

# EVERY DAY

rachaelraymag.com with RACHAEL RAY

**BIG**  
deals  
issue

279  
no-stress  
RECIPE  
& TIPS

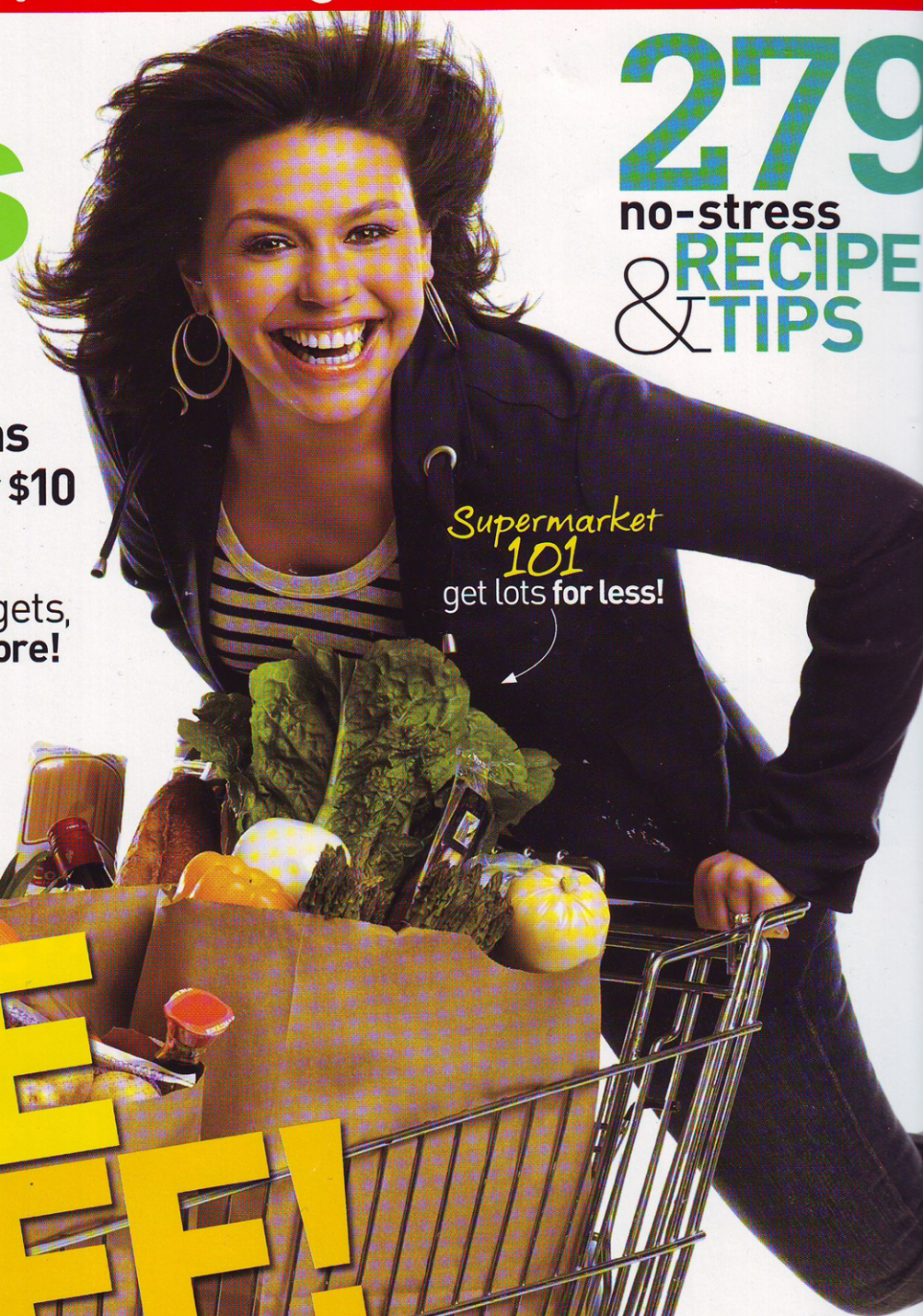
Cheap Summer Vacations  
Easy Dinners for Under \$10  
Parties on a Budget

