 10-10, Ping pong rules dictate you trade off every serve until someone gets ahead by two.
3. A coin toss determines which player gets the first serve.
4. A serve is comprised of throwing the ball in the air and hitting it on its way down such that it bounces once on your side of the net anywhere on the court, then bounces over the net to land anywhere on your opponent’s side.
5. In singles, service changes players every two points. In doubles, service alternates every two points between sides, but also rotates between players on the same team.

6. It is all right for the ball to hit the net initially, as long as it continues and lands on the opponent’s side thereafter. If it is done by the server, this is called a “let” serve and the server is allowed to reserve the ball. If it is done during any other part during the rally other than the service, it is legal and the rally continues.

7. If the server misses the ball, hits the ball twice in a row, or hits the ball somewhere off the table, the server loses his point. If your opponent has served, and you miss the ball, your opponent wins his point.

8. To return a serve, the ball must pass over or around the net. If the ball is struck such that it travels around the net, but still lands on the opponent’s side of the table, the hit is legal and play should be continued.

9. Between each game of a match, you switch sides.

10. The request for a time-out can only be made when the ball is out of play, and shall be indicated by making a “T” sign with the hands.

11. If anyone in the playing area is bleeding, play shall be suspended immediately and resume after the person has received medical treatment and all traces of blood have been removed from the playing area.

12. A player may hold the paddle in either hand, or switch between hands, or even use both hands at once.

13. You are not allowed to move or bump the table, nor have any part of your body or clothing touch the table while the ball is in play.

14. The ball is no longer in play if it touches a wall, ceiling, or another’s person’s body.

PING PONG LINGO:

Rally- the period during which the ball is in play.

Let- a rally in which the result is not scored.

Free Hand- the hand not carrying the racket.

Over or around- the legal passing of the ball over the net assembly.

End line- regarded as extending indefinitely in both directions.

PING PONG TRIVIA:

*At the 1936 World Championships, two players took over an hour to contest one point.

*Some world-class players can put a spin approaching 9,000 rev/min on table tennis balls.

* In the 1970s, China invited American table tennis players to a tournament. This marked a softening in relations with the United States that was followed up by a visit by U.S. President Richard Nixon. These events were dubbed the “Ping Pong Diplomacy” by popular media.

* Pong, the first commercially successful video game, was inspired by table tennis.

* Soviet rule once banned table tennis because it had a significant risk of eye damage.



health & fitness

Sick Of Being Called...

Whitey?

Get The 411 On Sunless Tanning

By Kristen Barlow

Instead of ruining your skin forever with UV rays in little coffins of death, use the safe alternative to get that good-looking skin during the bitter winter. It is called sunless tanning, and you can simply spray or mist on that summer glow.

The active ingredient in most sunless tanning products is DHA (dihydroxyacetone), which is the only color additive approved by the FDA for use in sunless tanning products.

When DHA is applied to your skin it reacts with the dead cells in the outermost layer to temporarily darken the skin. The coloring does not wash off, but it slowly fades as the dead cells fall off. These products are available at the grocery store. For an even more effective and even tan, try the full-body spray-on tan that is available at many tanning businesses, salons and spas.

While you can also find sunless tanning pills, these products are not approved by the FDA and are considered unsafe. If you can only afford the "do-it-yourself" products like the majority of us that sunless tan, make sure to read the following tips for an even, more natural-looking tan instead of the orange-brown, streaky appearance that everyone hates.

1. Women should shave their legs several hours before applying the product. Then, right before using the product, wash and exfoliate your skin with a cloth (Nylon or loofah scrubbers can cause a streaky effect) to get rid of excess dead skin cells.
2. To look more natural, choose a light-or medium toned product.
3. Use less product on dry or thickened skin, such as your ankles, knees, and elbows. Due to their dryness, they absorb more product.
4. When applying on your face, apply in a circular motion.
5. Wash your hands every five minutes while applying to avoid coloring your palms. Be sure to remove any product under your fingernails. Another alternative would be to wear gloves. Then use a cotton ball to apply the sunless tanner to the top of each hand.
6. To prevent staining your clothes, wait about 15 to 20 minutes to put clothes on.
7. If you end up getting streaks, you can tone them down with a cotton ball soaked in astringent, nail polish remover, or lemon juice.
8. Moisturize daily with a light lotion to help maintain your tan. **SM**



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