

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL M

PRESTANDARD
U. S. Postage
PAID
Permit No. 52
Bridgehampton, NY 11932

SPECIAL S

SAMANTHA ALTEA
110 HORATIO STREET APT 118
NEW YORK, NY 10014

Dani's Papers

NOVEMBER 5, 2004

ART BY JANE WILSON

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

A rough winter's spell

During winter and the colder months, when the sky is often gray and gloomy and it's freezing outside, we're all more susceptible to winter time blues. But how does one go from the blues to being in the pink?

In Great Britain, where I grew up – renowned for being cold and gray for a large part of the year, we've got one remedy. You'll find that the most popular soap operas in the UK come from Australia. Some Aussie shows are even aired twice a day. People can't get enough of them. They're like a religion and have been for over 15 years. But when this Australian phenomenon first emerged, nobody could quite understand why the shows became such instant hits. What did the Aussie soaps have that was so appealing? Studies were carried out to discover exactly what their x factor was. The results...sunshine! We were hooked on the brighter side of life, where the sun always shines and the air is always warm and comforting.

Being down and depressed on occasion is natural, it's the law – the order of things; it's a part of growing and living that we all encounter with a resounding sigh, but for the most part, get through and get over. But does the weather have anything to do with our moods? Does the sun make us smile?

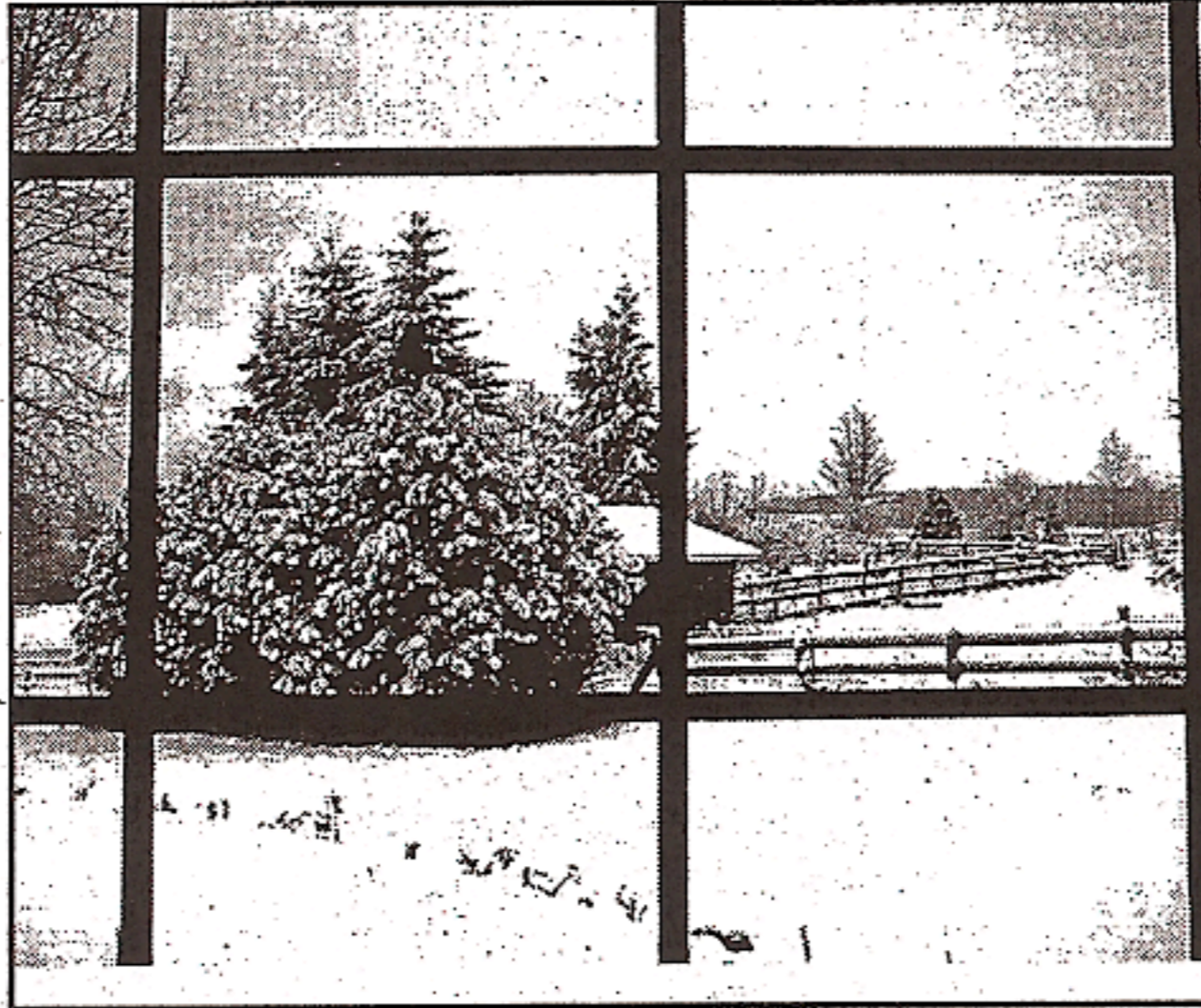
Well, there is a disorder called SAD, *Seasonal Affective Disorder*, which affects about 30% of the population and, while it's not exactly certain what causes it, research does show that sunshine and temperature are major factors. Symptoms of SAD are:

