

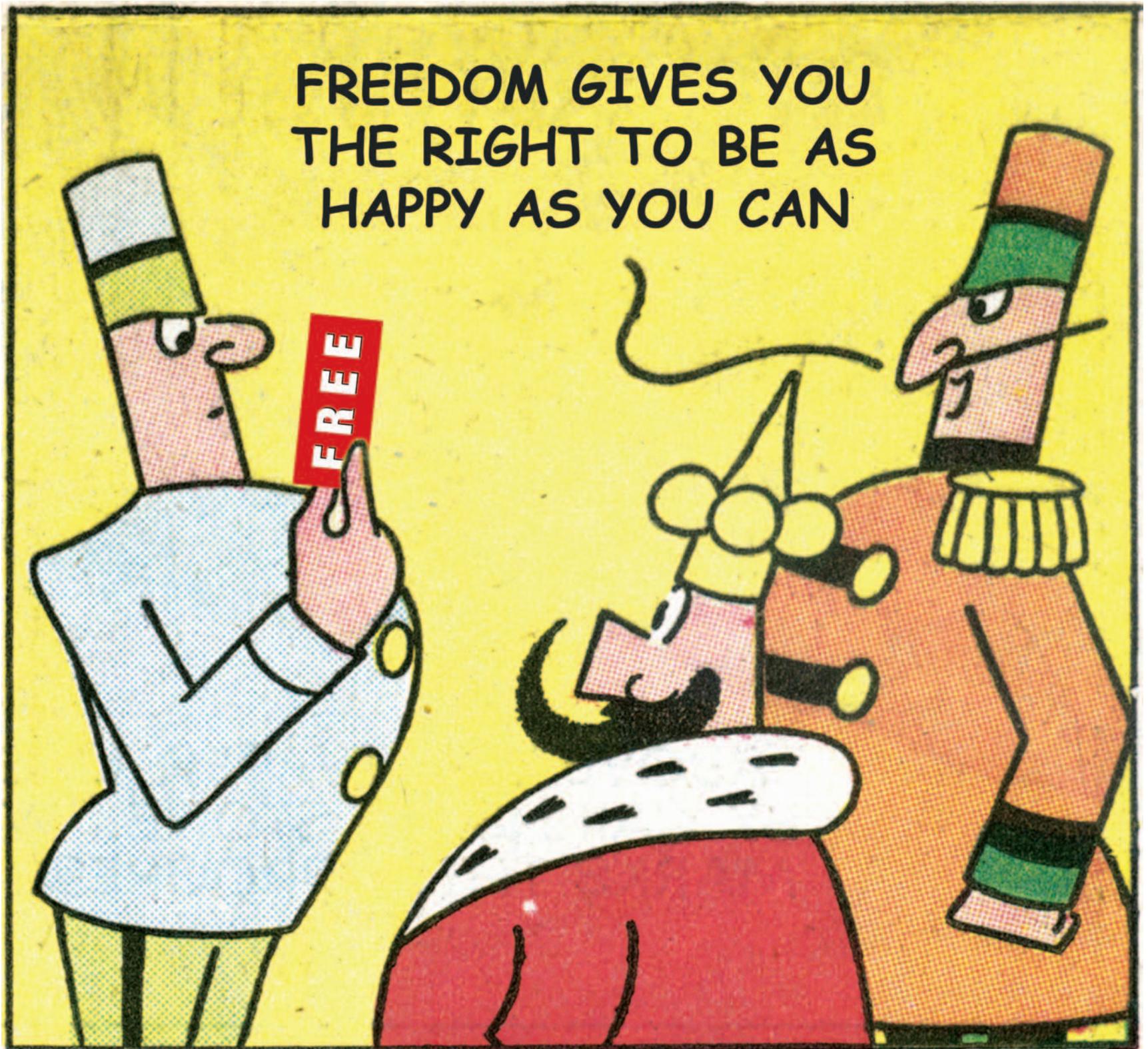
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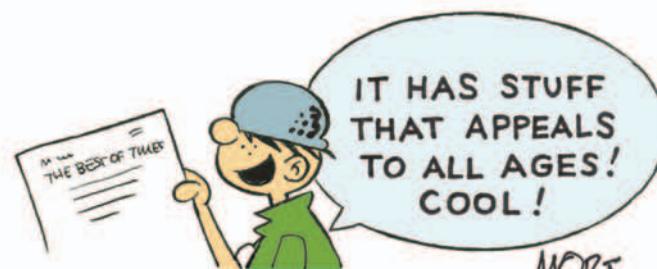


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# DEBBIE TRAVIS' HOUSE TO HOME



## CRACKLE VARNISH BY DEBBIE TRAVIS

*Dear Debbie:* Once again I'm looking for gift ideas that I can make for family and special friends. If the kids can help, all the better, as they are very keen this year. In fact, my two daughters are far more clever than I am at crafting, and maybe your ideas will find their way under the tree for me.

— Vivian

*Dear Vivian:* One of my favorite finishes is crackle varnish — I love it because of its history as much as its look. For centuries, art forgers have used this sophisticated finishing technique to add years and value to a piece. Good forgeries take time and are quite complicated. There's the wood, canvas or paper to age, knowing the right mix of chemicals and paint to get the requisite amount of dirt and splits, while not ruining the beauty of the work. The forgery itself is a work of art!

Furniture manufacturers use similar techniques to create the patina of age. But these days you don't have to be a professional or specialist to produce your own heirloom. The trick to a crackle-varnish finish lies in

the chemical reaction between two opposing coats of varnish; one is oil- and the other water-based. They don't like each other and as they dry, tiny cracks appear over the surface. These special varnishes are sold as kits in your arts-and-crafts store. It's all very legal now. Anyone can join in the fun — even your kids.

You may choose to reinvent an old piece of furniture that you have on hand, as I did here. This bedside table was in good shape, but rather plain. I began by applying a simple painted marble background over the top and sides. To produce the look of marble, mix three colored glazes: 1 part paint to 3 parts glazing liquid. I used pale yellow, burnt orange and burnt umber. Over an ocher base coat, apply the pale-yellow glaze to 100 percent of the surface. While it is still wet, dab on the burnt-orange glaze and a smaller amount of the burnt-umber glaze randomly with a brush, and gently blend the three glazes with a rag to produce a mottled effect.

Following the directions in the crackle-varnish kit, I applied the two coats of varnish over the dry, marbled surface. This is the exciting bit, as you wait and hope that cracks will appear — it takes a few minutes, longer if the air is humid, but all of a sudden you'll see the reaction. Because the varnish is clear, the cracks are barely visible. To bring them to life, I rubbed some burnt-umber artist's oil over the surface and wiped it back with a rag, leaving the dark paint behind in the cracks. If you choose to varnish the top, use an oil-based varnish.

The table drawer was decorated with a photocopied picture of an angel that I found in an old calendar. I used decoupage glue to get it to adhere to the surface and varnished it to seal.

Choose one or two of the many alternatives to furniture finishing that are perfect for a crackle-varnish technique. These make wonderful gifts, and are particularly special due to their unique, handmade charm.

A wooden tray with handles is the perfect accessory for a busy household. Design it to complement the living room or family room for holding snacks and casual meals, or for the back yard or patio to hold everything from cold drinks to garden tools. You can paint or stencil a fitting design, or use decoupage. Frames large and small, boxes and vases can all be transformed; it's up to you how intricate or simple your modern-day forgery will be, but you can be proud of following in the footsteps of many talented professionals.

