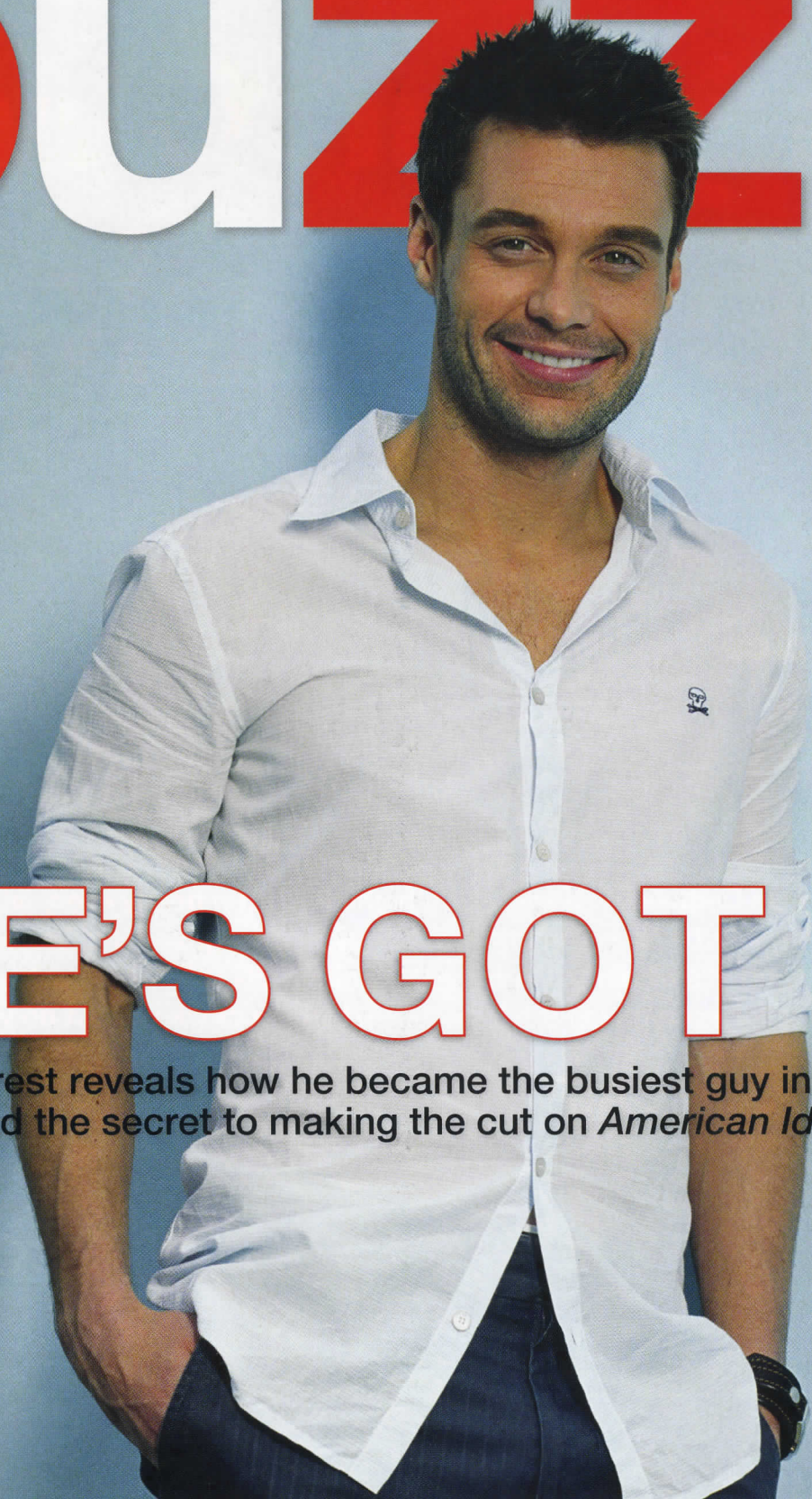


Fashion Faux Pas + Armstrong and Getty's Chemistry + Hunting New Music

Living the Life Comcastic

buzz

WINTER 2007



HE'S GOT IT

Ryan Seacrest reveals how he became the busiest guy in showbiz—
and the secret to making the cut on *American Idol*

Put the NBA on your own shot clock.



Catch game highlights
whenever you want with
NBA Replay On Demand.

With NBA Replay On Demand, you can catch highlights from nearly every NBA game the next day, the Top 10 Plays of the Night, and the best in original programming. Watch anytime you want, as often as you want! It's all part of Comcast's exciting ON DEMAND service, featuring tons of movies and shows for everyone in the family. Don't let the clock run out on you. Call today.

Call 1-800-COMCAST for more information



ON DEMAND and NBA Replay On Demand requires subscription to a qualifying digital cable package and ON DEMAND selections subject to charge indicated at time of purchase. ON DEMAND not available in all areas. ON DEMAND programs subject to change. Call Comcast for restrictions, minimum requirements, and details about services and prices. All logos and trademarks property of their respective owners. ©2007 Comcast. All rights reserved. NBA, the NBA logo and team identifications are the exclusive intellectual property of NBA Properties, Inc. and the respective member teams. ©2007 NBA Properties, Inc. All Rights Reserved. All photos courtesy of NBA Entertainment. Photo: Rocky Widner/GETTY IMAGES.

