

RAISING YOUR EYES AND MINDS TO THE STARS

Now that this brutally, hot season finally is coming to an end, we're reminded of why this period is referred to as the "dog days" of summer. Based on the nickname of Sirius, known as the Dog Star because it is the brightest in the constellation Canis Major, the ancient belief is that, because the star rises and sets with the sun in the summer, it adds to its heat, creating a stretch of blazing weather.

While today's light pollution makes it a bit more difficult to see the night sky than it was in, say, Copernicus' day, we still enjoy pulling out a tele-



Educational Insights' GeoVision Vega 600

scope with the kids on a clear summer's evening and seeing what we can identify. With the GeoVision Vega 600 from Educational Insights, Columbia, Tenn., which offers magnification from 30x to 150x, we can see the universe in bright, clear images. Its light weight and 50" full-height adjustable tripod make it simple to use. The all-glass achromatic lens eliminates color distortion, and the wide viewing field of the 5 x 24 mm finder scope helps us locate objects easily. It features a diagonal mirror for comfortable viewing and the rack and pinion focus knob brings in sharp details.

WHAT'S NEW?

Keep in mind that Jupiter makes its best appearance this month, when it lines up opposite the sun and remains visible all night. For more information on the Vega 600 Telescope (\$89.99), visit www.educationalinsights.com.

SNAPFISH LET'S YOU TAKE THEM WITH YOU

Whether going off to college or starting kindergarten, customized products from Snapfish, Hewlett-Packard's web-based photo-sharing, printing, and storage site, will keep the kids organized and feeling secure with the sight of familiar faces in what often can be the land of the unknown.

Students and teachers will have no trouble keeping track of school supplies when notebooks are personalized with a photo. The 200-page 6½" x 9" notebooks (\$9.99) feature a sturdy, laminated cover, heavy writing paper, and a durable spiral binding. Pages can be lined or unlined, and the cover can include names and titles or special messages. With many designs to select from, users also can choose whether to showcase one or multiple pictures on the cover.

To jot down quick messages or keep track of homework assignments, etc., the 5½" x 6" personalized notepads (\$7.99) will add some style to your scratch paper. In addition to sporting a photo and message on these 50-sheet pads, there are a variety of fun backgrounds to select from.

College students can cozy up with their favorite memories with the Collegiate Blanket (\$54.99), made of soft, machine-washable fleece. Opt to add one large photo or a collage of up to 30 pic-

tures to have the comforts of family and friendship close at hand. There are 50 college and university designs available.

Another unique offering is an 8½" x 11" Personalized Photo Book (\$29.99). Tell the story of important events in your life through a bound, hardcover book with 20-150 pages. Whether adding a custom dust jacket over a black linen hardcover or printing directly on a solid or designer cover, once you add pages of photos and captions, you will create a one-of-a-kind keepsake capturing your fondest memories or milestones.

To use your photos in a Snapfish product, you can upload them from a computer to your account



Snapfish's Collegiate Blanket

or mail in your memory chip or CD-ROM. Additionally, you can ship them your film for developing and they'll send back prints and negatives, as well as post your photos to a password-protected online site. For more information, visit www.snapfish.com.

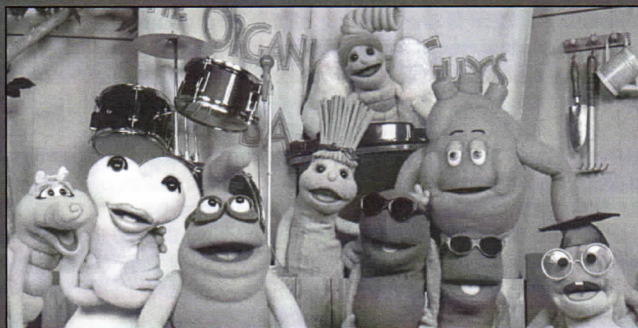
CLEANING SAFE AND EASY WITH STEAM POWER

If you worry about the chemicals in your cleaning products, especially if you have young children or pets, then the CHI Home

Wise Guys' Wise Advice: Eat and Live Healthy

Much press has been given to the increasing number of obese children and teenagers in the U.S. In actuality, it may not be necessary to read the statistics in order to be aware of this problem; by taking a look at our schools, it's quite clear that our students have become markedly less fit than youngsters were just two decades ago. The unfortunate consequence is that many more of our youth are suffering from heart disease brought on by high blood pressure and high cholesterol; type 2 diabetes; asthma; and sleep apnea—and we certainly should not overlook the social stigmas they face as well.

One solution is to empower our children from a very early age to understand the importance of healthy eating and an active lifestyle. A program developed by The OrganWise Guys, Inc., Duluth, Ga., consists of an engaging cast of characters designed to inspire children to make behavioral changes as they learn how good nutrition and regular physical activity keep their organs healthy. Through a series of DVDs, music CDs, interactive CD-ROMs, books, and plush figures, these edu-



OrganWise Guys

cational and entertaining materials model positive health-related habits.

Using colorful characters to explain the function of our organs in a straight-forward and age-appropriate manner—the gray Sir Rebrum relates The OrganWise Guys Club Rules (eat a low-fat, high-fiber diet, drink lots of water, and get regular exercise); the Kidney Brothers make clear that bodies need lots of water to keep blood clean; Peter Pancreas tells how he controls sugar by making insulin; Pepto makes the acid pepsin to break down food to be used for energy; to name a few—the Guys expand on topics,

such as good and bad cholesterol and peristalsis, in ways that make children understand that how they feel is directly related to how they fuel their bodies. For example, in the "Extreme Couch Potato" DVD, Hardy Heart learns an important lesson from Madame Muscle about turning off the television, choosing healthy snack foods, and getting outside to play.

Visit www.organwiseguys.com for more information on individual products and grade-specific educational kits and other tools.

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