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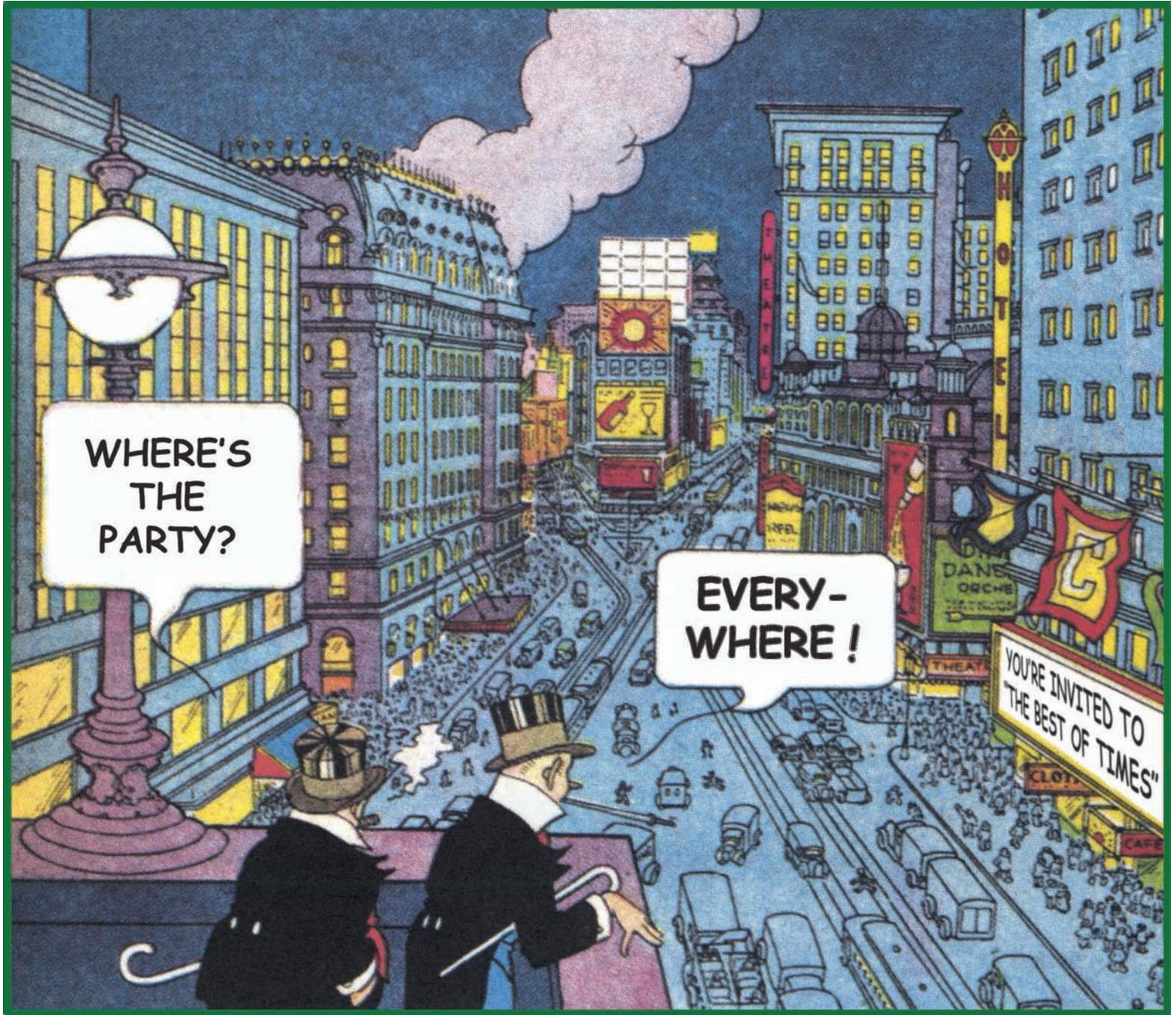
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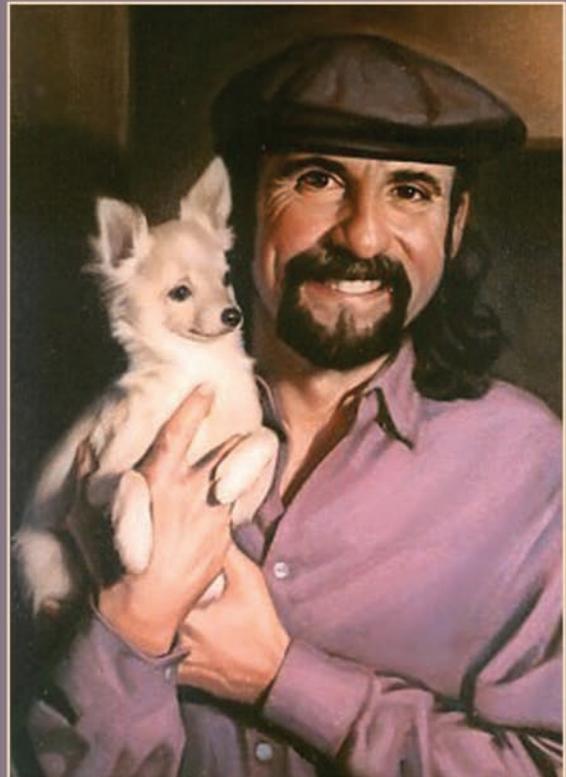
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DEBBIE TRAVIS' HOUSE TO HOME



TRENDS FOR 2008

BY DEBBIE TRAVIS

It's time to peek into the looking glass and see what's hot for the coming year. Global decorating is indeed with us, which allows for a tremendous variety of styles and accessories. It has never been easier to fix up your home to suit your lifestyle.

You will notice a shift in attention from black to gray, both on its own and also as a balancing color. Going green continues to grow in importance as manufacturers champion the recycling spirit. Textures are tactile and enticing and if you love saturated color, you will be blown away by the potent palette for bed and bath linens.

