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SEPTEMBER/OCTOBER 2007



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at The Westport Historical
Society

See page 16

CHANCE BROWNE

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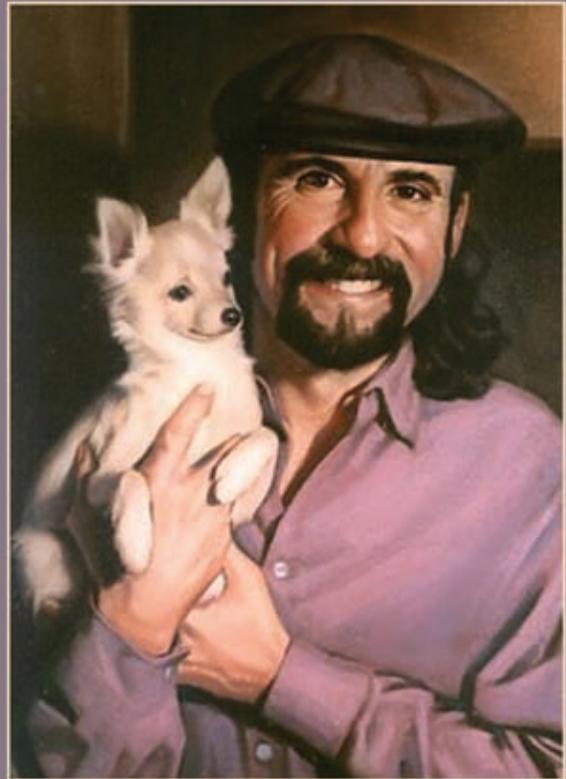
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Connecticut edition Volume 2 - Issue 4 SEPTEMBER/OCTOBER 2007 Greenwich/Stamford and Norwalk/Westport
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Neal Walker, VP, Regional Publisher (203) 968-0748 neal@thebestoftimes.us
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Cover artwork by Chance Browne of Hi & Lois cartoon fame

DEBBIE TRAVIS' HOUSE TO HOME



FAUX WOOD

BY DEBBIE TRAVIS

Dear Debbie: My partner and I are trying to re-create a medieval dining room look in our old home. We recently visited a castle in England and fell in love with the old English look. We enjoy painting and thought some kind of wood effect might work as a chair rail on the plaster walls. The doors and trim are unpainted oak. Do you have instructions? Thanks for any advice. — *Francie and Martin*

Dear Francie and Martin: Centuries ago in England, interiors were constructed of a rough plaster and timber combination called wattle and daub. The wattles were a woven latticework of load-bearing and supporting wood boards. Daub was a mixture of sand, clay and straw that was spread from both sides over the wattles. When the daub had dried, a final lime and sand plaster coat was smoothed over the walls, hiding most of the timber, but often the major boards were left visible.

If you live in an old home, your plaster walls are most likely a bit uneven and cracked. This will be an asset — you can imitate the look of this medieval style with paint and a few simple tools. This modern version of

plaster and timber walls will suit your old English theme well. The fact that you have oak doors and trim that are unpainted is a big plus. What you want to do now is build on some supporting timbers using a faux-bois technique and then add some age to the existing plaster walls.

Start by measuring and marking off where you want the timbers to go. You can make a pattern of panels with a chair rail, and a strip at the top and bottom of the wall with timbers running diagonally below the rail. Vertical timbers can be 3 or 4 feet apart. Each timber should measure about 4 to 6 inches wide.

There are many recipes for replicating the look of wood, but one of the easiest methods uses a simple tool called a rocker, or wood-graining tool (found at paint and hardware stores). The rocker is made from thick rubber that has been engraved with a grained pattern. When you rock the tool back and forth as you pull it through paint or glaze, the knots and graining seen in a real piece of wood appear.

To create the painted oak timbers seen here, you will need two shades of latex paint — golden honey and dark green-brown — water-based glazing liquid, a 2-inch paintbrush, a foam brush and a rocker. Hand-paint two coats of the honey-brown paint onto the marked-off timbers and let dry. Mix a glaze with 1 part green-brown paint to 2 parts glazing liquid. Working in single lengths, apply the colored glaze over the honey base with a foam brush. Pull the rocker through the wet glaze, rocking back and forth to create the design. Clean the rocker with a rag or

paper towel between strokes.

Use a 3-inch paintbrush to fill in the walls between the timbers with brick-red paint. You don't want perfectly clean lines, as these are supposed to be old timbers. To give the walls a washed-out look, mix a glaze with 1 part medium-gray paint, 2 parts glazing liquid and 1 part water. Roll the glaze over the red base coat and then rub it back with a rag.

To give the timbers depth, as though they were standing out from the wall, paint in shadow lines — light-brown along the top and dark-brown along the bottom of each strip.

I think you'll have fun with this project, and you'll be amazed at how authentic your timbers look. Enjoy entertaining in your Elizabethan-style dining room.

