Exhibit K

Exhibit K

Canyon Ranch in Lenox

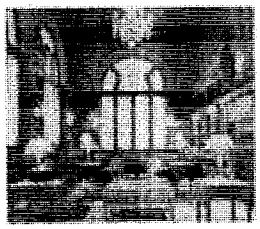
Add to Trip

165 Kemble St, Lenox, MA 01240

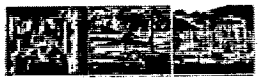
Hotel website | Hotel deals | 800-742-9000 | Hotel amenities

Offers & Announcements New Guests Save 20%

2 Like



Management photos



16 traveler photos

181 Reviews

Ranked #1 of 15 hotels in Lenox

Certificate of Excellence 2013

Which Lenox hotels are on sale?

Check In mm/dd/yyyy Check Out mm/dd/yyyy

See hotels

- Expedia.com
- Hotels.com
- Booking.com
- Priceline.com
- Hotwire.com
- Travelocity
- Tingo.com

Related hotels...

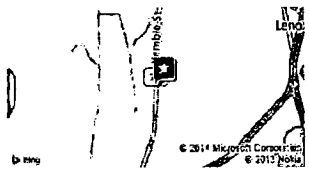
Blantyre — Show Prices
121 Reviews
Lenox, Berkshires

Cranwell Resort, Spa & Golf Club — Show Prices
411 Reviews
Lenox, Berkshires

Hampton Inn & Suites Berkshires Great Value! — Show Prices
330 Reviews
Lenox, Berkshires

Browse nearby

Hotels (15) | Restaurants (60) | Things to Do (17)



Interactive map

181 reviews from our community

Write a Review

Traveler rating			Trip type
Excellent		147	Family reviews (43)
Very good		12	Couples reviews (24)
Average		11	Solo travel reviews (38)
Poor		5	Business reviews (3)
Terrible		6	Friends reviews (52)

See which rooms travelers prefer · 36 traveler tips

181 reviews sorted by Date Rating

English first

"Great place to rejuvenate"

Reviewed 2 days ago NEW 1:22:03 PM 1/8/2014

Escape to a world of active living, divine cuisine, endless possibilities & the happiest you! First-time guests save 20%.

CANYONRANCH

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Canyon Ranch in Tucson Spa

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Home > United States > Arizona (AZ) > Tucson > Tucson Hotels > Canyon Ranch in Tucson

Canyon Ranch in Tucson

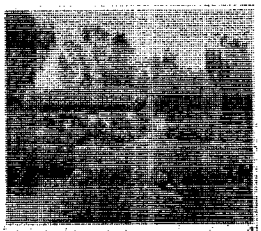
Add to trip

9600 East Rockcliff Road, Tucson, AZ 85750

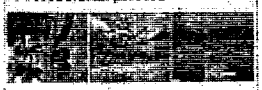
Hotel website | Hotel deals | 800-742-9000 | Hotel amenities

Offers & Announcements New Guests Save 20%

9 Like



Professional photos



61 traveler photos

233 Reviews

Ranked #2 of 127 hotels in Tucson

Certificate of Excellence 2013

Which Tucson hotels are on sale?

Check In mm/dd/yyyy Check Out mm/dd/yyyy

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- Expedia.com
- Hotels.com
- Priceline.com
- Tingo.com
- Hotwire.com
- Booking.com
- Travelocity

Related hotels...

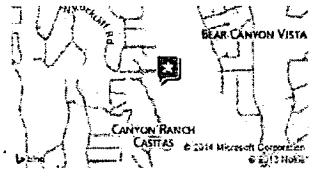
Loews Ventana Canyon Resort — Show Prices — 982 Reviews — Tucson, AZ

Hacienda Del Sol Guest Ranch Resort — Show Prices — 254 Reviews — Tucson, AZ

Westin La Paloma Resort and Spa — Show Prices — 1,976 Reviews — Tucson, AZ

Browse nearby

Hotels (127) | Restaurants (1,662) | Things to Do (338)



Interactive map

233 reviews from our community

Write a Review

Traveler rating

Excellent	196
Very good	15
Average	15
Poor	2
Terrible	7

Trip type

- Family reviews (32)
- Couples reviews (134)
- Solo travel reviews (73)
- Business reviews (2)
- Friends reviews (62)

See which rooms travelers prefer · 69 traveler tips

233 reviews sorted by Date Rating English first

"The Spa With Something for Everyoneth"

Reviewed yesterday new 1:22:50 PM 1/8/2014

http://www.tripadvisor.com/Hotel_Review-g60950-d112487-Reviews-Canyon_Ranch_in_Tucson-Tucson_Arizona.html

Canyon Ranch Hotel & Spa Miami Beach

All 196 Miami Beach hotels

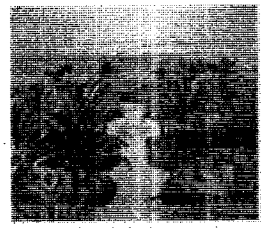
★★★★★ Add to trip

6801 Collins Avenue, Miami Beach, FL 33141

Hotel website | Hotel deals | (305) 514-7000 | Hotel amenities

Offers & Announcements 45 days prior, 20% off

71 Like



Professional photos

125 traveler photos

Enter your dates for best prices from 6 sites

Check In mm/dd/yyyy Check Out mm/dd/yyyy

Show Prices

Compare best prices from top travel sites

Expedia | travelocity | Hotels.com

and 3 more sites!

83%

Ranked #11 of 196 hotels in Miami Beach

391 Reviews

Certificate of Excellence 2013

A recent review

"Service was terrible"

reviewed 2 days ago

Sarah M New York City, New York

391 reviews from our community

Write a Review

Traveler rating		
Excellent	250	
Very good	70	
Average	39	
Poor	22	
Terrible	10	

Trip type
Family reviews (31)
Couples reviews (122)
Solo travel reviews (38)
Business reviews (23)
Friends reviews (106)

See which rooms travelers prefer - 106 traveler tips

391 reviews sorted by Date Rating

1:23:30 PM 1/8/2014

Related hotels...

The Betsy Hotel, South Beach — Show Prices

1,123 Reviews

Miami Beach, FL

Z Ocean Hotel South Beach — Show Prices

944 Reviews

Miami Beach, FL

The Setai — Show Prices

448 Reviews

Miami Beach, FL

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London deals
Texas deals

Fact Sheet

TripAdvisor® is the world's largest travel site*, enabling travelers to plan and have the perfect trip. TripAdvisor offers trusted advice from real travelers and a wide variety of travel choices and planning features with seamless links to booking tools. TripAdvisor branded sites make up the largest travel community in the world, with more than 260 million unique monthly visitors**, and over 125 million reviews and opinions covering more than 3.1 million accommodations, restaurants, and attractions. The sites operate in 34 countries worldwide, including China under daodao.com. TripAdvisor also includes TripAdvisor for Business, a dedicated division that provides the tourism industry access to millions of monthly TripAdvisor visitors.

TripAdvisor, Inc. (NASDAQ: TRIP) manages and operates websites under 21 other travel media brands: www.airfarewatchdog.com, www.bookingbuddy.com, www.cruisecritic.com, www.everytrail.com, www.familyvacationcritic.com, www.flipkey.com, www.gateguru.com, www.holidaylettings.co.uk, www.holidaywatchdog.com, www.independenttraveler.com, www.jetsetter.com, www.niumba.com, www.onetime.com, www.oyster.com, www.seatguru.com, www.smartertravel.com, www.tingo.com, www.travelpad.com, www.virtualtourist.com, www.wheretobeen.com, and www.kuxun.cn.

*Source: comScore Media Metrix for TripAdvisor Sites, worldwide, June 2013

**Source: Google Analytics, worldwide data, July 2013

TripAdvisor sites feature:

More than 125 million travel reviews and opinions from travelers around the world.

More than 3.1 million businesses and properties in 134,000+ destinations, including:

749,000+ hotels, B&Bs, and specialty lodging

500,000+ vacation rentals

1,695,000+ restaurants

335,000+ attractions

17,000,000+ candid traveler photos

More than 80 new contributions are posted every minute

TripAdvisor Mobile

69 million people have downloaded the various TripAdvisor apps.

Our apps are currently downloaded at a rate of 28 times per minute.

In 2012, mobile and tablet each accounted for 10-15% of total sessions to TripAdvisor, and unique visitors doubled in 2011.

In Q3 2013, on average TripAdvisor had 108 million unique monthly visitors on mobile, up 175% year-over-year.

With features like "Point Me There" and "Trip Journal," TripAdvisor is constantly pushing the limits of mobile innovation using GPS and social technologies, to help travelers plan and have the perfect trip.

Our apps are highly acclaimed on all major mobile platforms including iOS, Android, iPad/tablet, Nokia, and Windows.

Other TripAdvisor Facts:

More than 57 million emailable members worldwide.

More than 80 new contributions are posted every minute.

On average, nearly 2,800 new topics are posted every day to the TripAdvisor forums.

More than 90 percent of topics posted in the TripAdvisor forums are replied to within 24 hours.

TripAdvisor provides easy access worldwide to leading online travel agencies including Expedia, Orbitz, Travelocity, hotels.com, Priceline, Booking.com, and more.

TripAdvisor, Inc. offers travel suppliers effective graphical advertising and cost-per-click marketing platforms.

TripAdvisor was founded in February 2000 and operates sites in 34 countries and in 21 languages including sites in the U.S., the U.K., France, Ireland, Germany, Italy, Spain, India, Japan, Portugal, Brazil, Sweden, The Netherlands, Canada, Denmark, Turkey, Mexico, Norway, Poland, Australia, Singapore, Korea, Thailand, Russia, Greece, Indonesia, Argentina, Taiwan, Malaysia, Egypt, Venezuela, Peru, Chile, and Colombia. TripAdvisor also operates in China under the brand daodao.com and Kuxun.cn.

TripAdvisor, Inc. employs more than 1,900 as of September 2013.

TripAdvisor Key Features

TripAdvisor and Facebook: Wisdom of Friends – The groundbreaking personalization feature allows travelers to get advice from their Facebook friends on TripAdvisor to plan their next vacation. Supplementing the site's more than 125 million reviews and opinions from travelers around the world, the wisdom of crowds on TripAdvisor is now enhanced by the wisdom of friends, delivering personalized travel recommendations. TripAdvisor's "Friend of a Friend" also allows users to see reviews and opinions from second-degree contacts, making the user experience even more personalized and fun.

City Guides – City Guides offer convenient smartphone access to a wealth of detailed destination information including traveler reviews and opinions on hotels, restaurants and attractions, as well as suggested itineraries and offline-accessible interactive walking tours. The City Guides are automatically synched with the freshest TripAdvisor content available so users can access the latest traveler reviews and opinions on the go. This feature also offers walking tours and insider tips that can be viewed on the app without a data connection, including in-depth information on neighborhoods, history, culture, architecture, weather and transportation. Access to offline information is particularly useful for travelers abroad, who can download the apps before they go, sparing them from expensive roaming charges.

Vacation Rental Calculator – The Vacation Rental Calculator gives travelers an easy way to compare their accommodation options, allowing them to calculate the potential savings of a vacation rental home compared to the cost of a hotel in a destination based on the number of adults and children in their travel group, the number of nights they'll be staying, and whether they plan to eat in or dine out.

TripAdvisor Flights with Fees Estimator – Offers travelers the largest inventory of flights with the best deals available and a first-of-its-kind fees estimator that helps travelers understand the true cost of a flight in a single display. The fees estimator calculates and compares the *entire* cost of a flight, including ticket price, fees for checked luggage and even anticipated in-flight food service and entertainment, based on the traveler's needs. TripAdvisor's ground-breaking flight meta-search engine also features SeatGuru airline seating maps with user reviews, airline ratings from real fliers, real-time seat availability charts, and TripTip! Alerts when business-class or first-class tickets are available for a

price close to the coach fare. In addition TripAdvisor Flights also displays rail itineraries and costs alongside flight choices for relevant routes across continental Europe.

Restaurants – Featuring more than 1,695,000 restaurants in 24,000 destinations with more than 2 million ratings and reviews as well as maps, filters and easy links to make reservations. Travelers can sort and search restaurants by price, cuisine type and "recommended for" to find their preferred eatery.

Forums – Enables members to ask for and share their opinions, advice and experiences in interactive discussions with the community. Many of the forums feature "Destination experts", regular contributors who are passionate about the destinations they represent. Whether resident locals or frequent visitors, they have up-to-date knowledge of what's going on in their destinations.

Saves – Personalizes trip planning by allowing travelers to save hotel, restaurant, or attraction reviews to personal "My Trips" folders. Travelers can customize and expand their plans by adding maps, photos, their own notes and travel plan details.

Maps – Makes finding the perfect hotel, at the right price, in exactly the right location, incredibly simple. TripAdvisor maps mashup combines hotel popularity, price and availability with a dynamic mapping tool.

Candid Traveler Photos – With more than 17 million on the site, traveler photos give a "behind-the-scenes" view of hotels, restaurants and attractions around the world.

Hotel Popularity Index – Dynamically ranks hospitality businesses worldwide based on the popularity of a given business, as measured by the quality, quantity, and recency of content written about the business on TripAdvisor.

Check Rates – Compares hotel pricing and availability across multiple vendor commerce sites with one click.

TripWatch – Offers customized e-mail alerts on the specific hotels, attractions and destinations requested by the traveler, in the first personalized, time-sensitive e-mail newsletter for trip planners.

Third party Social Networking Applications

TripAdvisor has extended its brand exposure to millions of people through applications on popular third-party social networking sites, including Facebook:

> Cities I've Visited, an interactive map that allows travelers to pin where they've been and where they're going next and share it with their friends. More than 20 million people have added more than 1.5 billion cities to their TripAdvisor Cities I've Visited maps, and it has consistently been Facebook's #1 travel application since its launch in June 2007.
>
> TravelPod's Traveler IQ Challenge, which determines traveler's knowledge of geography with a timed test, has been played by more than 2.5 million people since June 2007.

Management Team

Stephen Kaufer, chief executive officer and founder
Julie M.B. Bradley, chief financial officer
Seth Kalvert, senior vice president, general counsel and secretary
Bill Bailey, vice president, corporate and business development
Marc Charron, president, TripAdvisor for Business
Andy Gelfond, senior vice president, engineering and operations
Dermot Halpin, president, vacation rentals
Robin Ingle, senior vice president, advertising sales
Eric Lombardo, vice president, human resources
Adam Medros, vice president, global product
Barbara Messing, chief marketing officer
Bryan Saltzburg, general manager, new initiatives

U.S. Headquarters
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617-670-6300
www.tripadvisor.com

Contact:

uspr@tripadvisor.com

Note: If you are an owner or manager of a property, please submit us your inquiry through your Owners Center www.tripadvisor.com/owners. This will ensure that your inquiry is routed to the correct department to allow for the most efficient and expedient reply possible.

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Exhibit L

Exhibit L

INSIDE TRACK

GAYLE FEE / LAURA RAPOSA

CLEAN LIVING IN THE WOODS

Speaking of Aerosmith, as we're wont to do, the band's clean living ways must be contagious. Backstage at the Walden Woods benefit resembeled a Canyon Ranch reunion rather than a rock star retreat.

What happened to sex, drugs and rock 'n' roll?

The Evian and Diet Coke supplies ran dry, a Stairmaster was seen being hoisted into top tree hugger Don Henley's trailer and the cry of "Da Da" rang out from little people wearing big Mickey Mouse earphones.

STING

Instead of bellying up to the bar during sets, fellow Brits Sting and Elton John lounged on couches and traded jokes, while Aerosmith bassist Tom Hamilton fed his little rocker a bottle of soy milk and Jimmy Buffett's daughter practiced "Bye Bye."

Can you stand it? Thoreau would have loved it.

T-shirt tastes change, but lure of the exotic doesn't

Are they afraid you'll think this is their first vacation? Or do people wear Ts from previous trips to put themselves in a carefree, vacationary frame of mind and remind themselves to have fun?

By Patricia McLaughlin
Universal Press Syndicate

Notice how half the people you see on vacation — strolling the boardwalk at the seashore, lining up to look over the scenic overlooks in the mountains, chowing down on the funnel cake and french fries and cotton candy and hot dogs and ice cream cones at summer fairs and festivals — are wearing T-shirts that advertise some other destination?

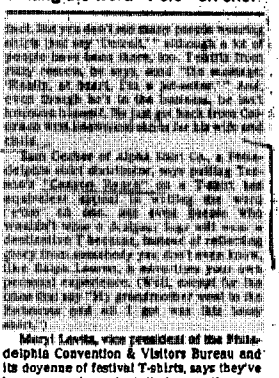
Gingerbread-gawkers in Cape May, N.J., wear shirts that say San Francisco or Sanibel. Craft-shoppers in Eureka Springs, Ark., want you to know they've been to Taos or Paris. History buffs check out the Liberty Bell in shirts that remember the Alamo.

Are they afraid you'll think this is their first vacation? Or do people wear Ts from previous trips to put themselves in a carefree, vacationary frame of mind and remind themselves to have fun?

Both, says Vince Cahill, president of The Colorworks, a Waynesboro, Pa., screen printer and chairman of the textile division of the Screen Printing Association International. He says people like to wear "things associated with things they fondly remember," like vacations. At the same time, he says, "one of the main driving forces in the sale of T-shirts is actually prestige." Since leisure is more prestigious than work, a T-shirt that says "Hey, I'm on vacation!" is already a status claim.

But not all vacations are created equal: "If people have been to San Francisco," Cahill says, "they're going to advertise the

Sam Gerber of Alpha Shirt Co., a Philadelphia shirt distributor, says putting Tucson's "Canyon Ranch" on a T-shirt has equivalent appeal to writing the word "Polo" on one.



Meryl Levitz, vice president of the Philadelphia Convention & Visitors Bureau and its doyenne of festival T-shirts, says they've become so important that, sometimes, a company she's hiring to staff some segment of an event like the annual Jambalaya Jam

Levitz says there's a whole T-shirt ethic. For people who staff festivals and people who attend them, the shirts are a badge of identity. Unless you order people on the crew to wear the shirt from the festival, they're working on, they never do, she says; they wear some other festival shirt to show they've been around. Same way with audiences: The perfect thing to wear to hear the Neville Brothers or Dr. John at Jambalaya Jam in Philadelphia is a faded shirt from New Orleans' Jazz Festival.

Levitz says there's also a whole T-shirt aesthetic. People who work at summer festivals and a lot of people who attend them prefer 100 percent cotton shirts because they're cooler. A lot of people like heavyweight cotton like the Hanes Beefy-T because it takes color better and lasts longer and looks more substantial. Then there's a minority that cares less about staying cool than about staying unwrinkled, and so prefers 50/50 cotton/poly. She says XL is still the most popular size by far, but she's beginning to see a demand for a little more fit.

When she started, 34 festivals ago, you could sell "Miami Vice" shades like pink and banana, but no more. Intense secondary colors like jade and grape are in demand now, as is the heathery gray of the classic sweatshirt. White is always good in the summer, and Levitz says she still sees a 1890 black shirt featuring Ben Franklin on guys around town — guys who ride Harleys and Chamber of Commerce types alike.

She says designs that include a face — whether it's Ben Franklin or an alligator — seem to sell better. And, she says, it's important to print the design high enough on the shirt so it all shows even if the shirt is tucked in. Legibility is all: A destination T that leaves the destination in doubt won't sell.

Alpha Shirt's Sam Gerber says some people have whole collections of destination Ts. "Years ago," he says, "people had stickers on their luggage." Now it's shirts. "It's just to say I was there; it verifies or validates that I was there."

ARIZONA DAILY STAR
TUCSON, AZ
SEPT. 8, 1993

SCOTTSDALE PROGRESS
SCOTTSDALE
DAILY 24,000
THURSDAY
AUG 10 1993

TAMPA TRIBUNE AND TIMES
TAMPA, FL
SUNDAY 384,468
AUG 22 1993

PLAIN DEALER
CLEVELAND, OH
DAILY 410,237
THURSDAY
AUG 19 1993

CR003511

HARTFORD COURANT
HARTFORD, CT
SUNDAY 320,132

JUN 4 1995

Spas will have you saying *aah*!

By Korky Vann

A spa getaway. If the phrase conjures up visions of exclusive resorts that cater to aging movie stars, check again. Spas have shed their fat-farm, idle-rich image and evolved into destinations that attract men, women, couples and singles of all ages.

Spa visits of any duration — a day, a weekend or a more extended stay — are like two vacations for the price of one. You'll get rubbed, scrubbed and pampered and at the same time pushed into examining how you could take better care of your body.

Most spa services are hands-on, and require full or partial nudity. Those who are uncomfortable with this can avoid uncomfortable situations by asking ahead of time just how the treatment is done.

Some day spas are listed in the Yellow Pages under "beauty salons," some under "skin care." Where they are not listed, inexplicably, is under "spas," which is instead the heading for hot-tub dealers. For information on destination or resort spas, Fodor's Health & Fitness Vacations describes facilities in the United States, Canada, Mexico and the Caribbean.

Then check out some of the nearby spa options and treat yourself or someone you care about to a little self-indulgence. You'll be amazed at the results. I was.

(All of the spas we explored promoted a healthy approach to feeling and looking better through stress and tension reduction techniques, better eating habits and increased exercise, and were low-key in their sales pitches.)

While neither on a ranch nor in a canyon, Canyon Ranch in the Berkshires is expensive. Sister to the original facility in Tucson, Ariz., the East Coast version is housed in an 1897 mansion and formal gardens modeled after those at one of Louis XV's palaces.

Wrapped around the original structure are glass walkways which connect to the inn and a 100,000-square-foot fitness center, which features racquetball, squash and tennis courts, a running track, a 75-foot swimming pool and separate spas for men and women complete with saunas, steam rooms, inhalation rooms and hot tubs.

Visiting Canyon Ranch is like visiting Club Med, health-style. Pick your package, pack your bag and go. Everything's included: meals, room, classes and activities and some services. But those who opt for additional treatments or shop in the pricey boutique will see their bills escalate rapidly.

New arrivals are given a tour of the facility, a visit with the nurse and the much-dreaded "body composition assessment," a sobering encounter which spells out just what percentage of your body is fat. This test provides instant motivation for joining the more strenuous exercise classes.

Next stop is a meeting with a program coordinator to schedule the services included with your particular package. Visitors also receive packets of information on exercise classes, lectures, seminars and meals, and a little blue diary to help keep track of their daily schedule, which tends to fill up rapidly. At Canyon Ranch, it's easy to get trapped in the "I'm-paying-for-this-so-I-better-jam-in-everything" mentality which can defeat any stress-busting benefits.

Classes, outdoor sports and seminars on health, stress reduction and nutrition are scheduled every hour throughout the day and evening. Body and beauty treatments range from basic facials to makeovers, Swedish massage to an unusual body buffing done with crushed pearls.

Elizabeth Messina/Special to The Courant

Meals here are truly an experience; menus list calorie counts, fat grams and sodium content rather than prices, service is impeccable and foods are beautifully presented. But since all recipes are low-fat and low-sodium, everything tastes flat until your palate adjusts to the change.

Over on the inn side, accommodations are high-service and comfortable. A Canyon Ranch visit is not something you need to overpack for, since everything — fluffy robes, toiletries, laundry facilities — is included. (Be sure to leave the robe when you depart; it costs $75.)

The cost of a Canyon Ranch stay varies depending on the length of the package, whether it is mid-week or weekend, in- or off-season, or a promotion (there are many, including senior discounts). Prices range from around $250 for a day visit to $1,000 for a three-day package and $2,500 for a week. Canyon Ranch is at 165 Kemble St., Lenox, Mass. (800) 742-9000.

Nestled on 75 acres in rural Connecticut, The Spa at Grand Lake, 1667 Exeter Road (Route 207), Lebanon, 642-4306, has a laid-back country resort atmosphere conducive to relaxation. It features an indoor and outdoor pool, sauna and hot tub, exercise classes and equipment, tennis courts and other outdoor sports, nutritional seminars, low-calorie meals and beauty and body treatments. In contrast to the fast-pace of a Canyon Ranch stay, this facility is a low-pressure introduction to a health-resort vacation.

Packages include the one-day Daytimer and week-long stays. Spring packages include a Mother's Day special, with reduced rates for mother-daughter (or son!) combos. Prices vary depending on length of stay, type of room and time of year. Prices range from $269 for a off-season two-night stay to about $1,000 for a a week-long summer visit. Promotions are offered throughout the year and gift certificates are available.

If you can't afford the time for or the tab of a destination spa, a visit to one of the area's day spas can be rejuvenating. The Dakotah, A Day Spa, 16 Ensign Drive, Avon, 677-4116, is decorated in the peach, teal and umber colors of an Arizona sunset. For maximum relaxation, opt for such services as the Stressbuster, a soothing aromatherapy massage; or Walking On Air, a foot and leg treatment that pays attention to your much-abused and all-to-often neglected feet. The full-day package includes a facial, manicure, pedicure, body treatments and lunch. Prices for services at Dakotah range from $13 to $75, packages range from $95 to $185. Gift certificates are available.

At Spa Radiance Day Spa, 141 Hebron Ave., Glastonbury, 659-9470, shades of rose, soft lighting and soothing music provide an atmosphere to get away from it all. Clients receive body, skin, makeup, nail and massage treatments including European facials, aromatherapy, pedicures and manicures. The staff is attentive and professional, and packages range from half- and full-day combinations to customized gift package getaways that include limousine transportation and lunch. Individual services range from $13 to $75, pre-set packages from $55 to $185; customized packages vary according to services chosen. Gift certificates are available.

On the downside of the spa experience, visitors may also experience a hard sell of the establishment's product line and unsubstantiated touting of the medical benefits of various treatments. Be aware that while most of the body and skin treatments may make a person look or feel better, they won't rid a body of all toxins, repair skin damage or cure diseases.

Additionally, keep in mind that spas turn a high profit on beauty products. Although it's easy to get caught up in the experience, it's unwise to leave with $150 of unnecessary, expensive toiletries.

■ Korky Vann is a freelance writer from West Hartford.

No, 'herbal wrap' isn't a kind of tea

While "aromatherapy" may sound like a substitute for an air freshner and "salt-wrap" may sound like a cooking term, they are some of the many personal services offered at health and beauty spas. The following is a glossary of spa and fitness resort terms.

Aromatherapy — Usually refers to a massage with aromatic oils from plants and flowers that are gently rubbed into the skin. Aromatherapy refreshes the skin and relaxes the mind.

Aquacise — Exercise classes done in a swimming pool.

Body composition — Often part of an overall fitness assessment, this test determines the percentage of body fat by using a skin-fold caliper, (a measuring instrument) that gently pinches the skin below the underarm.

Facial — A skin treatment that includes massaging, cleaning, toning, steaming, exfoliating and moisturizing the face.

Herbal wrap — Wrapping the body in warm linen or cotton that has been steeped in various aromatic herbs, then covered with blankets to prevent the heat from escaping. Herbal wraps relax muscles, soothe aches and soften the skin. Some people, however, find the cocoon effect somewhat claustrophobic.

Inhalation room — Steam is combined with eucalyptus and herbs to open the sinuses and make breathing easier, and also to open pores and relax muscles.

Salt glow — A vigorous, abrasive scrub with sea salt, essential oils and mineral water that cleanses pores and exfoliates. A salt glow is often followed by a shower and body moisturizer.

Swedish massage — The most popular of the myriad of massage treatments, Swedish massage employs kneading, rubbing and stroking to relax muscles.

RECORD JOURNAL

MERIDEN, CT
DAILY & SUNDAY 31,000

TUESDAY
JUL 25 1995

Expensive baby talk

E 6740

EDITORIAL

Some years ago, women protested the "medical" emphasis given the birth of babies. Birthing is a natural function, they said, and much medical care is designed to be convenient for the doctors and dehumanizing for the mother and child.

Their feelings resulted in an increase in home births, the practice of midwifery, and hospital deliveries that took place in a "home-like" atmosphere, which the new family left as soon as possible.

Most doctors did not like these practices, and they were accused of caring more for their wallets than their patients.

Now, it is the insurance companies which are under the same attack, only the heads of these companies would be delighted to push mother and child into the streets five minutes after delivery. This time the mothers do not want to go.

Some of them would like to remain under medical care and supervision while they discover what to expect from a newborn. Some of them find even an "uncomplicated" delivery exhausting and painful. Some are aware that mothers and babies can develop problems within a few days of childbirth and they would like help available should that happen.

So they are not happy about the vociferous lobbying by insurers against two bills recently introduced in the House of Representatives. The bills would require them to cover a 48-hour stay after uncomplicated vaginal deliveries and four days after Cesarean sections. They would also require insurers to pay for follow-up care.

It's been estimated that the insurance companies save $4 billion annually for every day they slice off the average maternity stay. Maternity hospital costs now average $1,000 per day. Four billion dollars is a lot of money; so is a room rate of $1,000 per day. We can imagine most new mothers would rather spend that at Canyon Ranch.

But hospitals aren't places for pampering. We're told the high price comes as the cost of instant access to the best medical technology of the age, and when it comes to our health — and especially the health of our newborns — most of us want that.

Some women will always prefer as little hospital as possible. For the average new mother, however, two days is hardly excessive to begin to heal and to leave for home reasonably confident that she can care for her baby. These bills should pass. After all, even insurance executives once had mothers they wouldn't want to see put out in the street with a video on baby care, would they?

Would they?

PEOPLE
NEW YORK, NY
WEEKLY 3,150,000
FEB 5 2001

FEBRUARY 5, 2001

L74oA

p. 113

Behind the scenes with TV's new castaways

WHO WILL SURVIVE?

Cover

The new *Survivor* tribes bring buff bods to the Outback—but the key to victory may still be Hatch-ing a sneaky strategy

The *Survivor* II gang heads Down Under to brave spiders, snakes—and each other. Yikes!

Half an hour away by dirt road, the production crew's camp seems as luxe as the Canyon Ranch spa. Staffers sleep in individual pup tents, have access to modern electronic conveniences (including e-mail) and are served catered meals of roast chicken and steak. "In the middle of nowhere we've created a city," says Jeff Probst. "I get to go back to my little hut and have a diet Coke."

But out on the lip of the bluff, Probst is drawn into survival mode by a dare. Jerri the actress looks up at him and calls out in a flirty voice, "You gonna jump?"

"Yeah," he yells back enthusiastically. He pulls off his shirt and shoes, runs to the ledge and leaps into the pond.

• Tom Gliatto

• Mark Dagostino in the Australian Outback, Fannie Weinstein in New York City and bureau reports

For more on *Survivor*, go to www.people.com or AOL (Keyword: People)

CR003514

Bloat Busters

To rid the body of excess water right now—or to prevent gain during the next PMS cycle:

• *Make friends with the water cooler.* A few liters a day isn't too much to ask.

• *Get out there and exercise.* The basic drill is at least 20 minutes of aerobic exercise a day, every day.

• *Bulk up your diet.* "Fiber from fruit and vegetables takes water with it when it moves through your digestive tract," Peeke says. "Apples, celery, carrots—eat as much bulk as you can." Five daily servings of fruits and vegetables is the gold standard. Six ounces of grapefruit juice—low in sugar, high in vitamin C—is a natural diuretic. Mix it with diet Sprite or seltzer, sip all day, and it'll keep you making trips to the bathroom.

• *After 5 p.m., avoid starch.* "Starch soaks up water like nothing else," Peeke says. "The worst thing you can do is eat a ton of starch—rice, pasta, potatoes—and go to bed. You'll lie there and bloat." And wake up a full size puffier. Alcohol, made from grain (or "liquid bread" as your dumb-ass college boyfriend called it) can be considered a starch. Better to have wine with lunch than with dinner during the PMS week.

• *Top calcium.* Get at least 1,200 milligrams of calcium every day for the week preceding the onset of menstruation. (Look for orange juice or grapefruit juice fortified with calcium.)

• *Supplement with magnesium and B_6.* "Magnesium is beneficial for metabolism. A fast metabolism helps eliminate excess water. Get at least 400 to 800 milligrams as a therapeutic daily dose for the second half of your cycle," says Allan Warshowsky, a gynecologist and the director of the women's program at Beth Israel's Continuum for Health and Healing in New York. "B_6 is a natural diuretic, and a deficiency leads to water retention. You can supplement with 200 to 250 milligrams daily in that same period."

• *Count sodium grams.* To avoid bloat, cut down to two or three grams of sodium a day (2,000 to 3,000 milligrams) for the week before menstruation. As anyone who has ever read the sodium content in one of those tiny cans of V8 knows, sodium grams can sneak up on you. So no salt from the shaker, no cured, smoked, or seasoned food. No processed meats like deli turkey or ham or (be strong) bacon. No Pringles. And avoid Chinese and Japanese food with soy sauce: One tablespoon has 920 milligrams of sodium.

Eat, Drink, and Be Merry

All-natural ways to help drain fluids and evacuate waste include:

DIURETICS. Don't bother with Diurex and over-the-counter pills. You could deplete your body of potassium (too little potassium could cause weakness, fatigue, or, worse, heart fibrillation or cardiac arrest): Instead, use coffee or tea (any natural source of caffeine), and foods including anise, asparagus, broccoli, eggplant, garlic, grapefruit, lemon, onion, papaya, parsley, and spinach. Try spices, including coriander, cumin, nutmeg, and the herb peppermint. Pick up juniper herbal extract and watermelon-seed extract at a health-food store or GNC.

LAXATIVES. Enhancing digestion may be as simple as sipping tea. According to Mary Beth Augustine, a registered dietitian and practicing integrative-medicine nutritionist at Beth Israel's Continuum for Health and Healing, certain herbs can help you along, so to speak. "Herbal teas are a mild way to start," she says. "Try ginger, peppermint, coriander, cardamom, or papaya-leaf teas. Or use the extracts of the same herbs."

MOOD LIGHTENERS. Sugar cravings during PMS (the cause of so much bloating) may be a natural antidepressant, since sugar elevates serotonin levels. But to get the boost without the bloating mouthfuls of Mounds bars (or Sarafem), Warshowsky recommends Saint-John's-wort for mood or B-complex supplements (especially B_6 and B_3) for depression, weight gain, and insomnia.

Digestion Digest

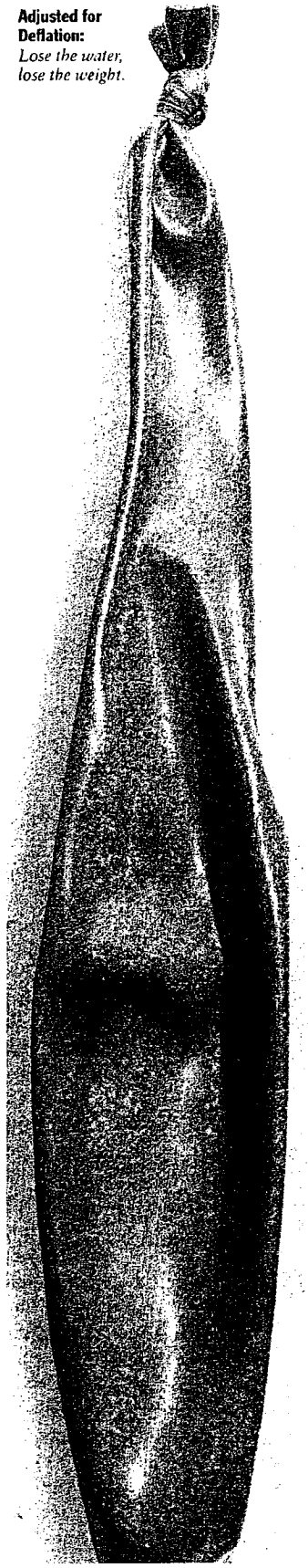
loss of up to six pounds a month is typical, but in extreme cases, some women will slurp up ten. (Retention that doesn't end with your period could indicate kidney, liver, or heart disease.)

Some of us (ahem) suffer not only month-to-month symptoms, but also day-to-day. "The average-size woman can pick up several pounds of water over the course of the day from eating the wrong foods," Peeke says. "What's wrong? You know what's wrong: starchy, sugary, salty foods" that don't feature a lot of water on their ingredients panels. Peeke points out that the best way to get rid of excess water is to take in more of it—to act as a flush. "The more water that goes in, the more that comes out. You want to eat foods that have

If you don't exercise, the water stored in your body might as well buy instead of rent.

lots of water in them—fruits and vegetables." She knows this is easier said than done: "When you have a bad day, you don't reach for the baby carrots. You stuff your face with starches that absorb water like there's no tomorrow. Go on a giant carb binge and just try to remove your rings."

If struggling to remove jewelry is the best exercise you get, the water stored in your body might as well buy instead of rent. "Movement increases body temperature. In turn, that raises the rate of biochemical reactions," Peeke says. "You break down sugar faster, and sweating makes the kidneys detox." In other words, exercise flushes your system. The water you drink while working out only helps the process along ("Drink the most water; lose the most weight," Peeke says).



Adjusted for Deflation: *Lose the water, lose the weight.*

While you're drinking, pour yourself some skim milk (unless, of course, you're lactose-intolerant, which can wreak a gastrointestinal havoc of its own). According to recent studies, women who don't get their recommended daily allowance of calcium will bloat more than their dairy-loving sisters. Also, "magnesium depletion may prove to be a contributing factor to bloat during PMS," says Stephen Gullo, author of *Thin Tastes Better* (Dell) and a diet consultant in New York. "Some nutritionists theorize that women crave chocolate before their periods because they are deficient in magnesium, and chocolate contains a lot of it. Chocolate also has a lot of sugar, and we know how bad that is." Other nondietary inflaters include aspirin, antihistamines, some antidepressants, and antibiotics. "You might see a one- to three-pound bump on the scale from these medications," Gullo warns. "Not that you should stop taking them because of bloat, but if you did, you'd lose the water within 24 hours."