Gray has been out of vogue for a while, but the new softer shades of stone, putty and granite are making a huge impact next year. As is usually the case, and a trend in its own right, the boutique hotels are one step ahead of homeowners in interior design. I was delighted to spend a couple of nights at the new London Hotel in New York City, made famous by my favorite chef, Gordon Ramsey, who has an incredible restaurant within the hotel. The restaurant, lobby and especially the suites have used a palette of gray in a sensual way

reminiscent of how colors were used during the art deco period. Mixed with glass and smoky silvery greens, this palette of delicate grays has given a whole other notion to the rather tired beige groupings of the past decade. Gray is being paired with anything — fresh and funky oranges, classy coppers, reserved olive green and pure white. Although more muted than in the past, purples are still hot and are a good pairing with gray.

Going green must become a way of life for us all, rather than a trend, and its global importance is captured in the many ways designers and manufacturers choose to create new products. Plastics may not seem to be earth friendly, but they are if the product has been re-created from recycled plastic, which is the case today.

Leather continues its strong position, but look for printed leather and new furniture designs. Wood, bamboo and cork are renewable resources that have continued staying power for furniture, flooring and accessories.

Motifs from nature are still favored patterns; you'll find florals with oversized blooms, sculpted leaves and birds on fab-

rics and wallcoverings. New colors keep these well-loved patterns fresh and current.

The rush over steel is not stopping any time soon. It took a while to get here, but once the kitchen manufacturers caught on, steel swept in like a tidal wave. However, textures are shifting toward hammered or distressed in all metals and some wood as well.

Clean lines can be defined by fabrics spun through with metallic threads, and distressed furnishings stained driftwood gray. Reflective surfaces bring a lovely gleam to any room. Glassware is veering away from the straight and narrow, taking on enchanting new curves and bubbles that work well with contemporary design and add a note of surprise to traditional settings.

* * *

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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This suite in the London Hotel in New York leads the way with a chic palette of grays that is the coolest trend for 2008.

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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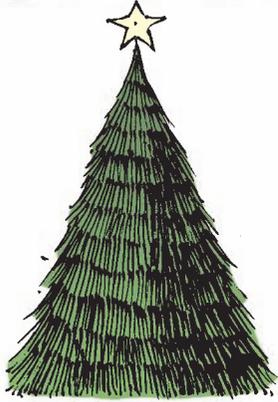
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MUTTS



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WHAT'S NEXT!?!

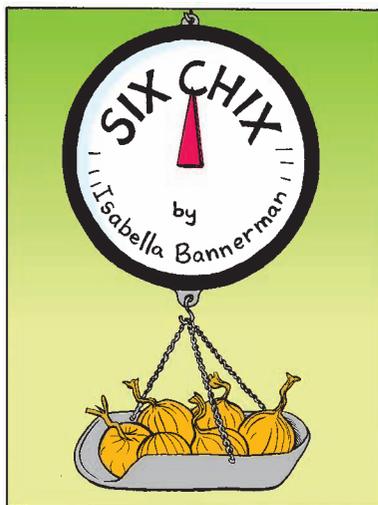
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ADAM FINDS GOD'S TO-DO LIST



SOME FOUR-LETTER WORDS YOU MAY ENCOUNTER OVER THE HOLIDAYS:

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DICE	CORE	BOIL	STIR	MASH
BAKE	POTS	PANS	LIDS	TOSS
			WIPE	SOAK

BANNERMAN 12/16

Who wants to be treated like a dog? All my friends do!

I'm Rhoda Freedberg, Real Estate Broker. My dog, Cricket, was part of my family for over 15 years. She had curly brown hair, just like me. Because she was always treated royally, my friends would say "they want to come back as my dog." She had free reign of the house including all beds and sofas. She never spent a night in a kennel. She ate gourmet dog and people food. When it rained or snowed, she was walked under cover. She swam in the summer and romped in the fallen leaves. As she aged she received the best medical treatment available including acupuncture, water therapy and 24/7 care when needed. "Cricket Care" was the ultimate in care giving.

What does this have to do with buying or selling a home?

This has everything to do with real estate....or at least your choice of realtor. I take care of my clients as well as I take care of my pets. I'm proud of that. Honesty and good communication are the most important qualities in a relationship. Whether you are selling or buying, I'll educate you about current market conditions, point you in the right direction and take care of your every need. I won't desert you when selling your home or when finding the right home is difficult. In the heat of a negotiation, we will probably speak to each other more than to our family members. After the transaction I'm there to help you with finishing touches. I've supervised major renovations, recommended top service providers from doctors to hair stylists, assisted decorating, etc. I try to be more than a realtor...I try to be a friend.

I realize that real estate is probably your largest investment and I take that responsibility very seriously. At the same time I try to reduce the stress related to a move as much as possible. I loved my dog and I love working for my clients. I promise to give you the best care!

Here are a few rave reviews.... Or call me and I'll give you contact info for some more.

"I have dealt with many realtors, both as seller and buyer, and I must say that Rhoda is without doubt the most professional, energetic and helpful one I've ever worked with." **Harold Levin**

"Your knowledge is priceless." **Kelly Feda**

"She spent countless hours working with various contractors. I was lucky not to have been paying her on an hourly basis!" **Steven Frenkel**

Thinking about a move and have some questions? I'd love to speak with you about the value of your home, market conditions or whether you should expand or move. I'd love to listen to your dreams, needs and concerns. Contact me anytime at **RhodaF@gmail.com** or my cell **(203) 321-9638**. Just one call and you'll understand:



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SHAMPOO SOLUTION

BY HELOISE

Dear Heloise: I understand that one of your readers was having trouble getting shampoo out of her dog's coat. I have worked at a vet's office for years and know that this is a common problem. It is especially frustrating for owners who have to use expensive specialty shampoos to treat skin conditions.