* * *

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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Realistic timbers were painted onto the walls to imitate the centuries-old look of wattle and daub.

Smile Sensations



**"Creating a beautiful smile
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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.

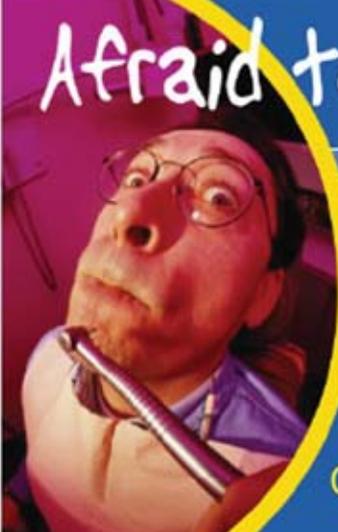
Dr. Wolpo has served as a clinical instructor at Columbia University and has lectured at Columbia University Presbyterian Hospital on geriatric dentistry. He is a practitioner of the state-of-the-art "Teeth in an Hour" program, allowing many denture wearers to return to better oral health, nutrition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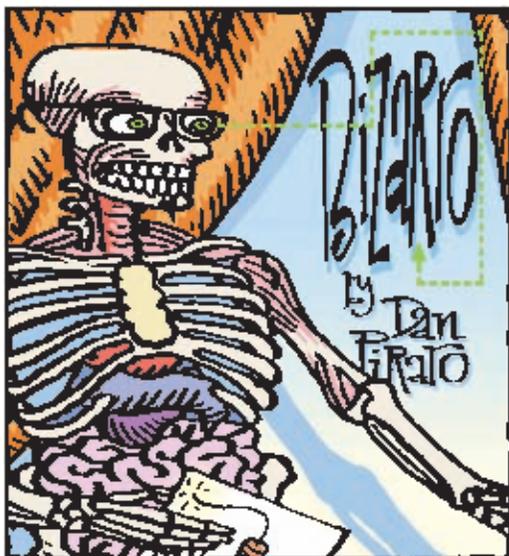
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GUIDE TO DOG'S AGE

BY HELOISE

Dear Readers: Do you ever wonder what age Fido is in “human” years? Actually, a year-old dog is approximately 12 in human years — which might explain some of those preteen antics!

Here's a list according to The American Society for the Prevention of Cruelty to Animals to help you figure the age of your canine pet in human years:

DOG AGE	HUMAN YEARS
1 year	12 years
2 years	24 years
3 years	28 years
5 years	36 years
7 years	44 years
9 years	52 years
11 years	60 years
13 years	68 years
15 years	76 years

FYI: Smaller dogs age much slower after about age 5 than their medium to large counterparts, so they tend to have longer lives. In fact, some small breeds can live 20 years! So keep in mind that your 13-year-old dog might be thinking about Social Security!

— *Heloise*

NEW KITTEN

Dear Heloise: When we got our cat several years ago, she was from a large litter and was the runt. On her first night with us, I took an old “bed buddy” (pellet-filled neck warmer) and heated it in the microwave, being careful not to make it too warm. I put it in her carrier, and she never cried once or since! After she grew up a little, I cleaned the bed buddy as well as I could and donated it to the Animal Protective League. — *Ann Fitzgerald, Springfield, Ill.*

HEART DAY

Dear Heloise: With all the new once-a-month medicines my dogs take, I needed a way to ensure that they were given on time! It was Feb. 14, and I was giving them their heart medicine when it hit me — Heart Day! I checked with my vet, and he said all of the medicines could be given the same day. Now I give everything on “Heart Day” each month (the 14th), and I no longer have to worry if they've had their medications. — *Ann Hall, Pine Bluff, Ark.*

BETTA FISH

Dear Heloise: I have kept a betta fish in a 1-1/2 gallon, octagonal aquarium for years. Recently, I added an African dwarf frog. They seem to get along well, and sometimes it seems like they are playing together. African dwarf frogs eat bloodworms, which can be purchased at most pet stores, and Mr. Betta likes the bloodworms, too! — *Andria Goodman, Fort Morgan, Colo.*

PET PAL

Dear Readers: Johanna Morrison of Youngstown, Ohio, sent a photo of Jessica Mary, her very pampered guinea pig (aka fat rat), doing one of her favorite things — chewing! This 2-year-old guinea pig has her own bedroom and lots of toys, blankets and balls.