Contents

> winter 2007



FEATURES

8 CHEMISTRY SET
Silly and serious blend seamlessly on Armstrong and Getty's mega-popular radio talk show.

10 THE TALENTED MR. SEACREST
Superstar Ryan Seacrest chats up *Buzz* about his ambitious career and what kind of talent it takes to make it big.

DEPARTMENTS

4 FIRST LOOK
Kids' chat-room lingo, car shopping made easy, home-grown videos On Demand, and the latest offers and deals.

7 GET THE DOWNLOAD
Stuck in a musical rut? Tune in to what's new through Comcast On Demand and Comcast.net.

13 ON SCREEN
Sample four new channels of hit programming on Comcast.

14 LIFE AND HOME
Is your look up-to-date? Style Network star Finola Hughes dishes the truth about how to know.

15 TECH TALK
Strengthen the security of your home computer with the free Comcast Toolbar 2.1.

The Buzz on Buzz Welcome to Comcast's *Buzz* magazine, your hands-on guide to enhancing your life with Comcast. We know people are busy, and so our products are all about convenience and ease of use. *Buzz* is an entertainment magazine that brings you the best of the best of Comcast products and services through simple tips. And, of course, if you need service support, we're here 24/7. Enjoy this issue of *Buzz*—and enjoy the life Comcast!

comcast **CONTACT US** > www.comcast.com < > 800-COMCAST <
For editorial comments, e-mail buzz_comments@comcast.com. For service issues, visit www.comcast.com or call 800-COMCAST.
Not all services available in all areas. ON DEMAND selections subject to charge indicated at time of purchase and are subject to change.
©2007 Comcast. All rights reserved Volume 2, Issue 1. *Buzz* is published by D.C. Pubs, www.dcpubs.com.

MOVING? Call 800-COMCAST to transfer your service before you move. It's that easy!



Kids' Korner: Parents: r u sitd?

> Hey Mom or Dad, are you ("r u") still in the dark ("s itd") about what your child is saying in Internet chat rooms or via instant message (IM)? Today's wired kids have pared down written English into a Net lingo that makes for speedier banter—not to mention aids parent evasion and masks brazen come-ons. Learning the lingo is one way to take an active role in your child's online safety. Below are a few terms parents should be aware of.

- PIR:** Parent in Room
- PAL:** Parents Are Listening
- KPC:** Keeping Parents Clueless
- ASL:** Age/Sex/Location
- WYCM:** Will You Call Me?
- LMIRL:** Let's Meet in Real Life
- OLL:** Online Love
- F2F:** Face to Face
- SMEM:** Send Me an E-mail

Comcast.net offers a wealth of resources and information to help parents keep their kids safe online, including parental controls via free McAfee Privacy Service software. You'll also find links to other sites—such as www.getnetwise.com—with specific guidelines to ensure online safety. Just go to www.comcast.net/security.

[Source: www.netlingo.com]

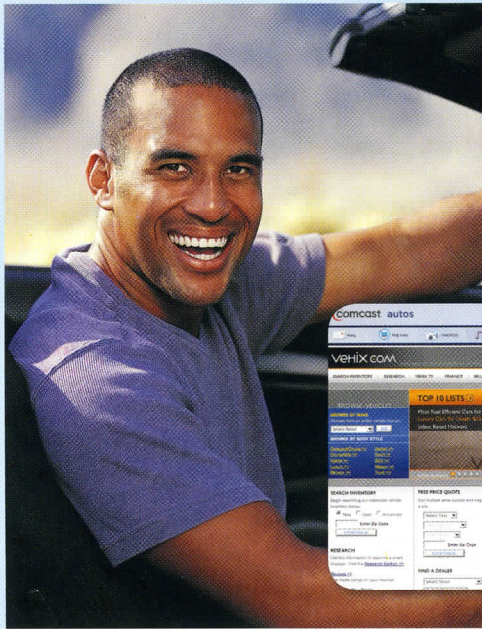
> Access to mature programming

Q: How do I set parental controls to block access to adult content like Howard Stern On Demand and the Playboy Channel?

A: By using the Locks Setup, you can ensure that your children or others will not be able to view mature programming.

1. Press "Menu" on your remote, then click on the padlock icon.
2. You will be prompted to set a four-digit Locks PIN. The holder of this PIN can use it to adjust the parental controls or to bypass them to access mature content.
3. Set the TV Rating Locks to block TV programs with certain ratings, such as "adult." Set the Movie Rating Locks to block mature movies (R, NC-17), and set the Channel Locks to block entire channels, such as HBO or Playboy.





In the Driver's Seat

> The glee of new-car shopping can turn to dread when a slick salesman fast-talks you into a corner. That's why you need to do your research before you step onto the car lot. Vehix, yet another free and indispensable tool at Comcast.net, gives you the power to purchase wisely. One comprehensive site delivers a truckload of features: Take a virtual test drive of a Ford Mustang, read unbiased reviews of 2007's hottest rides, scan the full specs of a Toyota Prius, or learn which minivan has the top safety rating. Better yet, search local inventories to see which dealers have that cherry-red MINI Cooper you want, then get a price quote. Vehix makes car-shopping feel like a Sunday drive. Just go to Comcast.net, and click "Autos."