Try squeezing 1 or 2 tablespoons of shampoo into an old shampoo or 20-ounce drink bottle. (Clearly mark the bottle. — Heloise) Partially fill the bottle with water, replace the lid and shake. Use the rich lather to shampoo your pet. It will be much easier to rinse out and will save you money! — *Beth from Mississippi*

Beth, our dog and cat owners (and the pets themselves) will thank you! This pet hint works for human hair, too. — Heloise

DOG WALKING

Dear Heloise: Every time I take my dog on a walk, I bring along an extra plastic bag so that I can pick up litter. You would be amazed at the amount of trash I collect on a daily basis! Minimal effort with maximum reward. — *Sharon Ziegler, Ellicott City, Md.*

PET PAL

Dear Readers: Bill May of Van Wert, Ohio, sent a photo of his calico cat, Patches, sprawled out by the air-conditioning vent. Bill says: "One very hot day, I looked up and saw our cat Patches sprawled out. We are wondering if she will now do it in the cold weather with the heating vent."

BIRD BIT

Dear Heloise: I have an African Gray Parrot named Freedom. On daily cleaning of the cage, I use a spray

bottle with a mixture of vinegar and water (about 1/4 vinegar to 3/4 water — Heloise). I simply spray the needed areas, wait a few minutes and wipe with a paper towel. Then once a week, I use a bird-friendly cleaner for the entire cage. The vinegar solution works great!

— *San Antonio Sue*

S.A.S.: Don't you just love vinegar? It is one of my favorite cleaners because it is cheap and has a billion uses. To save money around your house with good old vinegar, send for my six-page vinegar pamphlet. To receive a copy, please send \$4 and a long, self-addressed, stamped (58 cents) envelope to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001.

Is pet aroma wafting through your home? Place several small, shallow dishes with full-strength vinegar around the room. It will help absorb the odor.

— *Heloise*

INDOOR CAT

Dear Heloise: We recently rescued an indoor cat (clawless). He started chewing plants, so I bought some "cat grass" for him at the pet store for \$5. Then, much to my surprise, I spotted the very same organic wheat grass in the supermarket organic produce department for \$1.69. Gotta look around! — *Corienne Cotter, Agoura Hills, Calif.*

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Bill May of Van Wert, Ohio, sent a photo of his calico cat, Patches, sprawled out by the air conditioning vent.



