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Seventeen

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November 2005

THE BEST TIPS
GET
PERFECT
SKIN!

PLUS: 22 Products That Really Work

Cameron Diaz

"I Got My Start As A Seventeen Model!"

PICTURES INSIDE!

True Love
(How To Find It)

Flatter Abs
In 2 Weeks

see page 84

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adriana lima

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who says size doesn't matter? adriana is wearing new intense xxl™ volume + length microfiber mascara in very black. location: loft in chelsea, nyc.
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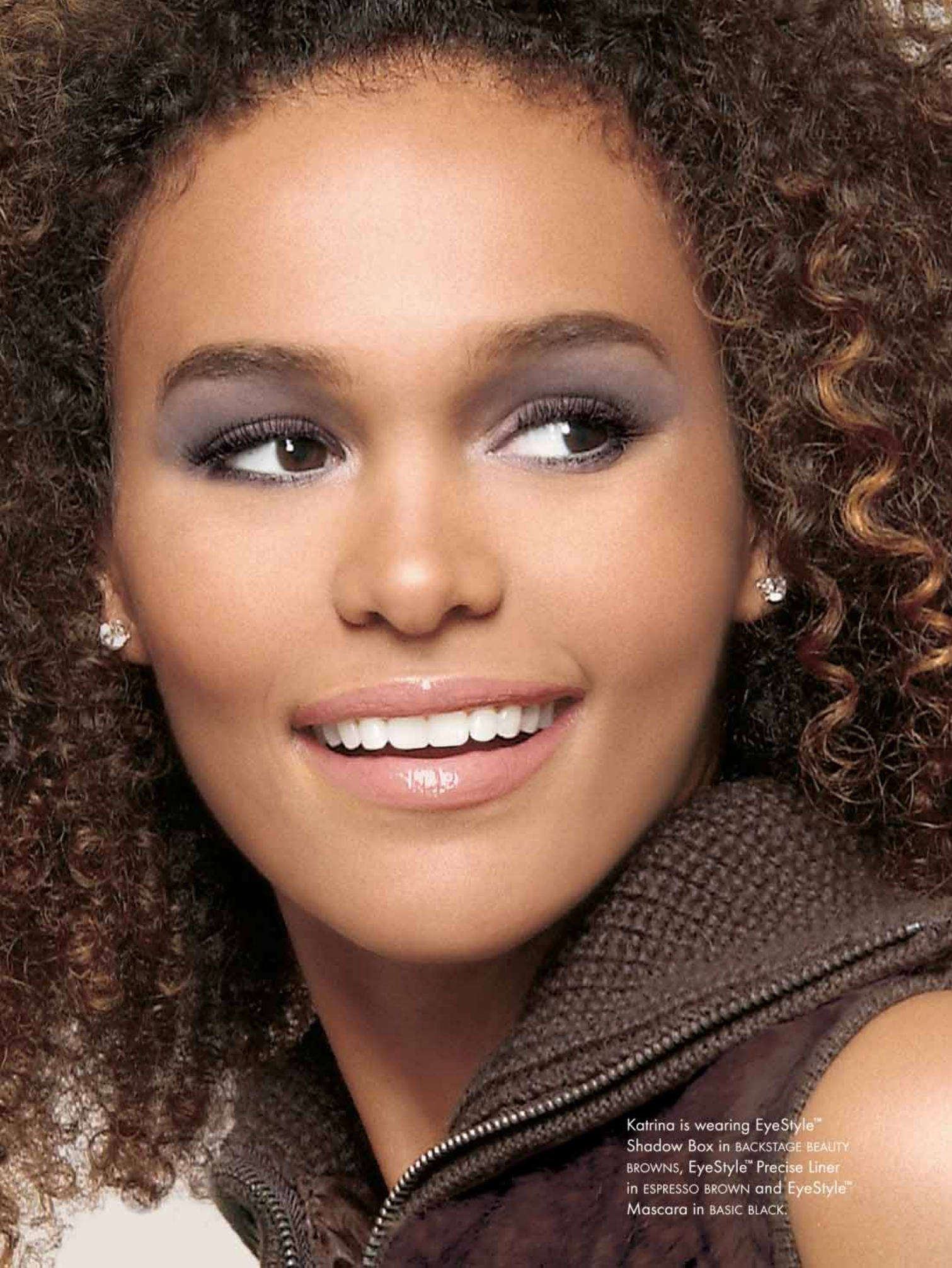
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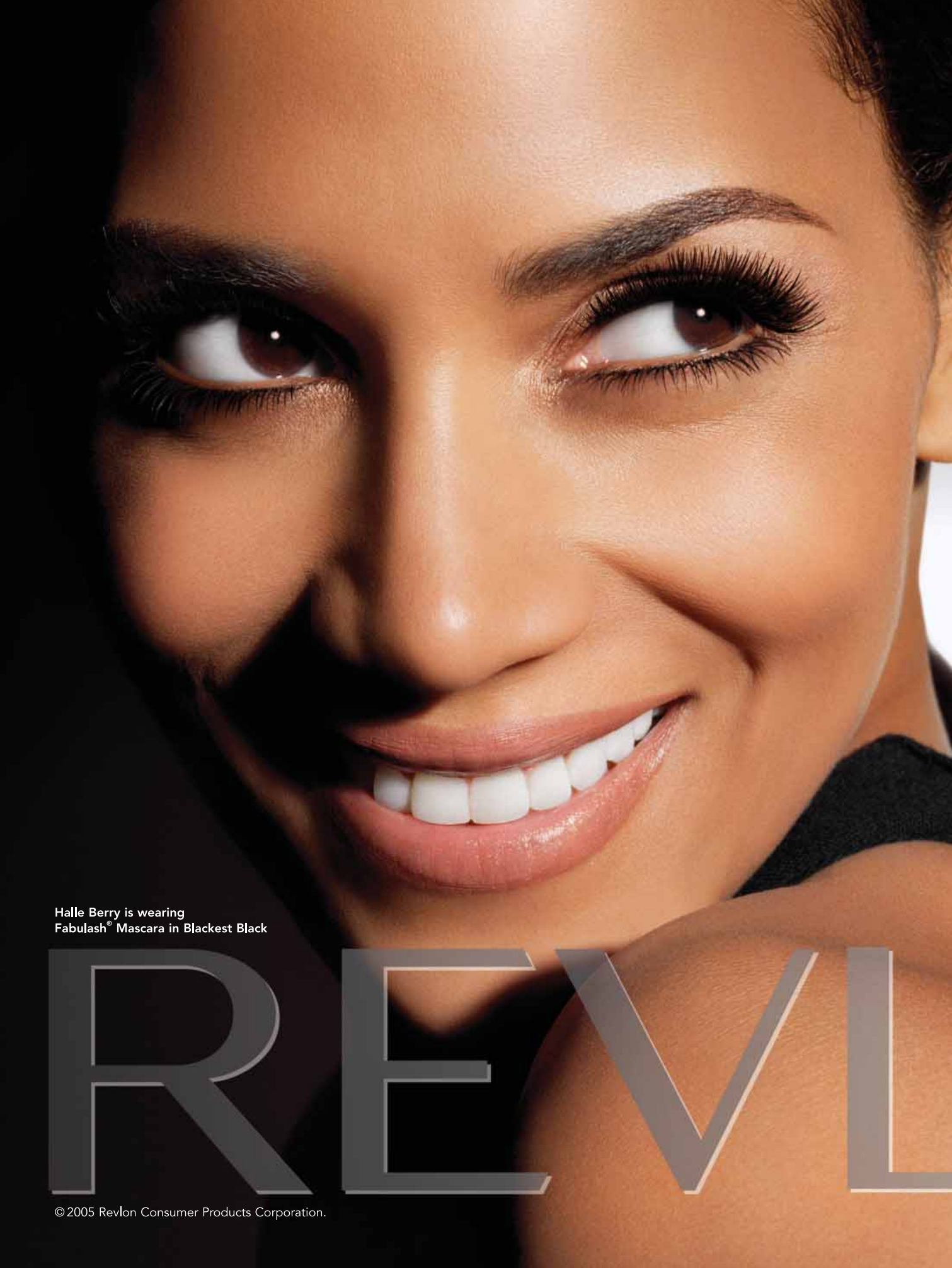
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Halle Berry is wearing
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– Halle Berry

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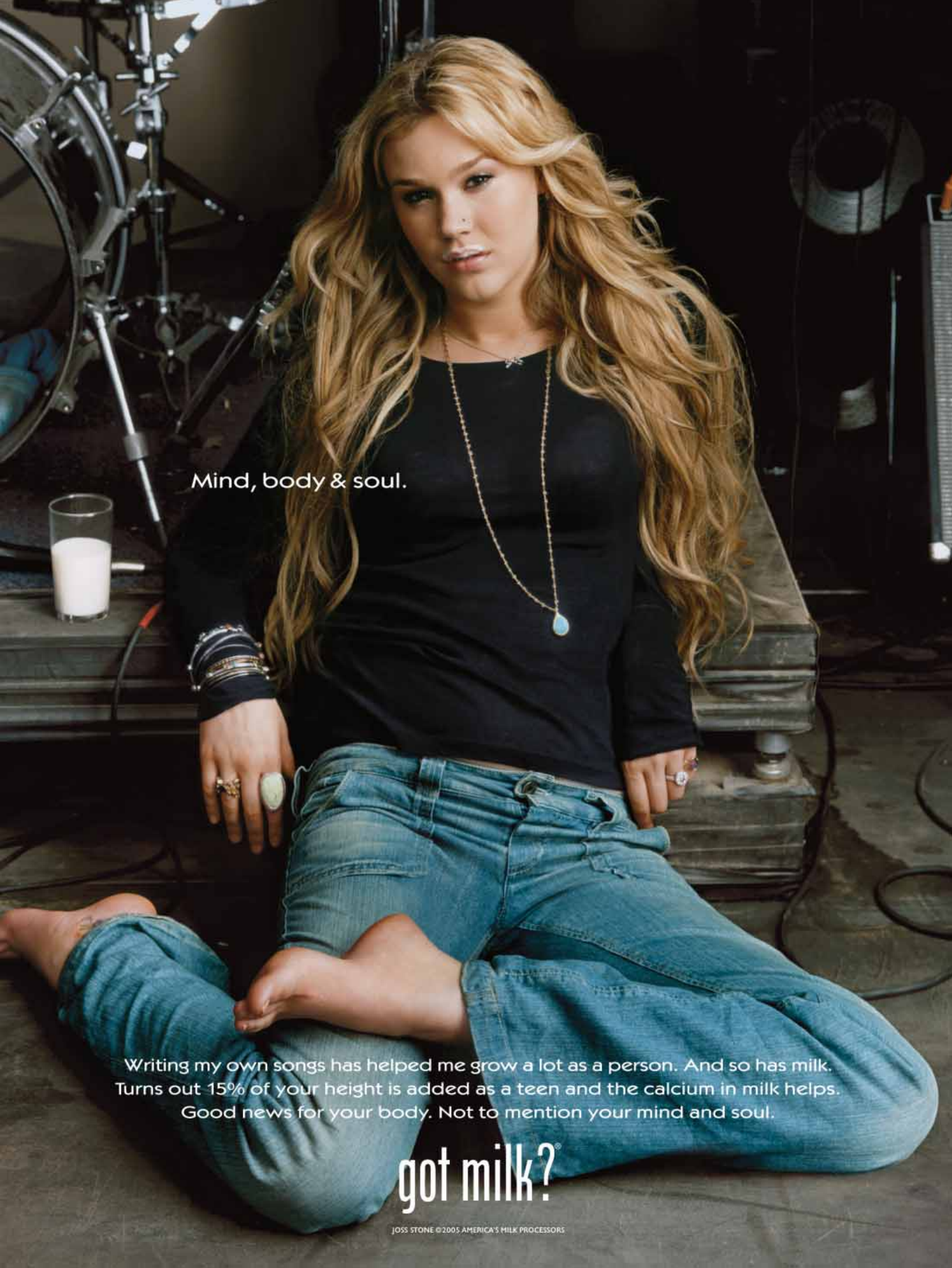
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got milk?

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november 2005



ON THE COVER

- 34 Exclusive!** | Each girl on our new MTV show tells you why she should win—and the others *shouldn't*.
- 56 100+ Bargains** | Turn here for great deals on clothes and jewelry—and find pretty makeup, room stuff, and more throughout the issue (*all* for \$20 or less)!
- 64 Get Perfect Skin** | This skin care blowout has a personalized regimen for *your* skin type, plus the best new cleansers, moisturizers, and acne-treaters.
- 84 Flatter Abs in Two Weeks** | Bust your gut—fast.
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- 107 College** | An Ivy League admissions officer shows you how to get into your first-choice school.
- 118 Cameron Diaz** | The actress shares how she went from modeling in *Seventeen* to Hollywood's A-list.



CAMERON DIAZ'S COVER LOOK: To get Cameron's look, use these products by M.A.C. **Sweep** Sheertone Shimmer Blush in Dollymix on the apples of your cheeks. **Blend** Eye Shadow in Era from top lashes to just below brows. **Line** your top lashlines with Fluidline eyeliner in Macro violet and smudge the line slightly so it almost looks like eyeshadow. **Line** the inner rims of your eyes with Eye Kohl pencil in Smolder. **Swipe** lashes with two coats of Zoom Lash Mascara in Black. **Finish** by applying Lipstick in House Wine. On cover: Sweater by BCBG Max Azria. Inset: Jacket by Le Tigre. Fashion Editor: Beau Quillian. Hair: Harry Josh. Makeup: Jeanine Lobell. **PHOTOGRAPHS:** Michael Wirth.

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real life

the state of

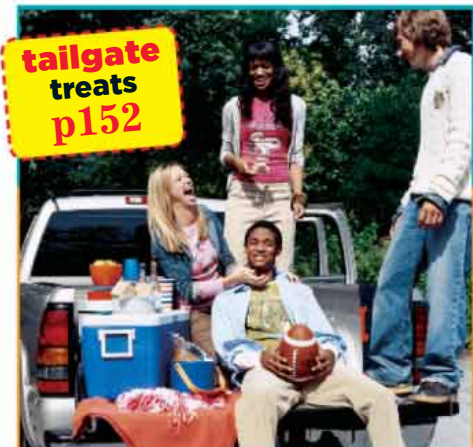
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New look, new lush shine.
New Colour Surge
Butter Shine™ Lipstick.
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shopping guide

Check out the newest stuff—and the **best deals**—at *all* your favorite stores. (PS: These are just *some* of the bargains you'll find in this issue!)



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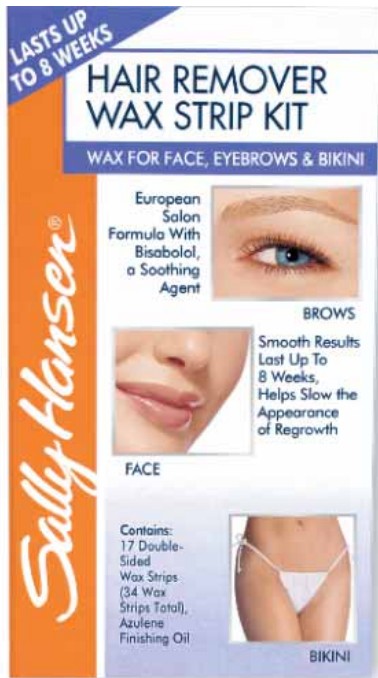


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key



events

* Rock The Runway Model Call/Fashion Show/Concert Tour



All model calls are from 4:00-6:00 p.m. and all fashion shows/concerts start at 1:00 p.m.

Riverside, CA—Galleria at Tyler
Model Call: 9/29
Fashion Show/Concert: 10/1

Orlando, FL—Altamonte Center
Model Call: 10/20
Fashion Show/Concert: 10/22

Sponsored by: Aéropostale, Benzaclin, Degrassi, Dillard's, Epitome Model Management, K-Swiss, Neutrogena, Nintendogs, PacSun, Paris Blues, Plugg Jeans, Qupid Shoes, Rite Aid Glam Camp, Sally Hansen, Suave, Torrid, Verizon



Rhianna @ CA



Kaci Brown @ FL

celeb merch editor pick



Old Navy

Just because the weather gets cold doesn't mean you can't look hot. Don't miss out on this year's Far East-inspired fashions. Old Navy is right on with this Asian influenced brocade blazer. I am loving its "vintage" feel, with tons of embellishment. Mix and match with these twill/cotton trousers with just a touch of glitz from Old Navy for the perfect blend of glamour and comfort. Check out more great fashions like these at an Old Navy store near you.

xoxo,
Cheryl



OLD NAVY

seventeen suggests

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free stuff!

sunday

SEVENTEEN'S Beau Quillian styles stars like Nicole Richie! Win and he'll style you too!



MAKEOVER MONDAYS

Every Monday in November is a **MAKEOVER MONDAY!** Enter to win a trip to New York City, where you'll get a whole **new look** from celebrity style, hair, and makeup experts, **plus a new fall wardrobe** from your favorite stores!

tuesday

1 **3 winners!**
A pair of tweed ballet flats from Neet **{bow}**



6

10 winners!
Live Jennifer Lopez eau de parfum from JLO **{jennifer}**



7



1 winner! A makeover from Seventeen and wardrobe from PacSun **{surf}**

8

10 winners!
Citrus-scented mist, lotion, and body wash collection from apt.5 **{duane}**



13

10 winners!
A mini blow-dryer from Metropolis Beauty **{baby}**



14



1 winner! A makeover from Seventeen and wardrobe from Wet Seal **{shop}**

15

10 winners!
A corduroy blazer with detachable brooch from Unionbay **{sparkle}**



20

10 winners!
A newsboy cap from Betmar **{style}**



21



1 winner! A makeover from Seventeen and wardrobe from Esprit **{joy}**

22

10 winners!
A sugar body scrub from Bubalina **{yum}**



27

2 winners!
A Lyra MP3 player from RCA **{go}**



28



1 winner! A makeover from Seventeen and wardrobe from Charlotte Russe **{cute}**

29

10 winners!
DVD storage cubes from The Container Store **{neat}**



Save this calendar and check out seventeen.com/freebies every day in **November** for your chance to win one of these amazing prizes!

wednesday

2



10 winners!
A trio of polishes from Creative Nail Design **{paint}**

thursday

3



10 winners!
A metallic clutch from Hobo International **{glam}**

friday

4



1 winner!
A Z520 camera cell phone from Sony Ericsson **{sleek}**

saturday

5



10 winners!
A sequined blouse from First Kiss **{hot}**

9



10 winners!
A safety-pin watch from Monji **{tick}**

10



10 winners!
A lip-color palette from Ten **{count}**

11



3 winners!
A talking computer pen from LeapFrog **{tech}**

12



10 winners!
A shine-control moisturizer, cleanser, and mask set from Bioré **{pores}**

16



10 winners!
A Herbie: Fully Loaded DVD (in stores now) **{lindsay}**

17



1,000 winners!
A facial cleanser from Cetaphil **{gentle}**

18



10 winners!
A long-sleeved hummingbird T-shirt from Sunwaller **{nature}**

19



2 winners!
A 6101 camera cell phone from Nokia **{flip}**

23



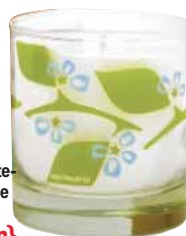
10 winners!
A Color Fusion eyeshadow compact from Smashbox Cosmetics **{fall}**

24



10 winners!
A filmstrip T-shirt from Striptees **{film}**

25



10 winners!
A pomegranate-scented candle from Not Neutral **{burn}**

26



10 winners!
A jade flat-iron from Revlon **{straight}**

30



1 winner!
A four-drawer dresser from Z Generation by Zocalo **{clothes}**

how to enter: Starting November 1, log on to seventeen.com/freebies daily and type in the **Freebie Phrase of the Day** **{in red}** to be eligible to enter. Each Freebie will be live for just 24 hours, starting at 12 A.M. EST, so don't miss out! Winners will be posted by 10 A.M. EST the next weekday.

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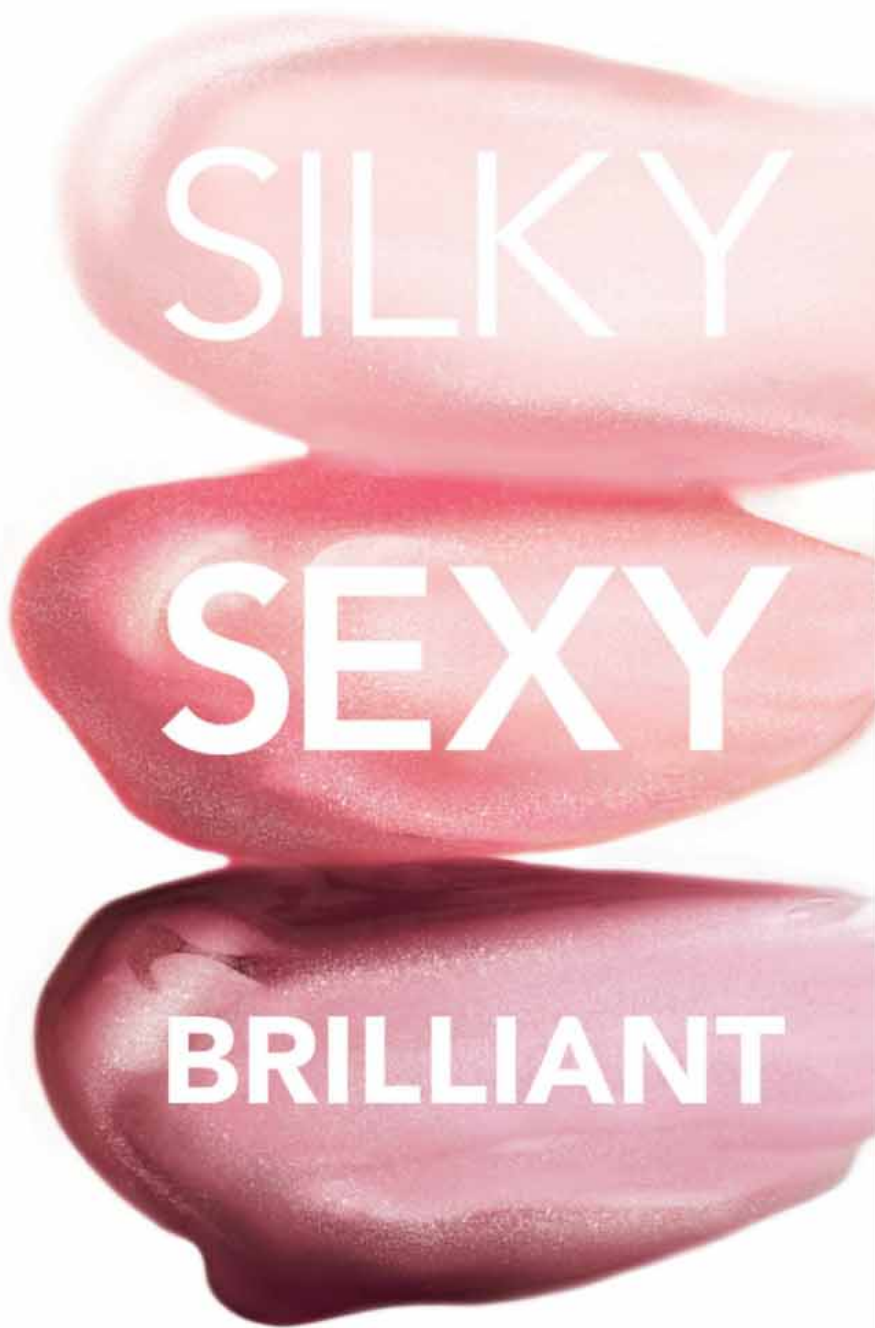
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Shades featured, top to bottom: Pink Afterglow, Cherries in the Glow, Pearl Plum. In vial: Pearl Plum.

what you think!

HOT TOPICS
readers are talking about!



Here's what you liked (okay . . . and *didn't!*) about our September issue.

she's real!

When I saw Jessica Simpson on the September issue, I thought, **Oh, no! No, not again!** I never really looked up to her or **admired** her in any way. But I read the article anyway, wondering what more she could say. She completely **proved** herself! She's just trying to find herself like any girl out there. She sounded so real. I gained much more **respect** for her after that!

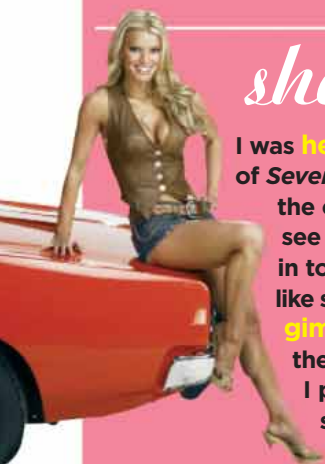
angela, 17, norman, ok

she's fake!

I was **heartbroken** to see the latest issue of *Seventeen* with Jessica Simpson on the cover. As a Christian, I was glad to see a good **Christian** girl make it big in today's music industry. But it seems like she only used this approach as a **gimmick** to get to the top. Now she is the biggest **sex symbol** in America.

I pray that American girls have the sense to tell right from **wrong**.

melissa, 14, san antonio, tx



SWEET HOME ALABAMA

In two recent issues there have been stories about girls from Alabama. I was very disappointed to see that they dealt with death ["*Virginity Murder*," in August] and teen pregnancy ["*She Got Pregnant on Purpose*," in September].

I don't want readers to think that people in Alabama are bad or do crazy things. There are lots of normal people here with morals and values. In the future I'd appreciate it if y'all could lay off such stories about Alabama.

jordan, 15, birmingham, al



Birmingham

ALABAMA

PRAISE THE KING

I was glad to see my favorite album, *Tapestry*, in your September issue ["The Next Big Thing"]! I went to see Carole King in concert afterward, and she was brilliant! Few people know how many songs she has written, including "One Fine Day," "Locomotion," and "Where You Lead" for the *Gilmore Girls* theme. Props to you for recognizing her.

rebecca, 16, redwood city, ca



MESSAGE IN A BOTTLE

“ Thank you for ‘My Mom Is an Alcoholic.’ Both my mother and father have problems with **alcoholism**, and it has affected me my whole life. My father has been sober for quite some time now, but memories of the physical and emotional abuse he inflicted on my mom and me still haunt me every day. My mother is an **emotional drinker**, and while I am close with her, I feel like we are slipping further apart each day. I always thought I could handle these problems just fine, but after reading the article, I decided I am no longer **strong** enough to handle it on my own. Thank you for giving me the **push** I needed to find help to deal with **my past**, present, and future. ”

kristina, 16, fort worth, tx



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what you think!

under pressure

I WAS VERY MOVED by "The Truth About Sexual Pressure" in your September issue. **A few years ago, I was sexually pressured into doing things I was not comfortable with.** Unfortunately I didn't know how to say no to the guy and ended up giving in to his wishes and going against my morals. **At the time I thought I had no choice but to do what he told me.** Afterward I felt completely used and degraded. When I read your article, I realized I could have turned him down. The experience has taught me that no one—male or female—deserves to be sexually pressured. I hope that by reading this article, readers have gained the knowledge and courage to get themselves out of similar situations where they are being forced to do things they aren't comfortable with. **Personally, this article has changed my life, and I finally have the strength I wish I'd had a few years back to say no.**

beth, 16, potomac, md



I WAS SO HAPPY to see "The Truth About Sexual Pressure." It hit home for me. A guy I'm really close with wants to do things [sexually] that I'm just not ready to do. He knows that I used to like him and he claims it would bring us closer. **He tells me I need to learn how to do them—he's even calling them my "c**sucking lessons."** After reading that article, I told him I just wasn't ready. Finally he stopped pressuring me. We're not as close anymore, but I'm glad that I didn't get pressured into doing something I wasn't ready to do just to be closer to him.

amanda, 15, carroll, ia

seeing double

I used to think that it was wrong, hard, or awkward to date **multiple guys** at once, as described in "The Multi-Dater" article. But all it takes is honesty, which Jill didn't try. Just this summer, many of my guy friends came home from college, and instead of **hanging out** with them in groups, I would go on dates with each of them. However, **I made it clear** that I was not looking for a serious relationship, and that I was seeing other guys as well. Surprisingly most of the guys informed me they were *also* seeing other girls! Some of them weren't okay with that plan, but since I had been **honest** with them in the beginning, we still remained close friends. Dating multiple people can produce **healthy relationships** and lead to the one that will really be forever!

kelly, 17, bridgewater, nj

erica & monica

by steven pike



rethink your lash look.

