

The Good Life

WHAT TIME WHERE

Today
Wildflower walk with naturalist Barbara Hofflander, a colorful half-hour tour to find out more about beautiful desert plants. 2 p.m. Desert Botanical Garden, 1201 N. Galvin Parkway, Phoenix. Free with regular garden admission. Call: (602)941-1225.

Thursday
"Home Is Where the Health Is," a two-hour seminar on home energy, indoor air quality and safety. 7 p.m. Scottsdale Civic Center Library, 3839 N. Civic Center Blvd., Scottsdale. Free. Call: (480) 312-4202.

Friday
Phoenix Home and Garden Show, featuring more than 300 exhibitors (see larger story, this page). Noon to 8:30 p.m. Phoenix Civic Plaza, 225 E. Adams St., Phoenix. Cost: \$6 adults, \$4 seniors. Call (602) 277-4748.

Saturday
Master Garden Techniques, a class to learn the five steps to having a green thumb in the desert, including planting, staking and propagation. 9 a.m. Maricopa County Cooperative Extension, 4342 E. Broadway Road, Phoenix. Cost: \$15, registration required. Call: (602) 470-8086, Ext. 309.

Sunday
"Wine Cellars in Your Home," a seminar by Kathleen Bonner of Fine Wine Line. 1 p.m. Part of the ASID Designer's Showhouse 2000, a Paradise Valley house showcasing the talents of various interior designers. Seminar free with regular \$15 ASID admission. Call: (602) 254-0377.

Monday
Hometime looks at faux-finishing techniques. 6:30 p.m. The Learning Channel.

Tuesday
Hometime shows how to use ceramic tile to replace a dated vinyl floor, followed by an episode on using ceramic tile to replace a worn laminate counter top. 6:30 and 7 p.m. The Learning Channel.

The Arizona Republic

Home remodeling and gardening take the stage at the 27th annual Phoenix Home Improvement & Garden Show on Friday through Sunday at Phoenix Civic Plaza, 225 E. Adams St. The more than 300 exhibitors will offer products, services, ideas and more pertaining to all aspects of the home. Special demonstrations and talks also will be held. Among the speakers are:

■ Tom Profeta, host of the

■ Michael Holigan, host of HGTV's *Michael Holigan's Your New House*.

■ Linda Lenore, a feng shui expert.

■ Christopher Lowell, star of the Discovery Channel's *Christopher Lowell Show*.

Hours for the show are noon to 8:30 p.m. Friday, 10 a.m. to 8:30 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. Admission is \$6 adults, \$4 seniors and free for children 12 and younger. For information, call (602) 277-4748.

THE GOOD LIFE STAFF

Senior editor: Susan Felt, (602) 444-8152, Susan.Felt@ArizonaRepublic.com

Section editor: Zada Blayton, (602) 444-8152, Zada.Blayton@ArizonaRepublic.com

Content coordinator: Mike Stephens, (602) 444-8745, Mike.Stephens@ArizonaRepublic.com

Staff writers: Sue Doerfler, (602) 444-8236, Sue.Doerfler@ArizonaRepublic.com; Karen Fernau, (602) 444-4779, Karen.Fernau@ArizonaRepublic.com; Bob Golfen, (602) 444-8106, Bob.Golfen@ArizonaRepublic.com; Judy Walker, (602) 444-8624/voice mail, Judy.Walker@ArizonaRepublic.com

Restaurant critic: Howard Seftel, (602) 444-8533, Howard.Seftel@ArizonaRepublic.com

Advertising coordinator: Gloria Seleske, (602) 444-8395, Gloria.Seleske@ArizonaRepublic.com

We'd love to hear from you. Send us your questions, comments, tips and story suggestions. Write to The Good Life, The Arizona Republic, P.O. Box 2245, 200 E. Van Buren St., NF-18, Phoenix, AZ 85004. Or reach us at GoodLife@ArizonaRepublic.com. E-mail users: Please include your address and telephone number.

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TARA HITCHCOCK'S GOOD LIFE



Jill DiPasquale/The Arizona Republic

Channel 3's Tara Hitchcock, who has offered a friendly "Good morning" to Arizonans most weekdays for the past four years, relaxes in her townhouse, where she likes to veg out and channel-surf.

Tara's 'Tara' has undecorated look

Double tub, TV in bath are dreams

By Eileen Bailey
 Special for The Republic

Tara Hitchcock has hosted KTVK's *Good Morning Arizona* for the past four years. Known for its zany style, the show is consistently Phoenix's top-ranked morning television program. Hitchcock grew up in New Jersey and north Dallas and is the oldest of four daughters. She lives in a townhouse near the Pointe Hilton Resort on South Mountain.

QUESTION: What three things do you always have in your refrigerator?

ANSWER: Milk dated Jan. 9.

Sushi that's at least 2 weeks old. That's nasty. But it's sealed in a bag. My fridge does not smell — please make that clear.

Q: What's your favorite comfort food?

A: I love Starbucks' Venti skim hot cocoa with extra, extra whipped cream. The skim milk kind of balances out the whipped cream.

Q: What's your most memorable meal?

A: I like the spicy tuna roll at Sushi on Shea. Almost addicting.

Q: What food can't you live without?

A: I couldn't live without chicken. I like it grilled or chicken cordon bleu. Really healthy or just loaded.

Q: Where do you go in your home to completely relax?

A: My living room. It's not

decorated. I have not bought a piece of furniture since college. The most I have bought is a candle. I have stuff from my parents, my grandparents, garage sales. I just veg on my couch, watching TV. I'm a constant flipper. I love *The Crocodile Hunter* on Animal Planet.

Q: What tool have you bought and never used?

A: Tool? What's a tool? I use the back of a large cup if I have to hang something on the wall. I have scissors and both Scotch tape and masking tape. You'd be impressed.