**plus** free clothes, gadgets,  
cookware and more!

**WIN!** All-inclusive trip  
to the Rachael Ray show

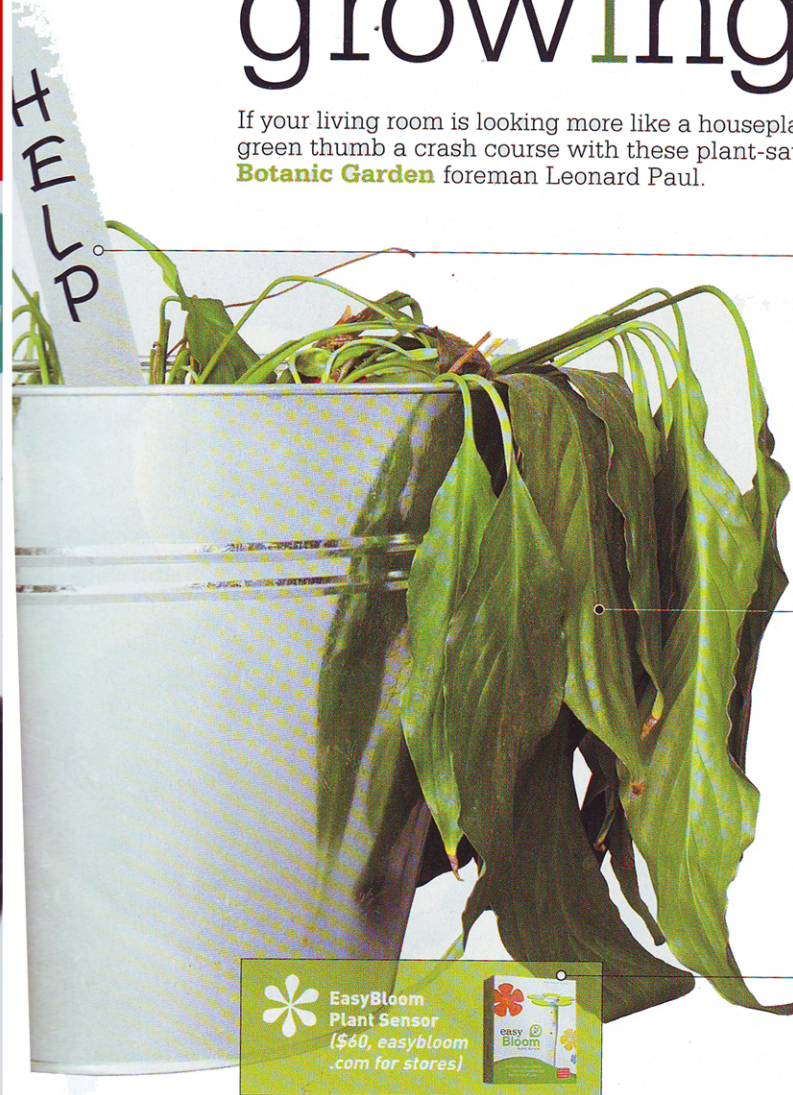
Supermarket  
101  
get lots for less!

**FREE STUFF!**  
\$3,453 WORTH OF GROCERIES!



## growing pains

If your living room is looking more like a houseplant graveyard, give your green thumb a crash course with these plant-saving cues from **Brooklyn Botanic Garden** foreman Leonard Paul.



### Read That Card Thingy

Plants have different water and light needs, and you need to know them. In general, the leafy, nonflowering kind requires less maintenance, says Paul. Corn plants (the houseplants, not the vegetable) only need water every seven to 10 days, and Norfolk Island pine plants like water at the same time every week—so you can pour some in every time you make Sunday breakfast. Always water until you see liquid coming from the pot's drain holes.

### Give Them a Thrill

When your plants are unhappy, you'll know it: Look for droopy leaves, browning edges or color changes. To keep them happy, sprinkle the soil with fertilizer every three to six months, and poke around in the soil with your fingers or a pencil once in a while (at least every year or two) to loosen the dirt.

### And When All Else Fails...

Let technology take over. Place the EasyBloom Plant Sensor in the soil for a day. It analyzes whether your plant needs sunlight or moisture and transmits the info through your computer's USB port.

**STRESS BUSTER!** Want a smashing good time? At Sarah's Smash Shack in San Diego, you can choose from a menu of breakables like glassware, dishes and vases. Then comes the fun part: hurling them at a target wall. (Full-body protection is provided.) If you need to let off steam, creator Sarah Lavelly guarantees you'll leave the shack "happy, diffused and relaxed." The pieces are donated to local art projects. (1353 6th Ave., smashshack.com; single glasses for \$2, packages from \$29)

—ERIN MEANLEY



### I believe that's my lunch!

Try changing the way you package your food to throw repeat offenders off course.



## THWART A LUNCH BANDIT

Office-fridge thieves can leave you frustrated and hungry for justice—not to mention that missing sandwich. David Borgenicht, co-author of *The Worst-Case Scenario Survival Handbook: Work*, tells us how to beat sticky-fingered co-workers at their own game. —AMANDA WAAS

- 1 Set up obstacles that will make your lunch hard to remove.** This will let the bandit know you're on to him. Staple a brown bag shut or put a luggage lock on a zippered lunch tote, and double-wrap sandwiches and snacks in crackly aluminum foil or paper.
- 2 If the theft continues, hide some bells** (available at craft stores) in the bottom of the bag so it jingles when moved. If you don't sit near the kitchen, do your best to stake out the area around lunchtime.
- 3 Once you've caught the culprit, resist the temptation to yell or accuse.** Just say, "I believe that's my lunch," and let the guilt and humiliation do all the work. The thief is likely to call it a misunderstanding, but you'll both know the truth.