

Making Life More Fun

Tips For Getting The Most Out Of Summer's "Guilt-Tech" Pleasures

(NAPSA)—If you're finding the summer heat too oppressive and the kids are already sick of the pool, you're not alone. Many Americans are floating in the same boat this year. And it comes as no surprise.

According to the National Oceanic and Atmospheric Administration, the globe experienced the tenth warmest May since record keeping began in 1880. So with the mercury on the rise and your splish already splashed, it's time to get creative and amp up the indoor fun.

Stay cool, save money and enjoy the season using some of the technology you already have in your home.

Savory Surfing—One of summer's best-loved guilty pleasures is undoubtedly eating. There's no faster way to spice up your summer menu and bone up on cooking techniques than by surfing Internet recipe sites or checking out your digital cable On Demand listings.

For example, want to cool down with a summer treat, but you don't have an ice cream maker? Your high-speed Internet service enables you to connect to a video on how to make delicious ice cream using the basic ingredients and just a couple of resealable bags.

Or if you'd rather heat things up, the secrets of the grill are yours with a couple clicks of your TV remote. Simply check out "how to" programming On Demand to reveal the tricks that will have you claiming the neighborhood title of Grill Master Champ.



Family fun in the comfort of your own home can be at your fingertips—when your hand is on the cable remote.

Movie Mania—Getting your summer movie fix has never been so convenient. Binge on the newest movie hits or relax with the classics. Everyone's favorite genres are On Demand on cable.

• **Summer of Love**—Get out the tissues (and a bowl of that homemade ice cream) and love is in the air! From the never-thought-it-would-happen to the happily-ever-after, you can satisfy your craving for the courtships, breakups and make-ups, not to mention wedding cakes and wedding crashers.

• **Family Fun**—Curl up with the kids and enjoy some old-fashioned bonding. Take your pick of time-tested classics, nature favorites or the latest hot hits your kids have been dying to see.

• **Man Cave Movies**—Reclaim the remote and get in touch with your inner Neanderthal. With gritty Western gunslingers, edgy Vegas grifters and a few hungover best men, the gang's all here for a good time.

For more information on how to pass the hazy days of summer, go to www.thisiscable.com.