Back to School

Comcast did its homework and determined that Northern California schools needed our support in the wake of severe budget cuts. For the past four years, we have dedicated Comcast Cares Day to delivering much-needed upgrades to local schools. Most recently, we mobilized on October 7, 2006. In the Bay Area, a volunteer army of 3,171 Comcast employees visited 18 schools and tackled an ambitious one-day to-do list, fixing classrooms, and libraries, cleaning up school yards, and repainting basketball courts.

In central California, nearly 1,400 Comcast employees and their families hit 12 sites from Chico to Sacramento and beautified not only schools but also neighborhood parks and local nonprofits' buildings. By creating cleaner and safer environments, we hope Comcast Cares Day helps kids and families learn and prosper.



THE VIDEO REVOLUTION WILL BE TELEVISED

> Everybody's a comedian, right? Actually, these days everybody's a filmmaker. Right now, your neighbors and their kids are probably producing a wacky one-minute sketch comedy, and who knows: If it's any good, you might see it on Comcast On Demand. A new feature called Ziddio takes video sharing beyond the Internet and delivers the slickest, funniest, and oddest homegrown flicks in America straight to your TV. To see 10-year-olds wielding lightsabers in their backyards and 40-year-olds giving safari tours of their disastrously messy homes, tune to Channel 1, then go to "Cutting Edge" and "Ziddio." Would-be Spielbergs should visit www.ziddio.com for more information.



What's

Bubbling in the Lab?

The ingenious inventors at Comcast.net are always thinking of new innovations to make each click of your mouse more useful or fun. Now you can peek into their laboratory to glimpse—and download—the latest virtual features under development at Comcast Interactive Media Labs. In the past year, our team of techies has unveiled a slew of new goodies: PlayGames for free gaming, the Fan 3.0 for free music videos, TV Planner to find the best of TV, and C Info for easier e-mail and web searching. Keep up with the cutting edge by trying out the free “beta” versions of these programs at <http://labs.comcast.net>.

OFFERS AND DEALS

> Discounted Golden State Warriors tickets

Score \$45 seats for \$20 for the following Warriors games*:



- > **Denver Nuggets:** Wednesday, March 7
- > **Dallas Mavericks:** Monday, March 12
- > **San Antonio Spurs:** Monday, March 26
- > **Memphis Grizzlies:** Sunday, April 1
- > **Utah Jazz:** Monday, April 9

To purchase, call (888) GSW-HOOP and press “2” or go to the single-game tickets section at www.warriors.com and use the promotional code “COMCAST” for any of the games listed above.

*This discount can also be redeemed at ORACLE Arena Box Office on the day of game only, starting at 5:30 p.m. This offer is redeemed on a first-come-first-served basis and is subject to availability. This offer may not be redeemed for cash or credit. Offer expires Tuesday, April 10, 2007.



MUST-SEE TV

Mon.–Fri. 1/14	<i>In Wine Country</i> <i>Rome</i> premiere— final season	On Demand* HBO**
1/15	The Golden Globe Awards	NBC 11**
1/22	Warriors vs Lakers	FSN HD
1/25–1/28	Winter X Games 11	ESPN
2/4	Super Bowl	CBS 5**
2/5–2/11	AT&T Pebble Beach National Pro-Am	The Golf Channel/CBS
2/11	The Grammy Awards	CBS 5**
2/25	The Academy Awards	ABC 7**
4/8	<i>The Sopranos</i> premiere— final season	HBO**

*For On Demand programs, tune to Channel 1. **Also available in High Definition. Programs subject to change. Not available in all areas. HBO® and Rome™ are service marks of Home Box Office, Inc.



> Stuck in a musical rut? Tune in to what's new through Comcast On Demand and Comcast.net.

Music trivia time: What do Eric Clapton, the Cardigans, Anastacia, Everclear, Black Sabbath, and *you* have in common? Answer: You've each got a song you call "Sick and Tired." In Clapton's tune, he sings a bit angrily, "I'm sick and tired of the way you carry on" over blues-guitar riffs, whereas Anastacia, in her 2004 pop-rock hit, uses her dynamic voice to wail, "I'm sick and tired of always being sick and tired." Your version is less melodic and somewhat whiny as you complain to friends, "I'm sick and tired of my CD collection. I want to hear something new!"

"We all want new music to come to us without having to hunt for it," says Kevin Boyce, entertainment senior producer at Comcast.net. Fortunately, in the digital music age, you don't have to hunt or dig or be a record geek to know what's cool. If you're stuck singing the same refrains, Comcast On Demand and Comcast.net can make finding new music simpler than a four-chord melody.

Rock out on your couch. So what if MTV barely plays music videos anymore: Hundreds are available for free through Comcast On Demand. The next time you're channel surfing with a short attention span, tune to Channel 1 and check out the myriad categories, from alternative rock to contemporary country. You can't truly appreciate Christina Aguilera's or My Chemical Romance's new hits until you've seen the videos.

See who's big-time. At www.comcast.net/music, browse a list of Rhapsody music service's most-listened-to new albums, tracks, and music videos, like Beyonce and John Mayer, and sample each with a click of your mouse. Or click on Comcast's Pick of the Week, a spotlight on a new or established artist.

Dial in the mood. Comcast morphs your TV into a jukebox with dozens of Music Choice channels. Set the background to your party with continuous R&B hits, or let light classical float over a family dinner. If a tune catches your ear, glance at the TV screen for the song and artist names.