*Debbie Travis' House to Home column is produced by Debbie Travis and Barbara Dingle. Please e-mail your questions to [house2home@debbietravis.com](mailto:house2home@debbietravis.com). For more ideas, look for Debbie's newest book, "Kitchens and Baths."*

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1. To make a faux-marble background, apply light-yellow glaze over an ocher base coat.

2. Create the mottled look by dabbing orange and umber glazes randomly and softening with a rag.

3. Apply the two varnishes from the crackle-varnish kit. Cracks will appear. Let dry overnight.

4. Rub burnt-umber artist's oil into the cracks and wipe off with a rag.

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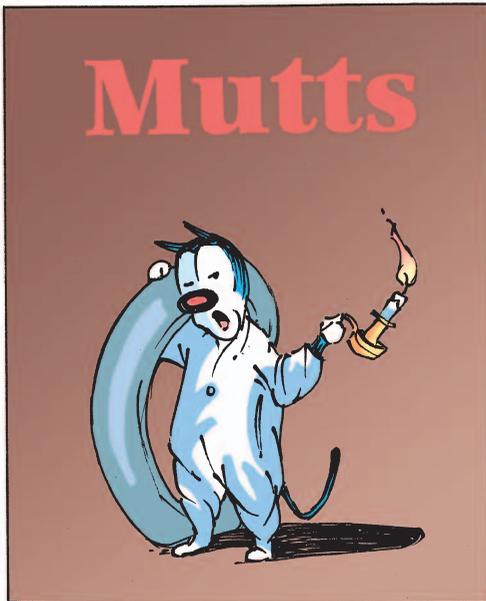
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In March 2005, Dr. Wolpo received his Masters in Cosmetic Dentistry from the acclaimed Rosenthal Institute's Aesthetic Program. In June 2006, he completed a two-year program in Implantology at New York University, and is a Fellow of the prestigious International Congress of Oral Implantologists. His practice utilizes **Simplant**, the most technologically advanced computer software available for implant treatment.

Dr. Wolpo has served as a clinical instructor at Columbia University and has lectured at Columbia University Presbyterian Hospital on geriatric dentistry. He is a practitioner of the state-of-the-art "Teeth in an Hour" program, allowing many denture wearers to return to better oral health, nutrition and quality of life. he has served the Stamford community as the consulting dentist at the William and Sally Tandet Center and at Edgehill retirement home.

Among his numerous civic affiliations, Dr. Wolpo is a member of the Society for Special Care in Dentistry, Stamford Chamber of Commerce and the Stamford Exchange Club.

Dr. Wolpo contributes a great deal of his professional time to treating patients with special needs through ARI and ARC. If you know of someone who could benefit from his unique abilities and expertise in this area, please bring them to his attention. In addition, Dr. Wolpo's practice specializes in elder care and the unique needs of our older population.

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## BOWLING FOR DOGS

BY HELOISE

*Dear Heloise:* Someone wrote to you about how to clean plastic dog bowls with sand once they became “green and slimy.” Pet dishes should never be permitted to get that filthy to begin with — clean, fresh water is essential to keep pets healthy.

I use large, plastic ice-cream buckets for water dishes for my dogs, but I rinse them each time I fill them up and clean them thoroughly with dish soap about twice a week. Use a regular dishcloth or sponge — scrubbing them with sand can create small scratches in the plastic that are perfect places for bacteria to grow. Also, make sure the plastic is food-grade, not something that once held chemicals. Stainless-steel dishes are even better and more durable — we use these for food dishes and clean them in the dishwasher as needed.

Here's a suggestion: Get a spare dish or two, then bring fresh water in a clean dish and remove the other one for cleaning.  
— Ann G., via e-mail

**Fresh water in a clean container is usually not difficult to provide, but sometimes outside, in certain environments, the “yuck” tends to grow rapidly. — Heloise**

### PET PAL

*Dear Readers:* Colleen Anderson of Centerville, Utah, sent in a photo of her kitty Cara. During this past summer, Colleen took both her cats, Cara and Mia, to the family cabin, where she said they really enjoyed being “wild kitties.” In the photo, Cara is wondering “why she can't play with the funny-looking mouse” as she is peering out the window, looking at a chip-

munk eating seeds! — Heloise

### BIRD IN THE MIRROR

*Dear Heloise:* I have a bird that clings to the mirrors of my parked car every day for hours, flapping its wings and pooping all over my car. I've heard of other people having this problem, but no one seems to have a solution. Can you help?  
— Joyce Moore, Washington, D.C.

**Joyce, you need to cover the car mirrors (on both sides) with old socks or any other item that will fit when your car is parked. It goes without saying that you need to remove them when driving. — Heloise**

### AQUARIUM HINTS

*Dear Heloise:* I have fish, which take up a large, 55-gallon aquarium. Through the years, I have learned shortcuts to make keeping their home clean a little easier. The best hint I wanted to share is to keep all the cleaning supplies in a tote marked “CLEAN” and the medicines or water additives in another marked “RX.” These totes make reaching for and using what I need easy and convenient.

Also, when draining the water from an aquarium, don't let it run out into the yard or down a drain. Instead, use the “old” water on your indoor plants — mine seem to love it! — Deborah W., Dallas

**Fresh water is a fabulous fertilizer, but don't use water from a saltwater aquarium! — Heloise**

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*Colleen Anderson of Centerville, Utah, sent in this photo of her kitty Cara peering out the window, looking at a chipmunk*



