

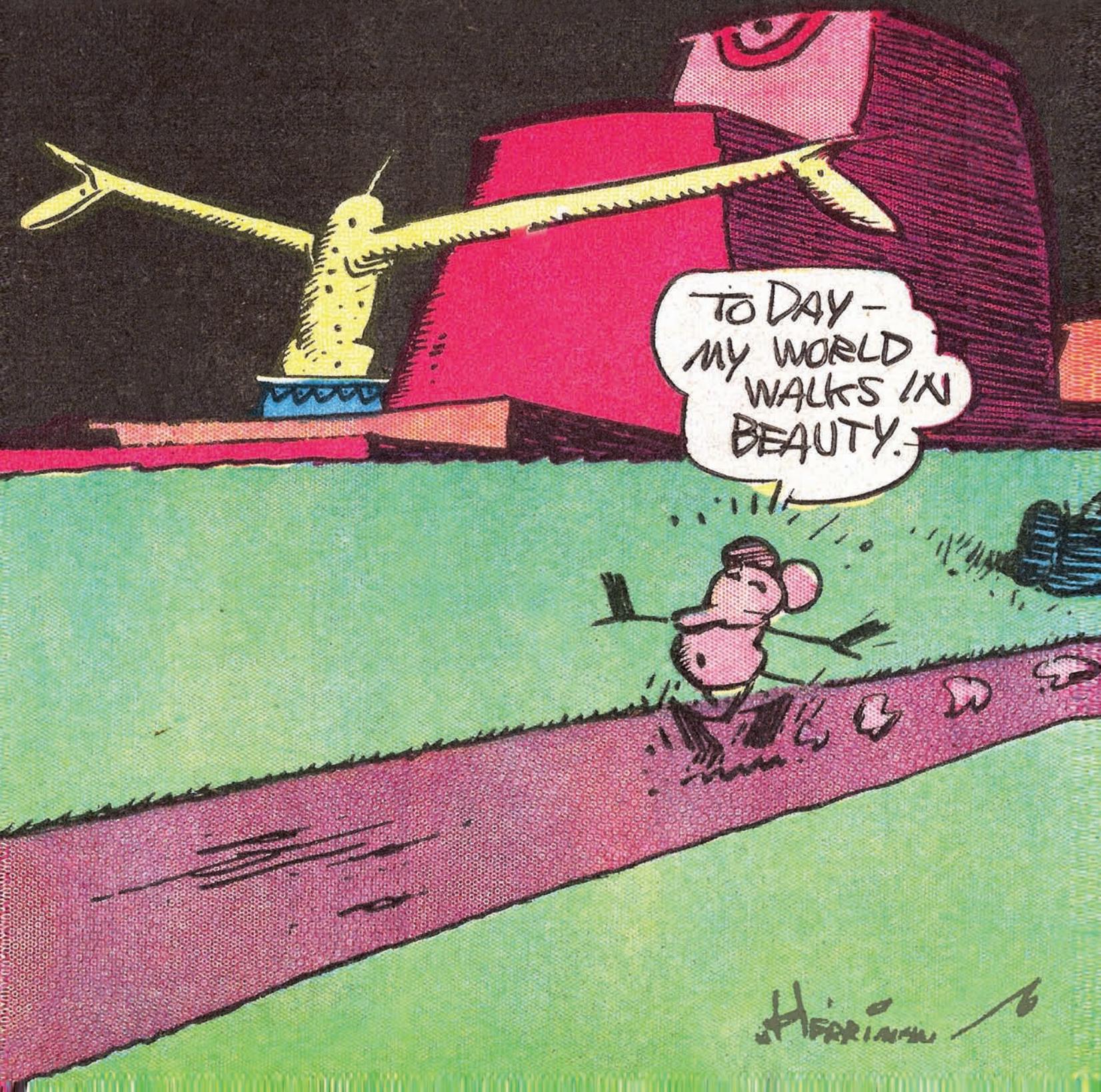
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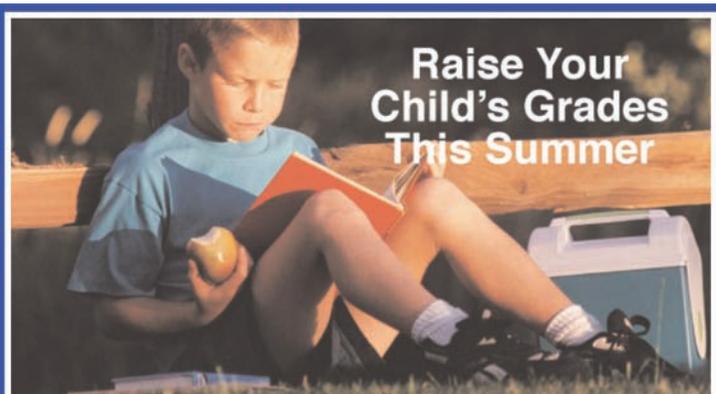
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DEBBIE TRAVIS' HOUSE TO HOME



OUTDOOR ROOMS

BY DEBBIE TRAVIS

The most successful interior decorating is accomplished in stages. It takes time to accumulate the furnishings, color palette and the personal touches that make your rooms compelling for you and the way you live. Outdoor spaces are no different.

Make an overall plan for lounging, for eating and for play. Consider how these areas connect, and how to make them inviting. Then work in stages to pull the design together. Allow nature to become part of the process, adapting the "floor plan" to the shade trees, garden flowers and water features already in place.

Of course the biggest challenge with outdoor rooms is the weather. Your indoor decor does not have to contend with buckets of rain, high winds, hot sun and vast temperature fluctuations. There are plenty of options for building walls and outdoor ceilings that fit gently into the garden, provide privacy and, to a certain extent, weather protection. Built from wood or iron, arbors and pergolas come in a variety of designs. They offer the necessary vertical and overhead structure to

define boundaries and offer shade and privacy, and you can choose to have them as solid or airy as your needs require. A simple stretch of lattice filled with fast-growing ivy and climbing perennials is the perfect back or side wall for any setting. Awnings are more solid, a permanent, protective cover. These are easily found, or you can fashion your own outdoor awning and draperies using today's exceptional outdoor materials, such as Sunbrella, which are durable and mildew- and fade-resistant.

The look and feel of lush, green grass and other seasonal ground coverings are irresistible for outdoor rooms. Wood decking and paving stones provide areas of even ground and walkways.

Another alternative for paths and patios is decorative concrete. There are two systems for creating patterns in concrete that serve as both a powerful design element and practical solution to drab concrete slabs. The first is a method of stenciling with concrete. This can be applied to an existing concrete base, even one that is old and cracked. Or you can start from scratch. Either way, a large stencil is laid down over a layer of new wet concrete, and the pattern is filled in with tinted concrete. Patterns include cobblestones, bricks, herringbone, weaves, flagstones and tiles. The finished design is sealed.

The stenciled stone pathway shown here is by Stencil Systems, www.stencilsystems.com. It's a great solution for not only updating an outdoor area, but also

adding a decorative element that is totally weatherproof and easy to care for. And Stencil Systems takes care to use products that are earth-friendly.

