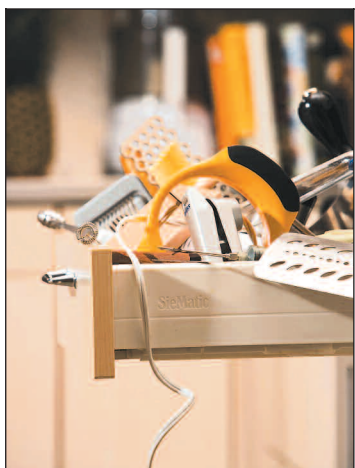


YOUR LIFE



D3 Still flying

At 63, rocker Steve Miller enjoys performing although he hasn't released an album since 1993.



MCCLATCHY-TRIBUNE

Overflowing kitchen drawers are a sign you need to organize.

Say bye to kitchen clutter

ORGANIZE: Make use of those nooks and crannies and store items creatively.

WOMAN'S DAY

If you've got more kitchen gadgets than you know what to do with, your kitchen countertops are covered, and the cabinets are overflowing, Woman's Day offers some ways to utilize space in your kitchen. Some tips:

GO VERTICAL

- Screw in cup hooks under shelves. Hooks will hold many more mugs or cups than shelves would.
- Mount a towel rack on the back of a cabinet door; slip pan lids into it.
- Hang often-used utensils on S hooks from rods stationed behind the cooktop. Several rod storage systems are available, but it's just as easy to use a tension rod or dowel attached to the wall.
- Install a magnetic strip along the backsplash to vertically store knives and sharp tools.

FOUND SPACE

- The area between the top of the kitchen cabinets and the ceiling is a good place to store attractive but rarely used serving pieces.
- Buy a large cutting board that fits across the sink to create more countertop work area.
- Put up a narrow shelf between the countertop and the cabinets. Spices or small gadgets will fit perfectly there.

HIDE AND SEEK

- Install a pull-out drawer in a bottom cabinet to tuck away cleaning products that don't belong near food or dishes.
- Stash infrequently used items (bread machines, food processors, good china) on shelves in the garage or basement. Tape a list of their locations inside a cabinet.

WHEN SIZE MATTERS: MATTRESS COMFORT FOR GOOD NIGHT'S SLEEP



TERRY PIERSON/THE PRESS-ENTERPRISE

Michael Blees, 61, of Riverside, lies on his Grand Super King "High Flight" mattress, 76 by 86 inches, that can support up to 1,000 pounds.

BIG AND TALL CAN REST EASY

Riverside man designs large beds with their needs in mind

BY LAURIE LUCAS
THE PRESS-ENTERPRISE

Riversider Michael Blees wants to put big and tall people to sleep. So he dreamed up a better bed. His Super Full "Sonata" for the solo sleeper measures 54 by 86 inches. It's the same width as a regular full-sized bed, but 11 inches longer and will cushion someone up to 7 feet tall weighing 500 pounds.

His Grand Super King "High Flight" for couples is 76 by 86. A two-fer, it's a hybrid of the Eastern king (76 by 80) and the California king (74 by 84) and supports up to 500 pounds per person.

Blees, 61, was tired of anemic mattresses "for fat guys like myself." He figured it was time to wake up the mattress industry with some sturdier, more comfortable and, above all, heftier models.

After all, there are plus-sized clothes, even a "Dimensions" line of supersized caskets to accommodate this country's expanding girth.

MORE INFO

Learn more about Michael Blees' plus-sized beds at Cal East Bedding

- Call 951-966-2347 or 888-895-7241
- Visit www.caleastbedding.com
- Visit L & R Furniture, 6702 Magnolia Ave., Riverside

Six in 10 Americans are overweight, more than 1 in 4 obese, or more than 100 pounds above normal, according to the Centers for Disease Control and Prevention.

As a mattress salesman, Blees feels frustrated serving this demographic. "People are too heavy for the regular sizes in standard brands," he says.

Blees, who weighs 307 pounds, decided to tap into that niche market. "I wanted to make the Rolex or Rolls-Royce of beds," he says.

He launched Cal East Bedding (www.caleastbedding.com) and turned his prototypes into reality after meeting Abraham and Rudy Sandoval. They own a Riverside factory that's custom-

ized mattresses for 30 years, including heart-shaped beds and those for trucks, boats and RVs.

A few weeks ago, they rolled out Blees' lines, which are for sale in the Sandovals' retail store, L & R Furniture on 6702 Magnolia Ave. in Riverside. The goal, Blees says, is national distribution.

Because of the extra materials used, labor and sheer size, Blees' beds aren't cheap. The "Sonata" is \$2,700 and the "High Flight" is \$3,600. His regular-sized beds in full (\$1,800), queen (\$2,200) and king (\$3,000) also can support up to 500 pounds per person. Clients can order bigger linens in 54 patterns in 200 to 600 thread counts from a Phoenix company listed on Cal East's Web site.

Blees, who knows mattresses inside out, says the big companies aren't on board with bigger beds. Abraham Sandoval agrees. "You won't find anything like Mike's mattresses in stores."

That's because bed-makers are asleep at the SEE BEDS/D10

Germs are sneaky and grow out of sight in overlooked areas

BY MARY BETH BRECKENRIDGE
AKRON BEACON JOURNAL

Think your house is clean? Think again.

Germs can hide in unexpected places. Here are a few common sites, along with tips for cleaning them from Nancy Bock of the Soap and Detergent Association:

■ **Sponges.** Their moistness makes them breeding grounds for germs, which you can smear around in the name of cleaning.

To disinfect sponges, soak them for five minutes in a solution of three-fourths cup of chlorine bleach and 1 gallon of

water, then rinse, and air dry. You can also run sponges through the dishwasher, but be sure to secure them in the silverware basket or in a plastic dishwasher basket made for cleaning children's toys and other items.

■ **Hand-held vacuum cleaners.** Germs can grow on food particles left in the dirt-collection bag. When you've finished using the vacuum, remove the dirt receptacle and dump the crumbs into the trash. Brush off the filter to remove additional particles.

■ **Sink overflow.** Bathroom

sinks usually have a small drainage hole near the rim to handle overflow. Sludgelike material can build up in the passageway leading from the hole to the trap.

To clean the passageway, pour a solution of liquid detergent and very hot water

down the overflow hole. If you can see the sludge, loosen it with a stiff brush, and then rinse it away.

If a musty smell persists, pour a solution of 1 cup of chlorine bleach and 1 gallon of water through the hole. Rinse thoroughly with water.

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IN WHEELS

F Hard to top

Miata's new retractable roof makes changes easy.



COMING SUNDAY

Unlikely pair

Columnist Jeff Girod had the opportunity to meet the Stanley Cup. It may have changed his life forever.



Pottermania

- Readers submit their storylines for "Harry Potter and the Deathly Hallows"
- The winner of the "Harry Potter" characters look-alike contest is unveiled.

ON THE WEB

Get out!

Use our online calendar and get out of the house. PE.com

