

LOOK WHAT'S NEW

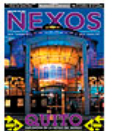
Check this section often to find [new tools and resources](#) as they become available.

What's new? "[Word of Mouth](#)" - tell us your favorite places.

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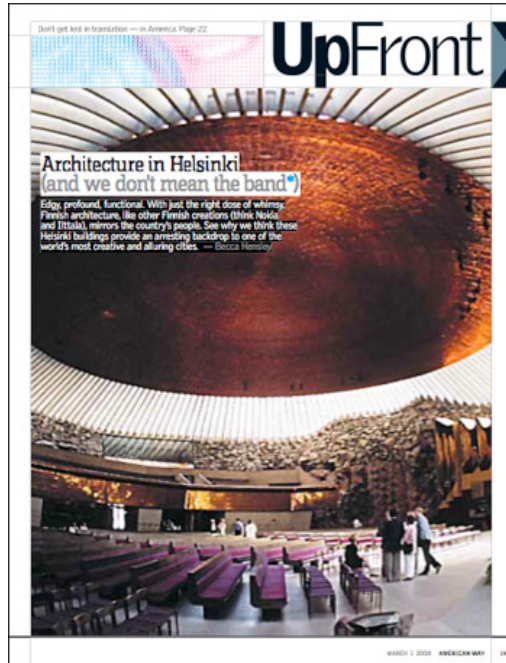
YIPPIE-YI-YO-KI-YAY, EH? » Rodeo, with a Canadian accent

A WHOLE NEW BRAWL GAME » The brutal beauty of roller derby

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WORKING WITH YOU IS KILLING ME » How to survive toxic coworkers

A MONUMENTAL FEAT » Six decades after World War II, a mission to return looted artwork to its rightful owners has left behind a priceless legacy.



Architecture in Helsinki (and we don't mean the band*)

Edgy, profound, functional. With just the right dose of whimsy, Finnish architecture, like other Finnish creations (think Nokia and Iittala), mirrors the country's people. See why we think these Helsinki buildings provide an arresting backdrop to one of the world's most creative and alluring cities. — **Becca Hensley**

STOP AND LOOK

TEMPPELIAUKION KIRKKO, THE ROCK CHURCH

Architects: Timo and Tuomo Suomalainen

Genre: Modern

Year completed: 1969

Why we love it: This sacred space, blasted from a rocky outcrop and in the same part of town as Olympic Stadium, is underground. Rocky walls make for splendid acoustics, and the above-ground copper roof evokes an ancient tomb.



MAJOR LEAGUE MONEY, MAJOR LEAGUE ISSUES »
 For pro athletes, making millions of dollars a year is the easy part. Avoiding a financial strikeout usually requires an assist.

WORD OF MOUTH »
 Tell us your favorite places.



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Architect: Steven Holl
 Name completed: 2000
 Why we love it: A symphony of contradictions (soft curves meet angles, and heavy materials meld with light ones), it's an asymmetrical masterpiece that's the perfect home for modern art.

FINLANDIA-TALO, FINLANDIA HALL
 Architect: Alvar Aalto
 Genre: Modern
 Year completed: 1972
 Why we love it: Rising from the edge of Töölö Bay, this concert hall manifests the attention to detail that defined Aalto, Finland's best-known architect, who even designed the light fixtures and furniture found within.

EDUSKUNTATALO, PARLIAMENT HOUSE
 Architect: Johan Sigfrid Sirén
 Genre: 1920s classicism
 Year completed: 1931
 Why we love it: The imposing building boasts 14 Corinthian columns and is composed of all-Finnish materials. Philosophically, it represents the fusion of art, architecture, craftsmanship, and industrial design.

KANSALLISKIRJASTO, NATIONAL LIBRARY OF FINLAND
 Architects: Carl Ludvig Engel and Gustaf Nyström
 Genre: Neoclassical
 Year completed: 1845
 Why we love it: This grand structure's lavish plan mimics the Baths of Diocletian in Rome. The classical, temple-like facade is complemented by interior vaulted halls and rooms.

KULTTUURITALO, HOUSE OF CULTURE
 Architect: Alvar Aalto
 Genre: Modern
 Year completed: 1958
 Why we love it: Functional but interpretive, this curving building alludes to the shapes of sound and music. Its asymmetrical, free-flowing hall influenced the invention of the wedge-shaped brick.