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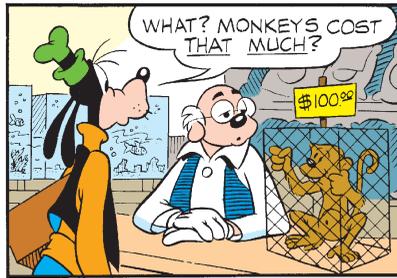
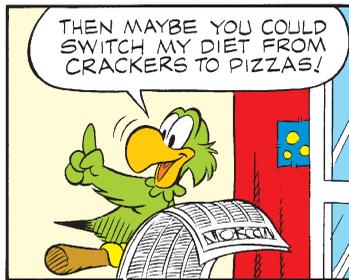
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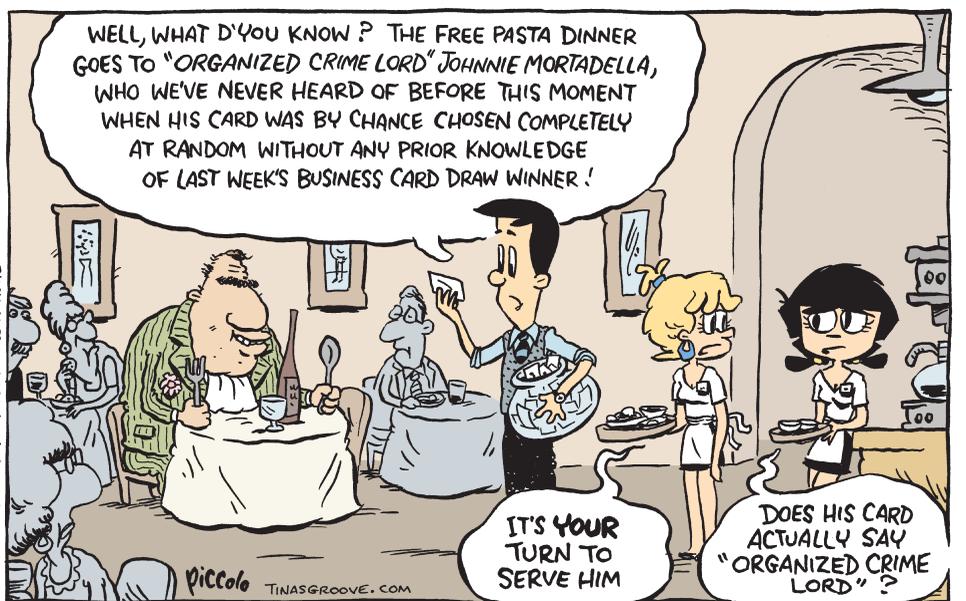
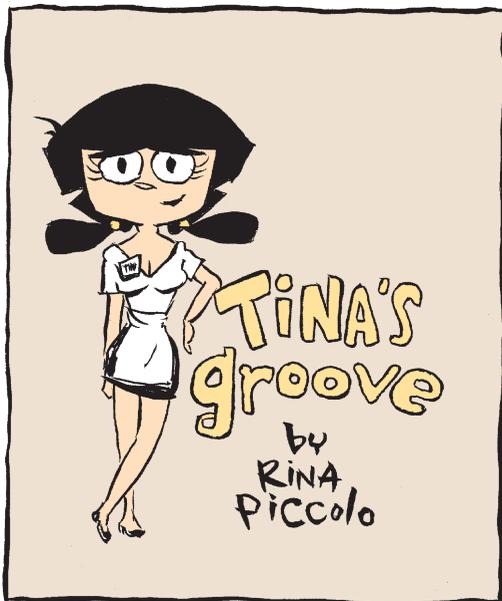
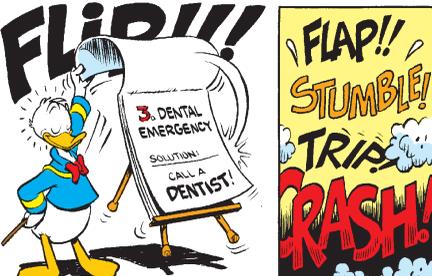
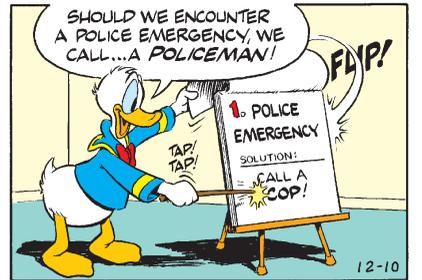
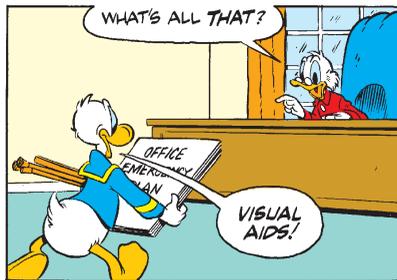
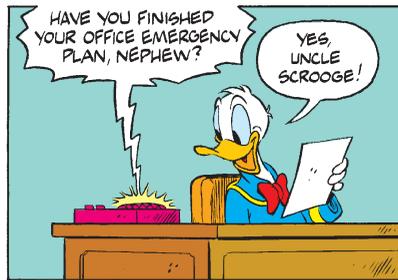
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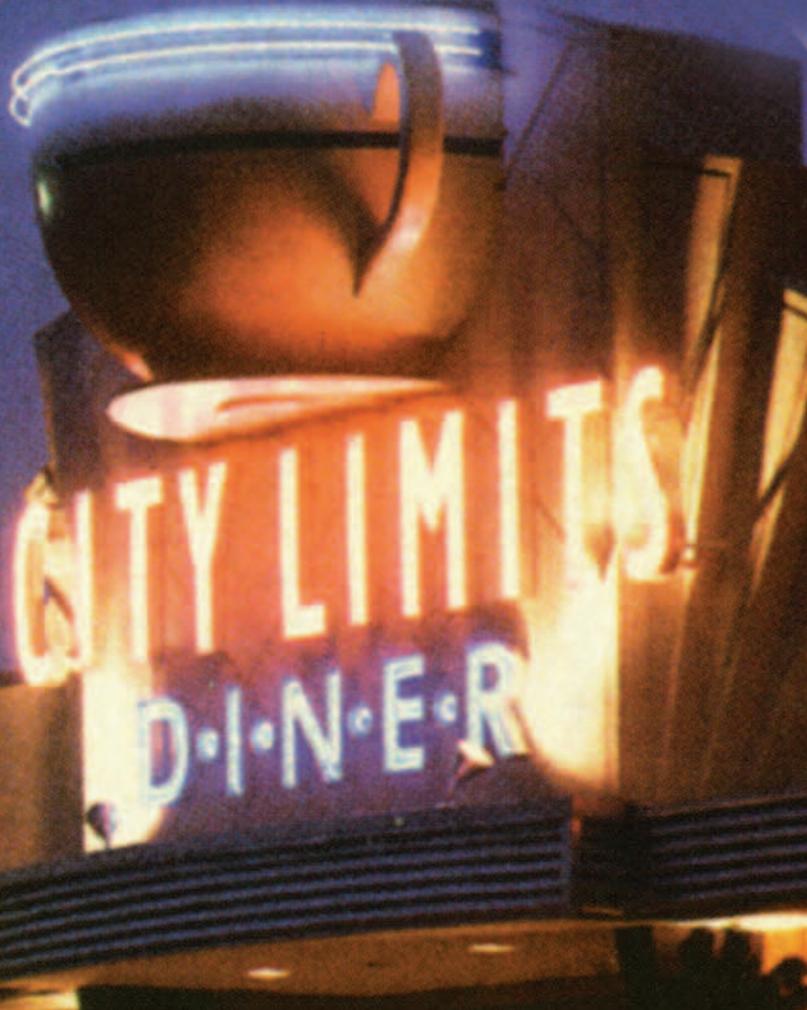
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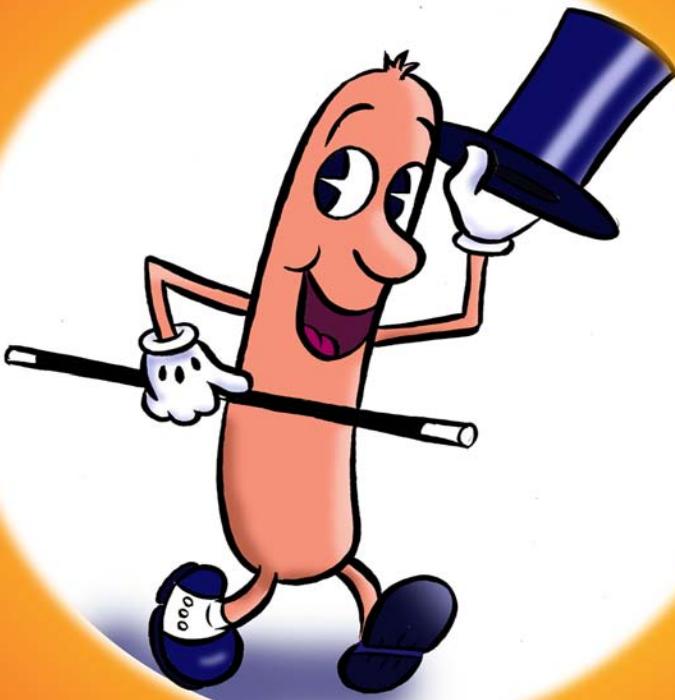
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# Chicken Soup for the Soul



## READY TO FLY

By Dane E. Smith

I entered her hospital room with her chart tucked under my arm. She looked up at me with tears in her eyes. "I want you to do something for me," she said.

"What is that?" I asked.

"Tell me how to be healthy and happy — the way you are." She took a few breaths to calm herself, then continued: "It seems like I keep having some kind of health problem or drama in my life that holds me back. Why can't I be like everybody else and just get on with my life?"

