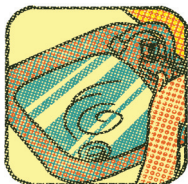


life skills

RESCUE A VALUABLE FROM A DRAIN

We've all experienced the slow-mo torture of watching jewellery fall towards the black hole of Never-Coming-Back-Dom. But save the tears and the F words, David Cook of Hire A Hubby (hireahubby.com.au), says your jewellery can often easily be retrieved. You just need to manhandle your drains and claim back what's yours:



STEP 1 Turn off the tap as quick as you can.



STEP 2 Remove all the items from the cupboard under the sink and place a towel down to catch any splashes. Next, place a bucket beneath the pipes to catch the bulk of water that will be released when the pipes are loosened and removed.



STEP 3 Use a wrench to loosen the collar that joins the pipe to the "S" bend, turning clockwise. Next loosen the collar on the other end of the "S" bend to release the trap.



STEP 4 Take the trap section and tip it so the water flows out and you can retrieve your valuable from within.



STEP 5 Reattach the trap by screwing each collar in a clockwise direction. Turn your tap back on to test water flow and ensure there are no leaks.



STEP 6 Do a happy dance.

BE THE NEW GIRL AT WORK

New boss, unfamiliar demands, pre-existing work cliques, finding a decent coffee shop... Being new girl isn't much fun. But take your

time fitting in, advises Hannah Seligson, author of *New Girl on the Job: Advice from the Trenches* (amazon.com). "Keep in mind that this is work, not a party or girls' night out," she says. "I don't think it's bad to try and ingratiate yourself with the other people at your office, but your priority isn't to fit in with the 'cool' crowd; it's to do your work." You were hired for your skill set so let that do the talking first. Her three new girl no-nos: "Don't be shy (even if you are, project confidence), don't act entitled (no one makes friends saying they don't do coffee runs) and don't talk about the inner most details of your personal life – it's important to create professional boundaries." Oh, and don't be the girl who decorates her work station with 100 photos. Pick one or two, put them in a classy frame and be done. Then ask that intriguing woman where she buys her coffee... *wh*

HAVE A FRIGGIN' AMAZING ORGASM

All orgasms are good. Even the dull ones. But to keep you riding that delicious brink for longer and amplify the release, try these tweaks from *WH* sex expert Jaqueline Hellyer: when you feel the first waves coming on, focus on all the sexual energy in your genital area, and "pull" it slowly up through your body with your breath. Tilt your head back so your throat is unrestricted. Arch your feet. When you feel the climax coming, grip your pelvic floor muscles upwards, to encourage stronger contractions.