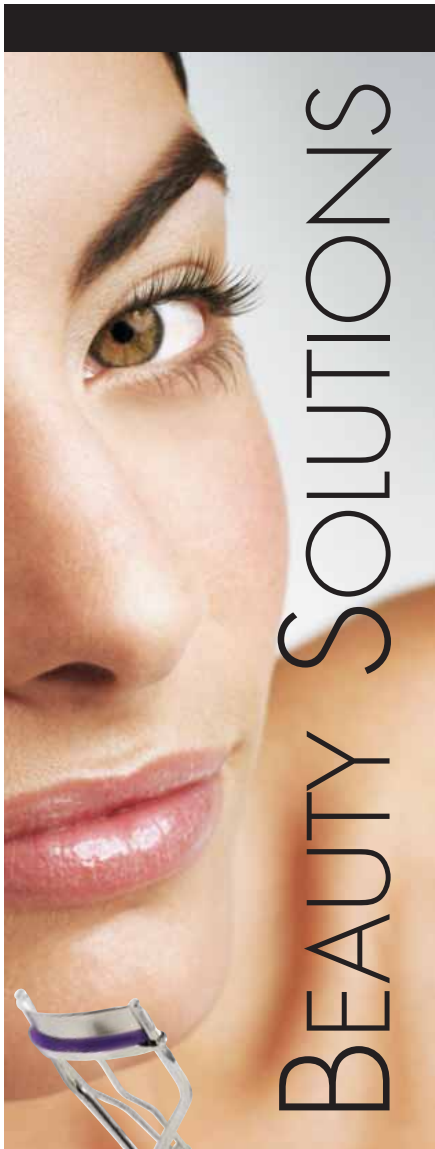
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what you think!

baby talk

I LOVED IT! I found “She Got Pregnant on Purpose” to be very insightful. I used to want the love and attention of a baby, just like Sheena did. I even tried to get pregnant. At the time all my friends were pregnant, so I felt it was okay. When they had their children a few months later, I really got to see the struggle and pain that comes with having a child at a young age. Since then, I have decided I want to be mentally, physically, and financially stable before I care for another life. I’m glad I did *not* have to find that out the hard way.

shayla, 17, indianapolis, in

I HATED IT! “She Got Pregnant on Purpose” was a complete stereotype of teen parents: A high school dropout living in a trailer wants a baby to love—the whole deal! Most teen parents, including myself, aren’t like that. Instead of including positive information, you chose to report negative facts about welfare and dropping out. Just because we are parents doesn’t mean we won’t finish school, go to college, and be as successful as anyone else. Next time try doing a story on some girls who are doing it all—with children.

kylie, 16, winona, mn

INTERNATIONAL UNFAIRS

“I was unimpressed with what the guys in ‘My Advice to American Girls’ had to say. They’ve based their ideas about us only by what they see in the American media. These guys should get to know some *real* American girls before passing judgment!”

tiffany, 17, denver, co

“Every opinion in ‘My Advice to American Girls’ made huge generalizations. I *am* interested in foreign relations, and I know where Greece is on a map. American girls have a lot to offer our society *and* others’. So don’t judge the entire female population on the actions of a few girls you’ve observed.”

aspen, 17, asheville, nc



erica & monica

by steven pike



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what you think!

NORTHERN EXPOSURE

“I have a response for Lauren, 17, of Cheektowaga, New York, who was featured in the ‘What You Think’ section of the September issue. She said **Canadians copy America and give her dirty looks** because she is American. I think people forget that **Canadians are Americans too**. If she did *her* research, she would know that Canada is a country on the North American continent. **With her poor attitude**, I am sure people in Canada (who are also Americans) disliked her for reasons other than her nationality.”

jacki, 16, east haven, ct

Editor's Note:

Lauren's letter caused an uproar! Her comment that “Canada is home to some of the most ignorant people I have ever met” brought in more than 400 letters of disgust, clearly making hers the most popular—or unpopular?—letter featured in our September “What You Think!” page.

jean therapy

I loved the fashion story “Your Perfect Jeans” in the September issue. I always have problems finding jeans for myself because my thighs are very athletic. After reading your advice for girls like me, I quickly dismissed your suggestion because I never really liked stretch jeans. Bad idea! I went shopping today and must have tried on at least 30 pairs of denim before I finally decided to take your advice. I have definitely learned my lesson. Next time I won't be so quick to dismiss information that could be so helpful! Keep up the good work.

evelyn, 15, chippewa falls, wi

2006

seventeen
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If you're **confident** and love to be the center of attention, the 2006 *Seventeen* Reader Model Contest is your chance to be discovered! We're looking for **real girls of all sizes** who have their own **unique look**. One lucky winner will be featured in her own fashion story in *Seventeen* and get a \$10,000 contract from Ford Models! Go to seventeen.com/model for details.



melissa, 16



elle, 16

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WEB What do you think of this month's issue? Tell us at seventeen.com/mail



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stars

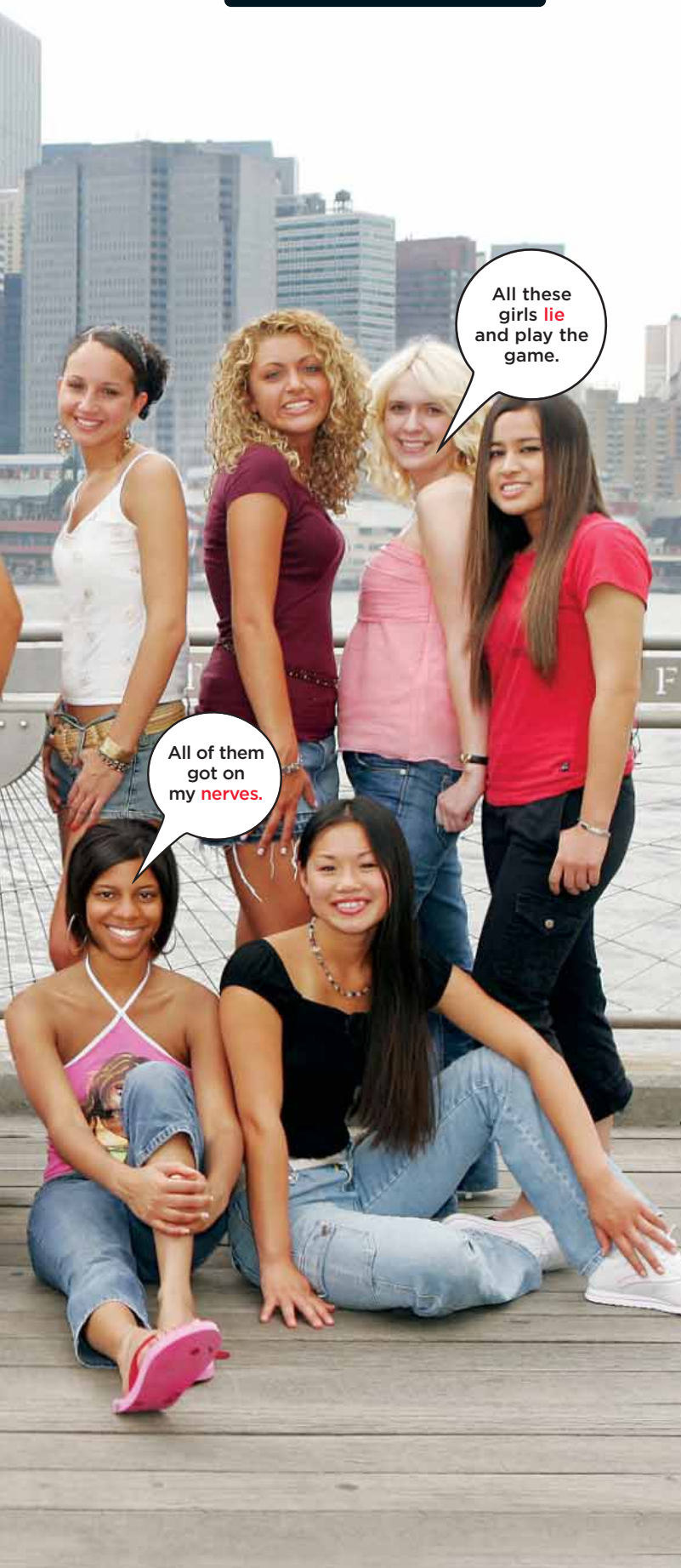
I love them all! I've gained so many **best friends**.

It was a group of people **putting on fronts**.

our finalists!

We searched all over the country to find these girls. Each one is at the top of her class and is very involved in her school—and her community.

meet the contestants



All these girls **lie** and play the game.

All of them got on my **nerves**.

Miss seventeen



meet the girls!

Here's the real scoop (good and bad) on the 17 stars of our hot **new reality show**.

We're excited to introduce you to the 17 amazing college girls who made the final cut to compete for **Miss Seventeen**. The winner receives a life-changing prize package that includes a college scholarship and being *Seventeen's* February 2006 cover girl! But it's up to each one to **prove** she has what it takes to be a **role model** to all 13 million of you! These girls are all impressive—but behind their glowing smiles, they're not *quite* as **perfect** as they **appear** to be. So we asked each one to tell us what she *really* thought of her competitors. **Luckily** no one held anything back!

Check out **MTV's**
Miss Seventeen
premiere episode!

Tune in to **MTV** on Monday, October 17,
at 10:30 P.M. EDT.

TURN THE PAGE: Get to know all the girls!

meet the contestants



amber

age: 18
hometown: Windom, MN
college: University of Minnesota
why she's a role model: Amber was senior-class president and a math and science award winner.
why she's not: Maria calls her "naive," and Caroline says she's "not extraordinary."
what amber says: "I'm outgoing and fun, very optimistic about life, and filled with initiative."



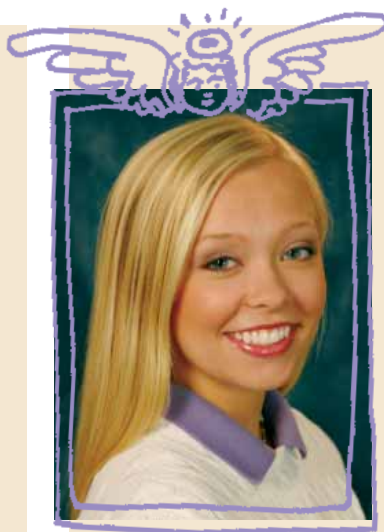
ashley

age: 18
hometown: Lamarque, TX
college: College of the Mainland
why she's a role model: Ashley was an A student at a high school plagued by drugs, guns, and AIDS.
why she's not: Jill calls her "a nightmare to work with," and Jessica says she's "rude and negative."
what ashley says: "I am a hard worker and positively ambitious."



brianne

age: 20
hometown: Polson, MT
college: University of Montana
why she's a role model: She created her own magazine and was the Montana High School Journalist of the Year.
why she's not: Sasha calls her an "ugly person and a monster"; Nicole says she "kisses ass."
what brianne says: "I am driven, passionate, caring, and curious."



brittney

age: 18
hometown: Peachtree City, GA
college: Louisiana State University
why she's a role model: She volunteers at the Southland Nursing Home and the Georgia Baptist Children's Home.
why she's not: Savannah says there's "not much depth" to her.
what brittney says: "I'm confident and I'm not ashamed to be me."



caroline

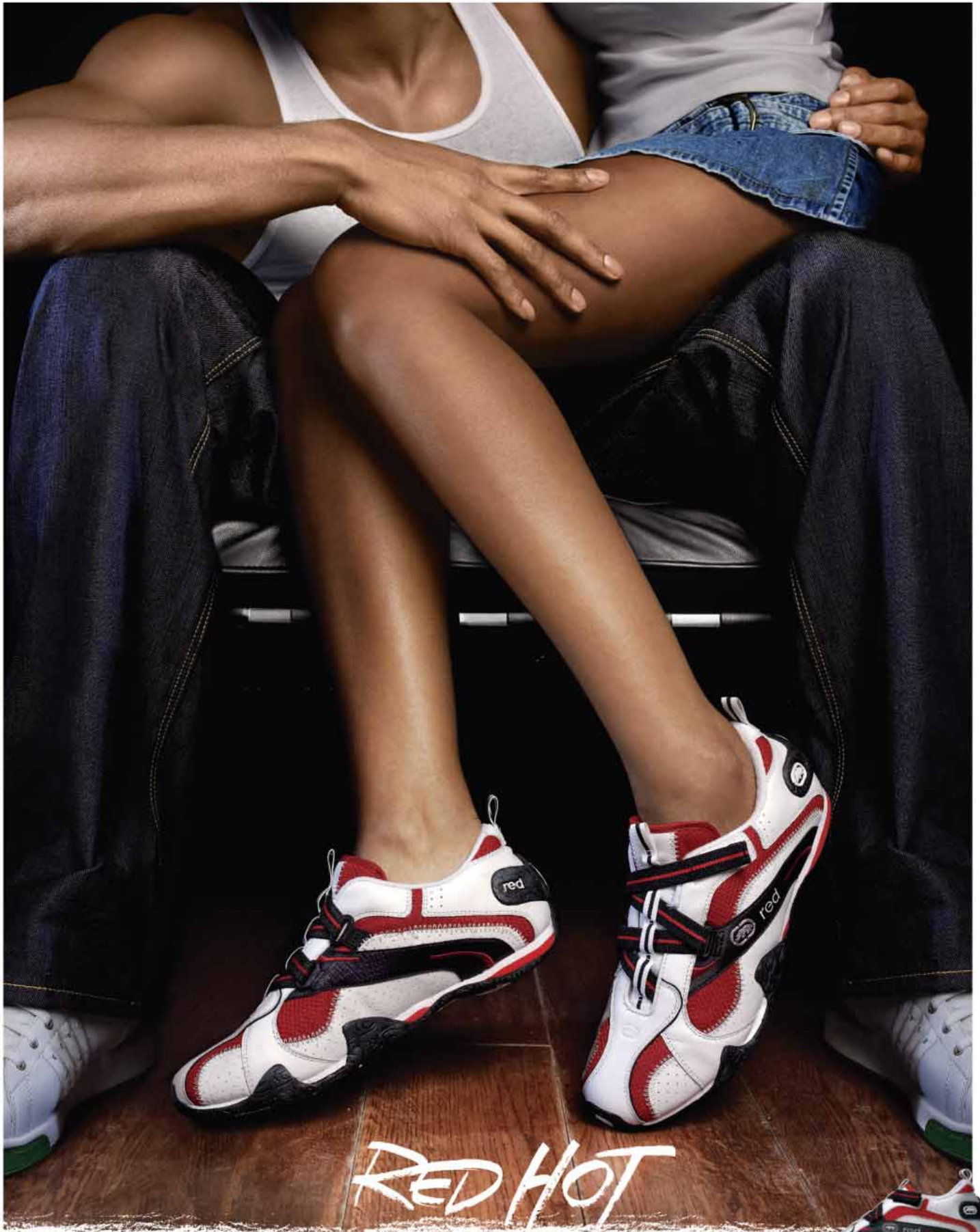
age: 21
hometown: West Allenhurst, NJ
college: Barnard College
why she's a role model: She wants to create a lifestyle brand that has a humanitarian mission to enact social change.
why she's not: "She's vicious," says Jennifer. Jill says she's "cold and looks down on others."
what caroline says: "I'm very mature, creative, and opinionated."



connie

age: 18
hometown: San Bernardino, CA
college: University of California, Davis
why she's a role model: She didn't speak English when she came to the US, yet she became her senior-class valedictorian.
why she's not: Jennifer says she's "annoying." Skyler says she's "ditzy."
what connie says: "I'm always ready to take on the world."

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RED HOT

 **red**
by marc ockö



FOOTWEAR



jennifer

age: 20
hometown: Wisconsin Dells, WI
college: University of Wisconsin-Whitewater
why she's a role model: Her parents are both incarcerated, so she's working three jobs (one at a candy store) to pay her way through college.
why she's not: Amber says she "may use her story as a crutch."
what jennifer says: "I'm optimistic and genuine."



jessica

age: 18
hometown: Glassboro, NJ
college: Chestnut Hill College
why she's a role model: She's the first member of her family to attend college—thanks to two art scholarships she won.
why she's not: "She's too shy," says Kristen. Brienne says "Jessica flies under the radar."
what jessica says: "I'm not a typical teen—I'm friends with everyone."



jill

age: 18
hometown: Morton, IL
college: University of Illinois-Champaign
why she's a role model: Jill is already pursuing a political career—she was 1 of 67 people chosen to be a US Congressional page.
why she's not: Nicole says she's "snobby," and Connie claims "she's sheltered."
what jill says: "I'm open and easy to talk to."



julie

age: 18
hometown: Coppell, TX
college: Texas A&M University
why she's a role model: This tennis champ gave up her dreams when her family moved to get her dad vital cancer care. He mentored kids whose parents have cancer.
why she's not: Jessica says she's "not real."
what julie says: "God has helped me become a better person."



kristen

age: 18
hometown: Methuen, MA
college: Vanderbilt University
why she's a role model: She volunteers with the Girls Club and the Big Sister program to help girls who were abused as children like she was.
why she's not: Brienne calls her a "snarky, self-absorbed drama girl"; Skyler says she's "rude."
what kristen says: "I'm outspoken and funny."



leah

age: 20
hometown: Little Rock, AR
college: Vanderbilt University
why she's a role model: She won a full four-year college scholarship, is on the Dean's List, and loves to compete in pageants.
why she's not: Ashley says she's "real high-maintenance." Nicole says "she's conceited."
what leah says: "I stand up for myself when I feel disrespected."

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maria

age: 20
hometown: Concord, CA
college: UCLA
why she's a role model: She mentors middle-school kids in art, and she plans to join the Peace Corps after graduation to help impoverished people.
why she's not: "She's a skateboard wannabe poser," says Brianna; Kristen calls her "boring."
what maria says: "I'm extremely loyal to those I care about."



nicole

age: 19
hometown: Staten Island, NY
college: St. John's University
why she's a role model: She is a choreographer and a future lawyer who gives free dance lessons to underprivileged kids.
why she's not: "She's too wild and crazy," says Amber; Jennifer calls her "selfish and spoiled."
what nicole says: "I strive for success."



sasha

age: 18
hometown: Brooklyn, NY
college: Howard University
why she's a role model: A graduate of The High School of Performing Arts, she uses her poetry to promote social activism.
why she's not: Skyler says she's "aggressive," and Jessica calls her "too controlling."
what sasha says: "I am going somewhere with my life."



savannah

age: 22
hometown: Grand Prairie, TX
college: University of North Texas
why she's a role model: She used her pageant celebrity to create a nonprofit that helps fight childhood obesity.
why she's not: Julie calls her "shallow and fake."
what savannah says: "I'm just a Southern belle who loves great friends—and great food."



skyler

age: 19
hometown: Atlanta, GA
college: Harvard University
why she's a role model: A natural leader, Skyler was the captain of her track team and was a youth leader for middle-school students.
why she's not: Maria says she's "standoffish."
what skyler says: "I want to be a positive influence on young minority women."



the judge: ATOOSA!

See what her staff spills...

why she's a role model: Cynthia says "she can make the 'unattainable' happen." John says, "Uh, because she's our boss?"
why she's not: Holly calls her "calculating," Fiona says "she holds grudges," and Whitney insists "she drinks too much Red Bull."
what Atoosa says: "Pleeese watch our show so I can make the 'unattainable' happen! JK!"

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up close & personal

Check out his
three
new films
this fall!

jake gyllenhaal

The shy, brooding actor is on the verge of hitting it big. BY holly eagleson

For the past three years, Jake, 24, has been working nonstop to finally break out as a leading man on-screen. In *Proof* (out on September 16), he plays a lovesick math geek; in *Jarhead* (out on November 4), he's a troubled Gulf War marine; and in *Brokeback Mountain* (out on December 9), he plays a gay cowboy. Jake talked to *Seventeen* about how he has been able to achieve stardom despite his very un-Hollywood roles, and what his on-and-off relationship with actress Kirsten Dunst has taught him about true love.

17: Playing a gay cowboy is considered risky for any rising actor. Why did you want to do it?

JG: It was just such a beautiful script, and such a beautiful story: a *real* love

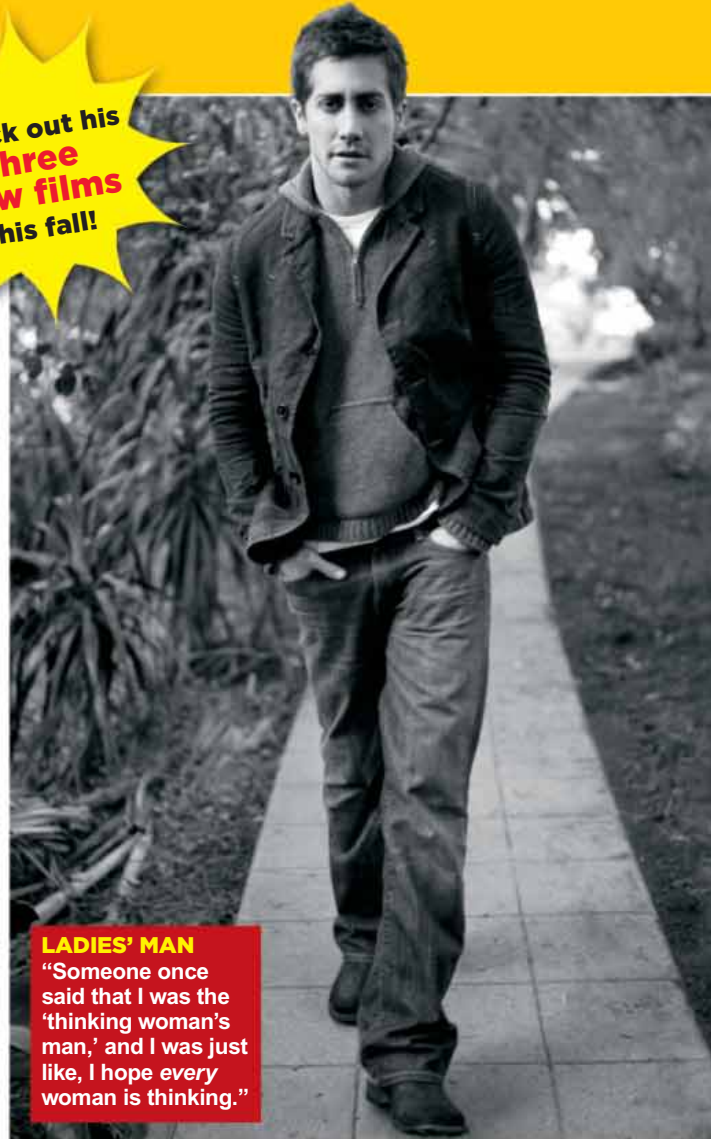
story. And I don't care if it's a man and man, or a woman and man . . . or any other combination. If it's really about something true, and it's really about love, and it's done in a really honest way, I want to do it. I think so many movies make love into such a cliché and lead us in the wrong direction. I want to make movies that show the way my experience of love has been.

17: Has your ongoing relationship with Kirsten been harder because you're both celebrities?

JG: I don't think it has anything to do with that. What we have, in my opinion, transcends any of that, so it's not hard. Our relationship is about us as two human beings—not us as two

LADIES' MAN

"Someone once said that I was the 'thinking woman's man,' and I was just like, I hope every woman is thinking."



celebrities. The only hard thing is when you happen to walk by a magazine stand and see how other people perceive it. Relationships are *real* and about real things, and I don't think Hollywood—or *any* of that—is real.

17: But is it weird to find out that your girlfriend has said things about you to the press?

JG: I know how people have taken what I've said out of context, or just how people arbitrarily make things up. I mean, it's *incredible* to me! And if it's for them, if that gives other people pleasure, that's fine, you know? The great thing about how wonderful Kirsten is—and the testament to the two of us—is that we have what we have, and nobody can really touch that. So people can say whatever they want, but we know the truth. **17**

the women in jake's life



2000

Jake dated actress **Selma Blair** during that year.



2001

With sister **Maggie**, who is also an acclaimed actor.



2004

Happy in his current relationship with star **Kirsten Dunst**.



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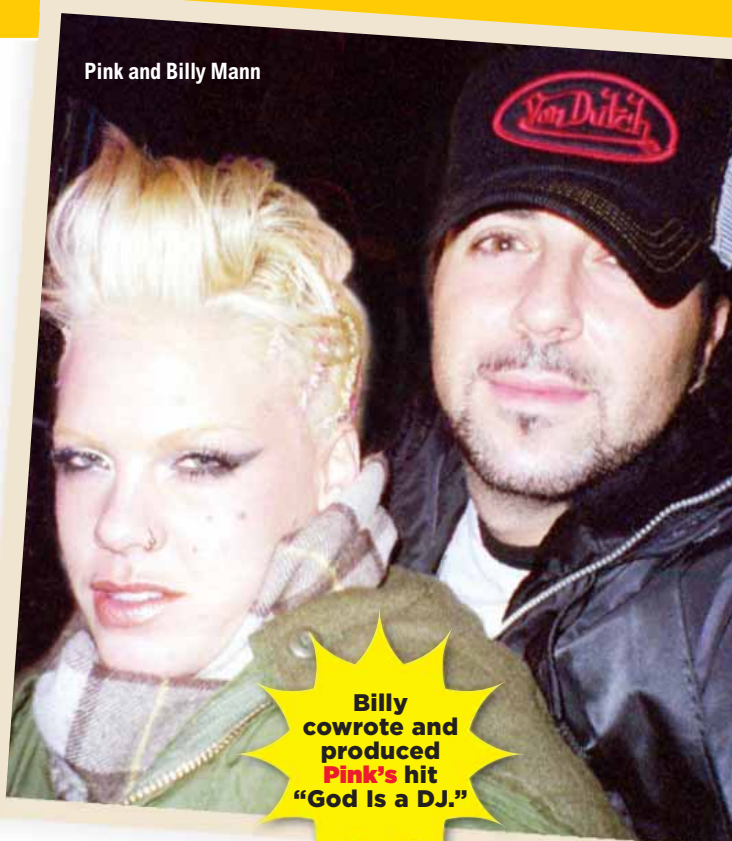
indie beat

the next big thing

Top producer/songwriter **Billy Mann** spotlights artists on the verge of stardom.

In the wake of the terrorist attacks that killed more than 50 people in London, I want to **celebrate** our diversity and our friends in the UK. Music has no firm cultural lines. What's so **cool** about it is that it can easily **mend** prejudices and cultural conflicts. Our differences don't have to separate us—they can actually **heal** us. Yes, I'm **idealistic**, but let this month's music prove it true: for us, for London, and for our enemies. I like to let my personal **DJ choices** dictate the mood of the world around me, so next time you put on *your* headphones, **envision** yourself in your own video of **peace**. **-BILLY**

Pink and Billy Mann



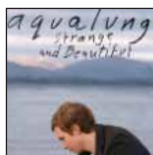
Billy cowrote and produced Pink's hit "God Is a DJ."



AQUALUNG

Strange and Beautiful

COLUMBIA RECORDS



Aqualung is just one guy, Matt Hales, who is my new favorite UK artist. He creates a spacey and **delicious** (yes, I said *delicious*) collage of mini

journeys. "**Brighter Than Sunshine**" is like a canoe ride through a nature preserve of emotions: **raw** and untouched. It's an iPod rock masterpiece for tuning out the drama and tuning in to your emotions.

artist info: aqualungmusic.com



PANJABI MC

Beware

SEQUENCE RECORDS



I love guys like this who are breaking barriers. The thing that's so great about Panjabi's music is that you can't put it in a box. On "**Sweeter**,"

he takes bhangra—traditional Indian music that means something to him personally—and sets it to a **thumping** hip-hop track that you can vibe to in a club. It's a truly **interesting** mix of cultures.

artist info: pmcrecords.com



MATISYAHU

Shake Off the Dust . . . Arise

JDUB RECORDS



Imagine a Hasidic Jewish guy with a long beard and yarmulke (a skullcap) who sings **reggae** and does the human beat box. I mean, this is the ultimate spiritual hybrid. But he's building a following thanks to songs with a **message**, like "**King Without a Crown**," which makes Madonna's tabloid version of kabbalah seem like the fast food of faith.

artist info: hasidicreggae.com



CLASSIC!

CAT STEVENS



cat stevens: "PEACE TRAIN"

from his 1971 album, *Teaser and the Firecat*

The song has a calming feel. This singer (now Muslim, he converted) speaks of a positive change on the horizon with gospel-like backing vocals and a chilled-out acoustic lick that would make anyone want to hop on the peace train.

trendalert

from **WAL*MART** and *seventeen*



Bevin, Celeb Merchandising Editor

Accessories Blow-Out!

A girl can never have enough! All the accessories you need from Wal-Mart to complete your look.

XOXO, Bevin

No Boundaries Scarves

Get that warm and fuzzy feeling by twisting two scarves together for a layered, textured look



Fashion Jewelry Pearls

"Knot" just for dress-up — layering shimmering pearls is a great way to add a little bling to a basic T-shirt or sweater



Fashion Jewelry Necklaces

Add a dainty touch to your boho chic style with layers of sparkling necklaces



No Boundaries Belts

A shiny braided metallic belt will glam-up last season's jeans in an instant. If you're bold, wear two!