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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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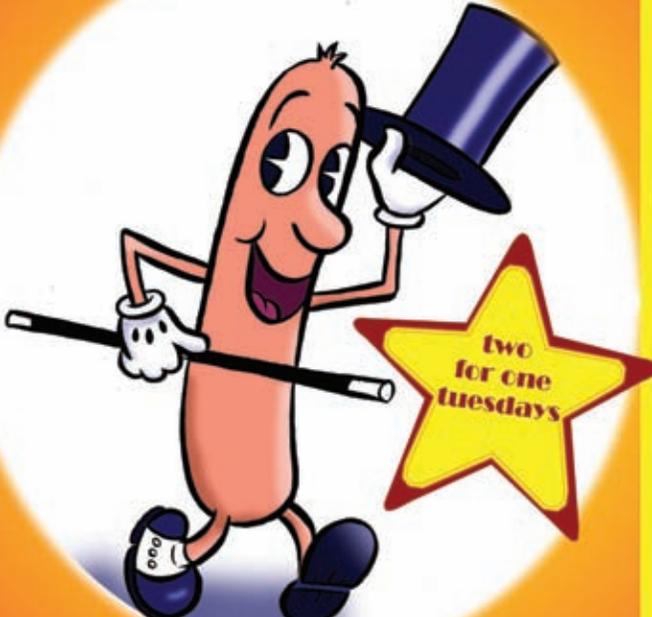
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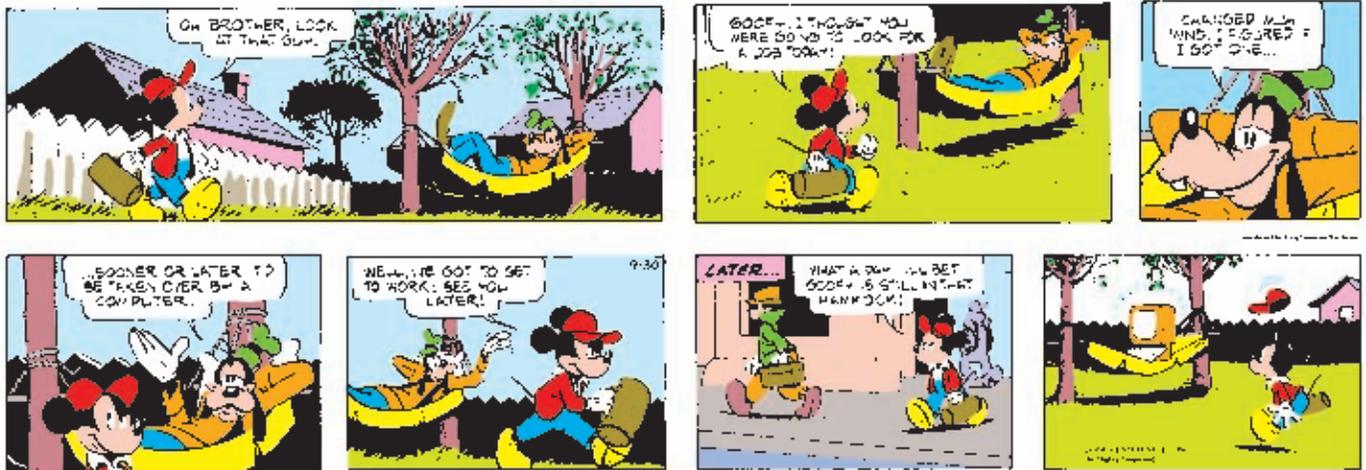
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TOP DOG

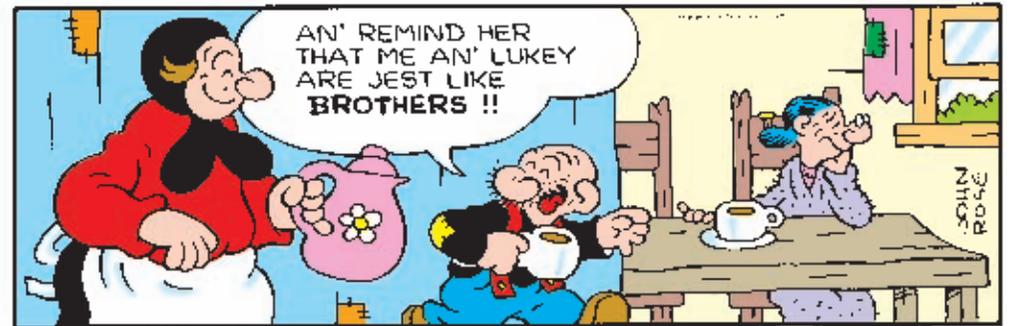
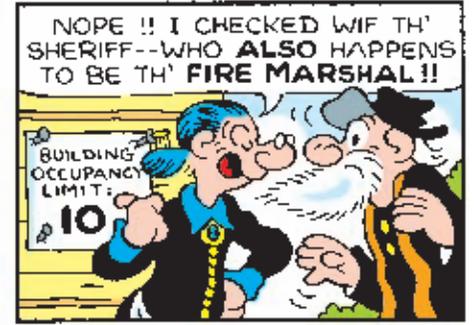
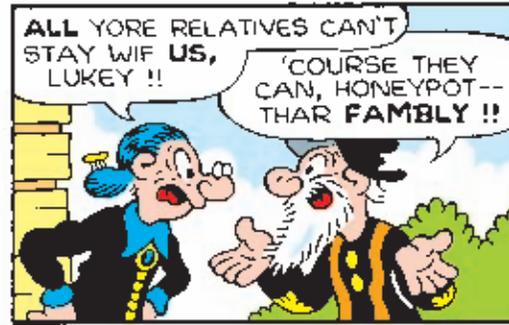
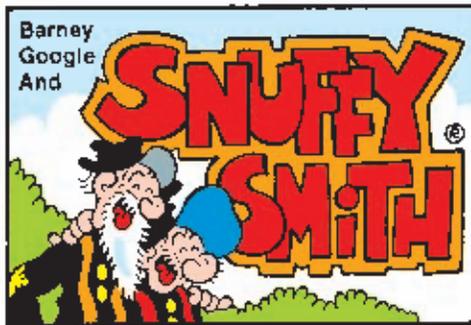