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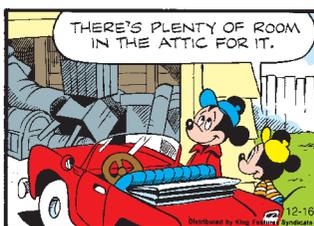
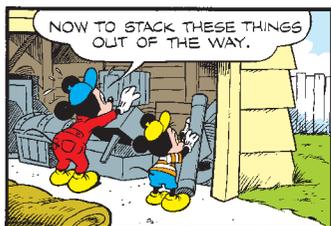
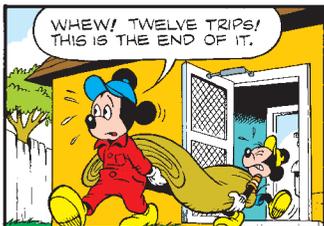
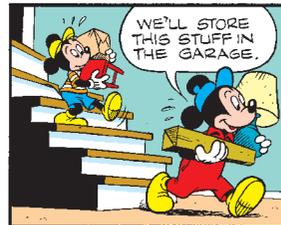
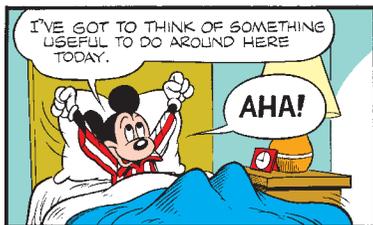
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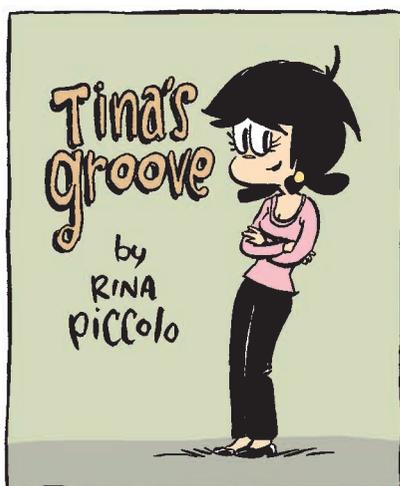
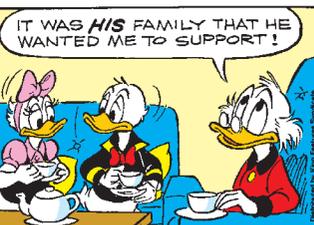
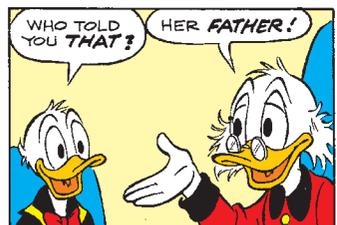
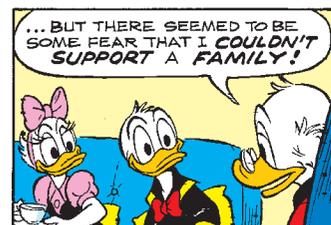
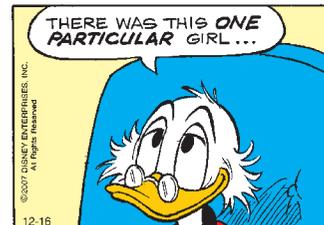
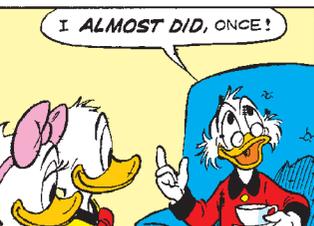
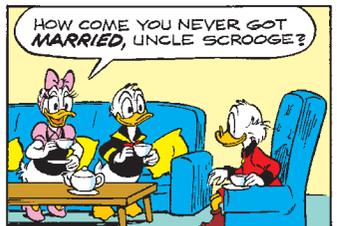
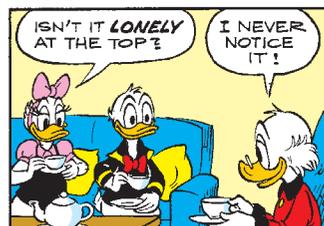
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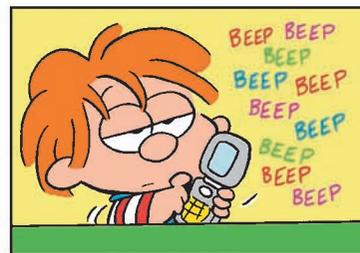
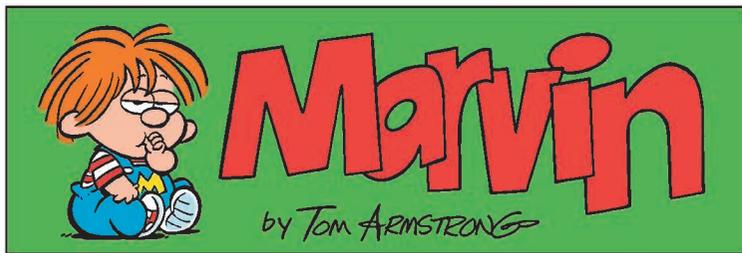
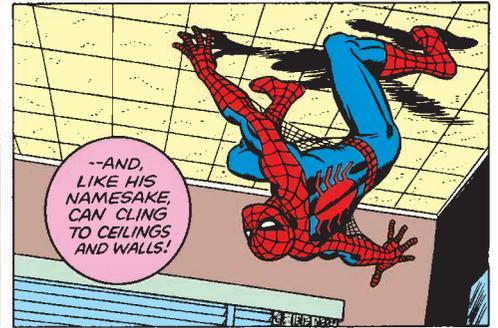
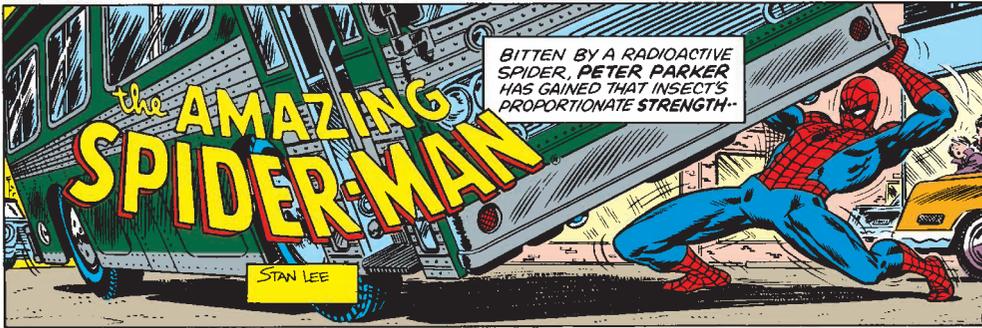
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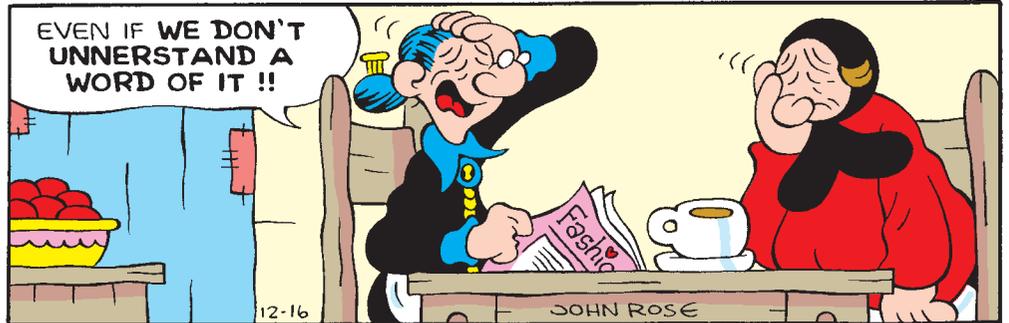
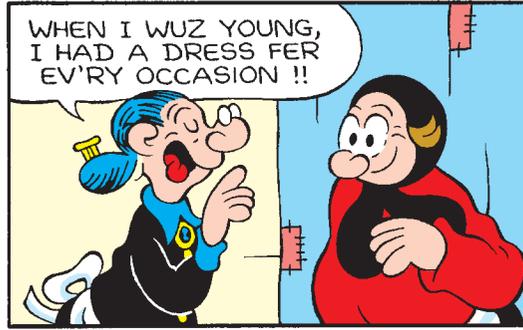
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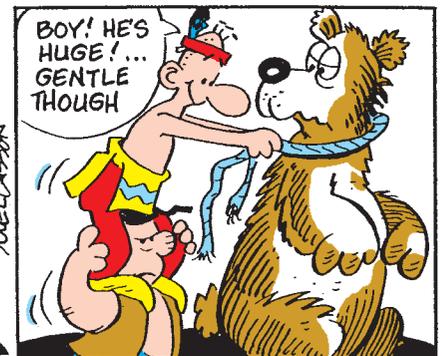
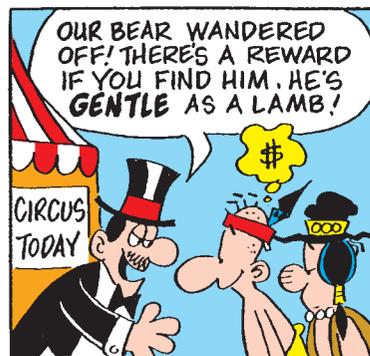
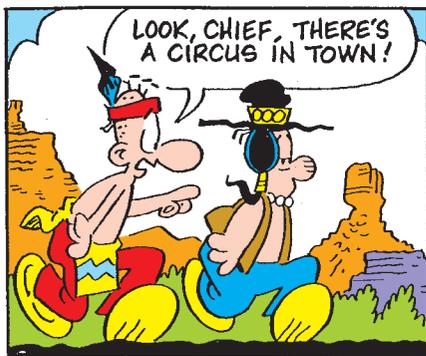