Tune in and turn on. At home or work, download Rhapsody Radio PLUS at Comcast.net, and explore more than 100 commercial-free stations playing everything from hip hop and jazz to indie rock. "You can also custom-build your own stations," adds Boyce. "Enter your favorite artists and Rhapsody will play their songs, as well as songs of related artists."

Don't stop believin'. Use Rhapsody to traverse endless new worlds of music. Your starting point: the artists you already like. Type a name into Rhapsody, such as *Springsteen* or *the Killers*, and it will pull up all their albums, as well as a list of similar artists and influencers. Then listen to them instantly. You'll never sing "Sick and Tired" again. —By Don Knapp



By Jackie Krentzman

Chemistry

You never know what's coming next on Armstrong and Getty's top-ranked radio talk show

It's 9 a.m. on a rainy morning, well into the *Armstrong and Getty Show*, when the pair hit their stride.

Jack Armstrong and Joe Getty, whose drive-time radio talk show has one of the biggest followings of any show in Northern California, are thoughtfully dissecting California politics: the frustratingly slow pace of political change, the prevalence of dirty political tactics, the legislature's propensity to spend and spend.

And then they make The Transition.

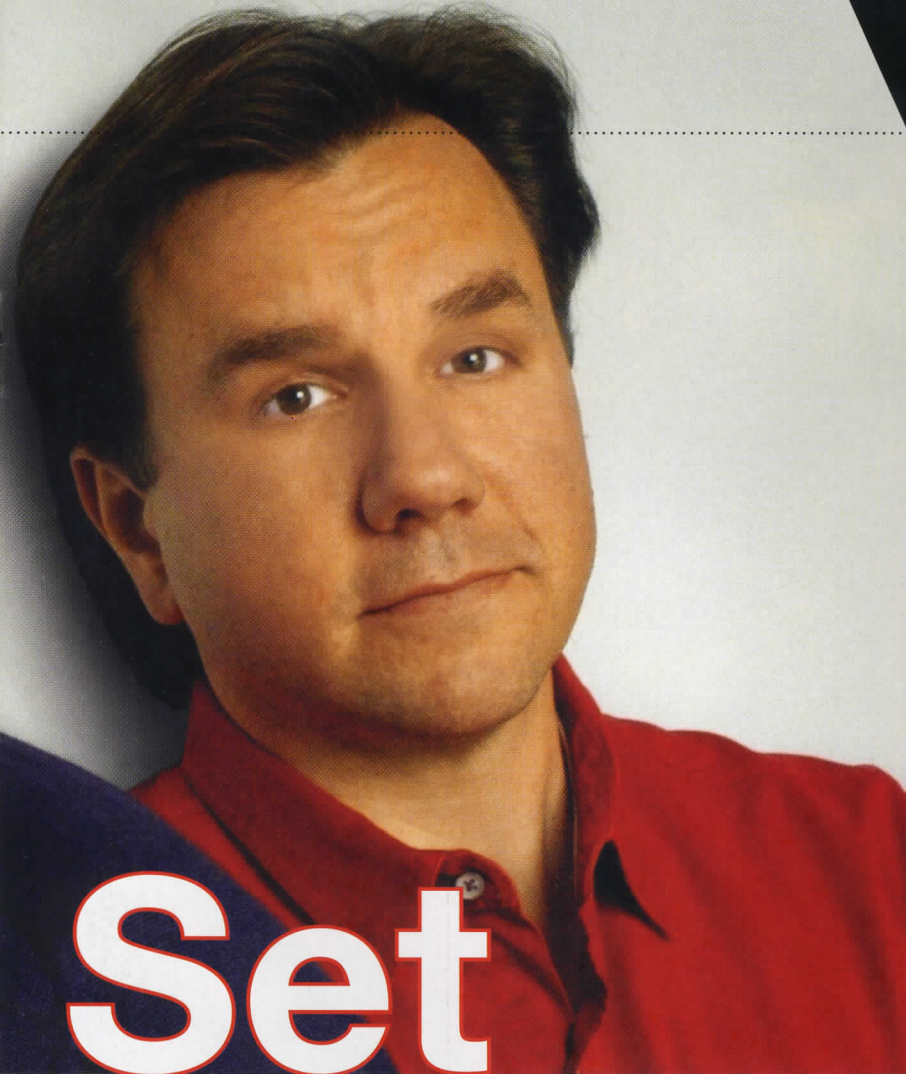
"A guy was kicked out of a health club for grunting," begins Armstrong.

"Ugh! Ugh!" interrupts Getty, lifting a set of imaginary dumbbells.

So much for the high-minded commentary. But in a nutshell, that's Armstrong and Getty. A&G are known for their rapid-fire and skillful segues from the serious to the silly and back. For the past eight years, the *Armstrong and Getty Show*—broadcast out of Talk 650 KSTE in Sacramento, Talk 910 KNEW in San Francisco, and now on TV through Comcast—has maintained its listeners' loyalty by giving them a dose of political and social commentary (but not too big a dose), leavened by their everyman humor and plenty of skewering of public figures.

"I think we're both capable of being serious for only so long before we gotta make a joke," says Armstrong, who first paired with Getty in 1992 at a radio station in Salina, Kansas.