Faded Glory Purses

Buckle-up for a night on the town with these cute metallic mini-purses



George Hat and Gloves

A spray of sequins adds a little flourish to these winter must-haves

fashion

5

pieces to layer

Any of these cute items will give you a whole new look!

17 TIP
For a funky style, let a long-sleeved printed top peek out.

1 short-sleeved blazer

BLAZER Sizes 4–16, W, \$80, JCPenney and jcpenney.com

THERMAL TOP Sizes XS–XL, DKNY Jeans, \$49, Macy's

JEANS Sizes 1–13, Hot Kiss, \$59, Nordstrom

EARRINGS Claire's, \$7, Claire's stores

NECKLACE H&M, \$8, select H&M stores

dara, 20

nicole, 17

melissa, 15

julia, 17

meredith, 16



17 TIP
A shrug keeps a bare dress from looking too risqué at school.

17 TIP
Cargos help give this fancy top a more everyday feel.

17 TIP
Sneakers—vs. heels—make this look rocker (not trashy!).

17 TIP
Wear a long shirt underneath—skin is not “in” anymore.

2 slip dress

DRESS Sizes XS–XL, Guess?, \$59, Guess? stores

SHRUG Sizes XS–L, BCBGirls, \$98, select Dillard’s

JEANS Sizes 1/2–15/16, Thalia, \$27, select Kmart stores

BRACELETS (from elbow to wrist): Claire’s, \$8, Claire’s stores; Wet Seal, \$6, Wet Seal stores; Claire’s, \$8, Claire’s stores

SHOES Sizes 5½–11, Self Esteem, \$65, select Shoe Carnival stores

3 long cami

CAMI Sizes S–L, Maurices, \$26, Maurices stores

TEE Sizes S–XL, Calvin Klein Jeans, \$39, Macy’s and Nordstrom

PANTS Sizes 1/2–17/18, Maurices, \$34, Maurices stores

NECKLACES (from short to long): Claire’s, \$13, select Claire’s stores; Claire’s, \$11, Claire’s stores

SHOES Sizes 5½–11, Steve Madden, \$90, select Steve Madden stores

4 opaque leggings

LEGGINGS Sizes S/M–M/L, Hue, \$11, amazon.com

JACKET Sizes S–XL, Mossimo, \$28, Target stores

HOODIE Sizes XS–L, Gallaz, \$54, gallaz.com

CAMI Sizes XS–L, Abercrombie & Fitch, \$50, Abercrombie & Fitch stores

SKIRT Sizes 0–13, Glo, \$34, select Kohl’s

SNEAKERS Sizes 3–13, Converse, \$45, converse.com

5 cropped hoodie

HOODIE Sizes XS–XL, Hurley, \$52, select Macy’s

POLO SHIRT Sizes 2–14, Lacoste, \$72, Nordstrom

JEANS Sizes 1–13, Miss Me, \$68, alloy.com and 888-452-5569

NECKLACE Guess?, \$35, Guess? stores

SNEAKERS Sizes 5–11, Vans, \$37, vans.com

REAL-GIRL PHOTOS: ANGELIKA GRUNDLER; HAIR: RAMEE ROTH FOR VUEZ/FREDKEN; MAKEUP: TAMAH FOR CHRISTIAN DIOR; ON NICOLE: TANK TOP: HANES; NECKLACES: FOREVER 21; ON JULIA: EARRINGS, SUPERTRADER.



just flaunt it!

Celebrate your favorite body part with one of these celeb-inspired trends.



CHRISTINE, 18

A denim mini—fall's casual yet sexy must-have—shows off great legs. **MINISKIRT Sizes 1–13, Candie's, \$42, Kohl's**

legs



Amanda Bynes



Jessica Simpson



Kimberly Stewart



MINISKIRT Sizes 0–9, Hollister, \$50, Hollister stores and hollisterco.com



MINISKIRT Sizes 0–15, Baby Phat by Kimora Lee Simmons, \$69, Macy's



MINISKIRT Sizes 0–13, Wet Seal, \$23, Wet Seal stores

REAL-GIRL PHOTOS: ANGELOKA GRUNDLER, SITTINGS EDITOR; MELISSA MAHER, HAIR; RAMIE BETH FOR VUEZ/REDKEN, MAKEUP; TAMAH FOR CHRISTIAN DIOR, ON CHRISTINE; SWEATER, MAJICES; TANK TOP, I TB BY LITTLE BIG; JEANS, GIRLPROPS.COM; NECKLACE, GIRLPROPS.COM; LOCKET, CHRISTINE'S OWN; BOOTS, URBAN OUTFITTERS; STILL LIVES; FRANCESCO MOSTO; STILL LIVES STYLIST; BETINA SIMPSON; SEAN O'NEILL/INFORM.COM; STEWART, CARMEN VALDES/RETNA.

shoulders

LAUREN, 16

A high-neck halter top accentuates shoulders in the most flattering way. HALTER Sizes XS-L, BCBGirls, \$76, select Dillard's



← **HALTER** Sizes XS-XL, Esprit, \$35, select Marshall Field's



Alexis Bledel

HALTER Sizes S-XL, Derek Heart, \$16, Wet Seal stores



Halle Berry



← **HALTER** Sizes S-L, Judy Knapp, \$23, Mande stores

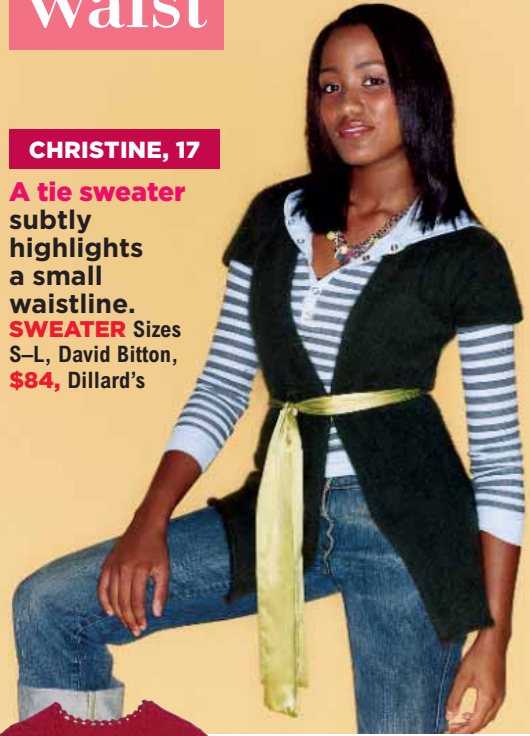


Nicole Richie

waist

CHRISTINE, 17

A tie sweater subtly highlights a small waistline. SWEATER Sizes S-L, David Bitton, \$84, Dillard's



← **SWEATER** Sizes XS-L, The Limited, \$54, The Limited stores



Jennifer Lopez

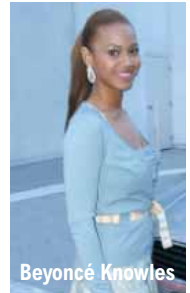
← **SWEATER** Sizes S-XL, ECI, \$88, select Macy's



Selma Blair



← **SWEATER** Sizes XS-XL, American Eagle Outfitters, \$58, American Eagle Outfitters stores and ae.com



Beyoncé Knowles

ON LAUREN: JEANS, SEE THRU SOUL; EARRINGS, CLARE'S; MULTICOLOR NECKLACE (WORN AS BRACELET), WINDSOR; WOODEN BEAD BRACELETS, CHARLES KLEIN; ON CHRISTINE: SHIRT PAUL FRANK; JEANS, POLO JEANS CO; RALPH LAUREN; NECKLACE, GUESS?; BLEDEL: RON GALELLA/WIREIMAGE.COM; BERRY: PETER KRAMER/GETTYIMAGES.COM; RICHI: MARSALI MCGRATH/WIREIMAGE.COM; LOPEZ: SCOTT GRIES/GETTYIMAGES.COM; BLAIR: TJAN PHAM/X17AGENCY.COM; KNOWLES: LARBI GARCIA/X17AGENCY.COM.



perfect fit | just flaunt it!

calves



Katie Holmes



Kate Hudson



Jessica Alba



← **SKIRT** Sizes S-L, Hot Kiss, \$54, Windsor stores and hotkiss.com



SKIRT → Sizes S-XL, Overdrive, \$58, Nordstrom



← **SKIRT** Sizes 0-14, American Eagle Outfitters, \$48, American Eagle Outfitters stores and ae.com



SAM, 15

A full skirt that hits close to the knee draws the eye to your calves.

SKIRT Sizes 4-16, H&M, \$35, H&M stores

ON SAM: BLAZER, LANE BRYANT; T-SHIRT, KWART; PIN, NAKAJIMA; SHOES, CLASSIFIED. HOLMES: PASCAL LE SEGRETAIR/GETTY IMAGES.COM. HUDSON: ANDREAS RENTZ/GETTY IMAGES.COM. ALBA: LALO YASKY/WIREIMAGE.COM.





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perfect fit | just flaunt it!

arms

JACKIE, 17

A flutter-sleeved top delicately frames strong arms.
TOP Sizes S-L, Forever 21, \$17, Forever 21 stores



← **TOP** Sizes S-L, Speechless, \$28, select Macy's



→ **TOP** Sizes XS-L, Bebe, \$49, select Bebe stores



← **TOP** Sizes XS-XL, JLO by Jennifer Lopez, \$59, Macy's and shopjlo.com



back

NATASHA, 17

A Y-back tank shows off your back in a flirty yet sporty way.
TANK Sizes XS-L, Abercrombie & Fitch, \$30, Abercrombie & Fitch stores and abercrombie.com



← **TANK** Sizes XS-XL, Eckored, \$42, Macy's



→ **TANK** Sizes S-XL, A|X Armani Exchange, \$58, A|X Armani Exchange stores and armaniexchange.com



← **TANK** Sizes XS-L, Victoria's Secret Catalogue, \$32, Victoria's Secret Catalogue and victoriassecret.com



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 Thematic Elements, Some Sexuality and Language
 Bonus Material Not Rated or Closed-Captioned

sisterhoodofthetravelingpants.com warnervideo.com

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what's in store

the best **deals** at the mall

hot **bargains** for you!

Here's what's new—and totally affordable—at your favorite stores this season.



- sparkly scarf **\$7**
- silver rhinestone necklace **\$7**
- teardrop necklace **\$9**
- circular necklace **\$11**

melissa, 16

get glam at **CLAIRE'S**



ring **\$6**

necklace **\$15**

bracelet **\$11**

earrings **\$15**

hairpin **\$9**

headband **\$7**

celeb steal



Nicky Hilton layers a **tiger-tooth** necklace with super-bright beads!

necklace **\$9**



REAL-GIRL PHOTOS: JASON TODD; SITTINGS EDITOR: MELISSA MAHER; HAIR: LIFE FOR HEADGAMES/UTOPIA NYC; MAKEUP: NATASHA MORGAN; ON MELISSA: SWEATER: HOLLISTER; STILL LIFES: FRANCESCO MOSTO; STILL LIFES STYLIST: BETTIE; HILTON: STEPHEN LOVERKIN/WIREIMAGE.COM.

the best **deals** at the mall

what's in store | hot bargains for you!



lauren, 16

- tops (sold together), sizes S-L, Z.Ro, **\$16**
- jeans Sizes 0-13, YMI, **\$30**
- y-shaped necklace Finesse, **\$8**
- coin necklace Finesse, **\$10**
- pendant necklace Finesse, **\$10**
- bag Chateau, **\$16**



get boho at **DEB**

necklace Finesse **\$8**

dress Sizes S-L, Taboo **\$26**

bracelets Finesse **\$7 each**

boots Sizes 6½-10, Coco Blue **\$35**

earrings Finesse **\$8**

celeb steal

Christina Milian styles her metallic braided belt over a flowing dress.



belt Cocomo **\$12**



MILIAN: MATTHEW SIMMONS/GETTY IMAGES.

SHOPPING INFO: The items on this page are available at Deb stores. Go to debshops.com to find a store near you.

the best deals at the mall

what's in store | hot bargains for you!



anisha, 18

boots
Sizes 5-12,
Airwalk, \$35

get cozy at
PAYLESS SHOESOURCE

bag
Payless \$17

boots
Sizes 6-12, Payless \$35

scarf
Payless \$13

boots
Sizes 5-11, Payless \$30

boots
Sizes 5-13, Payless \$28

cell-phone cases
Payless \$6 each

celeb steal

Keira Knightley tucks her skinny jeans into slouchy boots!

boots
Sizes 5-12, Airwalk \$30



SHOPPING INFO: The items on this page are available at select Payless ShoeSource stores. Go to payless.com to find a store near you.



ON ANISHA: VEST, AÉROPOSTALE; SHIRT, SOUNDGIRL; SKIRT, LEVI'S; KNIGHTLEY: CAMERA PRESS/DAVID VYSONIRE/TNA.

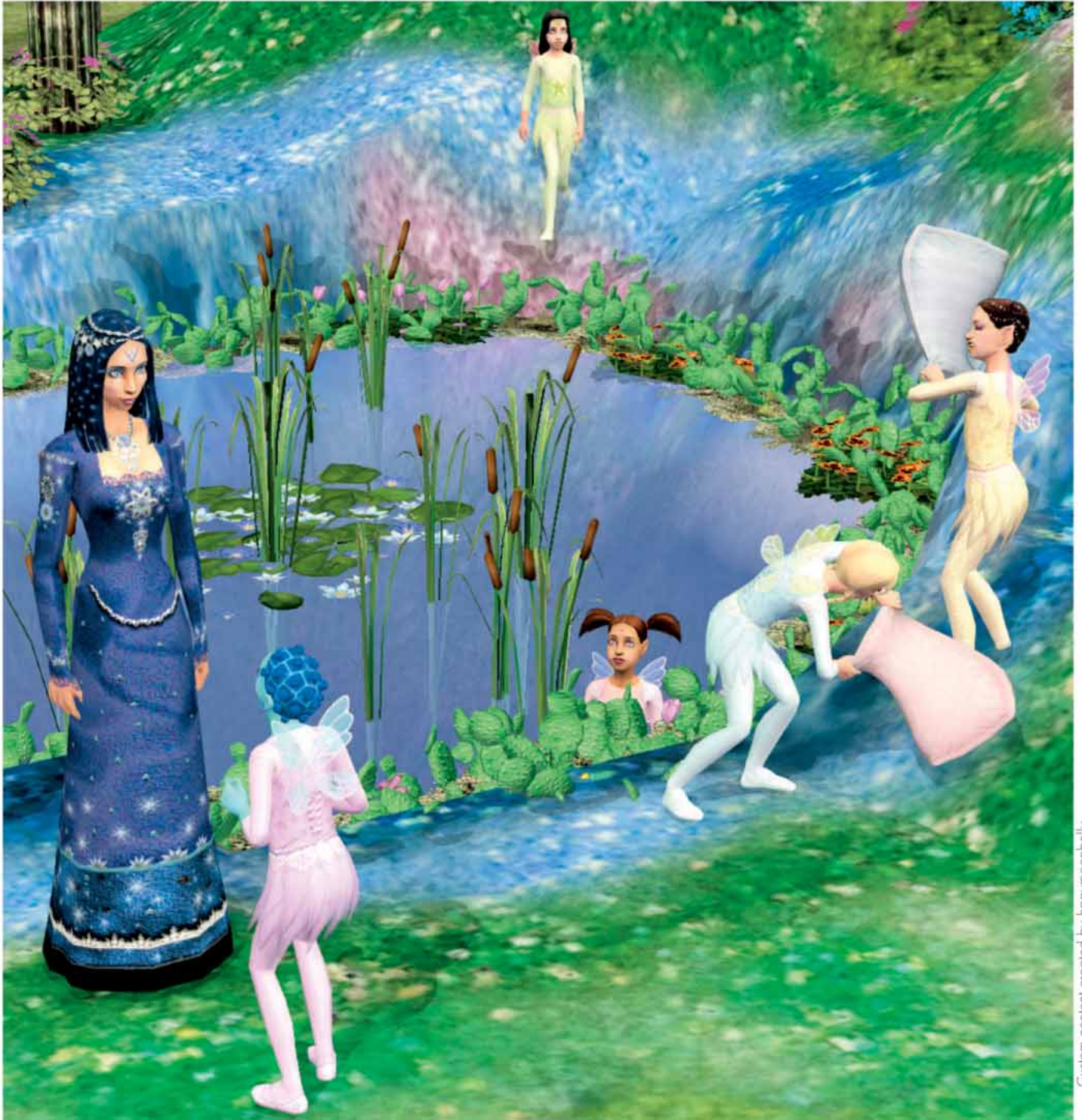


Jennifer Clark
San Jose, CA
USA

on the PC

The Sprites of Simlandia were out enjoying one last summer afternoon by the magical, wish-fulfilling pond before returning to the Simlandia Orphanage for Mischief-Inclined Sprites. Though they begged to stay even longer, MoonBelly, their beautiful, yet fiercely temperamental guardian, called out that it was time to go and if they didn't hurry along there would be no pillow fights or glitter for a week.

How do you play? simsplayedby.com



the best deals at the mall

what's in store | hot bargains for you!



jacqueline, 16

- sweater Sizes S-XL, Jordache, \$13
- jeans (come with belt), sizes 3-15, No Boundaries, \$19
- short necklace \$7
- long necklace \$10
- bag Faded Glory, \$7

get girly at **WAL-MART**



necklace \$10

cropped pants Sizes 3-15, Tracy Evans \$15

bag No Boundaries \$13

sweater Sizes S-XL, No Boundaries \$20

camis Sizes S-XL, No Boundaries \$10 each

celeb steal

Penélope Cruz pairs her **rock tee** with a cool wallet chain.



tee Sizes S-XL, Rock \$13

THE SIMS

Played by

Hélène Lavertu
Montréal, Québec
Canada

on the PC



hSylphiel

World-renowned mad scientist and classical music lover, Dr. Vandersnoot and his zombie son, Max, lived a quiet life far away from the rest of the world—their house hidden by the doctor's overgrown, swampy cow plantation. After accidentally killing his dad with a bad batch of macaroni and cheese, Max made up for it by resurrecting him. Love conquers all, and so his father promptly forgave Max and thanked him for the gift of immortality.

How do you play? simsplayedby.com



show & tell

rock *your* style!

Our style panel shares their first fashion impressions of these coeds.



LIZ, 20
The New School

INNA, 19
Baruch College



"This preppy-mixed-with-funky look is confusing."

CRISTINA, 20
Florida International U.



"The hat is a little too mime-at-a-carnival for me."

REBECCA, 21
Savannah College of A&D



"This look shows a lot of flair and imagination."



17 TIP
A military jacket steps up a mini.

MELANIE, 20
U. of Cincinnati

"I like minis—they show off this girl's hottest attribute!"

ALYSSA, 19
F.I.T.



"The ripped jeans are trying just a little too hard."

SOREN, 21
Pennsylvania State U.



"She looks like that teacher all guys have a crush on."

CAROLINE, 19
Parsons School of Design



"The proportions and fit of the items work well."

MAUREEN, 19
Ramapo College



"A great first-day outfit—she looks very laid-back."

"A fashion smorgasbord! I like the peasant top, but I'd prefer to see it with a skirt and flats."

PHOTOS OF LIZ, MAUREEN, AND MALLORY: CYNTHIA NAUGHER; REBECCA, SOREN, AND TONYA: LUCY FOX; SENA: EMMA PARKER; CRISTINA, ALYSSA, CAROLINE, JULIANA, AND CHARLOTTE: SHANNON RODDY; ALL OTHER PHOTOS: COURTESY OF GIRLS.

17 STYLE PANEL

Ever wonder how others see you? Our judges reveal what they think!



Matt
HOT GUY



Dani
MEAN GIRL



Adrienne
SORORITY GIRL



Tim
FASHION PROFESSOR



17 TIP
A big purse is fall's newest book bag!

MALLORY, 21
Auburn U.

TONYA, 20
Florida State U.



“Cute—but she’s like the average campus girl.”

JULIANA, 20
U. of Southern California



“A beautiful girl lost in black—try some color!”

SENA, 21
Bucknell U.



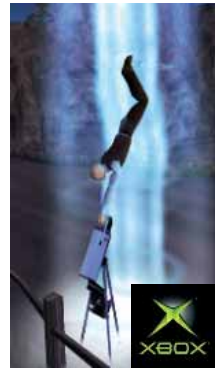
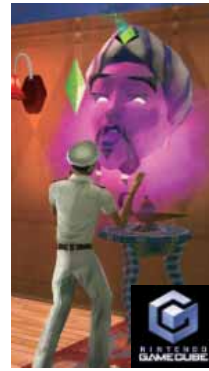
“Cute boho look—props on that hot arm cuff too!”

CHARLOTTE, 19
London Sch. of Economics



“She’s my favorite. Her jacket adds sophistication.”

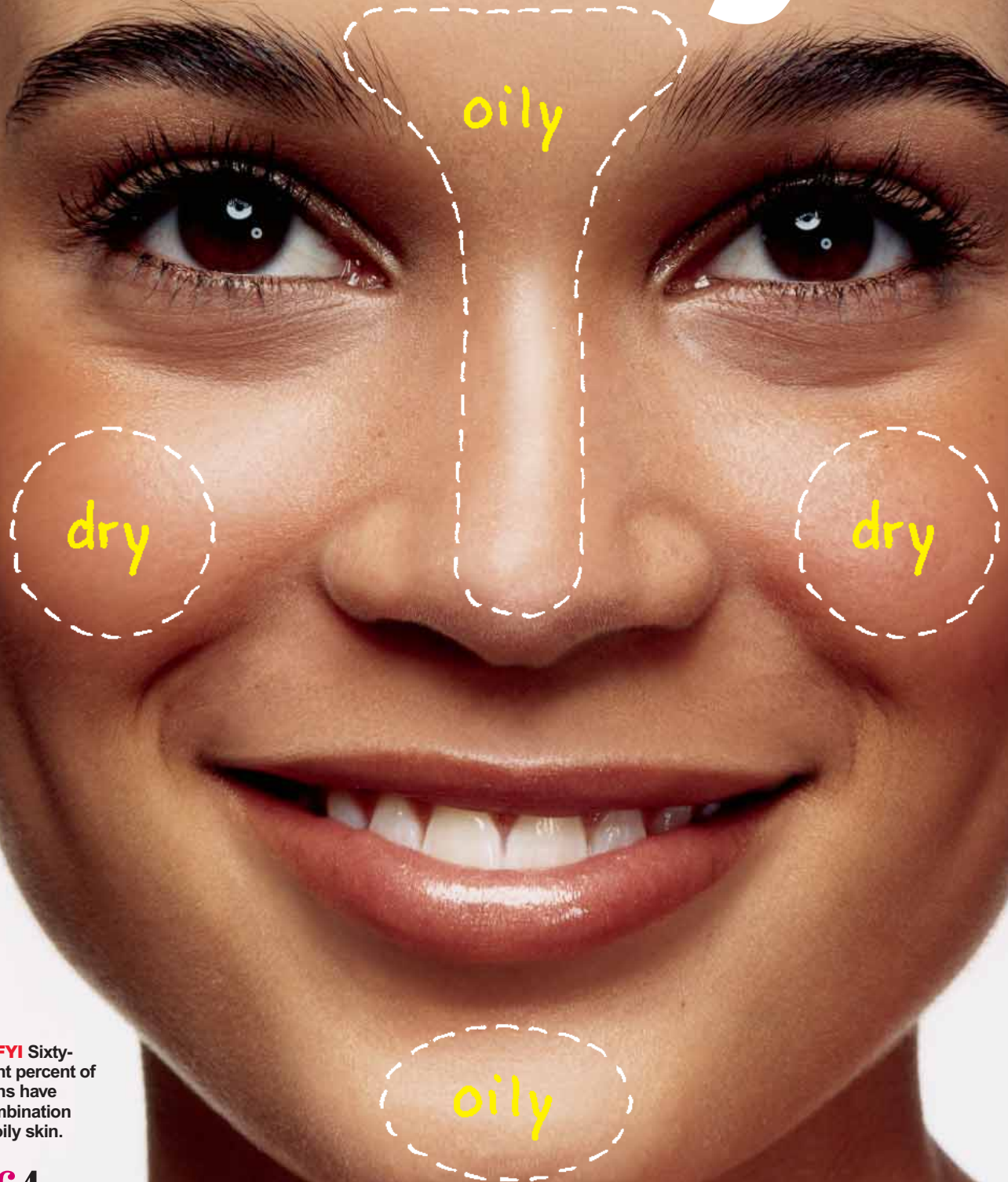
“Gold stars to Mallory. This look is sexy without being vulgar. And I love the bag!”



PRODUCTS RANGE FROM RATING PENDING TO TEEN
RP-T
CONTENT RATED BY ESRB
Visit www.esrb.org for updated rating information.

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beauty



17 FYI Sixty-eight percent of teens have combination or oily skin.

your best skin regimen

You can get a clear complexion—all it takes is a personalized daily routine. Find yours here! BY mary rose almasi

17 TIP It can take seven weeks for a new routine to show results—hang in there!



quiz

what's your skin type?

Take our quiz, discover your skin type, then flip the page to find your customized skin care plan.

1 How does your face look 30 minutes after you wash it?

- A. soft and clean, not oily
- B. shiny T-zone (forehead, nose, chin)
- C. evenly greasy all over
- D. matte and flaky

2 What does your complexion look like by 2 P.M.?

- A. just a little nose shine
- B. very shiny in the T-zone
- C. very greasy all over
- D. dull, sometimes with flakes

3 Look in the mirror at your pores. How would you describe them?

- A. small
- B. small to medium
- C. medium to large
- D. practically nonexistent

4 How often do you notice breakouts on your skin?

- A. a few days a month
- B. most days
- C. every day
- D. almost never

5 Where on your face do you break out most often?

- A. chin and jaw
- B. the T-zone
- C. the T-zone and your cheeks
- D. nowhere in particular

6 Which of the following statements best describes your skin?

- A. It rarely gives me trouble.
- B. It's dry and oily.
- C. I'm always battling grease.
- D. It feels tight.

MOSTLY A's:

normal skin

Your skin is generally smooth and clear—it's not dry or oily, though you may suffer from an occasional breakout.

Turn to page 66 ➔

MOSTLY B's:

combo skin

Your face can be greasy in some spots (usually on the T-zone), which can cause breakouts in those specific areas.

Turn to page 66 ➔

MOSTLY C's:

oily skin

You have soft skin but a lot of grease—which appears an hour after washing. Pimples thrive in oil, so you are most prone to acne.

Turn to page 68 ➔

MOSTLY D's:

dry skin

Your face sometimes feels tight and can even get flaky, but you have the least breakout potential of all the skin types.

Turn to page 68 ➔

FOR ALL SKIN TYPES:
Apply blemish treatments *before* moisturizer for best results.

normal

your routine: Wash with a foaming cleanser morning and night, then moisturize.

A.M. & P.M.

CLEANSER: Use a creamy, foaming wash to zap oil without drying skin. Rub it on wet palms, then lather up—it will spread on evenly for thorough cleansing.

TRY: Dove Essential Nutrients Creamy Foaming Cleanser, \$6, drugstores



A.M.

MOISTURIZER: Dab oil-free SPF lotion all over to soften skin and protect it from UV damage. Lotion with light reflectors will give skin a natural glow.

TRY: Clean & Clear Morning Glow Moisturizer SPF 15, \$6, drugstores



P.M.

MOISTURIZER: Apply a gentle SPF-free lotion to help hydrate your skin while you sleep (since your skin doesn't need SPF at night).

TRY: Cetaphil Moisturizing Lotion, \$8, drugstores



17 TIP Pat (don't rub!) skin dry with a towel so you won't irritate it.

Melissa, 16

Julianna, 16



17 TIP A dirty cell phone can cause acne. Wipe it daily with astringent.

combo

your routine: Wash with a deep-cleaning cleanser morning and night, then moisturize.

A.M. & P.M.

CLEANSER: Use a wash that is *made* to deep clean oily parts, like your T-zone, and includes moisturizers to soften drier areas, like your cheeks.

TRY: Clean & Clear Deep Action Cream Cleanser for Sensitive Skin, \$4, drugstores



A.M.

MOISTURIZER: Apply an oil-free SPF lotion (for sun protection) with light reflectors that will give your combination skin a glowing finish.

TRY: Olay Complete Multi-Radiance Daily Illuminating UV Lotion, \$13, drugstores



P.M.

MOISTURIZER: Swipe on a balancing lotion to absorb grease and hydrate where needed—skin will look more even when you wake up.

TRY: Bioré Shine Control Moisturizer, \$6, drugstores



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Always.

oily

your routine: Wash with an antiacne cleanser morning and night, then moisturize.

A.M. & P.M.

CLEANSER: Use a lightly foaming wash with salicylic acid to remove oil and unclog pore residue. You'll have fewer breakouts and less shine on your face.

TRY: Bioré Blemish Fighting Ice Cleanser, \$6, drugstores

A.M.