One last culprit: changes in atmospheric pressure. Airplane trips combine three bloat factors (lack of movement, salty foods, and alcohol) into one pudged-up travel package. "Look at the legs of a plane full of people and you'll see a lot of swollen ankles," Peeke says. "Long car trips have the same effect. You don't move, and gravity pulls the excess water down to your feet." Alcohol, exquisitely dehydrating, does draw fluid out of your tissue, but "it expands blood plasma volume, as in pregnant women," Peeke says. "That's why drunks have big, bloated faces." After just two drinks, the alcohol-bloat circle begins: You feel dehydrated and thirsty, have another drink, which in turn stimulates an appetite for pretzel Goldfish, say. One evening of cocktails could be enough to ruin the fit of a favorite cocktail dress. Mercifully, you can put an end to all this puff by adopting some basic bloat-busting behavior. [See boxes.]

The Boston Globe

www.boston.com/globe/

Spa vs. spa

By Amy Graves, Globe Staff, 1/6/2002

LENOX - Canyon Ranch. Just those two words side by side are balm to a woman's weary soul.

Stress is what's ailing. I've taken on several new assignments at work and have no idea how to get them all done. It's the middle of December, and I have absolutely nothing to give anyone for Christmas. Through no fault of my own, a stray kitten is living in my house - along with the resident dog, two cats, and fish. My long-distance service was disconnected because a bill that was paid was not received.

What I need is Canyon Ranch.

Friday, 7 p.m.: Arrival

I drive through the gate at this 120-acre wooded retreat in the Berkshires and immediately forget the arduous journey from Boston. At the grand Bellefontaine mansion that serves as the cornerstone of the spa complex (with its glass walkways, a sort of Habitrail for the pampered), the staff parks the car and takes all my bags - even my handbag - inside.

I had already called a program coordinator before I arrived to design my plan of attack, which was a good thing. With three tennis courts, a squash court, two swimming pools, five whirlpools, two saunas, four steam rooms, and a beautiful gym, the choices are many. Too many for ambivalent types like me.

I check in and head for the dining room, where an array of choices and a beautiful salad bar await. The menu lists fat grams, protein grams, and calories for literally every item.

Over a plate of mushroom ravioli (340 calories) that tastes like one of the frozen entrees at Bread & Circus, but edible, medical director Michael Laporis tells me that more people have been coming to Canyon Ranch in the last few years to address health problems, not just to slim down and pump up. He talks about the integrated approach that's possible in a place where there's everything from fitness instructors to full-fledged doctors seeing the same clients. That comes with a hefty pricetag, of course; three-day rates start at $1,800.

There is no wine or beer or even Diet Coke, so everyone drinks lots and lots of water. Table salt is available on request (but not in the food). "That's why there are bathrooms every few feet," Laporis says. He's funny, and I wish he were my doctor.

I'm running a bit late for my first spa treatment, so I forgo dessert - unwisely, as I will discover.

8 p.m.: Exfoliant Wrap

After I change into a warm terry robe and towels, massage therapist Claire Carnevale leads me to a tiled shower stall where 15 jets of water are blasting. I lather up surrounded on three sides by rejuvenating warmth.

Carnevale tells me not worry about drying off when I get out - I'll spend the next hour under a steady flow of warm water on the mud table.

She's given me a choice of exfoliant rubs - mango/sugar or crushed grapeseed. She rubs the grapeseed on my arms, back, the backs of my legs, and the back of my neck. It smells like fermented wine or yeast, and the gentle abrasion of the grapeseeds tingles slightly.

"How are you doing so far? Is this yummy?" Carnevale asks. The spa staff calls a really good treatment "yummy."

I'm a noodle already, and all I can do is murmur agreement. She turns me over, mashing crushed grapeseeds on my shoulders, torso, and all the way to my feet. "Are you ticklish on your feet?" Who isn't? But I'm too relaxed to feel a tickle.

I rinse off and am ready for stage two: a layer of grapeseed and lavender oil, then lotion.

10 p.m.: Bedtime

Sleep should come easily in the spacious, quiet room I have all to myself (no animals vying for space on the bed), but I'm restless - and hungry. I'd love a peanut butter cookie, but a quick survey of the common areas in the spa turns up only raw fruit and chamomile tea.

Saturday, 9 a.m.:

Wake-up time

Breakfast runs until 9:30, so you can sleep in and still grab a bite. Thank heavens they don't stint on the coffee here, so I won't have to find some New Agey holistic alternative to that. I order eggs benedict and what arrives is one egg on spinach (I wasn't expecting ham) with hollandaise so virtuous (250 calories including the egg it came on), it's inedible. I like the little apple spice muffins (125 calories), which are soft and just sweet enough. I have two.

10 a.m.: Movement 101

Movement therapy director Megan Reisel is explaining that everyone has a "physical signature," a way we move that's unique to us. I don't know what that means, but I'm fairly sure her signature is a lot more interesting than mine. Reisel holds a master's degree in dance at UCLA. She also holds a fourth-degree black belt in karate and a rank in aikido.

Movement therapy is kind of an umbrella term for all kinds of body work, from pilates to tai chi.

To find out what kind of "signature" I have, she leads me into creating my own dance. Once I let go of my inhibitions for long enough, I clue into my style of movement, which appears to involve a lot of spinning around in circles and quick bursts of activity directed at various items that enter my awareness.

"How would it feel to slow down, and focus more on each item?" Reisel asks me. "I don't know," I answer.

Much of Reisel's office space is taken up by a gyrotonics machine, a contraption of weights, knobs, and pulleys that looks like a pilates machine.

This machine stretches and works the muscles to increase your freedom of movement. Reisel offers 50- and 100-minute workout sessions in gyrotonics that can focus on the whole body or attend to particular needs, such as neck and shoulder pain or balancing the spine.

"It really works to integrate your body, so you feel more strength and support in your lower body," she says. "You're more capable of handling twists and turns and reaches."

Hospitals in Europe use gyrotonics for physical therapy; Olympic swimmers use it for training.

Reisel demonstrates: She gets on a seat in the middle of the machine and begins turning one of the knobs, which makes her look as if she's churning butter. She's smiling almost reverentially, so it must feel good.

11 a.m.: Aromatherapy

facial

Contrary to prevailing belief, facials don't have to hurt, make your skin blotchy, or involve exotic lotions that stink.

Maybe a better term for the aromatherapy facial I get from Ladan Abadani, a wisecracking esthetician, is an hour of sensory bliss. Before massaging my entire head, Abadani applies a rose and lavender botanical cream and mild toner to soothe and restore the pH balance in my skin. The massage is the best part, though. This is the first time anyone has massaged my nose. It's equally novel and nice to have my forehead, temples, and cheeks massaged.

Abadani says the best kind of moisturizer for the skin is anything with lanolin, like Oil of Olay. I won't have to shell out big bucks to retain a youthful complexion, she says. "But you better start drinking more water. It's the best moisturizer for your skin."

2 p.m.: Euphoria

After the relaxation of the facial, I reach an unimaginable state: I'm maxed out on spa treatments. But I have a combination exfoliation, hydrotherapy, and massage scheduled, and the cancellation deadline has passed. So I keep my chin up and resolve to enjoy "Euphoria," 100 minutes on a table and in a tub.

Massage therapist Emily Joyce begins by scrubbing in and rubbing off a rose oil exfoliant of Indian herbs and milk powder. She massages sage oil into my scalp (by the end of the afternoon my hair roughly resembles an updo).

She sends me into a Jacuzzi scented with grapefruit oil for 15 minutes or so, then I return to the warmed massage table where Joyce massages my feet using the principles of reflexology (in which the toe represents the head and the arch is the spine). It's so soothing that I nap through most of it.

5 p.m.: Workout

In a late attempt to rev up after a day spent prone and pampered, I hit the treadmill for a half-hour. Also working out was William J. Bratton, formerly police chief in New York City and, before that, Boston, who appeared to be bench-pressing about 100 pounds.

With more than 50 exercise classes and lectures to choose from each day, it feels strange to forgo all that for my usual running routine. As I sweat and pound away, I realize that I am feeling a little overwhelmed by all the choices.

When I finish all the water in my bottle, a buff-looking gym attendant walks up. "Would you like a refill? Plain or ice water?"

This is not a place where anyone suffers unduly.

7:30 p.m.: Dinner

I decide to share a meal at the "captain's table" with other people who are staying here by themselves. At breakfast and lunch, staff members eat at this table to lead discussions about programs at the ranch. At dinner time it's just the inmates, and tonight that is a lawyer from Chicago, a buyer from New York, and two other women from Manhattan.

Sherrie is here for the first time; Laurie and Linda are Canyon Ranch veterans. Carol has been to a lot of spas. We compare notes on what we've been up to and joke about the meal portions (addictive homemade ice cream comes in minuscule parfait glasses; when you order a plate of cookies, you get one) and the digestive effect of eating more vegetables and drinking more water than normal.

Laurie came to kickstart her exercise routine. She cycles, but it's hard to find time in New York. Linda has been to this Canyon Ranch and the one in Tucson, and says it's her favorite trip to take on her own because you are never alone unless you hide in your room.

"The spas of the '80s were about aerobics and starvation," Linda says. She's here for the hiking trips and wallyball, a wacky no-rules kind of volleyball game that everyone raves about.

After dinner, we carry our conversation to a pair of plush chairs next to the fireplace (one of four). By the time we say goodnight, it's 11 p.m.

8:30 a.m.: Stretch class

Fitness instructor Colleen Wright fills our group of 25 or so (including actress Joanne Woodward) with excitement over the first snowfall, which we can see through the windows of the carpeted studio.

She leads us through back, leg, and neck stretches that feel so good that 20 minutes later, when we're done, I want to do them all over again. But that might be because Wright is so upbeat and energetic as she tells us about getting up at 6 to make a snowman with her kids. She could get you to live without coffee.

None of the early-morning hikes or walks outside take place as scheduled because of the snow. Somehow I feel as if I've gotten a breath of fresh air anyway.

9 a.m.: Biofeedback

The idea behind biofeedback, one of the expanding list of behavioral health treatments available here, is to teach your mind how to control the systems of your body that ordinarily self-govern, such as pulse and temperature.

Biofeedback is gaining more attention as a way to treat arrhythmia, asthma, sleep disorders, attention deficit disorder, anxiety, and depression. It began 40 years ago as treatment for migraines.

Jeffrey Rossman, behavioral health director, hooks me up to a computer in his office that monitors my pulse to a millisecond, the conductivity of my skin, my temperature, and the muscle tension in my upper back. It's fascinating to see how something like laughing can affect heart rate and muscle tension, and how breathing more rhythmically and slowly can smooth out my pulse.

But no matter how hard I try to think warm thoughts, as Rossman suggests, I can't increase blood flow to my fingertips, which turn cold and white if I don't keep them moving. (This is Reynaud's syndrome, and it's very common.) Fixing that through biofeedback would take several sessions of visualization and practice, Rossman says.

Or I could wear mittens.

1 p.m.: Restorative yoga

Six of us show up in a carpeted room for what turns out to be naptime at the Ranch. Our instructor previews all the yoga positions we'll do, almost all of which involve lying down and, he says, letting gravity pull us down. We get little beanbag pillows to put over our eyes, and the lights are dimmed. But we don't get any techniques for meditation, for freeing our minds of random thoughts. But I get in a good stretch and a short nap before the drive home.

I haven't done everything that I fantasized I could or would do here, but for 48 hours I have stretched, relaxed, danced, abstained, sweated, exfoliated, listened, and learned in a way that never happens at home. I did not live cheaply, but I lived well.

This story ran on page M1 of the Boston Globe on 1/6/2002.
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MILWAUKEE COURIER
MILWAUKEE, WI
WEEKLY 15,000
MAR 27 1999

Ragenia Graham-Bacon, an adoption supervisor with the Milwaukee County Department of Human Services, was honored by Milwaukee County Executive F. Thomas Ament on Wednesday, March 17 for her recognition as one of America's "Great Moms" by Oprah Winfrey on her television show in February. Shown (from left) are County Executive Ament, Mrs. Rachel Graham (Graham-Bacon's mother), Graham-Bacon, Edward Graham (Graham-Bacon's father), and Ralph E. Hoffmon, director, Milwaukee County Department of Human Services.

Ragenia Graham-Bacon chosen as Oprah's 'Great Mom' winner

FRONT PAGE

In her wildest dreams, Ragenia Graham-Bacon, an adoption supervisor with the Milwaukee County Department of Human Services, never imagined Oprah Winfrey would one day hand her a bouquet of roses, put an arm round her shoulder and say to her on TV, "You go, Girl!"

But it happened when Graham-Bacon was honored as one of America's "Great Moms" on the Oprah show broadcast nationally on February 23.

Ragenia was the February winner to Oprah's "Great Moms Getaway." There will be five monthly winners, January to May, selected by a judging panel from thousands of submissions. Oprah's purpose is "to celebrate moms, the greatest spiritual and emotional teachers on earth." Winners, and a companion, will be treated to a stay at Canyon Ranch Spa in Tuscon, Arizona.

It all started last fall when, unbeknownst to Graham-Bacon, her mother nominated her.

"This great lady is the proud, loving, caring, considerate, kind, patient, tolerant, faithful, long-suffering and hard-working mother of three extremely active boys," Mrs. Edward (Rachel) Graham wrote to Oprah, detailing Graham-Bacon's life as a parent, choir director and youth leader at the North Side Church of God, and as supervisor of the unit which finds adoptive homes for special needs children.

"Graham-Bacon's days are very long and tiresome, but she toils and always with a big smile. Regenia just loves people and I feel that she has a special gift from God of 'the helps,'" her mother wrote.

Graham-Bacon first learned of the honor when Oprah's producer called her on February 11 to say a TV crew would be at her home early the next morning to shoot videotape for the show.

Graham-Bacon met the crew at 4:30 a.m. dressed in pajamas and bathrobe and for the next 36 hours the cameras followed her every waking moment as she fixed meals for her boys, met with adoptive families and co-workers, and led choir practice and a youth group at church.

On Thursday evening, February 18, a limousine picked up Graham-Bacon; her sons, Steven, 8, and twins, Geoffrey and David, seven; her parents; her brother, Edward Jr., a Milwaukee County sheriff's deputy; her sisters, Indyria Graham, a Milwaukee Public School teacher, and Rhenetta Banks, an MPS librarian, and Rhenetta's daughter, Victoria, 11, for the drive to Chicago and the Omni Suites Hotel on North Michigan Avenue.

"The kids watched "Mulan" on a TV in the limo," Ragenia said, "It was a treat for my dad to be chauffeurred because he once was a chauffeur for the Uihleins" of Schlitz brewery fame.

At noon Friday, the limo took Graham-Bacon and her family to Oprah's studio and a sumptuous buffet lunch, eaten between stints with makeup artists, hair stylists and the signing of releases.

"Oprah was very pretty, very warm," Graham-Bacon said, "She came into the room, shook hands with everybody and kissed my little boy, David, and helped us all to relax."

Graham-Bacon had been led to believe there would be other moms like her on the show, so she was surprised when, as the show opened, Oprah turned to her and said "You're it, Ragenia. You're the only one. You're our Great Mom."

The highlight came when, following a moving video tribute to Graham-Bacon, two dozen members of Graham-Bacon's church burst from behind a curtain and sang their congratulations. Oprah had secretly brought them to Chicago to surprise Graham-Bacon.

"That was a shock because many people had asked me for tickets to the show and I was not able to get them," Graham-Bacon said. "I felt what they did was a great tribute because many had taken time off from jobs, like policemen and teachers, that are not easy to take off from."

Later in the show, the camera caught a touching moment of

(continued on page 5)

Exhibit M

Exhibit M

Graham-Bacon

(Continued from page 1)

David sound asleep in Graham-Bacon's arms as she gently rocked him.

Thrilled as she was, Graham-Bacon told Oprah the real reward is just being a mom. "I really think it's an honor to be a parent. It's a privilege and I really enjoy it," she said to applause.

How does a Great Mom raise great kids, Oprah asked. "Pick your battles, give them choices, and teach them that they have responsibilities around the house," Graham-Bacon advised.

When the show ended, Graham-Bacon moved to leave when Oprah stopped her. "Sweetheart, you take your seat," Oprah said. A round of photos with Oprah and Graham-Bacon and her family followed.

Afterwards the limo whisked the family back to Milwaukee where, Graham-Bacon said, "we all turned back into pumpkins."

Graham-Bacon is the pride of her colleagues at the Department of Human Services.

"She is really like a mother to every one of the children she finds homes for in the adoption program," said Chyra Trost, adoption section manager.

Graham-Bacon also earned praise from Ralph Hollmon, director of the Department of Human Services.

"Ragenia is not only an outstanding employee, she is an outstanding parent and role model for our community which we should all strive to emulate," Hollmon said.

Graham-Bacon started with Milwaukee County in 1980 as a clerical pool aide, became a child protection worker in 1984, went into adoption in 1992 and was named supervisor of the recruitment staff in 1998. She has been involved in over 250 adoptive placements.

Graham-Bacon specializes in finding homes for children with special needs who might be physically or developmentally disabled, have emotional problems, be older children, or be a sibling group. Families interested in adoption can call Graham-Bacon at 374-HOME.

The New York Times

Sports

TV SPORTS; Rivers and Michaels Show Pistons-Like Poise

By Richard Sandomir
Published: June 18, 2004

On April 30, someone using my name suggested in these pages that Doc Rivers should not call the National Basketball Association playoffs for ABC and ESPN because being a network analyst and the new coach of the Boston Celtics created a conflict.

In practice, Rivers surmounted the conflict and someone using my name should have known better.

Rivers and Al Michaels, calling the finals for ABC Sports, worked as if they had been a team for six years, not six months. Had they bonded by exfoliating and taking tandem herbal wraps at the Canyon Ranch?

They never seemed to struggle, even early in the season as Michaels acclimated himself to an N.B.A. he had never called, and had to find a rhythm separate from football.

Their pairing elevated ABC's coverage from last year, when the threesome of Brad Nessler, Bill Walton and Tom Tolbert called the finals without distinction.

Michaels and Rivers were smart, humorous and attuned to each other, and improved with each game.

Rivers was something of a scoundrel, saying in Game 2 that he teaches players to "stay down" after a particularly physical foul, "so you might get the flagrant."

And in Game 4, he counseled that the Lakers should not back down from a tussle that could have led to the ejection of Detroit's Rasheed Wallace and the Lakers' Slava Medvedenko, who each got technical fouls. "That's a great tradeoff for the Lakers," Rivers said.

Late in the second quarter of Game 5, Rivers punctured conventional wisdom about why Detroit was getting so many more free throws than the Lakers. He said that the Lakers built their free throw totals during the season because they frequently had the lead and opponents employed the Hack-a-Shaq late in games. Rivers and Michaels were focused throughout Game 5 on the Lakers' inconsistent defense.

"The Lakers are playing defense for a quarter or a group of possessions, but haven't maintained it for a game," Rivers said.

Michaels said: "You get the feeling they could play 10 more games, and the Lakers wouldn't win one."

When Lakers Coach Phil Jackson brought in several players who had had little playing time, Rivers quickly said, "The Lakers didn't know who they had," which was followed immediately by an overhead replay that showed defensive chaos.

When the Pistons went up, 78-59, Rivers was too generous when he said, "This isn't the Lakers playing poorly, it's the Pistons playing great."

What really stood out was the humor between Michaels and Rivers.

Late in the fourth quarter with Detroit in control, they talked about Detroit Coach Larry Brown.

"I'll tell you a guy who's getting a big kick out of this: Dean Smith," Michaels said, referring to Brown's college coach at North Carolina.

"I'll tell you another: Red Auerbach," said Rivers, a sly reference to Auerbach's record of nine N.B.A. coaching titles not being broken by Jackson.

Then, discussing Brown's coaching toward the end as if the Pistons were losing, Michaels said that the 63-year-old coach had grown up in a Jewish family in Brooklyn. "I think his mother taught him, 'Larry, don't give yourself a kineahora,' which means don't say something prematurely," said Michaels, who, we hope, will call one game next season all in Yiddish.

The recent phenomenon of successful older coaches was a theme from Game 1 to Game 5.

"You may be the last coach hired under 60," Michaels said Tuesday night, referring to a group of ancients: Brown, Florida Marlins Manager Jack McKeon and Kansas City Chiefs Coach Dick Vermeil.

"All I have to say," said Rivers, who is 42, "is I hope I don't have to wait 23 years to win a title."

Tafoya Makes Her Mark

Night after night, Michele Tafoya's sideline work, which showed her preparation and refusal to ask stupid questions, demonstrated why she will do well on "Monday Night Football"; but the National Football League's limited access will make her job tougher.

Tom Tolbert's silly plaid tablecloth/suits are not a substitute for good studio analysis (did he buy them from Uncle Floyd?), but would have made the late Lindsey Nelson, who went nutty only with his blazers, roar with delight.

ABC's hype that Al Michaels has now called all four major league championships must be corrected. He has called the N.B.A. finals, the World Series and the Super Bowl but only some Stanley Cup playoff games, not the finals.

CR003524

ABC's production crew rarely overdid the use of its technical toys, chiefly the overhead and above-the-backboard replays and FloorCam, which shows more underwear than action.

Some of the smartest shots showed Detroit's Richard Hamilton moving without the ball.

ABC's "Let's Get It Started" theme song became annoying far more swiftly than NBC's old N.B.A. music, didn't it?

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THE DAILY WAG

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MARCH 12, 2008

Canyon Ranch in Arizona

After presenting my speech in Vancouver, I had the inviting pleasure of spending a couple of days at Canyon Ranch in Tucson, AZ. If youâ€™re regular viewers of my television show, you might remember when Dr. Richard Carmona, former United States Surgeon General and now the Vice Chairman of Canyon Ranch, was recently a guest. On that episode, everyone in the audience was given 3 days at Canyon Ranch! â€“ our attempt to make this, their healthiest year ever. For this visit, I was joined by Dr. Brent Ridge, who is Vice President of Healthy Living at Martha Stewart Living Omnimedia.

The stately beauty of the preserve with its army of ancient saguaro cactus - a really regal sight

img_3225_2

Lovely Mel and Enid Zuckerman are the founders of Canyon Ranch and it has been their life-mission to help people become healthier. Canyon Ranch may be a world-famous spa, but Mel and Enid think of it as a health resort. They believe that the medical components of the Ranch are as important, if not more so, than the luxurious spa services. What I find remarkable is that Mel and Enid have enlisted over 300 world-renowned health professionals who are experts of traditional, alternative, and complementary disciplines. If you are so inclined, you can learn about better lifestyle, nutrition, fitness, preventative care, and spiritual vitality under their combined guidance. What a fantastic idea!

One of the things that was offered, and most fascinated me, was the Biophysical 250 â€“ the most advanced health assessment available anywhere! Itâ€™s a blood test that measures more than 250 different biomarkers with a single blood draw. This test includes biomarkers from 12 medical specialties including cardiovascular disease and cancer, as well as immune, hormonal, gastrointestinal, and a number of other conditions. I look forward to receiving my results in a couple of weeks.

Of course I was pampered unbelievably well, exercised vigorously, and ate the delicious and healthy cuisine that Canyon Ranch is famous for. And I especially enjoyed the daily fitness hikes out into the desert each day. There was so much beauty to capture and I left Arizona feeling so revitalized!

please visit www.CanyonRanch.com for for information and more photos!

The following photos were taken using my fabulous Canon EOS-1D and my smaller Canon G9.

This is a beautiful cholla plant - a lovely lavender.

img_3204_2

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MARTHA PINS

Catch up on the adventures of Martha's adorable French bulldogs, Francesca and Snarkey!

Read the Blog

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The prickly pear that grows here has very large leaves - this is an edible cactus and both the leaves and fruits are used.

Img_3205

This is one of the early blooms in the Sonoran Desert - the yellow primrose.

Img_3209_2

This is our guide, my assistant Liesl, and our own Dr. Brent Ridge on our first morning's hike.

Img_3211_2

The â€œgroupâ€ hiking through part of the federal park - a wonderful preserve of saguaro cactus.

Img_3213_2

The â€œgroupâ€ hiking through part of the federal park - a wonderful preserve of saguaro cactus.

Img_3213_2

The â€œgroupâ€ hiking through part of the federal park - a wonderful preserve of saguaro cactus.

Img_3213_2

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The â€œgroupâ€ hiking through part of the federal park - a wonderful preserve of saguaro cactus.

Img_3213_2

A mature saguaro - many arms, a few battle "scars" but still healthy and probably over 100 years old!

Img_3218_2

A mature saguaro - many arms, a few battle "scars" but still healthy and probably over 100 years old!

Img_3216_2

A mature saguaro - many arms, a few battle "scars" but still healthy and probably over 100 years old!

Img_3218_2

A mature saguaro - many arms, a few battle "scars" but still healthy and probably over 100 years old!

Img_3218_2

A baby saguaro cuddling in the safety of a â€œnurse maidâ€ tree - a palo verde - this cactus is probably over sixty years old, and at maturity will have outlived its â€œnurseâ €.

Img_3219_2

A baby saguaro cuddling in the safety of a â€œnurse maidâ€ tree - a palo verde - this cactus is probably over sixty years old, and at maturity will have outlived its â€œnurseâ €.

Img_3219_2

A baby saguaro cuddling in the safety of a â€œnurse maidâ€ tree - a palo verde - this cactus is probably over sixty years old, and at maturity will have outlived its â€œnurseâ €

Img_3219_2

Ocotillo - not a cactus, but a shrub - it turns green in early spring and its leaves are soft in great contrast to its stiff upright branches.

Img_3224_2

Ocatillo - not a cactus, but a shrub - it turns green in early spring and its leaves are soft in great contrast to its stiff upright branches.

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img_3224_2

A fishhook barrel cactus - legend has it that the â€œhooksâ€ really were used for fishing - I found two loose ones - I will try them and let you know if they work.

img_3228

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A fishhook barrel cactus - legend has it that the â€œhooksâ€ really were used for fishing - I found two loose ones - I will try them and let you know if they work.

img_3228

a good closeup view of those very strong hooks

img_3229

a good closeup view of those very strong hooks

img_3229

a good closeup view of those very strong hooks

img_3229

a good closeup view of those very strong hooks

img_3229

A palo verde with its yellowish green bark and the first hint of spring leaves is the state tree of Arizona.

img_3244_2

A palo verde with its yellowish green bark and the first hint of spring leaves is the state tree of Arizona.

img_3244_2

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img_3244_2

A palo verde with its yellowish green bark and the first hint of spring leaves is the state tree of Arizona.

img_3244_2

a mutant double headed saguaro

img_3245

a mutant double headed saguaro

img_3245

a mutant double headed saguaro

img_3245

a mutant double headed saguaro

img_3245

a cactus called a hedgehog - beware of the prickles

Img_3247

a cactus called a hedgehog - beware of the prickles

Img_3247

another beautiful early spring flower

Img_3250

another beautiful early spring flower

Img_3250

This is one of the most beautiful, pristine, protected specimens of the stately saguaro.

Img_3251

When an arm freezes it may droop like these. This is a sign of decline as are the numerous dark holes in the cactus flesh - wounds made by birds and other creatures of the desert - such decline actually takes years.

img_3252

The trunk of a saguaro is as hard as petrified wood - that anything could possibly penetrate the surface is surprising, but inevitable.

img_3255

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COMMENTS

Martha,
The desert is so beautiful in spring, thanks for sharing all those lovely cactus. I can't wait for my trip to Joshua Tree in April.
Gabrielle

Posted by: *gabrielle* | March 12th, 2008 at 12:14 pm

Martha - saw you on Letterman last night. You were great!

Posted by: *Jennifer* | March 12th, 2008 at 12:25 pm

Martha Tucson is my home but grew-up in NYC.Glad you had a great time at the Ranch.Our winters can be great
Thanks for posting the pictures.

Posted by: *Emma Figueroa* | March 12th, 2008 at 12:31 pm

I am relatively certain that this will not be the only email you receive regarding this subject, but just in case, I wanted to give you some information. Since your blog is about Arizona, thought this information might come in handy. I saw you on Letterman

last night (you were great!) and you made reference to the "pecaries" we have here in the desert. You couldn't recall their proper name, but you said "it starts with an "H"." Someone from the audience called out "havelina". Actually, the name is spelled "javelina", but is pronounced as "havelina". Just wanted to let you know, I know what a perfectionist you are, I watch your show all the time! So keep up the good work and thank you for all the terrific information you share on your program.
All my best, Jan West
Tucson, AZ

Posted by: *Jan* | March 12th, 2008 at 12:52 pm

These are amazing. I love cactus in my clay pots. Too bad these wouldn't grow outside in Canada. The air looks so fresh.

Posted by: *Liberty Post Editor* | March 12th, 2008 at 1:25 pm

---

Fascinating pictures and captions. Thank you.

Posted by: *Peila* | March 12th, 2008 at 1:30 pm

What fun! I've always wanted to go to Canyon Ranch. Plus you got to go with Dr. Ridge. I've been following his Body and Soul Challenge advice since the New Year and have lost 19 pounds! I probably would have gained at least a few of those back if I'd been at Canyon Ranch with their great food, though. Thank you for sharing.
Sincerely,
Jane Phelman

Posted by: *Jane Phelman* | March 12th, 2008 at 1:53 pm

H. Martha, As usual, another informative, beautiful, fantastic blog! Your photos are absolutely gorgeous! What a great contrast to yesterday's photos of Washington state's fantastic mountains. All of your photos look like picture post cards and I can't stop looking at all of them. It will be interesting to hear about the results of your blood tests. I also saw you on Letterman and you were great! Your "Today" show appearance this morning was great, also! Thanks again for sharing. Jan

Posted by: *Jan Erickson* | March 12th, 2008 at 1:58 pm

---

i love canyon ranch! so beautiful this time of year!
you look fabulous!
refreshed!
oxoxo,
jessi

Posted by: *jessi negy* | March 12th, 2008 at 2:34 pm

Martha:
Thanks for another fantastic, informative account of your travels!
It seems you had a relaxing, restorative stay an the ranch.

Posted by: *JBrennan* | March 12th, 2008 at 2:47 pm

From snow-capped mountains to arid deserts covered in cacti. It's amazing how diverse our continent is! North America is truly wondrous. The explorers knew it all along, I bet!
-Andrew

Posted by: *Andrew Ritchie* | March 12th, 2008 at 3:44 pm

I watched and wished I had been on the show the day everyone was given a 3-day pass to Canyon Ranch! What a treat it must be to spend a few days there!
Your pictures are fantastic as usual and I am intrigued with the Biophysical 250 which I did not know about until today. This is definitely the place to get informed! Trish
P.S. I missed you on Letterman last night because I didn't know you were going to be a guest.

Posted by: *Trish* | March 12th, 2008 at 4:04 pm

I am so excited you traveled to Canyon Ranch. I am actually going to the Canyon Ranch in the Berkshires this weekend as part of a spa class for the hotel school at Cornell. I am curious if you were able to experience any of the aquatherapy treatments at Tucson, such as watsu, as that is the focus of my visit.

Posted by: *Adrienne* | March 12th, 2008 at 4:39 pm

As a Tucsonan, I'm so glad you highlighted Canyon Ranch on your Blog! The Zuckerman's are responsive to our community and help promote a healthy lifestyle for all of us.
We love our sonoran desert environment with it's bluest skies and temperate winter. The natural vegetation is so unique and the saguaro cacti would make an enormous forest of ancients trees if they were trees.
Come back and visit, you've just seen a small part of what Tucson has to offer!
Luv ya Paula (POODLE)

Posted by: *Paula D* | March 12th, 2008 at 5:20 pm

Martha,
I love the desert! When I moved there in the early 1970's I missed my Midwest geography, but by the time I left there 13 years later, I and fallen in love with the desert. One of my favorite desert plants is the ocotillo. In addition to the small green leaves that appear in the rainy season, the plant gets a bright red flower on the tips of the long branches. They always reminded me of long red painted fingernails!
Mary Ellen Adams

Posted by: *adamsme* | March 12th, 2008 at 6:19 pm

---

1. I love your pics, but then from TX, I love native plants of the SW.
2. We need you to start your own channel...DIY and Home & Garden are fazing out all our craft show. We have written/blogged and they are getting angry instead of having a light bulb moment and starting their 5th channel with all our favorites and seeing what they can do to encourage more.
Look at how many people knit, crochet, quilt, cross stitch, embrodery, sew, watch your show on cable as well as nbc, paint (oil, acrylic, water), and more. PLEASE HELP US KEEP OUT CRAFTS ON TV and if you don't want to start a channel, add your more pursasive voice to ours.
Thank you for reading!

Posted by: *sandra Vaughan* | March 12th, 2008 at 6:38 pm

Gosh-
Cuid to ho! How do you do it all?
I admire your energy. I love your blog!You can check mine out if you like-
http://soysurfer10.blogspot.com/
I started mine so my Uncle who is going through chemo and is stuck at home or in the hospital can have something to entertain him.

Posted by: *Emily* | March 12th, 2008 at 6:59 pm

Hi, Martha,
Thanks for your informative post. Your photographs are beautiful.
I especially enjoyed the segment on your show today about orchids. In the past I have seen similar beauties at Marie Selby Gardens in Sarasota.
Kathy

Posted by: *Kathy* | March 12th, 2008 at 8:58 pm

Martha:)
What pictures! So beautiful and oh so peaceful looking. I wish I could have been with you. I enjoy growing cactus in my pots and I have a huge prickly pear in my backyard. My daughter-in-law got 1 leaf from a neighbor about 4 years ago and ask me where she could put it. I told her to just dig down far enough so the leaf could stand up and let it go from there. Well go it did. It is very large and my husband put one of our bird feeders in the middle of it to keep the squirrels away. IT WORKED! The cactus is beautiful when it blooms and has the red flowers and plump red fruit.
Linda Gail

Posted by: *Linda Gail* | March 12th, 2008 at 11:15 pm

Hi, Martha,
Glad you got back to Arizona in March, when it's warmer than when you were here for SuperBowl...I hope you also got to see some really spectacular wild flowers...you may have been a week too early, but we are predicted to have a bumper crop this year - the first time in several years - due to the good rain we had in December and January. Thanks for showing off the great state of Arizona! I moved here in 1983, after living just about all my life in Minnesota, and I really love it here!
Carl Ion in Phoenix

Posted by: *carl Ion* | March 13th, 2008 at 12:07 am

Glad you enjoyed Tucson. I moved here from Connecticut and love calling Tucson home. Please come again and enjoy our amazing winters.

Posted by: *Robb* | March 13th, 2008 at 1:09 am

I love the palette that the desert landscapes offer. I know that so many people think of them as presenting only dry and unwelcoming colors, but as you so kindly have shown in your photos, that is not so!
I just love the soft and subtle hues! They are a perfect color scheme for so many things!
Thanks from one artistic mind to another!
Kelly
http://kellyschwark.com

Posted by: *KellySchwark.com* | March 13th, 2008 at 11:30 am

I love your blog and all you share with us. It's done so well and we can travel the country from our computer screens. I enjoyed you on Letterman, you are always so cool,calm and collected in spite of his rambunctious nature and exciteable way he gets around you. No glittered eggs this time. Love ya Martha. Kathy H

Posted by: *Kathy H.* | March 13th, 2008 at 2:53 pm

The beautiful photo's sure do illustrate the variety of personality cacti have - who knew?

Posted by: *dawn* | March 13th, 2008 at 3:25 pm

What beautiful photos of all the various cacti.
Thank you for sharing them with us.
Love your blog. It is so informative!!

Posted by: *Maureen* | March 14th, 2008 at 1:33 pm

Dear Martha,
I have been so sick, coming from few days in the hospital, drugs, pains and a cloudy future so far. It is nice to check your blog and see your adventures. I really wish I was hiking in the desert, surrounded by the beauty and energy of nature and a bunch of good friends.
Have fun, you inspire us.
Claudia

Posted by: *Claudia* | March 15th, 2008 at 8:02 am

Martha,
Just LOVE your new Martha Stewart's Cookies book.
Inside, the book, it says First Edition.
Are there going to be more cookie books?
Can you publish a book on Martha Stewart's Chocolate Candy?
Sincerely,
Joanne

Posted by: *Joanne* | March 16th, 2008 at 12:11 am

Hey Martha,
I loved the pictures from Arizona.
One day I will go to Canyon Ranch too. I do have a question about your relationship with Kmart. Are you phasing out your line? I just bought the last Farm table and the last Windsor chairs.

Posted by: *Lisa* | March 16th, 2008 at 10:49 am

Yes, Martha...saguaros are so majestic and truly unique. I am an elementary school teacher in the Phoenix area and actually have pieces of a dead cactus in my classroom. These holes made by animals living in the saguaro are called 'boots'. A saguaro will form a scab around the wound to protect itself. When a saguaro dies and falls, you can often find these 'boots'...where an owl or cactus wren once called 'home'. Come back and visit us anytime! And thank you for all that you do for us.
Carol
http://www.velvetbrickpot.blogspot.com

Posted by: *Carol* | March 16th, 2008 at 1:10 pm

Canyon Ranch, my spiritual retreat for 20 years, a place of healing on many levels and tremendous natural beauty, blooms wildly in spring. Three days ago in Joshua Tree the desert fragrance of spring blossoms intoxicated me with a sweetness so tender, balanced only by the brilliantly hued petals of richest gold, deep violet blue, a blood-like maroon, palest Easter yellow, and pink of prettiness never before witnessed by these eyes. Luck you Martha, to have hiked also with the masterful sculptress, Natalie. I encourage all to get out and smell the spring flowers emerging and if you can visit Canyon Ranch, do!