The second technique is to add pattern by staining the concrete. This application can be applied to any existing concrete — a pool deck, patio or balcony. It's an exciting way to mark an entrance or create a focal point in your garden. Motifs can be custom drawn, or you can choose from a collection of traditional designs.

Once you have erected a few outdoor walls, some shade covering and outdoor flooring, your exterior room is ready to be furnished. Whatever you choose, be sure to set it up with a view that you love — an old gnarly fruit tree, a goldfish pond or an urn overflowing with your favorite flowers. Enjoy your home retreat in rain or shine.

* * *

(c) 2008 Debbie Travis

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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."



This inviting garden path has been laid using tinted concrete and an innovative stencil system to create the patterned stones.

Visual Thinking



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PET QUESTIONS

BY HELOISE

Dear Readers: Here are some commonly asked pet questions. Give them a read and see if you know the answers.

■ **Is the cat getting into your plants?** You can do several things: Put the plants up and away from those prying paws. Put pine cones or rocks over the soil — their paws won't like that. Spray the leaves with a commercial anti-chew product.

■ **What should you do when you first get a new bird?** Avian experts say that you should take it to the vet annually for a checkup. But if you notice a change in your bird's behavior, take it to your vet right away.

■ **How often should you groom your dog?** Pet experts say it depends on the kind of dog and how active it is. Dogs with short coats can be brushed once a week; dogs with long coats should be brushed daily. If your dog runs around outside, you might have to brush and bathe it more often than every three months.

■ **Should you keep a goldfish in a bowl?** No — fish experts say that goldfish should be placed in a 20-gallon aquarium. Chat with the fish experts at a pet store.

■ **How often should I change my bird's water?** Avian experts say to change it daily. Your bird should always have cool, fresh, clean water available.

■ **Are there foods I shouldn't feed my dog?** Yes — never give your dog grapes, raisins, poultry bones, chocolate, coffee, onions, alcoholic beverages or yeast dough. — *Heloise*

MICROCHIPPED PET

Dear Heloise: As an owner of three dogs, one of which is a natural-born runner when the door opens, my hint is that if your dog/cat/other pet is microchipped and wears tags, please put "microchipped" or "chipped" next to its name.

Many people move and do not update their address, but the vet usually has the current information from pet checkups. Many people won't even try to take a pet to a vet to check for microchipping because they don't think or know about this. Hopefully this will reunite more animals with their owners and get them out of overcrowded animal shelters. — *Diane Neely, Dallas*

Diane, a lost pet can't tell you where it lives, but a microchip can get the pet home! Cabbie, our mini schnauzer, says, "I'm microchipped; it's cool." — *Heloise*

PESTICIDE WARNING

Dear Heloise: I wanted to pass along something my pest-control company told me. If you go outside after spraying is done, don't wear those shoes into the house. You sure don't want to bring in any pesticides that could harm your pet. — *M.M., Albany, N.Y.*

SIGN FOR YOUR PET

Dear Heloise: I wanted to remind readers of one very important thing that people should do when leaving their pets in the care of someone else. Contact your veterinarian, and leave a signed permission-to-treat form. That way, if anything really serious happens to your pet, the sitter can take the animal immediately to the vet for treatment, without having to try to contact the owner and waste precious time. The form you sign guarantees that you will pay any fees that are incurred.

When my horse was bitten by a rattlesnake while we were out of town, the sitter immediately called my vet, who was there within the hour. — *Stephanie Casdorff, via e-mail*

Stephanie, good advice for all pet owners. Folks, do this ASAP. — *Heloise*

PET PAL

Dear Readers: Hazel Komar of St. Johnsville, N.Y., sent a photo of her daughter's (Janet) pet cat, Moses, sleeping in his favorite spot — the bathroom sink.

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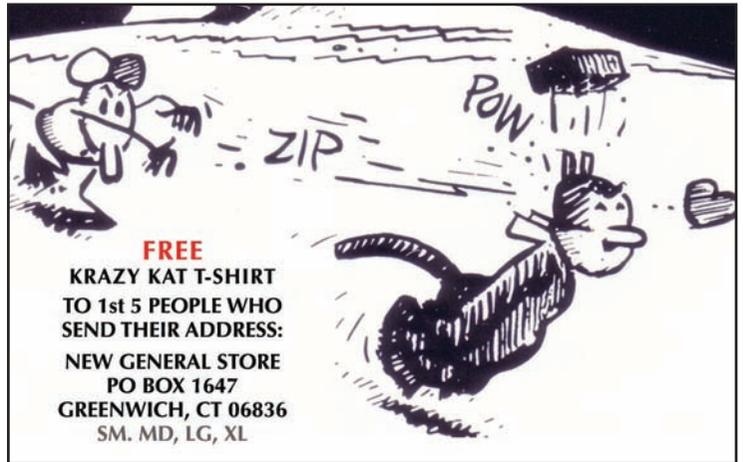
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FROMMER'S BUDGET TRAVEL



BY ARTHUR FROMMER

NICARAGUA BECOMES MAJOR HOT SPOT

Of all the nations of Central America, Nicaragua is generally regarded as the safest for tourism — with less street crime and violence, and less pick-pocketing and fewer robberies than even Costa Rica. And yet, though its tourism is growing rapidly in a percentage sense, Nicaragua still receives the fewest tourists of any Central America nation. The civil war between “Sandinistas” and “Contras” that ended about 20 years ago and a devastating earthquake that leveled the capital city of Managua are usually cited as the reasons why Nicaragua’s tourist industry is still in its infancy.

Which creates an opportunity for a certain type of American traveler — an adventurous sort who seeks “the Caribbean as it once was.” Someone who values the emptiness of Nicaragua’s beaches and rain forests, delights in the tiny, 10-room lodgings that make up the great bulk of Nicaragua’s “hotels” and who enjoys intimate contact with a people who are gracious to a fault.

In one of the small hotels on “Little Corn Island,” about 30 miles off the Caribbean coast of Nicaragua, dinner is served at 7 p.m. sharp and consists of a plate of fish (caught that morning) with two “sides” washed down by beer, and served uniformly to both the staff of the hotel and its guests, who all eat at the same long table.

If that’s the kind of Caribbean vacation you desire, you will find it in Nicaragua. The other reason for Nicaragua’s growing tourism is less pleasant to discuss: The country suffers from abject poverty, and its price structure is absurdly low. In a devastating article in a recent issue of *The New York Review of Books* (June 12, 2008), it is pointed out that 80 percent of the country’s population subsist on less than \$2 a day. Twenty-seven percent of the population is “under-

nourished.” Abandoned by the United States and left to drift without substantial aid or investment, Nicaragua is governed by a president (Daniel Ortega) who doesn’t seem to have the slightest knowledge of economics or a plan to improve his nation’s economy, and survives only because of essentially free oil shipments from Venezuela.

The United States, preoccupied with the Middle East, pays little attention to a nation that once worried us a great deal.

And because everything in Nicaragua is dirt cheap, the country is awash with real estate speculators throwing up retirement homes for elderly Americans and additional hotels for tourists seeking a vacation in an area near the equator where the weather is hot in every month of the year.

For the tourist interested in culture, first there is the colonial capital of Granada, showing the high aesthetic standards of the conquistadores, who left glorious structures that have been well-preserved and reflect the art and architecture of 17th and 18th century Spain. Several of those buildings have been converted into high-quality hotels. The Nicaraguan city of Leon is of similar (but lesser) interest.