Q: What dream project would you do to your home if time and money were no object?

A: I want a TV set in my bathroom and I want a humongous tub. I won't go into the Great Indoors until I can get

their double Jacuzzi tub. You can hang out with your friends in the bathroom. Oprah has one. I need one.

Q: What was the most unusual thing you ever decorated your home with?

A: I got a Cookie Monster cookie jar. I had to move it three inches to the right because it looked better that way.

Q: What would your home tell its next owner about you?

A: That I meant well.

Do you have a suggestion for a well-known Valley resident to profile? Write to The Good Life, The Arizona Republic, P.O. Box 2245, NF-18, Phoenix, AZ 85004. Or reach us at GoodLife@ArizonaRepublic.com. E-mail users: Please include your address and telephone number.

What is the best way to clean spots on the carpet?

ANSWER: Here are some hints from the Kirby Co.:

■ Always test a hidden area with the cleaning agent to check for compatibility with the carpet.

■ Act quickly. The sooner you act, the better chance you have to remove the stain.

■ Remove as much bulk from the stain as possible before attempting to clean spot. Vacuum

powdery spills, scrape away excess solid material, and blot excess liquids first.

■ Blot, blot, blot ... don't rub when cleaning a carpet. Back and forth rubbing can distort the carpet loops and twists.

■ Work the cleaner into the stain gently. It has got to touch the stain to be able to clean it. Give the cleaner time to work

(one to three minutes soak time).

■ Use white cloths, sponges or paper towels whenever possible to avoid dye stains from colored items. If you see a tint of the stain on your cloth or sponge, continue blotting. You are making progress. Only move to the next suggested cleaning method/approach when you no longer see any stain on the

blotter material.

■ Make sure you have blotted or rinsed out all of one solution before trying another method to avoid mixing chemicals.

■ Never use laundry detergents for carpets because they contain dye brighteners that can alter the color carpet. Also, some detergents leave a sticky deposit, which tends to resoil.

Limes are versatile, tasty

Knight Ridder Newspapers

Like lemons, their somewhat more sour (and more widely grown) cousins, limes have a tart taste that can add zip to sauces, beverages, desserts and mari-



nades.

So, what can you do with them?

■ Shop for bright green fruits with a floral fragrance that are heavy for their size. Avoid fruits with yellow spots or hard skins; they're old. Slight brown spots, called scald, won't affect flavor or juiciness. A hard skin will, however.

■ It's OK to stock up on limes in bulk. Uncut ones keep well in the refrigerator for up to a month. Keep cut limes fresh for five days by storing them in a plastic bag in the refrigerator.

■ If you happen upon a great sale, buy limes in bulk. Then juice them and freeze the juice in ice-cube trays. When the juice is solid, remove the cubes and store them in a plastic bag in the freezer.

■ You also can freeze the zest, the thinly sliced or grated skin, in a plastic bag. Be sure to wash the fruit if you plan on using the

skin. Peel the zest, using a citrus zester, stripper or small-toothed grater, before cutting for juice.

■ The versatile lime has a multitude of uses, from a tart addition to mixed drinks such as margaritas and limeade, to a marinade for raw-fish dishes such as seveiche, to the famous Key lime pie.

■ Lime juice tenderizes meats and is the base of many sauces, particularly in Thailand and Vietnam, where it is blended with fish sauce, garlic and ground peanuts.

■ To maximize juice yield, use fruit warmed to room temperature. Or microwave on high for 10 to 20 seconds uncovered. Roll the limes between your palm and the counter top to loosen fibers before cutting and juicing them.

■ An average lime produces about 1½ tablespoons of juice and 1½ teaspoons of zest. One pound of limes, about six to eight limes, yields ½ to ¾ cup of juice.



'Northwest Style, Interior Design and Architecture in the Pacific Northwest'

Ann Wall Frank
 (Chronicle Books, \$40)

By Sue Doerfler
 The Arizona Republic

It's hard to state a definitive Northwest style.

"We like to think of ourselves as transcending labels, as an independent breed of mavericks and iconoclasts, in love with the wild and perfect beauty of the place," author Ann Wall Frank writes in the introduction.

But her book evokes a certain feeling of the architecture and landscapes of Seattle, Vancouver, Portland and Pacific Coast islands. Pervading the book are casual, informal, environmentally sensitive and rustic styles.

There are more than 200 color photos of homes that overlook lakes or the ocean or that sit on the edge or within forests. There are urban lofts and Adirondack-style lodges.

"The homes reflected on these pages are as unique as their dwellers," Frank continues. "These homes exude their owners' spirits even — or especially — in their imperfections."

Frog Pants are 'ultimate garden gloves'

By Nick Harder
 Orange County Register
 (Santa Ana, Calif.)

You'd think something called Frog Pants would be waders or, at least, a pair of pants with lots of green-colored frogs painted on them.

Nope. They're gloves for working in the garden. But not just any garden gloves, the manufacturer says.

They're the "ultimate garden

gloves." Why? Because they're made of a type of PVC (polyvinylchloride). Now, you may be used to seeing PVC only in sprinkler or drainage pipes, but this PVC isn't as rigid. It's a flexible type of PVC. Water can't penetrate, yet you can use them just as you would any garden glove.

They also have a seamless cotton lining and a long sleeve that is nylon reinforced and heat-sealed to the glove. When the

sleeve is extended, it reaches all the way to the elbow to keep the wearer dry and clean.

An outfit called — appropriately — Ultimate Goods makes these ultimate garden gloves. They're available by phone and mail for \$24 a pair. Call toll-free 1-888-880-1997. The gloves are also available by writing to Ultimate Goods, P.O. Box 4690, Rollingbay, WA 98061. They're available in sizes small to extra large.