Posted by: *Kat Heber* | March 16th, 2008 at 5:27 pm

Thank you for the great pictures! It makes me REALLY want to get out of the snow here in Chicago. We have a few pictures of a cactus on our blog at http://www.zdaisy.typepad.com. I am glad I found your blog and will continue to follow it.

Posted by: *Brooke Collins* | March 16th, 2008 at 9:47 pm

My daughter and I were on the show in which you gave away a 3 night stay at the Canyon Ranch. Since then my daughter has graduated from college and is now writing the blog for Lightlife Foods. She will be blogging about how that trip changed her life. Here's the link: http://blog.lightlife.com/beprovocie/
Thank you.
Becky

Posted by: *Becky* | December 4th, 2009 at 2:21 pm

POST A COMMENT

Comments are moderated, and will not appear on this weblog until the author has approved them.

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Email Address: (Not displayed with comment) (required)

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Comments:

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'Real Housewives of New York' recap: Luann's the 'Thug in a Cocktail Dress'!

Bravo

Lori Koff
The Real Housewives Examiner

May 20, 2011

This week on *The Real Housewives of New York City* Jill has an anti-bullying charity event, Cindy takes some of the housewives on a spa trip, Sonja has a toaster oven photoshoot and we finally found out who the "Thug in a Cocktail Dress" is!

Luann and Sonja met for lunch. Luann's planning a trip for the women and she and Sonja tossed around ideas of where they could go -- Italy, Spain maybe? Luann wants to go to Morocco -- it's exotic. She says she wants to get the girls out of their element and give them the trip of a lifetime, an unforgettable experience. Will Kelly want to come along after last year's trip?

Luann calls Jill and sells her Moroccan vacation. Jill says it's on her bucket list so she's in.

Sonja calls Ramona and she says she's game, but also remarks that it's a third world country where they don't respect women and she doesn't want to go away and end up not coming back!

Cindy says she's game.

CR003539

Alex is in.

Kelly says she had such a rough time the last time she went on a trip.... She'll think about it.

Luann and Ramona go to Alice's Tea Cup for a chat. Luann compliments Ramona about her pinot launch and says the wine was good, but too bad she had to cheapen it by having it out with Jill in front of her guests, "It's not what a good hostess does..."

Luann gives Ramona the souvenirs from Jill. Ramona tells Luann she admits she puts her foot in her mouth and says things without thinking. She speaks her mind, but Jill talks behind her back – it's not the same

Ramona tells Luann not to worry, that she and Jill always end up making up. But look at what happened to Bethenny and Jill, says Luann. She just doesn't want things to get to that point. "I'll try to talk to her" says Ramona. "That's all I'm gonna say."

Sonja Morgan has a photo shoot for her toaster oven cookbook. David Evangelista is there. She explains that when she was giving an interview with the New York Post about one of her charities, they found out that she cooked in a toaster oven and it took off *like wildfire* so why not capitalize on it an share her recipes with everyone?

"I fancy myself a cross between Martha Stewart and Robin Leach" says Sonja. They wanna see Ms. Morgan in her grand manor using a toaster oven, It's very kitsch. It's funny! It's hilarious. "Ask my gays!" says Sonja.

Kelly comes by for support. "I was invited over to help oversee a photo shoot that she was doing for a cookbook that doesn't even exist," snarks Kelly. Kelly suggests a pose and as Sonja changes position, Kelly sees Sonja's vagina and freaks out.

"OH! I CAN SEE HER... SHE'S NOT WEARING UNDERWEAR!" cries Kelly. "I walk in there and there are two toasts and then she flashes me with her vagina. I was literally disgusted." Being from the Midwest, Kelly says she sees a disconnect "A woman in a gown on a table, does not sell a toaster oven."

Cindy Barshop, saying she gets along great with Luann, Kelly and Jill, invites the brunettes on

a spa trip to Canyon Ranch. "I didn't invite the other girls, cause I didn't want to."

Kelly snarks to the women in the car about Sonja's toaster oven photo shoot and tells them she caught a glimpse of her... (vagina) she couldn't say the word. "You saw vajayjay, *raw*?" Jill asks in horror? Kelly says she's never seen another vajajay in her life and she has no desire to see anyone's vagina. She's not a gynecologist.

Luann relays that Ramona was going to call Jill, but that Jill got a text message from her. "She better behave herself on this trip," says Luann, "or she's not coming."

Kelly and Luann talk about Kelly's dating life and how she's having a hard time finding the right guy. She says she meets sharks and bottom feeders, not the caliber of guy that Luann's dating," You don't meet Jacques." Kelly goes on to say that every guy she thinks will be a nice person and that she's trusted, literally slapped her in the face or with an arrest. It isn't clear exactly what she is saying and Luann clarifies, "You've been abused?" Kelly admits, "It as a huge thing to open up about and I don't know where it came from."

"It was a moment that I didn't expect and one that was very touching, I felt her pain and I think at that very moment Kelly and I became much closer" says Luann. They both cry. Luann is shocked that she didn't know of Kelly's "secret."

The girls arrive at Canyon Ranch and are greeted by gift boxes at the front desk courtesy of Cindy. Everyone gets a big white embroidered robe to wear. Jill opens hers at the front desk and puts it on which appalls Luann, "Of course Jill opens it up in the lobby, as if nobody else is staying in the hotel," says Luann, mortified. "Really darling, I mean never open a gift in the middle of a hotel lobby!"

The women get massages, there is no drama, and it's all about relaxing and having a good time. They attend a West African drumming class – it's good for stress, clears the mind. "It was kumbaya all the way. It was kinda weird" Jill says.

They go around in a circle and each state something they don't know about each other.

Luann: I like to wear large jewelry when I'm drumming.

Drum beats all around.

Kelly: I have an obsession with smells.

Jill: My hair really isn't red; it's mousy brown with a tinge of grey.

Cindy: I'm not as tough as I appear.

Jill to Cindy: That's not it, is it?

Cindy: What, you want me to talk about, my hair?

Jill: No, *your teeth*!

Cindy: Let the teeth go already!

Ramona, Alex and Sonja visit Dr. Sharon Giese, Ramona's plastic surgeon, for consultations and little touch ups – Alex gets her face scraped, Sonja gets a treatment on her tummy.

Back at Canyon Ranch, the women gossip and talk about menopause. "Did ever you see Menopause the musical?" asks Jill? "Did you see the Vagina Monocles?" asks Cindy. MONOLOGUES CINDY.

Kelly reveals that after sharing her secret in the car, she feels better, but states she's not going to Morocco. She can't go on a trip with Ramona, she's just too sensitive and doesn't want to get stuck on a trip and be in a situation where she has to remove herself again. The women try to convince her to go. Don't let Ramona control your life, don't let her interfere with this trip. It's not seven days of Ramona, it's seven days of us!

With the rash of suicides and bully incidents across the country, Jill gets involved in a charity event. Jill, Alex and Ally fill gift bags. Jill mentions that she invited Ramona, as she didn't want to exclude her, but Ramona better not start anything at this event and she better be on a leash. In her talking head, we hear Alex say that she doesn't know if Jill's changed.

Ramona shows up with her own pinot. Jill asks to clear the air. Ramona asks to do it another time. They will talk on the trip. Jill says she doesn't want to get on a plane with anyone she has

friction with. She doesn't want a repeat of what happened on the island last year. She'd "rather stay home and pick her nose" than go through that.

Luann comments on how kind the designers are to lend the ladies dresses for the evening, and it's particularly nice that Jill shares her contacts/designers, not like some people, namely Ramona, who doesn't want anyone wearing David Meister. She *lives* in David Meister, while Luann's signature look is Ungaro. "Darling, do you think I would ever look like you in a dress?" Luann asks Ramona. "It's so nasty to tell designers not to let your friends wear the same line of dresses. I find it so bitchy," Luann says in her talking head.

Luann tells Ramona and Alex that the brunettes don't even want to go on the trip with Ramona. "Are you trying to pick a fight?" asks Ramona. Luann says no, but she wants things to be "cool." She wants everyone to bury the hatchet.

In her talking head, Alex says that she was surprised that Luann came in and started scolding Ramona like a truck driver. *"SHE IS A THUG IN A COCKTAIL DRESS."* Aha! The thug in a cocktail dress is Luann de Lesseps! The mystery is solved.

Ramona points out that Luann is gossiping and getting in the middle of things. Luann says she thought Ramona was going to call Jill and work things out. "Who are you? I have to answer to you now?!" Ramona asks Luann.

"No you don't have to answer to me" says Luann. "I'm getting involved cause Jill asked me to get involved." Why does Luann butt into everyone's business, wonders Ramona. We hear Luann say that Jill is afraid of Ramona.

Jill is annoyed at Ramona for bringing pinot for the auction and then drinking it!

Kelly announces that she's going on the trip; Jill and Luann scream in joy.

As the women sit and watch a fashion show, the brunettes are on one side of the aisle and the blondes on the other. Jill snarks that Ramona always has a drink in her hand. "When you have to bring your own pinot to a party, there is an issue" remarks the countess.

Ramona and Kelly chat about their upcoming adventure. Ramona tells Kelly that she wants to

grab Sonja and Kelly while they're away on their trip and do something fun together, without everyone else. Kelly tells Ramona that she almost didn't go on this trip because of what happened the last time. But Ramona didn't do anything to Kelly on the trip!

Jill introduces her stepdaughter, Jennifer Zarin, who tells her story of being bullied. "Bullying is a form of harassment, many times due to ignorance," says Jill as she introduces her stepdaughter. "Tolerance is what we need to teach our children." Jennifer tells the audience how she felt marked in a way. She has a large facial birthmark, a hemangioma, which is a benign tumor, in her bottom lip. She tells how she was taunted in school by kids, but the hardest was hearing "I'd be your friend if you didn't have a birthmark." She remembers going to bed hoping she wouldn't wake up. Jill cries. Jennifer says what saved her is her supportive family, friends and the arts and she thanks them for coming and supporting her cause and hearing her story.

Jill is moved and says she is so lucky to have Jennifer as her stepdaughter. Ramona pulls Jill aside and remarks that Jennifer has so much inner confidence that you don't realize that her face is "deformed." "If this is an indication of what's coming in Morocco, we are in for a very bumpy ride" says Jill.

We hear Ramona tell someone, who turns out to be the designer's daughter, that there are wine glasses unfilled, it doesn't look good. "She has issues says," Kelly says to Jill.

What's coming up in the next three weeks? The housewives will take the trip of a lifetime! They'll be dancing (Ramona will like that), we'll see a guy kissing a snake, Jill with snakes on her head, belly dancing, tents, camel rides (and falls?), drunken late nights ("they're like three sheets to the wind!") and fighting, "Go back to the cabinet you came out of" says Luann to Alex. We see Jill and Ramona scream at each other and Alex really pissed off about something.

"These women are crazy," says Cindy.

Ya think?

Read the blogs and watch the trailer of the RHONYC in Morocco, along from best moments from last night, including the "thug in a cocktail dress" classic moment! **Videos: 'Real**

Housewives of New York' best moments, including Thug in a Cocktail Dress, plus previews of Morocco!

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April 12, 2010, 11:00 PM ET

'Gossip Girl' Season 3, Episode 18, 'The Unblairable Lightness of Being': TV Recap

By Hillary Busis

The CW

Dorota gets hitched!

Wedding bells chimed on "Gossip Girl" tonight, but not for any of the show's still-teenaged protagonists. Instead, long-suffering maid Dorota finally tied the knot with Vanya the doorman. In order to make up for focusing an episode on the union of a happy, uncomplicated couple, though, GG also had to show us the gradual dissolution of three other pairs. Nothing is ever simple on the Upper East Side.

Chuck and Blair begin the episode in an unorthodox way—they're in separate beds, still smarting from the Uncle Jack Incident. When C comes to the Waldorf apartment intending to patch things up, he overhears Dorota telling Eleanor and Cyrus — welcome back, Wallace Shawn! — that her parents are coming to New York. She's panicking about the visit because they can't know that she's pregnant and unmarried. C sees a way to kill two birds with one stone: he can help out D by throwing her a lavish wedding while simultaneously showing Blair what a good guy he is.

At the pre-wedding party, Blair seems to be warming up to Chuck again — that is, until they start arguing about who's at fault for what happened with Jack. When Dan, of all people, tries to console Blair after the fight, she confesses that she's also angry with herself. She doesn't like the person she becomes when she's around Chuck. Finally, after Vanya and Dorota are happily united, B tells C that they can't be together anymore because she's afraid she loves him too much. She walks away from Chuck...and, shortly after, into the arms of Dan, who asks her to dance. Hmm, Dan and Blair—*that* would be one hell of a plot twist.

Meanwhile, Jenny is still doing all she can to drive a wedge between Nate and Serena. Serena makes

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things easier for her by secretly meeting Carter, who's just come back to New York. He tells her that he has information about her father. When Nate discovers that Serena's been sneaking around with her ex — thanks to a little help from Jenny — S lies and tells him the two of them just had coffee together. The next day, she comes clean and explains to Nate that Carter knows something about the long-lost Dr. Van der Woodsen. Nate forbids her from seeing Carter again, and Serena shoots back that he doesn't have the right to do that.

And then Carter shows up at Dorota's wedding, telling Serena that he knows where Dr. VDW has been this whole time: Palm Beach. He also says that he bought her a plane ticket and has a limo waiting outside for her. But Serena soon learns that Carter's known where her father was for a week already — he wasn't telling her so that he'd have an excuse to see her. Disgusted with Carter, Serena kicks him out of the car and continues on to Florida by herself. She tries calling Nate to tell him where she is, but Jenny picks up his phone. S asks Little J to convey a message to her boyfriend: that he should call her ASAP, and that she loves him. Jenny, obviously, does no such thing.

Rufus is also having trouble with his Van der Woodsen woman. Lily told him that she was at Canyon Ranch with CeCe, but when he calls the spa, they tell him she's not there. CeCe won't tell him where Lily is either. Rufus remains in the dark — but the audience doesn't, because when Serena knocks on the door to what is presumably her father's hotel room in Florida at the end of the episode, Lily answers the door, wearing nothing but a bathrobe.

There's also some business with Eric and his new crush, Elliot. First, Eric is bummed to find that Elliot has a girlfriend, who he brings to Dorota's wedding. But by the hour's end, Elliot has ditched the girl and confessed to Eric that he's bisexual — and he has a crush on young Mr. Van der Woodsen. At least one character on this show might get a happy ending.

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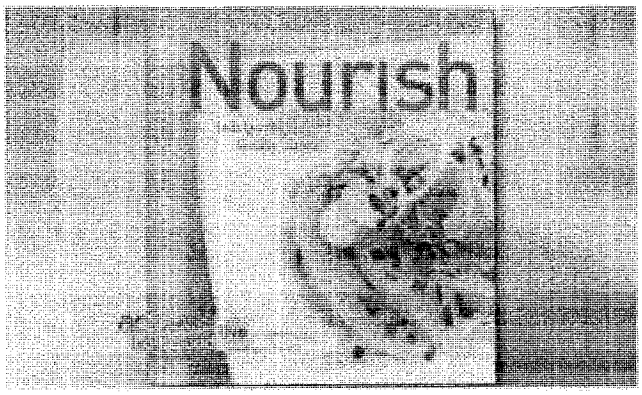

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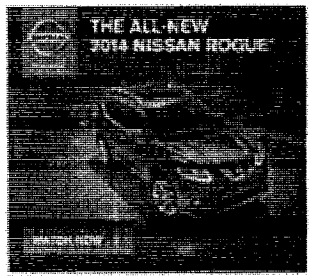

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April 3, 2013

HARDBALL for April 3, 2013, MSNBC

CHRIS MATTHEWS, HOST: 2nd Amendment remedies.

Let's play HARDBALL.

Good evening. I'm Chris Matthews in Washington.

"Let Me Start" tonight with this, where we are in this country with guns, guns and the law. Three years ago, a Republican candidate for the Senate out in Nevada said, We may need to resort to our 2nd Amendment remedies if we can't get public officials to do what we want -- "2nd Amendment remedies" meaning use our guns guarded by the 2nd Amendment to deal with people in government we don't like.

If that was (SIC) frightening enough for you, how about what's happening in Colorado and Texas? In Colorado, a top prison official was gunned down in his home. In Texas, two prosecutors were killed, a third has now pulled out of a case against the Aryan Brotherhood of Texas for, quote, "security reasons." So we have people using guns to settle their disputes with public officials, using their 2nd Amendment remedies.

Don't like the sound of this? Think it's an overstatement? Well, there come times when overstatement becomes the truth out there. We've got a Texas senator, Ted Cruz, who won't let the Senate hold a democratic vote on gun safety, so no democracy. We've got people out there using guns to get even with public officials, intimidating those they don't kill.

This is where we are with guns in this country, "2nd Amendment remedies" being executed on public officials, refusal by some elected officials to let us have a democratic vote on what to do about it. And this is where we live in April 2013.

In a moment, we'll be joined by Democratic congresswoman Carolyn Maloney of New York. And with me now is Dana Milbank, a columnist with "The Washington Post."

Dana, your column today was frightening, frightening. I'm not going to make 2nd World War references, but I'm stunned when I hear about a bunch of guys showing up at the National Press Club, which I would think would be 1st Amendment territory, showing up with all their guns in their pockets, with earphones, taking over the place, basically.

DANA MILBANK, "WASHINGTON POST": When you're with the NRA, nothing trumps the 2nd Amendment, even the 1st Amendment. So yes, I showed up for their news conference yesterday. They took over the place with 20 armed men, some in uniform, some with the bulges in their jackets, rope lines --

MATTHEWS: When are they going to do this to the Senate?

MILBANK: -- searching people's bags. Well, they attempted to do it when their officials came up to the Senate, too. The Capitol police said, You know what? We make the rules around here.

MATTHEWS: Good for them.

MILBANK: But it's almost like might makes right in this, and unfortunately, that's exactly how the debate (INAUDIBLE)

MATTHEWS: What right does a bunch of private people, who are just working for some organization, the NP -- National Public Radio -- National Public Radio!

(LAUGHTER)

MATTHEWS: I don't think it's NPR.

MILBANK: (INAUDIBLE) armed.

MATTHEWS: What right do they got to take over a space like the National Press Club, just take it over and start bossing people around with their guns?

MILBANK: I think that has been the idea of the NRA from the very beginning of this fight. It's like, We have the firepower. We make the rules. Whoever has the guns, makes the rules.

Unfortunately, that's exactly how the Congress has been responding to them. We made a lot of complaints. I said, You can't kick us out of the hallway of the National Press Club. We're the press. So I walked right through. I said, What are they going to do, shoot me? But I guess --

(CROSSTALK)

MATTHEWS: -- old Agatha Christie play where they go to a house somewhere, and everybody keeps disappearing. It started with the idea we're going to do something about assault rifles. Nobody even thinks they can even think about that. Can't touch that. We were going to do the 30-round magazines. Can't even think about that. Then we thought the bleakest possible, maybe we could do something about background checks because this was person who was obviously disturbed who shot all those kids up in Connecticut. Now that's apparently disappearing from the screen.

We're reaching the point where they're not going to do -- even have vote in the U.S. Senate.

MILBANK: It's worse than that. The NRA is now trying to gut the provision that makes gun trafficking a federal offense.

MATTHEWS: Which was the softy. Which was the easiest ones to get passed.

MILBANK: Explicitly protecting criminals' rights to use guns while committing their crimes. I mean, how much more extreme could we get?

MATTHEWS: So we're down now -- we're going to have Carolyn Maloney join us, who's had threats, death threats against her. I want to get her (INAUDIBLE) for that witness.

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But this idea of no vote, how does that stand? They're not going to bring it up because there's a bunch of filibusters out there saying, We don't want to have to have a vote.

MILBANK: Well, look, I mean, a lot of it is also on the Democratic side. Harry Reid said he doesn't even want to bring up assault guns because he knows he doesn't have the votes here.

MATTHEWS: Forty votes or less.

MILBANK: Sure. It looks like it's going to be defeated one way or the other. So in a sense, it doesn't matter if Ted Cruz and others are blocking it from coming to a vote. They can kill it in the House. They can kill it in any number of ways. The point is, the NRA, the gun lobby --

MATTHEWS: OK, why don't they want a vote?

MILBANK: (INAUDIBLE) hold all the cards (INAUDIBLE)

MATTHEWS: Why don't they want a vote?

MILBANK: Well, because 90 percent of the country, by numerous polls, is supporting the idea of near universal background checks. It doesn't make a whole lot of sense to oppose it. The NRA used to support it and --

MATTHEWS: Yes, but they think they -- you say they could win. If they could win, why don't they want to have the vote? Then they can -- then they can screw the other guys and women who vote against.

Let's go to Carolyn Maloney of New York, a much respected congresswoman from New York City. Thank you for joining us, Congresswoman.

REP. CAROLYN MALONEY (D), NEW YORK CITY: Well, thank you for having me.

MATTHEWS: You know, I don't like to talk about this, but you've been threatened.

MALONEY: That's true. That shows you how deep and intense this gun safety debate is in the country.

MATTHEWS: Well, what's going on? What's happened to you in your office? What has been the threat, the nature of the threat? Because we've got public officials down in the Southwest, two prosecutors killed, another one pulling out of a case against the Aryan Brotherhood of Texas for security reasons. We've got a prison official (INAUDIBLE) gunned down in Colorado.

This 2nd Amendment remedy is no longer the crazy talk of a -- of (INAUDIBLE) odd duck Senate candidate out in Nevada. 2nd Amendment remedies are what you do when you don't like public officials, you shoot them. And that's what's going on now!

MALONEY: And you have the remedy that law enforcement has been calling for, to pass sensible gun safety legislation that would have reasonable penalties for straw purchasers and make trafficking in guns, illegal guns, a felony. They're begging for this law.

MATTHEWS: Well, why would anybody --

MALONEY: We should pass it and give them the tools to do their job.

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MATTHEWS: -- oppose that one? Why would anybody oppose that? We've already said we're not going to do assault weapons. We're not going to do magazines. We're not going to do background checks. Why would anybody oppose this secondhand buying, when you buy a gun for a crook totally dishonestly and illegally, and that should be illegal in itself -- why would anybody oppose the enforcement of, basically, that kind of a law.

MALONEY: People are astounded when they hear that. They think it should be illegal already. But we need to pass this bill. And of course, the good old NRA and others are trying to stop it. Law enforcement -- we have over 20 different law enforcement agencies that have endorsed my bill, that are calling for its passage. And at the very least, we should pass that.

But I can tell you, Chris, as long as Americans are dying, I'm going to keep on trying to pass these bills.

MATTHEWS: Right. Good for you.

MALONEY: I think just put them out on the floor and have a vote. The American people, as Dana said, support a vote. They want a vote. They want gun safety. The president is in Colorado trying to build support. We should give him at least a vote on these measures in the House of Representatives and in the Senate.

MATTHEWS: I'm with you. Let's take a look at the other point of view on this, the hard-right point of view. And it's voiced very well, I think, by Nevada Republican Senate candidate Sharron Angle, where she talked about the right of people -- not just the right, but they ought to use it, the right, which she called "2nd Amendment remedies," meaning use firepower against public officials you don't like.

Let's listen to how she put it. Make your own judgment.

(BEGIN AUDIO CLIP)

SHARRON ANGLE (R), NEVADA SENATE CANDIDATE: You know, our founding fathers, they put that 2nd Amendment in there for a good reason. And that was for the people to protect themselves against a tyrannical government. In fact, you know, Thomas Jefferson said it's good for a country to have a revolution every 20 years.

I hope that's not where we're going. But you know, if this Congress keeps going the way it is, people are really looking toward those 2nd Amendment remedies. They're saying, My goodness, what can we do to turn this country around? I'll tell you, the first thing we need to do is take Harry Reid out.

(END AUDIO CLIP)

MATTHEWS: If this Congress keeps going in that direction, people are looking toward their 2nd Amendment remedies. Well, that's what you're being threatened with. They don't like the way you're going, so they're threatening you with that 2nd Amendment remedy, which is gunplay.

MALONEY: Well --

MATTHEWS: This is verbatim here! This isn't arguable. This is the way these right-wingers talk now, and I think other people are beginning to act that way. We haven't had these cases closed out West.

MALONEY: Well --

MATTHEWS: But you've got a prosecutor who's pulling herself out of a case against the Aryan Brotherhood of Texas, and you can bet none of those characters ever voted for Obama. You've got people on the hard right out there.

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So what are we doing now? How far do we have to go with this before you people in the Congress say to the people like Boehner, You guys cannot hold office if you don't let people vote?

MALONEY: We will be saying that. But fortunately, we have a revolution every two years. We can shoot at the ballot box and elect people that are going to support gun safety and reasonable gun safety measures.

I support the 2nd Amendment. None of the bills before Congress in any way hinder the 2nd Amendment or the right of law-abiding people to own guns. It's going after criminals. It's going after traffickers. It's going after those who want to purchase assault weapons that aren't used to kill animals, they're just used to mow down people.

But her language is not helpful. It's extreme. And fortunately, she wasn't elected.

MATTHEWS: Let's look at the polls now because it is a democracy. It's not perfect. But let me show you some of the poll numbers from "MORNING JOE," just did a poll with the Marist group today. Sixty percent of all registered voters believe laws covering firearm sales should be stricter, whereas 50-50 of the gun owners want the laws kept as they are. But that's not so bad, 50-50 on the gun owners.

On the issue of background checks for private and gun shows, 87 percent, 9 out of 10, registered voters support those background checks. Even 83 percent of gun owners agree on those background checks.

So let me ask you, Dana. You cover this. I don't know many bills to get 4 out of 5.

MILBANK: No.

MATTHEWS: I don't know many that get 9 out of 10. We're talking big-time support. We're talking apple pie here. And yet we can't even get a vote in the United States Senate. And therefore, we probably won't get one in the House.

MILBANK: Well, of course. One follows the other. Let's be fair about this. What Sharron Angle said about 2nd Amendment remedies is -- is something that comes from the very extreme of our culture. She lost that race.

MATTHEWS: Pretty close.

MILBANK: She lost the race in part because of that. Well, she said many other crazy things, too.

MATTHEWS: Because we raised hell about it!

MILBANK: Right. Exactly.

MATTHEWS: People said, Wait a minute. What are you actually saying here?

MILBANK: Exactly. And I think we can say there are very few if, any people, in the Congress right now who would dare say something about using their --

MATTHEWS: Using a gun against somebody you don't like.

MILBANK: But what they're not doing is going out and standing up against this. And they're enabling that sort of thing, the threats being made against the congresswoman.

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Now, in terms of the polls, if they were voting the polls, of course we would have reasonable gun control in this country. The problem is, based on the gerrymandering in the House and in the way the Senate is structured, they're not responsive to public opinion. They're responsive to disproportionate slices within their own districts and these rural (INAUDIBLE)

MATTHEWS: Let me go back to Carolyn Maloney. Congresswoman, I've respected you for a long time. And I just think you have to think -- it's not just the schools, these horrendous, horrible situations like we had up in Newtown, Connecticut. They come just often enough to remind us that they can happen. But there's gun deaths on the street. There are people committing suicide because they happen to have a gun around. There's husbands and wives shooting at each other when they get upset about something because they happen to have a gun around.

Too many guns! People do things with guns they wouldn't do without the gun. This is the -- we are a violent society maybe already, but certainly, the presence of so many -- so much firepower --

MALONEY: I agree, Chris --

MATTHEWS: Is it ever going to stop? Are we just going to keep arming ourselves?

MALONEY: If guns made us safer, we'd be the safest country on earth.

MATTHEWS: Yes.

MALONEY: We are the most heavily armed country on earth. And one bill that I introduced would require liability when you purchase a gun. So often, the -- the onus or the responsibility is put on the victim and on society at large to cover the gun violence --

MATTHEWS: Yes.

MALONEY: -- and the terrible pain and suffering. If someone buys a gun, they are responsible for that gun. They are responsible for gun safety. That would help. We require that when you purchase a car that you have liability insurance. Let's do the same with guns. That's another step in the right direction.

But what gets me is these drive-by killings of young people, particularly in New York and LA, innocently sitting in their cars, and they are shot and killed. In Brewster, New York, just 10 days after Sandy Hook, our fire officers and firefighters and police officers were mowed down by a deranged --

MATTHEWS: It's good you remind us of that.

MALONEY: -- gun trafficker. So it's happening all over the place.

MATTHEWS: I know. It's not the exotic --

MALONEY: -- and if don't take steps --

MATTHEWS: -- horror.

MALONEY: -- to stop it, it's going to keep on happening. And that's why we need to pass --

MATTHEWS: Carolyn --

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MALONEY: -- these sensible gun safety laws.

MATTHEWS: Congresswoman, take care of yourself. It's great to have you on the show.

MALONEY: Thank you, Chris.

MATTHEWS: I'm terrorized myself --

MALONEY: Thank you.

MATTHEWS: -- by this whole stuff, that people threatening people. There are so many members of Congress that are trying to do the right thing. Dana Milbank, great story about the thuggery by the National Rifle Association, showing up heavily armed at a 1st Amendment cathedral, the National Press building.

Coming up: It felt an awful lot like 2016 here in Washington, D.C., last night. There were two big names in the Democratic Party, Hillary Clinton and Joe Biden, going at it, making speeches and generating lots of I think happy speculation on the center and center-left. They got a new poll out that's going to tell us all about 2016.

Also, why Mark Sanford could be the only Republican capable of losing South Carolina's open House seat to Elizabeth Colbert Busch -- that's Steve Colbert's sister -- and why Colbert Busch might not hold that seat for very long, of course.

And this just in from Quinnipiac, 20 percent of Republicans now believe President Obama is the anti-Christ. That puts things in perspective, doesn't it. Thirty-three percent believe Saddam Hussein actually hit us on 9/11. And 53 percent of Republicans say global warming is a hoax. Not just wrong, but a hoax.

But before you get too smug, Democrats believe some weird stuff, too. We'll get to that. The truthers are out there, too.

Finally, yesterday it was a radio talk show host who found a way to link gay marriage and trouble in Korea. Well, today we bring you the Texas congressman, the great Louie Gohmert -- I'm being sarcastic -- who manages to connect the unconnectable dots between -- catch this -- gay marriage and limiting magazine capacity in guns. Now, you figure that one out. Mr. Gohmert, you are our "Sideshow."

This is HARDBALL, the place for politics.

(COMMERCIAL BREAK)

MATTHEWS: Well, the man who gave us that term for appearing on all five Sunday morning talk shows the same day has died. William Ginsburg was Monica Lewinsky's lawyer. On February 1st, 1998, he appeared on all five of the major talk shows, "MEET THE PRESS," "Face the Nation," "This Week," "Fox News Sunday," "Late Edition," a feat forevermore known as "the full Ginsburg." Well, since then, there have been 12 full Ginsburgs. The most recent was Jeb Bush last month promoting his new book. We lost him, William Ginsburg gone at 70 years of age.

We'll be right back.

(COMMERCIAL BREAK)

MATTHEWS: Welcome back to HARDBALL. Last night was the Hillary and Joe show, some say. Former secretary of state Hillary Clinton and Vice President Joe Biden shared the stage at an event for the global women's organization Hillary Clinton herself founded when she was first lady back in '97. The appearance of the two Democratic heavyweights at the Vital Voices

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awards ceremony is fueling speculation about 2016, obviously, and they each had some kind words to say about one another. This is a little love here, if you like it. Let's watch.

(BEGIN VIDEO CLIP)

HILLARY CLINTON (D), FMR. SECRETARY OF STATE: Vice President Biden and I have worked together on so many important issues. And I know what a personal victory it was for him to see the Violence Against Women Act reauthorized last month.

(CHEERS AND APPLAUSE)

JOSEPH BIDEN, VICE PRESIDENT OF THE UNITED STATES: There's no woman like Hillary Clinton.

(CHEERS AND APPLAUSE)

BIDEN: -- Hillary Clinton -- that's a fact.

(END VIDEO CLIP)

MATTHEWS: And while many may think this was Hillary's coming-out party for 2016, it was Biden who may have stolen the show, many say.

(BEGIN VIDEO CLIP)

BIDEN: The ultimate abuse of power, as my sister Valerie (ph), who's with me here tonight, often heard my father say -- the ultimate abuse of power was for a man to raise his hand to a woman or a child.

(END VIDEO CLIP)

MATTHEWS: With me now is NBC's Andrea Mitchell, the great Andrea Mitchell, by the way, the host of "ANDREA MITCHELL REPORTS" on MSNBC, and Howard Fineman, the also great editorial director of the HuffingtonPost Media Group. That's right (INAUDIBLE) MSNBC (INAUDIBLE) You guys are great friends of mine! I have to say, Andrea, I've watched you since you were on radio in Philly and I've watched your career. You are a great role model. You are --

ANDREA MITCHELL, HOST, "ANDREA MITCHELL REPORTS": Thank you.

MATTHEWS: -- without saying it, one of the great feminists of our time. You don't push it, but that's what you are because you represent fighting for a great job and doing a great job. You got to do both, right? You got to fight for it, and then you've got to do it. So it's not so easy.

Hillary Clinton, I thought, should just take a breather. No more awards, no more ceremonies, go to the Canyon Ranch, someplace, and just do what we'd all like to do -- we'd all like to do -- and we could all use, just get the wrinkles out, relax, stop worrying, stop sweating --

MITCHELL: What's a breather?

MATTHEWS: What's a breather? So you are the -- you are the classic -- type A's don't do that, do they.

MITCHELL: If you're Hillary Clinton -- first of all, she is motivated by her passion for service. There's no question about that. This is not power with her, this is accomplishment. It's policy-related. And that's why Vital Voices, the organization she was at last night, is so part of her soul.

MATTHEWS: You were there, right?

MITCHELL: I was there.

MATTHEWS: My wife was there. She's (INAUDIBLE)

MITCHELL: I mean, and -- you know, and I know your wife --

MATTHEWS: You were there.

(CROSSTALK)

MATTHEWS: And Amy (ph) was there.

MITCHELL: I mean, you go back to the Peace Corps days, you and your wife. That is exactly what motivates Hillary Clinton.

MATTHEWS: Yes. But -- remember the great line in "Downton Abbey," "What's a weekend?"

(LAUGHTER)

MATTHEWS: Can't she take a couple weeks off?

HOWARD FINEMAN, HUFFINGTON POST MEDIA GROUP, MSNBC POLITICAL ANALYST: Well, Chris --

MATTHEWS: Anyway, I just think she's starting already. I think she's starting --

(CROSSTALK)

FINEMAN: Well, I agree -- I agree with what Andrea says. It is service. And this is her organization.

MATTHEWS: Yes.

FINEMAN: And Hillary was there giving an award to Melanne Verveer, who has been her helpmate --

MATTHEWS: I know.

FINEMAN: -- for 30 years. And so in that sense, it was not political. And by the way, the women that they honor there every year are always so inspiring. Their stories are amazing. I think it's the best event in Washington every year. It's the most inspiring event.

MATTHEWS: Yes.

FINEMAN: But there's the service part of it, but there's inexorably the political part of it. And what I thought sitting there --

MATTHEWS: I don't think I have heard that word before on this show.

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FINEMAN: Sitting there --

(CROSSTALK)

MATTHEWS: Inexorably. I love that word.

(CROSSTALK)

FINEMAN: Well, I used to work in a news magazine.

(LAUGHTER)

(CROSSTALK)

FINEMAN: But we got paid by the fancy word.

But sitting there in the audience, listening to the story of this organization and these women and how they learned to assert themselves and tap into power in the world, you had to say to yourself when you're watching Hillary Clinton, there's no way she won't run, and there's no way she isn't running, because she owes it to the vision of this organization, of these people.

(CROSSTALK)

MATTHEWS: Without endorsing her, you're a straight news person. But the thing is, there's something that's discernible out there this time. We saw last time the first African-American president.

A lot of us were thrilled by that prospect, knowing this country's history. It's about time we did something right we had done so many hundreds of years wrong. With women, it's just to me -- it's about time. It's not correcting anything. It's just about time, because Hillary Clinton is the best bet of all women in this country to be the next president. If she doesn't do it next time, she won't do it ever.

So --

MITCHELL: Well --

(CROSSTALK)

MATTHEWS: So is it -- how do you say that? Inexorable.

(CROSSTALK)

MITCHELL: Inexorably?

MATTHEWS: Inexorable. Is it inevitable?

MITCHELL: I was interviewing Ed Rendell, our friend, our colleague.

MATTHEWS: He's the biggest guy on the planet.

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MITCHELL: The biggest Hillaryite, as he described himself to me yesterday.

And he said it's time. And it's historic. And it's the moment. I can reflect the passion and this isn't politics. this is just my family. My 95-year-old mother, she will be 95 next week.

MATTHEWS: Wants to see this.

MITCHELL: She wants to see this.

MATTHEWS: Yes.

MITCHELL: And she's waiting for Hillary. There are a lot of women of her generation as well as younger generation.

MATTHEWS: Our generation, my generation.

