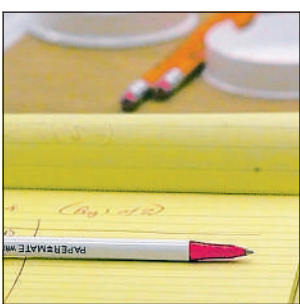


Home & Garden



Martha Stewart



ASK MARTHA

Tips for traveling in Martha fashion

In the summer of 2008, I decided to travel to England, Ireland and Poland to visit some of our company's strategic partners. I also planned to sight-see and to film several segments for my TV show. This is not an unusual scenario.

I frequently combine my love of travel with business because I go places that I think most of us would enjoy seeing and experiencing. I arrived in Warsaw to visit our publishing partners (several Polish editions of Martha Stewart Living have been created) and to give a speech at a large shopping mall.

Between appointments I toured historic sites and savored the delicious foods of Poland.

When I found myself with a few days to fill, I started thinking about going on a new adventure. I had already traveled extensively in Poland with my mother, so I focused my attention on a Central European city that I had never visited: Prague. Within a few hours, two colleagues and I had plane tickets, and off we went — no plans, no itinerary, just vague suggestions of where to go and what to see.

This kind of impromptu trip is the true test of a traveler's mettle and resourcefulness. Spur-of-the-moment travel is not always the most economical way to visit a new destination, but this was one time when everything fell nicely into place.

As a first-time visitor to this charming city, so rich in history, I was excited to explore what the city had to offer. Prague is sometimes called the City of a Hundred Spires; a walk through the different sections of the city offers a lovely juxtaposition of palaces, churches and small city houses.

A tour of the historic Jewish district, Josefov, provides a sense of Prague's rich past. Among other sites, we visited the Charles Bridge, a walkway spanning the Vltava River; Strahov Monastery, which houses a collection of curiosities; and the gardens of the Wallenstein Palace, which feature loggias and an aviary housing gigantic owls.

I hope my travel tips inspire you to take full advantage of an impromptu trip. To see more photos from Prague, go to the-marthablog.com.

FOR MARTHA'S TRAVEL TIPS, SEE PAGE 3D

Send questions to Ask Martha, care of Letters Department, Martha Stewart Living, 11 W. 42nd St., New York, NY 10036 or e-mail askmartha@marthastewart.com.

NEIGHBORHOODS



News-Journal photos/JIM TILLER

The house at 3657 Cesi Ave. in New Smyrna Beach's Venetian Bay development is the first "green" house in the neighborhood. From the insulation to shower heads, the residence was designed to reduce its environmental footprint.

EASY GREEN

Venetian Bay home blends in, stands out as eco-friendly

By MARK I. JOHNSON
STAFF WRITER

NEW SMYRNA BEACH — Sitting on its manicured lot, the house at 3657 Cesi Ave. blends in with its neighbors.

Tan stucco covers the exterior walls of the single-story, two bedroom, two bath, starter home surrounded by grass and newly planted shrubs and trees. There is a small screened porch on the back.

The only feature that visibly sets the 1,650-square-foot structure apart from the other single-family residences in Venetian Bay's Arbor Lakes neighborhood is a small southern-facing solar panel attached to the gray shingled roof. However, that represents something new for the New Smyrna Beach development.

"This is our first 'green' home," said environmental consultant Kevin Para.

From the insulation to shower heads, floor coverings and water heater, the residence was designed from the foundation up to reduce its environmental footprint and to blend in with other homes, Para said. And apparently the concept worked. Within weeks of completion, the \$235,000 home had been sold.

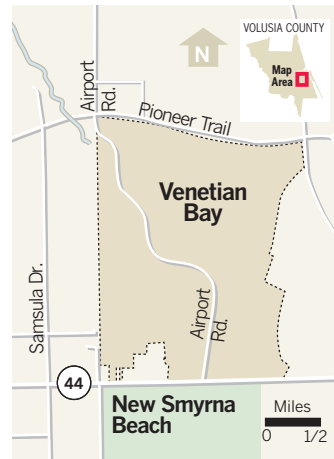


Kevin Para, an environmental consultant, stands outside the "green" home on Cesi Avenue in New Smyrna Beach. The idea to go green in Venetian Bay began when Para contacted developer Jerry Johnson, saying this idea would only require small design or material changes to secure a "certified green" designation.