In today's shock-jock climate, Armstrong and Getty (above right) are more like "mock jocks." Instead of lighting into their callers and guests with mean-spirited rants, their style tends toward ironic jibes. They come across as two buddies hanging out in the den, watching a football game, and meandering from topic to topic. "Our show is a conversation between two friends about what's going on in the world," says Getty. And on this particular morning, the conversation



Set

covers the transcendent qualities of coffee, the war in Iraq, and a Florida police chief who was forced to resign because he wrote a memo exhorting his force to lose weight.

"He's looking around and seeing blubber hanging over the belt of some of his officers," says Getty.

"Well, were the cops fat?" asks Armstrong, clearly annoyed that the police chief was ousted.

"Some of them were," replies Getty. "How dare you tell people what to do as a police chief!" he says, scrunching his face into a look of mock indignation.

Getty, 41, is the more demonstrative of the pair. Wearing olive green slacks, a checkered shirt, and loafers, he looks like the suburban dad of three that he is—until a caller strikes a nerve. Then he may erupt into a rant about governmental waste or NBA crybabies, flailing his arms and launching into one of his numerous imitations of celebrities or "people who do stupid things."

Meanwhile, his partner plays the straight man. Armstrong, also 41, clad in black jeans, a striped, button-down shirt, boots, and two-day stubble, is all about understatement. For every wild Getty gesticulation, he counters with a raised eyebrow or a pursed lip. Their contrasting styles and personalities, which have always made for great radio, play particularly well on TV.

And it's that ineffable chemistry that makes the show so successful. "It's like what I say about marriage: My crazy fits my wife's crazy," says Getty. "I guess it's the same with Jack and I."

A&G'S SECRET FOR SUCCESS? COMCAST

Armstrong and Getty can flow spontaneously from topic to topic because they're so well prepared. Good radio takes research, and much of their show's content is culled from two primary sources: Comcast and real life.

"You have to live your life preparing for the show," explains Armstrong. "When we're not here in the studio, we go off and experience the world and bring the material back."

Much of that experience happens in their living rooms, as power users of On Demand and Comcast High-Speed Internet. Armstrong relies heavily on Comcast for radio material; he's addicted to The Drudge Report website and C-Span2's *Book TV*, which inspire topics to discuss and guests to book.

Getty watches nature shows on HDTV with his kids and constantly uses his dual-tuner DVR. "The DVR is the greatest invention in the history of television," he says. "If my wife and I are watching *The Sopranos* and one of our kids comes into the room just as Tony is about to bash someone's head in, we can pause it.

"Our schedules are wacky, so we have to gather information whenever we've got the time," he adds. "[Comcast] puts all the good stuff at your fingertips."

Catch Armstrong and Getty every morning from 5–10 a.m. on KSTE 650 AM in Sacramento and KNEW 910 AM in San Francisco. And if you live in the Bay Area, watch them on TV on channel 199 KFTY before you leave for work.

KNOWLEDGE ON DEMAND

Take a cue from Armstrong and Getty, and use Comcast to enrich your mind and connect you to the world. For On Demand access to programs on the History Channel, Discovery Channel, Science Channel, and CNN, tune to Channel 1 and go to "News and World."

The Talented

KEEP UP WITH RYAN ON E!

- > *E! News*—Your fix of celebrity gossip and pop culture, every night at 7 and 11 p.m.
- > E! On Demand—The best of E! specials, *True Hollywood Stories*, and *Guilty Pleasures*

READY YOUR DVR!

Don't miss out on must-watch TV and HDTV. Use your DVR to capture Ryan Seacrest in the biggest TV events of early 2007:

- > *American Idol* four-hour, two-night premier, January 16–17
- > E! red-carpet coverage of the Grammys on February 11 and the Oscars on February 25

Mr. Seacrest

By Don Knapp

Superstar Ryan Seacrest chats up *Buzz* about his ambitious career and what kind of talent it takes to make it big

Ryan Seacrest has made a career out of holding a microphone up to two types of people: the celebs who've clearly *got it*—the looks, the voice, the acting chops, the fame—and the hungry unknowns who *want it*. It was those aspiring stars on *American Idol* who first made Seacrest a household name. But these days he also rubs elbows with the biggest names in showbiz, interviewing everybody from Mariah Carey to Ashton Kutcher.

In case you haven't noticed, the affable 32-year-old is all over Comcast Cable and beyond. In addition to *Idol* duties, he anchors *E! News*, interviews luminaries on the red carpet for E!, converses with celebrities on the radio during *On-Air With Ryan Seacrest*, and hosts the weekly radio show *American Top 40*. All this face time with VIPs and wannabes has given Seacrest a unique perspective on talent—who's got the Gift, what it takes to make it big, and why his own career has reached the stratosphere.

As *American Idol* begins its sixth season, do you worry about a drop-off in the level of talent?

Not really. At the end of the day, we need only one truly greater singer, and we usually end up with more than one, and that's what makes the series fun. But I will say that this year, we saw a real interesting cross section of some of the worst singers you've ever seen. I remember talking to Simon [Cowell] over lunch in Seattle, and he gave me this blank stare and said, "I've never heard anything worse *in my life*."

Are you surprised that the show has been so huge every single year?