MOISTURIZER: Dab on an oil-free SPF lotion after using acne medications. Acne that is exposed to UV rays can scar; the SPF will prevent this from happening.

TRY: Neutrogena Oil-Free Moisture SPF 15, \$12, drugstores

P.M.

MOISTURIZER: Try a light gel moisturizer on areas that may feel tight. It's not as thick as a cream, so it will keep your skin hydrated without clogging your pores.

TRY: Clinique Dramatically Different Moisturizing Gel, \$23, department stores



17 TIP Carry face-blotting papers to help you quickly soak up daytime oil.

Dara, 20

dry

your routine: Wash with a cream cleanser morning and night, then moisturize.

A.M. & P.M.

CLEANSER: Use a cream cleanser, which will add more moisture than a foaming one. Look for a product with vitamin E to get even more hydration.

TRY: Olay Moisture-Rich Cream Cleanser, \$5, drugstores

A.M.

MOISTURIZER: Apply a vitamin-infused SPF lotion to help hydrate and protect your skin. Put it on while your skin is a bit damp to help seal in moisture.

TRY: Dove Essential Nutrients Day Lotion SPF 15, \$7, drugstores

P.M.

MOISTURIZER: Massage in a creamy moisturizer that has soothing ingredients, like oat extract, to calm your irritated, dry, and sensitive skin.

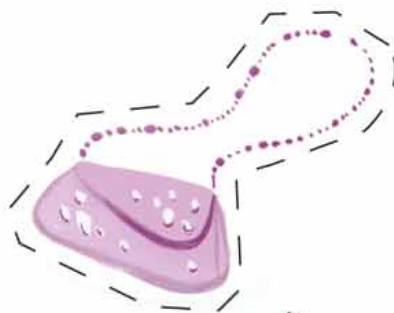
TRY: Grassroots While You Were Sleeping Cream, \$17, Kohl's



Sara, 14

17 TIP Wash with cool or lukewarm water; it's less drying than hot.

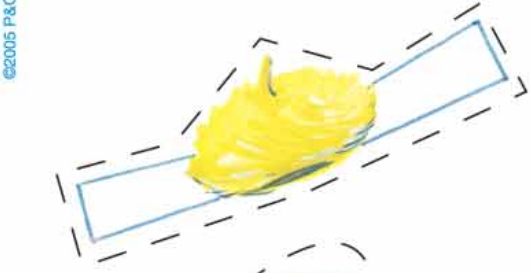




If you want great leakage protection, you want Tampax®



If you want a tampon that looks fancy, cut on the dotted line.



Women choose Tampax 2 to 1 vs. Playtex®

q & a

beauty school | your best skin regimen

skin problems solved!

1 I have really sensitive skin. How do I take care of it?

For starters, wash with cool water—not cold, which can cause blood to rush to your face and leave your skin looking blotchy. Use a creamy, nonfoaming cleanser, and look for “sensitive skin” on labels, which

17 TIP Soothe irritated skin with a cool, milk-soaked washcloth.



indicates that there are no irritating ingredients. If you get pimples, spot treat them only at night—this way, if the product irritates your skin or makes it pink, the redness will likely be gone by the time you wake up.

TRY: Cetaphil Gentle Skin Cleanser, \$6, drugstores

2 Is it okay to wash my face more than twice a day? It feels so grimy after gym class.

Yes, but use a gentle, nonfoaming cleansing cloth for that extra time. It's smart to wash after any athletic activity to get rid of acne-causing oil, sweat, or any hair products that have melted onto your face.

TRY: Noxzema Wet Cleansing Cloths, \$4, drugstores

3 Should I wash my face with a washcloth?

Yes—if you're not using a scrub. Once-daily use of a washcloth will work to exfoliate skin.

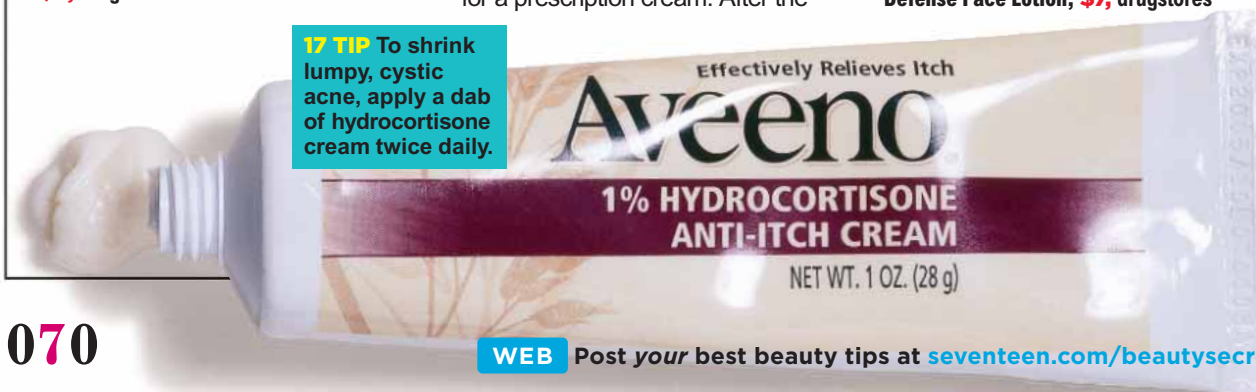
Dampen the cloth with lukewarm water and add a little cleanser—then gently rub your face with it in a circular motion.

Throw it into the laundry after each use, or else it will breed acne-causing bacteria.

4 How can I treat my eczema? It's rough and itches like crazy!

Eczema is an allergic reaction that can look like oozy, crusty skin bumps. Try not to scratch it—bacteria from under your nails could cause an infection. Instead, ease that raging itch by applying hydrocortisone cream twice daily for three to four days. If that doesn't help, see your doctor for a prescription cream. After the

17 TIP To shrink lumpy, cystic acne, apply a dab of hydrocortisone cream twice daily.



17 TIP After cleansing, splash your face 10 times with cool water to get blood flowing and make skin glow.

itching goes away, prevent flare-ups by using only gentle, fragrance-free products (they shouldn't tingle or sting your skin).

TRY: Aveeno 1% Hydrocortisone Anti-Itch Cream, \$6, drugstores

5 Is there a way to get rid of the tiny red bumps on my cheeks? It looks like chicken skin!

The bumps are a condition called keratosis pilaris, which is caused when skin cells get trapped in hair follicles, making them irritated and red. It's genetic, so there's no cure, but don't scrub or pick these spots—that will only irritate your skin and make the redness *more* noticeable. You can minimize the redness and bumps with a daily salicylic-acid moisture lotion.

TRY: Neutrogena Rapid Clear Acne Defense Face Lotion, \$7, drugstores

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get rid of whiteheads

Before you pick (and scar) your face, check out the *right* way to zap them. BY kristen oldham giordani



WHITEHEADS: Zits with a squishy, white tip—the goo inside looks like pus. You can treat them at home.



MILIA: Tiny, hard white bumps (not zits) made of dead skin cells. They don't pop, but a *derm* can fix them.

prevent

To keep skin clear, your pores need to be open.

HOW-TO: Though many factors, like hormones and skin type, can make you prone to whiteheads, using a cleanser with salicylic acid twice daily will help keep these zits away. The acid exfoliates skin so pores don't get clogged with oil and dirt, *plus* it prevents milia.

TRY: Olay Daily Facials Clarity Foaming Cleanser, \$7, drugstores



oh no!



17 FYI If a whitehead doesn't pop easily, don't keep trying—you could push it deeper into your skin, making it bigger.

IF YOU MUST POP...

We *know* it can be hard to resist. Here's the safest way.

HOW-TO: Cleanse skin with warm water (to soften the whitehead for easy popping), then grab an extractor tool (left). Clean the tool with rubbing alcohol, then place one of its holes around the whitehead and press *gently*.

TRY: LaCross Zit Zapper, \$5, drugstores



spot treat

Do this twice a day until whiteheads disappear.

HOW-TO: After cleansing (and before moisturizing), dab on a salicylic acid cream—it will help open the top of the whitehead to dry up the stuff inside it.

TRY: Clean & Clear Advantage Acne Treatment, \$6, drugstores

THE CYCLE: Day 1: A full-blown whitehead. Day 2: Just a little redness left. Day 3: The spot is *outta* there!



cover-up

Hide your whiteheads until they vanish.

step 1: Blend on matte foundation to mask redness and white bumps.

TRY: Maybelline New York Wonder Finish Foundation, \$9, drugstores

step 2: Brush on concealer (that matches your skin) to cover spots.

TRY: L'Oréal Paris True Match Concealer, \$8, drugstores

step 3: Dust on loose powder to keep skin matte and bumps hidden.

TRY: CoverGirl Professional Loose Powder, \$5, drugstores



seventeen

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POP

SV1208 Green Day \ Boulevard of Broken Dreams
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SV4579 Kelly Clarkson \ Thankful
SV4391 Kylie Minogue \ Can't Get You Outta My Head
SV4390 Madonna \ Material Girl
SV4578 Mariah Carey \ It's like that
SV4393 Maroon 5 \ She Will Be Loved
SV4388 No Doubt \ Just A Girl
SV4445 Rob Thomas \ Lonely no more
SV4411 The Killers \ Smile Like You Mean It
SV4580 The Killers \ On Top
SV4581 Vengaboys \ We like to party

HIP HOP

SV1205 50 Cent \ Disco Inferno
SV3300 Amerie \ 1 thing
SV5272 Clara \ Oh
SV1519 Clara \ 1,2 step
SV7226 Jay-Z \ Excuse Me
SV4526 Kelis \ Milkshake
SV7230 Ludacris \ Southern Hospitality
SV4525 Nelly \ Country Grammar
SV4520 Sir Mix-a-lot \ Baby Got Back

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Order ringtones and wallpapers by text message on Cingular,
T-Mobile and Sprint. A charge of \$1.99 per item and standard rates apply.

- 1 go to "create message" on your phone
- 2 type in the code of your favorite item (example: SV7226 for the JAY-Z ringtone)
- 3 send the message to the 5-digit phone number 83200
- 4 you will receive a message with a link. click on the link and start the download!

You will be charged only after successful download
(we will send you a message to let you know).

EXAMPLE: To download the ROCKSTAR wallpaper, send a TXT message
with SV4426 to the 5-digit phone # 83200

17 SONG ID

Here's how:

- 1) Hear a great song
- 2) Call 888-SONG-411
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music for just 15 seconds (don't hang up,
we end the call automatically for you)
- 4) 17 Song IDs the song and sends you a text
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beauty solutions

bye-bye undereye problems

Whether your dark circles and bags are from lack of sleep or genetics, these tips will help! BY carol kim

what they are

DARK CIRCLES: Those dark half-moons are tiny veins showing through the skin. They are often made worse by leaky capillaries (caused by allergies or genetics) or lack of sleep, which makes skin pale—so the circles seem more pronounced.

PUFFINESS: Swelling is caused by water retention, which is encouraged by irritants (like allergies that make your eyes water), sleeping without a pillow or on your stomach, eating salty foods, or crying.

17 TIP Overhead light creates shadows that make circles look worse. Use a table lamp in your room when you have people over.



treat it: Find your undereye issue—and solve it.

darkness

USE VITAMIN K CREAM. If you *always* have dark circles (not just when you're tired), they may be from leaky capillaries. This type of cream stops blood from leaking into your skin. Use it morning and night.

TRY: Vita-K Solution for Dark Circles Under Eyes, \$12, drugstores

puffiness

USE AN EYE GEL that contains cucumber; its natural enzymes help reduce swelling. And keep it in the fridge: The coldness will shrink blood vessels to reduce puffiness even more. Use morning and night.

TRY: St. Ives Eye & Face Stress Gel, \$3, drugstores



hot product alert!

17 TIP
If all else fails, try this new celeb favorite: Hylexin cream.

HOW IT WORKS: Hylexin cream strengthens capillaries to ease chronic darkness caused by leaky blood vessels. It's a splurge—but worth it. Results can be visible in three to eight weeks.

TRY: Hylexin, \$95, department stores



MAIN PHOTO: JASON TODD; SITTINGS EDITOR: MELISSA MAHER; HAIR: DIEGO AMERICO FOR REDKEN/CUTLER; MAKEUP: SYLVIA DIMAKI FOR HALLEY RESOURCES; EXPERTS: FRANCESCA J. FUSCO, M.D., A DERMATOLOGIST IN PRIVATE PRACTICE IN NEW YORK, NY; PETER WISCH, M.D., A DERMATOLOGIST IN PRIVATE PRACTICE IN NEW YORK, NY.

try these: Seven *more* ways to beat your annoying undereye problems!

1. Drink lots of water. Have at least eight cups a day. Staying hydrated boosts circulation, which helps flush away excess fluid in skin—including under eyes.

2. Get more sleep. Aim for at least eight hours a night. All your body's systems will be recharged, and your blood will pump through you better. This literally adds color to your skin, so circles won't show through like they do when you're tired and pale.

3. Dab on Visine. The same way it shrinks red veins in your eyes temporarily, it will shrink veins *under* them—tap a few drops on undereye skin before makeup.

4. Eat a high-fiber diet. Fiber helps absorb and carry away excess fluid during digestion. Good sources of it: whole-wheat bread and whole-grain cereals.

5. Sleep on two pillows. Elevating your head overnight while you sleep helps drain excess fluid down and away from your face—and your eyes.

6. Wear hypoallergenic makeup. *Hypoallergenic* means that a cosmetic has been tested to

be free of allergens, so it doesn't cause itching or tearing, which can trigger swelling.

7. Use a cold compress. Put it on in the morning to shrink your blood vessels and help reduce puffiness. Or press a frozen teaspoon against undereye skin for 15 seconds.

TRY: Bath & Body Works Gel Mask, \$12, Bath & Body Works stores



cover up: Follow these steps to cover your dark circles with makeup. For video how-tos, go to seventeen.com/undereye.

Jasmine, 19



step 1

DAB liquid concealer on your dark circles. Use a hue that's one shade lighter than your skin.

TRY: Revlon ColorStay Concealer, \$10, drugstores



step 2

BLEND concealer into skin gently with a finger, not the wand—don't tug on this delicate skin.

17 TIP Dab concealer on a vein in your wrist to test how well it will cover dark circles.



step 3

DUST loose translucent powder over the area with a small brush to make the concealer last.

TRY: Cornsilk Shine Control Loose Powder, \$5, drugstores



step 4

CURL lashes to make your eyes look more open. Squeeze at lash roots for five seconds.

TRY: LaCross Deluxe Eyelash Curler, \$6, drugstores



step 5

COAT only your *upper* lashes with mascara—it'll draw attention away from your undereye area.

TRY: L'Oréal Paris Lash Architect 3-D Dramatic Mascara, \$8, drugstores



inside out

the clear skin diet

World-famous health guru **Andrew Weil, M.D.**, shows you which foods help (and which can harm) your complexion.



17 FYI High water-content fruits, like watermelon, help flush impurities and toxins out of your body.

Junk food can contribute to pimples like these.



HOW FOOD HELPS SKIN

Just as nutritious foods fuel your immune system so it can fight infection, they support your skin's defenses too. They give skin the power it needs to help battle acne-causing bacteria. See the guide below for the best—and worst—eats for clear, healthy skin.

food guide

GOOD

These foods and nutrients can help your skin fight bacteria that causes acne. Try to include two from each group daily.

fatty acids

- wild salmon* (3 oz.)
- cod* (3 oz.)
- flaxseeds (1/4 cup)
- almonds (1/4 cup)



WHY: Fatty acids help skin retain water so it glows, and they also soothe stressed-out skin.

whole grains

- brown rice (1/2 cup cooked)
- wild rice (1/2 cup cooked)
- barley (1/2 cup cooked)
- whole-wheat bread (1 slice)



WHY: The fiber in these grains flushes out toxins and helps to keep skin clear.

vitamin B₆

- cauliflower (1/2 cup)
- sunflower seeds (1/4 cup)
- walnuts (1/4 cup)
- avocado (1/4 of a whole)



WHY: Unbalanced hormones can lead to acne—foods with B₆ can help keep hormone levels in balance.

fruits

- any fruits—your choice! (1 cup)



WHY: Fruit has phytonutrients (antioxidants) and vitamins, which all help maintain good skin health.

BAD

These nutrient-poor foods contain substances that can cause skin reactions that lead to acne. Cut out or reduce.

caffeine

- coffee
- tea
- colas
- energy drinks



WHY: Caffeine is dehydrating, and skin needs H₂O to flush away acne-causing impurities.

sugar

- candy
- soda
- desserts
- syrup



WHY: Research shows that sugary foods promote inflammation, damaging skin cells and causing acne.

processed foods

- hot dogs
- canned soup
- TV dinners
- instant noodles



WHY: These have unhealthy fats and carbs, which also cause inflammation that damages skin and promotes acne.

greasy foods

- chips
- fried foods
- fast food
- margarine



WHY: Trans-fatty acids can boost the production of hormones, which can lead to acne.

*Some fish that are high in fatty acids also contain mercury, which is toxic in large quantities—so eat only two to three servings a week.

THE WELLness BEVERAGE GUIDE™



LOOK INSIDE:

- ★ Liquid Power
- ★ Caffeine 411
- ★ Perfect Balance

Brought to you by
The Coca-Cola Company

→ WHAT'S UP?

Welcome to The WELLness Beverage Guide, a health newsletter designed just for you. We think you shouldn't need a science degree to benefit from the latest research on the role that beverages can play in healthy, active lifestyles. That's what we're here for! We've got all the info you need to stay fit and feel good.

HAPPY HYDRATING

ARE YOU THIRSTY?

As a general rule, unless you are engaging in active sports or live in a super-hot climate, you'll get all the fluids you need each day if you let your thirst be your guide. In other words, if you're thirsty, hydrate with one of your favorite drinks! If you play sports, run long distances or exercise for longer than an hour, try drinking a sports drink. It will replace fluids and give you other important stuff, like carbs and electrolytes.



WHAT WORKS?

The Institute of Medicine says all foods and beverages are hydrating, even those with caffeine. So don't get hung up counting glasses of water. When thirsty, just reach for a beverage you really like—whether it's low-fat milk, juice, lemonade, hot tea or a cold soft drink.

WHY HYDRATE?

Your body is made up mostly of water. Staying well hydrated helps regulate body temperature, transport nutrients to where they are needed and cushion your joints to prevent injury. If you don't get all the fluids you need, you could start feeling dizzy, light-headed or get a headache. Even mild dehydration can affect physical and mental performance. So, to feel and perform your best, pay attention to your thirst.

NEWS YOU CAN USE

- You'll drink more if you like what you are drinking—there's no need to stick to plain water if it bores you.
- Nutritionists now know that people need more fluid than was previously believed. On average, women need approximately 9 cups per day and men need 13 cups.
- Babysitter alert: Dehydration affects young children more quickly than adults. So offer active kids parent-approved beverages often.



LIQUID POWER

MIX IT UP

Smoothies are more than great-tasting snacks—they can literally be nutrition-packed meals in a glass!


FRUIT FRAPPÉ RECIPE

- $\frac{3}{4}$ cup Minute Maid® Berry Blend 100% Juice
- $\frac{3}{4}$ cup Minute Maid® Orange Juice
- 4 strawberries, whole, frozen
- 1 banana, small, ripe, peeled
- 3 tbsp vanilla yogurt, low-fat
- 1 strawberry, fresh, halved for garnish (optional)

Combine juices, frozen strawberries, banana and yogurt in a blender. Blend on high speed until smooth and frothy. Pour into chilled serving glasses. Garnish with fresh strawberry and serve. Makes 2 servings.

Nutritional Analysis: Serving size: 1 $\frac{1}{4}$ cup; Cal: 155; Protein: 2 g; Fat: <1g; Sodium: 26 mg; Chol: 1 mg; Fiber: 2 g

For more great-tasting healthy recipes from The Coca-Cola Company, check out www.secretingredientrecipes.com.

 **FAST FACT:** Don't eat meat? Soy foods and drinks can give you the high-quality protein you need. Odwalla Super Protein® Latte Soy milk Drink is loaded with protein and crucial vitamins and minerals, such as vitamin B6, B12 and calcium.



JUICY NEWS

Your favorite drinks can pack a nutritional punch! Check out these facts:

- Not all juices are nutritionally equal. Check the labels to find those that are a good source of important nutrients like vitamin C, potassium and folate.
- Juices fortified with calcium and vitamin D provide important bone-building nutrients that can be lacking in the diets of girls who don't drink enough milk.
- Upping your fruit and veggie intake has lots of health benefits—not only are they packed with vitamins and antioxidants, but doing so may help reduce your risk of developing cardiovascular disease, type 2 diabetes and certain cancers later in life.



CAFFEINE 411

CAFFEINE MYTHS

The truth about caffeine may surprise you.

MYTH #1 Caffeine is bad for you.

TRUTH

Poor caffeine—it's got a rep worse than a girl who steals boyfriends. And it's undeserved! Experts agree that consuming moderate amounts of caffeine isn't harmful. Just don't overdo it. Too much not only can interfere with your beauty sleep, but it can make you feel anxious and nervous.

MYTH #2 Caffeine is dehydrating.

TRUTH

Experts used to think that drinking too much caffeine would dehydrate you. But now we know that all beverages hydrate you, including those with caffeine.

MYTH #3 Colas have just as much caffeine as coffees.

TRUTH

A 12-ounce can of Coca-Cola® Classic contains less than half the amount of caffeine as an 8-ounce cup of brewed coffee—34 vs. 85 mg. A one-ounce shot of espresso contains about 65 mg. Energy drinks contain 70-85 mg per 8-ounce serving, depending on the brand.

When ordering caffeinated beverages, don't ignore the calories. While Diet Coke®, Coca-Cola Zero™ and plain coffee are all nearly calorie-free, a 12-ounce can of Coca-Cola® Classic contains 140 calories and a 12-ounce mocha latte has up to 300 calories.



FAST FACT:
Caffeine can be found in coffee beans, tea leaves, cocoa beans and cola nuts.

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The Beverage Institute
For Health & Wellness

The Beverage Institute For Health & Wellness is a scientific organization, within The Coca-Cola Company, that supports scientific research, education and outreach to better understand the role that beverages play in nutrition and health around the world. Log on to their website for more health and hydration information.



Choice from The Coca-Cola Company



SWEET NEWS ABOUT SWEETS

IF YOU'VE BEEN GOING CRAZY TRYING TO GIVE UP SWEET STUFF, DON'T SWEAT IT.

Turns out sweets can be OK in moderation, and in fact, giving them up entirely could end up sabotaging your healthy eating plans, says Dr. John Foreyt of the Baylor College of Medicine.

Instead, take a stand and make a plan. "Decide when, where and how much of your favorite foods you'll enjoy today. Then, when unexpected snack-attacks hit, reach for a piece of fruit or a sweet-tasting low-cal beverage," he says.

SWEETENER SAFETY

Did you know? All widely used low-cal and no-cal sweeteners in American foods and beverages were extensively tested before being approved as safe by the Food and Drug Administration.

SUGAR SCIENCE

Who knew chemistry could improve your life? Because low-cal and no-cal sweeteners vary in taste and sweetness, manufacturers often mix-and-match them to get the best taste with the fewest calories possible.

PERFECT BALANCE

FITNESS TRUE OR FALSE TEST

Think you know all there is about getting in shape? PROVE IT.

If I work out, I can eat whatever I want.

FALSE: Working out is a great thing to do for your body, but it's not a license to eat poorly. Eating plenty of fruits, veggies and whole grains, lean protein and calcium-rich foods will help you look and feel your best.

You can't get dehydrated in the winter.

FALSE: That steam coming off snowboarders' heads is sweat—they're losing fluids! To help stay hydrated, experts recommend drinking before, during and after vigorous activity. So take plenty of beverage breaks.

The best way to control weight is to dramatically cut calories.

FALSE: The key is learning how to balance the calories you eat with the calories you burn. Start by making small changes in your eating habits and working up to 60 minutes of physical activity on most days.

TOP 5 REASONS TO GET MOVING

- 1 It's a great way to meet new friends.
- 2 It improves your mood, so it's easier to keep the friends you have.
- 3 It can help you stay focused and do better in school.
- 4 It's good for your bones, muscles and heart.
- 5 It's fun! Really, it is!

health



DO YOU HAVE A

learning disability?

BY melanie abrahams

ask yourself these questions:

1 Do you have trouble understanding what you've read just after reading it?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

2 When a friend tells a joke, does it take you longer than everyone else to get it?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

3 Do you often *know* what you want to say but can't think of the right words?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

4 When you're doing math problems, do you have to count on your fingers?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

5 When you copy information from the chalkboard, do you write it down wrong?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

RESULTS: Having these problems once in a while—like when you're tired or not really trying—is normal. But if you experience any one of these difficulties *most* days of the week, you might need help.

what is it?

A learning disability makes it hard for your brain to process info. There are a few kinds, but dyslexia, which affects the ability to read, is the most common. One out of every 25 college students has a learning disability, so if you have one, you're *not* alone.

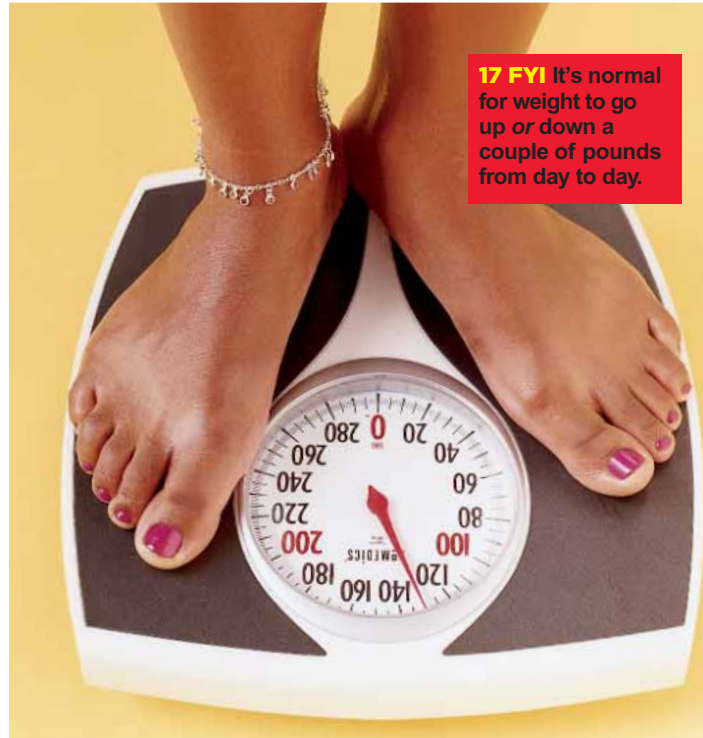
get help

Take an assignment that you did poorly on and ask your teacher to explain what went wrong—she should offer tactics to help you do better next time. If that doesn't work, ask your parents to request an evaluation by a specialist. Go to Id.org for more information.

health tips!

diet tricks that backfire

Weight-loss shortcuts aren't as effective as you may think. Here are the ones that never work—and the strategies you can depend on. BY elisa zied, r.d.



17 FYI It's normal for weight to go up or down a couple of pounds from day to day.

THE "TRICK"	WHY IT DOESN'T WORK	WHY IT'S BAD FOR YOU
purging after a big meal	Girls who purge (vomit) usually eat a lot of food beforehand because they <i>think</i> they'll expel the calories by throwing up. In reality they lose only a small fraction of them—and ultimately <i>gain</i> weight.	Purging causes dehydration , which makes a person feel tired and dizzy. Also, forceful vomiting may tear the esophagus, and stomach acid can erode tooth enamel and cause decay.
counting every calorie	Watching each tiny calorie can lead to labeling fattening foods "off-limits," which can make a girl feel deprived. This may cause her to crave—then overeat—those very foods, and she'll likely gain weight.	Girls who are hyperaware of calories label low-calorie foods "good" and high-cal ones "bad," and tend to feel guilty when they eat "bad" foods. This can develop into an eating disorder .
juice-fasting a few days	Fasting causes you to lose more muscle weight than fat. For many, this ultimately <i>slows</i> metabolism, since muscle burns more calories than fat—so you'll regain the weight when you start eating again.	During a juice fast, you're not getting a full range of nutrients , such as protein, vitamins, and fat. As a result, you may feel tired and dazed, and won't be able to concentrate as well.

WARNING! If you rely on one or more of these tricks to lose weight, you could have an eating disorder. For help, call the National Eating Disorders Association Helpline at 800-931-2237.

TACTICS THAT DO WORK

These strategies are safe and effective.

1

sleep 8 to 9 hours

Sleep helps your body make *less* of the hunger hormone, so you naturally won't eat as much.

2

eat protein at each meal

Protein takes longer to digest than fats and carbs, so fewer calories will keep you full.

3

hide fatty, sugary food

Just *looking* at food triggers the appetite, so stash treats like chips and candy out of sight.