"Jean," I said, taking her hand. "You can be like everyone else. After all, you have a body and a mind; you want to be loved and appreciated and understood — just like everyone. We're more alike than we are different."

I pulled back the covers to examine Jean's surgical wound. As I removed the dressings, I reflected on the mysteries of healing. Long ago I had realized that my job as a doctor goes far beyond the procedures or medicines I offer my patients. I might carry around a bag full of bandages, but patients themselves hold the keys to their healing. Why some people get better and others don't remains mysterious and unpredictable.

I knew Jean well. Throughout the years she had seen me many times, and each time I would open my "bag of tricks" — new prescriptions for her heart problem, for high blood pressure; a new bandage for her knees.

And now the latest procedure — surgery to remove part of her stomach to help her lose unwanted weight. She weighed more than 300 pounds, causing terrible stress on her heart, joints and most of all, on her husband and family. I was ready for the upcoming challenges with her recovery. Jean would, as she had in the past, demonstrate some kind of postoperative difficulty: pain, poor healing, you name it. She would then expect me to offer a magical cure. I wondered when it was that she had decided to give away her innate power to be strong, healthy, vibrant and happy. It seemed she most needed to see herself as a victim.

I replaced the dressing, then sat down and looked deeply into her eyes. "I remember when I was 6 years old," I said. "Back then, Superman was my hero. I never missed watching him on television,

and I learned to read by figuring out the words in Superman comic books. My mom was quite a seamstress, so she whipped together some Superman costumes for my brother and me, as well as for a couple of the neighborhood kids.

"I still remember the feeling of power when I slipped into that suit. I felt as if I was transformed into Superman himself — I could run faster than any kid on the block with my cape flying in the wind. Even kryptonite couldn't slow down this superguy.

"Then one day I decided it was time to fly. So I climbed up on the roof of my grandmother's house in my costume, grabbed my cape and jumped. I can still remember feeling the wind rush through my hair and my heart pounding."

"What happened?" Jean asked.

"When I hit the ground, a new appreciation for reality — and gravity — struck me. Fortunately, it was a low, one-story structure. I limped into the house, my Superman suit all smudged by my crash landing, crying in an un-Superman way. Reluctantly, I told my mom what had happened. She just smiled, gave me a hug, cleaned off my suit and sent me back out to play. She knew I had to decide for myself how I would fly in life.

"Anyway, that was a long time ago, but I never forgot ..."

"Forgot what — how much it hurt?" Jean asked.

"No — I never forgot how great it feels to fly!"

The next day I discharged Jean from the hospital.

Weeks later, she appeared in my office for a postoperative appointment. My mouth dropped open when I entered the examining room: There stood Jean — now a much lighter person — wearing a Superwoman costume.

Still smiling at me, she said, "I'm ready to fly."

\* \* \*

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# FROMMER'S BUDGET TRAVEL



BY ARTHUR FROMMER

The public image cultivated by Walt Disney World in Orlando, Fla., is one of benevolence, sweetness and light. In actual fact, the Disney organization is a fierce business competitor determined to keep you within its own theme parks for every day of your Orlando stay, even if you come to town for a weeklong stay.

In the 1980s, when Universal Studios announced construction of a theme park of motion-picture attractions ("Ride the Movies"), Disney rushed its own MGM Studios park to completion. In the late 1990s, when nearby Busch Gardens enhanced its animal attractions with "Edge of Africa," Disney rushed to create its zoological park Animal Kingdom. Even the U.S. government isn't safe — Disney's multimillion dollar Mission Space astronaut ride at Epcot is a direct threat to the simulators that draw tourists to nearby Kennedy Space Center.

Most recently, in 2005, Disney's Magic Your Way ticket pricing lowered the per-day cost for people who spend several consecutive days at its theme parks ("pay less per day the longer you stay"). Never mind that the vast majority of visitors are satisfied to visit Disney for only a few days. Whereas families spending a week in Orlando used to visit Disney on days one to three, and then devoted days four to six to Orlando's other noteworthy entertainments, they now are being enticed into lingering on Disney property by the considerable economy of lower ticket prices for longer stays.

I'm unhappy about that. Although Walt Disney World is a remarkable achievement in tourism, it would be a terrible mistake to spend your entire Orlando vacation on Disney property. Orlando hosts seven of the nation's 10 most popular theme parks, and three of them — Sea World, Universal Studios and the stunning Islands of Adventure — are not Disney properties. Neither is the stirring Kennedy Space Center, where you can see an actual space shuttle being readied for a launch. If you refuse to leave Disney's campus, you're missing a lot.

Just this past month, Universal has struck back by offering a price of \$85 (including tax) on the Internet for the right to spend all week at the Universal theme parks in Orlando (that compares with a price of \$67 for single-day admissions to the Disney properties). And this coming June, Universal will add a permanent production of "Blue Man Group" to entice

guests to stick around well into the night. Moreover, the four non-Disney theme parks currently offer an Orlando FlexTicket for about \$190, which gives unlimited entrance for up to two weeks to Universal Studios, Islands of Adventure, Sea World Orlando and the Wet 'n' Wild water-slide park. The FlexTicket can be bought in any of the four parks.

What's a good overall strategy? In my opinion, most people will be more than satisfied with a schedule that calls for one Disney park per day for a total of two or three days. Disney's MGM Studios (which is neither a working studio anymore, nor has much to do with MGM) is probably the most skip-pable of the Disney holdings, with Animal Kingdom a close second. Don't let Disney pricing lure you into staying a minute longer than you really need to.

After all, the few dollars you "save" in buying a multiday or weeklong ticket will surely be spent on the overpriced food and souvenirs you buy on those extra days spent at Disney. And your Orlando experience will be all the richer if you allow yourself time to experience its many flavors — as well as the fun of Busch Gardens in Tampa, only a 90-minute drive away.

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THE SUPER HANDYMAN



BY AL AND KELLY CARRELL  
HOT-WATER HEATER NEEDS MAINTENANCE

There's nothing like a long, hot shower. Thank goodness for your water heater. But if you take it for granted, the hot water could stop — and probably right in the middle of one of those hot showers! Here are a few things to consider when caring for your water heater:

The average water heater, because of the way it heats water, collects sediment in the tank. Some are more resistant to it than others, but all would probably benefit from a little periodic cleaning. To drain your water heater tank, along with the sediment, just hook a garden hose to the tap on the front, near the bottom, and run it outside. When you turn the faucet to drain, the sediment should flow out. If you keep the water supply on so that the tank won't run empty, you don't need to shut off the gas or electricity. If you find lots of sediment, you should

drain it more often. Install a hose-end cap to prevent drips.

If your water heater is set on the highest setting, you might try turning it down a notch or two, to see if the water will still suit your needs. You would save money on your utility bills because the water is being kept hot all day long, whether you are using it or not.

You might also consider installing a timer to regulate the amount of time the water is kept hot.

If your water heater is kept in an unconditioned area where it gets cold in the winter, then you should fit it with a jacket. You can buy jackets for all types and sizes of water heaters, and they are easy to install and work well to keep the hot water warm, even in a cold room. Just be sure not to block vents on gas water heaters. Any exposed pipes also should be insulated.

The new tankless water heaters are great at saving energy in many cases, and when it's time to replace your old water heater, you might consider switching to this type. They are not perfect for every household, so consider your options carefully.

Being in hot water CAN be a good thing!

\*\*\*

Q: It would be really nice if I could add some type of heat source in my garage during the winter. I want it to be cost-efficient and safe. What is the safest and warmest way to do this without spending a lot of money? — S.H.