It's still pretty surreal—and something you never get used to. The show touches so many different ages. I can walk through an airport and have 4-year-olds and grandmas point at me and say, "I love Carrie Underwood" or "I love Bo Bice." I think *American Idol* has tapped into the dream that we all have of making it big, or perhaps the missed opportunity that we may think we have had—that we didn't get to follow that dream.

Obviously, the finalists on *Idol* are fantastic singers, but is there also some intangible quality they possess that others lack?

The ones in the finals are obviously talented, congenial, and interesting to watch, but they're also the ones who would make the best politicians, because they know how to play the *Idol* game: always appearing humble and grateful and knowing that everything they say is a vote for or against them. The ones who make it are not as naive as they once were.

Is that a quality you detect in the established celebrities you interview?

Yes, I definitely see it. I get to see people who turn themselves on or off for the camera, but I'm not going to name any names.

Who are some of the most colorful personalities you've interviewed recently?

It seems like the artists who really know how to perform in an interview and onstage are the ones from [previous] generations. I'm thinking of Barry Manilow, who was on my radio show the other day, and he's such a likable guy. He knows how to be the person his fans expect him to be. Justin Timberlake is another really charismatic performer who just lights up a room when he walks in.

Do people ask you for advice on how to make it in the entertainment biz?

Yeah. I think it comes down to hard work. There really are few people who are willing to work as hard as

they need to. I go to bed every night at 8:15 and get up at 4 a.m., so it takes that discipline.

When did your career begin?

At age 15 I got an internship at a radio station in Atlanta and got hired at 16. I haven't worked outside the broadcast industry since.

Was there a moment when you said to yourself, "I've got it"?

Not really. The only thing I knew I had was the ability to hustle and work hard.

So you're saying your talent is a hard work ethic?

It really is. It's the only thing I possess. Even as a teenager, I did not mind getting [to work] first and staying last. *Ever.*

You host *American Idol*, two radio shows, TV specials, and you anchor *E! News*. Why are you working so hard?

I guess my global goals are to be more than just a guy with a job in the business. Whether it be on *E!* or *Idol* or the radio, my job is relatively consistent: I'm a swinging door who [gives people] access to superstars, and I like being that conduit.

It seems like longevity is important to you.

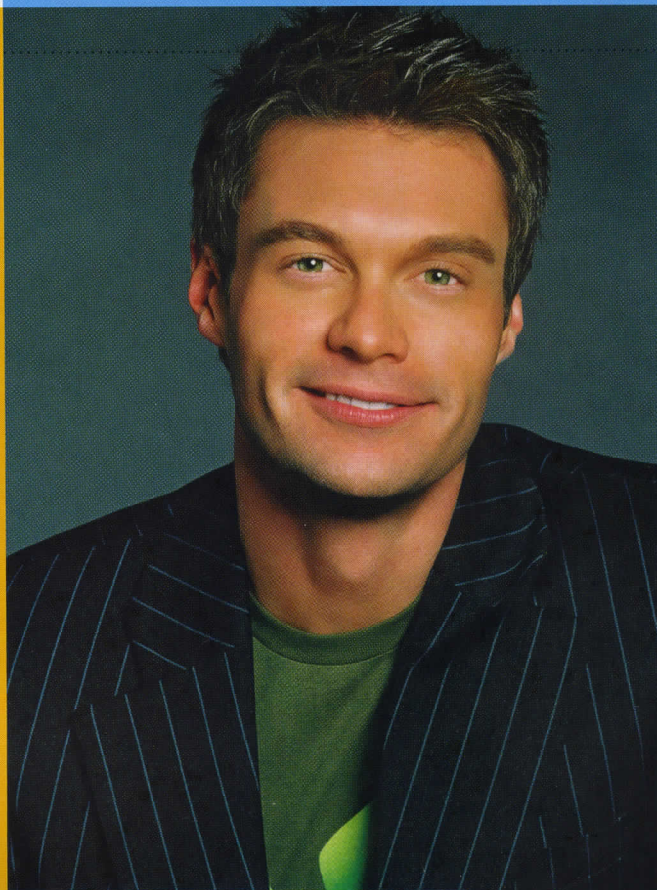
I'm *terrified* of "shortevity." Terrified of the instant gratification and then [it all] goes away. So I guess that's another reason why I feel I've got to hustle and take on so many things at once: I know all the things I'm involved with have a life span. *Idol* isn't going to last forever.

In a *New York Times* article about you, Simon Cowell said, "I gave him a personality. He was the equivalent of nonvintage wine—cheap plonk—and now, as a result of being around me, he's become full-bodied." Care to respond?

Typically humble. I've truly never met a man as vain and egotistical but also willing to admit that he's vain and egotistical. It's part of his charm, and somehow it becomes endearing, which is bizarre. But to be honest with you, he and I are really good friends.

One more question. You said your primary talent is your work ethic. Any hidden talents people don't know about?

I'm exceptional at bowling. OK, *exceptional* may be a strong term. I *love* to cook and think I'm relatively good. And I'm pretty good at organizing my closet.



WHAT'S RYAN WATCHING?

Ryan Seacrest interviews everybody from Paris Hilton and Heidi Klum to Snoop Dogg and Zach Braff, and he keeps us clued in to the best new TV shows and the actors who bring them to life. So what does Seacrest watch on TV when he's not in front of the cameras?

***Grey's Anatomy* (ABC)**—"It's a great show," says Seacrest, "but I always complain that they're always whispering and I have to turn my volume to 12 to hear what they're saying."