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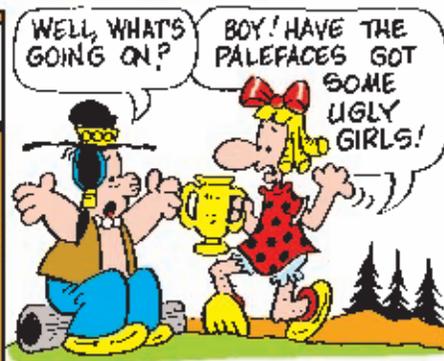
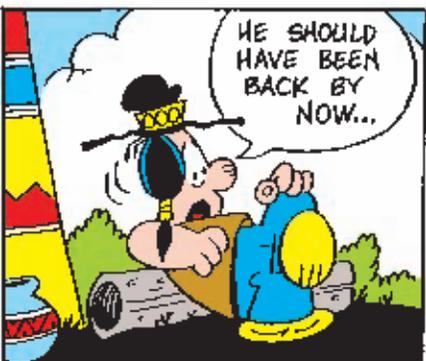
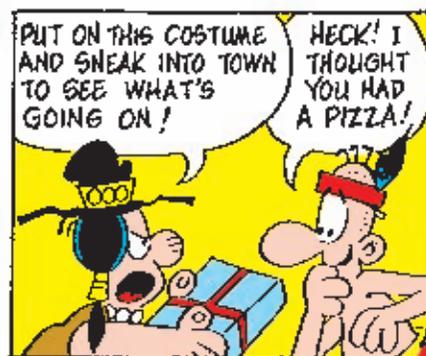


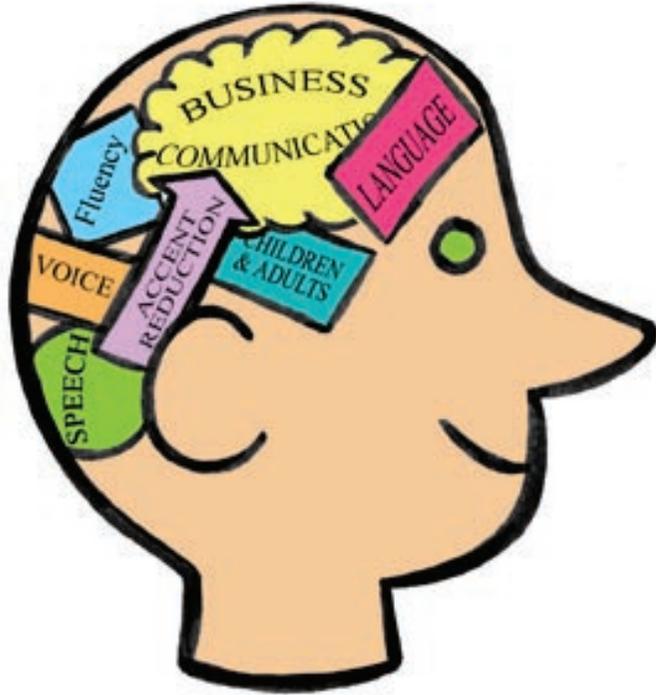
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REDEYE

BY BILL YATES & MEL CASSON



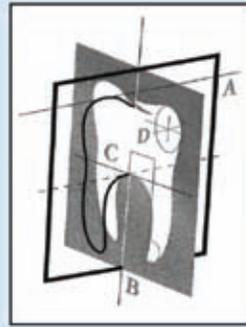


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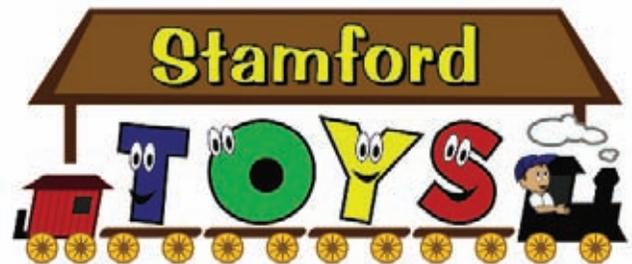
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FROMMER'S BUDGET TRAVEL



BY ARTHUR FROMMER

Travelers May Like Exotic Tours

If you like the idea of a guide to plan and lead your trips to exotic locales but would sooner die than take a big bus tour, Australia-based budget tour operator Intrepid Travel (www.intrepidtravel.com) might be the answer. It's inexpensive, and it caters to the mind-set of the independent, socially conscious traveler.

