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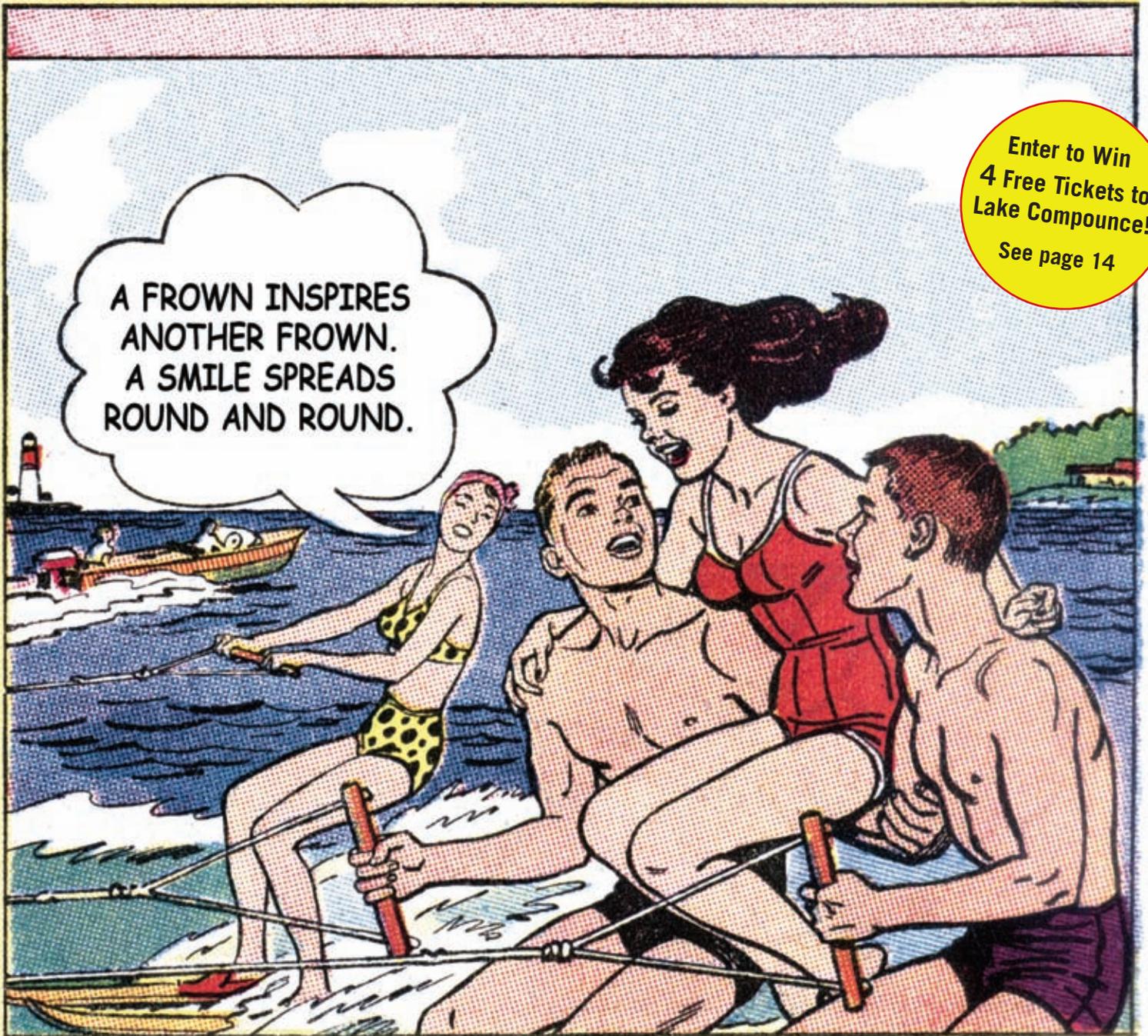
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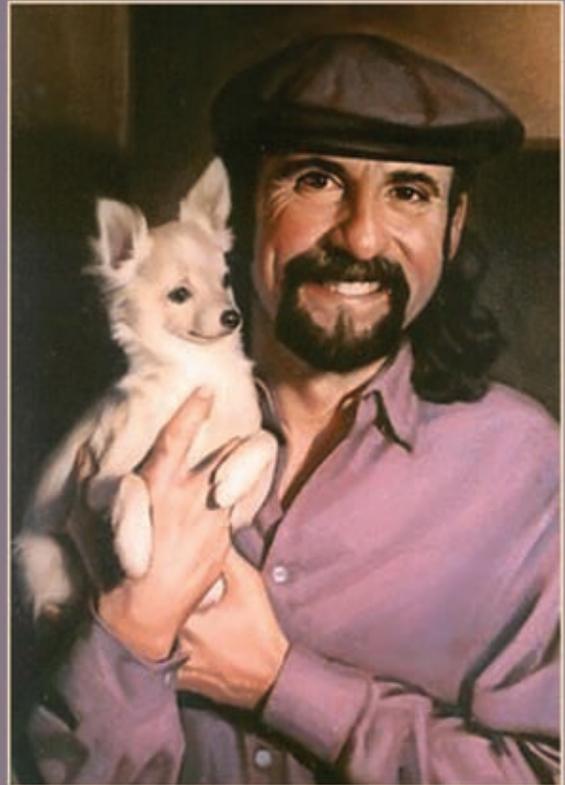
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DEBBIE TRAVIS' HOUSE TO HOME