- Low mood that starts in autumn or winter
- Lack of energy and lethargy
- Increased appetite and weight gain (there is often a

craving for carbohydrate food)

- Increased sleep and daytime sleepiness

Consider this – if you go to work before the sun rises and come home after it's set, you're not getting a lot of sun therapy and if you do feel like you are greatly incapacitated by the symptoms above, then a visit to



your GP may be worth while.

However, we can all feel sluggish, depressed and down during the winter – even when the sun is out. So what's a girl or boy to do?

When the going gets tough, the tough go shopping...or crack open a pint of Ben and Jerry's...perhaps even take a comforting nap...Maybe hit a spa for some pampering.

What do you do when the winter blues begin to set

in? Do you have a vice, or little indulgence you turn to? What floats your boat when all is sinking? Many of us self medicate – find our own therapy when we're down in the dumps...

Shopping therapy:

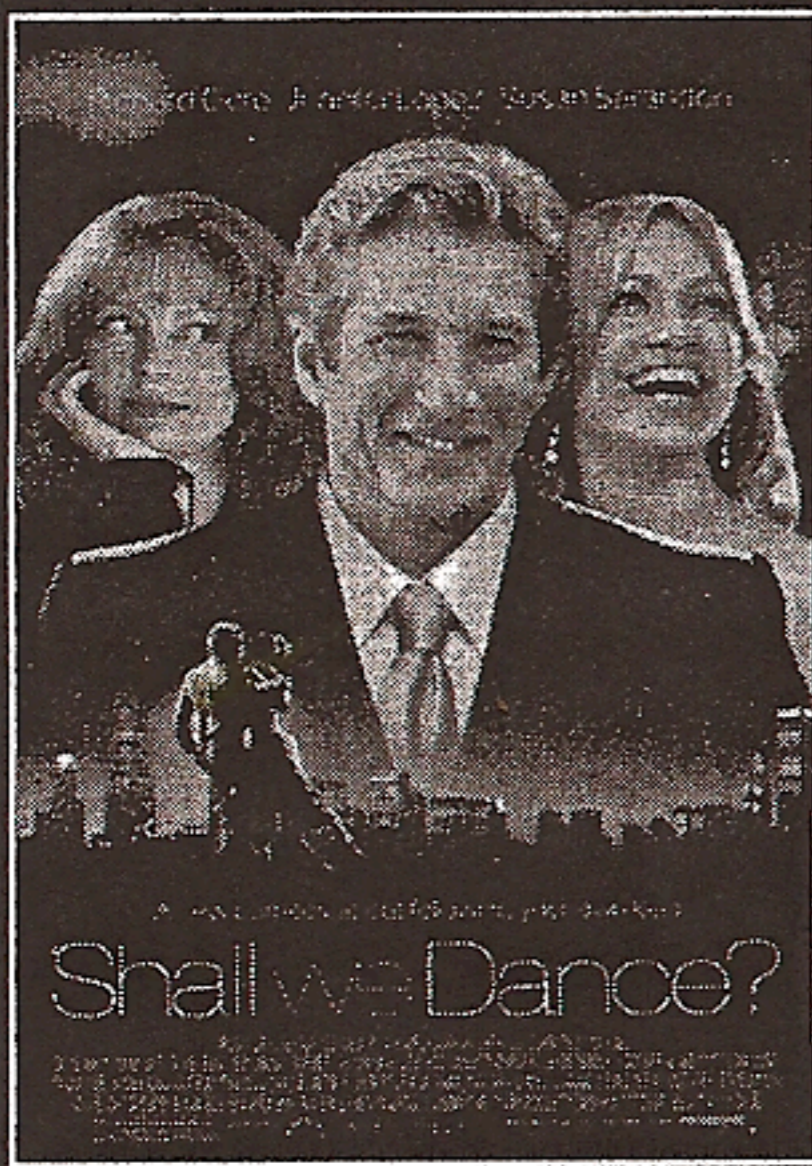
Shopping gives many of us a quick fix, a buzz. We actually feel a chemical high when finding the most perfect pair of shoes, accessory, or gadget and as the cash register accepts your credit card with a whirr, you may experience an overwhelming sense of well-being. Shopping therapy – don't you just love it? But beware, shopping is literally addictive – over 15 million Americans suffer from compulsive shopping disorder. While a quick boost once in a while is perfectly healthy (as far as I'm concerned compulsory), dealing with a shopping addiction and the debts that quickly accrue as a direct effect of it are sure to spiral anyone in to an even deeper depression. So, if shopping's your bag, try something economical, like bath salts, or smelly candles. You can enjoy these types of purchases after the buzz of shopping for them has worn off. Balance your checkbook by the light of a soothing smelly candle and be sure not to bust the budget.