A: There are lots of auxiliary portable heaters that will work. The easiest to use would be elec-

tric heat, because all you need to do is plug the unit in. Electric heat can get expensive though. There are kerosene heaters that will probably throw out more heat and cost less to operate and don't need to be plugged in, but you must be able to safely store the fuel, and some venting is usually required. Adding insulation and weather-stripping to the garage will make your heat source more efficient. It would also be a great idea to install a smoke alarm/carbon monoxide detector.

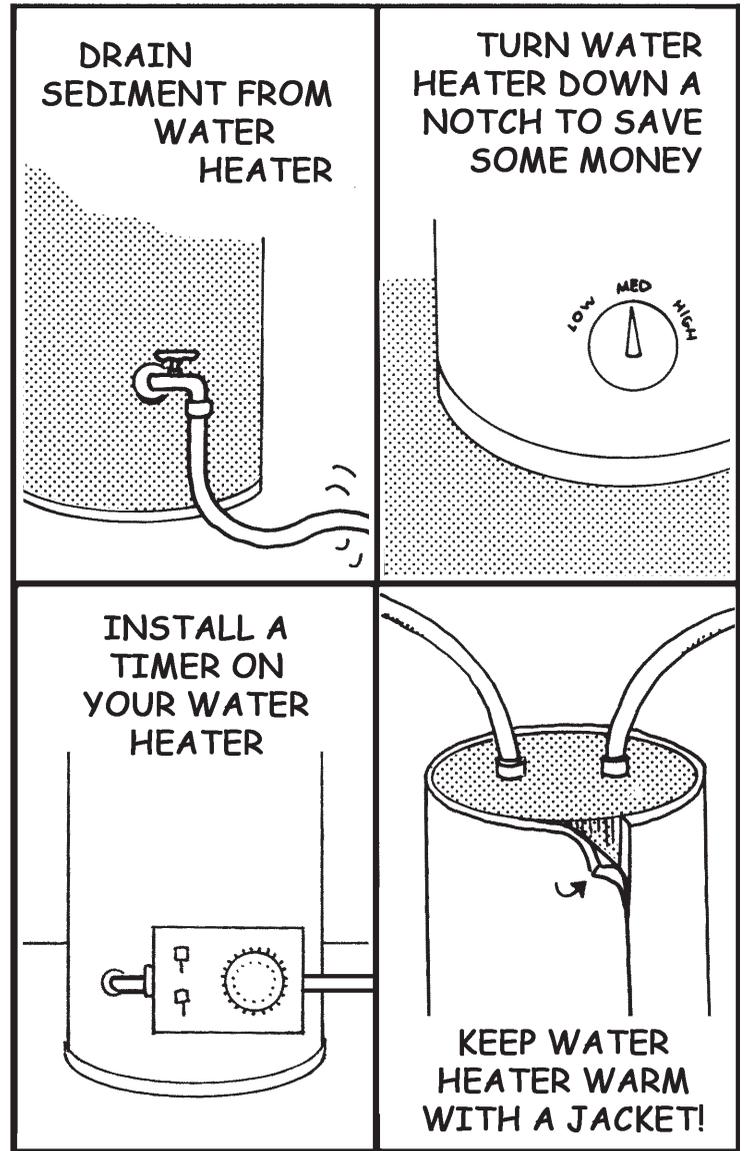
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Hopefully you've done a SUPER job of insulating your home and sealing out the cold air. But doing this can keep a lot of household moisture from escaping, and this could cause mildew in some areas of your home. Mildew not only looks and smells bad, but it can ruin walls, carpeting and just about any surface it gets on. Learn how to rid your home of this problem once and for all. We've put together a pamphlet called "Mildew Around Your House," and it is full of tips on how to get rid of mildew and how to keep it from coming back. If you would like to take care of this problem in your home, just send your request along with \$1 (\$2 in Canada — no coins, please) and a self-addressed, stamped envelope to The Super Handyman here at this publication and we will get yours in the mail right away. Good luck!

\*\*\*

Got a question or a handy tip? Send it to The Super Handyman in care of this newspaper, or visit our Web site at [www.the-superhandyman.com](http://www.the-superhandyman.com). Those of general interest will be used in future columns.

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Conceptis Sudoku

by Dave Green

	7	1	2					
	8			7				
	5		1					
6			9					
	1	2				4	5	
					6			2
					4		3	
				5			7	
				8	9	4		

Sudoku number game

Instructions

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Usually takes from 10 to 30 minutes to solve, depending on the puzzle's difficulty rating and your skill level and experience.

