

WHAT CAMPUS NURSES WANT YOU TO KNOW

# FamilyCircle®

SUZE ORMAN'S  
**MONEY ADVICE**  
FOR TEENS

THE SECRET TO  
**GETTING ORGANIZED**  
STARTS IN YOUR PURSE

DINNER TONIGHT  
**NEW LUNCHES**  
TOMORROW

## HAVE YOUR BEST FALL EVER!

STRESS-FREE MORNINGS, REBOOTED  
ROUTINES, IRRESISTIBLE RECIPES



PLUS:  
PROTEIN-PACKED WAFFLES  
FROM GUEST JUDGE  
**DAPHNE OZ OF MASTERCHEF**  
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### No More Sad Coffee

So, the coffeemaker at work spits out a poor excuse for a latte—but Copper Cow bridges the gap between barista quality and convenience. Little pour-over filters full of premium Vietnamese coffee perch over your mug and brew a single cup, with the added option of sweetened condensed milk packets (no funky ingredients).

*Coppercowcoffee.com*, from \$10 for a pack of 5 filters

## WHAT YOUR TEEN MEANS

①

**They Say**  
Tea

②

**Definition**  
Gossip or shade. To sip tea means to listen to gossip, usually enthusiastically. To spill tea means to share gossip.

③

**In a Sentence**  
Sansa couldn't help but spill the tea about Jon Snow immediately.  
**Source:** stayhipp.com

STAYHIP

### Simmer Down

Our current favorite dinner shortcut: Masala Mama sauces. All you have to do is pop the top to replicate simmered-for-hours Indian flavors that range from mild (tikka masala and coconut curry) to wild (legit spicy vindaloo). Add chickpeas for the new vegetarian in the fam or chicken for the carnivores. *Masalamamafoods.com*, \$8 each



### FIRST-AID FANCY

Welly—from the creator of Method, the people who made cleaning products seem stylish—makes bandages in mod geometric patterns, packs of ointments, “blister blasters,” first-aid kits with essentials like clippers and tweezers, and more. Plus, the cute packages are stackable. Target stores and *target.com*, from \$5



### VANISHING INK

If you last tried (and ditched) erasable pens back in your grade-school years, this next-gen set might seriously convert you. Pilot's FriXion pens contain a heat-sensitive ink that friction from the rubber eraser actually, you know, erases—without leaving eraser dust all over your paper.

*Pilotpen.us*, from \$6 for a pack of 2



### When Teens Take Flight

The *Grown and Flown* book is like *What to Expect When You're Expecting*...your teen to fly the coop. Armed with advice from experts, parents, teens and more, Lisa Heffernan and Mary Dell Harrington, custodians of the popular *grownandflown.com* community, have compiled the ultimate guide to parenting teens. They cover everything from the biggies, like letting your kid go, to the more practical, like decorating a dorm. Dog-ear it and highlight it in the years to come. *Amazon.com*, \$27

### NAILED IT

Optimism bites you in the butt again: You were *sure* you had enough time to duck in for a manicure before running to a meeting and of course ruined the fresh paint job while reaching for your quarterly report. But Essie Speed Setter Top Coat is a game changer. You swipe it on over wet polish, and less than a minute (not 15 minutes under the dryer) later, you're ready to roll. *Target.com*, \$10

By Caroline Mullen