FAUX STONE ADDS CHARM

BY DEBBIE TRAVIS

There's nothing like wainscoting in a bathroom to promote the ambience of a historic country style. The casual, homey feeling takes us back to a summer cottage or farmhouse where decorating is basic and fresh. A faux-stone paint effect applied above the wainscoting enhances the ageless charm. You might think that the look of stone blocks would be cold and not suitable for interior walls, but with the right choice of sand tones, warm beiges and grays, the opposite is true.

Faux-stone blocks are an imaginative design for an entrance hall, a European-style bathroom or a focal wall in an Old World kitchen or dining room. There are many ways to get the desired effect; you might want to experiment on a board with different color combinations until you like your personal application. Once you have the technique, the painting moves very quickly.

The most time-consuming part of this project is the measuring and taping. It's

important that the blocks of stone are the right size for the room. For a large room, 18 inches by 14 inches is a good size; for a smaller space like this bathroom, 16 inches by 12 inches will do. Use a metal-edge ruler and a pencil or chalk line to draw out your pattern of blocks, and a spirit level or T-square to make sure the lines are straight. Stagger the blocks as you would when building a real wall. Cover the lines with 1/4-inch masking tape. If you can't find this size, then cut the width you can find. This is going to be your grout line, so it doesn't matter if the edges are perfectly even.

The base color that is on your wall prior to taping will be the color of the grout. Off-white or gray is realistic. Choose your stone shades; we used a sandy brown and pinky beige. Mix two colored glazes, equal parts latex paint and water-based glazing liquid. Lightly brush on the sand-color glaze, simultaneously dabbing out any brush strokes with a folded rag. Apply the pink glaze sparingly using the same method. Each stone should be slightly different. Tiny flecks of white and gray can be applied with a sponge, but don't overdo this step, or the overall effect will look muddy. Remove the tape to reveal the design. Any leakage adds to the realistic effect of the rough stone.

* * *

Dear Debbie: We are fixing up the back garden and wondered if it is possible to paint a cement patio. I've heard it will chip off. — Franklin

Dear Franklin: Paint will chip over time; however, there is another option, which is to use concrete stain instead of paint. Whether it's paint or stain, the most important step is the surface preparation. If the cement is smooth, you must etch it to roughen it up so that paint will adhere

and stain will be absorbed. The surface must also be clean and dry. Your hardware or paint store will have products meant to perform these jobs effectively.

Once the area is etched, neutralized, clean and dry, it's time for the fun part. Start with a base coat that completely covers the surface. Then you can tape off square-shape blocks or make rounded stones in random shapes. You can use a stencil pattern instead of taping. The best for this purpose are adhesive-backed stencils. Apply colors with a sponge for a mottled-stone look. If you prefer solid color, then use a brush or roller.

* * *

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

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A painted faux-stone upper wall builds historic charm in this country bathroom.

Smile Sensations



**"Creating a beautiful smile
and a reason to use it"**

Dr. Stephen H. Wolpo received his dental degree from New York University School of Dentistry, where he graduated from its special honors seven-year Combined Degree Program. Liscensed in both New York State and Connecticut, he began his career as an associate in offices in New York City and Huntington, Connecticut, until opening his private practices in Stamford and New York City in 1990.

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.

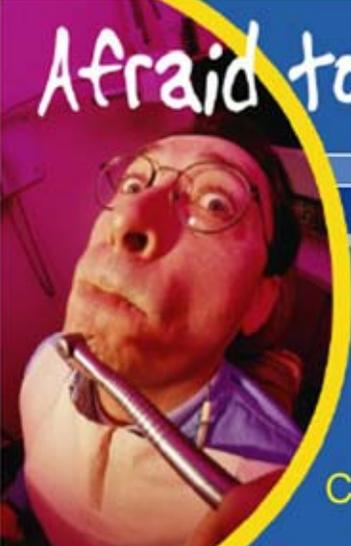
Dr. Wolpo has served as a clinical instructor at Columbia University and has lectured at Columbia University Presbyterian Hospital on geriatric dentistry. He is a practitioner of the state-of-the-art "Teeth in an Hour" program, allowing many denture wearers to return to better oral health, nutrition 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.