Solution in this edition

Difficulty Level ★★★★★

12/10





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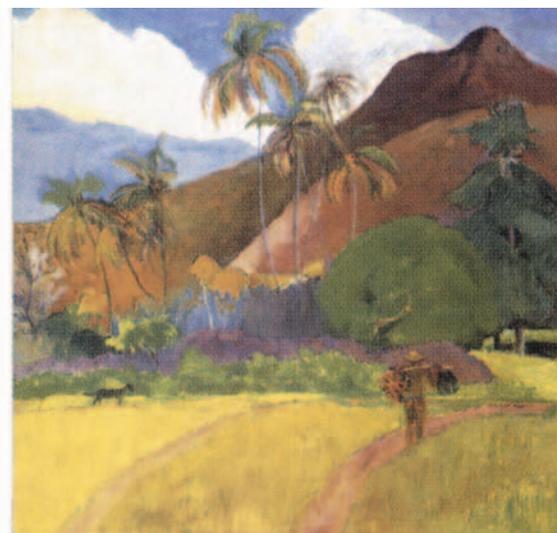
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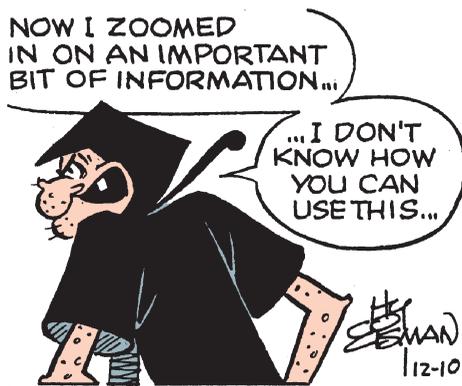
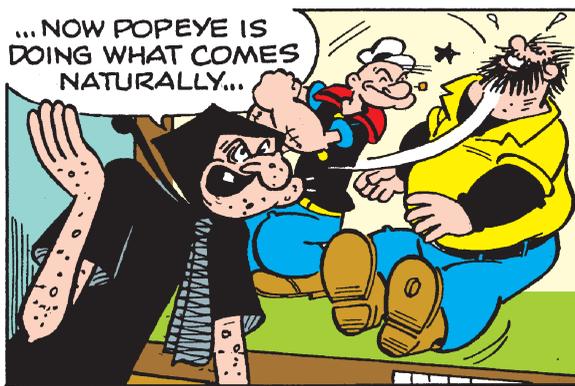
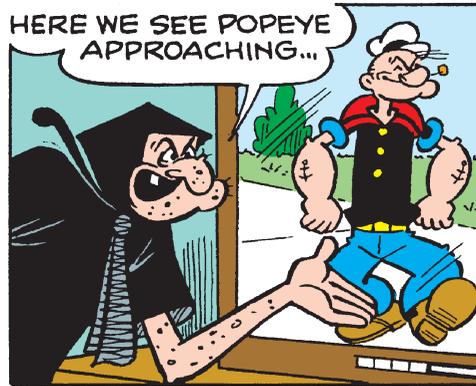
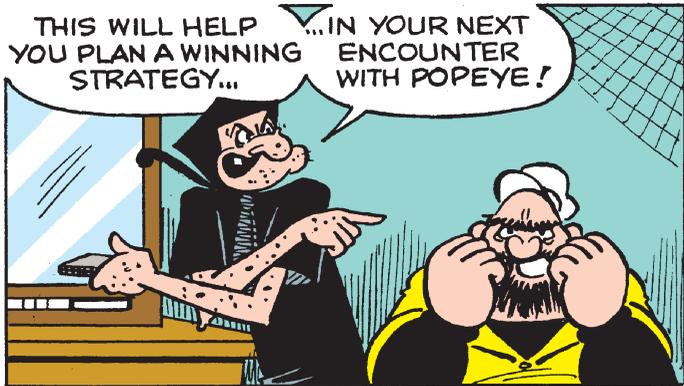
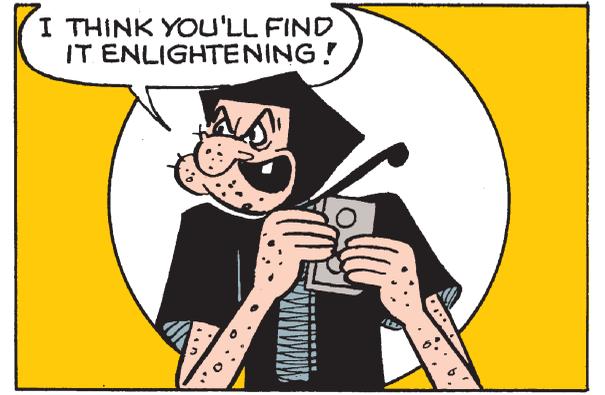
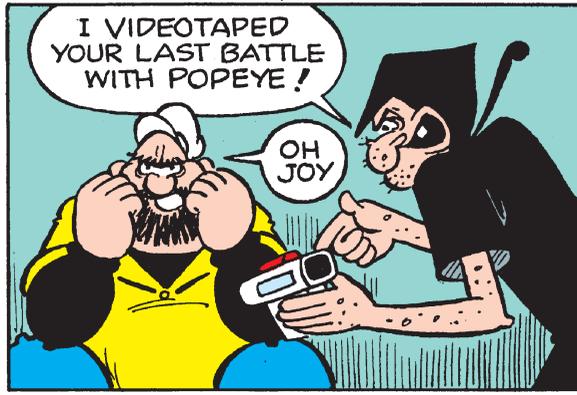
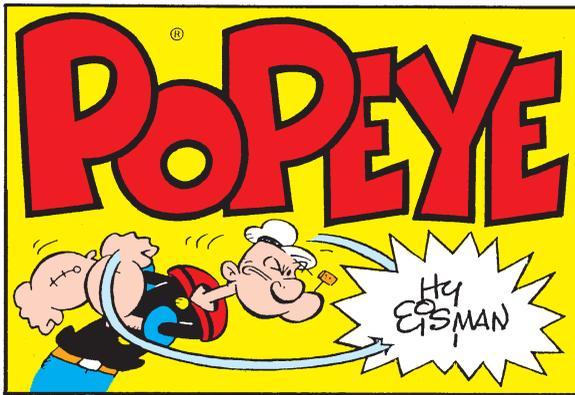


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SOLUTIONS

3	7	1	2	8	9	5	6	4
2	8	6	4	7	5	3	1	9
4	5	9	1	6	3	8	2	7
6	4	5	9	2	1	7	8	3
9	1	2	8	3	7	4	5	6
8	3	7	5	4	6	1	9	2
5	6	8	7	9	4	2	3	1
1	9	4	3	5	2	6	7	8
7	2	3	6	1	8	9	4	5

Difficulty Level ★★★★★

12/10

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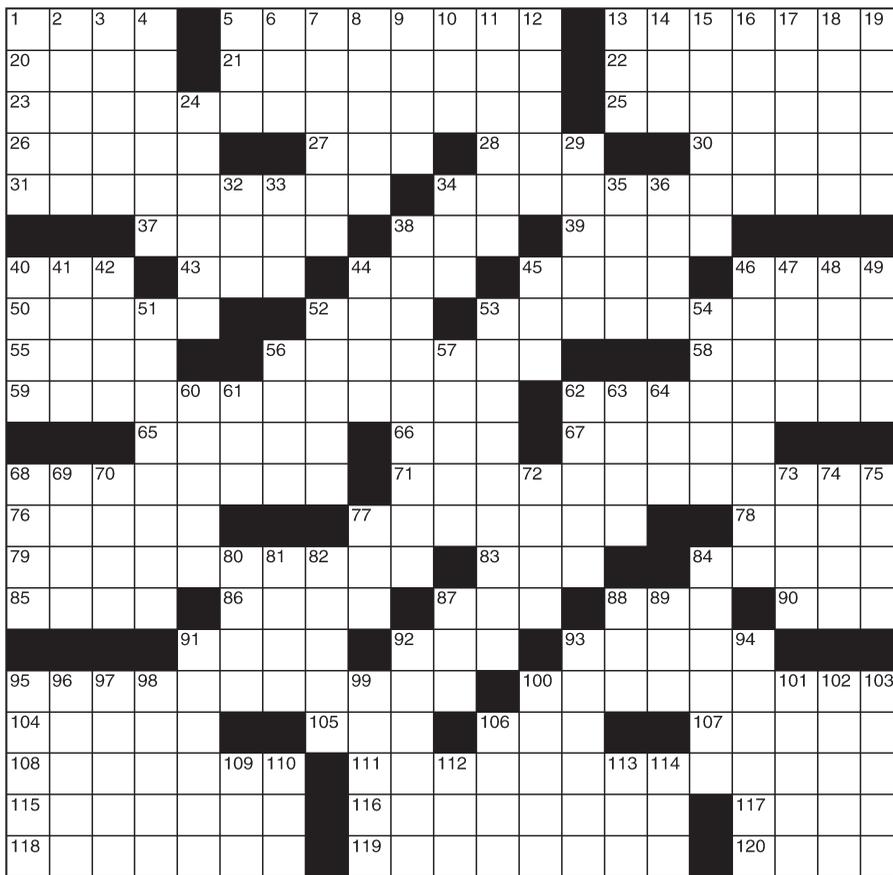
L	A	V	A		E	Y	E	P	A	T	C	H		N	A	B	I	S	C	O
I	L	E	S		V	O	L	A	T	I	L	E		B	L	A	N	K	E	T
N	O	R	T	H	A	M	E	R	I	C	A	N		C	A	R	S	E	A	T
E	N	S	U	E		V	E	T		I	R	A		R	E	E	S	E		
D	E	A	D	T	I	R	E	D		I	R	I	S	H	S	E	T	T	E	R
					Y	E	M	E	N		B	E	E		K	E	E	L		
S	H	E		R	A	P		E	R	R		H	E	R	E		B	E	C	K
C	A	M	E	O		F	D	A		R	E	D	S	K	E	L	T	O	N	
A	V	I	S		R	E	G	I	M	E	N		C	U	R	I	O			
B	A	L	T	I	C	A	V	E	N	U	E		A	P	P	A	R	E	N	T
					O	N	I	C	E		C	N	N		L	E	A	S	T	
D	A	I	N	T	I	E	R		A	R	A	B	I	A	N	H	O	R	S	E
E	R	N	I	E			A	S	O	C	I	A	L		U	T	E	S		
C	O	R	A	L	S	N	A	K	E		T	O	S		S	T	E	E	P	
O	W	E	N		P	I	S	A		Y	E	S		M	A	C		S	P	Y
					S	A	R	I		H	A	D		T	U	L	I	P		
J	A	V	A	P	R	O	G	R	A	M		R	O	S	S	P	E	R	O	T
A	L	I	B	I		N	A	M		B	O	P		I	R	A	N	I		
B	E	S	I	E	G	E		B	L	A	C	K	L	I	C	O	R	I	C	E
B	R	I	D	L	E	S		B	I	G	D	E	A	L	S		Y	S	E	R
A	T	T	E	S	T	S		I	N	T	E	R	N	E	T		S	E	A	S