***Easy Entertaining With Michael Chiarello* and *Everyday Italian* (Food Network, available On Demand)**—"I'm addicted to these shows. I watch the Food Network a lot."

***The Girls Next Door* (E!)**—"It's a fun show. I've become friendly with Hefner."

***Laguna Beach* (MTV, available On Demand)**—"I really get sucked into the cheesy shows."

***Ugly Betty* (ABC)**—"Another guilty-pleasure show. It was popular in Latin America, and now it's hitting America."



Four Scores

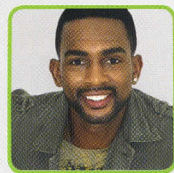
> Sample four new channels of hit programming on Comcast

An ever-expanding universe of programs on Comcast Cable means one thing for you: You can target your tastes like never before. No matter where your interests lie or what your mood dictates, you're going to find a channel or On Demand program that hits the bulls-eye. Check out these four new additions* to our lineup.



1. SOAPNET

Stay up to speed on the tangled plots of cheating lovers, shocking confessions, and daring rescues with SOAPnet, where you can catch same-day rebroadcasts of your favorite soaps in the evening. Now it's easy to keep up with all the drama on *All My Children*, *As the World Turns*, *The Bold and the Beautiful*, *Days of Our Lives*, *General Hospital*, *Guiding Light*, *One Life to Live*, *Passions*, and *The Young and the Restless*. SOAPnet also takes you back to gone-but-not-forgotten favorites, such as *Melrose Place* and *Another World*. SOAPnet originals, including *Soapography*, round out the list.



2. TV ONE

What channel brings together comedian Bill Bellamy, rapper and actress Eve, and Rev. Al Sharpton? TV One, where African American themes and culture are explored through entertaining and thought-

provoking programming. Every generation can find something to watch on TV One, from *Living It Up With Patti LaBelle* and *Sharp Talk With Al Sharpton* to the standup comedy competition, *Bill Bellamy's Who's Got Jokes*. Other TV One originals include Eve's new sitcom, *Eve*, and *TV One Access*, which offers the latest scoops on black celebrities. TV One programs are also available On Demand.



3. MHD

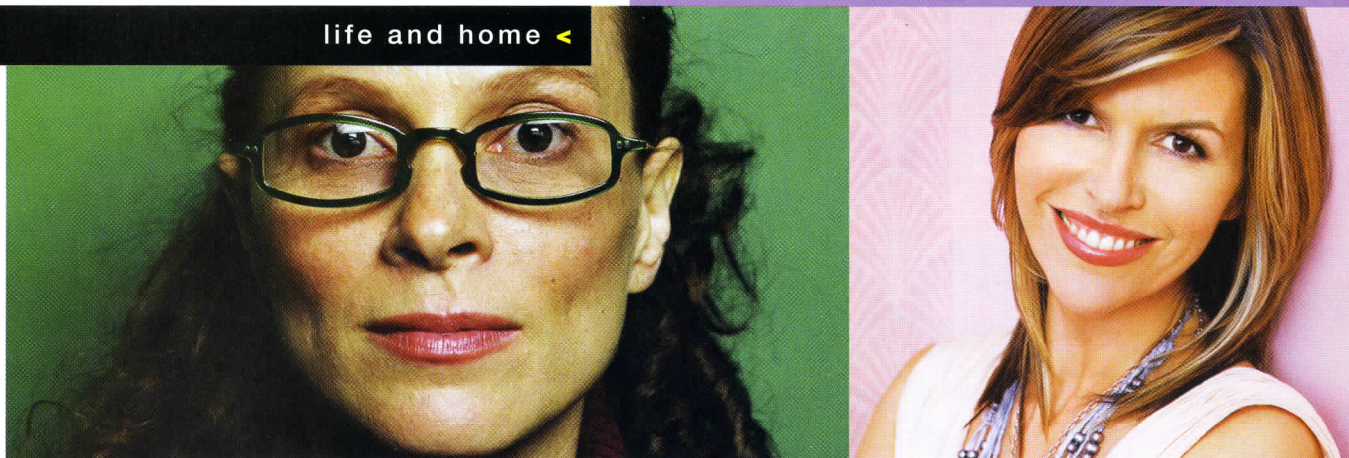
High fidelity and high definition blend together harmoniously on MHD—Music: High-Definition—which broadcasts your favorite music videos, concerts, and artist interviews with razor-sharp clarity. MHD draws its programming from MTV, VH1, and CMT, and includes productions such as *VH1 Storytellers* and *CMT Crossroads*. With MHD, your HDTV never looked or sounded better.



4. TNT IN HD

What's not to like about Jennifer Garner in high definition? The star of *Alias* is yet another enticement to buy an HDTV and tune to TNT in HD. A full schedule of dramatic programs on TNT comes alive in vivid HD: *Law & Order*, *Without a Trace*, high-flying NBA games, and original and blockbuster movies.

*Not all programming available in all areas.



You've Not the Look

> Is your look up-to-date? Style Network star Finola Hughes dishes the truth about how to know.