Dr. Wolpo participates in more than 100 hours of continuing education each year. The office uses the most up-to-date and clinically advanced equipment and techniques, including the new Waterlase Dental Laser for both hard and soft tissue treatments. This painless, drill-free treatment can be used for many cavities, periodontal diseases and to help reduce the appearance of "gummy" smiles. There is an additional charge for the use of this equipment that may or may not be covered by your insurance carrier. If you have any questions as to whether the Dental Laser is appropriate for your treatment, please ask Dr. Wolpo.

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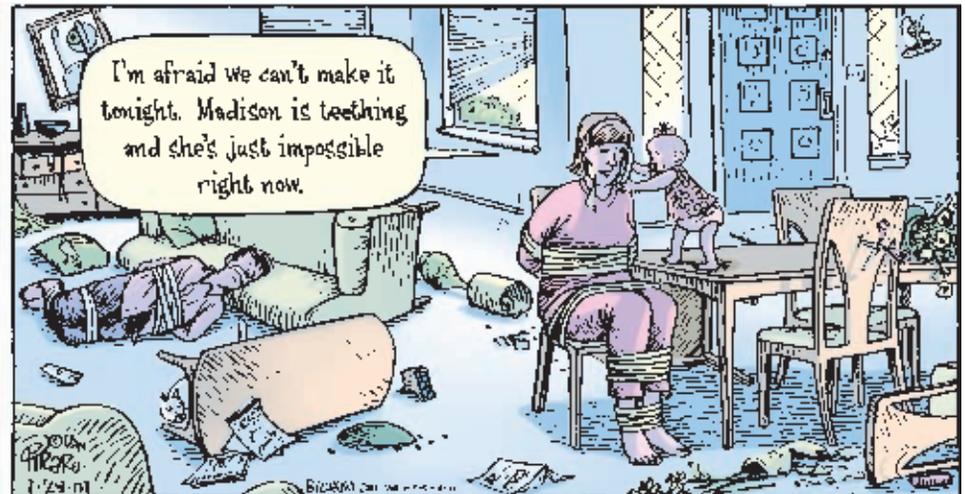
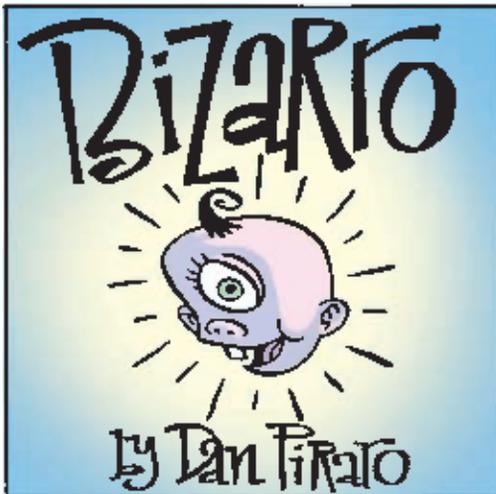
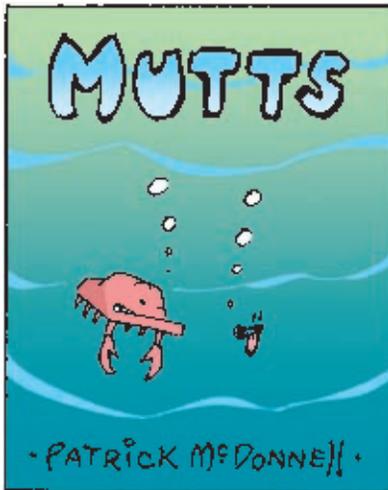
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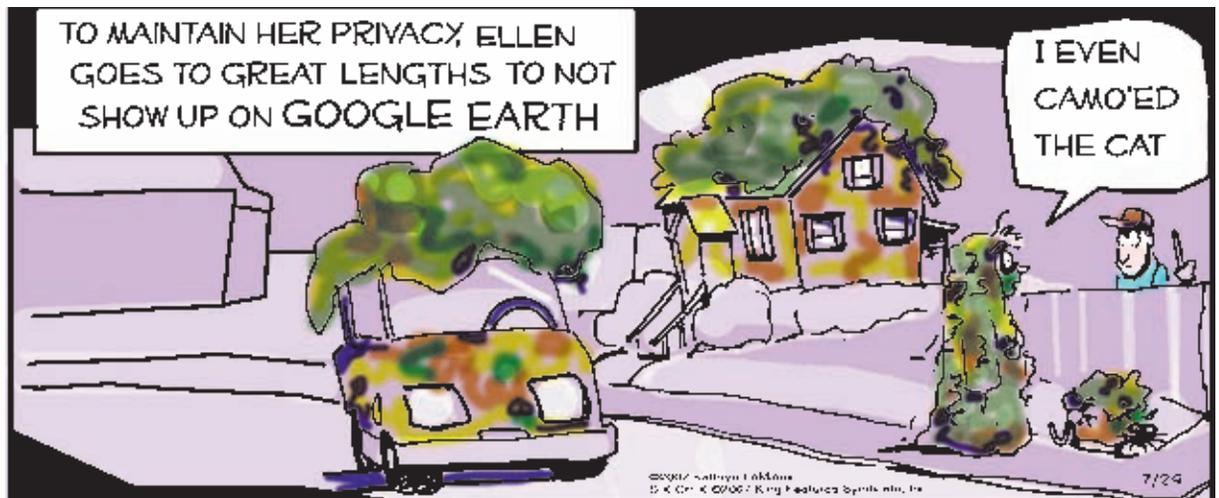


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PROTECT PETS

BY HELOISE

Dear Heloise: I need your help so nobody else need go through what I had to deal with. I'm heartbroken over my little friend of 10 years, my little Yorkie. She died a few days ago.