Among the beach areas, the Corn Islands mentioned above is one of two popular coastal draws. You get there either by plane from Managua (about \$175 round-trip) or via a daylong trip by bus and ferry from other cities. Once there, you find yourself in a different world of backpacker-like tourists living in extremely modest lodgings and enjoying nature and a laid-back form of life, to put it mildly. In addition to enjoying a pristine tropical innocence, you snorkel and scuba-dive or simply enjoy the outdoors, to which you walk on tiny Little Corn Island (where there are no cars) or hop a taxi on Big Corn Island, paying \$1 as your fare to any point on the Island.

The other touristic magnet, currently, is San Juan del Sur on the Pacific Coast, the site of considerable construction and development. Surfing is the chief draw here and surfers are a special type of visitor whose presence may or may not enthrall you. Surprisingly, the surfers are joined by growing numbers of elderly U.S. retirees, drawn by the claim that \$15 a week can hire a sleep-in maid/cook and \$20 a week a gardener who doubles as a chauffeur, enabling Americans to live “like kings” on their Social Security income.

I have been both horrified and offended by these sales pitches, and they highlight the ethical dilemmas posed by economies like Nicaragua’s. To live off another person’s poverty is a frequent decision in travel, justified on the grounds that you are creating a livelihood for the less fortunate. If you’re made comfortable by that rationale (I’m conflicted), then you’ll want to consider Nicaragua for your next vacation.

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Pacific beaches in Nicaragua.

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NASCAR

THIS WEEK

By Monte Dutton

DOVER, Del. — Dario Franchitti, who suffered a broken left ankle in a frightening Talladega crash, returned to the track, not in the Sprint Cup Series, but in the Heluva Good! 200, a Nationwide Series event.

Franchitti's Cup return will occur in the Pocono 500.

A Scot now living in Nashville, Tenn. (and married to actress Ashley Judd), Franchitti is one of three former Indianapolis 500 drivers racing regularly in Cup these days. The others are Juan Pablo Montoya, the 2007 Raybestos Rookie of the Year, and Sam Hornish Jr.

"Frustrating," said Franchitti when asked about his recovery. "It was painful for about two days and that was it. Then it was just a pain in the butt."

He hasn't watched a replay of the Talladega accident, where his Dodge was hit in the driver's door. He's never raced at Pocono Raceway, the sprawling, triangular-shaped track in the mountains west of New York City and north of Philadelphia.

He did, however, test at Pocono recently.

"It was fun to learn a new track," he said. "It's good to get back in this car and get running again."

Why race in the Nationwide Series instead of Sprint Cup?

"They thought it was a bit much to do both in one weekend," said Franchitti, 34, "so I think it's a smart decision."

Franchitti said the sensation of speed at Dover was "the most that I've experienced in a stock car so far."

He has put away the carbon brace doctors provided him after the injury.

"We had that in case I got back in the car within two weeks after," said Franchitti, "but because now it's been over four weeks (since the crash), we don't need it."

"The hardest part is getting in the car, and you have to twist your foot to get by that 'knee knocker' thing in the middle. It's pretty hard to do that but otherwise it's the same."

Be cool — It's tough to remain calm while driving a race car on the edge of out of control, particularly when another driver ticks you off.

But, said driver Clint Bowyer, keeping your temper in check is what separates the men from the boys.

"There are a lot of egos in this sport," he observed. "A lot of times, those egos are bigger than their brains. When you get on the race track, in my opinion, you have to leave those egos in the motor home. You've got to be smart. You owe it to your team to be smart, and when your emotions get the best of you, you make bad decisions."

"Fits get you nowhere. Retaliation, nine times out of 10, costs you more than it costs them. You've got to focus on the big picture, and that's getting your team inside the chase and racing for a championship. If you're worried about what some guy did to upset you or crowd you, you race with these guys week in and week out, and you've got to get along with them. You have to earn their respect and the only way to do that is give them respect too."



Photos by John Clark/NASCAR This Week

Dario Franchitti (above) is a Scot now living in Nashville, Tenn., and is married to actress Ashley Judd.

Want to read more from Monte Dutton? Check out <http://www.gastongazette.com/sections/sports/nascar>

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Chicken Soup for the Soul



A GIFT FROM THE SEA

By Pamela Hackett Hobson

The weather was freezing outside, but it was warm and toasty by the Douglas fir Christmas tree. Our cats were busy batting the ribbons and wrapping paper scattered around the room as my older son handed me his Christmas gift for the family. The room got even cozier and noticeably warmer as I read his card.

Whenever I was asked what I wanted for Christmas, I usually responded as many mothers do: "I don't need anything — save your money ... I just want my family to be healthy and happy." My son handed me his present, and all eyes turned to watch me open the handmade gift card. With anticipation, I read his note offering to treat the family to a weekend at the beach at Cape May.

Memories of summers taking the boys to the beach flooded back. Cape May, a beautiful Victorian beach town at the southern tip of New Jersey, was always an ideal spot to get away and spend time together relaxing on the pristine white sand that framed the Atlantic Ocean. With card in hand, I couldn't wait for summer, when we could once again pile in the car and head to the beach.

As the weekend approached, I prepared by digging out an old Fred Penner tape we used to play to make the car ride go more quickly. I packed Frisbees and tennis balls and long-forgotten sand toys. With the car ready to go, my son eased himself into the driver's seat ... a bonus for my husband, who jumped at the rare opportunity to sit back and play DJ with the radio.

The hours in the car flew by as we caught up on all the happenings in our busy lives. Arriving in the quaint town, we quickly found our favorite hotel, checked in and hit the beach. After a refreshing dip in the ocean, we basked in the sun and soaked in our surroundings.

Sitting on our blankets, my younger son noticed a rare

occurrence happening right near the gentle surf where we had just been swimming. A school of dolphins had emerged and were frolicking just beyond the whitecaps. As they gracefully rose from the water and engaged in their beautiful dance before our eyes, I was sure they had come by just to celebrate our visit.

That afternoon, playing games of Trouble and Uno and reading on the beachfront balcony with its peaceful view, the years continued to slip away.

As evening approached, we changed out of our swimsuits and made our way to a favorite seafood restaurant. With the sun setting over the water, we placed our orders from the extensive menu of fresh-fish offerings and took our time savoring the meal. Afterward we shared ice-cream cones that dripped on our clothes as we valiantly tried to keep up with the large melting scoops of vanilla ice cream.