Style denial. It's a serious affliction that can go undiagnosed for years. Even decades. A case study can involve anything from teal blazers with shoulder pads to corkscrew perms straight out of the '80s. But the worst part? Many of us sink into the depths of fashion oblivion and don't even know it. *Buzz* turns to Finola Hughes, actress, soap star, and host of the Style Network's *How Do I Look?*, to identify the most conspicuous out-of-date but not-yet-retro looks. Gather your courage, and ask yourself, Do any of these labels stick to me?

1. THE JEANS DINOSAUR

If ever there was a trend thermometer, jeans are it. What's frigidly out of style: peg-leg, bedazzled, embroidered, acid-washed, or high-waist mommy jeans. So what's hot? The drainpipe jeans that skinny celebs thread themselves into; but let it be known: The wide leg is also back!

2. THE SNUG BUG

A common species of fashion-phobe. If you're cozy and warm, shuffling around in oversize sweats and plaid shirts, you fall head-over-snicker into this category. "What annoys me is when people decide they want to be comfortable all the time," says Hughes. "Does that mean you want to sit on your couch all day? It's just a lack of effort!"

3. THE SHORTS ADDICT

"I really hate shorts," complains Hughes. "People wear them everywhere: in the city, to dinner, even with socks up to their knees. They're overused and abused." Stylish

shorts for women do exist, but they must be paired with opaque tights, high boots, and great legs.

4. THE HAIR HISTORIAN

"People get frozen in a time when frosted bangs suited them," explains Hughes. Unsubtle hints that you're due for an update: an overprocessed dye job, a fossilized perm, or even the "Rachel" haircut—Jennifer Aniston's *Friends*-era do. In 2007, hair and makeup are more natural: curls are tousled, not permed; brows are shaped, not shaggy; blush is soft and not, as Hughes warns, "a bruise under the cheekbone." For hair as well as clothes, she adds, "the way to stay in your prime is to keep reinventing yourself."

THE STYLE REMEDY

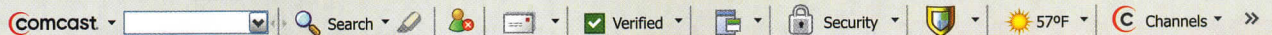
If your fashion faux pas have just been identified, don't hide in the closet, says Hughes—update your look with a few key changes. For practical style lessons and the scoop on everyday fashion trends, these Style Network shows are mandatory viewing: Finola Hughes's *How Do I Look?*, *The Look for Less*, and *Style Star*. —By Hannah Craddick

STYLE AND BEAUTY ON DEMAND

Get style, beauty, and health advice whenever you want with Comcast On Demand programs. Just tune to Channel 1, go to "Life and Home," and check out the latest offerings on the Style Network, then browse other categories on beauty and health.

We've Got Your Back

>> You never know what sort of trouble could be lurking around the corner on the Internet: identity thieves, viruses, spyware, phishing sites. But you don't have to fight back by yourself. Think of Comcast as a protective older brother who keeps the bullies at bay, with our McAfee VirusScan, Personal Firewall Plus, Privacy Service, and Spyware Scan—all free for High-Speed Internet customers. And one more cool tool, the free Comcast Toolbar 2.1, brings these features together and adds even more protection. Have you downloaded it yet? It's fast and easy, so do it now!



ANTI-PHISHING:

Alerts you if you're about to enter a website that our TrustWatch service considers potentially unsafe because of phishing, a scam to trick you into surrendering personal information, such as your banking username and password.



POP-UP BLOCKER:

Blocks the annoying pop-up ads that can make web surfing so frustrating



SECURITY PACKAGE:

Allows one-click access to McAfee VirusScan, Personal Firewall Plus, and Privacy Service



ANTI-SPYWARE:

Detects and removes spyware programs that can monitor your browsing and slow your computer's performance



OTHER COOL PERKS:

Access Comcast's powerful Search tool; click once to read or compose new e-mails, view weather conditions in your area, or check out Comcast.net channels like Finance or Sports.

DOWNLOAD NOW:

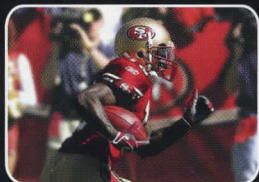
In just a few short minutes, you can download and install the free Comcast Toolbar 2.1. To get it now, go to www.comcast.net/toolbar2.1.

It's to TV what all-you-can-eat is to food.

ON DEMAND. A feast of FREE movies, shows and more.

Watch what you want, when you want, as often as you like.

With ON DEMAND, you have anytime access to a world of top-notch entertainment. Enjoy free Hollywood hits, network favorites like *The Tonight Show with Jay Leno*, and hard-hitting sports action on NFL Replay, NBA TV and more. Plus kids' shows, music videos, and the best in primetime drama. ON DEMAND is free with Digital Cable. So c'mon, tune to Channel 1. And dig in!



It's Easy! Just Tune To
Channel 1

Go to www.comcast.com/ondemand
to see what's new ON DEMAND.

comcast

ON DEMAND requires subscription to a qualifying digital cable package and ON DEMAND selections subject to charge indicated at time of purchase. ON DEMAND programs are subject to change. Not all services available in all areas. Call Comcast for restrictions, minimum requirements, and details about service and prices. Use subject to Comcast Cable Agreement terms and conditions. © 2007 Comcast. All rights reserved.

comcast

P.O. Box 5147, San Ramon, CA 94583

PRSRT STD
U.S. POSTAGE
PAID
MERCED, CA
PERMIT NO. 1372