It was a freak accident. I used one of my old blankets so my little sweetheart would be warm. The blanket had a satin strip on both ends. To make a long story short, about three hours later I found my little friend dead — strangled to death by the satin strip on the blanket. The stitches had come loose on one end of the blanket and were wrapped around her throat. My little friend was gone.

Please let your readers know to never use a household blanket for a pet blanket! I hope that by sharing this, I can save someone else's pet. — Heartbroken in North Carolina

We are so sorry for your loss! Before giving something to your pet, check to make sure nothing can come loose and become a danger. Your story might just save a pet's life. Thank you for writing — I know it was difficult. — Heloise

PET PAL

Dear Readers: Patricia Rhone of Clearfield, Pa., sent a photo of her cat Punkin sucking on an orange slice. Patricia says: "Punkin was rejected by her mother at two days, and she was bottle-fed. When I got her, she kept sucking on everything. I gave her a segment of orange, and after a while she stopped her sucking. She eats an orange segment every day if it is sweet. I never knew a cat would eat an orange!" — Heloise

AQUARIUM BACKGROUND

Dear Heloise: We have a small, 10-gallon aquarium. We purchased an underwater scene to tape to the back of it, which we eventually became bored with. One day I decided to cut a piece of wrapping paper to fit. Now we can have different scenes relating to the time of year or holiday. This provides a refreshing change and look for your aquarium. I have even recycled used wrapping paper by pressing it with a warm iron. — Danny Blair, via e-mail

UNIQUE NAME

Dear Heloise: We have been reading the interesting names of pets in your newspaper column and thought we would send ours along. We have a 4-year-old English springer spaniel. She is tri-color: liver (chocolate), white (marshmallow) and tan (graham cracker). We call her Smores. The name certainly suits her very "sweet" disposition. — Karen Magee, Goshen, N.Y.

BIRD CAGE

Dear Heloise: I keep each of my bird cages in one of the large, rectangular plastic storage containers (they come with a lid, but I use that for something else). It keeps the seeds in and makes the cages easy to move around. — Rebecca, via e-mail

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Natural Killer Cells Slay Fatigue

Up to 20% of adults report fatigue so severe that it interferes with work and home life. Recent research on a type of white blood cell called Natural Killer (NK) cells, offers insight into how emotional and physical stress contribute to fatigue. Studies with the ingredient in the dietary supplement, ImmPower™, show it helps support peak NK cell function and strengthen the body's defenses against fatigue.

Natural Killer (NK) cells, discovered by immunologists in the 1980's, can identify and kill any "non-self cell" (microscopic invader or abnormal cell). They also play an important role in regulating the immune system, and coordinating the interaction of other white blood cells and the chemical messengers (cytokines) they produce.

When NK cell function is high, the body is generally healthy. The cytokines the immune system produces send a message to the brain, endocrine and nervous systems that "all is well" and we feel energetic, optimistic and outgoing.

When NK cells encounter non-self cells that require a robust immune system response, cytokines send the message that the body is under attack or injured. The production of antibodies and inflammatory factors are stimulated, metabolism and body temperature change to make the body a hostile environment for pathogens, and the brain gets the message to seek

rest and recovery. When the injury or infection is cleared, NK cells help rebalance immune system function, and restore cytokines that send the "all is well" message and we feel better.

NK cell function declines with age and in response to emotional stress and physical injury. This reduces the "all is well" cytokines, and increases cytokines that help the body respond to injury or infection, causing changes in endocrine and nervous system activity that make us feel fatigued.

Research on the ingredient in the dietary supplement ImmPower™, AHCC® (Active Hexose Correlated Compound) shows it helps support peak NK cell function, increasing levels of the "all is well" cytokines, and decreasing cytokines that are associated with fatigue.