RAUTATIEASEMA, THE RAILWAY STATION
 Architect: Eliel Saarinen
 Genre: Art nouveau
 Year completed: 1919
 Why we love it: Covered with pink granite and bedecked with a clock tower and statues that hold lamps and guard the main entrance, it's a fine example of the Finns' rebellious take on art nouveau (an outlook heavily influenced by the *Kalevala*, the Finnish national epic).

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KIASMA, MUSEUM OF CONTEMPORARY ART

Architect: Steven Holl
Genre: Contemporary
Year completed: 1998

Why we love it: A symphony of contradictions (soft curves meet angles, and heavy materials meld with light ones), it's an asymmetrical masterpiece that's the perfect home for modern art.

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Architect: Alvar Aalto
Genre: Modern
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*architecture in Helsinki (the band) > And the inspiration behind our headline. (The fact that AIH can be found on the iPods of several *AW* staffers has nothing to do with this shameless plug. Really.) Based in Australia, AIH is best described as, well, nothing you've ever really heard (try happy electronica pop on acid), with an eclectic mix of instruments including, but not limited to, a clarinet, a glockenspiel, a tuba, and a trombone. (We probably should have mentioned they're a little ... out there.) To date, AIH has released three albums (*Fingers Crossed*, *In Case We Die*, and *Places Like This*) and toured with Belle & Sebastian, Yo La Tengo, and Clap Your Hands Say Yeah (all worth checking out). Note: The band has yet to perform in Helsinki. — Anna Fialho

LISTEN UP

The screenshot shows an article from UpFront magazine. The title is "What's That You Say?" and the subtitle is "If the word on the street gets confusing when you're jaunting around the United States, it's time to put the hosts of *A Way with Words* on the case." The article lists several regionalisms with their definitions and origins. The words listed are: Blinky (the Southwest), Cack•le•ber•ries (the South), Catty•wam•pus (Oklahoma and Texas), Ho•sey (Massachusetts), Lar•rup•in' (California), Mo•ded (California), Spendy (the Southwest), Stobed (near around the southern Chopt), and Tump (the South).

What's that You say?

If the word on the street gets confusing when you're traveling around the United States, it's time to put the hosts of *A Way with Words* on the case. — Jenna Schnuer

THE CALLS START COMING

IN when things are sigogglin, the cackleberries are cracked, and the milk's gone blinky. That's when Martha Barnette and Grant Barrett go to work. No, they're not refrigerator repairmen. They're the hosts of *A Way with Words* (www.waywordradio.org), a public-radio show during which Barnette and Barrett turn words upside down and inside out in trying to figure out from whence they came, what they mean, and how best to use them. "It's *Car Talk* for language. People call us about their questions and peeves and just observations about language — things they've always wanted to know or things they heard on television last night — and we help them get to the bottom of it," says Barrett.

One of the wordy duo's favorite topics, which comes compliments

DON'T GET LOST IN TRANSLATION

To prepare you for your next jaunt around America, here are some of Barnette's and Barrett's favorite regionalisms.

Blinky
the Southwest
Definition: milk that's gone sour

Cack•le•ber•ries
the South
Definition: eggs

Catty•wam•pus
Oklahoma and Texas
(regional synonyms: *slanchwise, sigogglin, and antigogglin*)
Definitions: 1. askew; 2. to lean

Ho•sey
Massachusetts
Definition: to claim dibs

of their roots (Kentucky for Barnette and southern Missouri for Barrett), is regionalisms, or words and sayings that spring up in a town, state, or region and that leave visitors from elsewhere scratching their heads and trying to figure out what the locals are talking about. “When we look at the origins of words, [we see] that people are endlessly creative and often exuberant with their language and with inventing words and adopting words from the people around them,” says Barnette. “I think you see that a whole lot with regionalisms. There’s something really delicious about being able to take not a walking tour of America but a talking tour.”

Lar•rup•in’
Oklahoma and Texas
Definition: really, really good

Mo•ded
California
Definition: to be tricked or had

Spendy
the Northwest
Definition: expensive

Stoled
area around the southern
Ozark Mountains
Definition: past tense of steal

Tump
the South
Definition: turn over



Fly (and Live) Fit

When it comes time for healthy food, the Red Sox turn to Boston caterer Maggie Melanson, owner of Gimme the Skinny. Once 50 pounds heavier, this fitness aficionado has kept the weight off — and her energy soaring — through a sensible diet, a positive attitude, and lots of unconventional exercise. Her new book, *Fly Fit* (\$11, HRD Press), chronicles her tips for travel fitness. She shares some secrets with us. — B.H.