PHOTO: JASON TODD; STYLING: MELISSA MAHER; ON-HER-ANKLET CLAIRE; PURGING SOURCES: PSYCHOLOGICAL AND BEHAVIORAL RISK FACTORS FOR OBESITY ONSET IN ADOLESCENT GIRLS (JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY APRIL 2006); PURGING AND CALORIE ABSORPTION IN BULIMIC PATIENTS AND NORMAL WOMEN (ANNALS OF INTERNAL MEDICINE JULY 1983); FASTING COURSE: OVIDIO BERNALDEZ, M.D., MEDICAL DIRECTOR OF THE EATING DISORDERS PROGRAMS AT LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL IN TULSA, OK; "TACTIC 1" SOURCES: SLEEP CURTAILMENT IN HEALTHY YOUNG MEN IS ASSOCIATED WITH DECREASED LEPTIN LEVELS, ELEVATED GHRHLIN LEVELS, AND INCREASED HUNGER AND APPETITE (ANNALS OF INTERNAL MEDICINE DECEMBER 2004); NATIONAL SLEEP FOUNDATION; "TACTIC 3" SOURCE: HOW VISIBILITY AND CONVENIENCE INFLUENCE CANDY CONSUMPTION (APPETITE, JUNE 2002).

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you can do it!

lose your gut

Just do these moves by celeb trainer **Radu Teodorescu** every day for two weeks.

what you'll need

- 1 An exercise mat or a towel.
- 2 A long bar or broomstick (unscrew the bristles).



1 waist twist

a Stand with your feet wider than shoulder-width apart and bend forward. Hold the bar between your palms, about three inches in front of your knees.

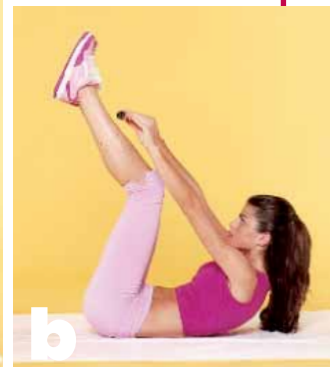
b While bent over, twist your torso to the left so the bar is perpendicular to the ground. Repeat the twist 20 times, then repeat on the right. Do three sets of 20 on each side.



2 side bend

a Sit with your legs together, knees bent, and feet about two inches off the ground. Hold the bar in front of your chest, and twist your torso so your arms and upper body turn to the left and your knees shift to the right. Keep your head facing forward as you twist. Hold the position for three seconds.

b Then twist in the other direction—your upper body and arms should turn to the right as you shift your knees to the left—keeping your head facing forward. Hold for three seconds. Twist from left to right 20 times to complete one set. Do three sets.



3 bar crunch

a Lie on your back with your legs and feet together in the air, and your knees slightly bent. Hold the bar in front of your chest with your elbows bent.

b Lift your shoulder blades off the floor while pushing the bar toward your feet. Return to position A and repeat 20 times to complete one set. Do three sets.

Consult a doctor before beginning this or any exercise program.



a

4 bar sit-up

a Lie on your back with your knees bent. Place your feet shoulder-width apart and flat on the ground. Hold the bar in front of your chest. Keep your elbows bent.

b Do a full sit-up so the bar comes up just past your knees. Repeat 20 times to complete one set. Do three sets.



b

FLATTEN YOUR BELLY



NO SALTY FOODS! High-sodium choices like chips, pickles, and french fries cause water retention (aka a bloated stomach).

NO CARBONATED DRINKS! The air bubbles in soda and seltzer swell your middle.

NO SORBITOL! Candy or gum that contains this sweetener releases gas when chewed, which makes your stomach puff out.



a



b



c

5 twist & bend

a Stand with your feet wider than shoulder-width apart. Hold the bar straight above your head. Your hands should be the same distance apart as your feet.

b Twist your torso and your arms to the right as far as you can.

c Bend forward and bring your arms down toward your right toe. Return to position B, and then position A. Repeat this sequence 20 times, then switch sides. Twisting 20 times on each side equals one set. Do three sets.

QUIZ!

your body

what's your body saying?

Take our test to find out what causes these symptoms. BY melena ryzik



what do these signals mean?

(Note: There may be more than one correct answer.)



a white spot on your nails:

- a. Your nail beds are dry.
- b. You need more calcium.
- c. You bruised your nail.
- d. Your nail polish left a stain.

ANSWER: C

WHY: When you harm the cuticle base, where nail cells form, new cells regenerate and grow in white. It's no big deal—you may not even realize you injured it.

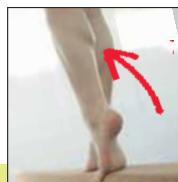


dark urine (color of dark straw):

- a. You're dehydrated.
- b. You're about to start your period.
- c. Your bladder got too full.
- d. You need more vitamin B.

ANSWER: A

WHY: When you don't drink enough, your urine is more concentrated with uric acid, so it's darker. Drink about eight glasses of liquid a day (urine should be pale yellow).



leg cramps:

- a. You're not sleeping enough.
- b. You're missing certain minerals.
- c. You're depressed.
- d. Your shoes are too tight.

ANSWER: B

WHY: You may be short on calcium or potassium, which muscles depend on. You lose them by sweating, so if you exercise, or your diet isn't balanced, eat more low-fat dairy (high in calcium) and potassium-rich foods like bananas.



hair that falls out easily:

- a. Your ponytail is too tight.
- b. You need more iron.
- c. Your shampoo is too drying.
- d. You're under a lot of stress.

ANSWER: A or D

WHY: Losing more than 100 hairs a day could mean your hair accessories tug on strands and break them—or stress is triggering hormones that increase shedding. If hair falls out in small, round patches, it may be alopecia areata, a rare autoimmune disease—so consult a doctor.

BODY SIGNS

Your body gives you little signals that it may need your attention, so don't ignore them.

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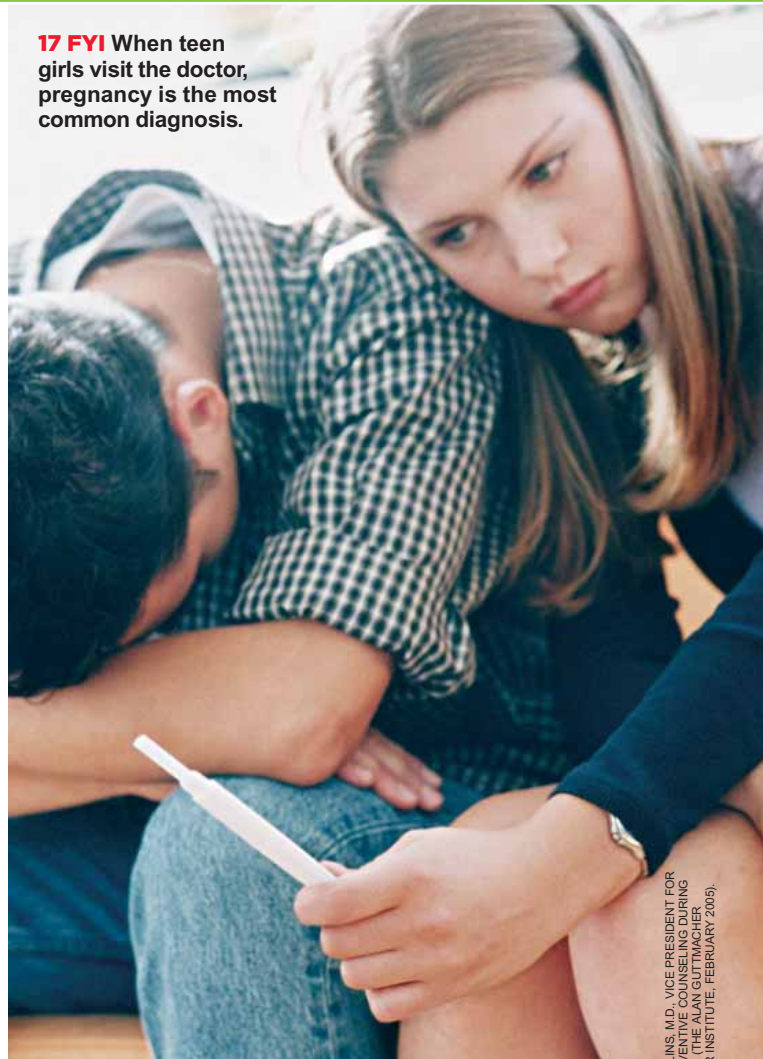
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how **not** to get pregnant

Each year, more than 840,000 teen girls end up pregnant—usually by accident. Don't become a statistic. **BY** denise maher

17 FYI When teen girls visit the doctor, pregnancy is the most common diagnosis.



the only **100%** fail-safe way not to get pregnant is to

not have sex

if you **DO** have sex...

mistakes to avoid

using birth control only sometimes

WHY IT DOESN'T WORK: If you don't use **birth control** correctly—every time—you can get pregnant. Some teens become pregnant when they skip a day of using the Pill or don't use a condom *one* time.

17 FYI If you take the Pill daily, your risk of getting pregnant drops to .3%.

having sex only on "safe" days

WHY IT DOESN'T WORK: Some girls *think* they know when they're ovulating and are fertile, but it's nearly impossible to predict **"safe" days**. Stress and exercise can alter a regular menstrual cycle.

17 FYI 25% of women using this method will get pregnant within a year.*

pulling out before ejaculation

WHY IT DOESN'T WORK: A guy's penis leaks pre-ejaculate, which has sperm and can **cause pregnancy** *before* ejaculation. Also many guys can't tell when they start ejaculating and don't pull out in time.

17 FYI 27% of women who rely on the pulling-out method get pregnant.*

thinking you can't get pregnant

WHY IT DOESN'T WORK: Nearly every girl can get pregnant if she has unprotected sex. Thinking that you're lucky or that you or your guy is **infertile** (which is rare) is like playing Russian roulette—not smart.

17 FYI It is possible to get pregnant even if you've never had your period.

*typical use

MAIN PHOTO: TAXI/GETTY IMAGES.COM; MODELS ARE USED FOR ILLUSTRATIVE PURPOSES ONLY; MEDICAL RESOURCE: VANESSA CULLINS, M.D., VICE PRESIDENT FOR MEDICAL AFFAIRS, AMBLATORY CARE; (JOURNAL OF ADOLESCENT HEALTH, MAY 2005); TEEN PREGNANCY RATE: U.S. TEENAGE PREGNANCY STATISTICS (THE ALAN GUTTMACHER INSTITUTE, FEBRUARY 2004); "SAFE DAYS"/PULLING OUT: STATISTICS; "CONTRACEPTIVE USE FACTS IN BRIEF" (THE ALAN GUTTMACHER INSTITUTE, FEBRUARY 2005).

common questions

Q ■ If a condom breaks or gets stuck, what should you do?

A ■ It rarely happens, but if the condom gets stuck in your vagina during or after sex, insert clean fingers into the vagina and pull the condom out. If you can't find it, call your doctor or go to the ER to have it removed. If left there, it can irritate the tissue and cause an infection. (Don't worry—it won't travel into any other part of your body.) But know that if a condom gets stuck, breaks, or slips off during sex, sperm *can* leak into the vagina, so think about using emergency contraception: a pill taken within 72 hours to prevent pregnancy. Visit not-2-late.com for a provider who will prescribe it.

Q ■ Can you get pregnant if you have sex during your period?

A ■ Yes. A girl can ovulate (release an egg) just after her period. And since sperm can live for up to a week, she can have sex during her period—and then get pregnant five days later while sitting in class.

Q ■ Can you get pregnant from clothing soaked with sperm?

A ■ It's unlikely. Sperm need semen or vaginal fluid to live; once absorbed into a dry fabric, they die. But a *wad* of semen may not get absorbed, so if a girl's vagina comes in contact with it, she could get pregnant.

proven birth control

condom

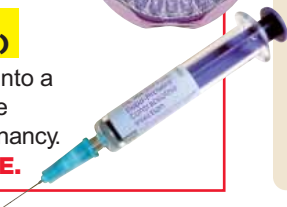
This is a latex or polyurethane material that covers the penis to block sperm from entering the vagina. It is **98% EFFECTIVE** when used correctly. Condoms are the only form of birth control that help protect against most STDs.

the pill (oral contraception)

This is a hormone pill a woman takes every day to prevent ovulation and pregnancy. Used correctly, it's **99.7% EFFECTIVE**.

the shot (Depo-Provera)

This is a shot of hormones injected into a woman's arm or buttocks every three months to prevent ovulation and pregnancy. Used correctly, it's **99% EFFECTIVE**.



PREGNANCY DON'T



Some experts suspect Britney Spears got pregnant to keep Kevin close.

But a baby doesn't always strengthen a relationship—e.g., Kevin *left* his ex Shar Jackson when she was six months pregnant with their second child!

IF YOU DO GET PREGNANT

Yes, it's scary—but here's how to cope.

- **tell someone** A pregnancy won't go away on its own, so you've *got* to deal. The first step: Confide in an adult. Talking to someone will make you feel less scared—you won't have to handle it all by yourself. Talk to your parents or write them a note. If you can't tell them because you're afraid they may hurt you, talk to a teacher or a friend's parent, or call a hotline, like **800-230-PLAN**. About 8% of teens get pregnant, so you're not alone. You *will* get through it.



- **know your options** You legally have three choices: to keep the baby, put the baby up for adoption, or have an abortion. To find a clinic where you can learn about all three options, go to plannedparenthood.org. No matter what you choose, visit a doctor or clinic right away. If you're having your baby, the sooner you see a doctor for prenatal care, the healthier the pregnancy will be. If you choose abortion, experts say it's best to get one in the first three months, when risk for complications is lowest.

- **get help** If you plan to give birth, read *The Unplanned Pregnancy Book for Teens & College Students* by Dorrie Williams-Wheeler (available at amazon.com).

WARNING Taking home “remedies,” like herbal mixtures that claim to induce miscarriage, can make you infertile or even *kill* you. Make an appointment at a health clinic to speak to a doctor or nurse-practitioner instead.

17 TIP Don't put your headboard against a shared wall if it's noisy on the other side—it will keep you from getting rest.



create a calm room

Make these seven easy tweaks to turn your bedroom into a peaceful haven. It will help you handle the stress from school (and life) much better!

1 **tranquil colors**
Aim for a room with one pale tone—or a few muted (and similar) shades—rather than a lot of bright hues. Soft colors let your mind relax while intense, vivid ones stimulate your brain.
PILLOWS, \$25–\$30, Sears

17 TIP Try a gray/blue, gray/green, gray/pink, lilac, or off-white motif.

2 **natural light**
Hang long, sheer curtains over your windows. They'll filter bright sunlight to create a peaceful glow in your room, and give you privacy and a rest from the outside world at the same time.
CURTAINS, \$18, Target stores

17 TIP Wash your windows once a month to maximize sunlight.



3 FREE WAYS TO GET CALM

open a window
It will give you a burst of light and oxygen—two of the best mood lifters.

cut some flowers
They add even more earthy aromas, evoking the peacefulness of nature.

clear off a wall
Keep the wall across from your bed bare. Blank spaces help unclutter your mind.

3 **soothing scents**
Use lilac or pine candles, incense, or lavender pillows to add earthy scents to your room. These aromas will automatically remind you of nature and help you unwind after a hectic day.
CANDLES, \$9–\$14, Yankee Candle stores

17 TIP Nature CDs of birdsongs can add to this one-with-nature aura.

4 **quiet space**
Create a corner in your room that is purely for relaxing—like for journaling or doing yoga. If you have a place to unwind *before* going to bed, you'll sleep better and wake up more refreshed.
PILLOWS, \$20–\$40, Sears

17 TIP Keep it simple—a few floor pillows or a beanbag chair will do.

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real life



THE TEACHER

Because of what he did to Meg, Dale Harper is now listed as a sex offender.

“i was **sexually** harassed at school”


When a popular teacher began flirting with 15-year-old Megan, she stayed quiet. But keeping it a secret only made everything worse. **BY sarah jio**

I was so excited to start school last fall,” says Megan Holt, now 16 and a junior at Delmar High School in Delmar, Delaware. “I was cocaptain of cheerleading, and I couldn’t wait for the season to start.” Meg was also a student aide for the football coach, Dale Harper; he’d asked her to help monitor his third-period class, which was used for

in-school detention. “I was flattered that he asked me—everyone thought he was the coolest teacher,” says Meg. “It was good because I’d run errands for him but still have time for homework.”

UNWANTED ATTENTION

On Wednesday, September 22, 2004, Meg walked into Mr. Harper’s room and headed to her usual seat in the first row,

in front of the other students who were there for detention. But Mr. Harper pulled up a chair right next to his desk. “Sit here,” he said in a friendly tone. “I’ll teach you about football.” Meg wasn’t really interested, but she did as he asked. “He was a teacher,” she says. “So I didn’t want to say no and be disrespectful.” After Meg did her homework for about 20 minutes, 

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THE E-MAILS
Mr. Harper's first explicit e-mail to Meg.

From: "D Harper"
To: Meg
Subject: Re:hey
Date: Thu, 14 Oct 2004 15:48:03

Hey...Giving rides...very funny....ok question...**have you ever come close to having sex** if so how close... talk to you soon...

laughed nervously. "Even though it made me feel disgusting, like I'd done something to make him see me this way, I didn't know what else to do," Meg

Mr. Harper pulled out an index card and started drawing plays on it. Then he turned it over, jotted something on the back, and handed it to Meg. "Do you have any questions?" the card read. "About what?" Meg wrote back. "SEX," he wrote in big letters. Meg was shocked—she didn't know what to say. "No, I'm a virgin," she wrote back. "I thought if he knew I didn't know anything about sex, he wouldn't mention it anymore," she explains. But Mr. Harper wrote back, "I always thought you were a freak." Meg wasn't sure *what* he meant and got even more confused. "I wondered if maybe he'd heard rumors about my sexual experience that weren't true."

Right then the bell rang, and Mr. Harper ripped up the card. "Have a great day," he said, as if nothing unusual had happened. Meg quickly walked to the bathroom and locked herself in a stall. "I kept thinking, Should I tell someone?" she says. "But I was so freaked out—I convinced myself that he must have lost his head and wouldn't do it again."

VIOLATED TRUST

The next day, there was a chair waiting by Mr. Harper's desk when Meg walked in. "It was like he expected me to sit next to him from then on," she says. "I didn't want to sit there—I was worried he might say something sexual again. But I felt like I had to do what he wanted because he was an authority figure." Halfway through the class, Mr. Harper slowly slid an index card over to Meg. "So have you ever made out with a girl?" it read. *What?!* Meg thought—but she just

says. "I was afraid that if I asked him to stop, he'd get mad and talk badly about me to other teachers or the football team, and then *they* would be mad at me too."

So for the next three weeks, Meg continued to endure Mr. Harper's sexual questions. "Once he even invited me to get naked in his friend's hot tub," Meg says. "Some days I'd be so angry that I'd just want to cuss him out. But then I'd get too scared to confront him, so I'd be nice instead."

On Tuesday, October 12, Meg was at home in her room when an e-mail popped up from Mr. Harper.

1 in 10

students has been sexually harassed by a teacher.

"Thanks for the talks [in class]," he'd written. Meg started to panic that he was now bothering her at home—and that she couldn't get away from him. "I still didn't want to say anything that would make him mad," Meg says. "But I also didn't want to lead him on. I felt trapped!" She replied, "Hey, I love the talks as much as you do!" hoping that her response would sound friendly—but not so friendly that he'd see it as flirting and write her back.

But two days later, on Thursday, October 14, Meg was studying in her room after cheerleading practice when she received another e-mail from Mr. Harper. "Have you ever come

the state of Love & sex in 2005

close to having sex?" it said. Meg got sick to her stomach. She suddenly felt like *nothing* she wrote would make him stop—so this time, she didn't respond. But the next morning in class, Mr. Harper passed Meg an index card. "Would you have sex with me?" he'd written. Still too afraid to reject him, Meg slowly wrote, "I don't know." He wrote back, "No one will ever find out. My wife is old and flabby, and you're so perky." Meg was furious and disgusted—but she just smiled weakly.

Meg spent the entire next weekend in her room. She told her friends she was getting mono and skipped cheerleading practice. "I felt so hurt and dirty, but I also felt like I couldn't talk to anyone about it—I was keeping this major secret and I thought maybe I'd done something to deserve the situation somehow. I hated Mr. Harper, but now he'd made me hate *myself* too." On Monday morning, Meg's mom, Janet Tharp, knocked on her door. "Time for school!" she called. "I'm sick!" Meg lied. "I'm not going!"

BROKEN SILENCE

For the next week and a half, Meg tried to stay home, pretending she was sick. When her mom forced her to go to school, Meg went to the nurse's office instead of Mr. Harper's room. Then on Friday, October 29, another teacher, Faith Melvin, quietly pulled Meg out of English class. "She said another girl had reported Mr. Harper—that he was saying inappropriate things," Meg explains. "Since I was his aide, they wanted to know if he'd said anything to me." Meg felt a sudden sense of relief that someone else knew, and she blurted out everything. Meg and Mrs. Melvin walked down to the library, and Meg printed out the e-mails that Mr. Harper had sent her.

That same day, Mr. Harper (who could not be reached for comment) was reportedly suspended from Delmar High. On November 11, he was charged with sexual harassment and sexual solicitation of a child—of

Meg and another student who he had been doing the same things to. He pleaded no contest (neither guilty nor innocent), and three months later Mr. Harper was sentenced to two years' probation and sex-offender classes, and he must be supervised with minors at all times.

Today Meg finally feels safe at Delmar High. "I thought I was lesser than Mr. Harper and couldn't speak up because he was a teacher," she says. "But now I'll never let anybody make me feel so powerless again." **TV**

what's sexual harassment?

It's when a person's unwanted sexual actions interfere with your school or work. It's illegal and it might include:

Asking you questions about your sexual experiences;

Making sexual jokes or sexual comments to you or about you;

Touching you in a way that seems sexual and inappropriate;

Asking you for sexual favors or to have sex.

GET HELP

If you've been sexually harassed, ask a trusted adult to help you report it to your school. If there's no adult to talk to, call the

National Sexual Assault Hotline at 800-656-HOPE.

WARNING!

Falsely accusing a teacher of harassment isn't only wrong: It could ruin his or her life. Plus, it's a crime that could get you fined—or put in jail.

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17 controversy

can gay people turn straight?

A hotly debated program claims to “cure” homosexuality. But one graduate says that’s impossible. BY cara nissman

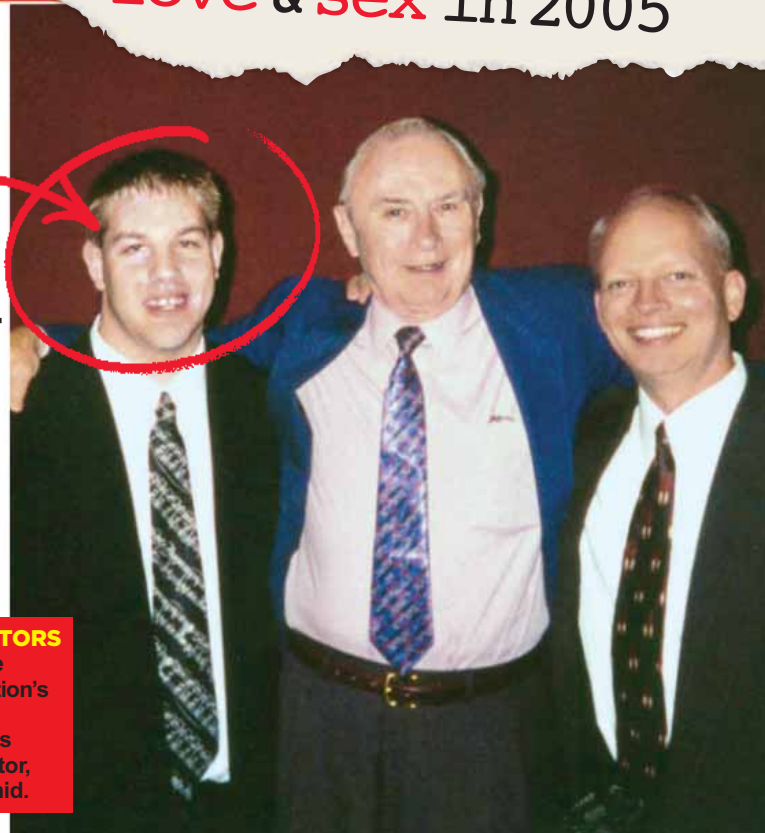
Homosexuality is a demon! A man *cannot* lie with another!” Wade Richards remembers his pastor preaching one Sunday in the spring of 1993. Wade, then 14, froze in the pew of his Pentecostal church in Reedsburg, Wisconsin. “When I was 12, I started to get crushes on boys,” he explains. “So when I heard that, I was terrified I was evil.” From that Sunday on, during his daily prayers Wade asked God to take away his feelings for other boys—but it didn’t work. One day after church in January 1994, when Wade was 15, he went up to a few church friends. “I need help,” he begged. “I want to serve God, but I think I’m gay,” Wade said. “Talk to the pastor,” they urged. For the next year, Wade and his pastor met every week to pray for God to change him. Hoping the prayers would work, Wade kept his feelings for guys a secret from his mom.

DRASTIC MEASURES

One day in November 1995, 16-year-old Wade came home to find his mom furiously ripping a poster of RuPaul, a drag queen, off his bedroom wall. “Your principal said he thinks you’re gay!” she screamed. “Are you?” Wade began to cry. “Yes,” he said. “You can’t be gay and live here!” his mom yelled. “But I didn’t *choose* to be!” he replied. Angry and ashamed, Wade started packing a bag—and left his mom’s house.

FORMER MENTORS

From left: Wade with Love In Action’s founder, Frank Worthen, and its executive director, Rev. John J. Smid.



For the next two years, Wade struggled to survive by staying at friends’ houses and homeless shelters. It was too hard to keep up with school, so he quit. “I felt so hopeless and lost—but I refused to call my mom,” he says. “I felt betrayed that she didn’t try to understand me.” Wade got a job at the front desk of a hotel, joined a support group for gay teens, and started experimenting sexually. But because of his religious upbringing, he still felt ashamed. “Then one day in November 1997, I went into a Christian bookstore,” he says. “Suddenly I remembered how peaceful I’d felt in church and how I missed it.” That same day, 18-year-old Wade called his former pastor. “I want to change—but what can I *do*?” he asked. “There’s a Christian program, Love In Action [LIA], that helps people control homosexual feelings,” his pastor replied. Wade applied right away, and his church helped to raise money for his tuition through donations.

As soon as he arrived at LIA, staff members went through Wade’s bags and confiscated everything they thought was a sign of homosexuality, like his designer clothes. Then for the next year

and a half, Wade spent every day in therapy. “I had to tell the other people at LIA every male fantasy I’d had—they wanted to shame me away from being attracted to guys,” he says. “I wanted to be accepted so badly that I just did what they asked.” In October 1999, Wade finally graduated: “I actually thought they’d made me straight,” he says.

