Back To Basics: For a beautiful devilish look, try to eat food high in antioxidants and to use skin products that contain natural ingredients.

SPF 30 as recommended by the Skin Cancer Foundation, throughout the year, not just during the summer.

4. Antioxidants can be found in plants such as grapes, tomatoes and pomegranate, and in other fruits and vegetables. They can also be applied to the skin using products such as VIVITÉ®. The unique formulation of the skin care line contains antioxidants, which help neutralize free radicals, as well as natural ingredients such as aloe and chamomile. VIVITÉ® skin care line also has GLX Technology™, a powerful salicylic acid that helps infuse the skin with a glycolic compound and antioxidants. GLX Technology™ is a formula matrix that helps infuse the anti-aging benefits of a glycolic compound bound with antioxidants deep into the skin.

The products are available through skin care physicians. Involving a dermatologist in the care of your skin can help keep it healthy and looking its best. To find a physician, visit our ViviteSkinCare.com.

Mother’s Day Gift Ideas

Make Mother’s Day with a great gift that arrives on time and intact.

As for the “how,” need these hints. Choose cushioning that fills all spaces in the shipping container. Select a container large enough to hold all the cushioning. Apply at least three strips of packing tape (not duct tape or Scotch tape) to the top and bottom of the container in an H shape. Put the shipping label with Mom’s full address on the most visible side of the container. Finally, don’t hesitate to ask for help. The more you carry, the better the protection.

For more tips or to create and print a shipping label, visit www. fedex.com or call (800) 463-3339.

Did You Know?

Who Needs To Register?

• Be a U.S. citizen, U.S. national, or resident of the U.S. in Canada or Mexico.
• Not provide more than 50 percent of their own support for the taxpayer.

Children need to register because they are Social Security numbers, but without them they cannot be claimed as dependents on tax returns.

A taxpayer who has a qualifying relative living with him or her must file a tax return even if they do not owe taxes.

For more information about filing a tax return, visit IRS.gov or call (800) 829-1040.