Simplify Your Life

(NAPSA)—A little forethought can help you have a lot more time for your family and your business. Around 30 percent of waking hours are spent performing mundane, daily activities, a study by ParentMap.com reports. Cutting out some of these tasks can save you time and make sure you don’t miss the appointment or social event that really matters.

What’s left will be easier to find.

• Cut Clutter—Look around your home. Do you really need all that stuff gathering dust? If you no longer love it, can’t wear it or don’t remember how to use it, give it away or sell it at a yard sale. What’s left will be easier to find and enjoy.

• Yes, you can say “no.” You don’t have to volunteer for every good cause that comes along. Kindness can begin at home. Besides, letting others take charge of the bake sale or coach the soccer team can help others develop leadership abilities, too.

• Last wisely. Learn the layout of the stores where you regularly shop and write your lists accordingly so you spend less time searching for what you need.

Keep these tips in mind and you may find you have more time on your hands. If you’d like to use a little of that time to learn more about IUDs, ask your doctor and the Association of Reproductive Health Professionals (ARHP) Website, www.arhp.org.

Taking The New SAT

(NAPSA)—High school students graduating in the year 2006 will have to take a new version of the SAT—but educators say there’s no reason to get testy about the change. In fact, many say the new SAT is just as coachable as the old one, and doing well on it is simply a matter of learning to reason through problems.

What Is An Orthodontist?

Take one fewer pill a day may make more difference in many women’s lives than they realize.

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Dr. James D. McGraw-Hill

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