MAJOR REALIZATION

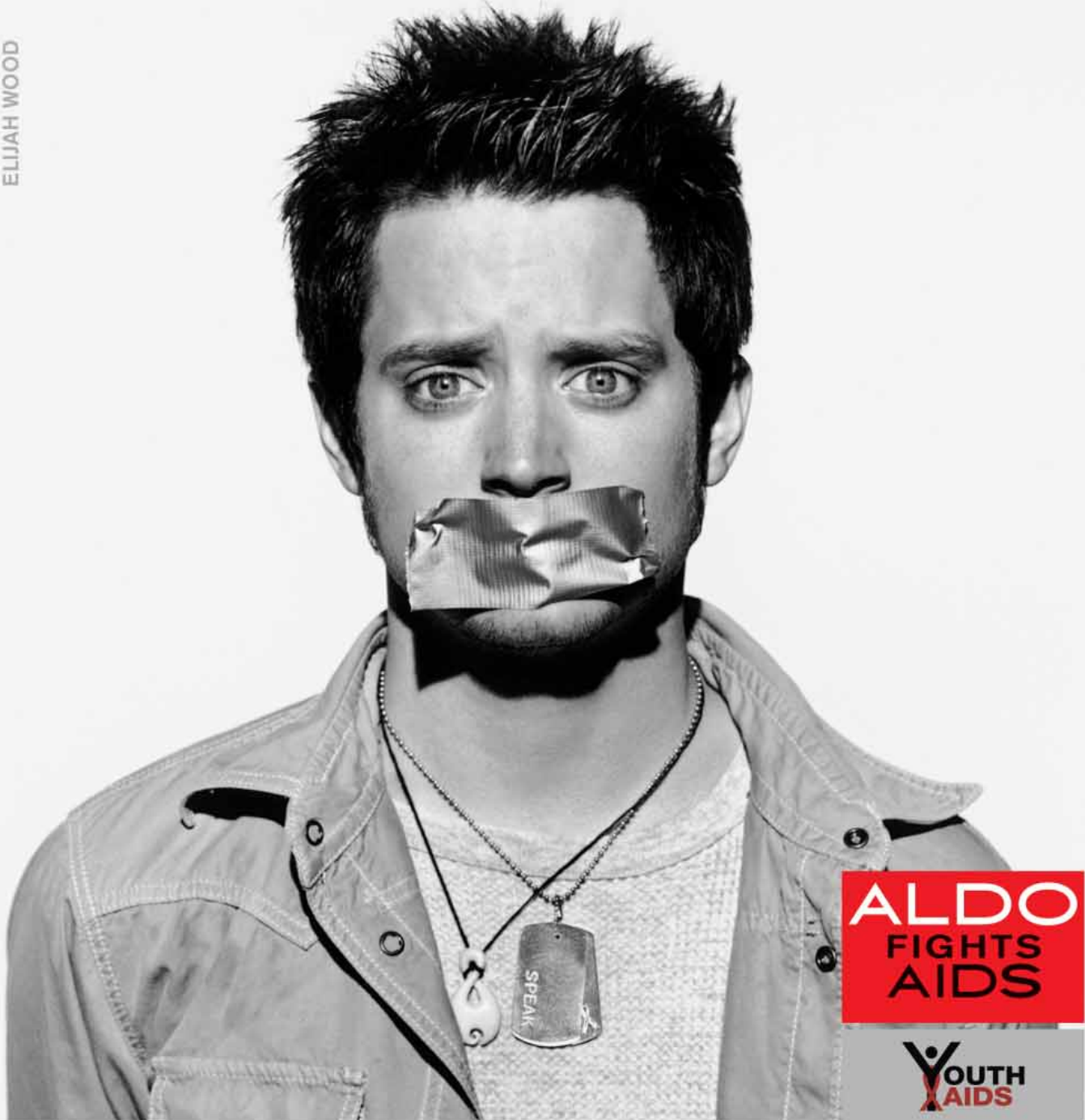
In July 2000, Wade went to a club with friends. “A hot guy came up to me, and my heart began to pound,” he says. “I was terrified I might hook up with him.” Right then Wade realized that he’d been lying to himself. He could *never* be straight: He was gay. “It was a huge relief to admit the truth,” he says.

Now 26, Wade is comfortable with being gay. “It’s not my fault if my family and church don’t accept me. I know who I am—and it’s who I have to be.” 17

what do you think?

Can sexual orientation change? Do programs like Love in Action help or hurt? Vote and discuss at seventeen.com/wade.

ELIJAH WOOD



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DIFFERING VIEWS
Although most faiths teach that premarital sex is wrong, only 54% of high schoolers who attend religious services agree.

find a deeper love

Beliefnet.com columnist **Paul B. Raushenbush** advises on *all* religions. Here he reveals how spiritual wisdom can help your love life—even if you’re *not* religious.

I always thought I’d wait to have sex until I got married, but one night when I was 14, all of that changed. My boyfriend, Tom, and I were making out in his car when he took out a condom and said, “Are you ready?” I knew he wasn’t a virgin, but we’d never talked about having sex. I thought about saying no, but I really liked Tom and thought I’d be with him for a long time—maybe forever—so I figured it would be okay to say yes.

A few weeks after we had sex, Tom and I were hanging out, but he seemed distracted. I asked what was wrong—and he said he wanted to break up! I was so shocked, I started to cry. But he just said, “Did you really think we’d be together forever?” I felt so dumb—and like I’d lost everything.

Over the next year, I felt really alone. At my lowest point, I even started having one-night stands with guys just so I could feel wanted again.

I guess word about me got around town, because one day when I got home from school, my parents were waiting to talk to me. “I know you’ve been having sex,” my mom said. They were angry—and I was mortified—but they also saw how depressed I was. They said they’d help me reconnect with my values through my church so I could feel good about myself again.

It’s been a year now since I’ve had sex—and I’ll never do it again until I get married. When that day comes, I know I’ll be sharing myself with a guy who’ll love me forever.

CLAIRE, 16, WASHINGTON, D.C.

“When you’re making important choices about love, certain religious approaches can be used as guiding tools—regardless of your faith.”

PAUL B. RAUSHENBUSH, THEOLOGIAN

wisdom that works!

wear modest clothes

from traditions of: buddhism, christianity, hinduism, islam, and judaism

why it applies today: Whether it's fair or not, your clothes affect how people see you. If you wear skimpy clothes, some guys may think you're into fooling around. So wearing modest clothes works like a quality control—guys who just want sex won't think you're an easy target!



HOW IT WORKS FOR HER:

“ When I used to wear tube tops, I felt like a lot of guys came up to me just to check out my body. Now that I dress more modestly, they look me in the eye! ”

REBECCA, 19, GAITHERSBURG, MD

go on chaperoned dates

from traditions of: hinduism and islam

why it applies today: When you're alone with a guy, it's easier to get pressured into doing sexual things. But hanging out in a group gives you control, since he can't try anything physical. It gives you *both* the time and space to get to really know each other—so you feel comfortable speaking up if things ever start moving too fast.



HOW IT WORKS FOR HER:

“ I'm Muslim and in my religion dating is a 'no'—going out in a group is better. Having friends around keeps him *and* me from doing things we might regret. ”

ERUM, 18, PORT JEFFERSON STATION, NY

save sex for marriage

from traditions of: buddhism, christianity, hinduism, islam, and judaism

why it applies today: Waiting until marriage shows that your guy really wants *you* and not just your body—so he won't leave once you've shared it with him. Some spiritual leaders say that waiting for other milestones, like the one-year anniversary of your first date, can help in the same way.



HOW IT WORKS FOR HER:

“ I'm not ready for the stress that sex would bring to my life—and neither is my guy. In fact, he's attracted to how much I respect myself and my body. ”

KATIE, 18, CLOVIS, CA

get premarital counseling

from traditions of: christianity and judaism

why it applies today: A religious leader—or a relationship counselor—can ask questions to help you figure out if you and your fiancé really want the same things from life. If you think things through *now*, like if you want kids or how you'll deal with money issues, you're less likely to have problems that could lead to divorce later.



HOW IT WORKS FOR HER:

“ In marriage class they made us show how we'd get through rough times—like a big fight. Proving our strength and commitment confirmed that we *can* last. ”

BRITTANY, 22, PROVO, UT

17 EXPERT: **Paul B. Raushenbush** is also the author of *Teen Spirit: One World, Many Paths*.

how to stop obsessing

Constantly thinking of your guy (or ex) keeps you from enjoying anything else. You *can* take control. BY melanie abrahams



FANTASY LAND
The Notebook made obsession seem romantic—but really, it's just unhealthy.



BEST OF TIMES If you keep replaying happy memories (like a great kiss), you're probably worried that things won't ever be that perfect again—with him or any other guy.



WORST OF TIMES If you keep replaying a bad memory (like a fight), you're probably worried it was all your fault—or that you could have handled the situation better.

make it **END!**

A love tape that loops over and over in your head holds you back from making *new* memories. Stop it by:

1

creating a plan

Each night, list *everything* you're doing the next day. Pack your schedule with after-school activities and plans with friends—then stick to it! Keeping your mind busy won't give your love tape time to play—and it'll give *you* time to move on.

2

keeping a journal

Get a journal and write all the good things that happen to you each day. If someone liked your sweater or your dog did something cute, write it down! This will help shift your thoughts away from your love tape and back to *today*, where they belong.

3

taking charge

When the memories do pop up, tell yourself, The past is in the past, but I'm moving *forward*. Then go back to what you were doing. Even if you have to do this every two minutes, keep at it. It'll condition your mind to focus on the future.

4

looking ahead

Start a new activity, like getting a job (you'll stay busy, meet new people, *and* earn cash!). Accomplishing things will remind you that even though you *can't* go back in time, you *can* do things now to make your future better and happier.

QUEEN OF OBSESSION

It can help to get your love tape out on paper. Alanis Morissette turned *hers* into a hit song.



"You Oughta Know"

*"And every time you speak her name/
Does she know how you told me
you'd hold me/
Until you died,
'til you died/
But you're still alive"*

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how to deal with his ex

Even if your guy's ex-girlfriend is still hanging around, you *can* keep your relationship safe. BY sarah eisen nanus



LOVE TRIANGLE
After Lindsay and Wilmer broke up, he began dating Ashlee—but Lindsay *didn't* make it easy. . . .

on guard

they're still friends

“My boyfriend and his ex grew up together and they've been best **friends** all their lives. Understandably they still hang out, but their **close** relationship makes me feel **insecure**.”

JESSICA, 20, ATLANTA, GA

WHAT TO DO

Consider if *their* relationship interferes with *yours*: Does he break plans with you to see her? Does she call a lot when you're there? If not, hold your tongue. But if their bond *does* affect yours, see “Red Alert.”

WHY

You both need friends (that's technically all she is) to round out your lives. If you nag him about her, you'll seem clingy.

red alert

she wants him back

“Even though my guy and I have been dating for three months, his **ex** still **flirts** with him nonstop. She cuddles up against him, **whispers** in his ear, and has even tried holding his hand!”

CAITLIN, 15, IDAHO FALLS, ID

WHAT TO DO

When you're alone with your guy, calmly say, “When your ex does [blank], I get really uncomfortable. I'd prefer if you guys weren't so intimate.” If he continues to ignore this boundary, see “Warning!”

WHY

If you focus on how you *feel* (instead of *blaming* him), he'll hear you and make it clear to his ex it's *over*, so she'll stop.

danger!

she's harassing you

“My guy and I have been **together** for six months, but his ex still says **nasty** stuff about me. She keeps a **LiveJournal**, where she called me a ‘whore,’ ‘slut,’ and ‘bitch!’”

SYLVIA, 17, TAMPA, FL

WHAT TO DO

Together with your guy, go up to his ex and firmly say, “Please stop writing about me, or we'll take action.” If she doesn't stop, go to **wiredsafety.org** for help reporting her to authorities.

WHY

Abusive situations shouldn't be handled alone. A united front will make her realize this tactic won't win him back.

42% of kids have been bullied online.

WARNING! If he won't stop giving his ex signals that it's okay for her to flirt with him, he might still like her—even if he doesn't admit it. His actions show a serious lack of respect for you, and even if it hurts, that's a sign for you to move on.

PHOTO: COMPOSITION; LINDSAY: LOHAN; JAMIE: MCKARTHY/WIREIMAGE.COM; WILMER: VALDEFRAMA; LESTER: COLLEEN/WIREIMAGE.COM; ASHLEE: SIMPSON; GEORGE: PINEAU/WIREIMAGE.COM; EXPERT: KIRKUS; PH: PROFFESSOR OF CLINIC; LESLIE: COLLEEN/WIREIMAGE.COM; COLLEGE IN NEW YORK: NY AND AUTHOR OF THE COMPLETE IDIOTS GUIDE TO DATING, 3RD EDITION.COM (ALPHA); 2004; ADDITIONAL: SHE'S HARASSING YOU! EXPERT: PARRY; AFTAB, J.D., EXECUTIVE DIRECTOR, WIRESAFETY.ORG; ONLINE-BULLYING STATISTIC: (I-SAFE/AMERICA INC., JUNE 2004).

IT AIN'T WHERE YOU FROM

WHERE YOU AT



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seventeen Celeb Merch Editors go nationwide!

celeb q&a

* Eckō Red



Seventeen sat down with acclaimed graffiti artist CLAW. This fall she is teaming up with Eckō Red to bring you the hot new clothing line "Certified Outlaw," on sale exclusively in the U.S. on www.ecko.com.

Q. Tell our readers a little bit about the Certified Outlaw line.

A. It's about me coming to terms with going aboveground to reach a bigger audience.

I'm ready to reach out to all the young ladies in the world who are interested in the graffiti subculture.

Q. Describe the Certified Outlaw shopper.

A. She is a young, hip woman who cares about supporting herself and her ideals. She's into fashion, but about more than transient trends and fads.

Q. When did you start to develop your graffiti skills?

A. I started painting graffiti in the late '80s. The more you paint, the better you get, as in all things. Practice makes perfect.

Q. How would you describe your style?

A. I am a fashion junkie! Sometimes I'm really into being supergirly; sometimes I'm a tomboy. I'm really into sneakers in case I need to make a quick getaway.

Q. What gets you in the mood to design clothes or paint graffiti?

A. Tex Mex, thugs and rock & roll.



seventeen suggests

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celeb merch editor road diary

* Journeys "Get Discovered" Model Call



Cheryl

Congrats to Ashley Deily, winner of the *Seventeen* and Journeys Back-to-School Model Call in NYC!



hot link

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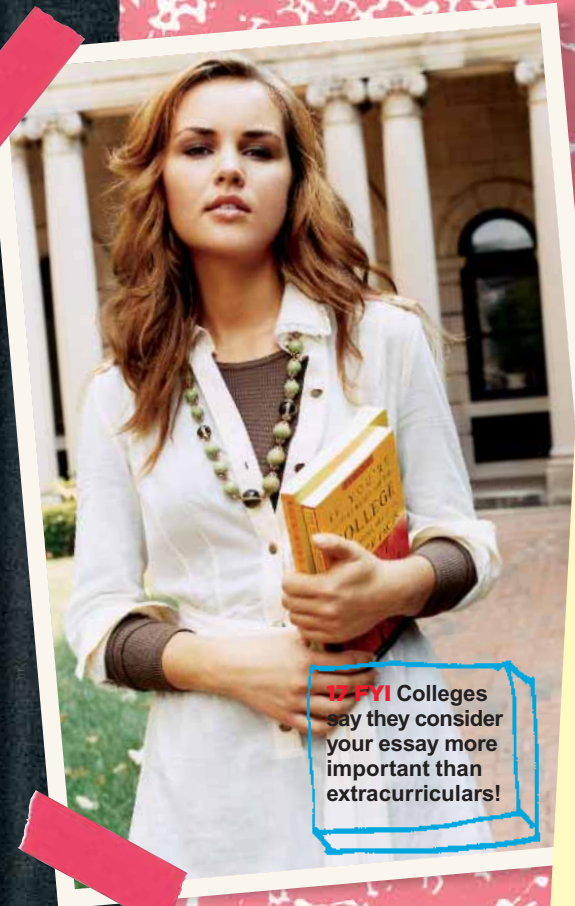
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college

We asked **Jaye Pace**, an Ivy League admissions officer and creator of ABC's *The Scholar*, to share secrets even your guidance counselor doesn't know!



W FYI Colleges say they consider your essay more important than extracurriculars!

college myths debunked!

1 myth: An Ivy League school gives you the best education.

the truth: There are lots of good colleges that are *not* in the Ivy League. You'll get the best education at one that meets *your* academic and social needs—the right environment will inspire you to learn *and* do well.

2 myth: Colleges prefer students who are well-rounded.

the truth: Schools like you to have one or two passions—not a list of 10 activities you're "sort of" involved with. They want a diverse student body where each student makes her own unique contribution to campus life.

3 myth: You need high test scores to get into a top school.

the truth: Test scores matter, but admissions counselors *do* look at other factors, like your essay and recommendations. If your SAT score and GPA are *barely* good enough, a killer essay can push you over the top.

4 myth: Only rich people can afford private universities.

the truth: There's always help! Talk to the school's financial aid office to see what's available. (Harvard gave nearly \$110 million in financial aid last year!) Then fill out a Free Application for Federal Student Aid at fafsa.ed.gov.

5 myth: You have to major in something practical.

the truth: It's most important to study a subject you enjoy—*then* figure out how to turn it into a practical career. If you love your major, you'll pour your heart into the field and have more success after you graduate.



your road map to college

Here's exactly what you need to do every year of high school to end up at *your* dream school.

17 FYI Good grades alone won't set you apart: 47 percent of high school students have A averages.

"COLLEGE MYTHS DEBUNKED" PHOTO, PREVIOUS PAGE: JASON TODD. SITTINGS EDITOR: MELISSA MAHER. HAIR AND MAKEUP: ADRIENNE LYTTON FOR BLINK MANAGEMENT. ON MODEL: PREVIOUS PAGE: WHITE TOP, LIDI; BROWN TOP, ARIZONA; NECKLACE, LIZ CLAIBORNE. 17 FYI SOURCE: "ADMISSION TRENDS SURVEY" (NATIONAL ASSOCIATION FOR COLLEGE ADMISSION COUNSELING, FEBRUARY 2004).

college

grade 9 *freshman*

- Plan ahead.** Most colleges require four years each of math and English; two years each of science and history. Map out when you'll take these classes so you won't get overloaded *any* year.
- Enroll in a foreign language.** Your high school likely requires two years of a language. But colleges prefer ambitious students who do more than the minimum, so take one all four years.
- Get to know your teachers.** If you establish good relationships with your teachers, they'll not only become great mentors, but they'll also write you amazing recommendation letters.

grade 10 *sophomore*

- Look into honors courses.** AP or IB credits are one of the first things colleges look for. So look up the AP courses you want to take next year, and enroll in the prerequisite classes now.
- Read unassigned books.** Colleges love applicants who read outside of class (plus, it'll expand your vocabulary *and* boost your SAT score). Ask your English teacher to suggest some titles.
- Take the PSAT.** To win a National Merit Scholarship, you need a good PSAT *and* SAT score. Only your junior year PSAT results are counted—so take it as a sophomore for some practice.

grade 11 *junior*

- Maintain your GPA.** Admissions officers look at your junior year GPA the most. Since classes (especially your APs) are tougher, it'll give them a good idea of how well you'll do in college.
- Take the SAT.** Don't wait until you're a senior! Take it the spring of your junior year—so if you're unhappy with the results, you'll still have time to study and take it again next fall.
- Find 10 schools you like.** Write down the colleges you're interested in—and the ones your counselor suggests. Research each school and shorten the list to 10 good options.

grade 12 *senior!*

- Visit your top picks.** Get a sense of the campus communities by checking them out in person. You can talk to students, see where you'd be living, and even sit in on some classes.
- Beware of "senioritis."** Colleges *do* notice if you start to slack off senior year. In fact, some schools will rescind their acceptance letters if they see your grades drop—so stay on track.
- But have a fun spring break!** You've been working hard, so get away *before* the letters start arriving. You'll feel rested and think more clearly, which will help you make the right decision.

Check out the campus-visit checklist on the next page!

GET INVOLVED!

Now that you've tackled your academics, here's what you should be doing *after* school.

Grade 9: Try it all. Sign up for any activity, sport, or community service that sounds fun to you—you'll need to see what you like most.

Grade 10: Narrow it down. Focus on the one or two activities you're most passionate about, so you can excel at them.

Grade 11: Take charge! Consider running for a top position (like captain or president)—colleges adore students who are leaders.

Grade 12: Make your mark. Do something big in the fall, like planning a new annual event. It'll show colleges that you have initiative!



Find your perfect college!
Go to seventeen.com/college and take our College Finder quiz.

choosing

the best college

There are more than 3,000 schools in the US! Here's how to narrow down the list of colleges *you* should apply to.

size

Weigh each pro and con, and decide which size school will make you the happiest.

small school

(less than 2,500 undergrads)

PRO

- Everyone knows everyone, so it's easy to make friends and get involved in the campus community.

CON

- Typically, there isn't as much diversity—so you'll have less exposure to different cultures and perspectives.

medium school

(2,500 to 10,000 undergrads)

PRO

- There are enough students to offer many views in class—but you'll still get one-on-one attention from the teachers.

CON

- Advising departments may be understaffed. Don't expect your adviser to find you—you'll need to seek *her* out for help.

large school

(more than 10,000 undergrads)

PRO

- The libraries, computer labs, and research facilities will be state-of-the-art, giving you a chance to do your best work.

CON

- Professors tend to teach only in lectures—so most of your one-on-one time is with grad students in discussion groups.

location



Check off your answers—then choose the locale that gives you the most of what you want.

1 How often do I want to go home for a visit?

- A lot. (You'll like a school no more than an hour away.)
- Once a month. (You'll like a school up to 4 hours away.)
- Only for holidays. (You'll like a school far from home.)

2 I'm happiest when I look outside and see:

- a hot, sunny day. (You'll like a warm climate.)
- fresh snow on the ground. (You'll like a cold climate.)
- the changing seasons. (You'll like a moderate climate.)

3 In my free time, I'm most likely to be found:

- seeing a play or visiting a museum. (You'll like a city.)
- doing something outdoors. (You'll like a rural area.)
- on a towel at the beach. (You'll like the coasts.)

academics

Any schools you're thinking of attending need to offer majors that interest you. Haven't found a major yet? These methods can help:

- 1** Make a list of the high school classes you liked and did well in. Then think about specific majors close to those subjects.
- 2** Take a career assessment test at collegeboard.com—it'll tell you what fields of study match your interests.
- 3** Check out seventeen.com/majors to find out the majors that will best prepare you for the most popular careers.

extracurriculars

There is **more** to college than hitting the books! Think about what activities you'd like to get involved in (like **sororities**, a **student newspaper**, or political action groups). Then find out if the colleges you like have the extracurriculars you're looking for by checking out their **Web sites** or school **brochures**.

CAMPUS-VISIT CHECKLIST

Seeing a school in person is the **only** way to get a sense of what it'll be like to live there for four years. So when you visit, make sure to swing by the following places:

- admissions office
- athletic facilities (gym, pool, tennis courts)
- classrooms (ask a school representative if you can sit in on a class or two)
- dining halls
- freshman dorm rooms
- library
- student center

17 TIP While visiting, eat at a restaurant near campus. Your server will likely be a student (and trained to be friendly!), so ask her what she loves and hates about the school, and what the social scene is like.

don't forget to consider...

These additional college options might be a perfect fit for you!

women's colleges

what they are: They offer traditional subjects like English, science, and math—but the student body is all-female (some professors are men).

why go: Girls who attend these schools feel more empowered and have many more opportunities to hold leadership positions than they would at coed colleges.

check out: Barnard College, Bryn Mawr College, Scripps College, Smith College

religious colleges

what they are: The school's religious affiliation is reflected in campus rules and (at many colleges) in the classes you're required to take.

why go: If your religion is an important part of your life, you might feel happier living with people who follow the same practices you do.

check out: Brandeis University (Jewish), Brigham Young University (Church of Jesus Christ of Latter-day Saints), University of Notre Dame (Catholic), Pepperdine University (Churches of Christ)

art schools/conservatories

what they are: Classes focus primarily on the type of art you do—whether you're studying visual arts, dance, music, or acting.

why go: If you know you want to pursue an art professionally and have already had some training, these focused programs will offer you the best resources and career placement.

check out: California Institute of the Arts, The Juilliard School, Oberlin Conservatory of Music, Rhode Island School of Design

community colleges

what they are: These low-cost colleges offer two-year associate programs to area residents.

why go: They'll save you thousands of dollars (but won't earn you a bachelor's degree). And if your high school GPA is too low for your dream college, you can spend a year here to bring up your grades—then transfer to a four-year school.

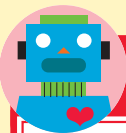
check out: Look in your local phone book for info on community colleges near you.



17 FYI By 2021, experts predict people will be spending over \$1 billion on space tourism!

hot jobs of the future

Experts say these careers will be in high demand over the next decade. Pick your personality type and find a great gig you may never have thought of!



IF YOU'RE A **techie...**

robot personalizer

what you'll do: give home robots personalities so they will interact well with people.

why it'll be big: By 2025, sales of home robots will jump to \$66 billion a year—and those robots will need to be friendly.

study it at: **Massachusetts Institute of Technology.** This top engineering school has a program dedicated to making robots more humanlike. mit.edu

more info: automation.com

energy engineer

what you'll do: develop new energy sources, so people aren't as dependent on oil.

why it'll be big: By 2020, half of the world's oil supply may be gone—we'll need new ways to power homes and cars.

study it at: **Colorado School of Mines.** Its world-famous program specializes in exploring viable new energy resources. mines.edu

more info: aeecenter.org

genetic engineer

what you'll do: study people's genes to determine if they are predisposed to certain diseases.

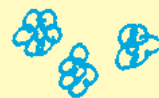
why it'll be big: The technology to read a person's genetic makeup will soon exist—so we can use it to prevent illnesses.

study it at: **University of Pennsylvania.** Its genetics program is top rated, and the school has invested \$75 million in its facilities. upenn.edu

more info: futurebiojobs.com



IF YOU'RE A **people person**...



chinese interpreter

what you'll do: translate business dealings between US and Chinese officials and CEOs.

why it'll be big: In 10 years China will have the world's third-largest economy, so US firms will do more business there.

study it at: **University of Washington.** It has a program devoted to the study of Asian languages. washington.edu

more info: languagealliance.com

aging advocate

what you'll do: help senior citizens manage their health-care and retirement options.

why it'll be big: Twenty percent of citizens in most states will be over age 65 by 2030—and they will all need expert guidance.

study it at: **The University of Oklahoma.** Its social work curriculum allows you to focus on helping the elderly. ou.edu

more info: ncoa.org

teacher

what you'll do: educate students using interactive methods based on new technology.

why it'll be big: Two million new teachers will be needed by 2008, so over the next 10 years, there will be many openings.

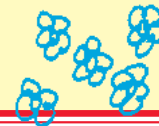
study it at: **Nova Southeastern University.** Its education major offers classes on tech-based teaching methods. nova.edu

more info: teacherscount.org

CHINESE-INTERPRETER STATISTIC: "CHINA: THE MISSING MEMBER AT THE G-8 TABLE," (JEFFREY E. GARTEN, YALE UNIVERSITY, JUNE 2004); AGING-ADVOCATE STATISTIC: "U.S. INTERIM PROJECTIONS BY AGE, SEX, RACE AND HISPANIC ORIGIN," (U.S. CENSUS BUREAU 2004); TEACHER STATISTIC: "PREDICTING THE NEED FOR NEWLY HIRED TEACHERS IN THE UNITED STATES TO 2008-09" (NATIONAL CENTER FOR EDUCATION STATISTICS, 1999); SPACE TOURISM-AGENT STATISTIC: "THE SPACE TOURISM MARKET STUDY," (FUTURIST CORPORATION, OCTOBER 2002).



IF YOU'RE A **creative type**...



digital effects artist

what you'll do: use art and technology to create movie effects and simulate locations.

why it'll be big: Digital art can cut production costs drastically. In 10 years, studios will rely on it more than on-location shooting.

study it at: **University of Southern California.** It has the most comprehensive visual-effects majors in the US. usc.edu

more info: adigitaldreamer.com

vehicle inventor

what you'll do: design cars that are more fuel-efficient, so they're cheaper to drive.

why it'll be big: As oil supplies dwindle, gas will get expensive, so there will be a demand for personal vehicles that use less.

study it at: **University of California, Irvine.** It has a whole program on solutions to future transportation problems. uci.edu

more info: cardesignnews.com

ad executive

what you'll do: find new ways to insert ads into computer games and other technology.

why it'll be big: Computers will likely overtake TV as the top entertainment source and be *the* place to advertise.

study it at: **San José State University.** Its top advertising program teaches high-tech ways to lure consumers. sjsu.edu

more info: aaf.org



IF YOU'RE AN **adventure-seeker**...



space tourism agent

what you'll do: plan outer-space vacations for clients.

why it'll be big: Space travel is expected to go mainstream by 2021—people are *already* booking trips with private firms.

study it at: **University of Denver.** Its tourism management program will best prepare you for *any* type of tourism. du.edu

more info: spacetourism.com

environmental researcher

what you'll do: study and report on global-warming effects.

why it'll be big: As glaciers melt and temperatures rise, firms will want to know how the changes will affect business.

study it at: **University of Virginia.** It offers one of the best curriculums in environmental science. virginia.edu

more info: enviroeducation.com

multimedia correspondent

what you'll do: report, write, shoot, and file news stories.

why it'll be big: News outlets will cut costs by having just one person prepare news stories for TV, radio, print, *and* the Web.

study it at: **The University of Iowa.** Its media program teaches cutting-edge methods. uiowa.edu

more info: foreigncorrespondents.org

17 Experts: Futurist **Glen Hiemstra** is the founder of futurist.com; futurist **Michael Rogers** is the founder of practicalfuturist.com; college expert **Steven Roy Goodman** is the founder of topcolleges.com.

admissions do's & don'ts

Admissions officers from top colleges spill the secrets (anonymously, of course!) to getting into their “yes” piles.



IT FYI Colleges in the US, on average, accept 70 percent of people who apply!

application

DO

attach a résumé

“A one-page résumé that gives more detail about your achievements is helpful—and not overwhelming to read.”

include insightful letters

“Get recommendations from people who know you well. A generic one from Bill Gates is less impressive than a great one from your bio teacher.”

DON'T

wait until the last minute

“Get your application in early. I read them as they come in, so I spend more time on the ones that I receive first.”

send extra materials

“A million items that we didn't ask for, like 10 extra recommendations, are a waste to include. I never have time to read any of it.”

essay

DO

share a personal story

“Write about a topic that is unique and meaningful to you—heartfelt stories stand out and are written better.”

remember to proofread

“Essays with misspellings and grammatical errors are ones that I ignore. Typos show me that you'll be a careless student as well.”