"This gives you the best bang for the buck," said Para of Find Green Ideas. "An entry level home for someone who wants to go green."

What role the environmental benefits of the house played in new owners Nico

and Alice Rozema's decision to purchase the home is only speculation. The couple were out of town and unable to be reached for comment. However, both Para and developer Jerry Johnson believe being green translated into green



News-Journal

take only a few design or material changes to secure a "certified green" designation.

However, the process isn't quite that simple. To be designated "green" under the Florida Green Building Coalition criteria, each step had to be verified.

"We scored 196 out of 300 points," Para said showing off the notebook of details he had to ensure were included. Things like the air conditioning ducts being sealed with mastic and use of a low flow irrigation system in the yard, which was covered with drought resistant grass and indigenous shrubs.

While Johnson said there is an element of "people want to do the right thing" in buying green, economics still play a large role in the sale.

Going green can be expensive. A solar-cell power system can add tens of thousands of dollars to construction costs and even minimal improvements like those at Cesi Avenue bumped the price about \$8,000 over a base model.

SEE GREEN, PAGE 8D

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WEEKEND PROJECT

Workbench in garage won't crowd car

If you're like most do-it-yourselfers, your garage probably creates a dilemma around the house. The problem is that while you think of it as an ideal workshop, everyone else thinks of it as a place to park. Have no fear — now there's a neat, do-it-yourself solution.

Complete with all the bells and whistles, this full-size workbench project folds up into a tidy, wall-mounted package just 13 inches deep. Inexpensive and easy to build, the project includes a generous worktop, integral storage shelves and space for a built-in light.

The workbench is made primarily from plywood, 2-by-4 lumber and some common hard-

ware. To build, simply cut out the pieces and assemble using glue, nails and screws. Next, install the hardware. Finally, bolt the unit to the wall and add a fluorescent light fixture.

Once installed, the project is as easy to use as it is to build. To close, fold the lightbox down, remove the cross braces from the legs and lift and latch the benchtop into place. Fold the legs into the bottom of the benchtop, shoot the bolt and slide the cross braces in behind the legs. To open, simply reverse the steps.

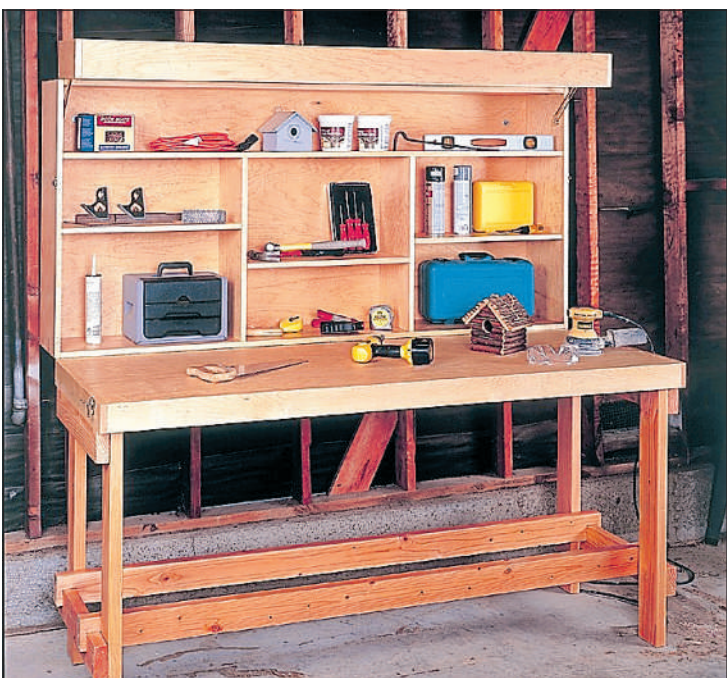
The workbench is 72 inches long by 74 inches tall by 34 inches deep when open and folds to 72 inches long by 34 inches tall by just 13 inches deep.

The Space-Saver Workbench

plan, No. 916, is \$9.95 and includes step-by-step instructions with photos, full-size traceable patterns, construction diagrams, a cutting layout, a shopping list and cutting schedule and a toll-free help line. A package of workshop projects, No. C150, is \$16.95 and includes this plan and a plan for a traditional woodworking bench.

— Don and Dave Runyan, U-Bild

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Great Scot
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GREAT SCOT: The News-Journal travels to Scotland — check out our latest United Kingdom destination in Sunday's My Week.

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