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TOP DOG



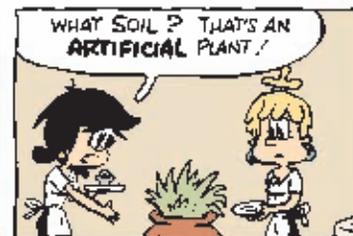
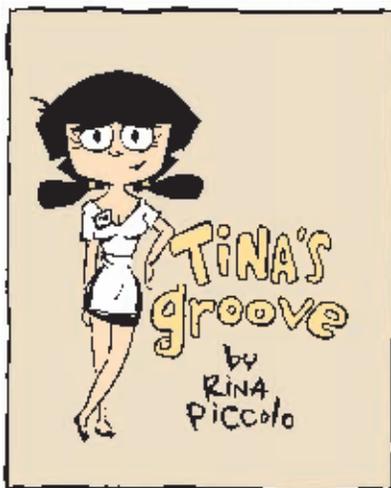
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FROMMER'S BUDGET TRAVEL



BY ARTHUR FROMMER

A NEWCOMER TO CHINA

All the recognized names in tour operation to China — ChinaFocus, Champion Holidays, Pacific Delight Tours, Ritz Tours and a couple of others — currently are doing a land-office business, and it sometimes happens that you encounter harassed telephone reservationists or endless busy signals when you call them to book. I don't mean this as a negative criticism; no one anticipated the skyrocketing rise in the number of Americans seeking to visit China.

But because the standard names are so busy, you might want to know about ChinaSpree.com of Blaine, Wash. (www.chinaspree.com, 866-652-5656 or 360-332-7970). It matches the \$999 promotional lures offered by ChinaFocus and Champion Holidays, at least for one or two departures, and matches their higher rates during many months of the year. Its tour program is just as comprehensive and just as varied, with numerous options, as the others. It is a licensed tour operator in both Washington and California, which means that payments to it are deposited in a trust account monitored by a bank and not released to the tour operator until the tour is successfully concluded.

BOOKING HOSTELS: If you're young in years or spirit, you really should witness the advance that's occurred in making reservations for ultra-cheap hostels around the world. A British-managed Web site called hostelbookers.com is a revelation — a collection of more hostels (about 40 in New York City alone) in more cities than you ever would have thought possible, with excellent write-ups of each and an efficient method for making reservations at them. Hostelbookers.com not only lists the "official" hostels belonging to Hostelling International but also the many recent hostels that simply consist of modest hotels that converted double rooms into low-cost dorms and thereafter call themselves "hostels." Their rates in even the most expensive cities average about \$25 a night, and thus permit unpretentious travelers to cut their costs for lodgings below the price of even private homestays. And the extra reward of staying in a hostel (there's no maximum age limit for doing so) is the camaraderie of other dynamic travelers and the easy access to information on interesting, low-cost activities in the cities you're visiting.

IRELAND FOR \$499 — IT'S BACK! After a several-year absence from the operation of bargain-price car tours, Sceptre Tours has announced that it will again be providing fly/drive packages to Ireland for \$499 in December, January and February and for \$599 in October and November. And ingredients will be better than ever. Instead of providing B and Bs

at that price, they'll be putting you up in three-star and four-star hotels serving full Irish breakfasts every morning. And the \$499 and \$599 price will be available not simply to Aer Lingus passengers from New York, but for Ireland-loving types flying there from Boston, Chicago and Washington, D.C. (Aer Lingus will soon begin flying to Ireland from Washington, D.C.)

A couple of conditions: You'll pay \$499 and \$599 only if you book online at www.sceptretours.com. You'll pay an extra \$25 per person if you phone in to one of their live reservationists (at Sceptre Tours' phone number of 800-221-0924) — so be sure to use the Internet-only bargain. Blackout dates: Dec. 17-31. And your car will have manual transmission; an automatic will cost \$79 more.

An off-season car trip through Ireland is one of the great delights of travel. At one such farmhouse B and B, the proprietor permitted my then 4-year-old granddaughter to gather the eggs that had been laid overnight and carry them to his wife for transformation into a full Irish breakfast. It was a magical moment of travel.

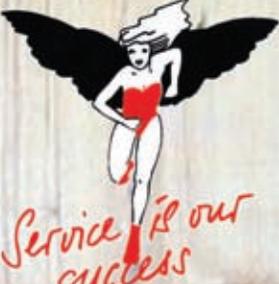
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Fly/drive packages to Ireland are available for \$500-600. Above is a photo of Blarney Castle.

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THE SUPER HANDYMAN



BY AL AND KELLY CARRELL
 TAKE A DIFFERENT TRACK FOR POROUS PAINTING

Whether you are painting brick or concrete, you need to know that it is different from painting wood. Here are some things to consider before deciding to take on the job.
 Brick and concrete are very porous, so the surface might have soaked up some stains. Oil stains can be removed by diluting them with solvent. Other stains can be

removed with TSP, trisodium phosphate. Follow labeled precautions with both of these materials.

Mildew and mold must be killed before painting. Bleach is the best cleaner for this.

A power washer is a good tool for overall cleaning of the surface. All dirt and dust should be removed before painting.

After a thorough cleaning has been done, allow several days for the surface to dry completely.

Make repairs on mortar joints and fill cracks.

Use a latex primer made for masonry surfaces. Try to find one that has a mildewcide, if possible. These surfaces are very porous and will soak up a lot of paint if you don't. The primer will also give you a smoother appearance once painted.

