

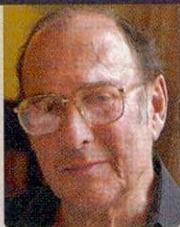
# TipSheet

## THEATER / OFF-BROADWAY

They say the neon lights are bright on Broadway, but this season, great theater will shine all over New York City. Off-Broadway shows are typically cheaper than their White Way cousins, but that doesn't mean that the tickets are easy to get. Stars like Rosemary Harris and Michael C. Hall have made seats scarce, and without Broadway's extreme financial need to succeed, they explore controversial themes, which means exciting theater for us. —RAINA KELLEY



**'The Other Side,'**  
by Ariel Dorfman  
**Opens** Dec. 6 at  
the New York City  
Center—Stage I.  
This play explores  
the role of love in  
war and in peace.  
(mtc-nyc.org)



**'Celebration' and  
'The Room'** by  
Harold Pinter  
**Opens** Dec. 8 at the  
Atlantic Theater.  
A double bill of Pin-  
ter's first and most  
recent plays. (atlan  
tictheater.org)



**'Abigail's Party'** by  
Mike Leigh  
**Opens** Nov. 14 at  
the Acorn Theater.  
Jennifer Jason  
Leigh stars in this  
comedy about  
neighborly hatred.  
(thenewgroup.org)



**'Mr. Marmalade'**  
by Noah Haidle  
**Opens** Nov. 1 at the  
Laura Pels Theatre.  
Actors playing kids  
who pretend to be  
the adults around  
them. (roundabout  
theatre.org)



**'See What I Wanna  
See'** by Michael John  
LaChiusa  
**Opens** Oct. 11 at the  
Public Theater.  
A PG-13 musical  
about murder, mira-  
cles and New York.  
(publictheater.org)

work out by swinging the weights, which range from nine to 88 pounds each, with one or both hands while performing squats and other dynamic movements. "It trains the body as one unit, rather than isolating body parts," says Sarah Lurie, founder of Iron Core ([ironcorelajolla.com](http://ironcorelajolla.com)), a California gym devoted to kettlebell training. Look for classes at Equinox gyms ([equinoxfitness.com](http://equinoxfitness.com)) or buy weights and workout videos on [amazon.com](http://amazon.com). —ANNA KUCHMENT

## TECHNOLOGY

### SWAPPING YOUR CELL

**A**LL THOSE NEW cell-phone deals look great, but ... too bad you're saddled with your old plan for another 23 months. If it weren't for those ridiculously high early-termination fees—their average \$170—almost half of all cell-phone users would switch, a consumer group said recently. But the big cell-phone companies forgot to close one loophole. They'll let you transfer your plan to someone else without penalty or cost. A new Web-based company, **Celltradeusa.com**, presents a forum for those trades. You can list your plan free, to gauge interest, but you'll have to pay \$20 to connect with potential buyers. Then it's up to you to cut the best deal, contact your carrier and sign over the plan. With some 2,000 users logging on to Celltrade, somebody's gotta want what you have.

—LINDA STERN

## HEALTH

### LESS PAIN IN THE E.R.

**W**HEN IT comes to emergency rooms, children are less likely than adults to receive appropriate pain medication, report several recent studies. "One of the great myths that float around is that children don't feel pain," says Dr. Alfred Sacchetti, a member of the American College of Emergency Physicians' pediatrics committee. Here are some steps parents can take to make their kids' visits less traumatic:

- At check-in, ask whether your child should receive an analgesic so it can start to take



effect, suggests Dr. Robert Kennedy of St. Louis Children's Hospital.

- Stay with children as long as possible to comfort and distract them.

Dr. David Schonfeld of Cincinnati Children's Hospital Medical Center says to cuddle your kids, blow bubbles or play music.

- Avoid lying. Don't say, "It's just like a mosquito bite," if the child needs 12 stitches, says Stanford University's

Dr. Bernard Dannenberg. And keep in mind that not all injuries require pain medication: with a dislocated finger or elbow, it's usually safer and less painful for a doctor to simply pop it back in place. Ouch! —KAREN SPRINGEN

## FITNESS

### PULL YOUR WEIGHT

**L**ONG USED BY SOVIET athletes, kettlebells are catching on in gyms across the United States. They look like cannonballs with handles, and trainers say they melt fat and build muscle definition faster than traditional free weights. "More and more people are looking at this as really good functional training," says Terry Malone, director of physical therapy at the University of Kentucky. Kettlebell users

**SWING IT:** A 4kg (about nine pounds) weight from Equinox



**ASK TIP SHEET:** Where did the expression "basket case," meaning hysterical, come from?

—NANCY DOCKERTY, DELRAY BEACH, FLA.

The Oxford English Dictionary's first cited use of the phrase dates back to 1919: the slang referred to "a soldier who has lost both legs and arms and therefore cannot be carried on

a stretcher." Perhaps in attempts to temper the term's insensitivity, the metaphor has since morphed to milder interpretations, such as "one who has been made helpless by stress or mental illness" or "one who is emotionally or mentally unable to cope," finally resulting in today's usage as "hysterical."

—NICOLE JOSEPH

To submit a question, go to [Newsweek.com](http://Newsweek.com) on MSNBC and click on TIP SHEET.