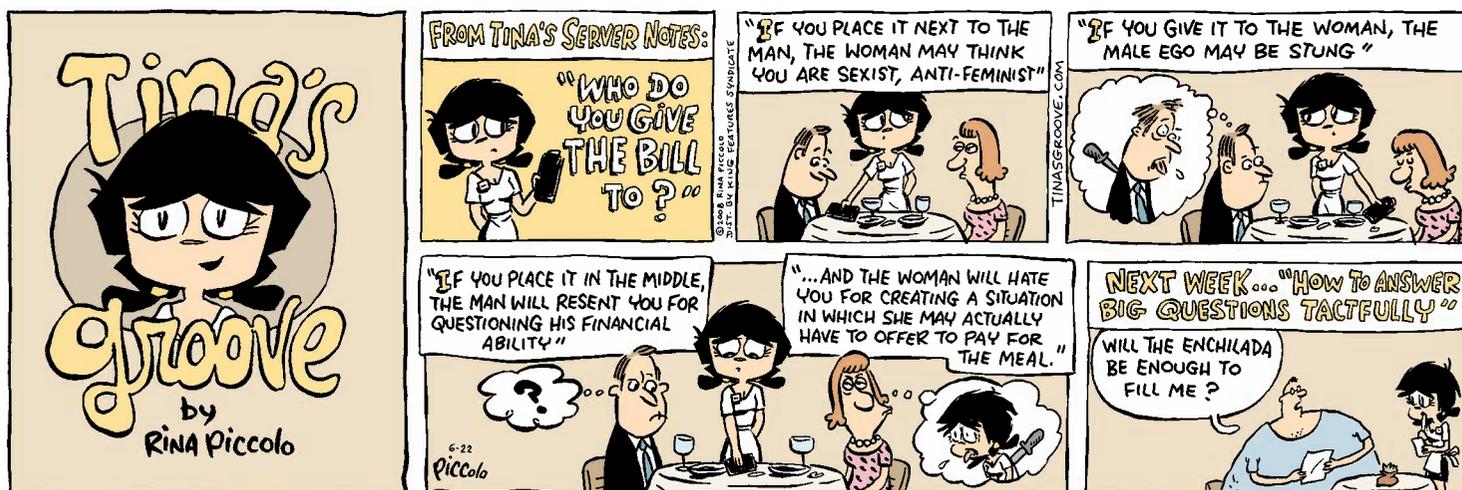
The evening would not have been complete without an after-dinner trip to the arcade. The whole family played multiple games of skeeball, carefully stockpiling tickets so we could redeem them for the fabulous prizes such as vampire teeth and snake tattoos.

On Sunday, walking one last time on the boardwalk and dipping our toes in the sand, we took a final look at the calm, clear water. Relaxed and rejuvenated, we packed up our belongings and loaded the car for the trip home.

We may have been leaving the beach, but I knew I would keep that special Christmas gift in my heart forever. Time with the family ... truly the gift that keeps on giving.

Visit our Web site: www.chickensoup.com. (From "Chicken Soup for the Beach Lover's Soul" Reprinted by permission of Pamela H. Hobson. (c)2006 Pamela H. Hobson.)

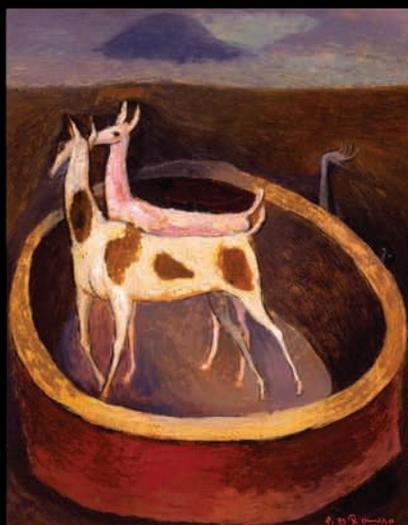
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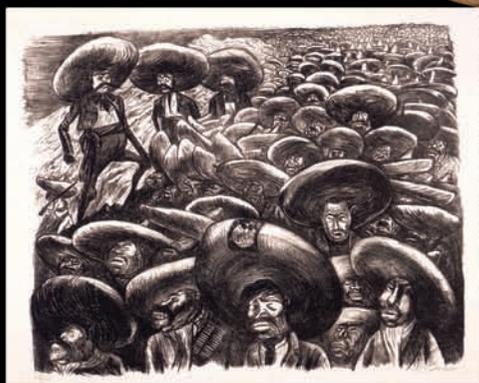
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Carlos Orozco Romero, *Cautivos*, 1940.



Jose Clemente Orozco, *Zapatistas*, 1928.

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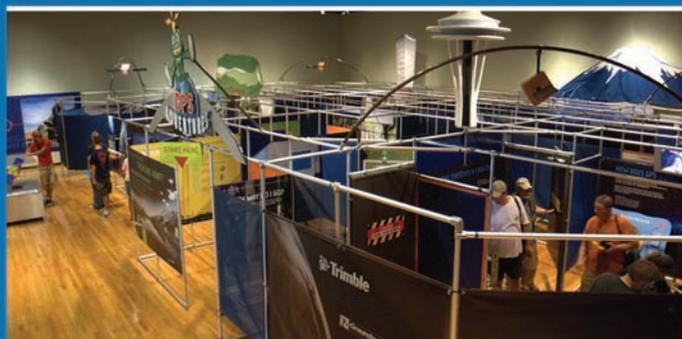
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KOVELS ANTIQUES

By Ralph and Terry Kovel

REFINISH STILL GETS HIGH PRICE

"Don't refinish your furniture. Original finish adds to the value." This warning is given over and over on TV shows about antiques. But is it always true? No. An original finish on a superior example of an 18th, 19th or even 20th-century piece of furniture should add value. But because well-to-do Victorian housewives had their furniture touched up and polished every few years, many pieces now have finishes that, while not original, are more than 100 years old. If you have a piece with such bad finish it would look out of place in a home, it could be refinished and gain in value. Sometimes a refinished piece sells for a high price because it is so rare or decorative. At a Rago Craftsman auction in New Jersey, a Gustav Stickley trapezoidal tall-case clock just sold for \$32,500. The catalog description said it had a "skinned finish." That's a slang term that means the original finish was scraped off and a new finish was added. Oak Arts and Crafts furniture was out of fashion from about 1920 to the 1980s. When collectors started buying it again, they wanted attractive furniture with a perfect finish. A few dealers sanded off the original scarred and darkened finish



a

— "skinned" the piece — then applied a new finish that very closely resembled the old one. These skinned pieces can be spotted by an expert, but few novices will notice the difference. The clock was so rare that even with the announced new finish, it sold for a high price. But it was below the pre-sale estimate.

Q: I have a green glass vase 6 inches high by 4 inches in diameter. It's marked "Hoosier Glass" on the bottom. Have you ever heard of this maker?

A: Glass flower vases marked "Hoosier Glass" were first made in 1979 by Syndicate Sales Inc. of Kokomo, Ind. Hoosier Glass was a utility line sold to commercial florists. The vases sell today for \$5 to \$15 each. Lately, we have seen more interest in this glass among collectors. Syndicate Sales is still in business, still makes commercial glass for florists and still lists Hoosier Glass among its trademarks and product lines.

Q: My mother left me a 30-piece set of "winter scene" figures. She marked the box they are in "valuable." The small figures, most under 2 inches tall, are flat, lead and painted. Many of the figures are skiers, skaters and sleigh riders, and they're all wearing winter clothing. There are also trees and streetlamps. The word "Germany" is embossed on the base of the larger pieces. We would appreciate any information you can give us about the figures.