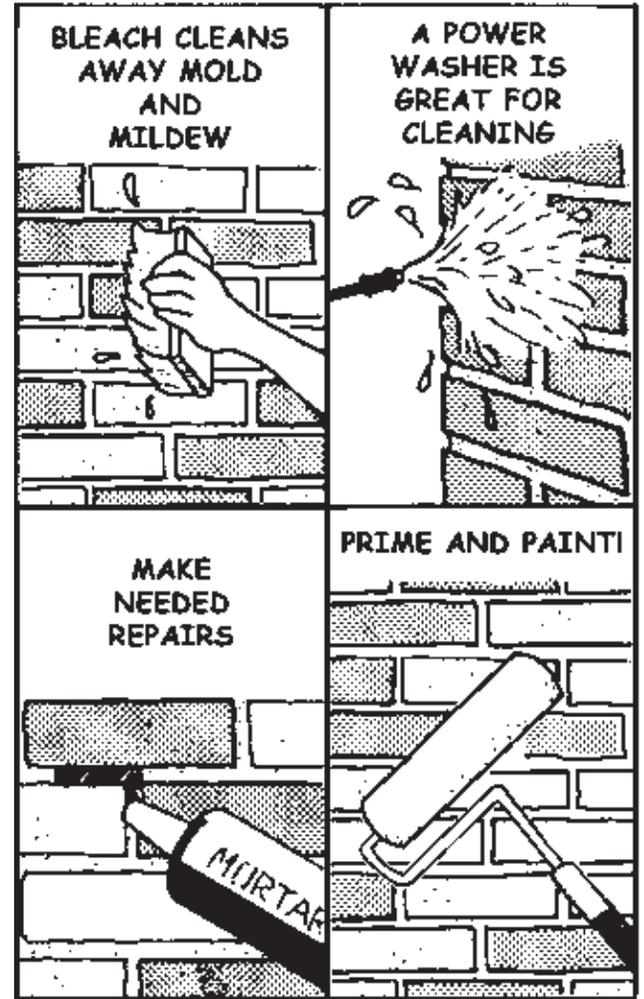
Your paint should be a good-quality paint made for masonry

surfaces.
 If you take the time to do everything right, your paint job will last a long time.

Q: There is an area on my wooden deck that has a large stain on it. Since our grill was over it for a long time, I think it may be from that. What can I clean the wood with to make it match the rest of the deck? — J.T.

A: This might be a grease stain, since the grill was nearby, and grease can be hard to get out of a porous surface like wood. Try using a solvent over the surface to dilute and dissolve the grease. Place an absorbent material over the wood and let it soak up the grease and solvent. Then sweep it up. You might have to repeat this to get it all out. 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.thesuperhandyman.com. Those of general interest will be used in future columns.



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Conceptis Sudoku

by Dave Green

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



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Who is Mort Walker?

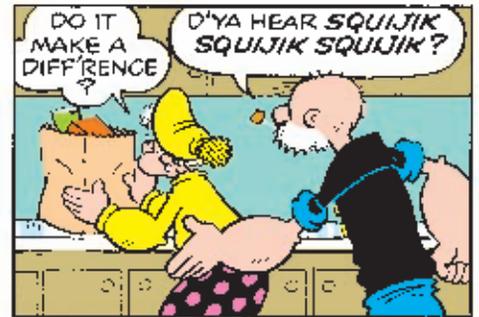
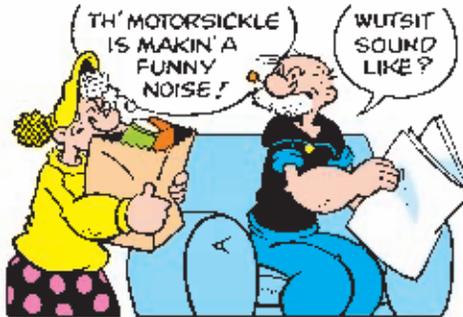
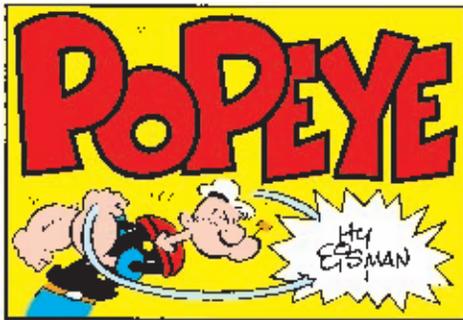
Mort Walker is the famous cartoonist who created Beetle Bailey, Hi & Lois, and several other comic strips. His son Neal Walker and Preston Stuart have joined him in producing The Best of Times magazine. Enjoy!