With Intrepid, the bargains abound. This fall, a 15-day "Unforgettable India" trip — including visits to Delhi, the Taj Mahal and ancient temples, boating on the Ganges and a search for tigers in Panna National Park — starts at \$757 plus airfare. A week of exploring Croatia from Dubrovnik to Splitvia, the islands, beaches and Roman ruins of the Dalmatian Coast costs \$798 plus airfare.

Intrepid even brings down the cost of pricey areas, charging from \$1,100 plus air for the eight-day "Umbrian Escape." This trip includes — in addition to visiting medieval Gubbio, the basilica of St. Francis in Assisi and little-known Spello — two nights in Venice and a final two days spent among the antiquities of Rome, neither of them cheap destinations.

But it's Intrepid's philosophy, not its prices, that have always caught my eye. Intrepid Travel hews as closely as a group tour to the independent travel style. There is a guide to provide insider knowledge and book the best lodging and dining options, but the groups are small (usually limited to 8-12 people) and they travel for the most part as independent travelers do. Instead of giant tour buses, participants take local transport (trains, local buses, ferries, bicycles, elephants, etc.). Instead of chain hotels, they stay in B&Bs, guesthouses or even hammocks slung on the village chieftain's porch. Instead of rubber-chicken dinners in the tour-group room at a restaurant, they feast on street food and elbow in with the locals at down-home eateries.

I'll put it this way: Recently, some friends comparing tours to Japan picked Intrepid when they realized that, while most tours offered a visit to a Buddhist monastery, the Intrepid tour actually spent the night in one and the participants took meals with the monks. (The kindly old monk who showed my friend how to hold his chopsticks at dinner turned out to be the abbot.)

The company also puts much stock in ethical and sustainable tourism, hiring anthropologists to study its tours' effects on local cultures and donating a percentage of its proceeds to various global-aid organizations. It's also on track to be carbon neutral by 2009.

Of course, there are downsides. Intrepid sells land-only tours; you're on your own for finding airfare. Various local fees often tack \$100 to \$200 onto the quoted tour price, and on some trips, not all meals are covered (though you'll need, at most, an extra \$200). Popular itineraries might be offered every week or two; more obscure or adventurous ones might depart on only a handful of dates each year.

Also, this sort of hardcore travel with few frills or amenities does not appeal to everyone. If you prefer hotel minibars, air-conditioned buses and menus with English translations, Intrepid probably is not for you.

But if rafting the Mekong, trekking the jungle and sleeping in huts sounds like your ideal Asian vacation, then go quickly to www.intrepidtravel.com.

More and more of Intrepid's passengers are Americans, and I've yet to hear a negative comment on anything they do.

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On some Intrepid tours, passengers stay overnight in a Buddhist monastery.

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THE SUPER HANDYMAN



BY AL AND KELLY CARRELL

CHECK FURNACE

In some parts of the country, winter is just around the corner. It's a good time to check your furnace and make sure it's ready for another heating season. Here are some things you should do or have a professional take care of for you:

— If your system uses a filter, make sure it is cleaned or replaced regularly. This is very important and can make a big difference in the efficiency and comfort of your family.

— Turn off the breaker to the system and open up the access panel or the side to take a look at the blower fan. Use your vacuum to clean the inside of the unit. Check the belt if one is used on the fan, and replace it if

it is cracking or worn.

— If your system has a firebox, this can be cleaned with a vacuum. A brush also can be used to really loosen dirt and grime.

— Lubricate bearings and other parts as required by your system. If you are unsure of your system requirements, check with the manufacturer.

— Inspect the flue, and make sure it is properly vented if your system uses one.

— Make sure your thermostat is working properly. Thermostats with moving parts can be carefully cleaned. If you suspect yours might not be functioning properly, go ahead and replace it. The newer set-back thermostats are really great and can save you money by regulating the settings according to your living patterns. Replace backup batteries if needed.

If you suspect a problem, have a professional check the system and make repairs early to avoid a last-minute rush.