A: Collectors call "2-dimensional" lead figures like yours "flat backs." The first of these were toy soldiers and saints made by 16th-century German tinsmiths. The molds used to make the figures were simple — two slabs of slate, one

engraved with the figure's right side or front and the other with its left side or back. Lead was eventually added to the tin to lower the cost of the figures and to make a smoother liquid metal. By the middle of the 19th century, flat German tin soldiers were being exported to the United States. Standing sets of flat-back figures like yours on a mirror or sheet of cotton created a winter scene. They became popular during the 20th century, and German manufacturers still dominated the market. A set of 30 figures made right before World War II sold a few years ago for \$175. That set was marketed in the United States by a Norwalk, Conn., company named Art Craft Products. Sets continued to be imported from West Germany into the 1980s, but the newer figures are lighter in weight and the painted clothing and features are less detailed.

Q: My niece inherited a dining-room table from her grandmother. It has a label that says "Alliance Furniture Co., Jamestown, N.Y." Could you give me some information on the company? The tabletop needs some work. Would refinishing hurt the value?

A: Alliance Furniture Co. was founded in 1905 by a group of eight partners of Swedish heritage. The company manufactured high-quality dining-room furniture until at least the 1950s. Your niece should feel comfortable having the tabletop refinished. The table is a good one, but it isn't so valuable that it shouldn't be touched. Just be sure she finds a qualified craftsperson to do the refinishing.

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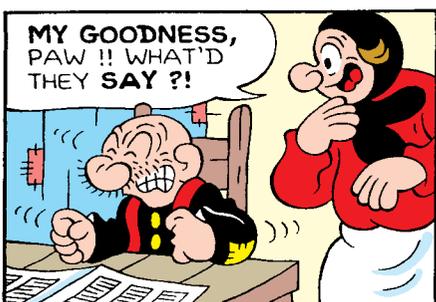
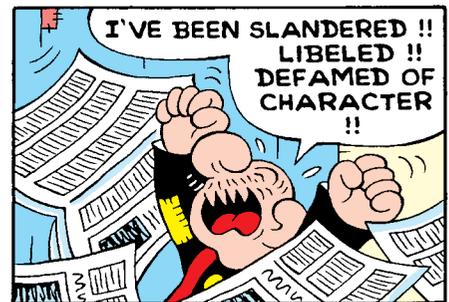
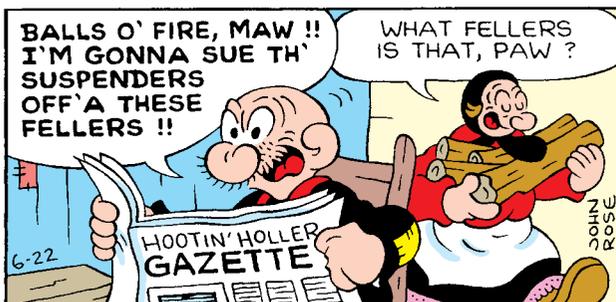
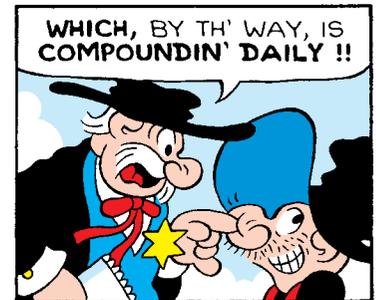
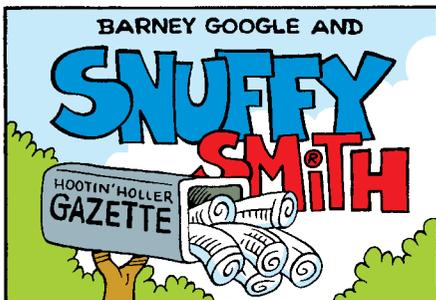
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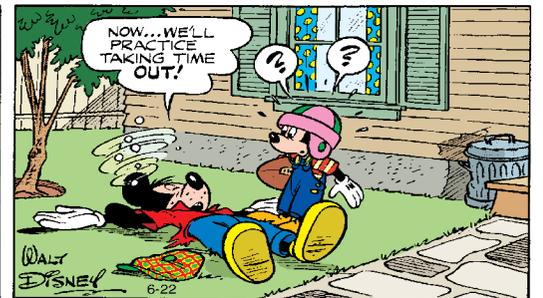
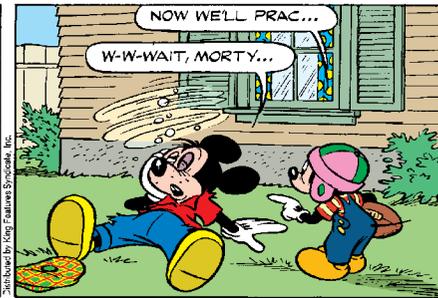
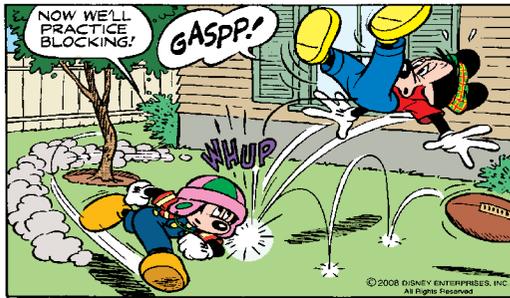
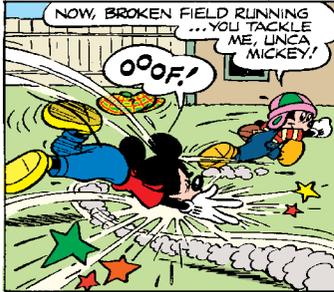
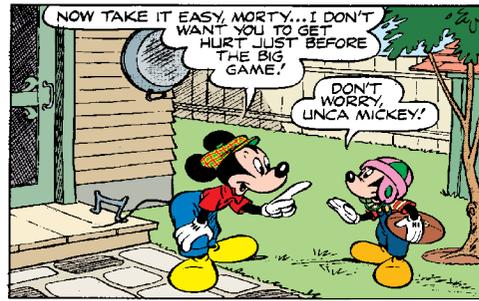
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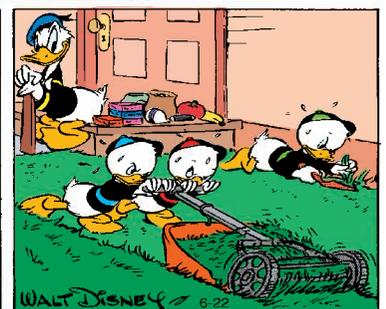
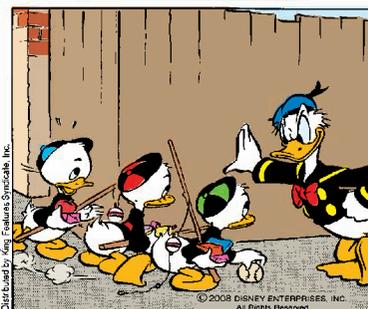
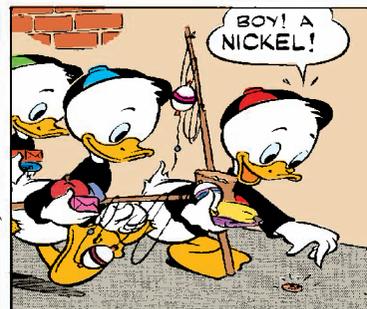
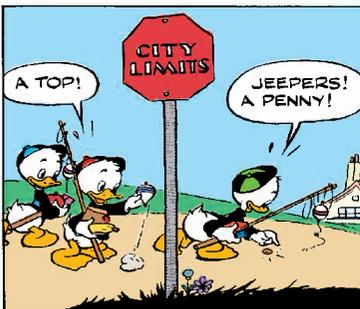
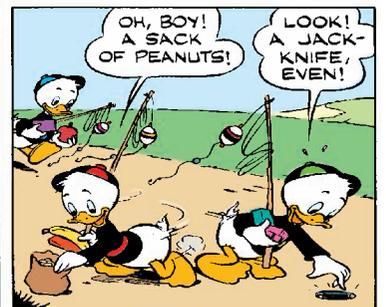
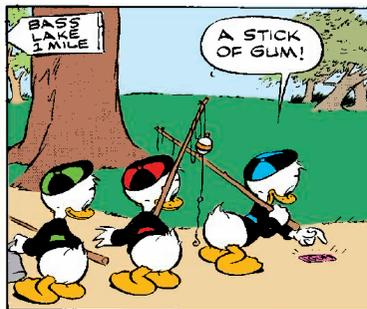