(continued on next page)

CORRECTION

- In last week's Illuminations column, the wrong phone number was printed for Dr. Gary Ahlskog, Ph.D. Psychologist, Psychoanalyst, and Master Hypnotist. He can be reached at his New York office, call 212-371-0271 to schedule a session or consultation.

SHALL WE DANCE SWEEPSTAKES



In Theatres October 15th

Register to Win a
Championship Dance
Weekend at the
Arthur Murray
World Dance-O-Rama®

Winner will receive 2 VIP tickets for all events, airline travel, transfers, and 3 nights at the Luxor Hotel & Casino. Breakfast and dinners are included.

STOP BY OR CALL YOUR
ARTHUR MURRAY STUDIO
FOR MORE DETAILS

Register to Win at your
Arthur Murray Dance Studio!
SEE THE BEST OF THE BEST

©2004 Miramax Film Corp. All Rights Reserved.

CALL NOW and join the fun. Couples and singles welcome... MAKE YOUR MOVE.

Arthur Murray
Franchised Dance Studios

©2004 AMI

Victor & Jennifer Holguin
425 Country RD 39A Southampton
631-283-1488

www.arthurmurray.com

MARRIAGE COUNSELING

DIVORCE PREVENTION
RELATIONSHIP PROBLEMS
COUPLE COUNSELING
SINCE 1972

DRS. EVELYN & PAUL MOSCHETTA
Contributing Editors Ladies Home Journal
"Can This Marriage Be Saved?"
Authors of THE MARRIAGE SPIRIT
(Simon & Schuster)

