

SIEMPRE MUJER AUGUST/SEPTEMBER 2006 ISSUE HIGHLIGHTS

Paola Rey's Breakfast Recipes; 60 Beauty and Fashion Tips for You; Back-to-School Moms; and More

PAOLA REY: RECIPES FOR A DELICIOUS BREAKFAST -- Page 70

Colombian telenovela star Paola Rey knows that meal time is more than just a daily routine. For her, it's about passion, creativity and spending quality time with family and friends. Rey shares her tips – from cutting fruit the night before, to drinking orange-and-carrot juice to improve skin tone – for a quick and healthy start of day. And don't miss her very own recipes in *Siempre Mujer*: **Arepa Santandereana, Tex-Mex Omelet with Spinach, Oat Pancakes** and more.

EASY, AIRY HAIRDOS: GET THE LOOK! -- Page 36

Fresh, stylish and easy – sounds like the perfect hairdo. We're here to help you get it! *Siempre Mujer* and stylist Bryan Lynde give you the 1-2-3 approach to fabulous end-of-summer looks. Whether you're feeling flirty, glamorous or sexy, your get-ready routine just got a whole lot easier.

DISCOVER THE FOUNTAIN OF YOUTH -- Page 46

We spoke with medical and health experts to give you tried-and-true advice to staying young. Protect your skin, exercise your brain and eat well. Consider the options that dermatologists offer, like Botox, microdermabrasian and peels. And, sometimes, even little things help! A style makeover can boost your self esteem, laughing gets rid of stress and mental lists are great mind food.

IT'S NEVER TOO LATE FOR SCHOOL -- Page 59

Did you know that the U.S. government dedicates \$500 million to adult education? It's true. These days, there are many ways for women with families to better themselves through continuing education. *Siempre Mujer* spoke with real women who took the plunge and also highlights several invaluable resources, including America's Literacy Directory, which locates language programs near you, Federal Student Aid, and the Education for Adults Website, which lists degree programs for adults across the country.

WHY YOU NEED LIFE INSURANCE -- Page 94

It may be something you prefer not to think about, but your family's future depends on it. Financial Editor Xavier Serbia tells you why life insurance is a crucial component of your family's stability and security, and outlines the 10 things you should consider before buying a policy.

The August/September 2006 issue of *Siempre Mujer* hits newsstands August 1st.

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