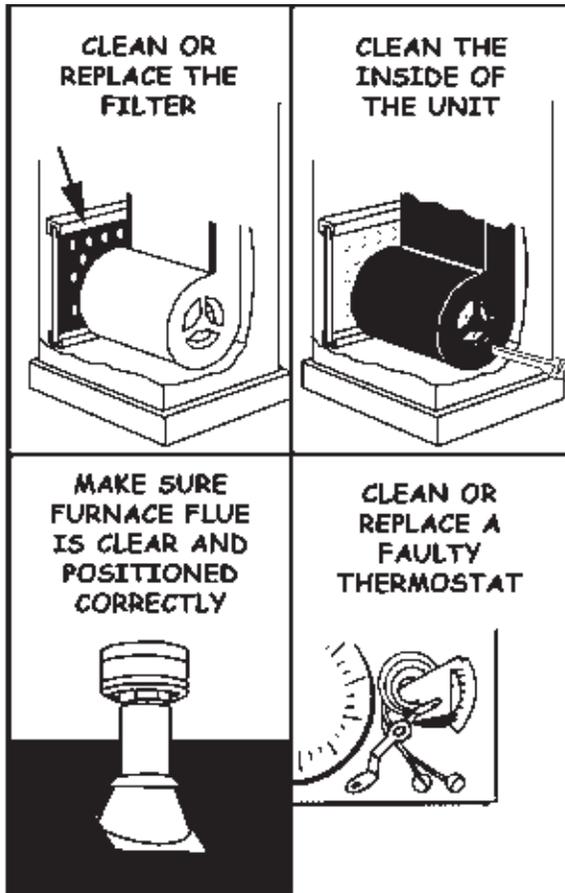
Q: I plan to install a new outlet on my back porch. I know I want to use the covered kind in order to protect it from the weather, but do I need to use the GFCI type?

I've never installed one of these and don't know how difficult it is. What do you suggest? — *C.M.*

A: You should use the GFCI type. It's safer for you and anyone else in the area should you have a problem with excess moisture. Just covering the outlet won't protect you from being shocked. Most local codes require it for safety reasons anyway, so just plan to use this type. All have easy-to-follow directions for installation, and if you can install a regular outlet in the area, you can certainly install one of these. Follow your local code, and you'll be fine.

Q: Our back porch was painted many years ago, and most of the paint has peeled or worn off. How can I get the rest of it off so I can clean it and paint it again? — *J.R.*

A: If you're sure you want to remove the rest, try a paint-and-varnish remover. If it's stuck on the surface really well, I would just leave it and paint over it. Use a primer made for concrete, and you will have less peeling later. Use a paint for outdoor concrete, perhaps an epoxy, for the longest-lasting finish.



Got a question or a handy tip? Send it to The Super Handyman in care of this publication, 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

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

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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Cover:

A Cartoon Legacy

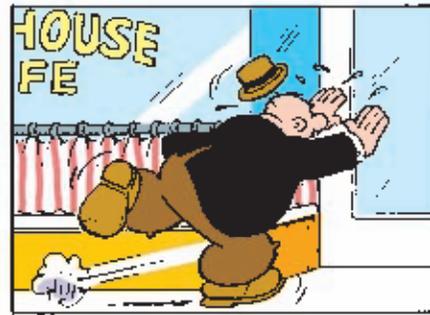
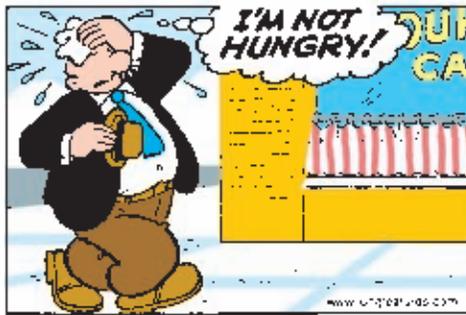
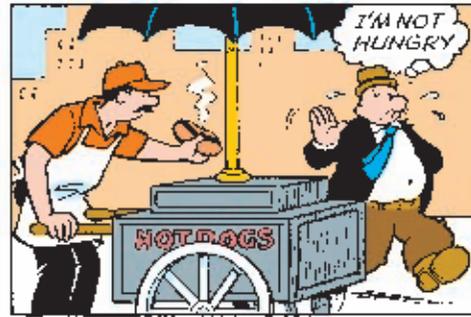
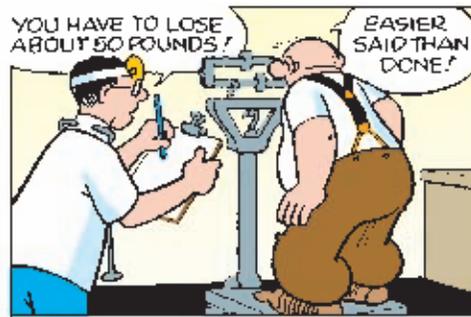
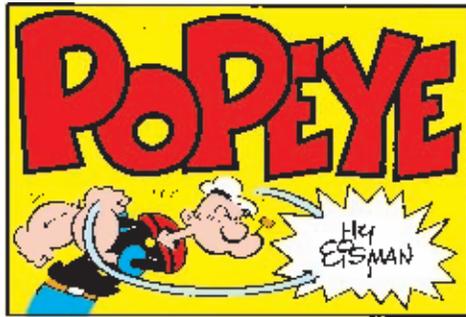


The Westport Historical Society will present an exhibit of three of the nation's most beloved comics, *Beetle Bailey*, *Hagar the Horrible*, and *Hi and Lois*, beginning Sunday, Sept. 23 with an opening reception from 2-4 p.m. The show will feature more than 50 original comic strips, artwork from children's books and other memorabilia. The exhibit, **A Cartoon Legacy**, is on view until Jan. 4, 2008.