MITCHELL: But the important thing to reflect here is also Joe Biden has street cred with these women. And he walked into her home court advantage and got cheers for his passionate speech about protecting women and girls.

MATTHEWS: Is that close to the bone, the idea of wife beating some old -- or beaters?

MITCHELL: Well, that was part of it.

MATTHEWS: Yes. But is that something that women really worry about?

MITCHELL: Yes.

MATTHEWS: Men being brutal?

MITCHELL: The Violence Against Women Act.

(CROSSTALK)

MATTHEWS: In the home, in the home?

(CROSSTALK)

MITCHELL: Yes, domestic violence. And he was honoring three Indian men who have fought brothers who have been -- who were honored by Vital Voices last night for protecting women and girls in India, where rape is endemic. This was a big deal. And Biden had them.

MATTHEWS: OK.

(CROSSTALK)

MATTHEWS: You're watching this like I'm watching this, as a male. And we're both students of politics. There is something going on here. This is not going to be a regular election.

Remember Teddy ran in '79 and '80 and he didn't quite make it because of the Chappaquiddick and things like that. Chappaquiddick was enough and Carter was president. And we had Obama who was coming along who was a big phenomenon

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in himself, obviously. But this time, this is even bigger than both those occasions, because it's more -- most Democrats are women.

FINEMAN: Yes.

MATTHEWS: It's overwhelming in some states, like California.

FINEMAN: Right.

MATTHEWS: So, just if women just vote and men just vote gender, it's over.

FINEMAN: Well, in addition --

MATTHEWS: Not that they will.

(CROSSTALK)

FINEMAN: The other thing that I was looking at as a student of politics was the crowd. And there were a lot of young women there. There are a lot of young activist women.

MATTHEWS: Last night at the Kennedy Center?

FINEMAN: At the Kennedy Center who are interested in electoral politics, in movement politics, in nongovernmental -- you know, nonprofit organizations for women's empowerment around the world, well-educated, sharp, eager to get involved in a crusade.

And Hillary's opportunity, and I think maybe to some extent her challenge, is to be as inspiring to those young women -- I'm talking about women under 30 who were there -- and there were many of them -- to be as inspiring to them.

MATTHEWS: Tell them.

FINEMAN: Don't just be an icon of the past. She's got to --

(CROSSTALK)

MATTHEWS: Yes. They don't know what the fight over choice was.

FINEMAN: They don't know about those old arguments.

MATTHEWS: Yes.

FINEMAN: She's got to be able to connect with them and say I still have fights to carry out for you.

MATTHEWS: I want you to report on what you see here.

Although Hillary Clinton praised Joe Biden and the first ambassador of global women's rights, Melanne Verveer, she made sure everyone's aware of her legacy as secretary of state. Let's watch.

(BEGIN VIDEO CLIP)

HILLARY RODHAM CLINTON, FORMER U.S. SECRETARY OF STATE: We have shared struggles and successes, and even some foxholes over the years.

It's a little bit like a family reunion. Our unwavering faith in the potential, the untapped potential, of women and girls is at the heart of the work we have done together.

When I became secretary of state, I was determined to weave this perspective into the fabric of American foreign policies.

(END VIDEO CLIP)

MATTHEWS: It's so interesting.

And this is a genderless or gender-free comment. So often, it's almost like the -- the Super Bowl. You have to run once to win the second time. Bush Sr. lost.

MITCHELL: Absolutely.

MATTHEWS: Eight years later, he's back in. Reagan lost twice, '76 and '68. He lost twice.

Hillary Clinton has lost once. She's eight years older. Now, some people get better with age. Nixon I think got better in certain ways and worse in other ways between '60 and -- he got embittered. What do you think Hillary Clinton now is different than when you saw her and covered her running the first time? How is she different?

MITCHELL: Well, she's seasoned in a good way and experienced.

She -- look, she deferred to Barack Obama for four years on policy differences. And you never heard a leak out of the State Department until she was out the door that there were differences over Syria.

MATTHEWS: Well, I have never heard them.

MITCHELL: After she left, it was revealed in various testimonies that there were differences over Syria. But you didn't hear that then.

MATTHEWS: Yes.

MITCHELL: She was very conscious that she had to try to avoid that kind of infighting to get along.

But there were policy differences. I think she's learned better how to run an organization, a big organization. But that doesn't mean to say that she will be better organized or more effective in a primary battle than she was last time. She had those huge advantages going in.

MATTHEWS: Yes, there's something unique about primaries.

I hope she doesn't have to get negative ever, because I think it would be nice to have a totally positive campaign. But it never seems to end up that way.

Howard, can she run a totally positive campaign, just I have done this, I'm ready, I got the resume, I should be president?

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FINEMAN: No.

No. If she learned anything four years ago, it was that she needed to get off the pedestal and fight from the very start.

MATTHEWS: So, we will see that again?

FINEMAN: You're not going to see her greeting everybody in a sunny sunroom in her house to start her campaign.

MATTHEWS: Yes. But I always tell people, if you meet her alone like you have met her many times, she's wonderful as a person.

MITCHELL: She's a great --

MATTHEWS: She's fun. She has a great sense of humor.

MITCHELL: Funny.

MATTHEWS: It doesn't always come across on the stage. She's got it.

Anyway, Andrea Mitchell, great person.

MITCHELL: Thank you.

MATTHEWS: Howard Fineman, a fine man. I wish I could be as fine sometimes. Sometimes, I --

(LAUGHTER)

(CROSSTALK)

MATTHEWS: Up next, our pal Louie Gohmert, this is always fun. This guy is this crazy guy from Texas. Of course, he's a birther. Of course, he starts with that. He wants to restrict the size of gun -- he doesn't want to restrict the size of gun magazines because he says it's like legalizing marriage for two people of the same sex. If you can make the connection that this crazy guy has made, you're better than me. And he's a U.S. congressman.

And this is HARDBALL, the place for politics.

(COMMERCIAL BREAK)

MATTHEWS: Back to HARDBALL. Now to the "Sideshow." And what a "Sideshow."

First, we welcome back Texas Congressman Louie Gohmert. Have you noticed that opponents of gay marriage keep referring to traditional marriage as between one man and one woman? Well, I have. Well, a newly released audio from a February conference call of Gohmert, the congressman describes a link between that one man, one woman stuff and gun restrictions.

(BEGIN AUDIO CLIP)

REP. LOUIE GOHMERT (R), TEXAS: I had this discussion for some wonderful, caring Democrats earlier this week on the issue of, well -- well, they said surely you could agree to limit the number of rounds in a magazine, couldn't you? I mean, what -- how would that be problematic?

Well, and I pointed out, well, once you make it 10, then why would you draw the line at 10? What's wrong with nine or 11? It's kind of like marriage. When you say it's not a man and a woman anymore, then why not have three men and one woman or four women and one man? And -- or why not, you know, if somebody has a love for an animal. There is no clear place to draw the line once you eliminate the traditional marriage.

(END AUDIO CLIP)

MATTHEWS: Well, he hit it all, didn't he? Bestiality, polygamy, the magazine rounds all rolled into one topic. Thanks to tying it all together for us, Congressman.

Also, did we really arrive at this serious point of debate over same-sex marriage thanks to a popular TV show? Well, some on the right seem to think so. Trouble is they can't decide which TV show. "The Atlantic"'s politics blog picked up on the trend.

First, Rick Santorum says, "Will & Grace" is the culprit. At an event during this year's CPAC, Conservative Political Action Conference, Santorum said: "Attitudes on marriage, it's basically safe to say for 30 years after the sexual revolution didn't change, until one program on television started changing it. And that was 'Will & Grace.'"

Next, the group One Million Moms says it's NBC's "The New Normal," which features a gay couple -- quote -- "'The New Normal' is attempting to desensitize America and our children. It's the opposite of how families are designed and created."

Next, the Parents Television Council called out "The Simpsons" for a 2005 episode where Marge's sister reveals she's gay -- quote -- "At a time when the public mood is overwhelmingly against gay marriage, any show that promotes gay marriage is deliberately bucking the public mood."

Finally, Bristol Palin went on -- went to "Glee." She says "Glee" is the fault. When President Obama came out in support of same-sex marriage, Bristol wrote, "It wouldn't have been nice -- it would've been nice if the president would have been an actual leader, instead of merely reflecting what many teenagers think about one too many episodes of 'Glee.'"

Finally, back in November, televangelist Pat Robertson surprised all of us by suggesting that the religious right had gone too far when it comes to science.

(BEGIN VIDEO CLIP, "THE 700 CLUB WITH PAT ROBERTSON")

PAT ROBERTSON, HOST, "THE 700 CLUB": You go back in time, you have got radio carbon dating. You have got all these things. And you have got the -- the carcasses of dinosaurs frozen in time out in the Dakotas.

There was a time that these giant reptiles were on the Earth. And it was before the time of the Bible. So don't try to cover it up and make like everything was 6,000 years. If you fight revealed science, you're going to lose your children. And I believe in telling them the way it was.

(END VIDEO CLIP)

MATTHEWS: That was November.

Earlier this week, Robertson described the side effect of learning about evolution. A viewer asked why miracles seem to happen overseas, but not here in the United States.

Well, here's the reaction from Robertson.

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(BEGIN VIDEO CLIP, "THE 700 CLUB WITH PAT ROBERTSON")

ROBERTSON: People overseas didn't go to Ivy League schools.

(LAUGHTER)

ROBERTSON: We are so sophisticated. We think we have got everything figured out. We know about evolution. We know about Darwin. We know about all these things that says God isn't real.

We have been inundated with skepticism and secularism. And, overseas, they're simple. You say, God will do miracles and they say, OK, we believe him.

(END VIDEO CLIP)

MATTHEWS: What's all this about Ivy League schools? Robertson got a degree in history at Washington and Lee University, then went on and graduated from Yale Law School. What's his problem?

Anyway, he begs the question here, by the way, of who's right. Are these events miracles or are they explainable by science? He doesn't say, did he?

Anyway, up next, Mark Sanford wins his runoff. But could he be -- couldn't he be the only Republican who could actually lose the open seat down in South Carolina? Could Sanford be the only losing Republican down there?

You're watching HARDBALL, the place for politics.

(COMMERCIAL BREAK)

BRIAN SHACTMAN, CNBC CORRESPONDENT: I'm Brian Shactman with your CNBC "Market Wrap."

Stocks tumbling amid worries about North Korea and the labor market, the Dow falling 111 points, the S&P 500 shedding 16, and the Nasdaq ending off 36.

Defense Secretary Chuck Hagel says he sees a -- quote -- "real and clear danger" from North Korea. The U.S. is deploying a missile defense system to Guam to counter recent threats from the North.

And payroll firm ADP says employers added 158,000 jobs in March. That was below estimates, for a gain of 200,000.

That's it from CNBC, first in business worldwide -- now back to HARDBALL.

MATTHEWS: Welcome back to HARDBALL.

When it comes to must-see political contests, they don't get much better or hotter than the special election May 7. That's coming up for South Carolina's 1st Congressional District. On one side, you have the political newbie, Elizabeth Colbert Busch, who happens to be the sister of Comedy Central star Steve Colbert.

On the other side, you have an infamous former -- well, infamous former governor trying to make one of the most dramatic political comebacks in history. For many, Mark Sanford's legacy will forever be tied to his press conference when he confessed

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that he had been hiking in the Appalachian Trail, but rather having -- rather was having an affair down in Argentina with a woman down there.

(BEGIN VIDEO CLIP)

MARK SANFORD (R), FORMER SOUTH CAROLINA GOVERNOR: I would also apologize to my staff, because as much as I did talk about going to the Appalachian Trail, that was one of the original scenarios that I had thrown out to Mary Neal (ph), that isn't where I ended up.

The bottom line is this. I -- I have been unfaithful to my wife. I developed a relationship with a -- what started as a dear, dear friend from Argentina. It began very innocently, as I suspect many of these things do.

(END VIDEO CLIP)

MATTHEWS: Well, last night, Sanford clinched the Republican nomination in the runoff down there. He thanked God for giving him and others second chances.

(BEGIN VIDEO CLIP)

SANFORD: I want to thank my God.

You know, I used to cringe when somebody would say, OK, I want to thank my God. It was at that point, OK, this is getting uncomfortable. But once you've really received God's grace and seen it reflected in others, you cannot stop and stop for a moment and publicly acknowledge that grace and that difference he has made in my life and he's making in so many lives across this state, across this nation, and certainly in this campaign.

And while God may be a God of second chances, at times, voters are a little bit less forgiving.

(LAUGHTER)

(END VIDEO CLIP)

MATTHEWS: Will he win his comeback victory? Will he go all the way with his comeback journey?

Eugene Robinson hails from South Carolina. He's a colleague (ph), I supposed, of course, and a favorite son of the great state of South Carolina.

Rick Tyler is Republican strategist, former spokesman for the man who actually won the Republican primary in South Carolina last time. Just a year ago, actually, Newt Gingrich. How time flies.

Let me go with this right now, because you're both local to this situation.

Let me ask you, Rick.

RICK TYLER, REPUBLICAN STRATEGIST: Yes.

MATTHEWS: I think this district is Republican.

TYLER: It is.

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MATTHEWS: It's become Republican. And I think it's very hard for them to vote for Steve Colbert's sister just because they got a problem with this guy. The only question is going to be turnout, then. Who shows?

TYLER: That's the whole thing. That's why, normally, if this were a general election, there would be no question. No one would be paying attention to it.

MATTHEWS: Because the Republicans would win.

TYLER: The fact that you have a quasi-celebrity and the fact that she's Colbert-Busch, sister of Stephen Colbert who's famous, well-respected, and people like, and then you have Mark Sanford, who -- didn't the Appalachian Trail go down to Argentina?

EUGENE ROBINSON, THE WASHINGTON POST: No. It stops. It doesn't go all way. It doesn't go that far.

MATTHEWS: Gene, I don't like to overcomplicate politics. Some people like jargon and long words. I come back to the word "like."

ROBINSON: Yes.

MATTHEWS: If you like Bill Clinton, you forgive him. If you don't --

ROBINSON: Yes.

MATTHEWS: If you like somebody, you make that decision after you see him a few times, you know, he's me. In some way, he's me and I get it and I'm with him.

ROBINSON: Yes.

MATTHEWS: I think a lot of people made that decision about Sanford. I'm with him. I may be wrong.

ROBINSON: Well, I'm not sure.

MATTHEWS: Well, that's your views.

ROBINSON: There wasn't a lot of turnout in the special -- in the primary or in the runoff. I'm not sure if people are that enthusiastic about voting for him. I think a lot of Republicans believe he let them down. He kind of abandoned the state while he was governor and he was off, you know, it was his not a family values kind of situation. I -- and she's foreign. You know, she's from Argentina.

MATTHEWS: Nobody is -- he's marrying her. He's getting married.

This isn't some roll in the hay if you will to use an old phrase. He's fallen in love. He didn't use the phrase but he's fallen in love. She's his fiancee now.

They're going to get -- here she is right there off to the right there. I mean, obviously attractive. Don't have to be complicated about that.

He's in love with her, he's going to marry her. Does that solve the problem now?

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TYLER: Well, it's complicated. It's like you say, if people like Mark Sanford -- Mark Sanford has two problems. I mean, his greatest asset is people know Mark Sanford. His greatest liability is people know Mark Sanford.

ROBINSON: Yes.

(LAUGHTER)

TYLER: Her greatest asset is people don't know who she is. And if you go on her Web site, she seems like a reasoned, moderate, centrist. She's carved out this space for herself.

MATTHEWS: But doesn't she --

(CROSSTALK)

MATTHEWS: Doesn't she to at some point come on television, start doing interview programs and introduce herself? She's apparently been hesitant to do that.

TYLER: This is going to be about execution. Mark Sanford is a pro.

MATTHEWS: He's on TV. He's everywhere.

TYLER: He's done this before. It is going to be about getting voters out to the polls. If the Sanford team can do that because I wouldn't rely on a national committee to do it --

ROBINSON: Yes.

TYLER: -- versus whether her team can get her --

MATTHEWS: Is this going to soften, just going to have a little rebound or ricochet effect? If the Republican Party brings back Mark Sanford, puts him back to the United States Congress, they're basically giving us one more bit of information. One more bit of information that Bill Clinton is home free now. That we're not going to hold these things against people for very long.

ROBINSON: Well, yes, I suppose so.

MATTHEWS: They can hardly come out and scourge Bill Clinton all over again in a couple years.

ROBINSON: Sure they will.

MATTHEWS: They will?

ROBINSON: They've been scourging Bill Clinton --

TYLER: There's a little bit of difference.

(CROSSTALK)

MATTHEWS: There's always a difference.

TYLER: Viva la difference. There's a difference between Colbert and Colbert.

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(LAUGHTER)

MATTHEWS: Wouldn't you say infidelity is an evil.

TYLER: Bill Clinton went on television and denied the affair. He did not. He came right out. And Bill Clinton didn't do something that Mark Sanford --

MATTHEWS: This guy didn't have Ken Starr chasing him either.

TYLER: Well, Sanford actually went away. Remember? He actually left.

ROBINSON: Yes.

TYLER: And then, now, he's come back. Bill Clinton never went away.

ROBINSON: He did go away. He did come back. I -- there was I think a distinct lack of enthusiasm for the guy, though.

(CROSSTALK)

ROBINSON: In the primary most people voted against him. In the runoff --

MATTHEWS: OK, let's more of this. His one-time mistress is now his fiancee, as I said last night, she stood behind him as he gave her a special thanks. This is interesting. He didn't know she was going to be there, he said.

Let's watch.

(BEGIN VIDEO CLIP)

SANFORD: I thank you. I guess to my fiancee, Belen, who's right here behind me, for her long suffering as she put up with me being on the road for more than just a few months, and I thank you for that as well.

(END VIDEO CLIP)

MATTHEWS: I bet a lot of wives out there aren't thinking of long suffering.

ROBINSON: Exactly. Look, this is a district that's along the coast. It's a very sophisticated part of the state. Still that's not going to go over that well.

You might disagree. But I don't think --

(CROSSTALK)

TYLER: Let's -- I think it was smart for her to be there, because it was a staged surprise. I don't think --

MATTHEWS: I've got my vote. I've got my vote figured out. Who's going to win?

ROBINSON: Who's going to win? Oh, I bet a nickel on -- I'm going to bet a nickel on Colbert-Busch.

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TYLER: I'm going to say Mark Sanford's going to win.

MATTHEWS: I'm with you. Sanford's going to win. Thank you.

I'm almost always right.

Thank you, Eugene Robinson. Thank you, Rick Tyler.

(LAUGHTER)

MATTHEWS: Up next, one in five Republicans think President Obama is the antichrist. That's in Revelations. Are we becoming a country of complete conspiracy nuts?

This is HARDBALL, the place for politics.

(COMMERCIAL BREAK)

MATTHEWS: President Obama is out in Colorado today, pushing efforts to strengthen gun safety laws. Here he is.

(BEGIN VIDEO CLIP)

BARACK OBAMA, PRESIDENT OF THE UNITED STATES: There doesn't have to be a conflict between protecting our citizens and protecting our Second Amendment rights. I've got stacks of letters in my office from proud gun owners, whether they're for sport or protection or collection, who tell me how deeply they cherish their rights, don't want them infringed upon, but they still want us to do something to stop the epidemic of gun violence.

(END VIDEO CLIP)

MATTHEWS: Well, the president will keep the push going when he travels to Connecticut this Monday.

And we'll be right back.

(COMMERCIAL BREAK)

MATTHEWS: We are back.

How crazy are we as a country?

Just when you think the birther has quieted down for a while, we get new numbers from Public Policy Polling showing some Americans are keen to believe conspiracy theories that are ripped from a supermarket tabloid and, not surprisingly, Republicans are keen to believe anything that makes President Obama look bad. Anti-Christ, anyone?

Here to have some with the data are Lizz Winstead, creator of "The Daily Show", and "Mother Jones'" D.C. bureau chief, David Corn, who's also an MSNBC political analyst.

Thank you both.

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Let's start with the wild one. Do you believe President Obama is the antichrist? Let me just give you a refresher, so we all know exactly what that means. Webster defines antichrist as, quote, "One who denies or opposes Christ, specifically as a great antagonist expected to fill the world with wickedness but to be conquered forever by Christ in his second coming."

Well, 13 percent of Americans, one in six, and 22 percent of Romney voters believe Obama is the antichrist. Incredible. Another 13 percent can't make up their minds.

Lizz, 26 percent believe that he might be antichrist. What kind of a loony bin are we living with?

LIZZ WINSTEAD, CO-CREATOR, "THE DAILY SHOW": I don't even know what to say except for this should sort of a poster for what happens when people have idle time to while away their little brains.

MATTHEWS: Yes.

WINSTEAD: We need jobs and we need education, because if people are just led to believe things that they read in "Newsmax" or on "World Net Daily," I mean, the fact that that many people find this information out, where would they think that up or learn that? Where are they getting it?

DAVID CORN, MOTHER JONES: The thing also is that I think this measures what people want to believe. So, one out of six or one out of seven Americans, whatever it is, want to believe that he's the antichrist, when -- and --

MATTHEWS: Well, a lot of people are looking for it.

CORN: That's what I mean. And if only 4 percent of Americans believe we're ruled by lizard people.

MATTHEWS: Yes.

CORN: So, three times as many people believe that Obama is the antichrist than they believe in lizard people.

MATTHEWS: Here's another gem here. Eleven percent say that the government knew about and let the 9/11 attack happened. The same amount, by the way, aren't sure whether the government, did or didn't try to stop it.

So, this is -- Lizz, this is the problem. Truthers, birthers, they are all over the wall here. I'll tell you, the truthers believe that George W. had a plunger and blew not just the World Trade Center, but blew up his own Pentagon. I mean, why -- what's the purpose here? To get us into Iraq War he was already us into, he would have talked us into this anyway. Your thoughts?

WINSTEAD: Well, I think --

MATTHEWS: Not me.

WINSTEAD: I feel like, do these people just need an ulcer in their lives? Because if there's so much to worry about as it is, just being a regular person who thinks sanely, then when you have to pile on insanity, I don't know how you get through the day.

CORN: Well, what I don't understand is why does everyone believe that he would have -- he and Dick Cheney would have the guts to do that? Imagine --

(CROSSTALK)

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MATTHEWS: Well, I can't resist doing this. If President Obama gets 50-some percent to get reelected, he gets a majority, that means he had to get 50 percent out of 100 percent that already had about 20 or 30 percent taken away by the crazy people.

CORN: Yes.

MATTHEWS: So, he had to get 70 percent out of the sane people to vote for him to win the presidency.

Anyway, who could forget that night in May 2011 when the president announced Osama bin Laden had been killed by a team of elite Navy SEALs over in Pakistan? Well, apparently, 6 percent of the country didn't believe that it ever happened. They believe the whole thing was faked and 11 percent aren't sure. All these people that say I'm not sure --

CORN: They are hedging their bets. Maybe, maybe not.

WINSTEAD: Can I be honest? When I was sitting there watching that announcement, the first thing that went through my shallow brain was, oh my God, can we travel with big shampoo again? Like I didn't think anything crazy, like I'm sure he's not dead, even though there's people who can say it and prove it and now there's a movie.

I mean, whey -- I just don't understand why people are invested in crazy talk.

MATTHEWS: Well, they are. Finally, the climate change, the theory conservatives love to hate. Do you believe global warming is a hoax? Not that it's in dispute scientifically.

Is it a hoax perpetrated by the environmentalists? Thirty-seven percent of the voters say yes. In fact, the majority of Romney voters, 61 percent, three out of five of Romney voters believe it was a hoax perpetrated by people, made up, cooked up, to fight industry.

WINSTEAD: Yes.

CORN: I mean, this is one of the worst pieces of data here.

MATTHEWS: Because it matters.

CORN: Because it matters a lot. You also had 28 percent believing Saddam Hussein was behind 9/11. That matters, too.

(CROSSTALK)

CORN: All this happens because people are being, in this instance, being given the wrong information, and they're buying it.

MATTHEWS: This is -- Lizz, this is the peanut gallery for Glenn Beck and company. They were playing to people who are so paranoid, so crazy, they think the whole world is cooking up things against them.

WINSTEAD: Well, it goes, though, it goes much deeper and scarier, like I was looking for a yoga tape to bring on the road with me and I Googled yoga tape. And Yoga and the devil, it was synonymous. Like you got the whole Google search about how Yoga is of Satan. So, it's just going --

MATTHEWS: I'm with you, Lizz. We're both together on this.

Anyway, thank you, David Corn. Thank you, Lizz Winstead.

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We'll be right back after this.

(COMMERCIAL BREAK)

MATTHEWS: Let me finish tonight with this:

Three-quarters of this country doesn't believe the president is an antichrist. Three quarters doesn't believe it. That's a start.

A bit more but not too many more don't believe that the United States government, perhaps George W. Bush himself, allowed 9/11 to happen. That's four of five who aren't truthers. Well, that's more good news.

But here comes the bad news: only about half of us are ready to deny that climate change is a hoax. Just about half are ready to say that not that it's subject to a dispute but that it's not an outright concoction dreamed up by the environmentalist. And this is where we live right now, no wonder it's hard to get people excited to demonstrate for gun safety.

By the time we exclude the people out there on Obama being an antichrist, by the time we get to the people who believe the U.S. itself had a role in bombing the World Trade Center and the Pentagon, yes, the Pentagon, by the time you get past the half of the country who believe climate change to be an outright hoax, how do you round up 50 percent of the whole country to do a rational thing about something like gun safety? And that's our problem.

And that's HARDBALL for now. Thanks for being with us.

"POLITICS NATION" with Al Sharpton starts right now.

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Company: NATIONAL PUBLIC RADIO; NBCUNIVERSAL MEDIA LLC; MILBANK TWEED HADLEY AND MCCLOY LLP; AUTOMATIC DATA PROCESSING INC; CQ ROLL CALL INC; WASHINGTON POST CO (THE); GOOGLE INC; FMR LLC

News Subject: (Campaigns & Elections (1CA25); Gun Rights & Regulations (1GU97); U.S. Legislation (1US12); Surveys & Polls (1SU08); Legislation (1LE97); Business Management (1BU42); Social Issues (1SO05); Market Research (1MA99); Government (1GO80); Emerging Market Countries (1EM65); U.S. Congressional Campaigns (1US07); Sales & Marketing (1MA51))

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Language: EN

Other Indexing: (HUFFINGTONPOST MEDIA GROUP; MSNBC; LIZZ WINSTEAD; DANA MILBANK; ONE MILLION MOMS) (Joe Biden; Stephen Colbert; Al Sharpton; Steve Colbert; Sharron Angle; Osama bin Laden; Comedy; BRIAN SHACTMAN; Ted Cruz; CHRIS MATTHEWS; Glenn Beck; Mary Neal; Andrea Mitchell; Vital Voices; Well; Bush Sr.; Dick Cheney; Harry Reid; David Corn; Colbert-Busch; George Bush; Barack Obama; Elizabeth Colbert Busch; Bill Clinton; Carolyn Maloney; Eugene Robinson; Sandy Hook; Christ; Colbert Busch; Melanne Verveer; Monica Lewinsky; Saddam Hussein; Louie Gohmert; William Ginsburg; Marge; Ken Starr; Carter; Howard Fineman; Mark Sanford; Valerie; Rick Santorum; Rick Tyler; Hillary Clinton; Ronald Reagan; Thomas Jefferson; Chuck Hagel; Agatha Christie; Pat Robertson; JOSEPH BIDEN)

Word Count: 9216

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NewsRoom

Exhibit N

Exhibit N

TRIBUNE NEWSPAPERS
Scottsdale Progress/Mesa Tribune/Tempe Daily News/Chandler Arizonan/Gilbert Tribune
Thurs. Sept. 16, 1993

let Canyon Ranch pamper you for tidy sum

By Candace Smith
Tribune correspondent

Why would anyone in their right mind choose to stay in Tucson for a summer vacation when they could escape to the cooler climes of San Diego, Seattle or even Juneau, Alaska?

That's the question I asked two Tempe residents as they sat in the dining room of Canyon Ranch in Tucson.

Explained Lisa Stephens, "I work for the tourist industry and I can tell you that this spa is considered one of the best in the country. It's actually a bonus that you don't have to travel very far and waste so much time. The heat isn't exactly great, but most of the time you feel like you're in an incredible air-conditioned cocoon, and you have to admit, the company can be pretty awesome."

Ah yes, the company. Part of the fun and fascination of Canyon Ranch is meeting other visitors from around the world and occasionally doing a little stargazing. Although Canyon Ranch does not release the names of its many celebrity guests, there have been rumored visits from Barbra Streisand, Michael Keaton, Kathleen Turner, Paula Abdul, Julia Roberts, Sigourney Weaver and Robin Williams.

On my own visits, I've had a chance to glimpse movie director Oliver Stone, actresses Jane Seymour and Andie McDowell and actor Michael Douglas. Bette Midler was their most recent visitor. But even if you don't see any stars when you visit, fellow guests can be fascinating.

So what makes Canyon Ranch such a hit with the "in" crowd? Katherine James, an editor for a gourmet food magazine in New York, explained, "This place is a cross between health club, spiritual retreat and camp. You can work on your body or mind and the pampering is great!"

Indeed Canyon Ranch offers a smorgasbord of exercise and nutrition classes, pampering rituals and wellness therapies. Some come to lose weight, some to quit smoking and many come just to unwind. It caters to men and women of all ages, and as Laurie Spoon, a school superintendent from Florida, confided to me, "I can see why people come back again and again. You just can't get it all in one visit."

Last year, for the second time in three years, 34,000 *CondeNast Traveler* readers named Canyon Ranch the No. 1 spa in the world. Even *Time* magazine has rated the Tucson getaway as "America's first total fitness resort."

The ranch boasts 600 fitness instructors, physicians, dietitians, nurses, exercise physiologists and physical therapists. The 62,000-square-foot spa complex includes aerobics, strength-training and free weight rooms, exercise bikes, rowing and cross-country ski and stair machines. There are also eight outdoor tennis courts, indoor racquetball and squash courts and three swimming pools. The daily activities roster includes more than 40 exercise classes and a plethora of pampering and wellness therapies. Said Dr. Rita Berman, a Boston dermatologist, after sampling a week's worth of options, "I feel like I've gone to health college."

For example, you can take mind fitness classes in biofeedback, hypnotherapy, life regressions, sleep disorder strategies and smoking cessation. The therapeutic services include dozens of therapies and facials, herbal wraps, aroma wraps and treatments and hydrotherapy.

If you're trying to change your eating habits, you can choose hands-on cooking classes, a food habit management consultation, a "supermarket survival" excursion or a "grab 'n' eat" seminar. You can even take a class in learning how to order a healthy meal at your favorite restaurant.

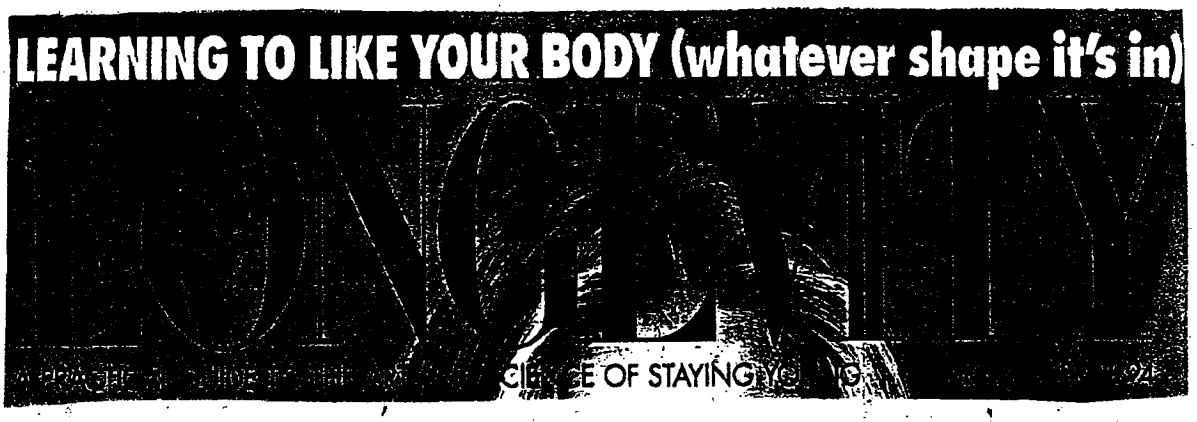
Of course, these pleasures don't come cheap. A one-day Spa Renewal Day costs $220 per person, and a week or 10-day stay can run between $1,080 and $3,880 depending on whether you book reservations for the hot months (June 13-Sept. 25) or the more pleasant winter months (Sept. 26-June 12). However, one nice thing about the Canyon Ranch experience is its take-home value.

For someone who is looking to add a little zest to their diet, low-calorie, low-fat spa cuisine, sent directly to your home, is another trend in the health and fitness industry.

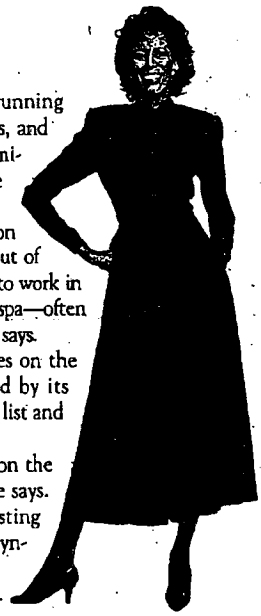
Canyon Ranch has developed a week's worth of gourmet meals that come freshly packed in ice and ready to store in your refrigerator. There are 44 different entrees, side dishes and desserts. Each day's meals have either 1,200 or 1,800 calories with all of the carbohydrates, calories and fats appropriately measured.

For more information about Good for You, call Sharon Holladay at 969-8437. Patricia Akey, licensed massage therapist, can be reached at 839-8321. Marty Welter can be reached at 893-7992 to discuss workouts, and you can get more information on Canyon Ranch Spa Cuisine by calling 1-800-847-2624.

LEARNING TO LIKE YOUR BODY (whatever shape it's in)



HOW SUPER-WOMEN TAKE STRESS IN STRIDE



Granted, they have secretaries, nannies and housekeepers to help keep their lives running smoothly. But they're also at the top of their professions, juggling punishing schedules, and sometimes enduring more than their fair share of public scrutiny. And still these prominent women manage to always look calm, cool and collected. How do they do it? We asked those who could squeeze us in to share their tactics for keeping stress at bay.

Fashion designer **Donna Karan** finds she is more productive if she sticks to her relaxation routine. "I exercise every single day," says Karan, 46, whose personal trainer boots her out of bed at 7 A.M. and leads her through stretching and step aerobics. "I meditate on the way to work in the car—or whenever I can." To decompress after a major collection, Karan goes off to a spa—often Canyon Ranch—to hike and ski. "Then I'm only thinking about making it down the mountain alive," she says.

"Life is a marathon," muses **Faye Wattleton**, former head of Planned Parenthood, who now serves on the board of directors of three health-care organizations. "It's really important not to feel oppressed by its demands." So how does the 51-year-old mother accomplish the tasks she sets out to? "I make a priority list and stick to it as best I can, but I don't feel guilty if I can't meet all of them."

For former Republican strategist **Mary Matalin**, 40, life now is a cakewalk compared to her time on the campaign trail. "My dentist said I'd been grinding my teeth so badly then that I'd frayed the tops," she says. "This doesn't even feel like stress to me." Still, Matalin—whose main gig is hosting CNBC's nightly talk show Equal Time—says that to avoid the "hamster wheel" syndrome, "you have to take two steps back and ask if this is progress or just motion."

Diversionary tactics help cosmetics maven **Georgette Mosbacher**, 46, keep calm. "As corny as it sounds, playing with my dog puts a skid on all the stress that's bubbling up." Between running her own company and writing her second book, Mosbacher keeps all her ducks in a row by squeezing in a steam bath and cold shower every day. Relying on herself as much as possible is also key. "I color my own hair, and do tips if I break a nail." Best of all, Mosbacher, an admitted type-A personality, says she quit distressing about stress.

After years of experience, **Ann Richards**, the 61-year-old governor of Texas who's up for reelection, has also learned to just say no. "I can only do so much. And while I must try to do that well, I must also 'let go and let God' on the others."—*Stephanie Dolgoff*

Star stress-busters, clockwise from top: Faye Wattleton, Mary Matalin (with hubby James Carville), Georgette Mosbacher, Donna Karan

W
NEW YORK, NY
13-TIMES/YEAR 313,820

OCT 1 1994

UNCENSORED

Christy the Svelte

There were those who said Christy Turlington (right) looked a little heavy on the couture runways in July. Not now. The supermodel spent several weeks in August at Canyon Ranch with her mother and now they both look thinner than ever. ●

CR002438

DAILY NEWS
NEW YORK, NY
DAILY 769,801
WEDNESDAY
DEC 28 1994

BY LINDA STASI

Short Order

It's no secret that Arizona's Canyon Ranch — fat farm to the stars — never divulges the names of its guests. If it did, we'd all know which big stars were splitting the seams on their sequined pants. But sometimes we hear bits and pieces of what's going on.

For instance, inseparable pals **Barbra Streisand** and **Donna Karan** were there last week. We also hear that the house is just about filled-up the week before the Oscars.

But it's not all about vanity. One of our slimming sources was at the ranch earlier this month and told us that **Danny DeVito** was there for some sort of transcendental tuneup and was not at all bashful running around the compound in his robe. Well, he wasn't always running. Sometimes he was tripping. Apparently, the ranch's robes run a a 42-long while he runs a 42-cadet, so the staff called in a tailor to perform alterations. *That's* why the rich are really different from you and me.