**PREMIER** Crossword

By Frank A. Longo

**TEN BIG BODIES**

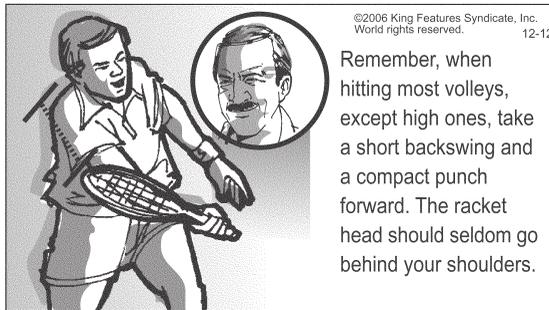
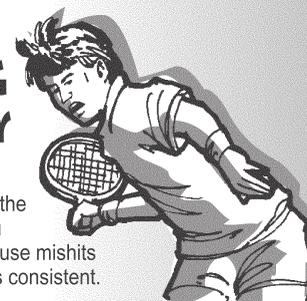
- ACROSS**
- 1 Etna outflow
  - 5 Pirate's face wear
  - 13 Oreo maker
  - 20 — du Vent (the Windwards)
  - 21 Explosive
  - 22 Quilt
  - 23 Canadian, e.g.
  - 25 Baby travels in it
  - 26 Come next
  - 27 Fido's doc
  - 28 One of the Gershwins
  - 30 Pee Wee of baseball
  - 31 Exhausted
  - 34 Bird dog breed
  - 37 Aden locale
  - 38 Pollen lover
  - 39 Ship part
  - 40 Ship pronoun
  - 43 Jay-Z's style
  - 44 Slip a cog
  - 45 This spot
  - 46 — and call
  - 50 Tiny role
  - 52 Pill-approving gp.
  - 53 "I Dood It" comedian
  - 55 Car rental company
  - 56 Exercise system, e.g.
  - 58 Bric-a-brac item
  - 59 Purple Monopoly property
  - 62 Obvious
  - 65 In readiness
  - 66 "Crossfire" channel
  - 67 Minimal
  - 68 More delicate
  - 71 Graceful steed
  - 76 "My Three Sons" son
  - 77 Not at all gregarious
  - 78 Salt Lake City college team
  - 79 Slitherer with brilliantly colored bands
  - 83 Set- (brief fights)
  - 84 Like cliffs
  - 85 Novelist Wister
  - 86 Leaning Tower site
  - 87 "Absolutely!"
  - 88 Fleetwood —
  - 90 CIA figure
  - 91 Rani's dress
  - 92 Possessed
  - 93 Dutch flower
  - 95 Many an online game
  - 100 Founder of United We Stand
  - 104 Suspect's excuse
  - 105 Hanoi site, for short
  - 106 Jazz style
  - 107 Tabriz native
  - 108 Crowd around
  - 111 Aniseed's flavor
  - 115 Harness parts
  - 116 Major happenings
  - 117 River in Belgium
  - 118 Vouches for
  - 119 Surfing area?
  - 120 This puzzle's theme features 10 of these
- DOWN**
- 1 Added an inner layer to
  - 2 Unassisted
  - 3 Vice —
  - 4 "— in Scarlet" (first Sherlock Holmes story)
  - 5 One of the Gabors
  - 6 — Kippur
  - 7 Preteen age
  - 8 Removed the rind from
  - 9 Bickering
  - 10 Personal quirk
  - 11 Actress Danes
  - 12 Artist Matisse
  - 13 Peacock network
  - 14 — carte
  - 15 With 56-Down, zigzagging rodeo event
  - 16 Mini-map
  - 17 Shooting sport
  - 18 Desist
  - 19 Weasel kin
  - 24 Different: Prefix
  - 29 Questioned
  - 32 "— Believer"
  - 33 Sales staffer
  - 34 Suffix with cash
  - 35 That girl's
  - 36 Look for
  - 38 Cranium
  - 40 Healing sign
  - 41 "— Nagila" (Jewish folk song)
  - 42 Actor Jannings
  - 44 Razor part
  - 45 Coop cackler
  - 46 Utter impulsively
  - 47 To be, to Bardot
  - 48 Dime, e.g.
  - 49 Pretzel shape
  - 51 Tallinn native
  - 52 Flu symptom
  - 53 Simulated, as a crime
  - 54 Virtual money
  - 56 See 15-Down
  - 57 Novelist with the pen name Saki
  - 60 PC chip giant
  - 61 Twice LI
  - 62 Fake name
  - 63 Bell sound
  - 64 Skillet
  - 68 Art of Erte
  - 69 In — (single-file)
  - 70 Regarding
  - 72 Life stories
  - 73 Rds. with numbers
  - 74 Ooze
  - 75 Glimpse
  - 77 Letters before a 62-Down
  - 80 Practice boxing
  - 81 Actor Robert De —
  - 82 "It's —" ("This must mean something")
  - 84 Roman general who defeated Hannibal
  - 87 Tropical tuber
  - 88 Greek letters
  - 89 Capp and Hirt
  - 91 Sales talks
  - 92 Actor Harry
  - 93 According — (without a hitch)
  - 94 Actors Luke and Matthew
  - 95 — the Hutt
  - 96 Watchful
  - 97 Drop in on
  - 98 Put up with
  - 99 Bar mitzvah official
  - 100 "Today" weatherman
  - 101 Hoist
  - 102 — day (every 24 hours)
  - 103 Levels
  - 106 A followers
  - 109 Catch on to
  - 110 Slalom path
  - 112 CIA figure: Abbr.
  - 113 Suffix with infant
  - 114 Ill. clock setting



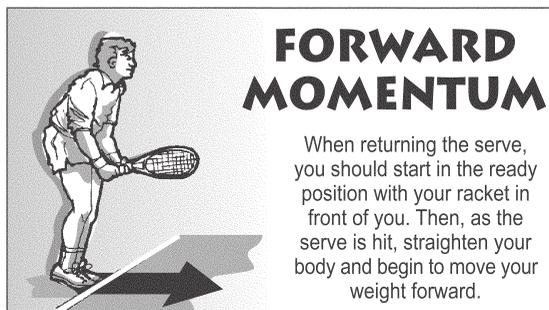
**STAN SMITH'S TENNIS CLASS**

**AVOID SWINGING ON THE VOLLEY**

One of the most common volley mistakes is to take the racket too far back as you prepare to hit. This will cause mishits and make your volley less consistent.

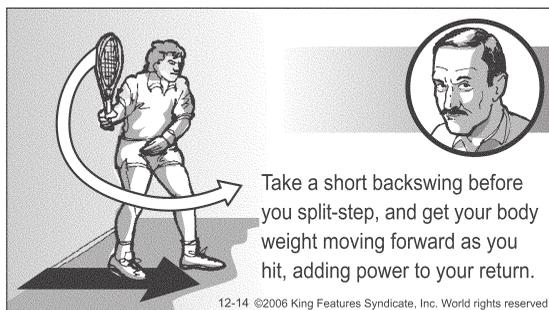


Remember, when hitting most volleys, except high ones, take a short backswing and a compact punch forward. The racket head should seldom go behind your shoulders.

