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How to Make a Basement Not Look Like a Basement



In days gone by, a suspended ceiling, a bit of paneling on the walls, and a portable television on a TV tray turned a basement into a "finished" recreation room. Those days have passed, and most homeowners are after a higher-quality product when it comes to creating a lower level worth using regularly.

Ray Pavlovich, a builder and president of Daylight Basement Co. in Suwanee, Georgia, specializes in finishing walk-out lower levels. He offers these suggestions for homeowners who want a basement that doesn't look and feel like one.

1. Don't install a suspended ceiling. "They're out," Pavlovich says. "I very rarely see them used anymore, for the primary reason that they make a basement look even more like a basement." As an alternative, Pavlovich suggests tray ceilings; they're more expensive, but higher quality and better looking.

2. Open your stairwell, and install a banister. "Make the banister a continuation of your upstairs banister," Pavlovich says. "Continuation brings your upstairs downstairs, and that's what you want to get the look of a nonbasement."

3. Widen doorways as much as possible, and employ arches and columns to dress them up. "The trick with this is that people don't expect that much attention to detail in a basement," Pavlovich explains. He suggests French doors for offices or for any other room where complete privacy is not needed.

4. When it comes to exterior windows, there's no such thing as too many. "If you have an opportunity to use a window, take it," he stresses. "Make them as large as you can to let in as much light as possible."



5. Paneling may be simple, but drywall is the material of choice for finished spaces. "Paneling is very dated and doesn't hold up," Pavlovich says. "In the long run, you end up spending more because it has to be redone. As with anything else, it's better to do it right the first time."

6. Use light-color paint on the walls. "You usually need the light colors to match your upstairs, and it's better yet to go a couple of shades lighter because it opens and brightens what's naturally a darker area," Pavlovich says.

Above: Similar to stadium-type seating used in movie theaters, the media room's arrangement gives each individual within a large group a clear look at the screen. Controls and speakers are concealed behind cabinets and cloth coverings beneath the screen.

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August 2000

Home Office Computing

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Eliminating the Basement Blues

A basement can be designed to look just like any room in the house. The trick is in the Sheetrock, explains Ray Pavlovich, builder and founder of Daylight Basement Co. in Suwanee, Ga. Follow these tips to do it right.

Technology "I always add a cable outlet, a number of double electrical outlets near the desk, usually two phone lines, and they're set to run a business," Pavlovich says.

Paint Use flat black paint on the ceiling to make it disappear. "Other dark ceiling colors, like deep maroon or hunter green, will also open up the room and get rid of that closed-in feeling," says Pavlovich. However, paint the walls a light, bright color.

Air Quality Install a ceiling fan for better air circulation. "Even an 8-foot ceiling is high enough for a fan," he says. Buy a flush-to-the-ceiling fan for lower heights.

Doorways "If a client's home office is a room within the basement, I install French doors to relax the eye so they don't feel like they're in a closet all day," Pavlovich says.

Heating Add an electric-heat baseboard. "It doesn't take much to heat a basement home office," he says.

Lighting Pavlovich prefers recessed lighting over flickering fluorescent lighting for eye comfort. He warns that recessed lighting gets hot when left on for hours.

Sound Put insulation around pipes to muffle noise. "But don't put your office in the basement if your furnace is an old clunker," he adds.

Waterproofing "In damp locales, use waterproofing paint on the walls to keep dampness out," says Pavlovich. If the basement leaks, hire someone to professionally waterproof the walls as a guarantee against future problems.

MARY ALCAZAR, MERCURY PICTURES

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AUGUST 2000 43

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Free medicine samples can be dangerous to your health...Page 13

VOLUME 22 NUMBER 3
\$5.00

Bottom Line

FEBRUARY 1, 2001

Weekly E-mail letter—www.BottomLinePersonal.com/email

PERSONAL

Inside Information

Heat attack risk is 10 times higher than normal the first hour after a heavy meal, we hear from Francisco Lopez-Jimenez, MD. The risk is back to normal three hours after the meal. *Important:* People who are already at increased risk for heart attack—because of smoking, family history or other factors—should be extra cautious. *Also:* If you eat a big meal, avoid other heart attack triggers—such as vigorous exercise or sex—during the critical period.

Francisco Lopez-Jimenez, MD, is a research fellow in medicine, Harvard Medical School, Boston. His study of 1,886 heart attack patients was presented at a recent meeting of the American Heart Association.

Tracking insider trades pays: Look for purchases by company executives whose buys have been consistently followed by price gains over the next six months, says stock watcher Craig Columbus. *Recent examples:* Stericycle (NASDAQ:SRCL)—insiders bought at \$20.50 in August, recent share price \$37.25...Watts Industries (NYSE:WTS)—insiders bought at \$10.25 in August, recent share price \$13.