MICKEY MOUSE

by WALT DISNEY



DONALD DUCK





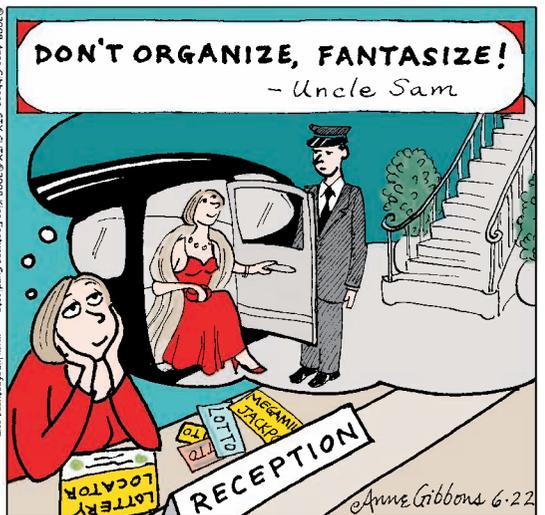
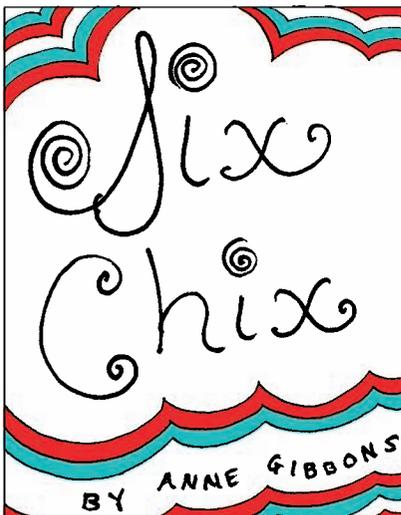
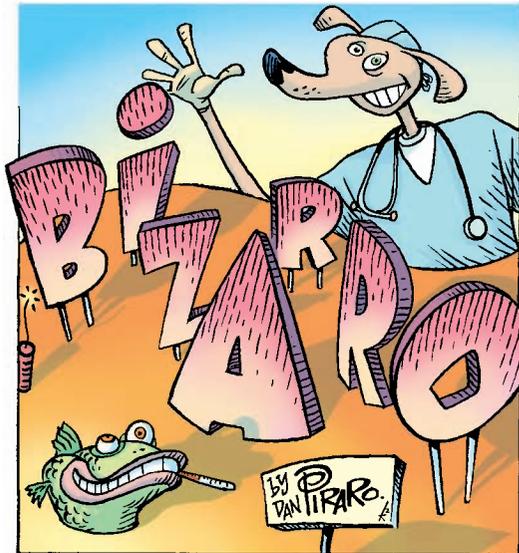
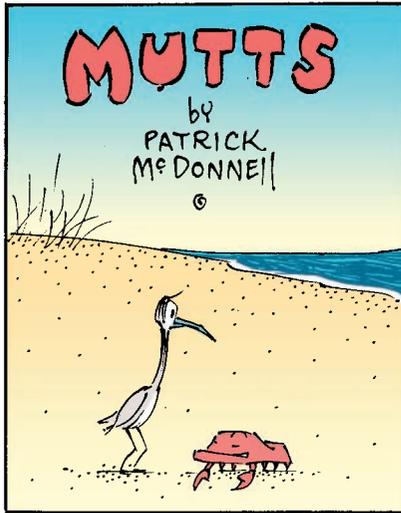
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THE SUPER HANDYMAN



BY AL AND KELLY CARRELL
VACATION PREP

Summer is the time for family vacations. But don't rush out of town without securing your home. You can cut utility and water bills and prevent burglaries just by preparing your home in advance.

Stop the newspapers and mail. Nothing sends the "open house" message to a thief better than a pile of newspapers left in the yard.

Save yourself some money on utility bills by turning the air conditioner way up to 85 or so. Your house won't suffer, and neither will your wallet. Cut your water heater off too. Gas or electric heaters don't need to run while

you are away. Turn off the water to your washing machine. This will prevent burst water lines and the damage that they can cause.

Set electric timers on your lamps and maybe a radio. This will make it look like you are home as usual. The radio will make it sound like there are folks at home.

Ask a neighbor to park in your driveway. They might appreciate not having to park on the street every night, and it will give your home a lived-in look.

A built-in alarm system is great, but make sure you tell the monitoring service who to call if you are away. If you have a local neighborhood watch or other security team, let them know that you are out of town.

Make sure your neighbors know that you are gone. After they have finished celebrating, they can keep an extra eye and ear out for you.

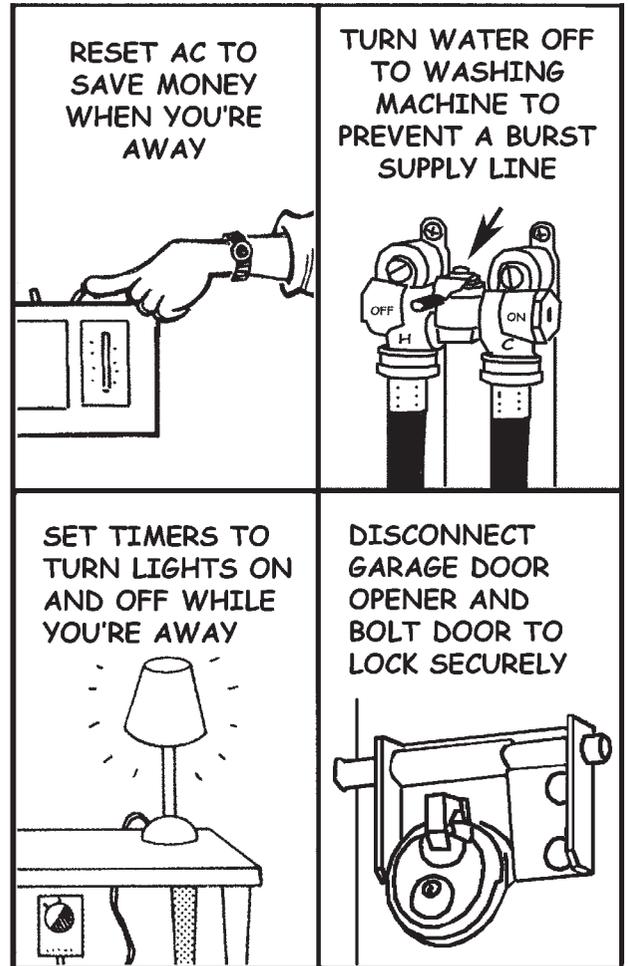
If you have valuables, stash them where they are not visible. If a thief does gain entry, he likely will be in a hurry and might not find everything.

