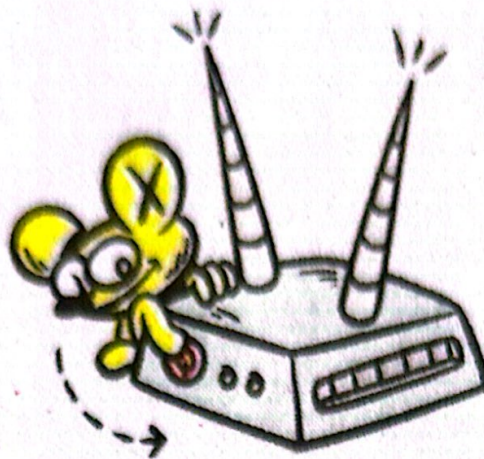
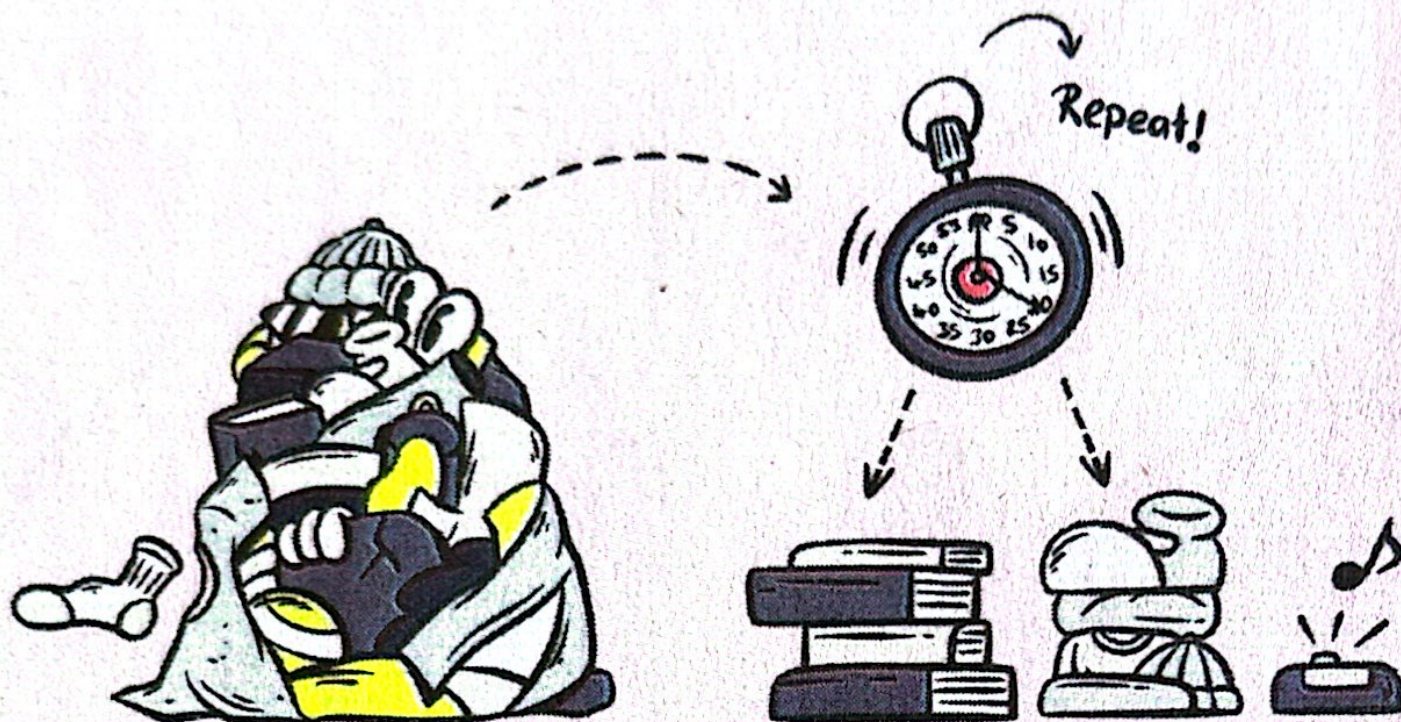


FIX YOUR WI-FI



- ①** Before your Wi-Fi ever goes down, ask your parents where your modem and router (which connect your household to the internet) live. Knowing where they are will be handy later.
- ②** Restart your phone, computer or other device. Something might be stuck or preventing it from connecting to the internet, says Jeffrey Lustina, an I.T. specialist.
- ③** Some devices have a digital switch for the internet. Find it by searching for "Wi-Fi," and make sure it's on.
- ④** Restart the Wi-Fi connection to your house: Unplug your modem and router for about one minute. Turn the modem back on first, then the router.
- ⑤** If that doesn't work, there might be a problem with the neighborhood's internet. Now you can complain to your parents about it, so they can call the provider. In the meantime, how about digging into a good book?