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Try a few different workouts at home to find out what you love. Do you want to walk in a new city? Swim in the hotel pool? Work out in your room?

Drink a lot of water before, during, and after your flight. It keeps your mind sharp, your body hydrated, and your blood flowing.

Delayed flight? Don't grumble — see it as an opportunity. Don't be afraid to take off your jacket, sit on the floor, and do some yoga stretches, or to go and stretch the stairs. Also, walk and use a cart for your carry-on bags. That will allow you to burn more calories.

Get up and move during business meetings. Do not sit still for eight to 10 hours. You need to move. Our bodies are made for movement.

Employ the healthy system. Work out with a colleague while on the road. Forget a sit-down lunch to explore a city on foot, run or hit the gym together early in the morning.

The hotel concierge is your best friend. He or she can tell you the best places to run, walk, hike, and swim — and even where to stop for a midmorning coffee break.

Pack healthy snacks in your carry-on. You never know when you'll need them.

Melanson's Inspirations (and Necessities)

DO YOU WANT TO WALK IN A NEW CITY? Swim in the hotel pool? Work out in your room?

"I Feel the Heat," Chava Khan

"Start Now!" Chava Khan

"The King of the Mountain" Phyllis "Happy Feet" Lundmark

"Gimme the Skinny" Maggie Melanson

"Stretch It Out!" The Tampa

BEST CITIES FOR WALKING

San Francisco: Walking those hills is just about all the work you need.

Boston: MA, hilly terrain has its own challenges, and you can see it all while walking.

New York: I can't imagine not walking the New York streets.

Washington, D.C.: The best walk here is through the monuments and by the National Mall.

MY FAVORITE

MY FAVORITE

My favorite is... I love walking in a new city. It would be hard to walk in a new city. I love walking in a new city. I love walking in a new city. I love walking in a new city.

My friend, full of the love and inspiration, made it.

Just a small tip: Really, I can do this in a new city. I can do this in a new city. I can do this in a new city. I can do this in a new city.

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Melanson's Inspirations (and Necessities)

TOP FIVE SONGS FOR BURNING CALORIES

- "I Feel for You," Chaka Khan
- "Ain't Nobody," Chaka Khan
- "The Song of the Heart," Prince (*Happy Feet* soundtrack)
- "Boogie Wonderland," Brittany Murphy (*Happy Feet* soundtrack)
- "Disco Inferno," the Tramps

BEST CITIES FOR WALKING

San Francisco: Walking those hills is just about all the workout you need.

Boston: My hometown has so much history, and you can see it all while walking.

New York: I get energized just walking the busy streets.

Washington, D.C.: The best walk here is through the monuments and by the Willard hotel.

MUST-HAVE CARRY-ON ITEMS

My resistance band.

A little chocolate — like Hershey's Kisses and M&M's. (I wouldn't leave home without a little chocolate; I eat some every single afternoon.)

My iPod, full of dance music (and relaxing music too).

Saline nasal spray. Really. I use this in-flight every single hour. It helps me ward off sinus headaches.

A small spiral notebook and a pen to record business ideas.

MELANSON'S 10-MINUTE HOTEL ROOM WORKOUT



>CHILD'S POSE

Starting from all fours on the floor, sit back on your bended knees. Push your buttocks toward the wall behind you and stretch your hands out in front of you on the floor, reaching with your fingertips as far



forward as possible.

>25 JUMPING JACKS

>15 COFFEE TABLES (FOR THE TRICEPS)

Find a sturdy coffee table in your

hotel room. If there isn't one, use the edge of your bed. Sit on the edge of the table (or bed). Place your palms down, next to your hips. Extend your heels out in front of you to support your body. Holding on to the coffee table, lower your body to three inches above the floor. Now push yourself back up to the starting position. Repeat 15 times.

>15 BICEPS CURLS Place the middle of a resistance band under both feet. Stand with your feet flat on the floor and six inches apart. Hold the ends of the resistance band, one in each hand. Holding your elbows by your side at your waist and with your palms facing up, raise your hands to your shoulders. Hold for four seconds and then lower the band slowly. Repeat 15 times.