Disconnect garage-door openers and lock the door. Add more-secure bolts if you don't have them in place already. Most thieves don't want to have to work that hard or spend that much time to get in. After all, if they did, they would get a REAL job!

Have a wonderful vacation, and know that you have done the extra work to make sure your house is safe and sound while you are away.

Q: Our fence is old, and we have replaced some of the missing planks. It looks really bad now, with the old and new planks in place. Is there some way to make them match better? — K.T.

A: If the pickets are just weathered, you can develop some patience, and the new ones will get there in a few months. If you are in more of a hurry, you can use a fence or deck brightener and make the old fence planks look new again. Apply a water seal when you are finished to protect the wood from rot and moisture damage later on.



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

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		4	7				
	5		9				

Difficulty Level ★★★★★

6/15

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BRACKINS RICHMOND TIMES DISPATCH 6/08





NEW, NEWER, NEWEST

Look closely at the stunning layout and brilliant uncommon finishing details of this executive home. Spacious 2 story entry...Stunning Kitchen/Family Room, Library, huge Recreation Room... 4 fireplaces, luxurious Master Suite with 4 other ensuite family bedrooms and 5 full-2 half baths. Groomed and elegant 2 acres...4 car garage...extraordinary North Stamford area . \$3,295,000



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Exquisite vintage era New England colonial shines through this remarkable restoration... character and charisma in every room...Nearly 4 acres of spectacular Mianus River frontage...Suitable for pool or tennis court...Even a separate studio. Quiet and total privacy...Truly a work of Art and History. \$2,795,000



NEWBORN TREASURE

Master craftsmanship and innovative design...here is a home with exquisite detail and a spirit all its own... center atrium parlor leading to all unique living areas... Superb granite kitchen with hexagon all season breakfast room, main level master suite with elegant pillared bath, 4 other family bedrooms with en suite baths...even full guest quarters with separate entrance. Curb appeal galore with in-ground pool and spa. On 1.53 prime acres, this is a Westover gemstone. A truly brilliant NEW home conception! \$2,795,000



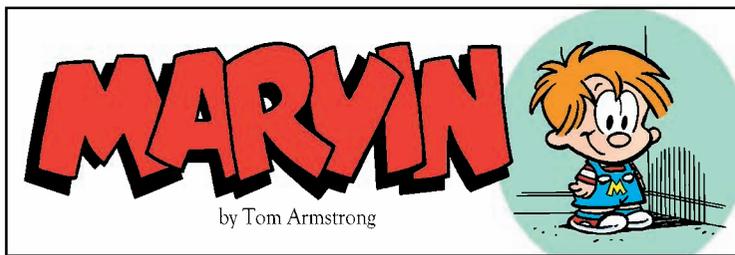
COUNTRY ARTISTRY

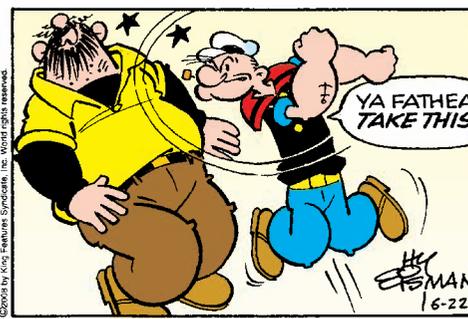
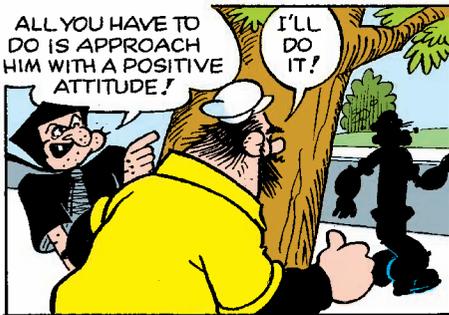
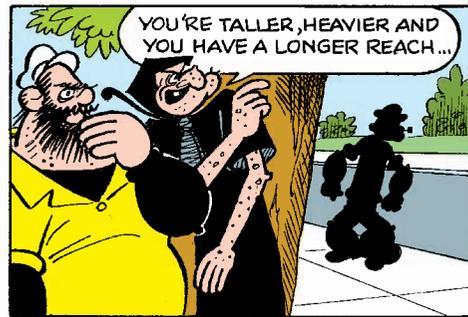
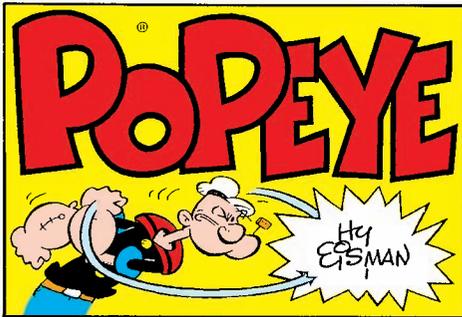
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Difficulty Level ★★★★★

6/15

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STAN SMITH'S TENNIS CLASS

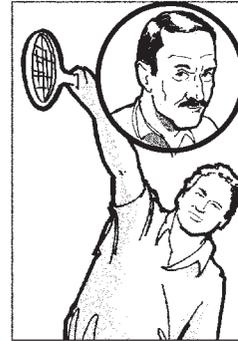
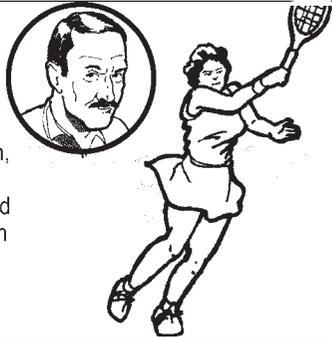
PREPARE EARLY

One of the keys to hitting good groundstrokes is early racket preparation. Try to get your racket back immediately, keeping the head about waist-high and turning your shoulders, particularly on the backhand side.



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As you swing, keep your eyes focused on the ball and keep your wrist firm. A smooth, continuous motion is essential to a well-stroked shot. Your follow-through should take the racket just above head level.



Here's a checklist for having a good kick:

- Bend your knees to help snap upward.
- Toss the ball to your left side and slightly behind you.
- Get sufficient racket-head speed on the swing.
- Follow through down your side, not across your body.

STRETCH ON YOUR SERVE

We all want a big power serve. One way you can get blistering speed on your serve is to swing your arm like you're holding a whip. But before you do, it's important to stretch your arm and shoulders.