DON'T

force dramatic stories

“You must be honest. Essays that are written *just* to pull on our heartstrings end up sounding fake and insincere.”

keep using the same one

“When an essay doesn't answer *our* specific question, I know it's an all-purpose one—which shows a lack of real interest in our school.”

interview

DO

research the school

“If you can talk about the school's mission, programs of study, and campus life, it shows you want to go here.”

ask a lot of questions

“I like to see applicants come with a list of questions. It makes them look thoughtful and inquisitive—and both are great qualities in a student.”

DON'T

arrive even a little late

“When students show up late, it's a huge mark against them—it tells me they have no respect for me or my time.”

dress too casually

“Don't wear jeans or clothes that reveal a lot of skin—you want to look professional and show that you take your education seriously.”

Do you want your college questions answered? Our admissions expert **Jaye Pace** can help you! Visit seventeen.com/collegexqanda to submit your question. Jaye will post her answers weekly online.

Miss seventeen




Watch and Win

Watch Miss Seventeen on MTV each week for your chance to win exciting prizes!

Log on to seventeen.com/watchandwin, answer the question about the current episode, and you'll be entered to win the weekly prize package. Plus, each time you enter, you will automatically qualify for the Grand Prize drawing! The more you watch and enter, the greater your chances of winning big! Tune in to MTV Mondays at 10:30 P.M. (ET) beginning October 17. Please check your local listings.

Weekly prize packages include:

A product-filled makeup kit from MAYBELLINE NEW YORK, plus the ultimate gift basket from the VO5 styling line and ST. IVES. You'll look as good as the girls on the show!

Grand Prize package includes:

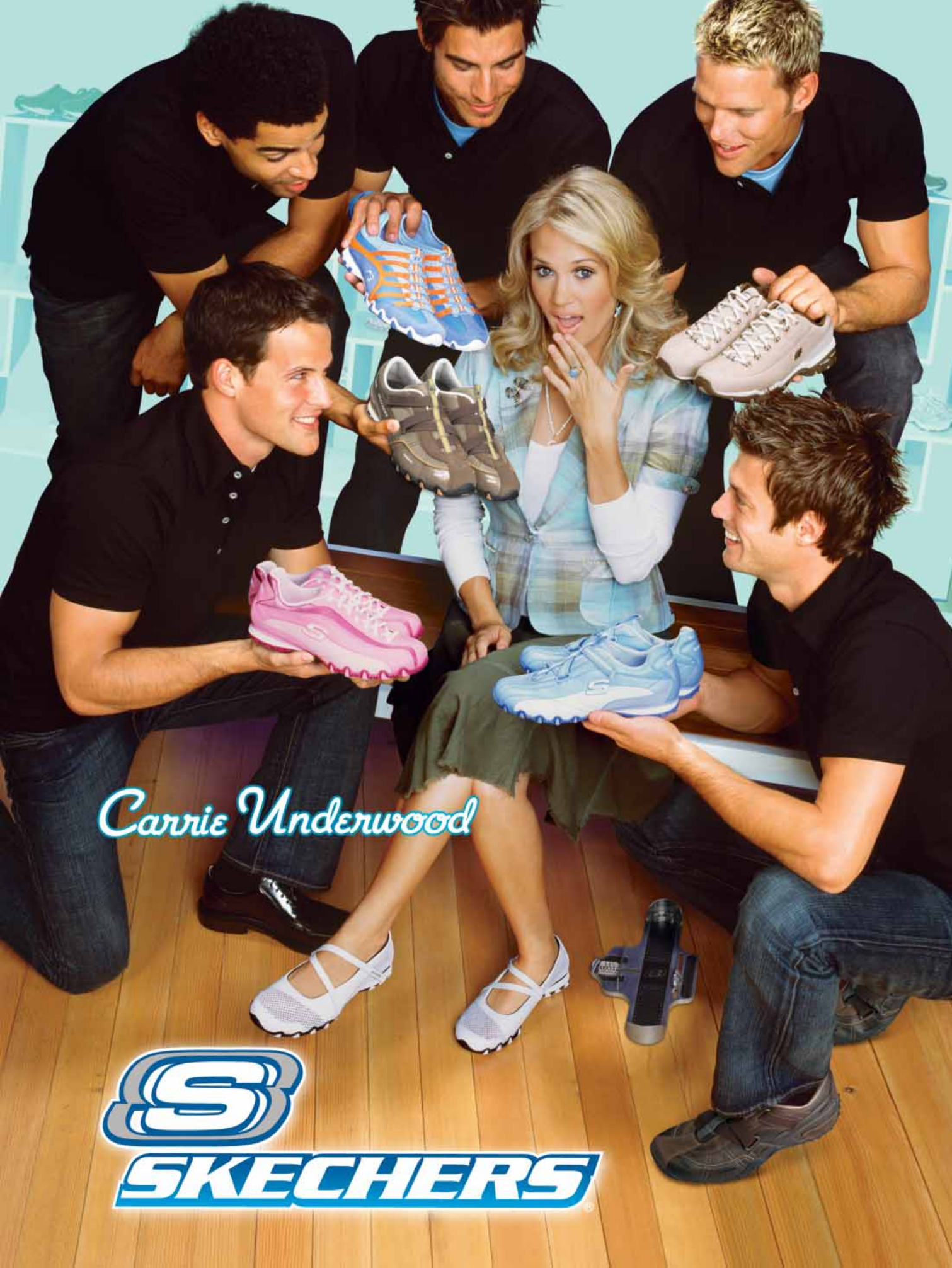
- A \$1700 shopping spree
- A MAYBELLINE NEW YORK makeup kit
- One-year supply of products from the VO5 styling line
- One-year supply of ST. IVES products

For full rules and how to enter, log on to seventeen.com/watchandwin.

MAYBELLINE
NEW YORK

Alberth
VO5

SWISS FORMULA
St. Ives



Carrie Underwood

S
SKECHERS

editor's letter

“ I was a little girl when I experienced my first hurricane: David.

We taped up our windows and decorated pumpkins inside. But I was scared in that silent way—when you're so terrified you just become mute—all big eyes and heavy heart. The unpredictability of the earth was more than I could handle. As I got older, I eased my fear by thinking of *hurricane* as just another word for *storm*. The little girl with the big eyes was written off as a baby. But in the days following Hurricane Katrina, I've realized she was right to be scared. And I immediately wanted to talk to you about it.

When I first got my job at *Seventeen*, I was in awe of the magazine's power: 13 million readers—what a microphone! I knew my ultimate goal would be to help bring us all together so we could join forces and make a difference. After all, 13 million people can accomplish something big. Well, with devastation right in our backyard due to Hurricane Katrina, this is the time to do it.

People are dying because they don't have water or they don't have their medication. They don't have the things that you and I take for granted—that *they* probably used to take for granted. And this isn't in some other country, either. (Though even if it were, we'd still want to make a difference.) These are *Seventeen* readers—girls like you—and their families. We've got to be there for them. So we made this new edition of our signature T-shirt. Sure, it's cute, but more important than that, all net proceeds from its sales will go to the United Way's Hurricane Katrina Response Fund. This is one way we can be there for our sisters who have been affected by Katrina.

I know you are thinking of them and praying for them. And of course, so am I. If you buy one of these T-shirts for only \$17 at seventeen.com/katrinarelieff, I promise you that your money will go where it's needed most. Until then, I am sitting here, like you, watching the news with big eyes, feeling so grateful for what I have—especially this relationship with you, because we can make a difference together. If you need me, you know where I am, 24/7 as always: atoosa@seventeen.com.



CHARI-TEE

Buy this T-shirt for \$17 at seventeen.com/katrinarelieff. All net proceeds from its sales will benefit the United Way's Hurricane Katrina Response Fund.

”

 117



ON CAMERON: Camisole,
Hype; earrings, Kipepeo by CKM.

Fashion Editor: Beau Quillian

Hair: Harry Josh for Serge Normant Salon

Makeup: Jeanine Lobell for Stila



Cameron

A *Seventeen* reader and this former *Seventeen* model have an inspiring chat about high school and Hollywood.

By Meredith Milstein, 18 Photographs by Michael Wirth

G

rowing up in Long Beach, California, Cameron Diaz was a lot like any other girl. She danced on her school's drill team, was boy crazy but not really interested in the immature guys at school, and had no idea what she wanted to do with her life. Then one night, when Cameron was 16, she was discovered by a photographer—and her life instantly became much less ordinary. By 17, she had graced the cover of *Seventeen* for the first time. And at 21, after being a successful model for several years, she decided, on a whim, to go to an open casting call for a movie—and won the part of Jim Carrey's love interest in the 1994 hit *The Mask*. The film made her a star, and Cameron has been working as an actress ever since. At 33, she's still very much the free-spirited girl she was ➡

at 17—with just a few differences. For starters, she’s currently one of the highest-paid actresses in Hollywood, making \$20 million a film (her latest movie, *In Her Shoes*, is out on October 7), and she dates singer Justin Timberlake, 24. Her fame also allows her to pursue her biggest passion: raising awareness about the state our planet is in. When I spoke to Cameron, I asked her to take a look back at her teen years to find out the life lessons she has learned on her road to success.

17: Were you in a clique in high school? Did you hang out with a specific group?

Cameron Diaz: No. You know, I kind of went around. My school was so big—there were 3,600 kids. It was a big population, but it was really diverse. I don’t know what your school is like, if you have a lot of different ethnic backgrounds . . .

17: It’s pretty homogenous.

CD: I was going to school with kids with turbans on their heads and, like, Samoan kids who had tattoos by the time they were 13 and gray hair and wore sarongs to school. It was heavily ethnic. I just kind of made my way around at lunch to different people I liked. I didn’t fit into a clique. I liked so many different people, but none of them hung out together.

17: Did you win any superlatives in your high school yearbook? Were you most likely to . . .

CD: Um, no . . . [*Laughs.*]

17: Which one do you think you would have gotten when you were 17?

CD: I don’t know. I mean, maybe I did. I just don’t remember. I don’t even know where my yearbooks are. [*Laughs.*] I don’t know, what do *you* think? [*Laughs.*]

17: I don’t know. . . . Like, best smile, probably?

CD: [*Laughs.*] Oh, yeah. Okay, thanks. [*Laughs.*] Go ahead, put in the vote. [*Laughs.*] And how about you?

17: I was “Most Likely to Lend a Hand.”

CD: Oh, that’s nice.

17: I was proud, but my mom made fun of me.

CD: Really? That’s such a nice thing. Are you kidding? That’s an honorable thing for people, especially for your peers, to recognize in you, you know? What do you want to do when you graduate?

17: I don’t know. Maybe I’ll become a political speechwriter.

CD: That’s interesting. Words are very powerful, and the right ones are important to be spoken to bring people together. I think if you have the ability, you should definitely pursue it.

17: But it’s exciting to experience new things and then change your mind and figure it out. I don’t know, I think it will change as I get older—that’s what life is.

CD: That’s very insightful of you. Very mature. And I have to say, just being older than you—quite a *bit* older [*laughs*—it’s really what happens. It’s good; I like how you said that. You know, keep yourself open to change because [life] changes constantly. You never know where you’re going to end up.

17: Speaking of which, tell me about how you first got approached to be a model.

CD: It was the first night I ever went to L.A. I went with a girlfriend of mine to a party at a nightclub. I had a few guys that evening come up to me and go, “Hey! You wanna be a model?” One guy gave me a card with a burlesque girl in a champagne glass, kicking her legs up. And another guy was just so obviously sleazy. I would just take the cards and throw them over my shoulder, because I wasn’t interested in being a model—it wasn’t something I was there to pursue. But when this photographer, Jeff Dunas, approached me, there was just something about him. He said, “What agency are you with?” And I said, “What do you mean?” And he’s like, “Aren’t you a model?” And I said, “Um, *no!*” He said, “How old are you?” And I’m like, “16.” So he gave me his card and he said, “If you want to do this, have your parents call me.” None of the other guys did that. So I thought, Well, this guy *must* be legit.

17: What did your parents say about it?

CD: Luckily because my folks were so cool—you know, I was in L.A. at 16, and they knew I was there—I didn’t have to lie to them [about how I met this random guy and got his card]. So I told them and my mom was like, “Well, are you interested?” And, I was like [*laughs*], “I don’t know, but there’s this girl in my high school who models, and I know she travels—and I’d like to travel.” So she said, “Well, then we can look into it.”

17: And then you got to see the world.

CD: Exactly. It was an opportunity. I could have easily just stayed in Long Beach my whole life, but I didn’t. I knew there were other things I wanted to see. A lot of girls in my school were getting pregnant and dropping out. I was thankful that I had that opportunity to look at a different way of living and bring it back to my friends and say, “There’s a whole world out there!”

17: If you hadn’t met the photographer, what career would you have pursued?

CD: I really think I would have gotten into some sort of science, like zoology, or you know, oceanography, or something like that. I’m fascinated with how the planet

works. You can learn so much from [animals] about how this planet functions. And I would have started there and probably branched into something.

17: Like with your show on MTV, *Trippin'*?

CD: Exactly. That's my passion. And I figured out that if I'm in this position, I may as well try and use whatever celebrity that is influential to try and get people closer to understanding how the planet works and what its function is and how we are a part of it.

17: Were you always as comfortable with your appearance as you are now?

CD: I got a little bit more comfortable in high school. I learned to cover up the parts that I was embarrassed by—like tying something around my waist or putting on socks to cover up my ankles. I mean, I was so skinny when I was a kid. Even now, if I look at a magazine where girls' bodies are shown, I go, Oh, my God! Am I supposed to look like that? I've got to work on a few things. [Laughs.] Then I go, Wait a second. That is just wrong—because I know that I'm pretty lucky! I try to focus on the things I *do* have rather than the things I perceive that I don't have, because we all do that—no matter what body you have.

17: If you could have placed five things in a time capsule that were totally important to you when you were 17, what would they have been?

CD: I wish I had my passport—it got stolen a few years ago, and it had all the stamps in it from my travels. Plus, my cowboy boots, my family [laughs]—as long as they got food and water—and probably my dog or cat.

17: Do you have any pets right now?

CD: I have two cats. My cats come and wake me up in the morning. One cat waits until my alarm goes off and then he's sitting right there, waiting for me to pet him. My alarm goes off and then he goes, Okay, it's time to be pet. He doesn't think it's an alarm for *me* to get up; he thinks it's an alarm for *him* to get pet.

17: What advice do you wish someone gave you when you were 17?

CD: People gave me great advice when I was 17—but I didn't listen to *any* of it. [Laughs.] Just enjoy being young. Youth is something that only happens once in a lifetime—take advantage of that and do the things that you always wanted to do. 17

One reader can win \$520 worth of clothes from **Hype**, just like the pretty camisole Cameron wore at our shoot.

Go to seventeen.com/freebies

Seventeen & Cameron

A Love Story



← **july 1990**

“This was my first *Seventeen* cover. It was shot in upstate New York. I had no idea what I was doing. I just smiled and laughed.”

september 1990 →

“This cover was even more fun to shoot. I remember thinking, Wow, you can really see how broken my nose is in this photo.”



← **march 1991**

“This picture is evidence of how skinny I was. You can see why the kids used to call me Skeletor.”

march 1991 →

“I loved this dress. I felt all grown-up. I never wore anything tight-fitting at that age.”





NOW

Over the last 18 months, Miriam has lost 55 pounds. She and Aren are still close and talk once a week.



THEN

the love diet

Losing weight didn't get Miriam, 19, noticed by guys—but *gaining* something did.

When I was in high school, guys never asked me out—they ignored me and always hit on my sister, who's a year older, instead. I'd feel totally rejected, but at the same time I wasn't really surprised. You see, I was about 60 pounds overweight and could never imagine why any guy would think I was cute or want to date me.

FRESH START

Even though I wasn't happy about my appearance, it wasn't something I was ready to deal with—I always figured that the weight would somehow disappear by the time I became an adult and was ready to start “my life.” In the meantime, I accepted being the funny friend, the person guys talked to and laughed with—but never dated—and I hid behind long skirts and loose tops. Then in October 2002, when I was a senior in high school, my grandfather was diagnosed with cancer of the esophagus, and died three months later. His life was snuffed out so unexpectedly that it made me realize I couldn't wait around for “my life” to start. After his funeral, I promised myself that I was going to do whatever I could to start losing weight.

My diet wasn't all that revolutionary—I cut out all junk food and walked on the treadmill in my parents' basement every day—but it *did* work: By the time I went to a freshman orientation at Baruch College in May 2003, I'd lost 15 pounds. I was proud of what I'd started, but I didn't feel any better about myself. After all, I still had a long way to go. So when I sat next to a cute guy at orientation named Aren and said, “What's up?” I wasn't surprised that all he did was smile, say hi back—and then get up to talk to someone else.

TOTAL TRANSFORMATION

By April 2004, I'd lost 40 pounds. I finally thought I looked great, even sexy—and that gave me a huge surge of self-esteem. Guys were starting to pay attention to me; they made eye contact, smiled at me, and complimented me on what I was wearing. It felt awesome!

That month, one of my friends from school was having a party that I was really looking forward to.

I put on a frilly little skirt that I *never* would have worn when I was heavier. At the party, I saw Aren, the cute guy from orientation—but this time, he looked at me for what felt like forever and then slowly smiled. I was freaking out inside—I'd waited for years for someone to gaze at me that way. He walked over and said, “You look amazing tonight.” I smiled and replied, “Thanks.” But before I could continue, he had to go help his friend with something. I barely got to talk to him again that night, but that one moment made me feel gorgeous for a week!

Over the next few months, Aren and I flirted a lot—but nothing romantic happened between us. Was he always going to see me as the fat girl from orientation? I wondered. Even though I really liked him, it looked like we'd never move beyond being friends. Then in December 2004, I used most of my savings to spend my winter break in Italy, visiting friends. While I was there, I sent an e-mail to another friend, telling her how much I missed Aren. She wrote me back: “You know he likes you, right?” I'd wanted to hear that for more than a year.

NEW CONFIDENCE

When I came back from Italy, I decided to talk to Aren about what was going on between us. “I thought you were cute from the moment I saw you,” he said. I was shocked! I never thought he could be into me when I was heavy. Then he said, “But over the past year, you've turned into this confident person, and it made me like you more.” That's when I knew I *had* changed: I was more outgoing and smiled more. I realized I'd been holding myself back. I'd *always* deserved the attention, no matter how heavy I was—I just had to believe it to get it.

Aren ended up transferring to another school, so we decided it was best to just stay friends. But I'll always wonder what would have happened if, on that first day we met, I had thought more of myself. 17



what aren says ...

“I never asked Miriam out because she didn't give any sign that she liked me. But I *always* thought she was pretty. The timing is bad for us now, but maybe one day things will work out.”

add it

Tszuj yourself up for school! Start with the basics you already have, and then add a few pieces—you'll take your look to a whole new level of style!

Photographs by Daniel Hill



then add...

SHIRT Sizes XS–XL, American Eagle Outfitters, **\$30**, American Eagle Outfitters stores and ae.com



NECKLACE Windsor, **\$16**, Windsor stores and windsorstore.com



SOCKS Betsey Johnson, **\$10**, Bloomingdale's and Betsey Johnson stores



SHOES Sizes 6–10, Roxy, **\$48**, Macy's



start with

your basic hoodie and denim mini

HOODIE Sizes XS–XL, American Eagle Outfitters, **\$58**, American Eagle Outfitters stores and ae.com

MINISKIRT Sizes 1–13, Levi's, **\$38**, Goody's stores and levi.com



up!



1

Pick a versatile **LONG NECKLACE**. Wear it full-length or doubled up!

2

Add spice to your everyday denim with a **BRIGHT PINK POLO**. It's one of fall's hottest colors!

3

Get **FAIR ISLE-PRINT SOCKS**—these play off the pink in the polo top.

4

Try **CLASSIC LOAFERS**—just find a pair that have a kiltie fringe for the newest look.



start with

your basic tee and jeans

TEE Sizes S–XL, Hanes, \$12, Kmart stores

JEANS Sizes 0–11, Hollister, \$60, Hollister stores and hollisterco.com

then add...

TRENCH COAT Sizes S–XL, Wet Seal, \$27, Wet Seal stores



NECKLACE (worn as bracelet), Forever 21, \$6, Forever 21 stores



BELT Express Design Studio, \$38, Express stores



SNEAKERS Sizes 5–11, Keds, \$40, select Macy's



1

Stand out in a sea of sporty puffers with a sleek, bright **TRENCH COAT**.

2

Swap the trench coat's tie for a **RUGGED BELT** to give your look a cool, eclectic feel.

3

Wrap a **BEAD NECKLACE** around your wrist as a dramatic bracelet!

4

Get girly **PATTERNED SNEAKERS** to balance your ripped jeans with a touch of femininity.



start with

your basic polo shirt and khakis

POLO SHIRT Sizes S-L, Le Tigre, \$44, select Macy's

KHAKIS Sizes 0-14, American Eagle Outfitters, \$48, American Eagle Outfitters stores and ae.com



then add...

JACKET Sizes S-XL, Paris Blues, \$44, JCPenney



SCARF American Eagle Outfitters, \$25, American Eagle Outfitters stores



BAG Rampage, \$45, Rampage stores



BOOTS Sizes 5 1/2-10, Dr. Scholl's, \$120, Macy's



1

Tie on a super-long **SPARKLY SCARF** to add glamour to a classic polo.

2

Layer a **CROPPED JACKET**—it gives a modest shirt a sexy silhouette without showing any skin!

3

Tuck khakis into **HIGH BOOTS** to give your outfit a vintage '70s vibe.

4

Try an oversize **METALLIC BAG** that's big enough for your books yet trendy enough for a party.



start with

**your basic
tracksuit**

JACKET Sizes XS–XL,
JLO by Jennifer Lopez,
\$69, Macy's
and shopjlo.com

PANTS Sizes XS–XL,
JLO by Jennifer
Lopez, \$59, Macy's
and shopjlo.com



then add...

TEE Sizes SM–XL, Rusty, \$24,
swell.com



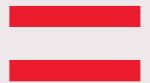
BAG Gallaz, \$30, gallaz.com



NECKLACE Claire's, \$11,
Claire's stores



SNEAKERS Sizes 3–13 (no size
12½), Chuck Taylor All Star Slip by
Converse, \$45, converse.com



1

Wear a **CHARM NECKLACE** to add a dash of color to a monochromatic look.

2

Get a **GRAPHIC TEE**—instead of a solid one—for a funkier style.

3

Carry a **CHAIN-LINK BAG** to instantly give your tracksuit a more pulled-together feel.

4

Slip on a pair of relaxed **OLD-SCHOOL SNEAKERS**—they add more personality than performance ones.





start with

your basic tank top and cords

TANK Sizes S-L, Calvin Klein Underwear, \$20, Macy's

CORDS Sizes 00-13/14, Aéropostale, \$20, Aéropostale stores



then add...

SWEATER Sizes XXS-L, Kenzie Girl, \$65, select Nordstrom



NECKLACE M. Haskell, \$24, Lord & Taylor



EARRINGS Forever 21, \$4, Forever 21 stores



SHOES Sizes 6-10, Candie's, \$40, Kohl's



Fashion Editor: Beau Quillian
Hair: Ramie Roth for Vue2/Redken
Makeup: Tamah for Christian Dior
Still Lives: Francesco Mosto
Still Lives Stylist: Betim

1

Add **DANGLING EARRINGS** to highlight a sweater's pretty beaded trim.

2

Button a **SPARKLY CARDIGAN** only at the top to show just a *sliver* of skin at school!

3

Pin a **CAMEO NECKLACE** to your pocket as a unique, vintage-y charm!

4

Try metallic **BALLET FLATS**. They will complement *and* glam up basic cords.



iconic *Beauties*

You, dear reader, are just as much the classic beauty as the starlets pictured here.
So it's no wonder the hot trends they've inspired are going to look gorgeous on you too!
By Kristen Oldham Giordani Photographs by Michel Momy



Twiggy



Marilyn
Monroe



Audrey Hepburn



Brigitte Bardot



Ali MacGraw

TWIGGY: EVERETT COLLECTION. MONROE: THE KOBAL COLLECTION/20TH CENTURY FOX/KORMAN. BARBOTT: BETTMANN/CORBIS. MACGRAW: EVERETT COLLECTION. HEPBURN: PARAMOUNT PICTURES/GETTY IMAGES.

Big Lashes

HOW-TO



FALSE LASHES

Try these faux fringes, which are made especially for bottom lashes! Your top lashes just get mascara (see below).

TRY: Sephora Lower Lashes, \$4, Sephora stores



MASCARA

Use this mega-volumizing two-in-one product to plump your bottom lashes. The primer adds thickness, and the mascara comb loads on a ton of color.

TRY: L'Oréal Paris Volume Shocking Mascara in Black, \$13, drugstores



EYELINER

Pencil in three tiny lines along outer halves of your lower lashes with this perfectly black pencil.

TRY: CoverGirl Perfect Blend Eyeliner in Basic Black, \$4, drugstores



17 inspiration
twiggy

date: 1967
beauty signature:
long, flirty
lashes—especially
on the bottom





17 inspiration
brigitte
bardot

date: 1968
beauty signature:
sultry, catlike
eyes—meow!



winged liner

HOW-TO



LIQUID EYELINER

Paint this easy-to-control, smudgeproof liner across your entire top lids, then wing out at the corners. Brush a very thin line along lower lashes.

TRY: Lancôme Artliner in Noir, \$27, department stores



MASCARA

Apply a coat of the primer and two coats of mascara to top lashes.

TRY: Physicians Formula Exerc'Eyes in Ultra Black, \$7, drugstores

Jeweled Bun

HOW-TO



TEXTURIZING CREAM

Finger-comb a dollop of this heavy-duty texturizer throughout wet hair before blow-drying to add grip to your strands.

TRY: Göt2b Shagged Out Texturizing Liquid Fiber, \$6, drugstores. (For detailed how-tos, go to seventeen.com/audrey.)



HAIRSPRAY

Spritz this delicious-smelling hairspray all over to help keep every strand in place—all night long.

TRY: Herbal Essences Citrus Lift Xtrahold Finishing Mist, \$3, drugstores

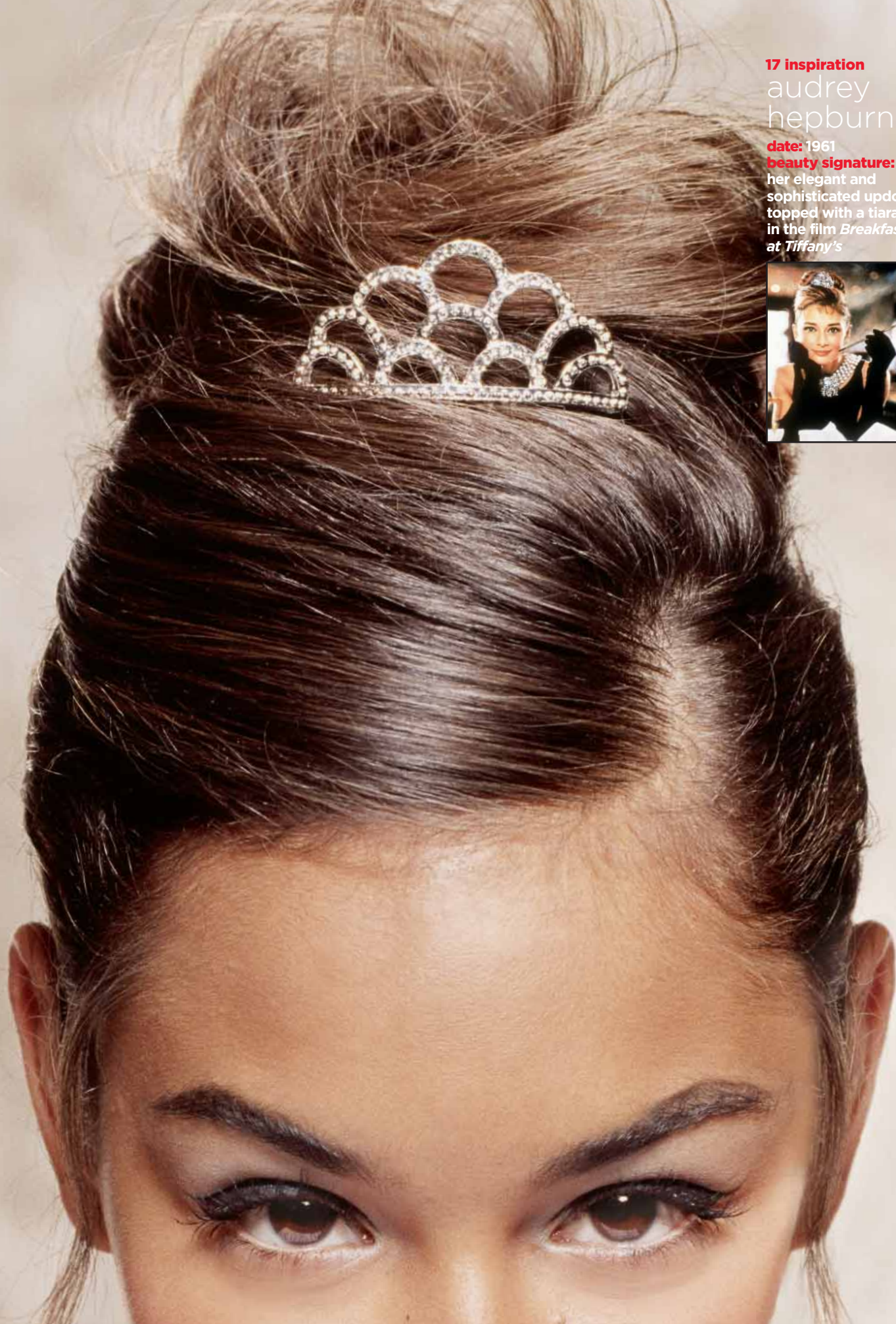
MISS SEVENTEEN

Slide this tiny tiara in at the top of your French-rolled bun to dress up the vibe.