PHILADELPHIA DAILY NEWS
PHILADELPHIA, PA
DAILY 193,192
FRIDAY
DEC 30 1994

Heavy engagements

DeVito, Barbra & Donna hit the flab farm

by **Harriet Lessy**
Daily News Staff Writer

Arizona's Canyon Ranch is more than a fat farm — at least for **Danny DeVito**, who stopped by earlier this month for a transcendental tuneup. He dug hanging out in their terry robes — which had to be specially tailored for his short, portlyish bod.

As a rule the Ranch never gives out the names of the stars who stop by now and then to shed a pound or 10. But the-rich-but-not-so-famous guests can't keep their chubby cheeks clamped over their bleached teeth so we hear that buddies **Barbra Streisand** and **Donna Karan** paid a visit last week. And, there's still months to go before the Oscars, when the joint really gets hopping.

CR002439

CHICAGO SUN TIMES
CHICAGO, ILLINOIS

Spa Sizes Up DeVito

For the just-ended holiday season, **Danny DeVito** and wife **Rhea Perlman** headed to Arizona's posh Canyon Ranch spa. But unlike **Barbra Streisand** and her fashion designer buddy **Donna Karan**, DeVito wasn't there so much to lose weight but for some kind of transcendental meditation course. DeVito, who was rarely seen wearing anything but the spa's fancy robe, kept tripping on it and falling down. The problem is the robes are all 42-longs and DeVito is barely 42 inches tall! To solve the problem, the spa brought in a tailor to alter DeVito's. The funnyman actor joked that when he left, he was sending them to one of his buddies as a gift.

The recipient? One of the few remaining midgets who was a Munchkin in the "Wizard of Oz."

B.Z.

Danny DeVito

CR002440

WORTH

NEW YORK, NY
10-TIMES/YEAR 250,000

NOVEMBER 1994

6740

100 Grand

The challenge: Blow a tax-free windfall of $100,000—imaginary, we're afraid—on five items. Usually we hate to accept second place, but this month we celebrate it by focusing on TV sidekicks. Andy Richter keeps the love seat warm for Late Night *host Conan O'Brien. Ed McMahon, king of second bananas and current host of* Star Search, *spent 30 years announcing "Heeeere's Johnny." And comedian Howard Feller has snared a regular gig on the newly syndicated* Jon Stewart Show *after years in stand-up.*

ANDY RICHTER

- $30,000 for two years of graduate school at New York University for wife Sarah Thyre, who's studying Old English.
- $15,000 for his next vacation. "I'd go to Japan just basically to eat. Then I would go to Greece just basically to swim."
- $20,000 toward a "modest" vacation home by the ocean.
- $25,000 to clear up his credit rating. "No bank would give me a loan on the vacation home until I do that."
- $10,000 for his family and his wife's family. "If I didn't give them a chunk of it, they'd never let that go."

ED MCMAHON

- $15,000 for a one-day spending spree in New York City with his six children—including nine-year-old Katherine Mary—and three grandchildren.
- $35,000 for a blowout week in Paris with wife Pam.
- $15,000 for a cruise in the Mediterranean.

- $15,000 for a visit to the Canyon Ranch in Arizona "so my wife and I can get back on track with exercise and fat-free diets after all that vacation."
- $20,000 for the Muscular Dystrophy Association and for St. Jude's Ranch for Children in Boulder City, Nevada.

HOWARD FELLER

- $23,000 to hire a hit man to kill his Uncle Fred. "I like him well enough, but he didn't buy me a sled when I was eight years old."
- $24,000 to hire a hit man to find and kill Billy Pearson. "That was the guy who used to beat me up when I was in fifth grade."
- $50,000 for a red BMW to cruise the streets for well-endowed women.
- $2,900 for a television, VCR, lots of videos, and cable hookup. "But before all that, I guess, I really should get my apartment wired for electricity."
- $100 for socks.

AUSTRALIA

SLIMMING

$3.95* SEPTEMBER 1995
NZ $4.95* incl GST

Secrets of the Spas

Where do the stars go to recharge and rejuvenate? Where do they head to shift a few stubborn kilos or to recharge after a gruelling filming schedule? Slimming's intrepid LA reporter Sue Russell and her offsider Giuseppina Di Raimondo went through hell researching this look behind the doors of some of the most glamorous health retreats in the US. Here's their first-hand report on two of the best and a quick run-down on what else is on offer.

More glamour spas to set you dreaming

Canyon Ranch

TUCSON, ARIZONA
TELEPHONE: 1 800 726 9900
COST: from $2550 per week

The better known of two Canyon Ranch locations is 70 acres outside Tucson. Ultra-discreet, it draws lots of singers, film directors and producers. Their philosophy is: Take care of the mind, body and spirit. It's not just about pampering. There are 40 fitness classes offered daily, plus workshops in lifestyle change and stress management as well as personalised programs for losing weight, giving up smoking or even disease prevention.

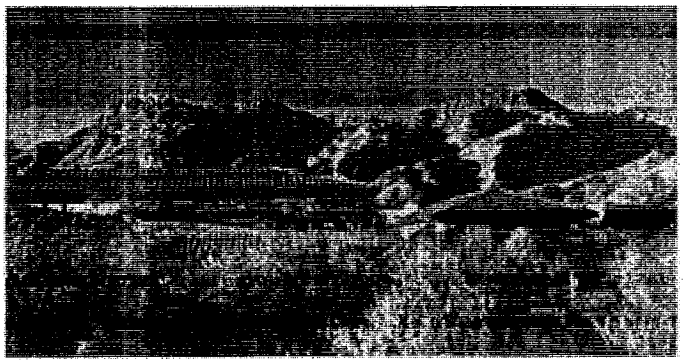
CR002442

CADILLAC
HIGHER STANDARD
A PUBLICATION EXCLUSIVELY FOR CADILLAC OWNERS - FALL 1995

FROM *TRAVEL & LEISURE* MAGAZINE

TOP SPAS

When it's time to relax, rejuvenate, make healthy lifestyle changes or just get away, here, in alphabetical order, are five of our favorite spas for rehabilitating body and soul.



Canyon Ranch offers a beautiful setting and a variety of healthy "R & R" alternatives.

Canyon Ranch, Tucson, AZ, (800/742-9000). A 60-acre desert oasis where people come to unwind and make healthy lifestyle changes through good eating habits, exercise and relaxation. The program includes weight control, fitness and personal services such as herbal wraps, soothing massages and relaxing facials. Twice as many employees as guests ensure impeccable service. Canyon Ranch also offers a Berkshire mountains (Lenox, Massachusetts) location.

Doral Saturnia, Miami, FL, (305/593-6030). Luxurious villa-style accommodations include marble bathrooms, living rooms and Jacuzzi. A range of European spa treatments and American lifestyle programs such as mind-body workout, box aerobics, step, hydro challenge and tap are available, along with tennis and private fitness consultations.

Golden Door, San Marcos, CA, (619/744-5777). Outstanding programs and services, personal attention and fabulous rooms and food. Japanese gardens, koi ponds, waterfalls and quiet courtyards dot the grounds. All guests have personal trainers. Classes include swimmer's workout, slide class, isometric toning and tai chi. (Generally for women only, with men welcome for specific weeks.)

Norwich Inn, Spa & Villas, Norwich, CT, (203/886-2401). Select a spacious villa or New England country inn room in this estate-like setting. Guests are helped to achieve greater body fitness and spiritual serenity. Swedish massage with aromatic oils, mud baths and revitalizing facials are offered. Facilities include sauna and whirlpool, workout room, tennis courts and golf course.

Topnotch at Stowe, Stowe, VT, (802/253-8585). The peaceful setting in Vermont's Green Mountains makes this one of the better eastern fitness and exercise spas. Recreation includes tennis, skiing, equestrian and water sports, and mountain hikes. Beauty and pampering services are available for men and women. Gourmet spa cuisine is prepared by a master chef.

Do these sound tempting? Get more information by contacting any of these spas directly. Then go forth and revitalize!

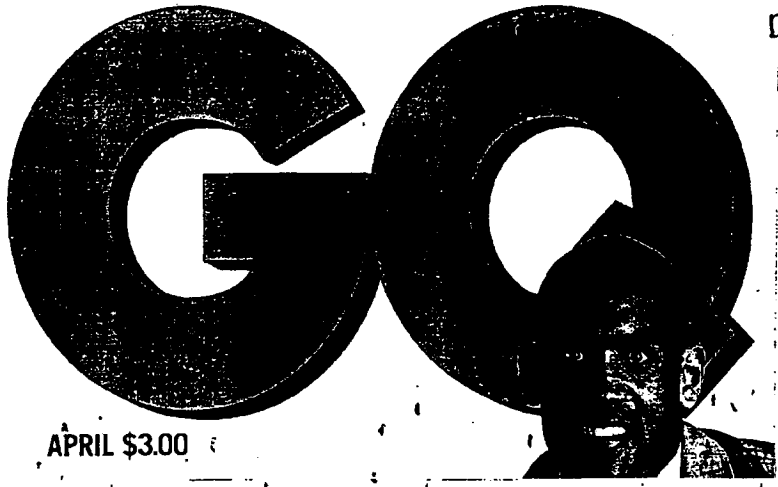
RACQUET
SPRING TRAVEL 1994-95

the top resorts

In recognizing the global village our planet has become, we decided to draw up a list of our favorite resorts in the world. Of course, such a roster is bound to exclude many worthy establishments. We decided that our Top 100 resorts had to offer adequate tennis facilities—although many of our choices boast much more than that. We also decided that every resort had to provide something special, whether it be elegant accommodations or captivating cuisine, breathtaking views or fabulous beaches. And it goes without saying that each travel destination listed in the RACQUET 100 boasts the world class ambience that discriminating travelers have come to expect.

CANYON RANCH
Tucson
Telephone: (800) 742-9000
Spread out over sixty acres in the Santa Catalina mountains, this citadel of fitness attracts more celebrities than an open house at the White House. Its no-nonsense fitness program includes aerobics, hydrotherapy, early morning jogging and early evening discussions on nutrition and health. Tennis fits right in—get fit but have fun is how they like to put it. Six Har Tru and two artificial grass courts.

DIST 4/7/95



APRIL $3.00

Personal BEST

Fields of Swing

Finding the right tennis resort

Your backhand always lands in the net. Your second serve: an effete lob. You ache for cross-court darts. You crave topspin. You lose a lot.

Consider camp. A tennis camp or resort (which is kinder and gentler) can buff your game and send you home with a nice tan. But which is best, you ask? That depends on what you hope to accomplish. Do you want to deflate your opponent like so many Democratic amendments? Or do you want to restore your karmic balance with equal doses of relaxing tennis and poolside meditation? The average program can cure most of your ills; still, you'll want one whose prime objective meshes with your own. Lacerate your adversary? Pick a practice-intensive, workhorse camp. Drop a few pounds, rest a bit, hone your serve into a dependable ally? Select a less demanding resort. Eat tofu, work on your inner harmony, communicate with the universe? Um, are you sure you're interested in *tennis*? Choose your program wisely because they aren't cheap—most range from $600 to $2,000 per person for a three- to four-day stay. Package deals are available, but make sure you know specifics on what is included—court fees, meals, lessons, etc.

—ALLISON GLOCK

Canyon Ranch in the Berkshires
Lenox, Massachusetts
800-726-9900

Courts: two hard, three clay, three indoor
Known for: providing tennis as part of a myriad of activities (200 choices every day), including hiking, cycling, swimming and massage
Best unexpected perk: consultations with M.D.'s, nutritionists and other specialists that would take months to book back home

SUZY

By Aileen Mehle

Alfred's Big Bash • Brad's Savannah Pitt Stop • Gianni's New York Digs

Among those seen slimming down at Canyon Ranch, fat farm to the rich and famous, were Mike Myers and Christian Slater.

Canyon Ranch, fat farm to the rich and famous, is known for playing host to Hollywood types. Among those seen slimming down recently were pals **Mike Myers** and **Christian Slater**. Mike was his usual jovial self running around with his wife having fun in the sun. Slater, on the other hand, was seen wearing his sunglasses everywhere, even indoors. Maybe that Arizona sun gets really, really bright at 8 p.m.

DAILY VARIETY
JANUARY 19, 1995

Some popular out-of-town spots:

• *Canyon Ranch Health & Fitness Resort Spa in Tucson* (8600 E. Rockcliff Rd.) and in the Berkshires (165 Kemble St., Lenox, MA, 1-800-726-9900), are among the most popular spas in the United States, especially with the entertainment community. For the fourth time in five years, a Canyon Ranch resort was voted Best Spa by the readers of Conde Nast Traveler. Canyon Ranch in the Berkshires topped the list, with Canyon Ranch in Tucson coming in second.

Guests are offered a choice of more than 50 indoor and outdoor fitness activities each day, including hiking, mountain biking, fitness classes, tennis, racquetball and swimming. In addition, facials, herbal wraps and massages are offered. Meals are nutritionally balanced and low-calorie, and alcohol is not served. Special stop-smoking and food-habit management programs are available too, as is a weight-loss routine.

"Canyon Ranch is like my home away from home," says producer David Permut. "It's the best spa I've ever been to. It changed my life," adds the producer, who first went to the spa in 1987 after doing "Dragnet," staying three weeks. Now, Permut visits the facility regularly, including a two-week, end-of-the-year visit.

"It's a who's who of Hollywood there," Permut says, noting that he's run into such people as Don Simpson, Jerry Bruckheimer, Sherry Lansing, Ron Perlman, Arnold Kopelson, Neil Simon and Michael King.

Of course, high-profile people from other professions tend to flock there too. "I've met a lot of fascinating people from all walks of life. You get all those people bonding on a hike – an investment banker, an oil baron, royalty and a politician," Permut says.

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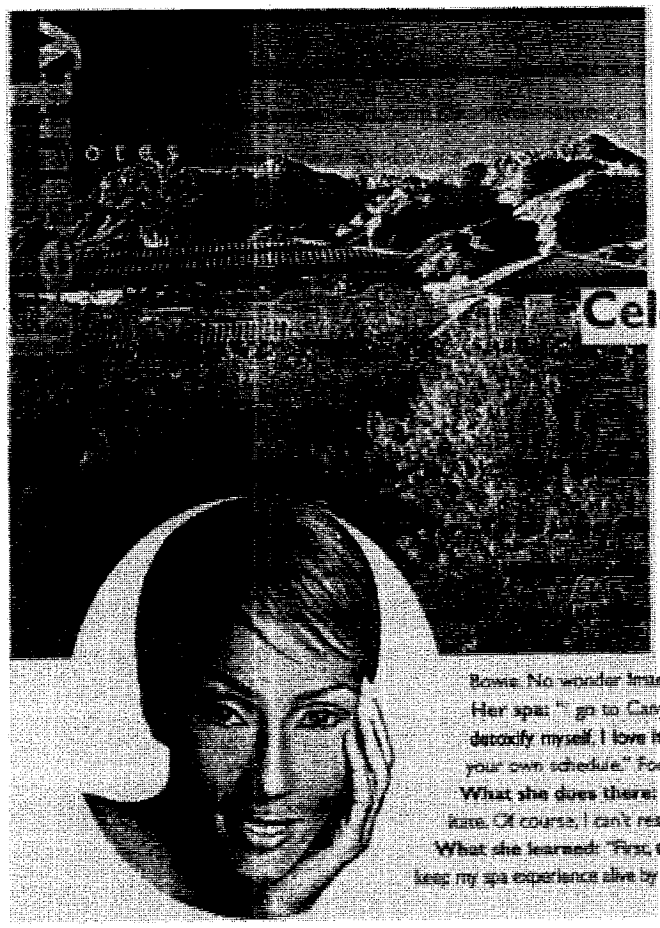


scene

Celebrity Retreats

Cosmetics entrepreneur Iman and actress Sheryl Lee Ralph talk about the big chill—where and how they de-stress. Check out their tips

•She's the owner of the cosmetics company that bears her name, a busy humanitarian working on behalf of her homeland, Somalia, and a card-carrying member of the glitterati—the supermodel's supermodel and the wife of rocker David Bowie. No wonder Iman feels the need to attend a special retreat twice yearly.

Her spa: "I go to Canyon Ranch in Tucson, Arizona (top, left), to cleanse, rejuvenate, detoxify myself. I love it because it has a no-nonsense regimen and allows you to set your own schedule." For more information on Canyon Ranch, call (800) 726-9900.

What she does there: "I enjoy the morning hikes at 4:30 A.M.! I play tennis, and I meditate. Of course, I can't resist a great facial and the ultrasoothing seaweed wraps."

What she learned: "First, they helped me kick my nicotine habit. I also meditate religiously. I keep my spa experience alive by focusing for a few minutes a day on my oneness with the Creator."

IMAN: *'In my business, the emphasis is always on the outside—we're always tending to the physical self. I go to Canyon Ranch to address what's happening on the inside.'*

Tennis

FEBRUARY 1996

Big names pick their favorite resorts

Travel

The Playing Life

THEIR CRITERIA FOR TENNIS resorts often differ: Chris Evert likes spas, CBS correspondent Mike Wallace looks for game matching, TV commentator Mary Carillo wants her kids taken care of and Davis Cup coach Tom Gullikson insists on a broad range of recreation. What all these tennis celebrities share, however, is a lifetime of traveling the world and opportunities to visit the finest resorts the planet has to offer. So TENNIS magazine asked them to pick their favorites, omitting any place they represent (see "Where the Pros Are" for a list of affiliations). Here's what we found. —Roger Cox

Pam Shriver

TV commentator and touring pro

"Over the last three or four years I've done maybe six clinics at Canyon Ranch in the Berkshires in Massachusetts, but I started going to the one in Tucson 10 years ago on my own. Once you get wrapped up in the whole shebang at a first-class spa/lifestyle resort, you're treating yourself so well. I loved the structure of it; of course I love fitness and good nutrition and you're just surrounded by the healthiest of atmospheres and you also can do all the pampering stuff. They have hiking, biking, just a great variety of activities. And the other thing I like, it's good for when you need a place to go with your mother or sister or somebody you want to spend time with but you also want to have a lot of activities going on. I'm not a great resort person—I don't like to go to the beach and just sit there or read. I kind of like to do things. So that's why this place was right up my alley." Info: (800) 742-9000.

YOUR HEALTH

BOCA RATON, FL
BI-WEEKLY 43,432

APR 2 1996

MIDLIFE RETREATS

By RONALD LUSK

Somewhere between the masochistic bliss of the Shiatsu massage and the childish glee of being slathered in green algae, I realized the truth about spas. Spas are about transformation. Sure you get pampered, but it's more than that. A spa challenges you to rediscover yourself. To be the person you are meant to be. To become transformed.

"Unlike a traditional resort or hotel with its emphasis on outward service," says Frank van Putten, president of Spa Finders, a spa reservation service, "a good spa strives to help the individual focus on himself." Instead of urging you to forget the world, spas turn the focus inward, helping you to remember who you really are.

A spa vacation can be an especially good choice for a woman working through a change in her life. Spas give a woman the freedom to look within herself for direction by emphasizing personal transformation through a regimen of massages and treatments, regular exercise and balanced meals.

Many spas offer special programs dealing with women's issues, particularly menopause. The change of life doesn't have to be viewed as the beginning of the end. It can be a time of looking forward to new possibilities or of clarifying direction. A good spa experience can help women find that sense of renewal, and to enjoy what Betty Friedan called the "Third Age," a time for women to discover their own needs.

Interested in finding out more? The sampling of spas below is a good place to begin. Their descriptions should give you a sense of what they offer, and how a spa can help you transform your own life.

Above, mud treatment. Right, biking at Canyon Ranch in Arizona.

CANYON RANCH

Arizona – $$$$ *(800) 726-9900*

The experience has been described as a cross between boot camp and heaven.

Canyon Ranch is where the celebrities go when they need to lose some pounds in a hurry. Its 70 desert acres and 62,000-square-foot spa complex have every possible amenity to help revitalize your mind and body. Sixty massage therapists. Forty fitness classes daily. Seven gymnasiums. Squash and racquetball courts. A yoga/meditation dome.

Also on the grounds is the Life Enhancement Center, a separate facility designed to encourage group dynamics. It's here that "Journey through Midlife: A Woman's Retreat" takes place twice a year. Created for women in midlife, the program focuses on issues such as developing and enjoying a healthy lifestyle, balancing priorities, understanding the body's changes and dealing with unexpected challenges. You'll be part of an intimate group of women participating in workshops, discussions and lectures. Imagine having the time to focus on your needs, far from the demands of everyday life.

FOX VALLEY SUN
NAPERVILLE, IL
3-TIMES/WEEK 1,750
FRIDAY
AUG 2 1996

Elite spa lifestyle appealing at all hours

"Would you call the front desk and leave a 5:30 a.m. wake-up call?"

— Angela Turen

Richard Turen

Turen On Travel

TUCSON, Ariz. — Bruce Willis and Demi Moore had just checked out, along with author Michael Crichton. They left, I was assured, relaxed and rested.

"All of the really big stars come here," explained the earnest young man who met us at Tucson Airport. "Canyon Ranch has a kind of mystique about it, and the stars know they will be left alone."

My wife, Angela, and I were checking in to the spa that has been designated "Best in the U.S." five years in a row by the folks at Conde Nast Traveler magazine. But I wondered if the folks from the magazine had visited in July.

Let me start off by saying that I am not a desert person. This is especially true when the temperature is 104 degrees. Of course everyone in Arizona, all the prune-faced, skin-bleached, squinty-eyed, turquoise-belt buckled permanent residents, will tell you that "it's dry heat."

Then why, I wonder, do we keep seeing those cattle skulls scattered along the roadway? Tucson has the kind of summer atmosphere where nothing grows. That's why there are three huge collections of mothballed aircraft, both civilian and military, sitting in the desert. Nothing grows out here, there is nothing to corrode the metal. Just a solid, unstoppable wall of heat. The lizards likeit. I thought I saw vultures circling as I approached the registration desk.

Angela and I have been looking forward to this four-night get-away for months, although, I must confess she was more excited about the visit than I was. It would be opportunity to evaluate the most successful spa in America, founded in 1979 when a local land developer named Mel Zuckerman, frustrated by his inability to lose weight, joined his wife, Enid, at a small health spa. The visit changed Zuckerman's life and ultimately influenced the lives of thousands of believers.

Imagine Zuckerman first pitching the concept to investors.

"OK, I want to build this health resort in the desert. There will be lots of exercise, no smoking, no bar, no golf course, and we'll serve low-calorie, low-fat food."

"That should sell, Mel. Here's a few million."

But the fact is that Canyon Ranch has been a success, almost from the day it opened. Guests arrive in Tucson and Lenox, Mass., the site of Canyon Ranch in the Berkshires, from all over the world. The 23-year-old Saudi prince flew in on a private jet the day before we arrived. The fitness staff mobilized in their professional, calm manner to provide private treatments when and where necessary. It appeared as though the prince was in a hurry to accomplish some startling results.

The rooms at Canyon Ranch are spread about in a lush 70-acre compound in the foothills of the Santa Catalina Mountains. Two hundred guests are accommodated in single-story, adobe-style cottages. There is a multistory spa facility that is the finest I've ever encountered. Canyon Ranch has the widest variety of health and fitness offerings in the United States. The staff-to-guest ratio is an amazing 3-to-1.

This isn't a fat farm, a workout studio or a summer camp. It is an adult escape that attempts and largely achieves almost cult status as a "Life Spa." No miracle cures are offered, and there are no false promises. The goal is "to teach people to take home some semblance of a healthier lifestyle."

Hollywood comes here to tone up before a film shoot and to unwind and renew after the pressure of making a film. Famed director Joel Schumacher, he of "Batman Forever" and John Grisham's "A Time to Kill," looked relaxed and sounded relaxed as he walked about the dining room in his color-coordinated jogging suit. There was no sense that he was stuck on the magnitude of his cinematic accomplishments.

Although everyone at Canyon Ranch dresses in workout gear, some minor class distinctions do exist. There are deluxe units with private kitchens and a sleeping room for the maid. Spa services can be performed in your room or in a private treatment room, away from other guests. But that is rare. Diana Ross freely associated with the guests. Yesterday, I was trying to make a telephone call to the office when I heard a familiar laugh and a generous "yeeees." Ed McMahon was sitting one chair away, relaxing after a workout. I recoiled in fear, afraid that he would try to sell me a magazine subscription or one of those "anyone qualifies" insurance policies. Worse still, I was concerned that Dick Clark might be lurking around the corner. Is this the source of his eternal youth?

None of my fears were justified. Ed, it turns out, is a really nice guy and a great storyteller. He went on about the "Tonight Show" for almost an hour.

I got to spend a bit of time with Ed because Angela was busy. My work load had been getting to me, and I was looking forward to relaxing, reading, getting a massage or two, even exploring the territory. So I was

See TUREN on Page 6

Turen

Continued from Page 5

somewhat taken aback when the last thing Angela said to me before we retired our first night was "would you call the front desk and leave a 5:30 a.m. wake-up call?"

It turns out that there is a daily pre-breakfast hike. At that time of morning the temperature is a balmy 90, perfect for a long walk along the paths recently vacated by the snakes and scorpions that crawl into their holes in the daylight. This was only the beginning of a very busy day for Angela. In addition to more than 40 fitness classes daily, Canyon Ranch offers tennis, hiking and biking programs, as well as a variety of spiritual awareness classes such as yoga, tai chi, gong and meditation. Perhaps most impressive, is the availability of full preventive-health-care assessments and guidance. Guests meet with a nurse for a personal evaluation, a sales technique that I admire for its effectiveness. The nurse makes several suggestions and then hands you off with your "file" to a fitness coordinator who gently signs you up for as many extra-cost sessions as you care to take.

Guests at Canyon Ranch can opt for private consultations or workshops in lifestyle change, transition and stress management. Professional staff can prescribe personalized programs for disease prevention, smoking cessation or weight loss. For guests interested in food planning, both healthy cooking and nutrition consultations are available.

The quality of instruction was impressive. Every single staff member seems to be genuinely friendly and personally involved in the guests' well being. A feeling is achieved at the resort that transcends even the best Ritz Carlton service levels. Canyon Ranch presents this country's most comprehensive menu of life-enhancing activities. Some of the classes and techniques are new. Watsu, for instance, is a class I observed in the indoor swimming pool. It is one-on-one therapy — a good-looking male staff member cradles a female guest in the pool while John Tesh-ish music flutters in the background. The brochure says that this technique was developed "by a Zen Shiatsu therapist who applied stretches and principles of his art while floating people in warm water. The support of the water takes weight off the vertebrae and allows the spine to be moved in ways impossible on land."

Yesterday, I was trying to make a telephone call to the office when I heard a familiar laugh and a generous 'yeeees.' Ed McMahon was sitting one chair away, relaxing after a workout. I recoiled in fear, afraid that he would try to sell me a magazine subscription or one of those 'anyone qualifies' insurance policies. Worse still, I was concerned that Dick Clark might be lurking around the corner.

It all sounds so simple. The fee is $90 per session.

The dining room at Canyon Ranch performs small caloric miracles. The California-casual restaurant is the perfect setting for a diverse, low-fat, low-calorie menu featuring dishes such as Santa Fe chicken and teriyaki fresh salmon. Chocolate brownies, homemade fruit sorbets and a variety of stunning desserts end surprisingly tasty meals. The waiters describe the luncheon and dinner specials by mentioning the calorie and fat contents of each dish.

Although portions are not large, there is a colorful salad bar and an impressive pasta station with its own chef. I found that chef was sympathetic to my needs. He was a man with whom I could reason. The Saudi prince had also discovered this fact. He was eating triple helpings and seemed to have gained weight during his stay. Passing through the salad bar line one evening, Ed McMahon's wife mentioned that her personal chef at home made an absolutely delightful low-calorie dressing. I explained that my personal chef didn't bother with salad dressings, but his sous chef made a mean Caesar salad.

At night, after a full day of walks, hikes, cooking classes, lectures, meditations, rubs and aerobics, we would walk, slowly I might add, past the cactus gardens, tropical trees, streams and fountains, across bridges spanning ponds, to our room. We had been caressed and challenged, and we felt the better for it. Our visit didn't change our lives, but it exposed us to some new ideas that, hopefully, may soon become habits. It was a vacation from which we brought home some things worth saving.

And when we return to Canyon Ranch, it will be in winter, and Angela has promised that I can sleep until 6:30 a.m.

* * *

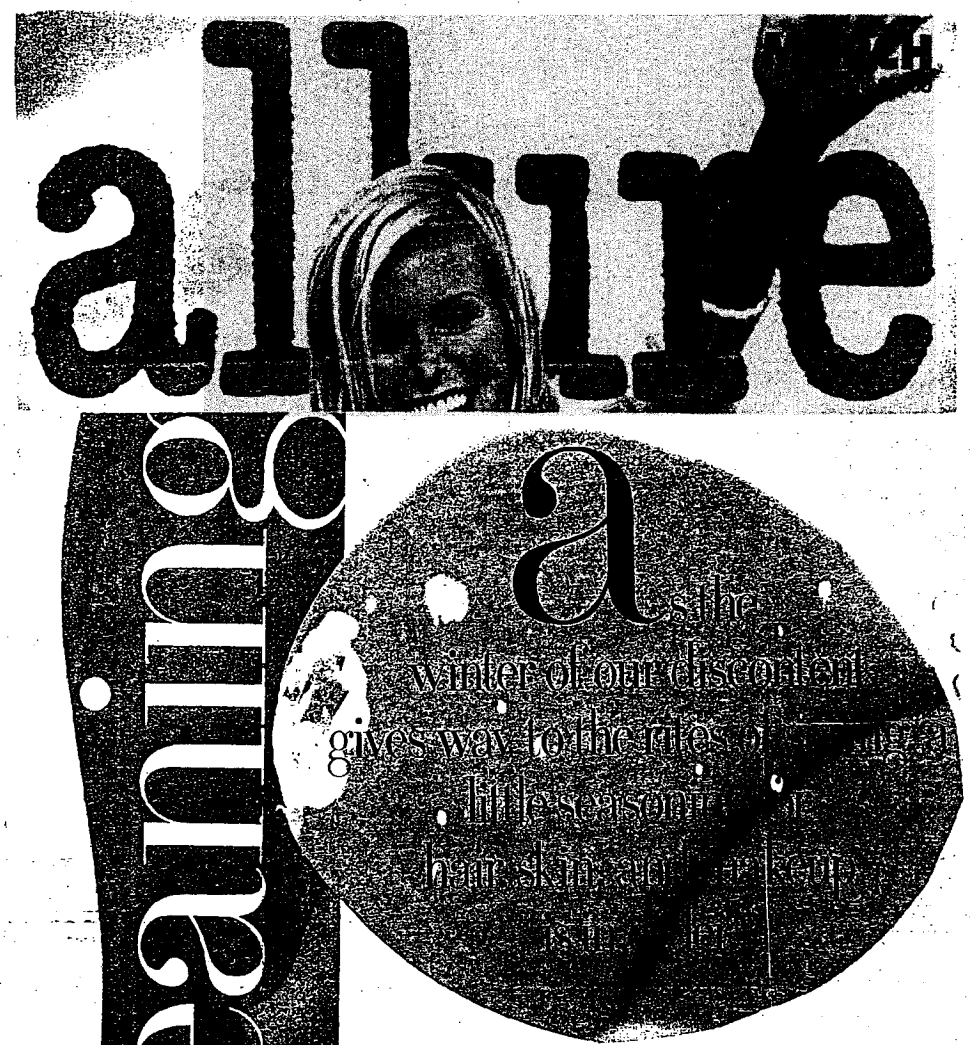
Richard Turen writes for several national travel publications. He is the president of Churchill & Turen Ltd., a Naperville-based agency specializing in worldwide cruise and vacation planning. Turen's e-mail address is richturen@AOL.COM

TRAVEL . . .

A few samples of travel software products:

- **Global Explorer (DeLorme)**
- **Let's Go: The Budget Guide to Europe (Compton's NewMedia)**
- **PC Globe Maps 'N' Facts**

allure



Spring Cleaning

As the winter of our discontent gives way to the rites of [illegible] a little seasonin[illegible] hair, skin, and [illegible] is [illegible]

And just about everyone has a steadfast ritual. Designer Donna Karan flies south (and west) every April after completing her fall collection for a week at Canyon Ranch Spa in Arizona—a journey she calls "mentally and physically grounding." Diane Von Furstenberg recharges for spring with a new haircut, as does New York publicist Susan Magrino. For Aerin Lauder, director of creative product development for Estée Lauder, a few good nights' sleep and some bronzing powder make all the difference.

CR002454

Betty Crocker

75th ANNIVERSARY

WIN A TRIP! TO CANYON RANCH SPA

LOW FAT and fit!

HEARTY & HEALTHFUL RECIPES!

Marcia Copeland
Director

A Healthful Escape!

This month, along with 80 recipes for great-tasting healthful food, we are featuring an inside look at Canyon Ranch spa and a chance to win a four-day spa vacation. Canyon Ranch is a year-round health and fitness resort dedicated to healthful living. Its goal is to help people take responsibility for their own wellness.

Canyon Ranch is a special place where no matter what sort of physical shape you're in or how unmotivated you feel, you discover a sense of hope. And that's all you need to start making some changes for a healthful lifestyle. That's what our editor reported when she returned from her three-day excursion to Canyon Ranch (see pages 47 through 50). Guests leave with a more positive attitude and a feeling of being nurtured—mind, body, and soul.

So, be sure to send in the sweepstakes card. Even if you don't win the trip, you can get started today on a more healthful lifestyle by enjoying these flavorful low-fat recipes. Stay positive, and remember that change doesn't happen overnight—forming a habit takes 21 days.

Marcia Copeland

Director, Betty Crocker Food and Publications Center

De-stress

BE AS ACTIVE OR RELAXED AS YOU WANT

- Quiet your busy thoughts as you laze by the pool any time of the year.
- Stretch out in the whirlpool, soothing tired and sore muscles.
- Join a sunrise yoga class or evening meditation walk.
- Relax in the sauna, steam room or inhalation room, then take a cold plunge.

Get Fit

SET YOUR GOALS, AND GO AT YOUR OWN PACE

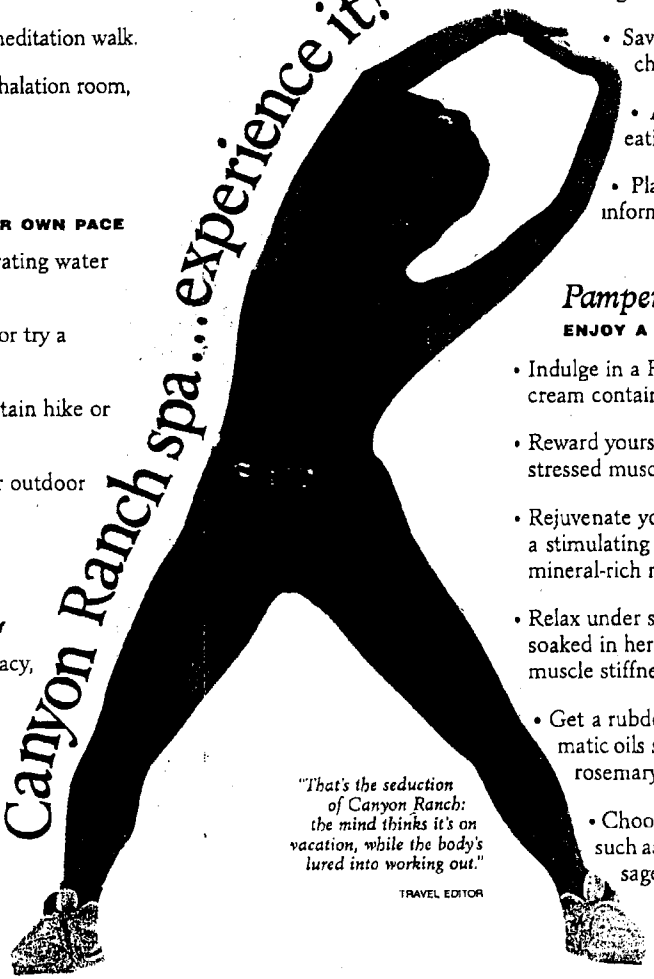
- Swim laps, or sign up for an invigorating water aerobics class.
- Work out on the weight machines, or try a Boxercise™ aerobics class.
- Take off on an early-morning mountain hike or exhilarating bike trek.
- Brush up on your favorite indoor or outdoor racquet sports.

Try Something New

CHALLENGE YOUR MIND AND YOUR BODY

- Attend an evening lecture on intimacy, healthful aging or dream analysis.
- Sign up for an introductory session in biofeedback or acupuncture.
- Enroll in a Chinese exercise class such as *tai chi* or *chi gong*.
- Discover movement therapy for increased strength and flexibility.

Canyon Ranch spa... experience it!



"At the Ranch, I can treat myself the way I wish I could be treated everyday."

CANYON RANCH GUEST

"That's the seduction of Canyon Ranch: the mind thinks it's on vacation, while the body's lured into working out."

TRAVEL EDITOR

Eat Healthfully

PRACTICE MODERATION, NOT DEPRIVATION

- Attend spa chefs' cooking demonstrations and sample their recipes.
- Enjoy delightful gourmet meals ordered off a menu that changes daily.
- Savor creamy frozen yogurt with fat-free chocolate sauce for dessert.
- Attend a nutrition workshop on healthful eating for people on the go.
- Plan your meals using fat gram and calorie information listed on menus.