Members of the Walker and Browne families, who have continued the family tradition as artists of all three strips for more than a century, will be on hand to answer questions. Books, featuring cartoons and signed by the artists, will be available for sale.

For more information, visit www.westporthistory.org

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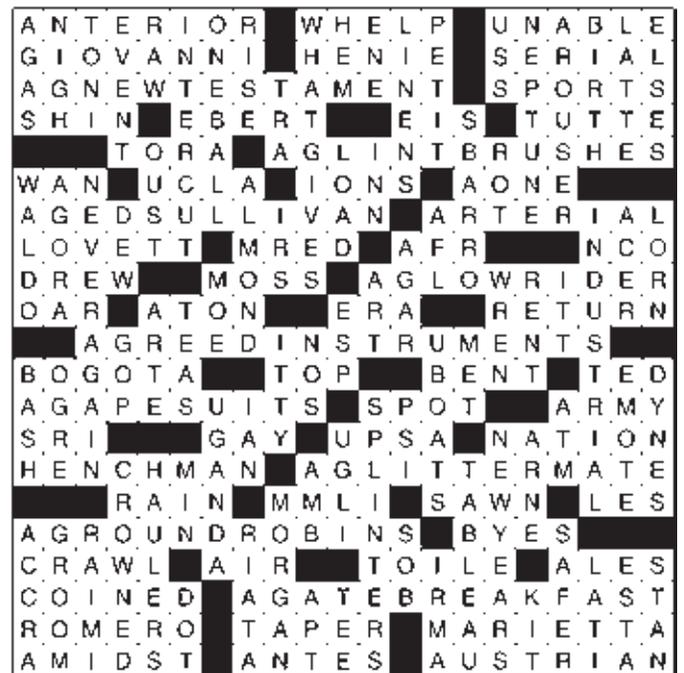
SOLUTIONS

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

Difficulty Level ★★★★★

9/30

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PREMIER Crossword

By Frank A. Longo

SILVER-HEADED ACROSS

- 1 Situated toward the front
- 9 Young dog
- 14 Incomplete
- 20 Don't (Mozart opera)
- 21 Figure skater Sonja
- 22 Daytime soap, e.g.
- 23 Will written by Nixon's exec?
- 25 Newspaper section
- 26 Leg bone
- 27 Movie critic Roger
- 28 "The Evidence" (Gator novel)
- 30 Costlier
- 31 1970 WWII film, when tripled
- 33 Clearing farm care items?
- 37 Date looking
- 40 Sea of the Brooms
- 42 Electron particles
- 43 Top rail
- 44 Gilber's partner late in life?
- 47 Of the astral, e.g.
- 51 Singer Lyle
- 52 Talking TV horse
- 53 Gargo's common abbr.
- 54 I Sat, e.g.
- 55 With 2-Down, got close
- 56 Tree trunk growth
- 57 Bearing his rule?
- 61 God's puddle
- 62 Gish
- 64 Time span
- 65 Corner back
- 66 Winds and strings playing in "me with each other"
- 72 Colombia's capital
- 74 Pirnacle
- 75 Cusped
- 76 Media mogul Turner
- 79 Black-jawed business exec?
- 82 Fido's friend
- 84 Mlima
- 85 Mr. in Madras
- 86 Arthur Tale's
- 87 "Lassy"
- 88 Comity
- 90 Villain's assistant
- 94 Sparkling spouse?
- 96 Bandy player
- 97 Car's 2,051
- 98 Roughly — not carpet, as wood
- 99 The, in Cain
- 100 Bites that have landed?
- 105 Interchange draws
- 107 Car on all roads
- 108 Vacuum's lack
- 109 Silver fabric
- 111 Pub servings
- 115 Inevitable, as a new word

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
20								21					22					
23								24					25					
26					27					28		29		30				
31	32	33	34	35	36													
37	38	39		40			41		42				43					
44		45					46					47				48	49	50
51							52			53						54		
55					56				57				58	59	60			
61				62	63				64				65					
66	67							68	69			70	71					
72	73							74					75			76	77	78
79							80	81		82	83					84		
85							86		87				88	89				
90			91	92	93			94					95					
96								97					98					
100	101	102						103				104		105			106	
107							108				109	110				111	112	113
114					116		117			118	119							
121								122										
124								125										