CLEAN YOUR MESSY ROOM



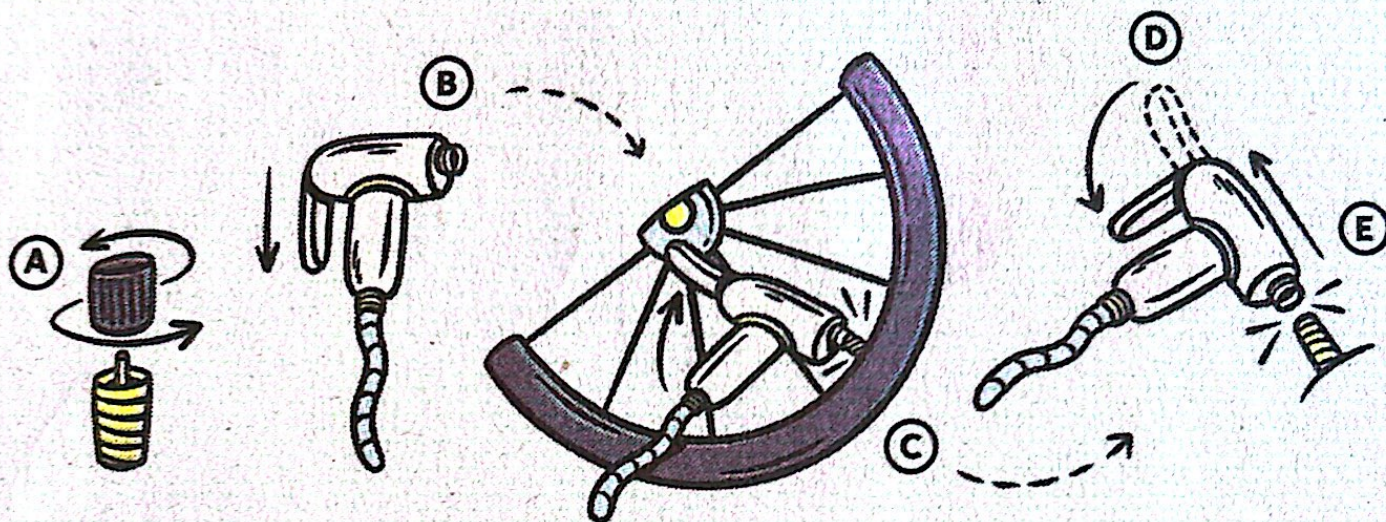
① When your room feels like a disaster, there are a few life hacks to help you clean it, says Julia Raz, a professional organizer. Start by setting a 10-minute timer and seeing how much you can get done. It'll motivate you to get to work. You might even find that you want to continue after time is up!

② Take a garbage bag and throw away everything that is clearly trash. You'll be amazed at how much you find.

③ Next, clear off a flat surface, like a desktop. You'll place similar items together here, almost like a scavenger hunt — one pile for clothes, one for books, one for electronics, etc.

④ Use bins to collect your similar items. Then move them to the part of your room where the stuff belongs and get to putting them away in your closet or on a shelf. (Or leave them in the bins. At least they're off the floor!)

PUMP UP YOUR BIKE TIRE



1 Your bike used to go fast, but now it just doesn't. It might be your tires. To check, pinch each tire or push it down against the ground. If it squishes, it needs air.

2 You'll need a hand air pump, says Dan Oettinger, owner of South Philly Bikes in Philadelphia. Ask your parents if they have one, or borrow one from a friend.

3 Look for a small pointy thing sticking out among the spokes on the inside of your wheel. This is the air valve, where you'll attach the pump. Unscrew its cap by turning it counterclockwise.

4 On one end of the pump is a handle.

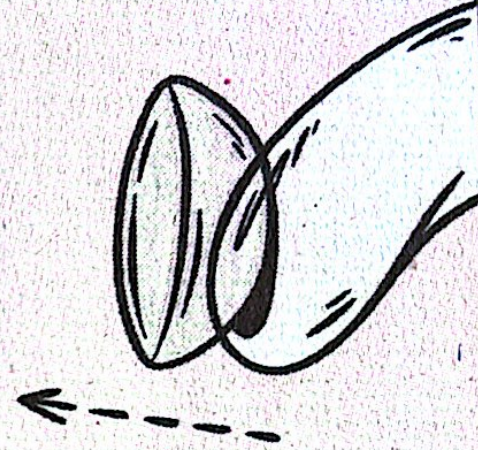
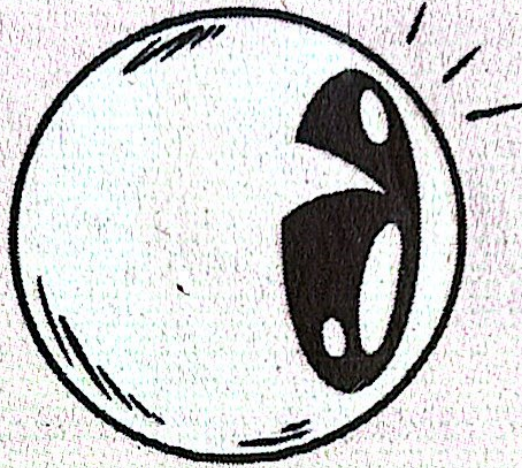
On the other is a nozzle and a small lever that flips up and down. Make sure the lever is lying down against the hose, then put the nozzle over the air valve. You might have to push hard.

5 Push the lever straight up. This will keep it locked in place. You shouldn't hear hissing air. If you do, try again.

6 Move the pump handle up and down to push air into the tire. Keep going until the tire feels firm when you squeeze it.

7 Flip the lever down, then wiggle the nozzle off the valve. Screw the valve cap back on. It's go time!

WEAR CONTACT LENSES



① If you're dying to get rid of your glasses, your first stop should be the eye doctor, who will examine you and order your contacts.

② Time to put them in! Wash and dry your hands right before you do, says Dr. Christopher Hsu, an ophthalmologist.

③ Gently use your index finger to lift the lens up. It should look like a tiny bowl sitting on your fingertip. Wet it with some saline solution — never water!

④ Now for the tricky part: Getting it in your eye. Use your other hand to gently pull down the lower edge of your eye-

lid. Aim the contact toward the lower white of your eye (not the pupil) and slowly place it against the eye. It should stick easily, but if not, try again.

⑤ Release your lower lid, then pull your other finger away. Blink a few times until the contact is in place.

⑥ When it's time to remove them, fill a clean and dry case with saline.

⑦ Wash your hands. Then use the pads of your fingers to gently pinch the edges of the contact, so it folds. It should come loose easily. Put it in the case, and repeat on the other side. Till next time! ♦