Pamper Yourself

ENJOY A REVITALIZING ARRAY OF SERVICES

- Indulge in a Parisian body polish with luxurious cream containing crushed pearls.
- Reward yourself with hydromassage to soothe stressed muscles.
- Rejuvenate your body with a stimulating salt rub or mineral-rich mud treatment.
- Relax under steamy sheets soaked in herbs to relieve muscle stiffness.
- Get a rubdown with aromatic oils such as jasmine, rosemary and lavender.
- Choose salon services such as Swedish massages and pedicures.

CR002456

NewsRoom

10/5/97 Boston Globe A1
1997 WLNR 2343351

Boston Globe (MA)
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October 5, 1997

Section: Metro

VORTEX ENERGY OR BUSINESS SYNERGY? HOLISTIC SPECIALTIES BOOMING IN BERKSHIRES

Doreen Iudica Vigue, Globe Staff

LENOX

Theresa Gardner, a harried office administrator in Washington, came to the Canyon Ranch Health Resort here with a good friend and a bad attitude.

Despite the $3,000 cost of the weeklong stay, Gardner, 55, was steadfastly refusing to do what was good for her.

"I won't get up early. I won't exercise every day. I won't eat rabbit food," she told best friend Ann Marie Lynch.

Yet, after three days in the bucolic well of the foliage-flamed Berkshire Mountains, Gardner was up at 5:30 a.m., striding past the walking group leaders, counting fat grams and chanting the lofty mantra, "I'm going to make a paradigm shift!"

Hydro lifts too hot? Something in the seaweed wraps? A botanical body mask bonus? More likely, it's a big score for The Vortex.

Believers say the Berkshire energy vortex is an ethereal, feel-good energy field emanating from the mountains that has healing and spiritual powers that have drawn writers, musicians, and artists for decades.

Now it's mostly attracting New York and New England New Agers needing a boost of body, mind and spirt, and who find it not only in the gauzy aura enshrouding the mountaintops, but in the dozens of holistic specialty spas, retreats, and shops.

"I wasn't in a good mood on the way here, but when I saw the tinge of gold, the tinge of red and the mountains, I could just feel the energy coming into my soul," said Gardner, gazing out the gym windows at the mountain foliage. "That vortex, it's real."

Canyon Ranch is just one of the businesses that have blossomed at least in part from this phenomenon -- real, imagined or otherwise -- offering holistic services ranging from Reiki massage to shamantic healing, macrobiotic eating to past life exploration.

What believers say they sense, feel and see is a sometimes whirling, often hovering energy field created by the triangular alignment of Mount Greylock and October and Monument mountains that makes the air fresher, the atmosphere calmer, and outlooks clearer.

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Others trace this atmospheric contentment to a spiritualism embedded in the earth eons ago by the Mahkeenac Indians. Some refer to it simply as a "geological essence."

"Look, it's going to sound crazy to some people, but there is something special out here," said Joanna Roche, communications director of Canyon Ranch and president of the Lenox Chamber of Commerce. "Being out here is too powerful an experience for the vortex not to exist."

Roche said people must be open to the vortex, an invisible, amorphous whirlpool of sorts, to reach a higher state of relaxation and peacefulness. Much like the many guests at Canyon Ranch, no doubt, who travel the grounds of the luxurious resort in plush, terrycloth bathrobes, which are only banned at dinner, or comfy sweats, looking energized yet serene.

Bemused geologists say there is no such thing as an energy vortex, even though the phenomenon has been reported all over the world, from Sedona, Ariz., to Mount Olympus.

They contend the metaphysical lure is folklore and offer that the convergence of a beautiful natural setting and a savvy business community are the more likely magnets for the broken bodies and souls that flock to the Berkshires.

"Nature is an obvious curative, and people who need to get back to themselves and find themselves can do that easier in a natural place," said Markes Johnson, chairman of the department of geosciences at Williams College in Williamstown.

"But what people see happening here is a fashionable trend, a business opportunity, not something that has any real scientific basis."

Still, the vortex has its devotees, in the form of both tense tourists and appreciative locals who have found a healthy employment base in the businesses, and a healthy tax base for their towns. The businesses have also spawned a new holistic/health care career path within the communities, as more and more locals learn the intricacies of massage, acupuncture, and colonic cleansing.

In other words, it's a yin-yang relationship.

Housed in a refurbished mansion on 120 rolling acres, Canyon Ranch is the third largest employer in Berkshire County, with 550 locals on the payroll. It also contributes $800,000 annually in taxes to the town of Lenox. The spa, opened in 1989, attracts 13,000 guests and their considerable tourist dollars per year.

The Kripalu Center for Yoga and Health in neighboring Stockbridge came to town in 1983 and employs 120 locals full time. About 15,000 yoga enthusiasts per year flock to the center, sited in a former Jesuit monastery on 90 pristine acres.

The nonprofit institute, which teaches all levels of yoga, relaxation and meditation techniques, contributes various sums to the town of Stockbridge.

Beyond money, though, the centers have also contributed to the gossip circles around town.

Canyon Ranch is renowned for its celebrity vortex-seekers, with luminaries such as Joan Rivers and John Travolta roaming the grounds and browsing in nearby shops on any given weekend.

Kripalu struggled through a steamy scandal after its married spiritual leader broke his vow of celibacy and had an affair with two workers at the center.

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But, thanks to a new chief executive officer from Harvard Business School and a mainstream awareness of the benefits of yoga, Kripalu is booked steadily with guests whose car bumper stickers say it all: BREATHE; VEGETARIANS TASTE BETTER; FOLLOW YOUR BLISS; MAGIC HAPPENS.

"There are other places I could go, but I'm drawn to Kripalu for some reason," said Viv Alper, 50, of Toronto, a masseuse and reflexologist buffing up on her craft and her karma. "When I'm driving down here, the minute I see the moutains, the physical beauty of the place, I feel peaceful. And the last time I left here, my car radio would not work. Something out there didn't want the peace interrupted."

Although the centers and the shops and the spas (and, arguably, the vortex) are all working hard to send their stressed guests home with a better sense of self and inner contentment, a complete fix is not quite the point.

"Per capita, I would guess we probably have more holistic therapists than anywhere else and that has made us a destination place like never before," said Smitty Pignatelli, a member of the Lenox Board of Selectmen. "And it's been a real shot in the arm financially for the area. I just hope this positive trend continues and that people keep coming back to the mountains to feel good. That makes lifelong taxpayers like me feel really, really good."

IUDICA;09/30 NIGRO ;10/06,09:35 CANYON05

PHOTO

1. GLOBE STAFF PHOTO, WENDY MAEDA , Marj Stockwell of New York (foreground) takes a tai chi lesson at Canyon Ranch Health Resort in Lenox. Its restorative powers have been sought for decades.
2. GLOBE STAFF PHOTO, WENDY MAEDA , Linda Musilli of Florida joins a beginners' tai chi class at Canyon Ranch spa in Lenox, where many claim to have experienced an uplift in energy and outlook.

---- Index References ----

Company: GLOBE GROUP

Region: (Massachusetts (1MA15); USA (1US73); Americas (1AM92); New England (1NE37); North America (1NO39); New York (1NE72))

Language: EN

Other Indexing: (ANN MARIE LYNCH; BERKSHIRES; CANYON RANCH; CANYON RANCH HEALTH RESORT; DEPARTMENT OF; GLOBE; HARVARD BUSINESS SCHOOL; JESUIT; KRIPALU; KRIPALU CENTER FOR YOGA AND HEALTH; LENOX; LENOX BOARD OF SELECTMEN; LENOX CHAMBER OF COMMERCE; MAEDA; MAHKEENAC INDIANS; MONUMENT; PHOTO; SYNERGY; TASTE; WILLIAMS COLLEGE) (Bemused; Gardner; HOLISTIC SPECIALTIES BOOMING; Hydro; Joan Rivers; Joanna Roche; John Travolta; Linda Musilli; Markes Johnson; Roche; Smitty Pignatelli; Theresa Gardner; Viv Alper)

Edition: Third

Word Count: 1389

End of Document

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NewsRoom

Porter Wagoner: The truth about Dolly & m

COUNTRY Weekly

YOUR Country Music And Entertainment Magazine

April 15, 1997 $1.69 Canada $1.99

COUNTRY WEEKLY
LAKE WORTH, FL
WEEKLY 1,100,000
APR 15 1997

ell-all book, a new album and a lost love...

Watch out! Tanya's making a fresh start

EXCLUSIVE INTERVIEW

INSID

Bryan White
Travis Tritt
John Berry
Sawyer Brow
Billy Dean
& more top stars

There's little that's simple in Tanya Tucker's life

Tanya Tucker has done it all and lived to tell. So she couldn't have picked a better name for her 30th album.

Complicated just seemed to sum up Tanya Tucker," she says of her :t Capitol release.

'hether it's recording, perform- hawking her autobiography *Nickeams* or a line of silver jewelry and all things – salsa, this devoted ıer of two is always on the go. 'en when she's relaxing, like she vith COUNTRY WEEKLY re- y at Arizona's Canyon Ranch th Resort, she's a blur of motion. ve always said that nothing is : and white with me, which is I named my son Gray," she said ıg her stay at the resort. "It's a lot of pieces in my life that just sort of grown together. n you look up 'complicated' in ictionary, the definition is brief o the point, and not very com- :ed at all. That contrast suits I adore the name."

tle is settled in the free-spirited r's hectic world – especially her life. She contends she hasn't he right man yet, and she re- y ended her engagement to ıessman Jonathan Cum- s. "Jonathan and I broke up before Christmas," Tanya "That was my Christmas nt. Oh well."

points out that Ben Reed, the fa- of Tanya's 7-year-old daughter y Tanita and her 5-year-old son Grayson, has a new girlfriend. "There pecial person in my life right now except for my kids, and right now all I need. It's a little touchy dating when they're at this age. ıey want mom and dad to be together. I know that someday they're going to grow up and leave home, so I do need to think about my own happiness – means I'm sort of up for grabs now, doesn't it?"

The new men in her professional life are *Complicated* producer Gregg Brown and Capitol Nashville president Scott Hendricks. "Gregg and I didn't know each other at all. In fact, we're just starting to get to know each other now, and we've already done a whole album together!" Tanya notes. "I think he's a great guy.

"He takes the place of Jerry Crutchfield, who produced 13 of my albums. I was 17 when I did my first album with him. We had grown together and did some great stuff, but I think everybody thought it was time to do something new. And it worked. I love Jerry, and Gregg is also wonderful, so I look at it like I've had the chance to work with both of them and get great projects from both of them."

A spicy gift shop attracts Tanya, the celebrity salsa maker whose new album is aptly named **Complicated**

Tanya used the fresh start in the studio as a chance to personally select all of the songs on *Complicated*. "There is a piece of my heart in all 11 songs on the album," Tanya said. "I didn't even think about what other artists were doing. I was so focused, like a dog after a bone, to get this album done so I could have some time with my family.

"I didn't want to know who wrote any of the songs as we were choosing them," Tanya explained. "I didn't want to be colored by who the writers were. I just wanted to hear them and decide for myself which ones I wanted to record. We started with about 100 songs."

She says of the final choices: "Every one of the songs is a totally different side of me."

Of course, choosing the single was a little . . . well, complicated. "The first single is 'Little Things,' although I really thought the label should put out 'Love Thing,' " she admitted. "They were afraid it

Story by Tamara Saviano • Photos by Tim Campbell

CR002462

Tanya Tucker

ɔuldn't work on radio. That doesn't scare me, because you never ıow what radio is going to like. I think you just need to go with the ngs that mean something and it'll pay off."

The album's not the only new Tanya project to hit store shelves. er tell-all autobiography is quickly becoming a best-seller.

"I always said that if I did a book I would call it 'Nickel Dreams' cause of the song written by Mac McAnally. The song is about a tle girl who dreams of becoming a singer. When she does, she finds ;t it isn't all it's cracked up to be."

Tanya recited a particularly touching passage:

> *All that money she makes every night ain't*
> *so much as it seems.*
> *It's a dollar a wrinkle and less than*
> *a nickel a dream.*

"I didn't really decide to do an autobiography," Tanya explained. "In ;t, I really didn't want to do it. I felt sort of like a painter looking at his ɔrk and trying to decide if it's finished. How do you know when it's ne? I mean, I intend to do a lot more in my life. So when I did decide go ahead and do the book, I wanted it to be an interesting enough ɔry without all the crap. I didn't want to hurt anybody's feelings. "That's the problem when you write a true story," Tanya continued with her trademark lusty laugh. "Too many people have to die first. There's no way I could write everything I've done, and there's no way I would want to."

Tanya had little time to reflect on her past while relaxing at the exclusive Canyon Ranch Health Resort near Tucson, Ariz. "For the past several years, I've gone to a spa once a year," said Tanya, who grew up in nearby Willcox, Ariz. "I like the Canyon Ranch because they have this Life Enhancement Center. There are so many great programs to take advantage of here.

"The staff really concentrates on making you feel better about yourself," Tanya continued. "Everybody from the chefs in the kitchen to the trainers in the gym make it a really special environment." Her time at the Canyon Ranch, located in the exotic Sonoran desert in the foothills of the Santa Catalina Mountains, gave Tanya an opportunity to rejuvenate for the busy schedule ahead, as well as reflect on what is most important to her.

"I'm really trying to get back to the little things in life that I really enjoy," Tanya explained. "Life just goes by so fast that you forget about the little things. Here at the Canyon Ranch, I really wanted to relax and feel healthy."

The tranquil environment and warm Arizona sun are an ideal setting. "I exercised with a personal trainer, tried acupuncture, talked to a therapist and had lots of massages. And the food here is wonderful!"

Tanya's attitude about juggling her responsibilities is also healthy. "I really miss my kids when I'm away from them," Tanya added. "But if I'm going to be there for them, and be a good

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mom, I need to be healthy, so sometimes a break like this is good for all of us. Everyone always says their family is the most important thing to them, and that's true. But you have to work to support your family."

Although Tanya's life is far from typical, it is important to her to give her kids a stable home environment. "My kids go to a real small public school together," Tanya explained. "I wanted them in the same school, with children that have normal lives, even though they are very aware of what I do for a living.

"Sometimes Presley will come home from school and say, 'Oh mom, the kids at school talk about you all the time,' and the next week she'll come home and say, 'Mom, this boy said something bad about you today,' so they definitely have to deal with their mom being in the public eye."

'I'm really trying to get back to the little things in life that I really enjoy'

Being a mom means having the same fears that all parents share. "The thing in life that scares me the most is something happening to my kids," Tanya said with a shudder. "The other day Presley went to the store with a friend and was gone for two hours. I was freaking out. I always think, 'Oh my God, what would I do if I ever got that call,' the one that so many people get, saying that something has happened to my children. It scares me half to death. One of the hardest things I have to do is leave my kids to go to work, or to have time to myself."

Tanya hasn't had much time to herself since she was thrust into superstardom at the age of 13 with her first hit, "Delta Dawn." Since then, the fiercely independent Tanya has stayed in the limelight with hit songs such as "Two Sparrows in a Hurricane," "It's a Little Too Late," "(Without You) What Do I Do With Me" and "Soon." She has four platinum albums and eight gold albums.

In addition to her 1991 crown as the CMA's best female vocalist, Tanya won a CMA award for her part in the compilation album *Common Thread: The Songs of the Eagles* in 1994, and the 1992 ACM best video award for "Two Sparrows in a Hurricane."

Yet music isn't Tanya's only project. Her business interests include a line of western wear, collectable dolls and her own salsa company. She has also released a low-impact aerobics video and is just beginning to create her own line of jewelry designed by her friend Gilbert Ortega. "Gilbert is the world's largest Indian art and jewelry dealer. We've been good friends for a long time, and I don't know if I'm supposed to

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Tanya took a helicopter to the spa in the Santa Catalina foothills where (opposite) a crowd of cactus is her only entourage

Tanya Tucker

tell you this, but we're working on 36 pieces for the Tanya Tucker jewelry line," Tanya said proudly.

"One of the pieces is a little sterling silver perfume bottle. My hat logo is on the back of each piece. It's done really, really tastefully and I have to approve each piece. I had my own line of jewelry once before, but it was just something they put my name on and sent me a check. This is really cool because it's my own thing."

Tanya's off-stage antics have also kept her name in the press for the past 25 years – from her much-publicized affair with a much older Glen Campbell, to her drug and alcohol abuse and subsequent rehabilitation at the Betty Ford Center, to her anything-but-traditional union with Ben Reed.

Photo courtesy of Tanya Tucker

Beau Grayson, 5, and Presley Tanita, 7, 'definitely have to deal with their mom being in the public eye,' says Tanya

"When people hear my name, they all have a different idea of who I am," Tanya said, as she settled herself in on the Southwest Airlines flight back to Nashville. "I'm trying to make myself a better person. I know I have some amends to make, especially with my family. But you can either live with guilt for the rest of your life or get over it and do something about it.

"I think it's time for me to let go of what everybody thinks Tanya is, and grab onto what I want to be, no matter what that is."

The ever-friendly Tanya made a new friend immediately on the flight as she tenderly helped a little boy across the aisle open his snacks. Soon, the boy's mother recognized Tanya. "Oh my God, are you Tanya Tucker?!" she squealed.

"Yeah, I'm Tanya. What's your name?" Tanya asked.

"I can't believe you're on this flight," the young mom continued. "I'm going to fly Southwest more often!"

"I usually like to be out and about in public," Tanya said, continuing the interview. "That means interacting with people, and it sometimes gets me into situations. Especially because I like to go out and have a good time. I'm not saying I'm a quiet one, but sometimes things get blown out of proportion and when I read about what I supposedly did, well, all I can do is shake my head and try to stay out of those situations."

For Tanya Tucker, that doesn't sound too complicated.

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IN STYLE
NEW YORK, NY
MONTHLY 500,000

FEBRUARY 1997

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FLINGS

4740

for the bride-to-be and her friends: Don't call it a bachelorette party, but women, too, want to spend their last few days of singlehood bonding with friends. Not everybody will want to take her gal pals to a shooting range for target practice, as designer Cynthia Rowley did. More brides are arranging trips to day spas. Or even spa weekends. Remember, Julia Roberts and some friends went to Canyon Ranch in Tucson before her planned wedding to Kiefer Sutherland; Julia was whisked from the spa dining room by Jason Patric and taken off to Ireland instead of marching down the aisle. Spa-Finders (800-255-7727; in New York City, call 212-924-6800), a free referral and booking service, locates spas to fit all budgets and locations. Or you can custom-design a spa weekend. Rent a country or beach cottage and hire your own chef, masseuse, manicurist, trainer and, don't forget, astrologer.

for the groom and his buddies: Gone are the days of strippers popping out of cakes and guys guzzling beer till they drop. The new bachelor parties are made of macho bonding adventures that go on for a weekend or even a week: diving in the Bahamas, deep-sea fishing off the coast of California, or white water rafting (as in those arranged by Warren River Expeditions on Idaho's Salmon River, 800-765-0421).

—reported by Lisbeth Levine

LOS ANGELES TIMES
LOS ANGELES, CA
WEDNESDAY 1,021,121
JAN 14 1998

BOOTH

2D

■ Television: Familiar broadcasters at NBC and TNT find themselves looking for new jobs.

6740

By LARRY STEWART
TIMES STAFF WRITER

The final pieces of an eight-year, $17.6-billion NFL television contract fell into place Tuesday, creating a number of broadcasting free agents.

With the Disney-owned entry of ABC and ESPN knocking NBC and TNT out of the NFL picture, those involved in football at NBC and TNT will be looking for jobs.

IN THE BOOTH

"I don't know what's going to happen," said NBC's Dick Enberg, who has been announcing pro football since first calling Los Angeles Ram games on radio in 1966. "It's just hard to imagine not doing pro football."

He will do his final game for NBC on Jan. 25 when he, Paul Maguire and Phil Simms call the Super Bowl.

"There will be a lot of emotion there, that's for sure," he said. "We won't talk about it that much on the air because I

Please see BOOTH, C5
2D

Continued from C1

don't think the audience cares, but we will feel it."

Enberg said he wasn't sure what the status of his NBC contract is but assumes it will be affected. "I don't see how they could justify paying me in full without football," he said.

Ed Hookstratten, Enberg's agent, said, "We have to wait and see how things play out. NBC still has a lot of sports—golf, Olympics, NBA, Notre Dame."

Enberg said he knew things weren't going well after talking with Dick Ebersol, president of NBC Sports, at the AFC championship game in Pittsburgh on Sunday.

"His face was ashen when he told us it didn't look good," Enberg said. "The people I really feel bad for are the young, talented, behind-the-scenes people—the assistant producers and directors—who are now out of work. It's just a shame."

TNT was shut out when Disney made a $600-million-a-year bid to get Sunday nights exclusively for ESPN.

TNT commentator Pat Haden said, "It's very disappointing. The TNT job was perfect for me.

"I thought we were going to be OK, but I got a little worried when CBS got the AFC. I knew that threw things out of whack."

What that did was start a bidding war between ABC and NBC for the Monday night package. Disney, using ESPN as its secret weapon, was able to keep NBC out by overbidding for Sunday nights.

Cable networks have the advantage of being able to pass costs on to subscribers. Still, the cost of the Sunday-night package was mind-boggling.

The $600-million price tag makes the Sunday-night package the most expensive. ABC will pay $550 million a year for "Monday Night Football," plus three Super Bowls over eight years. Fox will pay $550 million a year for the NFC and three Super Bowls, and CBS will pay $500 million for the AFC and two Super Bowls. ESPN gets only regular-season games for $4.8 billion over eight years.

Turner issued a statement saying it couldn't justify paying the kind of money Disney was paying to keep its half of the cable games. Thus, Haden is among those looking for work.

Play-by-play partner Verne Lundquist might be too, although he also calls NBA games for TNT. He was not available Tuesday night because he was in Chicago, announcing the Bulls' game with Seattle.

Haden said he's going to take a deep breath before trying to figure out what to do.

"Would I go to CBS and work on the No. 5 team?" he said. "I don't know. I don't have an agent. Maybe I'll have to get one."

Pat Summerall, left, plans to stay at Fox, but partner John Madden could end up at ABC

NBC's Charlie Jones, the dean of network football announcers, is also looking for work.

"My contract expires after the Super Bowl," he said. "I'm hoping my experience with the AFC will help me with CBS."

Jones called the first televised American Football League game on Sept. 10, 1960, for ABC, when the Dallas Texans—later the Kansas City Chiefs—played the Los Angeles Chargers at the Coliseum.

Sean McManus, the president of CBS Sports, said Tuesday that CBS play-by-play announcers Jim Nantz and Sean McDonough probably would be used on NFL games, but there will be some play-by-play openings.

As for using CBS college commentators such as Terry Donahue on the NFL, McManus said he wasn't sure.

"We might have some college commentators double up," McManus. "It's too early to say."

Michael Jordan—the CBS chairman, not the other one—said, "You need an elephant before you can make elephant soup. We just got the elephant."

McManus, asked about the possibility of John Madden returning to CBS, said that was unlikely.

"John has made it clear he prefers the NFC package on Monday Night Football," McManus said.

McManus was an executive at TWI, a management company, before joining CBS a little over a year ago, and TWI handles Madden. Asked if his past relationship with TWI migh help in trying to land Madden, McManus said, " think if John thought we might be able to ge him at a lower price just because of m relationship with his agent [TWI's Barr Frank], he'd have to fire his agent."

Ed Goren, Fox's executive producer, said h talked with Madden on Monday night and i convinced Madden will either stay at Fox or g to ABC.

"With John, it's not the money," Goren said "He can look back over the past four years an ask himself, 'Am I happy at Fox?' I'm sure he' say his years at Fox have been great. But I als think he is intrigued about the possibility o doing 'Monday Night Football.'"

Bob Iger, president of ABC, Inc., said Tuesday night his network has not had any discussions with John Madden about coming to "Monday Night Football."

Pat Summerall isn't sure what his broadcast partner of 17 years is going to do, but he doesn't expect to be going anywhere. "I believe in loyalty, and Fox has been very good to me," he said. "I know what the people at NBC and TNT are going through because that's what we went through four years ago."

Al Michaels is simply glad ABC was able to retain the Monday night package. "I had some very anxious moments," he said from the Canyon Ranch resort in Tucson, where he is vacationing. "I was so nervous I went on a 12-mile hike, which is about five miles longer than I've ever gone before."

TV GUIDE
OMAHA, NE
WEEKLY 101,258
DEC 5 1998

Insider

WHAT'S NEW • WHO'S HOT • WHAT'S NEXT

LC 6740A

SCANDALOUS LEE

The former Knots Landing *star goes glam for a biopic of the original* Valley *girl*

All bets were off when Michele Lee moved light-years from her signature *Knots Landing* domesticity to star as a larger-than-life writer in *Scandalous Me: The Jacqueline Susann Story* (USA, December 9, 9 P.M./ET). It was, in fact, Susann's vivid personality that compelled Lee to play the late author of such beloved—and trashy—megasellers as *Valley of the Dolls* and *Once Is Not Enough*. "It's the quintessential American dream," says Lee. "She had the ability to tell an incredible story and to sell herself just like Madonna and Barbra Streisand. Jackie was so outrageous. She lived life at full throttle despite some painful secrets."

Susann's perseverance "is at the heart of this film," says Lee, 56, who also produced the movie. "She would never give up, and she made things happen for herself. I identify with that." As Susann, Lee wears some of the author's own jewelry and clothes as well as outfits from the classic 1967 film version of *Valley*. The body, however, is all hers. "They asked if I wanted a double for a bathing-suit scene, and I said, 'Hell, no! I worked too long and hard at Canyon Ranch at getting this hot little body,'" she says with a laugh. "I was very Jackie on the set. I was feeling very sensual."

The actress received a Hollywood Walk of Fame star on November 19, surrounded by her *Knots Landing* pals. She's looking forward to seeing two new big-screen Susann projects: a "Valley of the Dolls" remake and Bette Midler as the author in "Isn't She Great." Lee says, "I'm sure it will be hysterical." —*Ileane Rudolph*

TUCSON CITIZEN
TUCSON, AZ
SATURDAY 50,000
MAY 9 1998

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And actors **Will Smith** and **Mike Myers** were reportedly at Canyon Ranch last week. The handsome Smith has been there before – and caused deep sighs among the staff. . . .

TUCSON CITIZEN
Monday, October 26, 1998

Trend$

STREET TALK

We'll tell you what we know

CNN's "Business Unusual" program, hosted by Lou Dobbs, will be in town this week to profile three Tucson businesses.

The CNN crew will spend time at Old Tucson Studios, Canyon Ranch Health Resort and Lisa Frank.

According to CNN's Web page, the weekly half-hour program "showcases the innovators, companies and individuals that have what it takes to succeed in today's rapidly changing economy, and illuminates how leaders – from traditional corporate executives to trend-setting entrepreneurs – create fresh approaches to business and build success."

Old Tucson Studios spokesman Chris Ousley said CNN will interview Old Tucson president Helaine Levy, focusing on how the park rebounded from arson three years ago that destroyed 40 percent of it.

At Canyon Ranch, they will interview founder and president Mel Zuckerman about his philosophies, which have revolutionized the spa and resort industry.

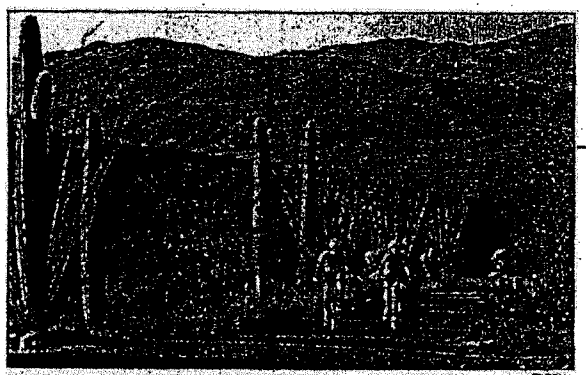
At Lisa Frank, a designer and maker of children's stickers, stationery and toys, company owner Lisa Frank will be interviewed.

The air date of the show featuring the three Tucson businesses has not been set but "Business Unusual" airs Saturdays at 6:30 p.m.

MARIA BARTIROMO
WORKING WOMAN
NEW YORK, NY
MONTHLY 750,000
MARCH 1998

Atlanta Business Chronicle
Sept. 10-16, 1999

Execs shed stress of Atlanta at pricey Arizona ranch



SPECIAL

Just peachy among cactus: For about $3,000 a week, well-heeled Atlantans unwind at Canyon Ranch near Tucson.

By Roni B. Robbins
STAFF WRITER

Some 2,000 miles from Atlanta, in the Arizona desert, is a getaway for the rich and famous — Canyon Ranch Health Resort.

Diana Ross, Kevin Costner, Julia Roberts, Barbara Walters and other celebrities rub shoulders there with high-powered executives from Fortune 500 companies. They come to the 70-acre Tucson resort at the foothills of the Santa Catalina Mountains to lose weight, bask in luxury or receive a healthy dose of stress therapy.

About 800, or 7 percent of the 12,000 guests to Canyon Ranch in the past year, have hailed from Atlanta, according to Katie Garber, a resort spokesperson. The guests include executives from some of Atlanta's largest companies, including The Coca-Cola Co. and The Home Depot Inc.

For the price of a deluxe cruise — about $3,000 a week — these top-level business people take a break from everyday corporate pressures. Despite the distance, some corporate Atlantans said they chose Canyon Ranch over closer resorts because of its scenic setting, its privacy, and its all-in-one fitness and relaxation package.

Whether they pay their own way or their company foots the bill, Atlantans who have visited the resort say they are empowered to return to more productive business lives and healthier relationships after a week or two of proper nutrition, yoga, massages, hiking, swimming, biking and self-reflection.

"People who are executives are type-A personalities," said Barbara Kaufman, founder, owner and CEO of the Chapter 11 bookstore chain, who has visited Canyon Ranch three times

in 10 years. "Everything they do is to try to be the best, to push themselves."

Kaufman

Canyon Ranch fosters a similar determination, said Kaufman, whose company has opened 13 stores in the Atlanta area in about eight years and ranks among the area's top 25 companies owned by women, according to Atlanta Business Chronicle's 1998 Book of Lists.

Besides her career, the 44-year-old Kaufman also manages a family of seven. She is the mother of five adolescents, ages 14 to 20. "The biggest stress in my life is teenagers driving," she joked.

For all her challenges, Kaufman not only maintains a sense of humor, but she also has learned how to effectively release her tensions.

Her next trip will be Sept. 14 with her 70-year-old mother, sister and sister-in-law. "It pushes you to the limit. It clears your head. They pamper you and the food is great."

Balance of work, diet

A newcomer to Canyon Ranch is 42-year-old Rob Hallam, Home Depot's director of Internal communication. He was working 60 to 70 hours a week from Monday through Saturday before his [illegible] Since then, he has cut out Saturdays and is down to 50- to 55-hour workweeks.

The main lessons guests to the resort learn is to maintain a balance between their work and personal lives, Hallam said. He also came away from there with a better appreciation of nutrition. "When you're traveling a lot, as I do now, it's very easy to eat poorly. One of the things Canyon Ranch taught was the impact food has physically on work productivity."

Not only did Hallam lose 10 pounds at the resort (which he has kept off), but he has given up caffeine. "I used to drink a Diet Coke every morning. I don't do it any more. I feel like I'm more productive and relaxed. I'm sleeping better."

Hallam

Hallam is not the only Home Depot executive to discover the benefits of the resort. He said he knows of at least 10 Home Depot senior managers, including CEO Arthur Blank, who visit Canyon Ranch once or twice a year.

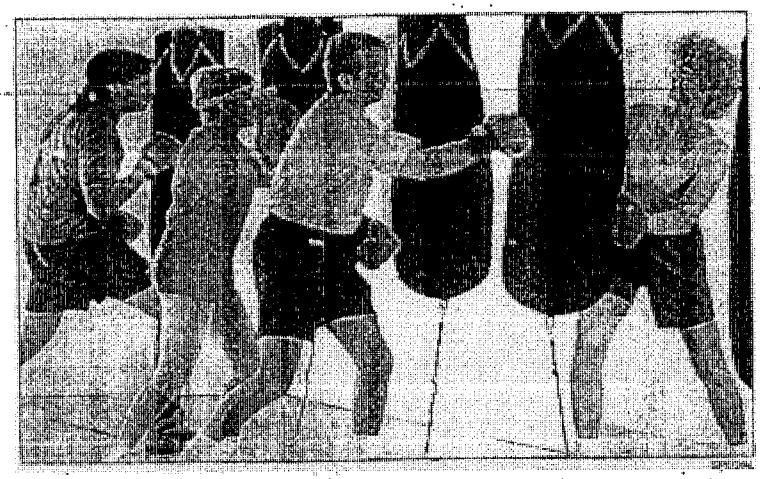
Benefit to heart

Cathy Selig, senior vice president and owner of Selig Enterprises Inc. development company, said she has tried to visit the resort at least once a year for 10 years. "It's a real, feel-good place mentally, spiritually, emotionally," said Selig, 53. "It just sort of cleanses you. I love the outdoors. I love the physicalness of it."

Dr. Laurence Sperling, director of preventive cardiology at The Emory Clinic Inc., said intensive programs like the kind offered by Canyon Ranch can be [illegible]

"Stress is something everyone has in their lives. Some stress is productive, but is a factor that can contribute to cardiovascular risk, heart disease and can lower the immune system's defenses to fight off other diseases," said Sperling, who is also director of the Emory Heart-Wise Risk Reduction program.

"A program like that allows people to re-evaluate the way they deal with stress and lifestyle factors and helps them make important changes in their lives." Several of his cardiology patients have visited Canyon Ranch, one of whom dramatically improved his diet, exercise routine and approach to work-related stress as a result of the trip, Sperling said.



Beating stress: Canyon Ranch clients learn to manage stress through exercise.

Mix with celebrities

While relaxing, guests also have the [illegible]

Jay Weiner, a 33-year-old financial analyst for Coca-Cola USA, ran into Calista Flockhart of Ally McBeal during his recent vacation there.

Weiner, who was alone at the ranch because his wife had just started a new job, asked her to dinner.

Flockhart agreed that Weiner could join her if he ever found her eating alone. He did, and even left her with a Georgia Bulldog hat. "She's a New York Yankees fan."

Business owner Selig said she has seen Diana Ross, Barbara Walters and Kevin Costner on her visits. "They keep to themselves."

But few visitors claim celebrity sightings as the highlight of their stay. Instead, they cite the ability to take home a rejuvenated body and mind.

[illegible] when I got there and didn't put it back in my pocket until I left," Weiner said. "The only stress is deciding what you want to do." □

DAILY NEWS
NEW YORK, NY
MONDAY 800,000
SEP 13 1999

Calista does some figuring with gown

6740A

CALISTA FLOCKHART was not taking any chances. Last year at the Emmys, when Flockhart showed up wearing a backless, pink, **Richard Tyler** gown, people saw how her bones protruded, and the anorexia stories about her were born.

Not only was she covered up last night, in a white shirt over a yellow gown designed by **Ralph Lauren**, but as recently as three weeks ago, Flockhart was seen training hard at the Canyon Ranch in Tucson. Sources there tell me that the "Ally McBeal" star was running up to 3 miles a day.

Julia Roberts also showed up for her first Emmy Awards — in a backless Ralph Lauren gown. Roberts told me she was "very nervous" walking into the event. "My left eye is tearing," she said, "that's how I know when I'm nervous. Whenever I get nervous, my left eye starts running."

Roberts was accompanied to the show by her boyfriend, **Benjamin Bratt**, whose newly shaved head was the result of a movie he's doing called "The Red Planet" with co-stars **Val Kilmer** and **Tom Sizemore**. Bratt came in from Australia for the show and wore a Giorgio Armani suit.

MITCHELL FINK SPECIAL

But the most outrageous Emmy arrival of all had to be the cast of "The Sopranos," who came not by limos but in a NJTransit bus — a role played by an L.A. bus painted with the NJT logo.

"Sopranos" co-star **Steve Van Zandt** said: "We partied all the way here and listened to oldies, which is how it should be."

"There was a bartender on the bus, don't forget that part," added co-star **Lorraine Bracco**, who attended with her two daughters, **Stella**, 13, and **Margaux**, 20. "People think they're my sisters," Bracco said. "Not bad for an old broad, huh?"

Despite "The Sopranos" loss to "The Practice," HBO was the party winner. It was clear from the stars on the red carpet that all roads later in the evening would lead to Spago in Beverly Hills, where HBO was throwing its post-Emmys bash.

HBO's good fortune was not lost on the co-stars of the cable network's ribald comedy "Sex and the City." The four stars of the show — **Sarah Jessica Parker, Kim Cattrall, Kristin Davis** and **Cynthia Nixon** — hung out together during the broadcast and fussed with one another's clothes, making sure they all looked just right.

"The one thing they didn't want to do," Nixon said, "was mess with each other's on-air makeup." As a matter of fact, when Cattrall and Nixon greeted each other, they were careful to air-kiss, never touching skin to skin. "It's crucial," Nixon said, "that we look good."

CR002474

November 17, 1999

The New York Times

The View From Inside 'Monday Night Football'

By RICHARD SANDOMIR

Al Michaels is managing his frustration in the back seat of a limousine on the way to Foxboro, Mass. The "Monday Night Football" announcer's trip from Boston to the Jets-Patriots game on Monday is 90 minutes old and not over.