EAST HAMPTON MANHATTAN HUNTINGTON
(631) 324-6364 (212) 319-1808 (631) 673-7959

www.marriagespirit.com



**Hampton Pediatric
Dental Associates, PC**

Dentistry for
Young People

DR. NANCY
COSENZA
DENTISTRY
FOR CHILDREN
TEENS & HANDICAPPED
631-287-TOTS

97
NO. MAIN ST.
SOUTHAMPTON
N.Y. 11968

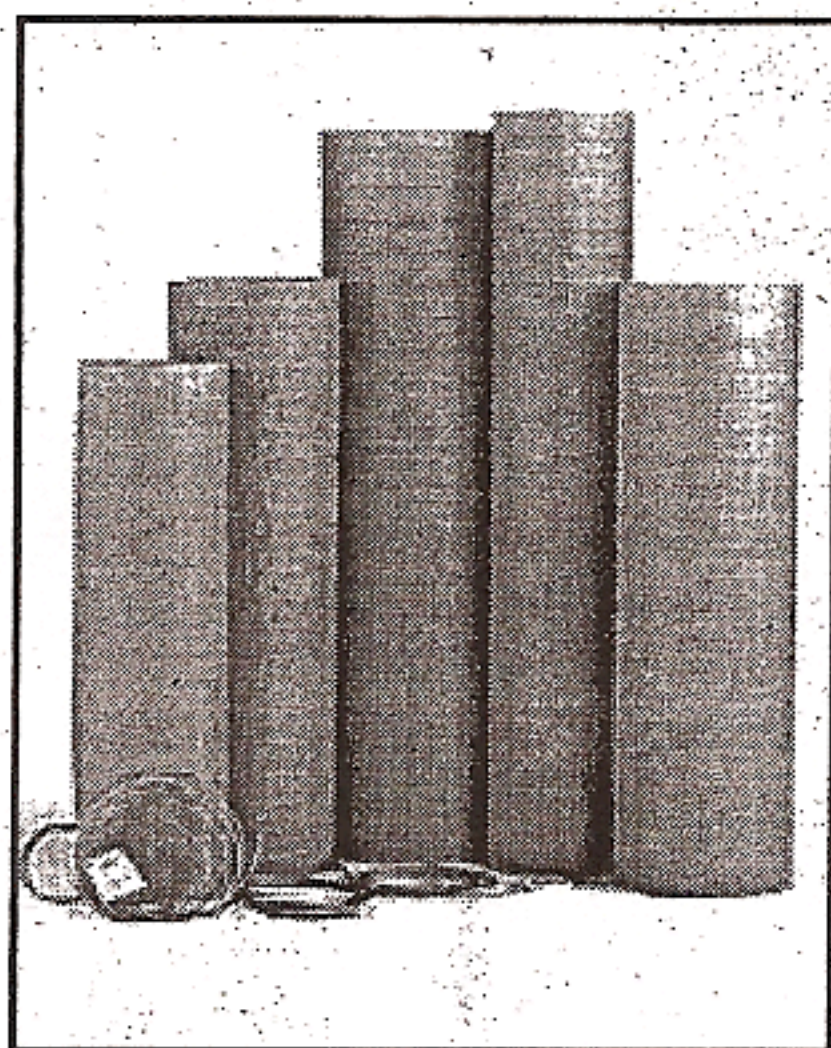
Hampton Pediatric Dental Associates specializes in general dental care for young people. We believe that good dental habits started at a young age will last a lifetime. Our office is designed to make children (& their parents) feel comfortable in a situation that many adults choose to avoid! Our hours will accommodate even the most hectic schedule.

INTERIORS & EXTERIORS

Heat On Your Feet

October is over. It's already getting cold, and if we go, by last winter, it's going to get a heck of a lot colder. Soon, or maybe already, the fireplaces are stoked, flannel PJs are out, and heating oil bills are skyrocketing. With all these weapons to aid in our conflict with cold, the bathroom is often still eye-openingly brisk. Think of the midnight shock to your pigs as they fall sockless on icy tile. Or worse, a frigid toilet-seat that desires layers of warm TP – not unlike your favorite gas stations along 495. Nobody wants to crank their heat high enough to solve these problems, and until we invade Canada and take their oil reserves, the cost alone will double your bills.

This very specific problem requires a site-specific solution – bathroom heating. Ideally, your heater should provide an evenly distributed layer of warmth over your body, and should not be so hot that it is uncomfortable to stand near. To accomplish this goal, there are three types of heaters: Wall-mounted fan heaters, wall-mounted radiant heaters, and electric radiant floor heating. Space heaters are obviously a dangerous choice, akin to blow-drying while bathing in a room where water can splash onto the floor and steam the air. Don't even think



about it.

Wall-mounted fan heaters are the fastest way to heat up the bathroom, and generally switch-activated. The fan blows warm airflow over you, but if you want consistent warmth it's not the best choice, even if it will create a fabulous wind effect while you're drying off. These heaters make enough noise to drown out your shower-karaoke renditions, of Cheap Trick and Beyonce (arguably a good thing), so leaving them on all night won't work either.

Radiant wall-mounted heaters don't make noise, but are difficult to find. That exciting red light in the ceilings of motel bathrooms is an example of this style of heater. It might be a little too Amsterdam for you. Radiant heat is also mostly switch-activated (you can't leave it on all night) and better for drying off. If drying yourself is what matters, consider the possibility of the heated towel racks that provide towels with that fresh out of the dryer feel every time. Racks are available at www.eqwip.com in several styles such as the paneled or the more basic, stick design. Prices range from \$500-1000. It's a luxury item that can make you feel like the pampered lord of the manor, or of the one-bedroom apartment.

