

Need to remember something?

Use the 4 Rs: register, relate, rehearse and recall.



Hi, Mom!

Awww. As part of Canvas on Demand's Operation: Hi Mom, the company is (secretly) shipping hundreds of free 16x20 pixel painting fine art canvases to moms across the country from their son or daughter who is serving overseas—just in time for Mother's Day in 2010. The canvases, created from supplied favorite photos, have the look and feel of a traditional custom painting.

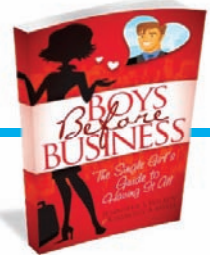
Along with the special canvas is a note from their son or daughter. What a picture perfect gift.

www.canvasondemand.com.

Finding Yourself alone on V-Day?

The "Day of Love" can be difficult. Instead of brooding, check out the empowering new guidebook, *Boys Before Business: The Single Girl's Guide to Having It All*, by Scottsdale residents Jennifer S. Wilkov and Kimberly A. Mylls. Love it? Catch the authors in person during one of their two upcoming events:

- Friday, February 12, 7 p.m.:** Book signing, Barnes & Noble, 10500 N. 90th St., Scottsdale
- Sunday, February 14, 10:30 a.m.-12:30 p.m.:** Live "Girlie Chat" and shopping event at Saks Fifth Avenue, 2446 E. Camelback Road, Phoenix



WAKE UP!

Need help getting up to workout? The buzzer alarm annoyed you one too many times? Then check out this unique motivational alarm clock that will get you out of bed to exercise. My Workout Wake Up comes as a regular clock or an iPod Alarm Clock or MP3 Cube.

The clocks come with two months of messages—each day is different. You'll wake up to an 8-10 minute motivational message that will help getting active a bit easier. Too bad it also just can't exercise for us...! www.mywakeupcalls.net

Portion Power

If you're one of those people who just needs an, um, reminder of how big your food portions should be, we found the perfect helper. Check out these Slimware plates. A favorite of many of Hollywood's body-conscious elite (such as Tori Spelling, Judith Light, Kendra Wilkinson, Emily Procter, Rene Russo, Jennie Garth, Faith Hill and many more), the concept is simple: If you eat less, you'll weigh less! Each plate's design incorporates designated food placement areas that correspond to recommended food portions and serve as a gentle visual reminder not to overindulge.

These melamine plates are available in six designs. \$34.95 for a set of four. www.slimware.com