Craig Columbus is president of Thomson Financial Solutions, a Scottsdale, Arizona, information provider that runs www.insidersecrets.com, evaluating insider trades.

Least-favorite big plane: MD-11, we hear from air travel expert Randy Petersen. *Reasons:* Loud engines, small luggage compartments and tight cabins. While the FAA considers it safe, the MD-11 has a high accident rate versus other big planes. Your airline or travel agent can tell you which plane is scheduled for a certain flight. *Frequent-flyer favorite:* Boeing 777. It looks brand-new, feels spacious and has big overhead compartments, seatback TV screens and digital sound.

Randy Petersen is publisher, *InsideFlyer*, 1030 Frequent Flyer Point, Colorado Springs 80913. 12 issues, \$26/yr.

In this issue

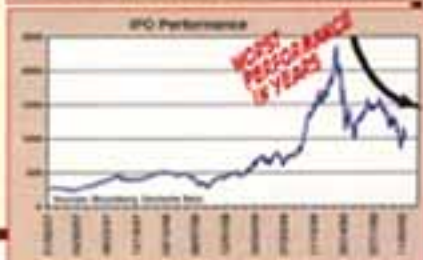
- Tip investment strategists'** predictions...3
- Dr. Victor Herbert:** Think yourself healthy...9
- Incredibly dumb things** that smart people do with their money...5
- Bottom Line's** basics for golf beginners...10
- Help your children help** themselves to college...6
- How to say no—without** the guilt...11
- Urgent—protect your** privacy...7
- Sexual self-defense**...12
- How to jump-start your** car—the right way...8
- Best ways to talk to your** kids about anything...13
- Julia Child's** 38 years of kitchen wisdom...14

Abraham Gulkowitz • Deutsche Banc Alex. Broten

THE SLOWING ECONOMY

Doesn't Stop Some Sectors from Being Great Investments

IN 2001



Many economists have predicted a hard landing for the US economy in 2001. I am more optimistic.

The Fed's surprise move to lower rates shows its readiness to act aggressively to counter recessionary forces. Excessive energy costs and setbacks in the technology and telecom sectors were quickly eroding business and consumer confidence. Growth should slow to around 2%—half the rate of recent years, but certainly no recession.

Next: A dramatic shift in the sectors that will lead the stock market. The Internet, computer chips and telecommunications have faded. Safe-havens—particularly pharmaceuticals, energy, defense, gaming, real estate and utilities—are getting more attention.

ECONOMIC OUTLOOK

The new president inherits many economic and financial problems. Most pressing...

• **Credit squeeze.** Corporations are finding it difficult to raise funds after a year of tight money and the drying up of venture capital for new-economy businesses. With the supply of capital thin, lenders are extending loans only to the best companies. Even those with good fundamentals are not able to finance as easily as they used to.

• **High energy prices.** Cheap energy deserves some credit for the high

growth and low inflation of recent years. But energy isn't cheap any more, so we can't be sure of either continued high growth or low inflation.

The coldest weather in a decade and talk of production cuts by OPEC will keep energy costs higher than expected this winter.

• **Economic weakness in Europe and Asia.** These regions had looked good enough over the past year and a half to cushion any US slowdown.

Now, they seem to be weakening. If Europe and Asia can't regain their strength, the US economic slowdown will be aggravated.

Each of these problems could force a change in sectors leading the markets.

TELECOMMUNICATIONS CRASH

The dot-com meltdown has grabbed headlines, but the crash of telecom stocks has greater global significance. Telecommunications had been at the forefront of the new economy. And bond markets have been dominated the past three years by telecom issues.

Update: The flow of new money into telecom stocks and bonds has dried up. Recent new-generation wireless auctions in Switzerland drew no bidders. Such substantial telecom names as AT&T, British

Bottom Line/Personal interviewed Abraham Gulkowitz, chief global strategist for Deutsche Banc Alex. Broten, 120 Liberty St., New York City 10006.





Free medicine samples can be dangerous to your health...Page 13

VOLUME 22 NUMBER 3
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Inside Info

Hear than normal a heavy meal, we by Lopez-Jimenez, MD, normal three hour. **Important:** People increased risk for her of smoking, family his —should be extra c, eat a big meal, avoid triggers—such as v, sex—during the cri

Francisco Lopez-Jimenez, medicine, Harvard Medical, 1386 heart attack patients meeting of the American He

Tracking insider for purchases tives whose buys has followed by price ga months, says sto Columbus. **Recent** (NASDAQ:SRCL)—\$20.50 in August, \$37.25...Watts Indu —insiders bought a recent share price \$

Craig Columbus is press Solutions, a Scottsdale, Ariz num www.insidernews.com

Least favorite big hear from air t Petersen. **Reason:** I luggage compartments While the FAA consid 11 has a high accide big planes. Your air can tell you which pl a certain flight, **Frogs** ing 777. It looks bran and has big overbe seatback TV screens

Randy Petersen is po Frequent Flyer Deal 12 issues, \$20/yr

In this i

- Tip investment strate-gists'** predictions...3
- Incredibly dumb things** that smart people do with their money...5
- Help your children help** themselves to college...6
- Urgent—protect your** privacy...7
- How to jump-start your** car—the right way...8

games such as Air Hockey or Monopoly. **Key:** Each child should also have things that he/she does *not* have to share—and a place to store them.