Mort

Neal

Preston



SOLUTIONS

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

Difficulty Level ★★★★★

8/05

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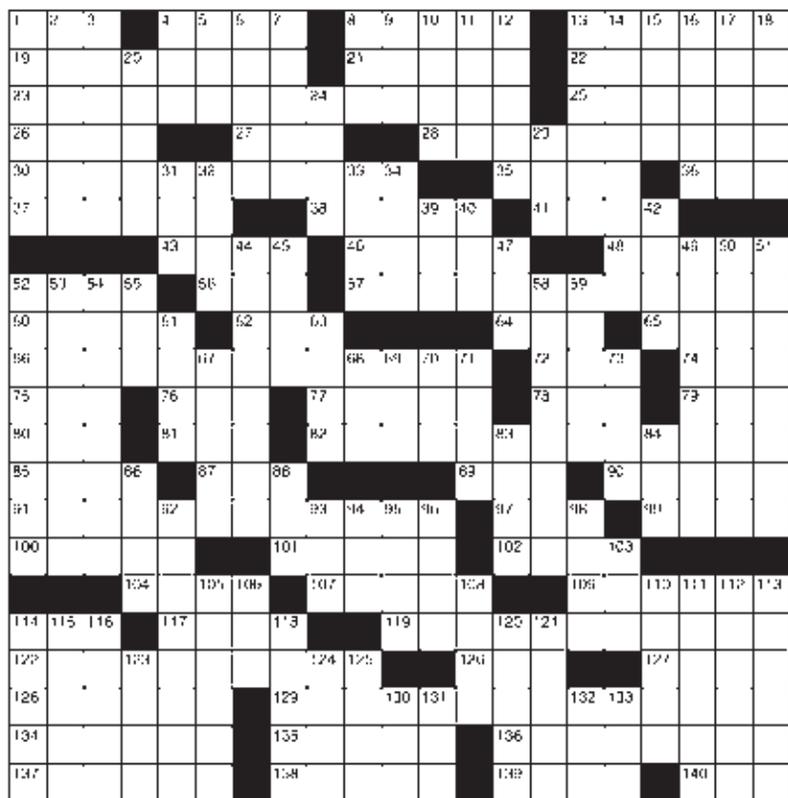
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E	N	T	I	T	L	E	S	S	E	A	E	N	S	U	E	D						
						U	S	E	R	E	C	O	R	D	P	L	A	Y	E	R	S	
A	D	A	I	R		J	A	S	O	N		E	L									
B	U	F	F	E	T	T	A	B	L	E		H	A	R	I		S	W	E	E		
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R	E	C	A	P	S		I	N	C	E	N	S	E	B	U	R	N	E	R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

PREMIER Crossword

By Frank A. Longo

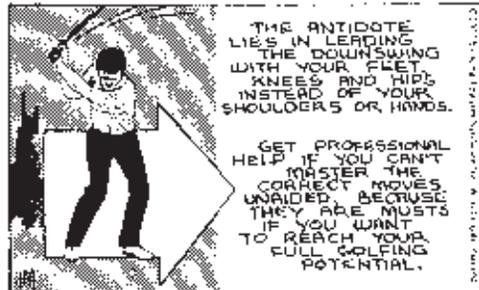
ANIMAL ACTIVISM

- ACROSS**
- 1 Biblical beast
 - 4 Runner (Italian city)
 - 8 — T. Agnew
 - 13 Oil cages and birds
 - 19 Lower end of a pastry
 - 21 Circus figure
 - 22 Boot part
 - 23 Imitate a circus beast
 - 25 Model/esp. Bek
 - 26 Bok
 - 27 Lark, to Lem
 - 28 Rolly, a forest dweller
 - 30 Nag a cave denizen
 - 35 Russian city on the Okla.
 - 36 Not wet
 - 37 Taxes in
 - 38 Anecdote
 - 41 Pre-lex's middle name
 - 43 Pokes
 - 46 Run — of the law
 - 48 Cuban coins
 - 52 Small bites
 - 56 — de Ois
 - 57 Evade a sea predator?
 - 60 Fine up
 - 62 "Finger-lick it" good" churr
 - 64 Footballer Marano
 - 65 "500" race place
 - 66 Devour a farmyard bird?