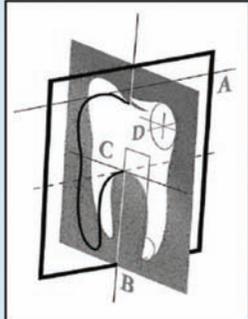
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BY BILL YATES & MEL CASSON





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FROMMER'S BUDGET TRAVEL



BY ARTHUR FROMMER

GPS DEVICE EASILY CAN GET YOU FROM POINT A TO POINT B

Pardon my technological ignorance and backward stance, but I just experienced — for the first time, two weeks ago — the use of a GPS (Global Positioning Satellite) device while driving. And I am still exhilarated by what it did.

We had landed at night, my daughter and I, at the airport in Fort Lauderdale, Fla., and rented a car to reach our downtown hotel. When she slid behind the steering wheel, Pauline whipped out her GPS (a 3-inch-by-4-inch little navigational box) and affixed it to the windshield. Quickly, it accessed a high-altitude satellite, figured out where we were, superimposed our position over a map of the confusing crisscross of airport-area highways, and directed us by arrow and spoken commands along the correct route to our hotel.

When a right turn, left turn or U-turn was needed, the arrow indicated that turn and a female robotic voice advised us that the turn was coming up in such-and-such a distance. When we were within a few hundred feet of the correct turn, the voice again reminded us to make the turn.

In the midst of frightening traffic whizzing along an absolute jumble of unfamiliar highways, we effortlessly found the way to our hotel. The next morning, when Pauline had to appear on various TV programs broadcast from the Fort Lauderdale area, she used the GPS to get correct directions and arrive at all three stations within a total of two hours.

Pauline and her husband had bought their device (which is simply one of the many brands of GPS products) through e-Bay, and I do not know how much they paid for it. On the Internet, their version sells (and it's the cheapest and most modest of them all) for \$219. Earlier this year, they took it with them on a trip to Scotland, where they

also rented a car and drove to a number of locations. The GPS worked perfectly even in that foreign country.

I assume that readers of this column already have used some version of a GPS device for several years now, and I must seem a complete innocent in my enthusiasm for the comfort and efficiency it brings to our travel lives. But if you haven't used it, ask a friend who has one to demonstrate the device, and I'm willing to bet you'll rush to acquire a GPS for your own car.

There appear to be four major brands — Garmin, Magellan, TomTom and Mio — but at least another dozen names pop up when you access a list of all the GPS providers, which include some top-rated electronics firms. I assume they all access the 24 Global Positioning Satellites that our government has flung into space and that orbit 11,000 miles above Earth. And I also am well aware that many car manufacturers will now install a fixed GPS device in your new car.

But a portable little box — of the sort my daughter and son-in-law possess — can be taken with you on trips where you will be renting a car that does not have an already installed box. I am told that you can carry and successfully use a GPS with you as you walk along unfamiliar streets. I plan to carry one along on my next trip to Europe.

The cost of such navigational devices? They wander all over the lot, and can be priced as high as \$600 and \$700 for elaborate versions. But I can't imagine how much

better they can perform than the little \$219 box, which we affixed to our windshield on that trip to Fort Lauderdale. Like the Swiss Army Knife and the carry-on suitcase, it strikes me as a near-miraculous tool for travel.

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A standard GPS screen

Jason the Handyman



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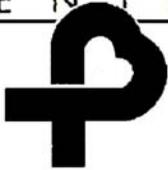
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THE SUPER HANDYMAN



BY AL AND KELLY CARRELL
KEEPING INDOOR AIR CLEAN IN WINTER

During the winter months, when homes are closed up tightly, indoor air quality might be worse than the outdoor air quality. This is not good for your family's health. But there are some things you can do to improve indoor air quality.

Dust will always be with us, but regular vacuuming with a unit containing a really good filter — like a HEPA filter — will remove a lot of it.

Make sure you clean or replace your furnace filter monthly. Pay slightly more and get a better-quality filter that removes the smaller particles.

Keep in mind as you are

cleaning your home that many chemical cleaners give off heavy fumes that stay inside your home. Re-read the labels if you haven't checked them in a while and see if you are supposed to provide extra ventilation. Substitute with the old standbys, like vinegar and baking soda, when possible. They are much safer to use anyway and don't give off any fumes.

If you do any construction indoors, like painting or recarpeting, make sure you use products that don't emit fumes after the installation (look for products that are "low-VOC" or "no-VOC"). Or wait until spring to do the projects, when you can open the windows and clear the air.

If you have your carpets cleaned, make sure the service uses safe chemicals and soaps, and cleans all traces from the room afterward.

If you must treat for bugs, remember that if the stuff you use can kill a bug, it might not be too good for you either. Use it sparingly and, again, maybe wait until spring or at least a day when you can air out the house afterward.

Many dry-cleaning products emit chemicals into the air of your home. Hang clothes in the garage or on a

patio to air them out before bringing them indoors and into your closet.

When the weather is mild, open up your windows and air out the house. That crisp air is a sign that it is clean air. Why not trade some of your stale air for the fresh stuff? This is especially helpful if anyone in your home has had a cold.