Marguerite Kelly, family advice columnist, writing in *Family Life*, 530 Fifth Ave., New York City 10006. 10 issues, \$14.97/yr.

Use media and peer-group talks to discuss sensitive subjects with children. Parents often worry about the influence of media and peer groups on their kids' sexuality. Confronting that influence head-on can be useful. **Helpful:** Watching a child's favorite TV shows with him/her. Afterward, ask if characters did the right thing...what the words they said meant...what your child thinks of their attitudes toward sex. Tune in to kids' conversations at parties and sports events.

Linda and Richard Eyre, parenting advisers focusing on family values, Salt Lake City, and authors of *How to Talk to Your Child About Sex* (Golden Books Adult).

...and neat gadgets

Easier-to-use cork pull has a large, soft knob on top of an enclosed steel screw. Turning the knob of the *Good Grips Cork Pull* lowers the non-stick screw into the cork. Continue turning and the cork simply lifts out. Fits any size bottle. Includes built-in foil cutter. **Cost:** \$22. **Information:** OXO, 800-545-4411...www.oxo.com.

Better work light: Wobble Light has a counterweighted hemispherical base that returns the light to an upright position if it is knocked over. A floating shock system keeps the 500-watt halogen bulb working. Specially designed dome keeps it cool to the touch. **Cost:** \$149. **Information:** Wobble Light, 773-463-5900...www.wobblelight.com.

...and your home

Prevent stored paint from drying out: Cover the opening of the can with plastic wrap. Replace the lid as tightly as possible. Store the can *upside down*—any paint film that forms will be in one piece on the bottom of the can when you turn it over. **Also:** Use only a small container to save a small amount of paint.

Home, 1623 Broadway, New York City 10018. 10 issues, \$24/yr.

When converting your unfinished basement into a work or sleeping area...
• Use flat dark paint on a low

ceiling—to make it "disappear"—and light, bright paint on walls.

- Install a ceiling fan.
- Add an electric-heat baseboard and recessed lighting—but consider fluorescents, which do not get hot.
- Put insulation around pipes to reduce noise.
- Install a cable outlet, several double electrical outlets and two phone outlets.

Ray Pawlosch, builder, founder of Daylight Basement Co., Suwanee, Georgia, www.daylightbasement.com

...veryvery personal

Condoms come in different sizes. Average-sized condoms fit about 80% of men. **For the other 20%:** Some brands, such as Beyond7 and Exotica, fit more snugly...others, such as Bareback and Trojan Magnum, are larger than average. Latex condoms are the overwhelming choice for contraception and disease prevention. But some men prefer polyurethane condoms, which may conduct heat better and are much thinner than latex models. **Caution:** Polyurethane condoms break or slip off 8.5% of the time, compared with only 1.6% of the time for latex condoms.

Ron Frazier, M5Ph, director of research, California Family Health Council, 3000 Wilshire Blvd., Ste. 600, Los Angeles 90010.

To stop hormone-replacement therapy after you have been on it for a while: Make a special appointment with your doctor or gynecologist to discuss the pros and cons and alternative treatment options. Also ask about lifestyle changes to improve overall health. If you decide to stop therapy, ask how to taper hormones gradually. If you have hot flashes, consider using soy-based products such as tofu and soy milk, which contain plant estrogens. **Helpful:** Have your bone density and cholesterol checked periodically after you discontinue treatment.

JoAnn E. Manson, MD, DrPH, chief of preventive medicine, Harvard Brigham & Women's Hospital, Boston.

...and your diet

Lower fat, less skin cancer: A diet low in fat and rich in antioxidants may help prevent nonmelanoma skin cancer—the most common type of cancer diagnosed in the US. **One way to achieve a high-antioxidant diet:** Five daily servings of fruits and vegetables...and



tion of recent years, up any more, so we ber continued high on, ber in a decade and cuts by OPEC will higher than expected

business in Europe regions had looked the past year and y US slowdown. to be weakening. If can't regain their onomic slowdown

blems could force a ending the markets. **TELECOMS CRASH** tdown has grabbed crash of telecom global significance. s had been at the ew economy. And been dominated the telecom issues.

flow of new money and bonds has dried ration wireless auc- drew no bidders. telecom **British** interviewed total strate- gies, Downs, by 2000.



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