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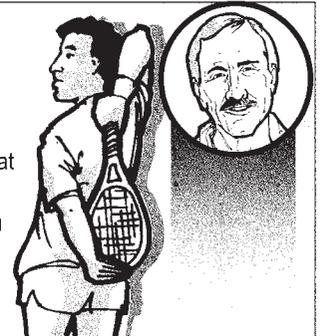
LEARNING TO HIT A KICK SERVE

A kick serve (sometimes called a "twist" or "topspin" serve) is an important weapon in your arsenal. It bounces high and to the right, so it can handcuff your opponent, keeping him off balance.



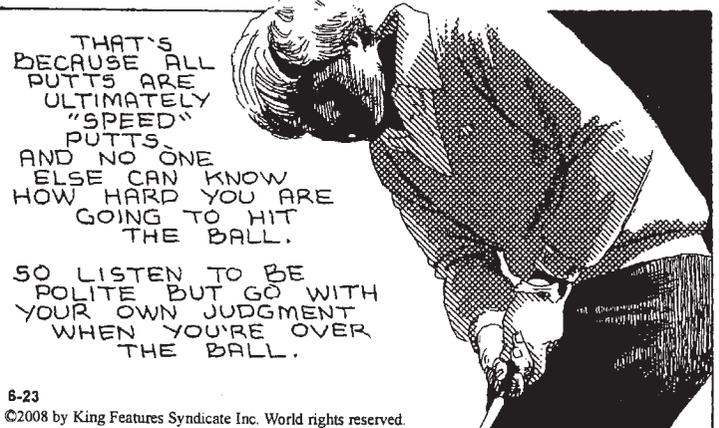
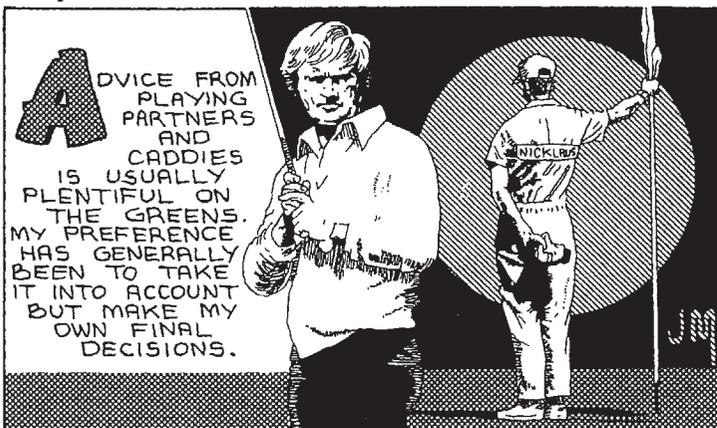
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One way to get limber is to stretch a towel or racket behind your back, pulling down on it with one hand. Hold it for 20 seconds; repeat three times. This will loosen your shoulders and give you more range of motion, and therefore more power and less chance of injury.



Play Better Golf with JACK NICKLAUS

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We hope you enjoy all the features and entertainment in our fun magazine. Drop us a line if you have any suggestions, comments, or just to say "hello" feedback@thebestoftimes.us

PREMIER Crossword

By Frank A. Longo

TRUNK CONTENTS ACROSS

- 1 Staves off
- 7 Equivalent
- 11 Belief systems
- 15 Coin of Iran
- 19 Most lucid
- 20 Very, to Yvette
- 21 Plate flaw
- 22 Paquin of "The Piano"
- 23 Chili bits
- 25 Simplicity
- 26 Pen fluids
- 27 Cone or Caps lead-in
- 28 "Able was I ere I saw —"
- 29 Handbag
- 30 Cast off skin
- 31 Question from someone's who's being ignored
- 37 Chevy muscle car
- 39 Atlantic, e.g.
- 40 Kazan with three Tonys
- 41 Vigoda of "Barney Miller"
- 42 Give too much gratuity to
- 44 Filmmaker Kubrick
- 46 Lean- — (huts)
- 47 Is unable to tolerate
- 51 "Dead Poets Society" director Peter
- 52 Quarterback Torretta
- 53 Fidgeting
- 54 Like limes
- 55 Apropos of
- 56 Thrifty type
- 57 Aves.
- 58 Sure
- 60 In the ideal case
- 61 Gist
- 66 Soil
- 69 Cozies keep them hot
- 70 Tight-lipped
- 73 Cherished
- 74 Big name in supercomputers
- 77 NBC host Jay
- 78 — Vista, Mexico
- 80 Still sleeping
- 81 Loud sound
- 82 Referring direction in a textbook
- 84 Anhalt article
- 85 Princess Leia's love
- 87 Fixed fee
- 88 April 15 org.
- 89 Likelihood
- 90 Butler's Scarlett
- 94 Stirred up, as silt
- 95 As loudly as possible
- 99 Prefix for "trillion"
- 100 On guard
- 101 India's home
- 102 Educational gp.

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- 105 — Mills (family portrait studio)
- 106 Word repeated in a Doris Day hit
- 107 Aquatic plant whose leaves trap small insects
- 111 Britt —, a.k.a. the Green Hornet
- 112 Brisk pace
- 113 Film part
- 114 U.S. Capitol's vicinity
- 115 Members of Cong.
- 116 Italian royal family
- 117 Many moons
- 118 Like French fries, usually

DOWN

- 1 Solicits
- 2 Conceited
- 3 Charitable donations
- 4 Stimp's companion
- 5 Half a fly?
- 6 Pig pad
- 7 Sailors' patron
- 8 Language of Syria
- 9 Threat
- 10 Suffix with giant
- 11 Freeze over
- 12 Whetstone, e.g.
- 13 "Dallas" matriarch

- 14 More rapid
- 15 "Spider-Man" director Sam
- 16 Cutting-edge
- 17 Leg-foot connectors
- 18 It's used if all else fails
- 24 "C'mon, — sport!"
- 29 Bridge, in Bordeaux
- 32 Male deer
- 33 Bohemian
- 34 "There's nothing —!"
- 35 Diner dish
- 36 Deposit
- 37 Stimulant-yielding shrubs
- 38 — garde
- 43 Tough riddle
- 45 Barley beard
- 48 Comic Sahl
- 49 Sedan or coupe
- 50 Sly
- 52 TV's Mr. Kotter
- 55 Eat quickly, in slang
- 56 Erwin of old films
- 58 Scoundrel
- 59 Suffix with social
- 60 Beast that brays
- 61 Many- — (colorful)
- 62 Extremity
- 63 Safe sword
- 64 New Rochelle school
- 65 Quits

- 66 Roman arena stars
- 67 General at Gettysburg
- 68 Work too hard
- 70 Olympic event, usually
- 71 Blend
- 72 Used up all the credit on, with "out"
- 74 People expressing sympathy
- 75 Also-ran in 1992 and 1996
- 76 "Yo te —" (Juan's "I love you")
- 78 Place a wager towards
- 79 Strip of sails
- 81 Gaucherie
- 82 Manhattan district
- 83 Inca locale
- 85 Weeding aid
- 86 Area for hay
- 91 Digital's counterpart
- 92 Scalping, e.g.
- 93 Tangential comments
- 96 Poker holdings
- 97 Pontificate
- 98 Shaver
- 103 Oak, e.g.
- 104 Just somewhat
- 107 Victoria's Secret item
- 108 Sullivan and Koch
- 109 Sony or JVC rival
- 110 — -Mart

The Best & The Wittiest