The coup de grace of bathroom comfort is electric radiant floor heating. At the price of about 15 cents a day in electricity, floor heating is cost-effective, and its temperature control options allow for flexibility. Even in the dead of winter, lying sick and nauseous on the bathroom floor with that flu you couldn't get a shot for, you can avoid cold tiles. And when you're feeling well, the mat that is buried under a thin layer of cement and ceramic tile will still keep the floor at a welcoming 80-85 degrees. This won't wake you from walking sleep during those nighttime moments of need, and will be ready for you in the morning. For the average bathroom, prices run around \$400-1000 with a quick installation in three steps. First you mail your bathroom plans to get an estimate, you order, then they ship and install. It's as easy as it sounds.

Oil is getting so expensive, and with the winters continuing to be brutal out here, heat is more of an issue than ever. Most people turn their thermostats down at night to save money and enjoy the warmth and security of a nice comforter. The bathroom is the one place you may get out of bed for, and really needs a consistent temperature.

Find these systems at www.eqwip.com, www.nuheat.com, and www.dkheating.com to make your bathroom the snug place for reading magazines it yearns to be. If not, there's always that green shag toilet-seat cover with matching bathmat and tissue-box-cozy in the attic.

—Oliver Peterson

Skin Deep (continued from previous page)

Nurturing Nibbles:

Many people turn to food for comfort when stressed or depressed, but the types of foods we all tend to grab when the refrigerator light goes on may not be the best solution for our down swing. While high sugar snacks and carbohydrates, like chocolate, ice cream, and chips, give us an instant elated feeling, no sooner have we felt the buzz, than we begin to crash. In the long run, depression has a big appetite and these types of food only feed it. The result – overeating and obesity in order to maintain food intoxication, or a feeling of dissatisfaction post food high, and we're back to square one. However, food can be a great boost and a way to help us out of a slump. Try instead of junk food snacking on fruits, vegetables, or nuts. These will give you energy and a lasting high.

Pet Therapy:

It's proven that stroking a dog or cat can lower your blood pressure. Watching tropical fish is also proven to

decrease stress and high blood pressure. Studies show that people who own pets live longer. Even heart attack victims have been studied, and those who have pets post-attack live longer than those who don't.

So when you've shopped till you drop and eaten all you can, know that Felix or Fido will be there for you, even when the chips are down. Get a pet, a best friend – it's the best therapy in the world.

FREE MEASUREMENTS & INSTALLATIONS

OFF SEASON SPECIAL PRICING

For All Window Treatments

From Montauk to Manhattan

- Levolor & Louver Drape • Hunter Douglas
- Duettes/Silhouettes/Luminettes
- Mini Blinds • Verticals
- All Types of Rollup Shades
- Custom Roman/Shades
- Custom Skylight Shades
- Repairs & Cleaning also Available

INTERIOR WINDOW TREATMENTS

1-800-646-4755

631-324-8299

UNIQUE Verticals

Manufacturers of Quality Blinds & Window Treatments

Buy direct and Save

Prices Lower than Home Depot

COMPLETE LINE OF

HunterDouglas

WINDOW FASHION

CHANGING THE WORLD ONE WINDOW AT A TIME

- Verticals • Mini & Micro Blinds
- Pleated Shades • Sliding Doors
- Skylights • Duettes & Silhouettes

"Energy Efficiency with Style Enhancement"

SHOP AT HOME SERVICE

FREE Estimates, Fast Delivery & Installation

CALL **728-5123** Now!

Commercial Accounts Welcomed

PURE SAFE POLAND SPRING WATER

You Want To Give Them The Best Of Everything.

WE DELIVER TO HOME OR OFFICE

Start With The Basics.

Home Delivery of pure, safe Poland Spring natural spring water.

Order Now and Get FREE

1 Case of Poland Spring Sport Pack Bottles

CALL NOW: 727-8610

* Offer valid for new customers only upon credit approval, and not in conjunction with any other offer. A one year service agreement for 3 or 5 gallon delivery, cooler rental and bottle deposits required. Service and new bottle with handle available in most areas. © 2000 Poland Spring Water Company.

NORTH FORK WATER