

EVERY DAY

with **RACHAEL RAY**

365 RECIPES & TIPS

to take you to Labor Day

NO-STRESS PIE
just two steps!

ALL NEW
30-minute meals

GROCERY SHOP
LIKE THE PROS

38 INSIDER
SECRETS

easy on the wallet

DINNERS FOR UNDER \$10
COOL FINDS FOR \$20 OR LESS
CHEAP SUMMER TRIPS
AND MORE



SPECIAL COVER!
Rach's favorite
SUMMER RECIPE

YUM

what your movie snack says about you

Anita Chu, author of the upcoming book *A Field Guide to Candy* (\$16, Quirk Books), decodes your favorite munchies. —AMANDA WAAS

popcorn

YOU ARE THE THINKER

Tradition and comfort are what you crave. You prefer pizza at home on the couch to dinner in a fancy restaurant. When friends hit you up for practical and reliable advice, you always deliver the whole (and sometimes hard) truth.

IDEAL SUMMER FLICK You paid good money to be inspired and you want something meaningful. Director Ang Lee's 1969-set comedy, *Taking Woodstock* (in select theaters August 14), tracks the story of Elliot Tiber, who helped make the legendary arts and music festival happen.

chocolate

YOU ARE THE DAYDREAMER

Romantic and indulgent, you always have your nose in a book—a Nicholas Sparks novel, of course. You secretly love to relive childhood moments.

IDEAL SUMMER FLICK To satisfy your obsession with happy endings, go see *The Ugly Truth* (in theaters July 24). Katherine Heigl plays an unlucky-in-love morning show producer who tests her chauvinistic co-worker's theories on relationships.

gummies

YOU ARE THE THRILL-SEEKER

You love to challenge yourself and face adventures head-on—whether it's a career change or a spontaneous road trip.

IDEAL SUMMER FLICK Get your blood pumping with the hard-core combat flick *G.I. Joe: The Rise of Cobra* (in theaters August 7). This action-packed blockbuster about a quest to save the world from a notorious arms dealer will give you the cheap thrills you crave.

ROAD TESTED

The next time you make a pit stop for roadside refreshments...

Just pour a few drops over the problem area and scrub with a napkin or newspaper.

Save the last sip of your cola for the windshield. The fizzy carbonation in drinks like soda and seltzer helps cut through dirt and grime—and squashed bugs!—on the glass.



GET YOUR 15 MINUTES OF FAME as an extra on TV or the big screen. Even if acting isn't your forte, you can still stand behind your favorite actors—and get paid for it—by checking with your local film commission, then registering through a casting agency, says Kristan Berona, casting director at Sande Alessi Casting. Besides stargazing and pocketing a few bucks, you can indulge in the free all-you-can-eat catering. —ERIN MEANLEY

HOW TO... FAKE A SICK DAY

It's a perfect day to hit the beach, but you've got a date with your desk chair. Acting coach Elisa Eliot shows how to convince the boss that you're illin'. —AMANDA WAAS

In Advance Leave a voicemail before the workday starts. It's not as much of a cop-out as an e-mail and you won't have to dodge questions, says Eliot. Single out a symptom and rehearse your speech. Bad fakers should go with an ear infection. But if you're a risk-taker, cry strep throat. Just talk quietly and pepper your message with a cough or two.

In Person If you made the mistake of going into the office, you can still salvage your day by cutting out early. Here's where you don't want to overdo it, says Eliot. Use subtle cues like squinting or putting your hand to your head. An acting technique called substitution could be helpful: Choose a sickness you've actually experienced, and recall how you felt.

The Day After The pressure is on: Make it obvious that you're still recovering. If you went with strep throat, continue to sound strained when you speak, and keep the volume down. You may have to sacrifice your good looks for a day, too. Don't wear blush, bronzer or a complementary color that might give you a healthy glow.