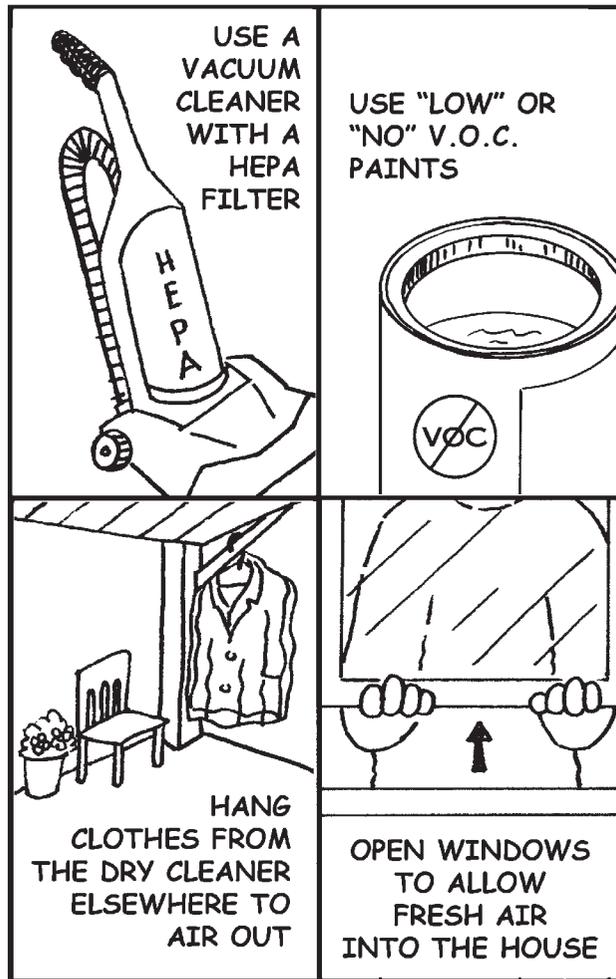
Plants can help filter and clean your air. Add a plant to each room, and let it do its thing. It might make your home look nicer, too.

These are simple things, but they can really help your home smell and BE fresher!

* * *

Q: We have decided to add a second water heater to the house since our daughters are growing up. They seem to use a lot of water, and we never have enough anymore. What would be your recommendation as to how we should divide the appliances up for the second water heater?

A: It would be our recommendation that you install the second one in series with the first. That way, when one water heater runs out of water, the second will take over. Check your local plumbing code to make sure you do it properly.



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

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

Sudoku number game

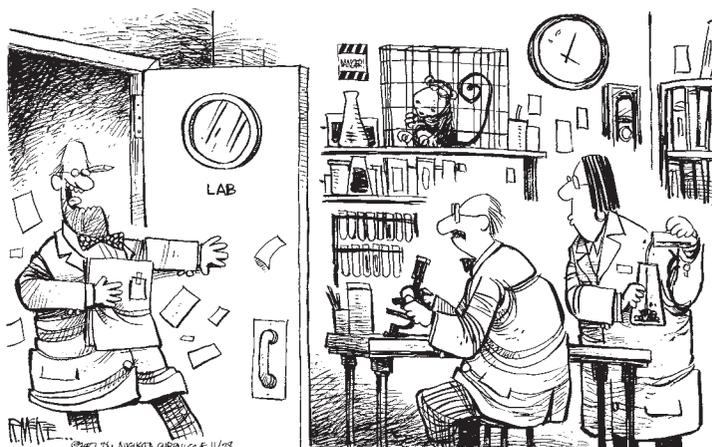
Instructions
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

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 ★★★★★

12/09



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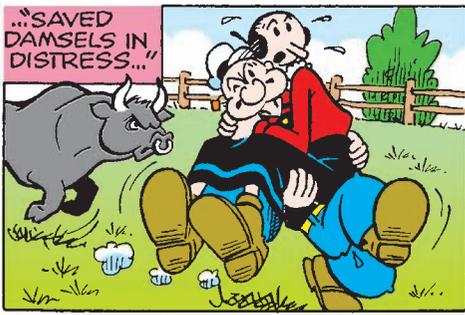
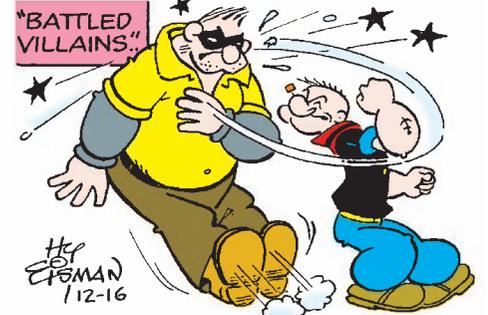
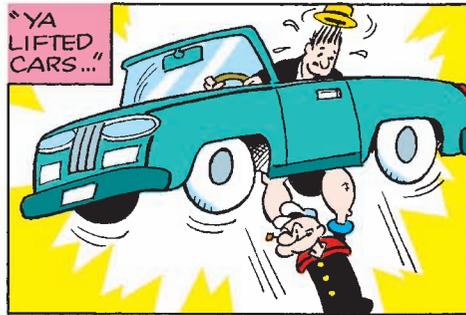
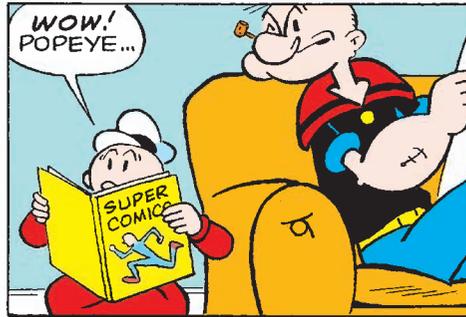
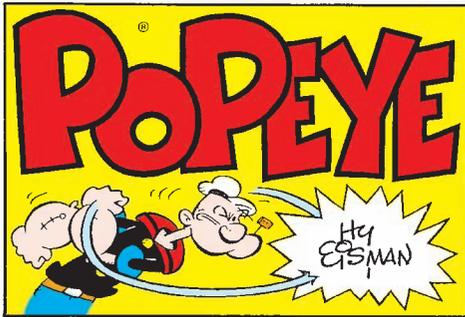