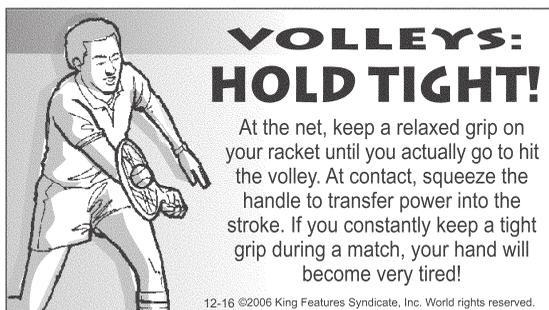


**FORWARD MOMENTUM**

When returning the serve, you should start in the ready position with your racket in front of you. Then, as the serve is hit, straighten your body and begin to move your weight forward.

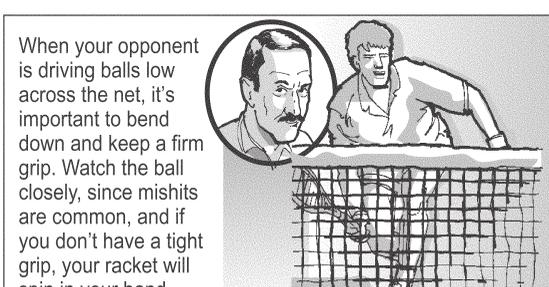


Take a short backswing before you split-step, and get your body weight moving forward as you hit, adding power to your return.



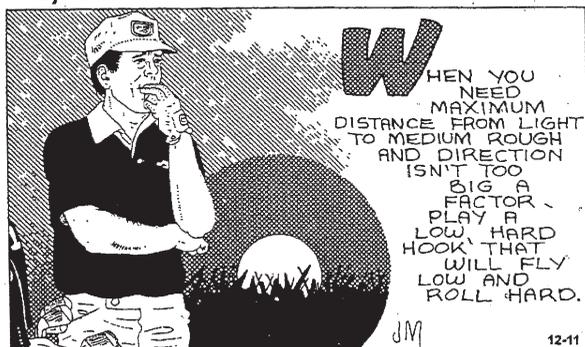
**VOLLEYS: HOLD TIGHT!**

At the net, keep a relaxed grip on your racket until you actually go to hit the volley. At contact, squeeze the handle to transfer power into the stroke. If you constantly keep a tight grip during a match, your hand will become very tired!

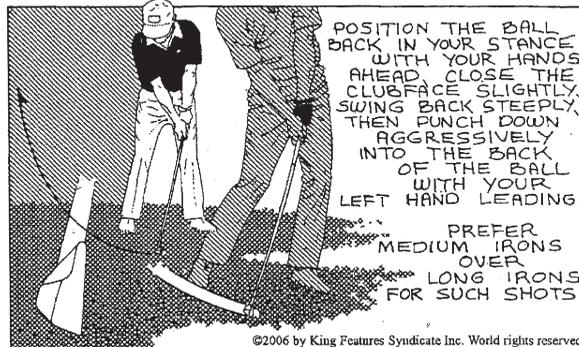


When your opponent is driving balls low across the net, it's important to bend down and keep a firm grip. Watch the ball closely, since mishits are common, and if you don't have a tight grip, your racket will spin in your hand.

**Play Better Golf with JACK NICKLAUS**

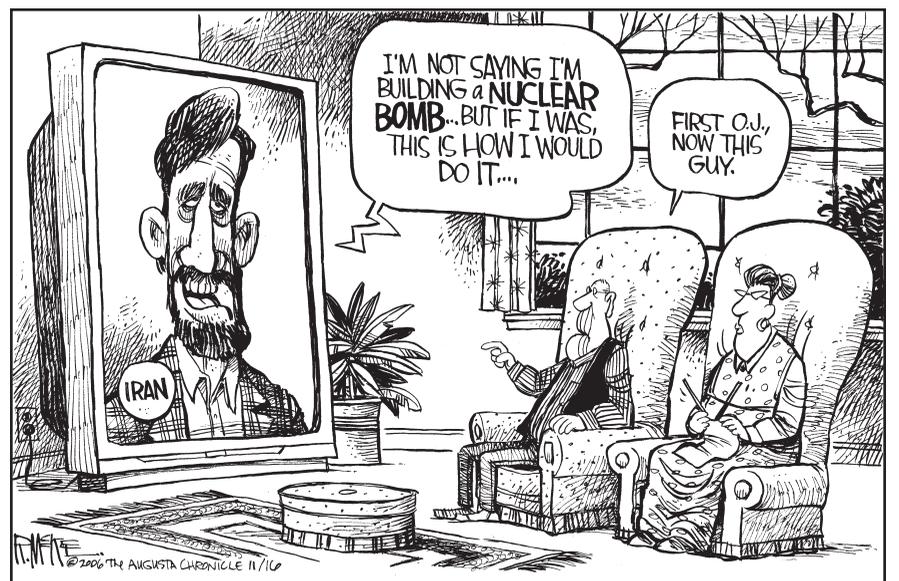
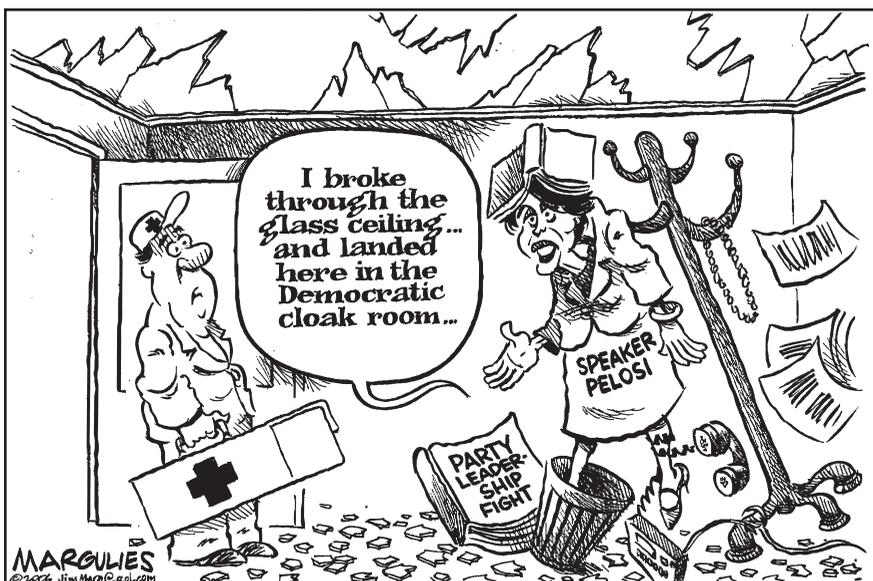


**W**HEN YOU NEED MAXIMUM DISTANCE FROM LIGHT TO MEDIUM ROUGH AND DIRECTION ISN'T TOO BIG A FACTOR, PLAY A LOW, HARD HOOK THAT WILL FLY LOW AND ROLL HARD.



POSITION THE BALL BACK IN YOUR STANCE WITH YOUR HANDS AHEAD. CLOSE THE CLUBFACE SLIGHTLY, SWING BACK STEEPLY, THEN PUNCH DOWN AGGRESSIVELY INTO THE BACK OF THE BALL WITH YOUR LEFT HAND LEADING. PREFER MEDIUM IRONS OVER LONG IRONS FOR SUCH SHOTS.

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