TRY: Icing by Claire's mini rhinestone tiara, \$13, Icing by Claire's stores

17 inspiration
audrey
hepburn

date: 1961
beauty signature:
her elegant and
sophisticated updo,
topped with a tiara
in the film *Breakfast
at Tiffany's*





17 inspiration

marilyn
monroe

date: 1953

beauty signature:
her "notice-me"
set of red-hot lips



red lips



HOW-TO



LIPSTICK

Use a finger to dab on this classic red (celebs swear by it!) for a pretty, stainlike finish.

TRY: M.A.C Lipstick in Russian Red, \$14, department stores



BLUSH

Blend this silky blush on your cheeks so your strong lips don't wash you out.

TRY: Maybelline New York Dream Mousse Blush in Soft Plum, \$8, drugstores

PARTING WAYS

For a perfect center line, part your wet hair with a comb, *then* blow-dry.

TRY: Goody Tortoise Super Comb, \$2, drugstores

Middle Part

HOW-TO



LEAVE-IN CREAM

To prevent frizz, comb in a dollop of cream—this one is a styling product and conditioner in one—before blow-drying your hair straight.

TRY: Citré Shine Nourishing Milk Revitalizer, \$4, drugstores



SHINE SERUM

Apply a nickel-size drop all over to add shine *and* protect strands, then flat-iron your hair straight.

TRY: L'Oréal Technique Nature's Therapy Heat Control Moisture Protect Serum, \$9, beauty supply stores

17 inspiration

ali
macgraw

date: 1970

beauty signature:
a dramatic middle
part, and shiny,
stick-straight hair



Beauty Director: Kristen Oldham Giordani
Fashion Editor: Beau Quillian
Hair/Hair Expert: Robert Lyon for Kérastase Paris
Makeup/Makeup Expert: Matin
for artistsbytimothypriano.com
Still Lives: Lisa Shin

gen

“I owe my parents more than \$2,000 in cell-phone charges.”

stephanie, 16

OUT OF CONTROL
Stephanie, 16, above, has 294 people on her Buddy List. If she didn't have IM and her cell, she feels like she'd be an outcast.

MAIN PHOTOS: JOEL FITZPATRICK; FASHION EDITOR: BEAU O'CONNOR; HAIR AND MAKEUP: TAMARA; ON STEPHANIE: SHIRT: AMERICAN; JEANS: LEVI'S; JEWELRY: HER OWN; ALL REAL-GIRL PHOTOS: COURTESY OF GIRLS. YOU CAN REGAIN YOUR INDEPENDENCE. EXPERT: ANITA CHANDRA, DR.PH., PROJECT COORDINATOR, JOHNS HOPKINS THE CENTER FOR ADOLESCENT HEALTH IN BALTIMORE, MD.

Generation speed

Seventeen partnered with Johns Hopkins University to find out how cell phones, instant messaging, and the Internet are affecting your life. Turns out they're doing more harm than you may realize. BY whitney joiner

I'm totally addicted to instant messaging and my cell phone, because they're how I keep up with my friends. When I get home, I go online immediately and stay on all night—sometimes till 3 A.M. I constantly go over my minutes on my cell, so my bill is always high too—anywhere from \$100 to \$500 each month. By now, I owe my parents more than \$2,000 in excess charges. But I'm so used to having my cell with me all the time that I can't live normally without it. Like this past July, I went to England, where my cell didn't work. One afternoon I was shopping, and I couldn't decide what to buy as a souvenir for a friend: Would he want a T-shirt? A trinket? I felt helpless—I had to guess for myself. I thought, If my cell worked here, I could have just asked my friends what they thought I should get. Instead, I realized just how dependent I am on my phone to help me deal with everyday life. STEPHANIE, 16, WARREN, NJ

Of course **technology** has made your life easier, but our exclusive nationwide survey of more than 1,000 teenagers ages 12 to 17 shows your favorite tech **gadgets** can work *against* you too. How? It's easy to get so dependent on your cell, IM, and the **Internet** that it becomes difficult to make choices without asking other people for help (see "Totally Wired," right). And the amount of **info** you're constantly getting can feel overwhelming—like you never have a break or time alone. With so much competing for your **attention**, it can be hard to focus on any one thing. But you *can* take steps to stay in **control**.

31%
of you say life moves
too fast to keep up.

totally wired

Staying **constantly connected** to your friends and family through cell phones, e-mail, and IM makes it easier to ask other people what *they* think about things, instead of **figuring out** what *you* think—and that can keep you from making your own **decisions** and being independent.

turn for survey results



SURVEY SAYS

52% of you have gone over your cell-phone plan's minutes.

you're always connected...

56% of you use your **cell** at least a few times a day.

44% say you **IM** a few times a day or more.

34% **text message** while you're **in class**.

... and it's making you dependent ...

62%

of you can't "live comfortably" without your cell, IM, or e-mail for more than a **few days**.

1^{IN} 4

couldn't "live comfortably" without a cell, IM, or e-mail for even **one minute**.

81%

call your **parents** to ask a question, because it's easier than figuring it out another way.

51%

of you get frustrated when you can't reach someone **immediately**.



“ I'm afraid I might miss something important if I'm ever away from the Internet—like a friend's breakup or a terrorist attack—and then be out of the loop at school the next day. ”
JENNIFER, 16, FAIRFAX, VA



“ I'm addicted to IM—it makes handling problems so much easier. You can criticize someone without having to say it out loud or deal with their reaction. ”
JENNA, 18, DAYTON, OH

... and **overwhelmed**

97%

of you are **multitasking** (like surfing the Web or watching TV) as you do homework.

1 IN 3

says you get **distracted** easily when you're doing your homework.



“Sometimes I'd like to read a book—but then I start worrying if I have e-mail or if I'm missing what my friends are talking about online.”
CORINNA, 17, COVINA, CA

40%
of you spend
a week or longer
without
ever logging off.

you can

regain your independence

why you should log off



If you're **checking** e-mail, surfing the Web, and IMing—all at the same time—you're taking in so much **info** from other people and sources that you don't have time to **focus** on *any* of it. Logging off for at least a half hour a day (see “How to Do It,” right) will *force* you to **deal** with less info. Not only will you feel less overwhelmed, but you'll also get **more time** and brain space to figure out what *you* think about things, so you won't have to ask *others* for input.

how to do it

If you're not constantly distracted by your phone and e-mail, you'll be able to focus better—in *and* out of school.

TRY THIS:

- Turn off your cell during class so you're forced to stop texting.
- IM with only one or two people at a time so you're not trying to keep up with lots of conversations.
- Set your e-mail to register new messages only every half hour.
- Turn off your cell phone when you're with other people (like at dinner or at a friend's house).



“I try not to be a slave to my cell. I turn it on only if I leave the house. This way I can have lazy days when I'm home, which let me relax and feel more carefree.”

RACHEL, 19, GREAT FALLS, VA

NEXT MONTH: PART 3—GENERATION PURE How religion is affecting your choices about life and sex.

fun stuff

17 FYI

Why do Americans love to laugh? Fifty-four percent say it helps them relieve stress!

SO embarrassing!

Think you're the only one to completely humiliate herself? Think again!

miss spoken

“I was in Spanish class and our teacher announced that he wanted to see all the boys after class. I tried to tell him, in Spanish, that he was being sexist by ignoring the girls. Instead it came out as, ‘You are sexually ignoring the girls.’ Everyone cracked up, including our Spanish teacher, who almost fell off his chair because he was laughing so hard.”

lost and found

“When I was younger, my front tooth fell out from an accident, so I had to get a fake one put in to replace it. Well, one day at school I was talking to this guy, and as soon as I opened my mouth, I felt something fall out. I had no idea what it was, so I just kept talking to him. But then I noticed that my voice didn't sound the same, and he was looking at me in a sort of shocked way. That's when he asked me, ‘Um, where did your tooth go?’ I was even *more* embarrassed when I tried to find it and he said, ‘Here it is,’ pointing to a small white thing—my tooth!—on his shoe. I was seriously mortified.”

dog-tagged

"It was a snow day and my friend invited a bunch of people over to have snowball fights in her backyard. There were four girls and five guys. We were having a lot of fun throwing snow and tackling each other when my friend decided to let her dog out in the yard. Of course with so many people there, her dog, who was a male, got really hyper and was running around. All of a sudden, the dog ran up behind me, put his paws on my back, and knocked me down. Before I realized what was happening, the dog was, well, humping me—on my butt. It was absolutely disgusting! I screamed and managed to stumble away—but all the guys had seen. It was so humiliating, and to this day they *still* remind me about it!"

pickup artist

"My crush invited me to a senior party that I really wanted to go to, and I was so excited! Then he asked if I would pick him up—so of course I said yes. The day of the party, I got ready and went to get him. When I showed up at his house, he jumped right in the car. It seemed like the ride took forever—I kept trying to strike up a conversation, but he just shrugged and looked out the window. When we got to the party, he got out of the car and walked off with another girl! My surprise must have been very noticeable because another senior came over and said to me, 'Didn't you know? He *always* asks a random girl to drive him to parties because his parents don't approve of his girlfriend.' I was so embarrassed!"

class jean-ius

"My friends and I were in class and our teacher was talking, but we weren't listening. We were reading my copy of *Seventeen*, and my friend kept tapping me on the shoulder and saying, 'That would look cute with . . .' So when I felt another tap on my shoulder, I said, 'That would look cute with those jeans you gave me for my birthday.' My teacher said, 'When did I give you those?' He was standing behind me, watching me read! Oops . . ."

kissy face

"There was only one week till prom, and I had decided to ask my crush to go with me. I drove to the grocery store where he worked, hoping to catch him there so I could ask him. On my way in, I noticed a mirror and decided to practice my speech and fix my hair a bit. Well, no one was around, so I thought I'd have a little fun to de-stress. I told my reflection how much I wanted to kiss it—I even pretended I was kissing my crush in midair! I came back to reality a minute later and walked in to find him. I asked a coworker of his where he was, and she pointed me to a door near the front of the store. I knocked on the door, and when it opened, an entire group of employees burst out laughing—they had been watching me through a two-way mirror! I wanted to die! I just turned red and left. To this day, people at school look at me and make slobbery-kiss faces."

team spirit

"I was at a football game and noticed all the players gathered around the coach on the sideline. They'd bent down on one knee and some even had their heads down. I thought, Aw, they're praying. They walked onto the field to start playing, then a time-out was called. So they went back over to the coach and got on one knee again. I looked at my friend and said, 'Wow! That's the second time I've seen them pray at this game—that's awesome!' Then some guy sitting below us turns around and says, 'They aren't *praying*, that's a *huddle*!' I felt so stupid!"

seeing red

"I was sitting on my crush's lap one day. When I stood up, I was mortified to find a red blotch on his jeans, right where I was sitting! I started stammering about my period and how sometimes a regular tampon isn't enough. He looked really confused, then looked at his leg and said, 'Uh, Morgan, I spilled ketchup on myself at lunch.' I was totally humiliated—I had gone on and on to him about girl problems for nothing!" 17

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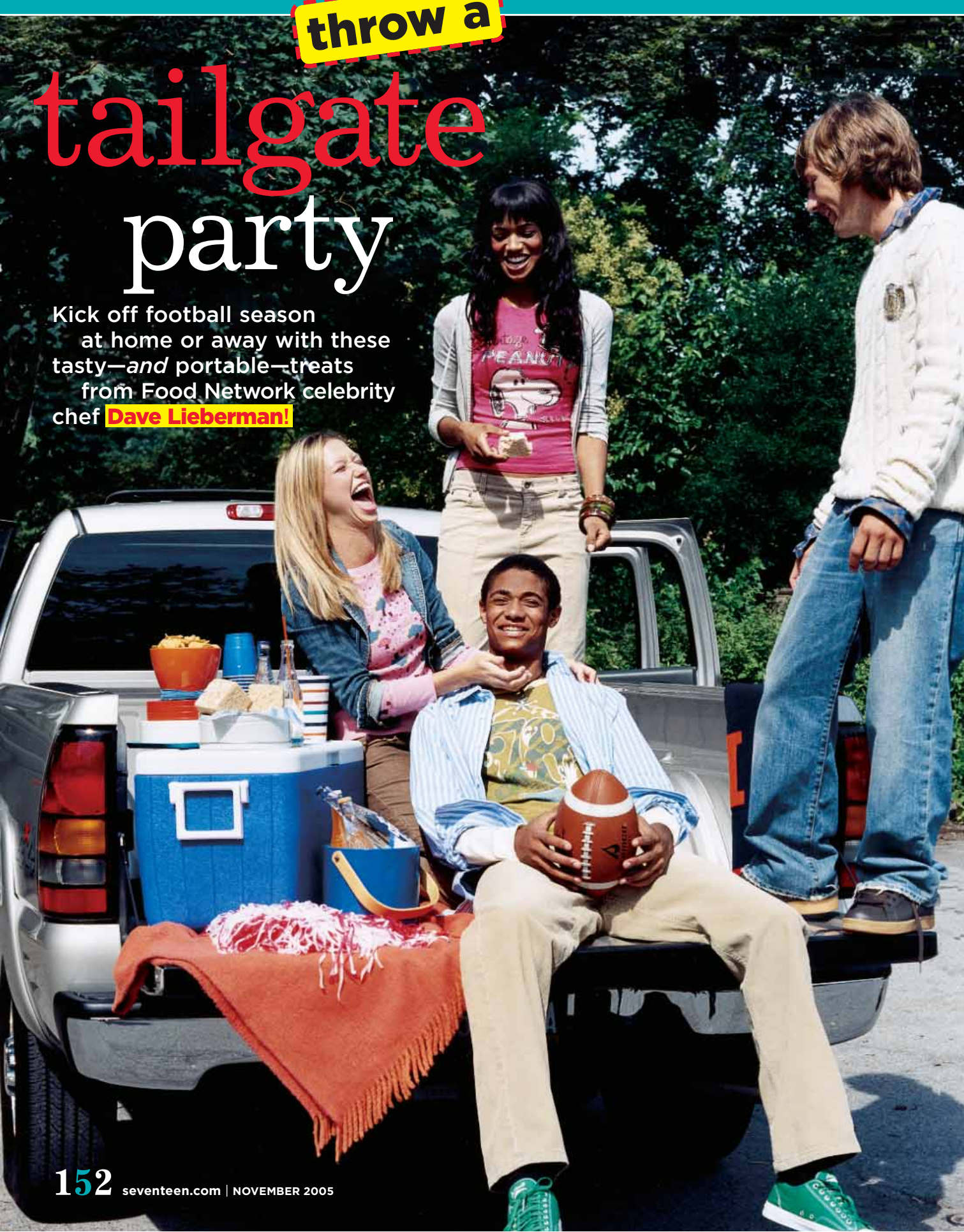
Straight Arrow®

fun stuff

throw a

tailgate party

Kick off football season
at home or away with these
tasty—and portable—treats
from Food Network celebrity
chef **Dave Lieberman!**



mini hoagies



- 1 20-inch baguette
- 6 tbsp. mayonnaise
- ½ lb. each thinly sliced turkey, ham, provolone, and American cheese
- ¼ lb. thinly sliced hard salami
- 1 small head iceberg lettuce, shredded
- 2 plum tomatoes, thinly sliced
- 2 tbsp. vegetable oil
- 2 tbsp. red wine vinegar
- 3 pinches of salt
- 20 grinds of black pepper
- 2 tsp. dried oregano
- 8 toothpicks

- 1 Cut the baguette lengthwise from end to end, and in half around the middle. Spread mayonnaise on the inside of all four pieces of the bread.
- 2 Cover the two bottom halves of the baguette with a layer each of the turkey, ham, provolone, American cheese, and salami.
- 3 In a bowl, toss lettuce and tomatoes with oil, vinegar, salt, pepper, and oregano until veggies are coated.
- 4 Cover the meat and cheese with the tomato and lettuce, and then with top halves of bread. Stick toothpicks evenly through the sandwich. Slice in between toothpicks and serve!

SERVES: 8



TO-GO TIP
For yummy melted treats, let them sit out in the sun!

crispy peanut butter and chocolate bars



- 4 tbsp. unsalted butter
- ¾ cup creamy peanut butter
- 1 10-oz. bag of marshmallows
- 6 cups Rice Krispies
- 1 tbsp. vegetable oil
- 4 oz. semisweet chocolate

- 1 In a large pot, melt the butter over low heat. Once it's melted, add peanut butter and stir until mixture is smooth.
- 2 Stir in marshmallows and cook until fully melted and creamy. Add in Rice Krispies, then mix until they're evenly coated. Remove the pot from the stove.
- 3 Grease a rectangular baking dish with vegetable oil.
- 4 Transfer the mixture into the baking dish. Moisten your hands with water and press the mixture evenly in the dish. Set aside to cool. Once treats have cooled (about 45 minutes), cut them into even squares.
- 5 In a small saucepan, melt chocolate over low heat. Dip the top side of each treat into the chocolate. Place them chocolate-side up on a baking dish to harden (about an hour).

SERVES: 16

mexican dip



- 16 oz. refried beans
- ½ cup reduced-fat sour cream
- ¾ cup prepared salsa
- 1 cup shredded cheddar cheese
- 2 tbsp. chopped fresh cilantro
- 1 20-oz. bag tortilla chips

TO-GO TIP
On the road, skip the microwave and serve this at room temperature.

- 1 Cover the bottom of a microwave-safe bowl with refried beans. Top with a layer of sour cream and a layer of salsa. Cover the dip with cheese, then sprinkle the cilantro over it.
- 2 Place the bowl in the microwave and heat on medium for two minutes or until cheese melts. Serve alongside a separate bowl of tortilla chips.

SERVES: 8

pigs in a blanket



- 1 8-oz. package Pillsbury crescent rolls
- 1 14-oz. package mini hot dogs
- 8 oz. mustard for dipping

- 1 Preheat oven to 375°. Open rolls and separate into eight triangles along the precut lines.
- 2 Cut each triangle in half, then in half again (to make 32 pieces). Place a dog along the widest side of one triangle and roll it up, leaving a dough point on top. Repeat with the rest of the dogs and triangles.
- 3 Set your "pigs" on a nonstick baking sheet so that the dough points are facing up.
- 4 Bake about 15 minutes, or until the dough turns golden. Let pigs cool for five minutes, then pile them on a plate. Fill a small bowl with mustard and place it in the center of the plate, for dipping. Enjoy!

SERVES: 8



17 EXPERT: Dave Lieberman is the best-selling author of *Young & Hungry*, and the host of Food Network's *Good Deal*.

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for the *Seventeen* Reader Model
Contest in partnership with Ford Models

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE OR PAYMENT OF ANY KIND WILL NOT INCREASE YOUR CHANCES OF WINNING. Go to seventeen.com/model for the application. E-mail or mail in the *Seventeen* Reader Model Contest in partnership with Ford Models application and three (3) photos: A close-up, smiling; a close-up with no smile; and a full-length picture. Photos will not be returned. Also send your height, weight, shirt size, pants size, hair color, eye color, and the answer to this question, in 300 words or less: What makes you the perfect *Seventeen* Reader Model? Make sure you include your full name, date of birth, phone number, e-mail address, and the city and state you live in. Mail it all to the *Seventeen* Reader Model Contest, 1440 Broadway, 13th Floor, New York, NY 10018, no later than November 1, 2005. Contest is open to all girls 13 to 19 years old who are residents of the United States, the District of Columbia, or Canada (excluding Quebec). Entries must be received by 11:59 PM EST on November 1, 2005. Entries will be judged by a qualified panel of *Seventeen* representatives and Ford Modeling Agency based upon each candidate's potential as a model and quality of expression. A qualified panel of *Seventeen* representatives shall judge all entries and determine 75 quarterfinalists. *Seventeen* and Ford Modeling Agency representatives shall jointly judge the 75 quarterfinalists and narrow the contestant pool to 17 semifinalists. The 17 semifinalists will be displayed on *Seventeen*'s Web site for viewers to vote on and the top five vote-getters will become finalists. The five finalists will be featured in the magazine and receive a trip with a parent or guardian to New York, NY, where they'll participate in a fashion photo shoot (including having their hair and makeup done professionally). Sponsors will provide round-trip coach airfare, hotel accommodations, and a stipend of \$150 for meals and expenses for the five finalists and the accompanying parent or guardian. One winner as determined by judges from *Seventeen* and Ford Modeling Agency ("Sponsors") will appear in a *Seventeen* magazine fashion story and be awarded a contract to be represented by Ford Modeling Agency for a term of no less than one year, with a minimum guarantee to the winner of \$10,000 net of agency commissions. Employees (and their families) of Hearst Communications, Inc., Ford Modeling Agency, and their parents, subsidiaries, and affiliates are not eligible. The finalists will be selected and notified by phone on or about November 14, 2005. Finalists will be asked to return an affidavit of eligibility/publicity release within seven days of notification, or an alternate finalist will be selected. Only one entry per person. Sponsors not responsible for late, garbled, lost, misrouted, or scrambled transmissions or mail, or incomplete entries; failed computer hardware or software, telephone, server, or other technical failures. Sponsors reserve the right to modify, terminate, or suspend this Contest should virus, bugs, non-authorized human intervention, or other causes beyond the reasonable control of Sponsors corrupt or impair the administration, security, fairness, or proper play of this Contest. Taxes on prizes and expenses not included in prize description are the sole responsibility of winners. Prize may not be transferred, assigned, or redeemed for cash. Sponsors reserve the right to substitute a prize of equal or greater value. Entries must be original, may not have been published previously, and may not violate the rights of any third party. Sponsors are not responsible for lost, late, stolen, incomplete, or illegible entries. Void where prohibited. All judging shall be by *Seventeen* and Ford Model Agency representatives, whose decisions on all matters are final. Submission of an entry grants *Seventeen* and its affiliates and agents the right in perpetuity to reproduce, publish, use, edit, adapt, and modify the entry in any way, in any and all media, without limitation and without compensation to the entrant. Submission of an entry constitutes the entrant's consent and the parent's or legal guardian's consent to irrevocably assign and transfer to Sponsor any and all rights, title, and interests in the entry, including, without limitation, all copyrights, and to use entrants' names, hometowns, or likenesses and biographies, without compensation, for advertising or publicity purposes (except where prohibited by law). All entries, including the finalists and winner, may be shared with Ford Modeling Agency, which may in its discretion offer the winner and semifinalists a modeling contract. If such a contract is offered, the winner agrees to sign only with the Ford Modeling Agency. Winners agree to release and hold Sponsors harmless from any liability arising out of participation in this contest or acceptance and use of any prize or compensation. To receive winner's name, send a self-addressed stamped envelope after May 1, 2006, to *Seventeen* Reader Model Contest Winner, 1440 Broadway, 13th Floor, New York, NY 10018.

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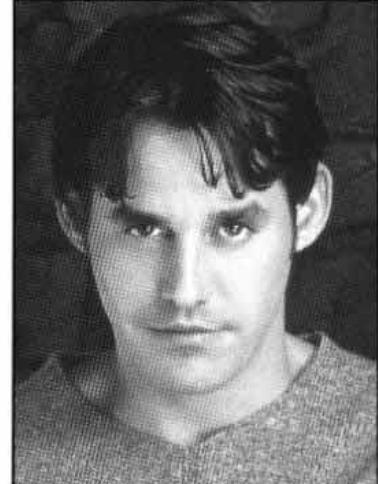
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SCORPIO

October 23–November 21

You've avoided telling that person close to you how upset you are with them—and it's going to weigh on your mind for most of the month. But when communicative Mercury retrogrades into your sign on the 26th, let them know how you feel. If you miss *this* chance, your friendship will be over by December.

PISCES

February 19–March 20

A new Moon in the travel sector of your chart on the 2nd will have you dreaming of getting away. But your list of commitments (both school- and family-related) is particularly long this month, leaving you no time for an escape. Don't fret! Stay the course in November and you'll be rewarded with a trip in December.

CANCER

June 21–July 22

You're in the spotlight in November, and for once, you don't mind all that attention. The Sun in Scorpio will get your creativity flowing, and by midmonth, you may find yourself performing at a school event. With your star on the rise, friends will be a little jealous—but they'll get over it when they see how good you are.

SAGITTARIUS

November 22–December 21

You'll be out of the spotlight this month, much to your dismay. But make the most of this time-out and focus on the things you've let slide recently, like your schoolwork. Also, your cash flow will get a big boost as Venus changes signs on the 5th—spend some of it on a friend you've been meaning to hang out with.

ARIES

March 21–April 19

Your ruler, Mars, takes a lot of hits in November, causing the 7th and the 18th to be extra stressful and hard for you. Avoid taking your strife out on others. If you keep your cool, everyone will be so impressed with the way you've handled yourself that by the end of the month, you'll forget just how rough a time it was.

LEO

July 23–August 22

With aspects to controlling Saturn in your sign this month, don't be surprised if people start picking fights with you for no reason. The 3rd and the 18th will be especially difficult, but your ego will be strong enough to withstand their hurtful comments. Be the bigger person and ignore all that negativity.

CAPRICORN

December 22–January 19

No, it's not in your head—everyone is staring at you these days. But it's only because you're radiating confidence this month, and people can't take their eyes off you. Take advantage of this newfound attention—*now* is the time to get close to that special someone you've been admiring from afar.

TAURUS

April 20–May 20

Someone you met briefly early in the month will become a full-out infatuation when the Moon goes full on the 16th. At first, he'll give off the not-that-into-you vibe—but it's only because he's intimidated by your strong personality. Let him get to see your loyal, dependable nature and you'll win him over soon after.

VIRGO

August 23–September 22

Mercury, your ruler, goes retrograde this month—so miscommunication and confusion are headed your way. Case in point: After the details are set in stone for a big event taking place around the 23rd, things will slowly start to unravel the day before. Take the lead and preempt a major mishap by staying on top of the plans.

AQUARIUS

January 20–February 18

Your ideas have always been ahead of their time. But Neptune in your sign this month is warning you not to get carried away by your own imagination. You may have big ideas for that upcoming party or event, but put into play only what realistically can get done—or your helpers will resent you for living in a dream world.

GEMINI

May 21–June 20

Your life is all business this month, and you'll have little (if any) free time to spend with friends. Make an effort to get your work—and the important tasks you've been procrastinating starting—out of the way now. Come next month, your calendar will be packed with more fun things to do, and you *won't* want to miss them.

LIBRA

September 23–October 22

This month Venus, your ruler, highlights your domestic abilities—and you'll find yourself wanting to clean excess clutter out of your room (and your life!) for good. Get rid of those certain sentimental items that always make you feel sad—it's time to move on and make room for newer, happier mementos of love.

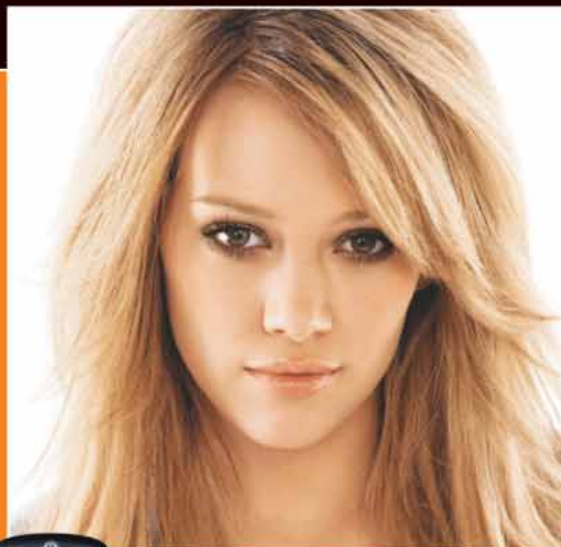
astro news: A powerful Sun-Mars-Neptune aspect pattern on the 7th reveals that someone close to you may be trying to keep you out of the loop on an important issue. Don't be left in the dark—keep your eyes and ears open, and see if you can find out what's going on.

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