>10 TO 15 PUSH-UPS

>10 TRICEPS EXTENSIONS Sit and place the middle of the resistance band under your buttocks. Hold the ends of the resistance band, one in each hand, and pull your hands up to your ears, elbows pointed out in front of you. Extend both arms over your head and hold for five seconds. Lower the band slowly, returning hands to ear level. Repeat 10 times.

>25 CRUNCHES

>8 AWKWARD CHAIRS From a standing-straight position, squat down like you are about to sit on a chair. Lift your arms up over your head and hold for 15 seconds. Then return to a standing position, squeezing your buttocks as you come up and lowering your arms to your sides. Repeat eight times. Your quadriceps should begin to burn by the fourth or fifth repetition.



Two more to try:

>AN EXERCISE FOR WHEN YOU'RE WAITING FOR YOUR LUGGAGE Lean with your back straight against a wall and your heels about one foot from the wall. Slide down the wall, with your back still touching it, until you are in a seated position. (Your knees should be over your toes.) Hold this position for 30 seconds or for one minute if you are strong enough. This works your buttocks and quadriceps. Repeat five times.

>AND ONE FOR WHEN YOU'RE IN YOUR RENTAL CAR, STUCK IN TRAFFIC Grasp the steering wheel at the nine and three o'clock positions. Push against it with as much force as possible and hold for a count of 10. Then pull it toward you and hold for another count of 10. Do a number of these exercises in succession. The first exercise works your shoulders, biceps, and chest; the second works your triceps, rear deltoids, and trapezius.

FIX UP THE HOUSE

UpFront

IMPROVING YOUR HOME

Improving Home Improvement(s)

It used to be that spring fever was all about romance and road trips. Now you lust after power tools and lose sleep over your home's annoying little foibles. (When you end up in Home Depot for the third time in three fine spring days, you'll know what we're talking about.) But you can make all those home improvements a little easier this year with the help of these new products. How easy? Well, you can cross window washing right off your spring-cleaning list. — Tracy Stator

AIRFLOW REGISTER BOOSTER FAN > Every house has a vent or two that behaves like a rebellious teenager and refuses to perform like the rest of the system. AirFlow uses a plug-in fan to pull extra warm or cool air out of weak registers. Unlike a teen, AirFlow runs at the speed you select — and it's energy-efficient. \$60. www.smarthome.com

ILLUSION MOVING ART FLAT-SCREEN-TV DISGUISE > Your LCD television looked perfect at first, but now you'd like to camouflage that dead gray screen. Illusion Moving Art frames your TV like artwork, and at the flick of the remote, a giclée overlay — in the print of your choice — scrolls down to cover the screen. Higher-end versions tilt and swivel the TV for angled viewing. From \$3,950. www.mediadecor.com

IROBOT LOOJ > Gutter cleaning is a thankless job. Sure, it prevents water damage and insect infestation, but no one can admire your handiwork without a ladder. So, make the job fun. The remote-controlled Looj motors through gutter debris like it's a mole digging a tunnel. \$100 for basic model. www.irobot.com

PILKINGTON ACTIV NEUTRAL SELF-CLEANING WINDOWS > A nanotech film uses sunlight to break down soil, and it spreads raindrops into a sheet of water so that dirt is swept away without leaving spots. Plus, its solar-control coating keeps you cool without blocking or coloring natural light. Prices vary depending on window size. www.pilkington.com

TRICKLEDRY TREATMENT > Make spring cleaning easier and more fun with this stain-fighting product. Available in 16 scents, it's available in a variety of sizes. The spray-on version is available in a variety of sizes. The spray-on version is available in a variety of sizes. www.trickledry.com

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size and coating selection. www.pilkington.com

REJUVENATE FLOOR RENEWER > Think your tired, old flooring needs replacing? Maybe it doesn't. Rejuvenate's floor-restoring system uses a polymer to fill scratches and restore shine to hardwoods, ceramic tile, slate, marble, cork, and more. Restoration kit includes applicators, stain remover, and solutions. \$19. www.rejuvenate.tv

TOUCHLESS TRASHCAN > Make spring-cleaning easier and more sanitary with this stainless steel dustbin, which uses infrared sensors to activate an automatic lid. You won't have to touch the can until you empty the bag. Thirteen-gallon NX model, \$180. www.touchlesstrashcan.com



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