- 72 Soldier of Scand
- 74 Hair goo
- 75 Weekend NBC hit
- 76 "Alley" — (1960 hit)
- 77 Steers a steed
- 78 Cat's 601
- 79 Geller of Israel
- 80 E preceders
- 81 Zedra of "Take Out"
- 82 Harass a jungle resident?
- 85 German car
- 87 Pigs' days
- 89 King, in France
- 90 Setting
- 91 Thoroughly defeat a film dweller
- 97 Lifle demon
- 99 Acquires
- 100 Comical tent
- 101 Former veep John — Garner
- 102 Flower necklaces
- 104 Arter
- 107 Model Kinn
- 109 Blood fluid
- 114 However, for shon
- 117 Strike sharply
- 119 Follow around an aquatic trucker?
- 122 Refuse to share a video attacker?
- 126 Hugs, in a love letter
- 127 — Christian Andersen
- 128 Opposite of alluresc
- 129 Mirth a Derby racer?
- 134 "You — worry" ("It's OK")
- 135 One way to lose something
- 136 Of the earth's largest landmass
- 137 Church books
- 138 Knight's weapon
- 139 Musical key with two sharps
- 140 Dir. opposite SSW
- 24 Flows back
- 29 Singer's syllable
- 31 NBA's having, to fans
- 32 Old autocut
- 33 Somewhat
- 34 Bean card
- 39 Fabled bird
- 40 Hearty laugh
- 42 Classic soda
- 44 Cyclists' route
- 45 Musiq
- 47 Brit's "line"
- 49 Blood-red
- 50 Have food delivered
- 51 Bonanza
- 52 Anchor's program
- 53 Wellington's nickname, with "the"
- 54 Arrived, as in a car
- 55 Sunscreen abbr.
- 58 Period spent in the stammer
- 59 Car's suit
- 61 Sporty car rest
- 63 Restrain
- 67 Raise
- 68 "Ante" actor Stephen
- 69 Lease
- 70 London lang.
- 71 River of Flanders
- 73 Ukra re-pout
- 83 Muddy up
- 84 Lower limb
- 86 Mother of Don Juan
- 88 Urge
- 92 Dutch dog breed with a toy head
- 93 Cry of scorn
- 94 Chemical suffix
- 95 Part of RNA
- 96 Make a new
- 98 Pull piece
- 103 Moon patch procedure
- 105 Caution
- 106 Inventor's place
- 108 " — You Babe"
- 110 A Musketeer
- 111 Headline
- 112 Member of a high-IQ society
- 113 Fictional sleuth Lupin
- 114 Dilates
- 115 Swoone
- 116 Beer Nash
- 118 Iris opening
- 120 Lugged
- 121 Only se-sa
- 123 Commation
- 124 Actress Turner
- 125 — Hubbard's bacteriology founder
- 130 Chasek of the Cars
- 131 Corrida cry
- 132 Impudent period
- 133 Learn Chris novel, with "He"

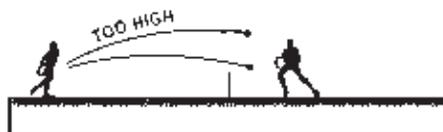
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STAN SMITH'S TENNIS CLASS

AIM LOW TO PASS

When your opponent comes to the net, try to keep your shots as low as possible. This will make them bend down, a tough position for which to hit a winning shot.



Use topspin to bring the ball down after it goes over the net. Try aiming about 3 inches above the net lace. Keep your stroke as level as possible, with very little follow-through.



PUTTING SOME 'KICK' INTO YOUR SERVE

Always hitting a flat serve that bounces the same way didn't make you the top player. To get into a groove, by developing a kick serve (sometimes called a "kick" or "topspin" serve) you add an important weapon to your arsenal.

The kick serve comes as high and in hard-to-read ways, so I can handle it only by making swing big through the ball.

Here's a checklist for having a good kick:

- Bend your knees to help snap upward
- Toss the ball behind you more than normal
- Have a full swing forward with the racket
- Follow through down your side, not across your body



VOLLEY FUNDAMENTALS

To be successful at the net, you need to keep the head of your racket about shoulder height. If you, at the racket, drop your head toward the ground, it will slow down your reaction to the ball. To help, you knees for the head up, hold the racket throat in your off hand.



The most important part of a good volley is to avoid excessive swinging on the shot. Hold the racket firm, keep your wrist from moving and closely watch the ball as it would be hitting the ball.

is this you at school?

...at home?

...your future?

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What do you want to do in retirement?

Take up sailing
 Start my own business
 Backpack through Asia
 Get published
 Learn to speak Spanish... well

People these days are dreaming bigger than ever when it comes to their retirement. As an Ameriprise financial advisor, I believe people who write down their dreams are much more likely to achieve them. That's why I am proud to offer the *Dream Book*SM, a guide designed to help you identify and envision your life goals. With the *Dream Book* guide, we can map out where you want to go, and through sound financial advice, figure out the best way to get you there. Because there's no better way to start discovering possibilities, unlocking your passions and articulating a vision for your future.

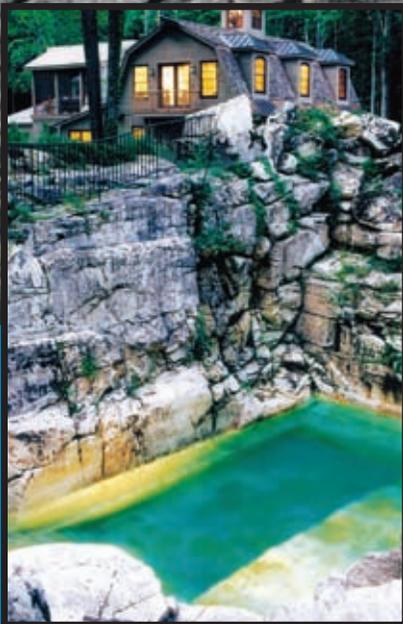
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