- 117 Striped snake sculpted to look like bacon and eggs?
- 121 Actor Caesar
- 122 Unusually get narrow
- 123 Day near Atlanta
- 124 In the thick of
- 125 Recycled stakes
- 126 From Virginia

DOWN

- 1 "What — ?" (Dig this?)
- 2 See 55-Across
- 3 Terrible of Morrison
- 4 Occasion
- 5 Unneeded
- 6 Weave together contrasting scenes, in filmmaking
- 7 Food rack component
- 8 Get higher
- 9 "How could that be?"
- 10 Father's edge
- 11 Ethyl ending
- 12 Fabricator's sheets, etc.
- 13 Four-decker
- 14 In its, rear battleship
- 15 Brian's planet
- 16 Interest-paying thing
- 17 Genesis
- 18 Cappuccino alternative
- 19 "It's nobody's business"
- 24 Retrain let

- 29 Italian fast-food chain
- 32 Espel
- 34 Horizon
- 35 Ruses, bait
- 36 Helony
- 37 Ralph — Emerson
- 38 Old Greek market
- 39 That's the last time I'll do that!
- 41 Plaque net
- 45 Natural invertebrate
- 46 Fox pup
- 47 — CEO
- 48 Part of CRT
- 49 Excellent server, in tennis
- 50 Herelt, old-style
- 53 Labeling
- 56 Curly's chem
- 57 Skat
- 58 Small bird
- 59 Tennant's obligation
- 60 Morticia Aklans' cousin
- 62 Count, Johnson
- 63 Some are herbal
- 64 Gene ability
- 67 Republican gp.
- 68 Buts
- 69 Dennis
- 70 WWII subs
- 71 Ink street
- 72 Hit hard
- 73 Rea, in game
- 77 Harry up
- 78 Force units
- 80 Neighbor of Kelpia
- 81 McKeel on McShay's
- 82 Stivers
- 83 Greek letter
- 84 Dough-filled machine
- 87 Winky targets
- 88 They're ring in on January 1
- 89 British composer Thomas
- 91 Make a king
- 92 Label tracks, e.g.
- 93 60-sec.
- 94 Diplomatic official, abbr.
- 95 Photosque scene
- 97 Actress Fairchild
- 100 Capital of Ghana
- 101 Bride's mate
- 102 "Darkman" director Sam
- 103 Cat catcher
- 104 Cry loudly
- 106 Cass, risky
- 110 "La Dancer"
- 112 So do linkup
- 113 "Coms..."
- 114 Getz of jazz
- 116 "J" topper
- 118 Fitting
- 119 Golden's pep
- 120 Base and

STAN SMITH'S TENNIS CLASS

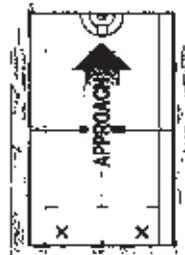
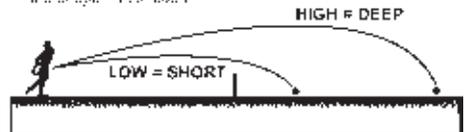
HIT BALLS DEEP



Hitting deep keeps the opponent on the defensive, making him stay behind the baseline, where he's hard to hit winners. The deeper in the court your ball lands, the longer he has to prepare for a shot.



Hitting the ball deeper does not necessarily mean you have to hit harder. Concentrate more on trajectory than power. Hitting the ball higher over the net usually makes it hit deeper in the court.



HIT AT THEM!

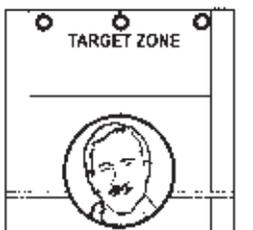
If you are going to the net, you need to make a hard ball hit to return the ball, as you are coming to the net. One way to make it hard on your opponent is to hit your approach shot deep and down the center line to take away his angles for the passing shots.

If he hesitates the ball will jam him forcing him to make a tough last second adjustment. It's almost always better to be able to return the ball with more strategy.



DEEP LOBS

The lob is particularly effective if used several times in a row. Just keep your lob landing deep in the court and see if your opponent starts missing a few over balls.



Hitting lobs can frustrate and annoy a net player, taking him out of his game plan and getting him to think too much about his overhead. Once you have him thinking instead of playing, his game is in trouble.



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YOU'LL PROMOTE "CENTEREDNESS" BY THINKING OF YOUR UPPER SPINE AS YOUR HUB, AND TRYING TO GOE AND UNCOIL AROUND IT WITHOUT MOVING SIDEWAYS OR UP OR DOWN.

IMAGINING YOU'RE "SPINNING" AS YOU SEE HERE MIGHT ALSO HELP.



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