"You could have quite a story," he says, in his familiar, resonant timbre. "We went to two-in-the-booth. Tonight, could be one-in-the-booth."

He scans his notes, then leafs through The Boston Herald, reading headlines aloud — all about Jets Coach Bill Parcells: "'Tuna on the Menu,' 'Tuna Hopes to Save Face.'." He pauses. "I had some very nice tuna tartare last night."

Eventually, he sees a distant nimbus of light. "The good news is, I see stadium lights," he says. "The bad news is, it's the Yale Bowl."

Actually, it's shabby Foxboro Stadium, site of the 10th game in "Monday Night's" 30th season. Except for "Who Wants to Be a Millionaire?" "Monday Night" is currently ABC's highest rated prime-time program, and its most expensive, at $550 million a year.

Inside, the garrulous Boomer Esiason, in his second season beside Michaels in the booth, schmoozes players on the field, then walks briskly up a ramp toward the booth. "Hey, Boomer, who's the best player in football?" a security guard asks.

"I was, until I retired," he says.

"But now it's Drew Bledsoe, right?" the guard asks.

"Sure is," says Esiason.

There are no apparent jitters for Michaels in his 14th season as the lead voice of the show or for Esiason. Each game affirms Michaels's status as one of the best play-by-play announcers in pro football, but it is a test for Esiason as the solo analyst, no longer the junior partner to Dan Dierdorf, whom ABC discarded last winter in a pay dispute. If Esiason is struggling to be provocative or to reinvent himself with a shtick, he does not admit it. "The game is what it's all about," he says. "Not what I say."

The Foxboro booth is cramped, with hot lights, one camera looking in and another looking out, cables spread on

Continued on Page C33

Al Michaels, the undisputed star, and Boomer Esiason in the broadcast booth for ABC's "Monday Night Football."

CR002475

The New York Times

Sports

Inside 'Monday Night Football'; From the Truck to the Booth, a Look at ABC's No. 2 Program

By RICHARD SANDOMIR
Published: November 17, 1999

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The Foxboro booth is cramped, with hot lights, one camera looking in and another looking out, cables spread on the floor like nerve ganglia carrying the game's impulses to America and a black curtain backlighted with "New York" in green lights and "New England" in light red.

Downstairs, inside ABC's production truck, the director, Craig Janoff, and the producer, Ken Wolfe, transform a jigsaw puzzle of 22 cameras and 18 replay machines into ABC's prime-time broadcast.

There is a desire, articulated by Michaels, to call great games, or at least competitive ones. When he examined this season's schedule, he thought it was the best since he moved into the "Monday Night" booth in 1986. But four teams -- Denver, Minnesota, Atlanta and the Jets -- that appeared in their conference championship games last season and were scheduled three times apiece on "Monday Night" this season have been disappointments.

Amid Wolfe's quiet pregame preparations, he is slightly distracted by one monitor among dozens before him by "Millionaire" -- "best lead-in we've ever had," he says.

For inspiration, a slightly ribald audio tape of Howard Cosell, once the verbal catalyst of "Monday Night," plays in the truck with minutes to go. "This is absurd," Cosell says. "I just want to get out of here."

The broadcast starts with typical high energy: exploding graphics, a short skit starring the cast of ABC's "The Practice" that tailors one of their signature scenes to the Jets-Patriots matchup, and the theme song by Hank Williams Jr.

The first quarter is scoreless, as Jets quarterback Ray Lucas relies mainly on rushing plays by Curtis Martin. Esiason suggests that Parcells expand to play-action passes. Excitement is limited, except for a melee after a New England interception on a tipped Lucas pass near the end of the quarter.

Janoff leaps from his seat to orchestrate the camera coverage, as Wolfe views the replays and relays the best ones to Janoff.

"We've had worse quarters," Michaels says during commercials.

"At least it's 0-0," says Esiason.

The game will not provide Esiason with the type of thematic road map he followed a month ago, during the Dallas-Giants game at Giants Stadium. Throughout, he criticized Giants Coach Jim Fassel and Cowboys Coach Chan Gailey for timid play-calling.

But in praising a Jets play, in which receiver Keyshawn Johnson catches a pass on a pattern in which he follows behind Wayne Chrebet, Esiason says: "Flood the zones and create illusions. That's what Charlie Weis is doing."

CR002476

"Reflectively," Michaels says, a cryptic reminder that while Weis is the offensive coordinator for the Jets, Parcells calls the plays.

In the Truck,

A Frenetic Pace

In the truck, Janoff cajoles his cameramen into a heightened alertness to on-field developments. But you would have to climb inside his brain to comprehend his spatial vision: monitors carrying feeds from 22 cameras, arranged in mostly illogical order, camera 13 next to 15, camera 17 beside 11, camera 14 abutting 12, camera 8 bordering 1. In this way, Janoff takes apart and reassembles the field, cutting shots over a thousand times in three hours.

Janoff speaks a dialect known only to directors and cameramen. He calls out cameras by their numbers, whether he is following a play or looking for a player on the sideline.

"Isolate Keyshawn, 19," he says. "Parcells, 5. Five, to Parcells. Take 2" -- a view from above the 50-yard line -- "5, 4, 14, 1, 10, 9, 11, 7. Wide on the sideline. Someone show me McGinest! In blue!"

Despite Janoff's exhortations, the truck is calm. Wolfe relays his instructions to Michaels and Esiason in tones that are nearly inaudible three feet behind him. "Craig's high octane because he's moving the cameras," Wolfe says, "but it's better for me to talk in relaxed tones."

Upstairs, there is an exhibition of seamless coordination. On nearly every play, Michaels adjusts his glance from the field to the monitors and to Kelly Hayes, the spotter, whose right index finger guides Michaels to his color-coordinated spotter's board with players' names and statistics. The names emerge from Michaels's mouth without pause.

Using data from his play-by-play score card, the statistician, George Hill, writes out yardage gained, time of possession or timeouts remaining on white index cards that he passes to his right, usually to Michaels, who frequently leans over during breaks to ask for information.

Michaels and Esiason stand throughout nearly all the game, wearing headsets. Sometimes, Esiason turns left to Michaels, bends his knees and spreads his arms to stress a point. Michaels rarely turns to his partner. Their gesturing describes an ongoing chat, if not with themselves, then with viewers. Michaels likens his gesturing to a band leader's exertions to advance the music.

One member of the crew whose role is a wild card is Lesley Visser. Cautioned twice by National Football League officials last month for encroaching beyond the dotted yellow line on the sideline, Visser is mostly at the mercy of breaking news, injuries, coaches' revelations -- and the elements.

"Duchess, how are you doing?" Michaels asks her during a break.

"I'm like frozen custard," says Visser, who is wearing work boots over two pairs of socks that are separated by a plastic bag.

This night, the coldest of the season, she never leaves the field for a break and is barely on camera. "Better to be seen too little than too much," she says, "so people are glad to see you."

Michaels in Action:

Clearly the Star

Michaels is clearly the star of the first two-man "Monday Night" booth since 1986. Esiason, with his career as a quarterback with the Jets, the Bengals and the Cardinals, his platinum-blond hair and hulking physique, is more recognizable. But Michaels is more accomplished: a play-by-play announcer who is part analyst, offering more than a terse recitation of play and yardage.

To gain an analytic foothold, Esiason is focusing more on what quarterbacks do, as he works on a broader vision of the field. He's got a quick, judgmental wit. In comparing Johnson to Minnesota's Cris Carter, Esiason says: "Keyshawn Johnson's an arrogant Cris Carter. He'll tell you how good he is."

Esiason's smartest call is his rapid detection of a pass interference call -- in essence, an illegal pick by the Jets' Richie Anderson -- that negates a touchdown.

Esiason enjoys chiding Michaels, mostly about his partner's love of The Four Seasons hotel chain, and recently feigned offense when the stage manager handed Michaels a hot dog before him. "I know he's the star and all," Esiason said.

One senses that Esiason wants to be known for being unpredictable. At halftime of last month's Giants-Cowboys game, Michaels conducted a somber interview with Michael Irvin, the Dallas receiver who had suffered a spinal injury a week earlier. Just as the conversation ended, Esiason strode into the booth and asked loudly, "Hey, did anybody cry yet?"

During a commercial break on Monday, Esiason says he will be attending an event this week at the ESPN Zone restaurant. "I'm representing 'Monday Night Football,' " he says, with a characteristic tone of exasperation. "That's all I do, represent 'Monday Night Football,' without you."

Michaels responds, "I'll be representing 'Monday Night Football' at the Canyon Ranch in Tucson."

The absence of Dierdorf is turning Michaels and Esiason into an increasingly viable team. They appear to like each other. At one point, Michaels asks Esiason how long his throat needed to heal from last week's game.

"Wednesday," Esiason says.

"Not bad. What did you take for it?"

"Believe it or not," Esiason says, "I just shut up."

Brief Excitement,

And Then It's Over

The Jets race to a 24-3 lead, but New England closes to 24-17, behind Bledsoe's touchdown passes.

"True to form, Drew Bledsoe is sticking it to his old coach," Esiason says.

But earlier in the quarter, during a break, he sounded frustrated by Bledsoe: "Every week, we get one lousy quarterback performance." Despite the surprise of a Jet victory, it is not an edge-of-the-seat thriller. The scoring ends midway through the fourth quarter. With time left, some Patriot fans discover more enjoyment in turning toward the booth to shout at Esiason and Michaels.

"Give it up, Al!" someone shouts.

"Boomer! Boomer! Boomer!" another fan yells.

Michaels and Esiason leave quickly, escorted out of Foxboro by motorcycle police.

"We still haven't had a compelling game in a long time," Michaels says in the limo.

"The Giants-Buffalo Super Bowl," Wolfe says. "Maybe we should play the second halves first."

"People only remember the end," says Michaels.

"The problem is, they don't remember the end," says Wolfe. "They're asleep."

The selection of coming games fails to excite Michaels. The season ends with San Francisco against Atlanta.

"I don't even want to think about it," he says.

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NOVEMBER 1999

ELLE

ESCAPE FROM HOLLYWOOD

Actress Linda Fiorentino isn't the average spa-goer: She sleeps through the morning fitness classes, breaks into the kitchen in the middle of night, sneaks into town for a steak, and does laundry. By Sarah Brown

Linda Fiorentino is having lunch at the Canyon Ranch spa, gazing out the window of the Ranch's nineteenth-century mansion at the lush, rolling Berkshires, and all she can talk about is laundry. Never mind the sunrise hikes, mountain-bike rides, kayak lessons, tarot card readings, and head-to-toe paraffin body wraps at the spa. Her idea of perfect heaven is a washer-dryer. "When I'm not working, I don't want to be pampered—I just want to do some wash," she says between bites of corkscrew pasta. "Laundry is the one thing that has a beginning, a middle, and an end that I can actually accomplish. Here, I have a washer-dryer *in my room*. What am I doing tonight? Whites!" she grins.

The sultry star of the darkly funny '90s cult classic *The Last Seduction*, Fiorentino has been making regular, rejuvenating pilgrimages to Canyon Ranch for three years. Last year, she did three movies back-to-back: a four-month shoot for Kevin Smith's *Dogma*, out this month, co-starring Ben Affleck, Matt Damon, and Chris Rock; then a stint in Montreal for *Where the Money Is* with Paul Newman; and on to Ireland for *Ordinary Decent Criminal* with Kevin Spacey. "I was completely spent. Exhausted. So I thought, I'm going to Canyon Ranch for a week by myself. I'm going to sleep, rest, get away. But then, checking in at the front desk, I hear, 'Linda?' I turn around, and it's [Miramax co-chairman] Bob Weinstein; I was like, 'What are you doing here? I came here to rest! I came here to get away from you!' And he's like, 'I came here to get away from *you*!' Well, within five minutes we were on the basketball court. We played every day for a week."

This year, after finishing the upcoming Mike Nichols film *What Planet Are You From?*, with Garry Shandling and Annette Bening, she's back for more.

Accessorized with nothing but a locker key dangling from a rubberized phone-cord bracelet, Fiorentino blends seamlessly with the casual crowd of overstressed, overpaid New York power brokers, CEOs, and health-and-fitness-obsessed socialites, all penciling their low-cal, high-fiber lunches into their food diaries and bonding over the last Cardio Box class. "This is like camp. For the rich," whispers Fiorentino, before breaking the universal, caffeine-is-the-root-of-all-evil spa rule by ordering a cup of "real" coffee. "I eat everything here," she says. "Unless you want to lose weight, you have to order double—otherwise the servings aren't enough. The first time I came here I went down the street and had a steak."

The Cardio Circuit is Fiorentino's favorite class, but when I ask if she made the 9 A.M. session, she smiles sheepishly. "No, I slept till ten. That's what I do here: sleep. Most people come here and start doing things," she says, surveying the room of ponytail-wearing, jogging-pants-and-sneaker-clad diners. "I come here to *stop*. I've taken twenty airplanes in the last four months; the last thing I want to do is, like, go on a canoe trip."

Canyon Ranch's superdeluxe spa, on the other hand, is at the top of Fiorentino's list. "I sleep better here because all of the treatments are geared toward deep relaxation," she says. "The herbal wrap really knocks me out, and once I get to sleep, I can put

Checkmate: Between basketball matches, Fiorentino sneaks in a daily game of chess.

Back at the Ranch (clockwise from right) Linda Fiorentino hits the trails, basks in the sunshine, and melts into a massage at Canyon Ranch.

in a solid ten hours without waking up. That's unheard of when I'm working on a film—then I'm lucky if I get five or six."

But that's not to say that all she does is hibernate. On an average day at the spa, she'll take two grueling Cardio Circuit classes interspersed with a pickup basketball game. "It's better than any aerobics class you can take," says the former college-basketball starter. "You use your whole body for jump shots, and if you do them right, your arms, legs, and abs get in amazing shape."

Fiorentino's competitive drive came in handy last summer on the set of *Where the Money Is,* co-starring Paul Newman. "Paul's a race-car driver, and he's very competitive about everything, so we came up with all these contests," says Fiorentino. "He kicked my ass in badminton. *Badminton.* I've played team sports all my life, so I was thinking, I'll kill him—I should go easy on the guy. And he killed me, 15 to 2. It was unbelievable."

After lunch, tai chi is in order: "It forces me to relax." On the way out of the dining room, Fiorentino spots James Taylor. "James Taylor!" she yelps, suddenly starstruck. "Hi," he smiles, sending her tearing down the hall, screaming with laughter.

The pristine, light-filled tai chi studio is empty. "Sun Salutations," commands Fiorentino, straightening her back and rhythmically bringing her hands together as if in prayer. "I'm allergic to blush—even the smallest dab gives me a rash," she says, mid–Downward Dog. "So if my makeup artist tells me I'm looking a little pale, I do twelve of these in a row, and it looks like I'm wearing blush." After more Sun Salutations, and still no classmates, a very rosy-cheeked Fiorentino begins to suspect something's up. A man carrying a bongo drum confirms we've read the schedule wrong; he's setting up for the next class, Barefoot Boogie.

Fiorentino leaves the studio, defeated, only to be bombarded by a troop of incredibly handsome, slightly sweaty, T-shirt-attired men, all demanding to know *why* she missed their noon basketball game. We move on, slipping into the nearest studio, where Line Dancing is in progress. By the third "step to the right," we're history and on our way to the demo kitchen for Hands-On Cooking with Ruby, a woman in a white chef's jacket, wielding a butcher knife and barking commands like a culinary drill sergeant.

Today's assignment is "Delicious Fishes," but before attempting the sea bass, we must learn how to properly chop. We're each handed a scallion. "I never knew how to do this—I guess that's what happens when you eat at restaurants six days a week," says Fiorentino, positioning her knife at the tip of the green stalk.

"That's trash, ladies!" screams Ruby, just as we're admiring our perfectly slender scallion rings. "Food is gonna fly," she says, as a fellow student's mangled scallion and several unworthy lemon wedges sail past Fiorentino's head, landing in a plastic tub.

Fiorentino juliennes a squash; I mince basil; a fellow Rancher measures garlic. A roguish grin spreads over Fiorentino's face: "I sneak in here at night—there's a door in the back that they don't lock," she says, lowering her voice. "There's a microwave, so I bring a box of Paul Newman's popcorn and go back to my room and watch TV. I've been watching *The History of Sex* on the History Channel all week," she continues, as Ruby nods approvingly at her impressively symmetrical squash slices. "But I missed last night because I was having a massage. That's the best thing about being at a spa." □

ANTOINE VERGLAS

CR002481

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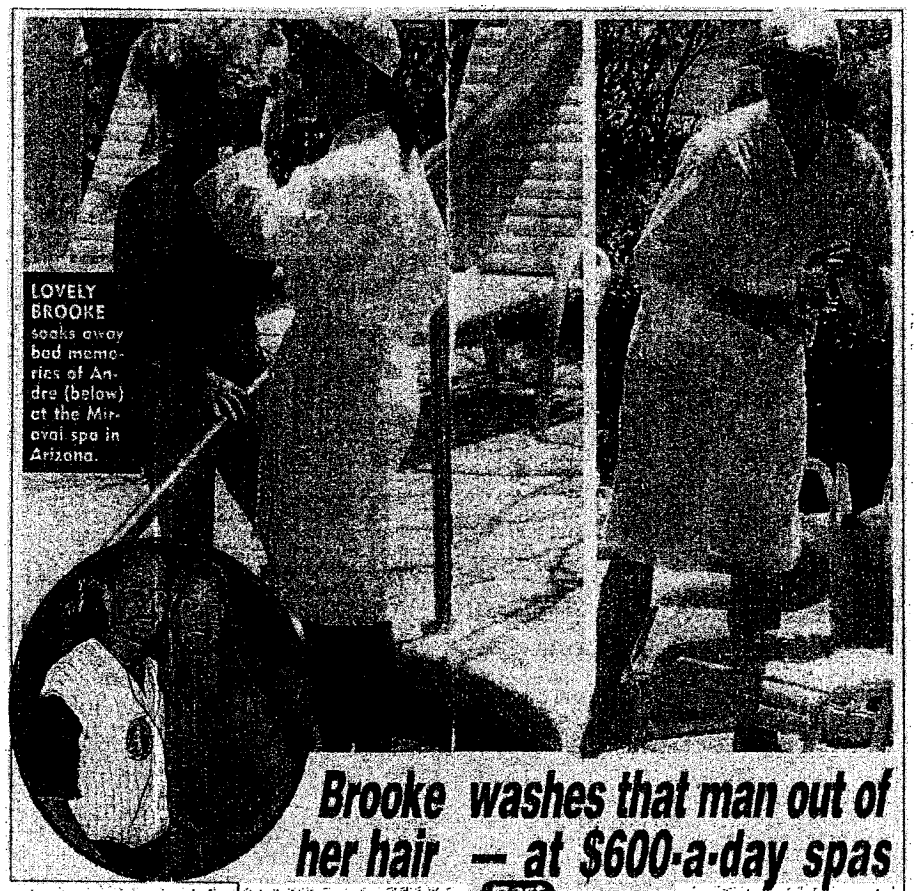
May 11, 1999

ALL THE BUZZ



LOVELY BROOKE soaks away bad memories of Andre (below) at the Miraval spa in Arizona.

Brooke washes that man out of her hair — at $600-a-day spas

The ink was barely dry on her divorce decree as Brooke Shields fled Tinseltown to massage away her anguish.

Fresh off her split from tennis pro Andre Agassi, the "Suddenly Susan" star splurged on a fabulous week at two high-priced spas — the Canyon Ranch Health Resort, a celebrity hot spot in Tucson, Ariz., and the posh Miraval spa, a few miles away in Catalina, Ariz.

"Canyon Ranch is very exclusive," said an insider.

"It's a wonderful place just to relax and unwind from the everyday hubbub. It's secluded and private.

"When she wasn't tanning, she went off for facials, massages or manicures."

After pampering herself at Canyon Ranch for $500-plus per night, Brooke and a female friend made a beeline for Miraval spa, a $593-per-night resort just a few miles outside of Tucson.

"Miraval is little smaller, and off the beaten path. Luxurious is the best way I can describe it," the insider continued.

"I don't think Brooke could have picked better places to get her mind off her worries.

"Brooke just needed time away. Everything in her life crashed down around her in the last month.

"The staff at Canyon Ranch and Miraval treated her like royalty."

While Brooke was relaxing in style, ex-hubby Andre Agassi was working — preparing for a tennis tournament in Europe.

He told a reporter, "We are still close and love each other tremendously but the marriage is over. This is not a tragedy and I have no regrets at all."

PAST PICTS

At age 15, while filming the movie "The Blue Lagoon," Brooke had to have her hair glued to her breasts so nothing would show.

GQ GENTLEMEN'S QUARTERLY
NEW YORK, NY
MONTHLY 687,626
JUNE 1999

Yeah, Baby!

Those teeth, that chest hair, that libido! It could only be Austin Powers, baby, and because he's close to his creator's heart, **Mike Myers** has brought him back in *The Spy Who Shagged Me* to create in us the pleasure response

Ruzan is Myers's closest collaborator. Dark haired, attractive and funny in a no-nonsense, New York kind of way, she is an actress who has also written feature scripts and TV pilots. Like her husband, she has known tragedy in her life (her brother was killed in an auto accident in 1990). The Myerses have been together for twelve years, since the night he walked into a Chicago bar after catching a puck at a Blackhawks game. When asked whether there will be the patter of little Austins around the house anytime soon, Myers shouts, "Who are you? I already have one mother-in-law."

"In a town where some people don't take their marriages very seriously, you want to surround yourself with people like Mike and Robin, who are incredibly devoted to one another," says Myers's longtime friend Rob Lowe, who has been happily married for eight years after retiring as an amateur video director. Lowe, who frequently travels with the couple, notices that Myers gets his craziest around his wife. "We went to Canyon Ranch with them. The secret of that spa is that they starve you. So Mike and I commandeered some chocolate pudding—he's a little hypoglycemic—[he got a sugar rush] and the next thing I knew, he was in the hot tub with his underpants on top of his head doing a bit about being the 2,000-Year-Old Agent. *[Imitates Myers doing a Yiddish accent]* 'Now, Jesus, *that* was a client. That's a guy you could get bookings for.'"

A Myers joke is not ready for public consumption until Ruzan laughs at it. "When Mike is performing for his wife, there's an extra electricity that comes off him that is extremely romantic," notes Jay Roach, who directed both Austin Powers movies as well as the upcoming hockey film *Mystery, Alaska*. "They're like two muses who continually provide the muse service for each other."

LOS ANGELES TIMES
LOS ANGELES, CA
TUESDAY 1,021,121
MAY 11 1999

They've Got the Beat

6740A

By DEBORA VRANA
TIMES STAFF WRITER

CNBC's Sue Herera and Maria Bartiromo earned modern success the old-fashioned way: through perseverance.

Sue Herera and Maria Bartiromo are two of the best-known faces in financial journalism, a world once dominated by white men in suits. Both women, in recent interviews, expressed their thoughts on the stock market, the booming demand for business news and their ever-busier lives.

Maria Bartiromo, 31, grew up in Brooklyn, N.Y., where her parents owned an Italian restaurant. After graduating from New York University, where she majored in journalism, with a minor in economics, Bartiromo worked at CNN's business news division as a producer and assignment editor for five years. She joined CNBC in 1993 and became the first person to broadcast live from the New York Stock Exchange floor on a regular basis. She is co-host of CNBC's "Business Center" each weeknight.

A typical day: "I leave the house about 6:15 a.m. I'm in before 7 at the NYSE. After that I pound the phones, talk to big traders, see what they are trading that day. Lunch, I get a salad, I eat at my desk. I anchor until about 7:30. I'm done about 8 p.m."

Balancing work and family: "I don't know. I got engaged in August. My fiance, luckily, is just as passionate about his business as I am. Often I will get stuck till 10 at night and he understands that. I try to de-stress on the weekends."

Relaxing: "I watch a lot of movies. Go to Canyon Ranch, my ideal spa. Run on the weekend."

CR002484

WENATCHEE WORLD
WENATCHEE, WA
MONDAY 28,376
APR 19 1999

THE WORM

Brush with Bush leaves local woman impressed

6740A

Hail to the handsome chief: Wenatchee residents Betty Davenport and her daughter, Betsy Loomis, were at dinner during their stay at Canyon Ranch, an exclusive spa and clinic near Tucson, Ariz., earlier this month when who should walk in but former President George Bush. He ended up eating at a table next to them in the spa's clubhouse, joined by an unidentified man and two women.

Their immediate reaction at spotting the Texan? Bush is a lot better looking than he appears on TV.

"I think it was Betsy who said hello," Davenport said. "He looked at us and said, 'Hi, y'all.' He's very handsome, tanned, was wearing a gorgeous suit, a beautiful tie, and had lots of Secret Service. And I was shocked he got up and made his own salad.

"I told some people at the spa later that 'Bill is coming tonight,' and they said, 'Oh, what a creep.' They must all have been Republicans," said Davenport, a longtime Democrat.

ARIZONA REPUBLIC
PHOENIX, AZ
WEDNESDAY 365,979
JUN 9 1999

Planet Hollywood off course?

6740A

Rumors are orbiting the Planet Hollywood restaurants. Seems the movie-themed chain, with 80 locations around the globe, has hit on tough times. And the chance to have an overpriced burger with the even slighter chance of spotting **Sly Stallone** or **Arnold Schwarzenegger** may not be enough to keep all the restaurants running. The company's stock reportedly has lost more than 90 percent of its value since 1996. Company president **Bill Baumhauer** is looking at 20 cities to determine which restaurants should remain open. He was scheduled to be at the Phoenix store Tuesday night. "He has never been here before," said store general manager **Dan Ehmann**, who is "not concerned about the Phoenix store closing." Ehmann, who has been with the Planet since its red-carpet opening in 1994, starts a new job as general manager of Buca di Beppo in Scottsdale next week. What could that mean?

• • •

Christmas is coming much too early to Superstition Springs Center. In fact, the Mesa mall is already decked out for the holiday. Actually, it is decorated for the holiday commercial being shot with **Beth McDonald** and **Bill Austin** of KESZ-FM (99.9) and newcomer to show biz, 4-year-old **Avery Michael Leith**. Avery plays a boy waiting in line with a much bigger kid — Austin — to see Santa. Avery is not only a newcomer to show biz, but being interviewed must have been a first for the tyke as well. His answer to most questions, including why he liked acting, was "cuz." (For info on being an extra in the Westcor Shopping Center Commercial, call (602) 905-6061.)

Avery Michael Leith

• • •

The Roaring Fork made it into the *Wall Street Journal* in a mention last Friday on restaurant reservation madness. The article noted that the problem of too few tables for too many customers is not restricted to Big Apple eaters. In fact, the situation has even hit **Robert McGrath's** Scottsdale eatery. When members of the International Association of Culinary Professionals (guests of publisher **Ann Bramson**) recently walked into the bustling restaurant, they were told that another Bramson party of 12 had preceded them. The IACP group offered $50 to anyone at the big table who could prove he or she was a Bramson.

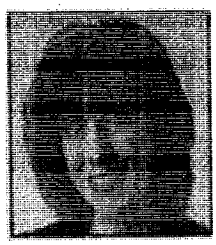
• • •

Canyon Ranch Health Resort in Tucson seems to be the place where stars get a fix after a broken marriage. **Brooke Shields** recently checked into the luxury spa when her marriage with tennis star **Andre Agassi** hit zero. And this week, it was **Diana Ross** getting pampered at the popular resort. Ross spent time in funkaerobics and attended several stress classes. (Standard accommodations for four days at the resort begin at $2,700.) The former Supreme just separated from **Arne Naess** after 13 years. Spies said the superstar looked fabulous for a lady singing the blues.

Diana Ross

Call Dolores Tropiano at (602) 444-8973, fax her at (602) 253-3734 or write her at dolores.tropiano@pni.com via e-mail.

AZBUZZ



DOLORES TROPIANO
The Arizona Republic

PEOPLE
NEW YORK, NY
WEEKLY 3,150,000
JUL 26 1999

Chatter

by Chuck Arnold

Fonda: Creature discomfort.

Will Smith: Boulderin' 'em over.

Rob Lowe: The Powers of chocolate.

Wild Kingdom

"I love reptiles," says **Bridget Fonda**, who gets personal with a killer crocodile in the new thriller *Lake Placid*. "Would I wrestle with an alligator or a crocodile? No. But if it's small and manageable and guaranteed not to grow, I'd probably own one. They have wonderful skin." Fonda, 35, wasn't as enamored of some of the other creatures who were lurking about *Placid*'s Vancouver set. "The first day we were there," she says, "one of the rangers said, 'Don't go away from the light at night, because bears and a mountain lion have been sighted.' But **Bill Pullman**, as soon as it was dark out, said, 'Well, I'm going for a walk,' because he's just that way." Fonda did not tag along: "I said, 'Okay, you're gonna go alone.'"

A One-Two Punch

Look real closely at director **Spike Lee**'s critically acclaimed drama *Summer of Sam*, and you'll notice one of the looters in the riot scene is not your average wage-scale extra. It's heavyweight boxing champ **Evander Holyfield** wearing a '70s Afro wig. How did Holyfield nab the part? "It's simple," says Lee, 42. "The Hale House [a children's charity in Manhattan] had an auction, and we donated a walk-on in the film. He paid [$8,000] to be the walk-on." Fortunately for Holyfield, whose acting experience is rather lightweight, the role required little direction. "I just put a wig on him and told him to go in there and loot," says Lee, "and try not to get burned by that fire raging in the stores."

May the Breast Man Win

In *Wild Wild West*, man-in-black **Will Smith** has a clothes encounter of a different kind when his character, 19th-century secret agent James West, disguises himself as a woman. "I must say I found it annoying to have breasts," says Smith, 30. "Breasts are an eye-magnet. I found the men on the set staring at my chest, and I was humiliated. Damn, men are pigs!" The same cannot be said, according to Smith, of costar **Kevin Kline**, who also had to bend genders as West's sidekick, Artemus Gordon. "He is a butt-ugly woman," says Smith. "Plus, Kevin had to spend six hours in makeup to get himself that ugly. I'd spend 45 minutes, and I was glowing, baby."

The Bitter and the Sweet

So you want to know what really steals **Mike Myers**'s mojo? Chocolate, according to his pal **Rob Lowe**, who costars with Myers in *Austin Powers: The Spy Who Shagged Me*. "Mike loves chocolate, but he gets real hyper if he eats too much of the stuff," says Lowe, 35, who plays the Young Number Two, Dr. Evil's henchman. "My wife and I accompanied him to the Canyon Ranch diet spa. We didn't know Mike had smuggled in a supply of chocolate bars. One night he ate all of them and ended up in a hot tub wearing his underpants on his head. He was pretending to be a 2000-year-old Jewish agent."

Rock On!

Ally McBeal's **Jane Krakowski** is spending her TV hiatus playing Betty Rubble in next spring's film *The Flintstones in Viva Rock Vegas*, but the actress says it feels more like summer vacation. "It's been a blast," says Krakowski, 30, whose costars include *The Full Monty*'s **Mark Addy** as Fred Flintstone, **Kristen Johnston** as Wilma and **Stephen Baldwin** as Barney Rubble. Even her tight-fitting cave duds haven't spoiled the fun. "My waist is so cinched in," she says, "it takes a few girls to get me into the costume." One who can certainly sympathize is **Rosie O'Donnell**, who played Betty in 1994's *The Flintstones*. "I got flowers from Rosie," says Krakowski, "with a note that said, 'From Betty One to Betty Two. Just yabba dabba do it.'"

QUOTE OF THE WEEK

"It goes without saying that she doesn't look like the dog's dinner, you know?"

LIAM NEESON, on the beauty of Catherine Zeta-Jones, his costar in the upcoming horror flick *The Haunting to Allure*

FROM LEFT: RUSSELL EINHORN/LIAISON AGENCY; MICHAEL O'NEILL/CORBIS OUTLINE; PETER KRAMER/CELEBRITY PHOTO

3

THE GOSSIP

East Coast, West Coast — juicy tales from all around the towns

SOAP OPERA WEEKLY
NEW YORK, NY
WEEKLY 750,000
FEB 1 2000

EAST COAST

By Pat Sellers

▼ AMC's Cameron Mathison (with girlfriend Jennifer Esposito) didn't let a bad break get in the way of his holiday fun.

LADUE NEWS

ST. LOUIS, MO
42-TIMES/YEAR 40,000
JAN 7 2000

Nicole and Corky Miller met at a gym, so it makes sense that they chose a spa for their honeymoon. And, since the wedding was in August, they went north—to Canyon Ranch Spa in the Berkshires. "The gym was phenomenal," says Nicole, "as was the water aerobics for me and the spinning for Corky." They both loved the "euphoria massage," a two-hour head-to-toe experience.

"If a honeymoon is meant for you to rest and enjoy yourself—then this was it," Nicole explains, adding that there is no end to the pampering at Canyon Ranch, where the "seven-day package is complete—extravagant, but complete." Lisa Bernstein of Neiman Marcus Travel planned their trip.

ARIZONA REPUBLIC
PHOENIX, AZ
MONDAY 365,979
FEB 28 2000

R.S.V.P.

KATHY SHAYNA SHOCKET

Some guests passing through the hallways of the Phoenician on Friday night thought **Madonna** was at the resort. Some thought it was **Jon Bon Jovi** singing. Others thought they heard **Stevie Nicks**. Actually it was the talented impressionist **Martin Dube**. (A far cry from the year **Dudley Moore** took to the stage so tipsy he could hardly perform; it was an insult to the committee that had worked so hard on the event.)

This year's Crisis Nursery Ball at the Phoenician, chaired by **Linda Pope** and **Leevon Guerithault**, netted a whopping $1,141,000.

The week on a private yacht for five couples was auctioned off to **Bennett Dorrance** for $55,000. Three couples, including **Bob and Linda Stallings**, competitively bid for the 125-foot Sunchaser with a crew of six.

Jerry and Joan Colangelo made the highest bid, $27,000, for a week for two at the Italian spa Terme di Salsomaggiore. **Ruth Lavinia** and **Sandy Tryznadel** will be jet-setting to Canyon Ranch. Sandy will fly them down to the Tucson spa in her plane.

HOLIDAY MISHAPS AND MEMORIES

Another *AMC* hunk also suffered an injury. **Cameron Mathison** (Ryan), a former college basketball star, was contacted by the NBA prior to the holidays and invited to play in a celebrity game during their All-Star weekend in Oakland, Calif., in February. "I was thrilled, but I figured I better start playing ball again, so I went to the gym, and in the first three minutes of playing, I rolled my ankle and fractured it."

Incredibly, Cameron continued with plans to spend his Christmas vacation skiing in Colorado with his family. "The doctor said if the swelling and the pain weren't too bad, I could do it. If there had been a break in the bone, it probably would have caused some serious damage, but I just had a chip fracture."

Though he arrived in Colorado on crutches, the next day he stuffed his damaged foot into a ski boot and took to the slopes. I said I thought he was a little crazy. "I gotta tell you," he said, "it felt the best in the ski boot because it was totally supported, like in a cast. The only time it felt really bad was getting it in and getting it out." And when he was "banging the bumps occasionally on the moguls. That hurt a bit. It was worth it, though — the snow was great. We had 3 feet of fresh powder, there was no way I was going to miss that."

Still, he admits that after eight days of skiing on a fractured ankle, he was ready for the healing massages and treatments at the Canyon Ranch Spa, which is where he had a rendezvous with his girlfriend, actress **Jennifer Esposito**, for New Year's.

"I flew back from Vail to New York on the 30th, and drove right from the airport to the Berkshires. They brought in the millennium in their room with a bottle of contraband champagne. Though alcohol wasn't allowed on the premises of their hotel, there was some served at a private party. And we stole it, actually. The woman from the caterer wasn't going to give it to us, but she said, 'I'm going to leave this bottle of champagne right here on the edge of this table, and if it's missing when I come back I won't say anything.'"

Incidentally, dedicated jock Cameron isn't going to let the fracture interfere with his NBA plans, either. "I'll tape it up real tight, and use a shot of cortisone if I have to."

STANDARD-TIMES
NEW BEDFORD, MA
THURSDAY 42,073
MAR 2 2000

SouthCoast native to cook on national TV

By Paula Charbonneau 6740A
Standard-Times correspondent

Chef Barry Correia, a SouthCoast native, will be demonstrating cooking for a healthy lifestyle as part of a CBS "Early Show" segment between 7 and 9 a.m. Friday.

"Jane Clayson, Bryant Gumbel's co-host on the show came by last week and taped a segment called 'I Want to Go to Canyon Ranch,'" said Mr. Correia, who works at the exclusive Canyon Ranch's Lenox resort as an executive chef. He and Ms. Clayson will demonstrate nutritious eating by making veggie wraps.

Mr. Correia, whose parents Stephanie and Walter live in Fairhaven, graduated from Fairhaven High School in 1979 and Johnson & Wales College Culinary program in 1981. After working for Hilton and other resort chains, Mr. Correia began his stint at Canyon Resorts in 1989.

"I'm still involved with Johnson & Wales. I'm on the advisory board for nutritional cuisine," said Mr. Correia.

Along with regular management and kitchen duties, Mr. Correia also has recipes in Canyon Ranch cookbooks as well as a new cookbook called "Power Foods."

