



Katie Couric
Love, heartbreak
and moving on

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Power of
Forgiving**

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RDTECHNOLOGY

Ouch-Proof Kitchen Gadgets

BURNS, cuts and scrapes take a toll on chefs' hands. Karen Martin of *Kitchenware News* suggests these tools:

Oven-rack guard

JAZ Innovations's heat-resistant fabric strips snap over the lip of racks to prevent wrists from being singed when inserting or removing cookware. Safe up to 500°, but not intended for broiling. \$15. Williams-Sonoma.com.

Heat-shield mitts

Flexible silicone mittens from Silicone-Zone withstand temperatures of up to 675°. They extend up to forearms, won't burn, are resistant to stains and soiling. \$18 each. Cookscorner.com.

Grater grabber

The Microplane Slider Attachment (\$4.95) slips onto Microplane's 35000 series of graters (\$10.95 and up), holding foods in place and reducing knuckle

nicks.

SurLaTable.com.

Safer chopping

Fingers never touch tomatoes, onions or other foods cut up by the Silvermark Toss & Chop. This scissors-like device holds and chops items in any bowl, and blades never need sharpening. \$24.95. Silvermk.com.

M.M.



PHOTO: (LEFT) COURTESY SILVERMARK

YOUR HOME MOVIES ON DVD

Videotape images degrade over time, while the tape itself can become brittle. To preserve those VHS or camcorder tapes,

YesVideo will transfer the images to DVDs. Mail in a tape, and within two weeks you receive a disc that can be viewed on a DVD player and used as a master for copying and editing on your computer. Each two-hour conversion costs about \$25. Store locations for tape drop-offs can be found at YesVideo.com.

Q Why do computer monitors flicker when seen on TV?

A Monitors are caught in the middle of the constant, superfast loading of images that creates the picture on a computer screen, says Jennifer Ernst of the Palo Alto Research Center. Most TV cameras capture images slower than computers produce them. Hence the flickering.

(MITTEN) PHOTOGRAPHED BY RICHIE HONG