203-323-4500



SOLUTIONS

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

Difficulty Level ★★★★★

12/09

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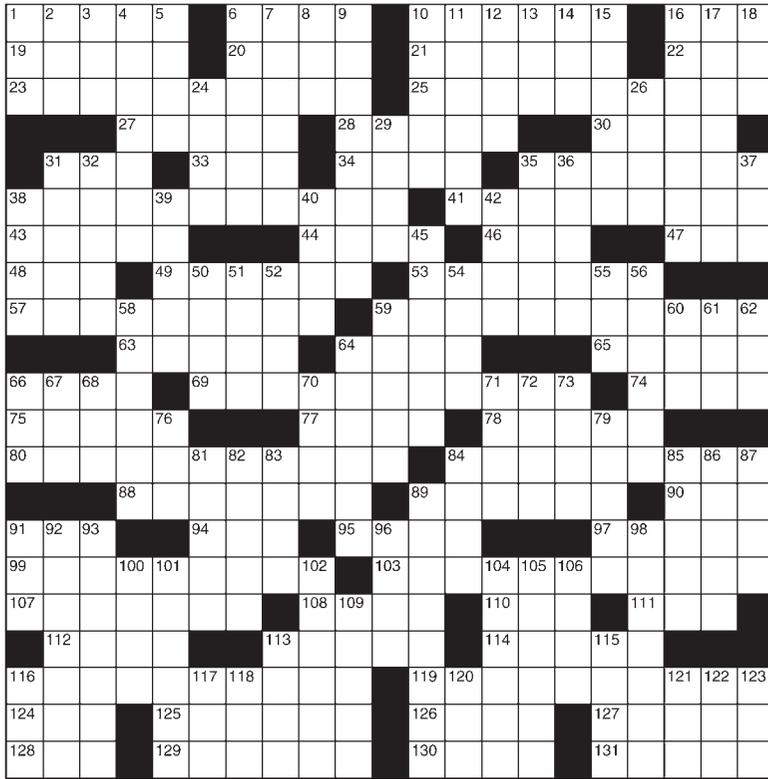
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E	E	R	I	E	A	C	N	E	A	N	O	D	E	S	V	E	X							
T	W	O	P	E	R	C	E	N	T	T	H	R	E	E	P	I	E	C	E					
C	R	E	E	L	T	W	E	A	K	E	T	R	E											
N	C	O	P	R	O	E	A	R	L	E	R	R	A	T	I	C								
F	O	U	R	P	O	S	T	E	R	S	F	I	V	E	A	L	I	V	E					
O	U	T	D	O							W	E	A	K	S	I	D	P	E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

PREMIER Crossword

By Frank A. Longo

PLAYING ONE'S CARDS ACROSS

- 1 Tennis star Borg
- 6 Agitate
- 10 Brunch cocktail
- 16 "... man — mouse?"
- 19 Bone-chilling
- 20 Teen woe
- 21 Positive electrodes
- 22 Bedevil
- 23 Milk variety
- 25 Suit with a vest
- 27 Fish basket
- 28 Adjust slightly
- 30 French "to be"
- 31 Sgt. maj., e.g.
- 33 Maven
- 34 English peer
- 35 Deviating off course
- 38 Bed types
- 41 Minute Maid fruit juice brand
- 43 One-up
- 44 Feeble
- 46 Comedian Caesar
- 47 Felt-tip, e.g.
- 48 Afore
- 49 More lascivious
- 53 Tums rival
- 57 Mideastern conflict of 1967
- 59 Doc's group
- 63 Senator Hatch
- 64 Equal
- 65 "... Song Go Out of My Heart"
- 66 In fashion
- 69 1988 film about the 1919 World Series
- 74 Make void
- 75 Alcoves
- 77 Big name in pet food
- 78 Take away by force
- 80 Complete baseball game, usually
- 84 Some bikes
- 88 Italian seaport
- 89 Volcano in California
- 90 Little squirt
- 91 Sch. org.
- 94 Oozing stuff
- 95 Appointment
- 97 Mother-of-pearl
- 99 Comedian who co-starred in "To Be or Not to Be"
- 103 Grandma of a prince
- 107 Dead Sea documents
- 108 Israel's Barak
- 110 Prefix with classical
- 111 Spy novelist Fleming
- 112 Color quality
- 113 Harvester's bundle
- 114 Chronic complainer
- 116 Round Table leader
- 119 Film "pet detective"
- 124 TV Tarzan player Ron
- 125 Long, vehement speech
- 126 Ordinance
- 127 — and aahed
- 128 Topaz, e.g.



- 129 Riyadh natives
- 130 Clutter
- 131 Gnat and rat

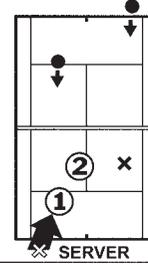
DOWN

- 1 Trifecta, e.g.
- 2 Yiddish speaker
- 3 Goya's gold
- 4 Parachute part
- 5 At no time, in poetry
- 6 Speedsters
- 7 Texas wildcat
- 8 Rural hotel
- 9 Stencil user, often
- 10 Alma —
- 11 Bisected
- 12 He married Mindy
- 13 Pindar verse
- 14 Observe
- 15 "Ad astra per —" (motto of Kansas)
- 16 Give too much of a gratuity
- 17 Get
- 18 Adze relative
- 24 Taken-back car, e.g.
- 26 Slanted type: Abbr.
- 29 "It — Very Good Year"
- 31 "Flashdance" co-star Michael
- 32 Big name in nail care
- 35 Mineral water brand

- 36 Overhauled
- 37 Div. of a millennium
- 38 Antagonists
- 39 Arctic
- 40 Fancy vase
- 42 Luau setting
- 45 Krispy — (some doughnut shops)
- 50 "Jane —"
- 51 1939-45 event, briefly
- 52 "Dam it all!"
- 54 Baking spot
- 55 It makes MADD mad
- 56 Hail
- 58 List of court cases
- 59 Actress Emma
- 60 Stimp's canine pal
- 61 Bouquet deliverer
- 62 — Paulo
- 64 Dramatized
- 66 Former employer of Paula Zahn
- 67 — polloi
- 68 Cyclotron bit
- 70 Pointer
- 71 — debt of gratitude
- 72 Java dispensers
- 73 Trial balloon
- 76 Brit's title
- 79 "Alive" co-star Vincent
- 81 Actor Bruce

