

# at last

Feedback? [atlast@fortunemail.com](mailto:atlast@fortunemail.com)

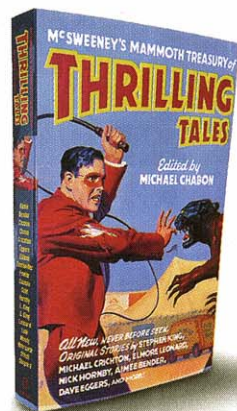
## Regress Into Childhood

Remember when your biggest concern was tangling the string? (Well, that and power lines.) This kite, Adrenaline, is made by a company called Prism; it costs \$49.99 at [Kitealog.com](http://Kitealog.com). The website also had a cool one that looks like an F-16 fighter jet, for \$30.99, but good taste prevailed. 800-234-1033 or 503-738-5801, [www.kitealog.com](http://www.kitealog.com)



## Displace Your Fears

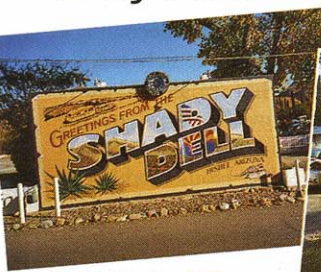
There are bigger things to worry about than ghosts, gunslingers, time travelers, and rogue VCRs—and that's the point. What we really need right now is a bit of escapism. To the rescue: *McSweeney's Mammoth Treasury of Thrilling Tales* (Vintage). Top writers like Michael Chabon, Elmore Leonard, Stephen King, Glen David Gold, Rick Moody, Nick Hornby, and Dave Eggers have turned to a forgotten art, what Chabon calls "stories with plots." Some tingle the intellect more than the spine; all are a refreshing break from the 24-hour news glut.



# Can't Deal?

Five ways to avoid the scary state of the world.

ERIK TORIKELLS (2)



## Get Out of Town

A novel twist on a hotel, the Shady Dell is two dimensions away from trouble. First, it's in the old copper-mining town of Bisbee, Ariz., which is presumably not a target. Second, you'll feel as though you've gone back in time: The "rooms" are vintage aluminum trailers, decked out with old-school antiques—cocktail shakers, chenille bedspreads, coffee percolators—and surrounded by picket fences and pink flamingos. And starting at \$35 a night, it's cheap (if terrorists don't get you, the economy just might). Better yet, why not buy the whole place? The owners want to sell it, but only to someone who will continue to rent out the trailers. 520-432-3567, [www.theshadydell.com](http://www.theshadydell.com)

## Go Fetal

If you're going to take to your bed, make it a DUX: The Swedish company's 7007 model has what it calls the Pascal sleep system—"two sets of three spring modules of different DUX densities." What that means—aside from that it's super-comfortable—is that you can customize the support for the shoulder, torso, and leg regions. And you can do both sides of the bed differently, so everyone's happy. Queens from \$6,500; 877-389-2337, [www.duxbed.com](http://www.duxbed.com)



NATHAN SHERS (3)

## Stick Your Head in the Sand

There's real comfort in self-indulgence. The Self Centre spa at esteemed resort Caneel Bay, on St. John in the U.S. Virgin Islands, has developed a curriculum designed to fight stress. Among other things—like sitting on your cottage's terrace in a piña colada stupor—you can join in a drumming circle, partake in Aqua-Chi (Caribbean-style tai chi), and learn how to do yoga while sitting at a desk or on a plane. Maybe it's a bunch of hokey, but as long as it gets you down to the Caribbean, who cares? Rooms \$300 to \$700; spa sessions \$25 to \$125. 888-767-3966 or 340-776-6111, [www.rosewoodhotels.com](http://www.rosewoodhotels.com)