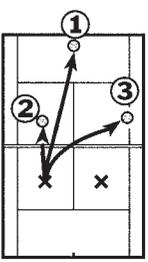
- 82 Old Dodges
- 83 "Time — My Side"
- 84 You, quaintly
- 85 — Sketch (drawing toy)
- 86 Actress Mamie Van —
- 87 Suffix with mob
- 89 Site for selective horse breeding
- 91 Sleepwear, briefly
- 92 Of touch
- 93 "AWOL" or "NASA," e.g.
- 96 Sea shade
- 98 Walking stealthily
- 100 Hong —
- 101 Ovine cries
- 102 Violinist Menuhin
- 104 Marx collaborator
- 105 — of steel
- 106 Wry face
- 109 "— to you"
- 113 Food fish
- 115 L-Q linkup
- 116 Bar barrel
- 117 River inlet
- 118 Mr. Capote, to pals
- 120 Pool stick
- 121 Hesitant interjections
- 122 On Soc. Security
- 123 TV pitches

STAN SMITH'S TENNIS CLASS



DOUBLES: VOLLEY WINNER

In doubles, the server should hit his first volley deep into the opposing court and move forward. He should continue forward and hit his second volley inside the service line.



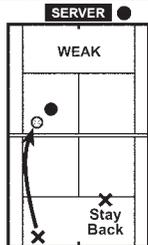
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The winning volley should be hit:
 (1) Down the middle of the court
 (2) At the opposing net player
 (3) With a sharp angle

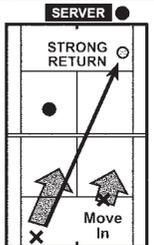


DOUBLES: LOW RETURN OF SERVES

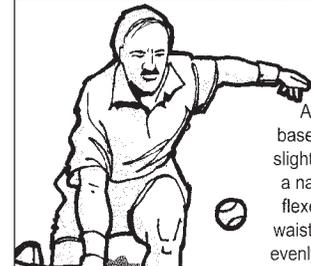
To keep the opponents on the defensive, you should focus on hitting a strong return of serve. Keep the return low if the server is moving toward the net.



The server will have to hit a tough low volley. If you hit a low strong return, your team can move to the net. It is important to take control of the net. Suddenly, you have the serving team on the defensive.

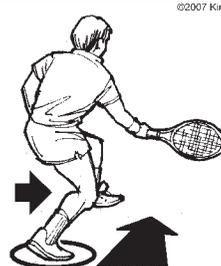


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HITTING ON THE RUN

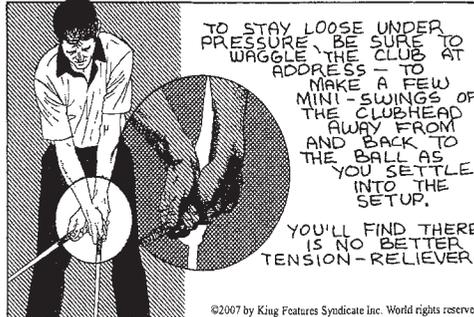
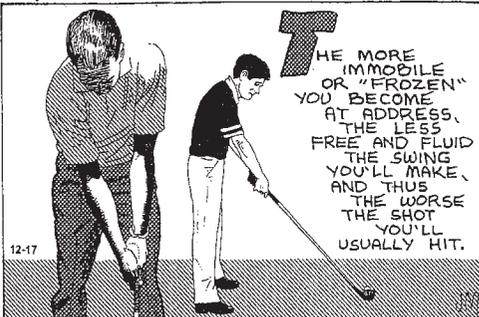
As you run along the baseline, keep your weight slightly on your toes. Run in a natural position — knees flexed, slightly bent at the waist — keeping your weight evenly balanced on both feet.



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When you are about to hit the ball, you need to get your body under control. Try to get your weight moving into the shot. If you have enough time before the ball arrives, push off your back foot and step into the shot. You should bend at the knees, but not at the waist.

Play Better Golf with JACK NICKLAUS



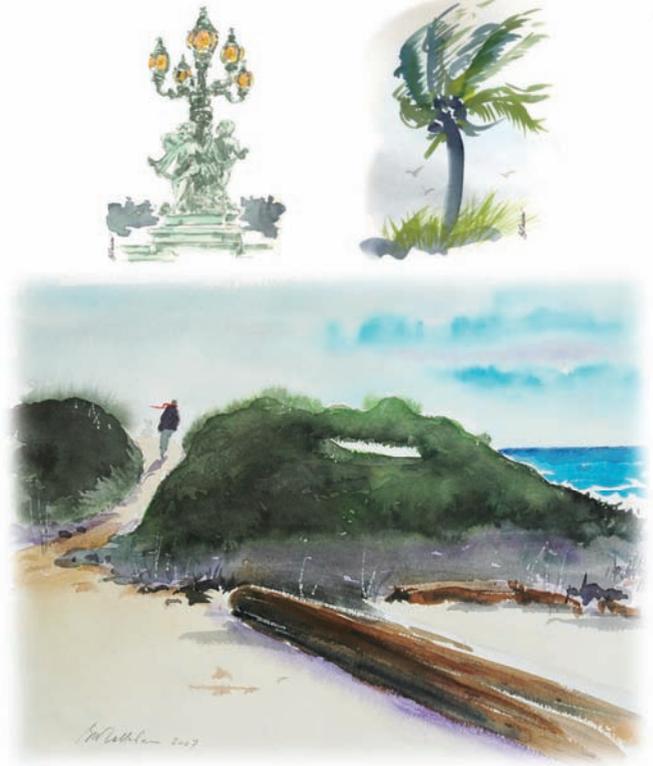
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