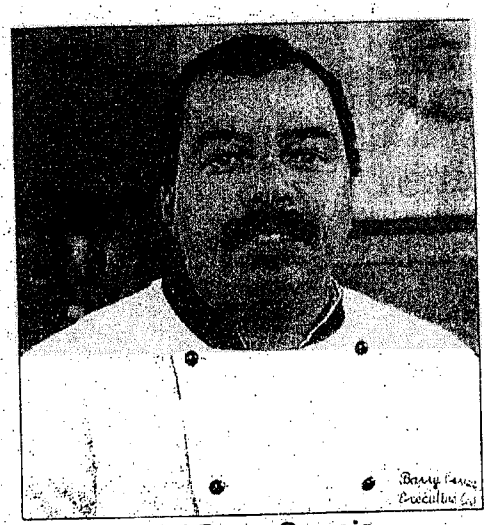
"The new book just came out. ... It's in Walden Books, and features my recipes," said Mr. Correia. "The ranch also has a couple of cookbooks with some of my recipes. We have a Web site (www.canyonranch.com) if anyone is interested in learning how to use high quality nutritious cuisine that is low in fat.

"At the ranch we use organic foods that are pesticide and herbicide free. We try to buy from local organic growers as much as we can," he said.

Canyon Ranch is a health resort where guests experience a holistic approach to healthy living. Mr. Correia and his staff not only plan and prepare dining room menus, they also do a daily cooking demonstration for folks who are staying at the resort.

Mr. Correia said healthy eating — and living — begins at home.

"Look in your pantry and read the labels. Look for natural food ingredients and try to stay away from foods that are loaded with dyes and chemicals. Avoid buying hydrogenated products such as margarine," he said.



Chef Barry Correia

CR002489

MOTHER OF THE BRIDE
NEW YORK, NY
QUARTERLY
JUL-SEP 2000

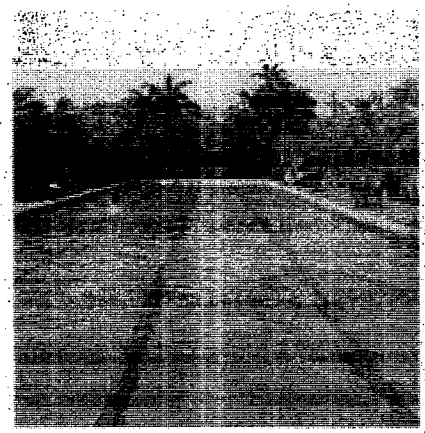
Take good care of you

Here are some suggestions for spas in Florida, Massachusetts, and California

Canyon Ranch, Berkshires, Lenox, MA

Barbra Streisand and Donna Karan are fond of this spa's mountain treks. The music of Tanglewood and the Boston Symphony Orchestra are minutes away from Canyon Ranch during the summer months, and cross-country ski trails are located just outside the door during the winter. Canyon Ranch is housed in the former Bellafontaine summer estate and is considered a serious retreat. The spa's lean gourmet cuisine will ensure that you eat right while visiting. Canyon Ranch has 120 acres for hiking and skiing, in addition to indoor and outdoor swimming pools, exercise classes, spa treatments, tennis courts, fitness trainers, nutritionists, massage therapists, and estheticians.

165 Kemble Street, Lenox, MA.
800-726-9900 or 413-637-0057; fax 413-637-0057

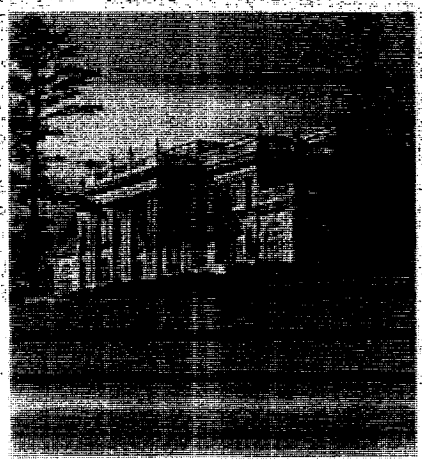


HALF MOON GOLF, TENNIS & BEACH RESORT

This elegant hideaway has offered an unhurried, relaxed atmosphere for four decades. The resort's Spa Plan includes all spa services, non-motorized resort activities, meals in any of the resort's restaurants, champagne, and more. If you're looking for an island resort that caters to your every need, Half Moon is the place. *Half Moon Golf, Tennis & Beach Club, Montego Bay, Jamaica; (800) 626-0592; www.halfmoon.com*

THE BROADMOOR

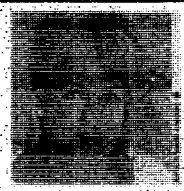
Rated both Five Star and Five Diamond for the past eighty years, The Broadmoor is spectacular in beauty and luxury. At the foot of the Colorado Rockies, you can relax and rejuvenate in the resort's 90,000-square-foot Spa and Fitness Center. Many of the treatment products are developed for the spa using flora and fauna from the nearby mountains. Choose from more than thirty-five pampering services and four treatment programs. *The Broadmoor, 1 Lake Ave., Colorado Springs; (719) 634-7711; www.broadmoor.com*



CANYON RANCH IN THE BERKSHIRES

Situated in the breathtaking Berkshire Mountains, this award-winning health resort offers more than forty fitness classes, outdoor activities, rejuvenating personal services, and health and healing consultations. But that hardly means no pampering. With a three-to-one staff-guest ratio, you can expect the best service here. *Canyon Ranch in the Berkshires Health Resort; 165 Kemble St., Lenox, Massachusetts; (800) 742-9000; www.canyonranch.com*

CELEBS SUGGEST



MELANIE GRIFFITH

When Melanie Griffith visits husband Antonio Banderas' home on Spain's Costa del Sol, she enjoys the spa town of Carratraca and the healing powers of the Carratraca Baths [011-34-95-245-8071], a health spa with natural springs.

JEFF BRIDGES

This actor rejuvenates himself at Santa Barbara's beautiful San Ysidro Ranch [805-969-5046], a resort where the spa offerings include the herbal Bindi Body Treatment with Indian oil massage.

RENE RUSSO

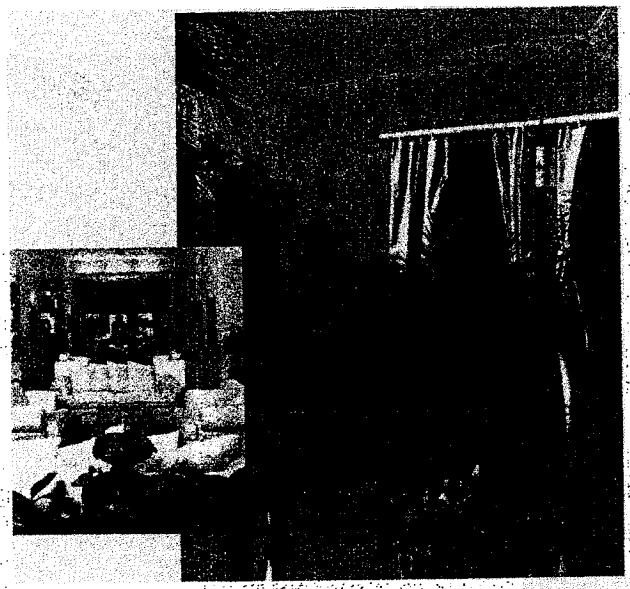
An L.A. mover and shaker, Rene Russo knows that one of the best-kept secrets for getting away from the Hollywood scene is Beverly Hot Springs [323-734-7000], a natural mineral springs and spa oasis in the heart of the city.

KEVIN BACON

Kevin Bacon loves Philadelphia's Rittenhouse Hotel [215-546-9000], which he says, "has taken good care of me." There, guests can indulge in relaxing treatments such as facials and massages at the award-winning Adolf Biecker Spa/Salon.

HEIDI KLUM

When this supermodel needs a break from the thrills of Las Vegas, she heads to Canyon Ranch SpaClub [702-414-3600] at The Venetian Resort-Hotel-Casino. The day spa version of Tucson's famous Canyon Ranch, SpaClub has "good massages, peels, and saunas."



GREEN VALLEY
SPA & TENNIS RESORT

Located in the red rock country of Southern Utah, the Green Valley Spa caters to active vacationers with hiking, rock climbing, and mountain biking in and around scenic Zion National and Snow Canyon state parks. But there's plenty of pampering to go around when guests enjoy lavish body treatments that blend Native American traditions with state-of-the-art techniques. *Green Valley Spa & Tennis Resort, 1871 W. Canyon View Dr., St. George, Utah; (800) 237-1068; www.greenvalleyspa.com*

KIVA

Chicago's Magnificent Mile may seem like an odd place for a day spa named for sacred underground Indian dwellings, but Kiva meshes perfectly with the tony elegance of the city's Water Tower area. A visit is the perfect way to finish a harried shopping excursion. Treatments rely on Native American traditions and ingredients indigenous to the Southwest such as blue cornmeal and red Sedona clay. *Kiva, 196 E. Pearson St., Chicago; (312) 840-8120*

DORAL
GOLF RESORT & SPA

For years, civilians and celebrities have traveled to this luxurious South Florida resort. Consistently named one of America's best golf resorts, the luxury spa makes it an even hotter ticket. Treatments to nurture body, mind, and spirit, transport guests to another world. The Doral features award-winning gourmet spa cuisine as well as more than 100 luxurious treatments and state-of-the-art fitness equipement. *Doral Golf Resort and Spa, 4400 N.W. 87th Ave., Miami; (800) 993-6725; www.doralresort.com*

USA TODAY

Life

Destinations & Diversions

Friday, March 17, 2000 • Section D

TRAVEL
Trends, advice & updates

The chic retreats for the truly elite

Star agent keeps clients in front rows

Delight is in the details: Rina Anoussi knows her wealthy clients wouldn't dream of Jamaica or Godiva chocolate.

"Prosperity: You can see it in the way people travel. They say, 'Any money, just get me there!' It has to be the right room, the first three rows of the Concorde," says **Rina Anoussi**, owner of The Travel Business. Of course, this veteran travel agent isn't talking about the average wheelie-puller. Her clients include "half a dozen Oscar winners," she says. From her Manhattan office, Greek-born Anoussi also orchestrates the peregrinations of business moguls and bigwigs in the art world. No, she won't say who ("I prefer to have confidentiality"). But she and associate **Martin Gould** share with USA TODAY's **Kitty Bean Yancey** the destinations where the elite retreat and tips for getting the best when you travel.

Q: What are the chic places right now?

Anoussi: "There's a kind of herd mentality, a desire to be seen in the right places. Europe, of course. Villas in Tuscany. St. Barts — the Hotel St-Barth Isle de France there has been 99% booked this winter. The new Parrot Cay Resort & Spa in the Turks and Caicos: Every movie star is there." (Anoussi won't eleborate, but recent guests at the Caribbean retreat south of the Bahamas are known to have included Jerry Seinfeld and bride Jessica Sklar, Bruce Willis, Liam Neeson and Donatella Versace.)

Q: What's so in about Parrot Cay, other than the cheapest double will set you back at least $500 a day (including two meals)?

Anoussi: "It's paradise. It's on its own island and very secluded. There's a spa. Everyone I sent came back raving."

Q: What's not in with clients?

Anoussi: "Jamaica. I can't sell it, much as I love it. They think it's dangerous, even though the places they would go have guards."

Gould: "Older celebrities define their favorite places and return -- like the villas at Las Brisas in Acapulco. Younger celebrities are fickle. They rely on what's of the moment, what people tell them is in. Actually, what's not in with a lot of celebrities is hotels. The Leonardos, Barbras and Madonnas don't want to be bothered on vacation. A lot prefer to rent villas or stay in private homes."

Q: You do see celebrities at luxe hotels and resorts.

Gould: "Yes, but some prefer to be on a private floor, accessible only by key. But I also have been to Canyon Ranch in Tucson when Julia Roberts and Diana Ross were there, and they ate with the guests, took exercise classes. And I was on a Seabourn cruise from Nice to Barcelona, and President and Mrs. Ford were there. They would talk to anybody on the cruise."

Q: Famous people can be hard-driving perfectionists. Are they demanding clients?

Anoussi: "I have people who must sit in the first three rows of the Concorde or they will not go. It is prestige. In the back, there is more noise. I have to call the airlines and beg them. I've even gotten the number for the Concorde lounge at Heathrow so I could beg. I have one man who will fire me if he doesn't get the first three rows.

Other people, they need 10 feather pillows in their hotel room. What do they do with them? I have no idea. I don't ask questions."

Q: What about other special demands for stocking rooms?

Anoussi: "Not just flowers and chocolates, it's what *kind* of flowers and chocolate. It could be Maison du Chocolat. . . . Godiva is banal. As for mineral water, Badoit in France. Acqua Panna in Italy. The sophisticated, they know."

Q: What is the biggest challenge for you?

Anoussi: "We all have an expectation, a kind of dream of what the vacation will be like. I'm creating memories. For instance, I had a producer from Paris who said, 'This is the woman I will marry. Don't screw up my trip. Make it romantic.' I sent them to Morocco (including the La Gazelle d'Or hotel). They did get married later — at a castle in Tuscany."

Q: Where do you travel?

Anoussi: "I love Bali and Southeast Asia. I love to sail and charter boats in Greece. I like to experiment with new things, to see a new place. Last year, I stayed in a house on the Greek island of Patmos. It's beautiful and very upscale. I also went on a horseback safari in Kenya. This year, I may take a boat down the Lycian coast of Turkey, for the beautiful sea and the Greek and Roman ruins. But my tastes may not be the same as my clients'. I interview them about where they've been and what they liked and didn't like. If someone always stays at the Ritz on the Right Bank of Paris, you can't put him in the (more intimate and informal) Montalembert on the Left Bank."

Q: How can you be treated like a prince even though you're closer to a pauper?

Anoussi: "Not by being obnoxious. You could get much more with honey than with sting."

Gould: "Have a good travel agent who's well connected with the important hotels and airlines. If told they are VIP clients, they will treat them accordingly."

Q: Are there elegant destinations that you don't have to be rich to afford?

Anoussi: "I just sent some people to Punta Islita in Costa Rica (bungalows with breakfast start at about $165 per day this time of year). There are other affordable small hotels. It's a money world, but you don't always have to spend money, money, money to have a good time."

NEW YORK POST
NEW YORK, NY
MONDAY 418,255
MAY 15 2000

Target rich

WHILE **Jerry Seinfeld** has opted to settle down since he ended his show, "Kramer" has gone girl-crazy. **Michael Richards** was visiting Canyon Ranch in Arizona this week and "was all over the place," said a spy. Every night he dined with a different woman, and one night he had dinner with a whole tableful of blondes. Witnesses said Richards sat at the head of the table. After one guest remarked, "You old dog, you!" he started barking. Later, Richards decided the gaggle of girls wasn't enough. He cruised the dining room asking others to join his table.

InStyle

volume 7, number 10, october 2000

contributors

The Asian-theme "Girls Night In" party (page 555) was "a trip and a half" to create, says event producer **Randie Pellegrini**. Owner of Cordially Invited in Beverly Hills, Pellegrini coordinated the weddings of Joely Fisher and Kathy Najimy, both of which were covered by *In Style*. She was relaxing at Canyon Ranch with 40 girlfriends when she got this assignment, so she says, "I was definitely in the mood."

IN STYLE

NEW YORK, NY
MONTHLY 966,908
OCTOBER 2000

TOWN & COUNTRY
NEW YORK, NY
MONTHLY 500,000
OCTOBER 2000

SMARTMONEY
NEW YORK, NY
MONTHLY 650,000
OCTOBER 2000

VICTORIA
NEW YORK, NY
MONTHLY 900,000
OCTOBER 2000

HOT SPAS FOR YOU, OR TWO

A TRANQUIL HAVEN FOR UNWINDING, A RETREAT FOR DECADENT PAMPERING, AN ALL-OUT FITNESS CAMP: TODAY'S SPAS ARE ALL OF THESE. SOME CATER TO WOMEN ONLY; OTHERS ARE IDEAL FOR WELLNESS-ORIENTED COUPLES. HERE, SIX TOP SPAS TO GET ALONE, OR TO EXPERIENCE AS A PAIR.

SOLO OR DUO? "It's important to do research when going to a spa alone," says Mary Bernis, editor in chief of *American Spa*. "Make sure you know exactly what kind of experience you'll be getting into." One spa of choice for those going solo: **Cal-a-Vie** outside of San Diego, California. Each week no more than 24 women get to stay in Provençal cottages amidst gardens of bougainvillea, honeysuckle, and roses. Early-morning hikes, a computerized fitness evaluation, and tough exercise classes add up to a serious workout. Leisurely afternoons are devoted to thalassotherapy (seaweed and algae treatments) and other European-style treatments convince even confirmed workaholics to relax. Some weeks at Cal-a-Vie are set aside as coed, though individuals each have a cottage. "If one guest wants an in-room massage or to nap during the day, the other isn't disturbed," says spa manager Deborah Zie. Where you actually end up sleeping at night is your own business.

If you're looking for a stress-free, gently indulgent getaway, go to **The Kerr House** in Grand Rapids, Ohio. Located in an antiques-filled Victorian mansion, it specializes in supreme privacy. The spa takes just five to seven guests at a time for its regimen of healthy meals (with harp music at dinner), yoga, massages, and treatments such as mud wraps and paraffin hand/foot waxing. Some weeks are for women only, others for men. But at **The Greenhouse** in Arlington, Texas, every week is women only. This is the long-famous Texas-style pampering palace where socialites and "ladies who lunch" arrive by chauffeured limousine and rooms boast marble bathrooms with sunken tubs. Into weight loss? Meals are calorie-controlled; if you're hitting the fitness classes and need a pick-me-up, all you can expect are two crackers. But most go for the serious beauty treatments—including laser peels—and even more serious pampering (breakfast in bed, your own masseuse and aesthetician).

Top spas for couples? "Make sure there are enough activities so that each person can do what he or she wants," advises Bernis. With stellar golf, the Vic Braden tennis college on the premises, and major-league hiking, that's no problem when you stay at the **Green Valley Resort & Spa** located in St. George, Utah. The spa's spanking new Coyote Inn casitas are monuments to Southwestern sensuality with sybaritic whirlpool tubs, fireplaces, ample supplies of scented candles and fossilized desert-sand bath salts (a fax machine, CD-player, two TVs, Starbucks coffee are other in-room amenities). While hikers tramp the red-rock canyons, there's also cardio-boxing, "wat-su" (water shiatsu), spinning, and more. But there's nothing like an outdoor massage at sundown on your own private balcony.

Couples also flock to **Miraval** in the Sonoran desert outside of Tucson, Arizona. Its Equine Experience is one of the more popular activities for both seasoned riders and those aspiring to become horse whisperers. Meanwhile, back at the spa, he can have a hot stone massage as you trot off to a Pilates class. If mountain biking is your speed, hit the trail as a couple or in a private group; ditto for hiking. Golf is another major attraction within minutes of the 135 acre spread. As of October, Miraval is offering Seven Days in Heaven, an all-inclusive package for singles or doubles.

Also in Tucson: **Canyon Ranch**, with a roster of more than 45 daily classes. Says USA Today, "It's great for two people already into fitness who have a sense of what they want to do." Couples are catered to with workshops on massage techniques and relationships (there's even one called "Exceptional Sex"). And a special Spa Suite (with soaking tub, infrared sauna, treatment tables) is available for couples who like to have body treatments at the same time.

—ALLISON KYLE LEOPOLD

HOW TO REACH THEM:
CAL-A-VIE, 760-945-2055
THE KERR HOUSE, 419-832-1733
THE GREENHOUSE, 817-640-4000
GREEN VALLEY, 800-237-1068
MIRAVAL LIFE IN BALANCE, 800-232-3969
CANYON RANCH, 800-742-9000

PHILADELPHIA INQUIRER
PHILADELPHIA, PA
WEDNESDAY 457,932
JUN 14 2000

FIROOZ ZAHEDI

Diana Ross promises a performance worthy of the Supremes' name.

The "Return to Love Tour" opening here tonight was supposed to be the Supremes onstage one last time. But by default, it's the Diana Ross show.

Township native and former Supremes fan club president whose unauthorized biography, *Call Her Miss Ross*, was a 1989 best-seller. "She didn't have an emotional connection with them when she was with them. Her emotional connection has always been with the audience."

Not only that, Ross may have made a strategical error in engaging in a month-long series of interviews — *Oprah, The Today Show, 20/20* — to address Wilson's bitter accusations and decades-old resentments.

For fans, it was all too much. Won't you two please just stop? In the name of love!

Her publicist says she will allow only 30 minutes for a phone interview, but Detroit's most famous daughter grants 47. Speaking from her Connecticut home, Ross, 56, is chirpy and chatty, going on about her 11-year-old son Ross' school report about the Rev. Dr. Martin Luther King Jr., and relating details of the Mother's Day trip she took with her three daughters, her niece and her sister to Canyon Ranch & Spa in Tucson, Ariz. "I never heard so much giggling," she said. She even mentions her recent divorce from Arne Naess, a Norwegian shipping tycoon, and her confrontation last fall with a London airport security woman.

But there's a purposefulness to her conversation. She is a master at hyping a show, and she understands that a respectable house in Philadelphia could create a domino effect. So she hits all the pertinent points, says all the right things.

YOU
THE MAIL ON SUNDAY

LAST GOOD...

SUSAN HAMPSHIRE, actress

'My cashmere jumper washes like a dream'

BOOK ***Power Healing*** **by Leo Galland** (Random House, US only; available through www.amazon.co.uk) This book makes you look at the way the little things in your life affect your health. I live near the Thames, with a basement below river level, and it made me realise that the things I'm prone to are connected with this.

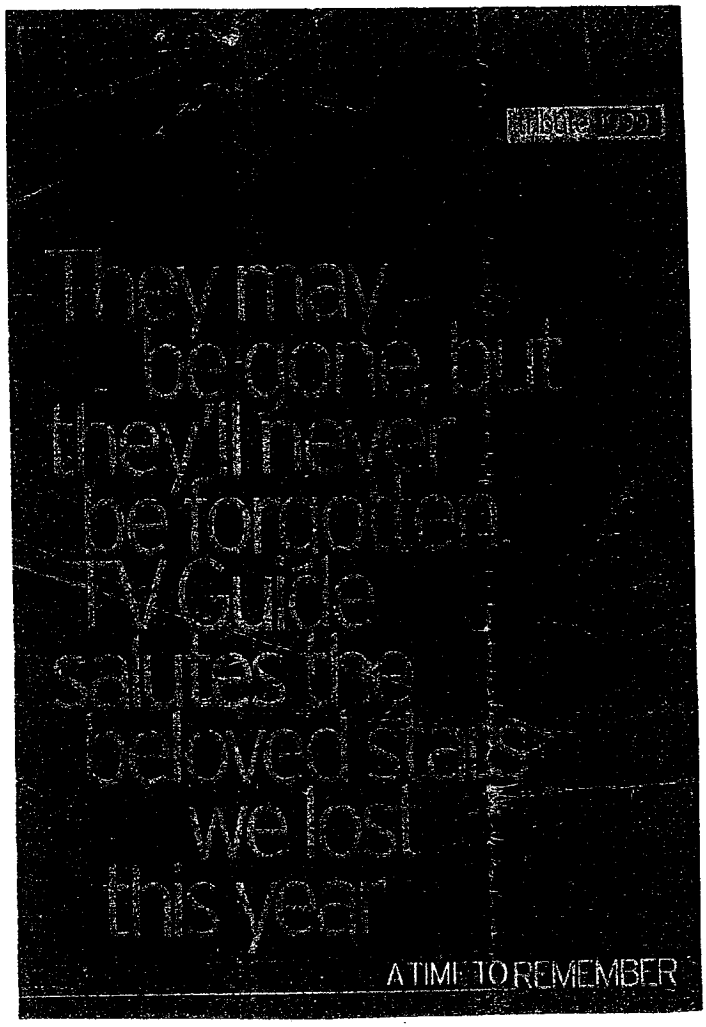
TREAT **Canyon Ranch and Spa, 8600 East** Rockcliff, Tucson, Arizona 85750, USA (tel: 001 520 749 9655) My husband Eddie and I spent three weeks here over Christmas. While he shed the pounds, I enjoyed the pampering and walks in the desert.

FILM ***Anna and the King*** Jodie Foster (below) is very good as the governess from England, who teaches the Siamese royal children. I particularly enjoyed it because I've played Mrs Anna on stage. But this is not a musical version. Jodie did everything I did – except for the waltzing!

BUY I'm very pleased with a beige silk and cashmere jumper I bought for £50 at **Salvatore Ferragamo** in London's Bond Street. It sounds expensive but I think it would have originally cost about £150. It washes like a

UNITED KINGDOM

TV GUIDE
DENVER, CO
WEEKLY 57,045
JAN 1 2000



When Gene Siskel died, at age 53, from complications from brain surgery, it felt like we had lost a wonderfully opinionated friend. After all, he had been intimately connected to America's going-out habits for 23 years, dueling on TV with fellow movie maven Roger Ebert. The *Chicago Tribune* film critic and columnist to TV GUIDE leaves his wife, Marlene, and three children. **Joel Siegel**, movie critic for *Good Morning America*, recalls his friend and fellow film buff.

"Gene was a very smart guy who was also very competitive. I remember there was this game called Wallyball at Canyon Ranch where we both happened to be one vacation, and Gene was just a demon on the court. I mean, he went for blood. It was the same attitude he had as a critic. Gene and Roger really helped change Hollywood: If they liked a movie, no matter how small, you knew it would be seen. They are as responsible as anyone for the growth of independent films. At the end, Gene was very private; nobody knew, and he never said good-bye. But when you go see a movie that doesn't come from a big studio or have a big star, and you like it or it makes you think—that's Gene Siskel's legacy."

NEW YORK OBSERVER
NEW YORK, NY
WEEKLY 50,000
DEC 20 1999

Ms. Rosen Unwinds At Canyon Ranch, Crashes in a Cab

This was the second and last day of Andrea Rosen's stay at the Canyon Ranch spa in Massachusetts, but because it rained, a rope class she had been looking forward to was canceled. The Chelsea gallery owner took a Pilates class, then a weight strength class, then a kick-boxing class. "Then," she continued, "I went for the parafango treatment. It's supposed to be skin-smoothing and detoxifying, and it involves heat and hot wax. I just happen to love heat and hot wax."

After the treatment, she took a chi-gong class, a nonmartial version of tai-chi, and "then I did a really great sort of intensive yoga class right before I left."

Just a few minutes after Ms. Rosen returned to New York, her cab got in an accident. The vehicle was totaled.

NEW YORK POST
NEW YORK, NY
WEDNESDAY 438,000
MAR 28 2001

Sightings

CHRIS Kattan of "Saturday Night Live" at the Zirh Skin Nutrition counter at Barneys buying Reviure, an under-eye treatment, and Fix, a blemish control lotion.

MICHAEL Jordan downing a plate of oysters and a bottle of wine with an unidentified woman at the Capital Grille in Washington.

CAROLYNE Roehm and Ed Rollins lounging by the pool at the Canyon Ranch spa in Tucson, Ariz.

DALLAS MORNING NEWS

DALLAS, TX
THURSDAY 521,162
JUN 28 2001

Temperature alert: Supe's reheating

The Concorde is being tweaked for its return to the skies. *Absolutely Fabulous* is in production again. And now we hear this: **Linda Evangelista** may be sashaying back to the modeling biz. Why, it's almost too much for '90s-lovin' fashionistas to take!

The buzz from F!D's well-placed sources is that the legendary Linda, 36, not only has slimmed down and trimmed up, but she's "the talk of New York" and coming back *big time* on the coveted September covers of both *Vogue* and *W*.

EVANS CAGLAGE/Staff Photographer

Is Linda Evangelista — shown here in 1993 with longtime hairstylist Garren — getting ready to rule the roost again?

"She's apparently shooting with everyone in town," says our man in Manhattan. An online model site and chatty *New York* magazine have picked up on the rumbling, too.

F!D knows for sure that the chameleonlike Canadian (she famously changed her hair color by the week) just spent several days at the posh Canyon Ranch spa in Tucson, Ariz. The word from there? "She looks fantastic."

Ms. Evangelista dropped off the radar after suffering a late-term miscarriage in November 1999 while dating French soccer phenom **Fabien Barthez** and ultimately announced her retirement from the whole shebang. Then the gossip got ugly: weight gain, reclusiveness and a breakup with Mr. Barthez.

But we've always felt that Linda — one of the few true supermodels of all time — wouldn't stay off the catwalks and out of the pages for long: Making great pictures and ruling the runway are what Ms. Evangelista is all about.

Bet she'll be charging a lot more than $10,000 a day this time.

Rob Brinkley

CR002502

TORONTO STAR
TORONTO,ON, CN
SATURDAY 703,406
OCT 20 2001

Top 10 Celebrity Getaways:

1. Donatella Versace's mansions. Just don't wear leopard skin. You'll disappear in the furniture, never to resurface.
2. Italy. For pasta and purging.
3. London. Celebs are the only ones who can afford to go there.
4. Canyon Ranch spas. When the thighs are the limit.
5. Palm Springs eternal. Just to feel young in comparison with the geezers.
6. Las Vegas. To watch Ben Affleck and Matt Damon lose big money.
7. New York. To witness Susan Lucci die Off Broadway and Brooke Shields in her Cabaret garters and fishnets.
8. Aspen and Vail ski resorts. Things go downhill from there. There's almost always a good catfight in the lift line.
9. Mustique. Just to see Keith Richards desiccate.
10. Cannes. To wallow in the waiters' abuse at the Hotel Du Cap.

BOSTON HERALD
BOSTON, MA
WEDNESDAY 285,335
AUG 29 2001

Inside Track

0 740A By GAYLE FEE and LAURA RAPOSA

Side Tracks

Dog days drivel:

■ **Michael J. Fox**, **Tyler Stewart** of the **Barenaked Ladies** and **Jason Priestley** are amongst the staahs expected to lace-up for **Denis Leary**'s annual **Celebrity Hat Trick** hockey game on Sept. 30. Denis, along with pals, "The Job" co-star **Lenny Clarke** and ex-**Bruin Cam Neely**, will kick off ticket sales tomorrow at the **Worcester Centrum Center** at 9:50 a.m. As you are quite aware by now, the Hat Trick is a benefit for the **Leary Firefighters Foundation**. New this year: "Late Night" king **Conan O'Brien** and Clarke will provide the play-by-play. And **Liz Hurley** will wear skates, not spiked purple boots, on the ice. We're so relieved.

■ Word is, new U. S. Ambassador to Ireland **Richard Egan** will be sworn-in tomorrow afternoon at the fab **Four Seasons** by President **George W. Bush**'s chief of staff, **Andy Card**. Well, why wouldn't Egan want to bypass the Beltway? He had such a warm, welcome reception on Capitol Hill!

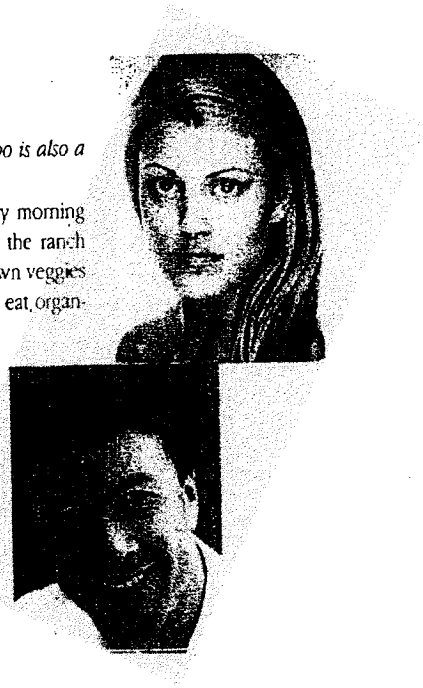
■ And finally, yes, that *was* **Legal Sea Foods** top cod **Roger Berkowitz** getting in touch with his chakra at chi-chi **Canyon Ranch** in the Berkshires the other day. Could a spa menu at Legal's be far behind???

HEALTH & FITNESS SPORTS
MAGAZINE
DALLAS, TX
MONTHLY 45,000
AUGUST 2001

CELEBRATING FITNESS

H&FSM asked these DFW celebrities: "How do you stay fit and healthy?"

By Sally Blanton



Stubbs and Holly Davis

(Rancher and shirt designer. Holly is a model who is also a new mother)

Stubbs: I do pushups and sit-ups every morning during the week, and spend every weekend at the ranch doing very hard physical labor. We eat home grown veggies and love avocados. We limit processed food and eat organically raised poultry and beef and whole grains.

Holly: My favorite thing is to lift free weights. Muscular strength is so important for your skeletal system and overall health. I love Spinning classes, and I like to work out every day. To lose weight quickly, I decrease my carbs and increase the frequency and intensity of my cardio workouts. By the way, when Stubbs comes home from working at the ranch, he looks like he's been to Canyon Ranch for a week—slim, trim and tanned!

LAS VEGAS LIFE
HENDERSON, NV
MONTHLY
SEPTEMBER | 2001

LAS VEGAS LIFE

52 Great Nights Out

Your guide to cool things to do after dark

Great Nights Out

ROBIN LEACH *former host of Lifestyles of the Rich & Famous and local bon vivant.* "A red-carpet night in Las Vegas for me starts out with a limo ride to the Canyon Ranch spa (*inside the Venetian, 414-3600*) for a whirlpool and massage. Then it's off to Cili (*Bali Hai Golf Club, 5160 Las Vegas Boulevard South, 856-1000*) for champagne and a 'Rich & Famous' pizza, created by Wolfgang for myself and Joan Collins. Then dinner at Postrio (*inside the Venetian, 796-1110*) is followed by a gondolier ride down the Venetian's Grand Canal. I either rock with the Scintas at the Rio (*252-7776*) or listen to Clint Holmes serenade love songs at Harrah's (*369-5222*). By midnight, of course, it's time for more champagne at V Bar (*Venetian, 414-1000*) or Drai's After Hours (*Barbary Coast, 737-0555*), depending on which one's happening. If I'm still standing at daybreak, I take the first roller coaster ride of the day at the Sahara or New York-New York, followed by a dip in the pool and a little breakfast at the Four Seasons (*632-5000*)."

RECOMMEND MAGAZINE
MIAMI LAKES, FL
MONTHLY 63,000
SEPTEMBER 2001

Onsite REVIEW

The Venetian Resort Hotel & Casino

Even the real Doge's Palace in Venice, Italy would be hard put to outdo the studied elegance and refined comfort of just the standard rooms at the Venetian.

LAUREL HERMAN

This massive, $1.5 billion, 3,036-suite resort is one of the city's finest upscale properties, bringing a new emphasis on luxury to this desert resort city over the past two years.

Biggest Rooms in Vegas

And luxury it is, from the rich furnishings and detailed refinements of the 700 sq. ft. king or double-queen suites (the largest standard hotel rooms in the world!), to the ultra-exclusive, 65,000 sq. ft. Canyon Ranch Spa Club, and the 15 restaurants comprising the finest and probably largest collection of four and five-star owner-operated restaurants in the industry. It's all topped off by some 500,000 sq ft. of high-end retail stores positioned under a perpetually sunny, man-made sky along the resort's 1,200-foot-long Grand Canal, which looks as if it was plucked from 16th century Venice.

"We're particularly proud of our room product," says Robert G. Goldstein, pres. of The Venetian. And well they should. Each 700 sq. ft. standard room (twice the size of an average Las Vegas room) boasts a plush, bed chamber with draped canopies over the double queen or king-sized beds, all adorned in finely-detailed, rich bedding. Oversized baths are set off by smooth, luxuriant Italian marble and guests enjoy two 27" color TVs—one in the bedroom armoire and the other in an entertainment center in the sunken living room, which is furnished with a convertible couch, two upholstered chairs, a desk and dining table.

Space for Meetings

The Venetian Congress Center, which can accommodate up to 20,000 conventioneers a day, enjoys a direct connection to the 1.7 million sq.-ft. Sands Expo & Convention Center, which accommodates up to 65,000 conventioneers a day. Along with the conventioneer and meeting clientele the resort caters to, each room offers complete computer capabilities with three telephones with data ports and a fax machine that doubles as a copier and computer printer.

And while The Venetian is clearly targeted to the high-end client, Goldstein is quick to point out that with the resort's emphasis on quality—and that's an all-encompassing emphasis that includes a well-trained, well-paid professional staff who take pride in providing the best of service—"What we really sell," he says, "is value."

Relaxing at the Canyon Ranch Spa.

Spa Days

And what better way to appreciate value than when enjoying the best of the sweet life at the same time, such as savoring the resort's Canyon Ranch Spa Club. This state-of-the-art, or more accurately, one-of-a-kind spa facility has more than 100 spa and health and wellness services from a 40-foot indoor climbing wall, to team building and private group fitness classes. There's an equally full menu of massage, wraps, facials and varied body treatments (more than twenty), as well as a full complement of salon services from hair design to makeup and waxing. The on-site, world famous **Canyon Ranch Café** offers its spa cuisine and guests can set up a diet with a nutritionist over lunch.

For more exotic fare, however, diners at The Venetian can select from no less than 15 fine dining venues, many of which are world famous—New York's traditional French restaurant, **Lutece**, often called America's finest restaurant; Emeril Lagasse's **Delmonico Steakhouse**; Wolfgang Puck's **Postrio** rated "No. 1 People's Choice Award" by the Zagat Guide; **Star Canyon**'s "new Texas cuisine" rated "Best new restaurant" by Bon Appetit and **Valentino's**, Piero Selvaggio's famed regional Italian cuisine lauded as the best Italian restaurant in the nation. And best of all, says Goldstein, "There's no problem getting seating for fine dining, here, we've got 1,900 seats every night."

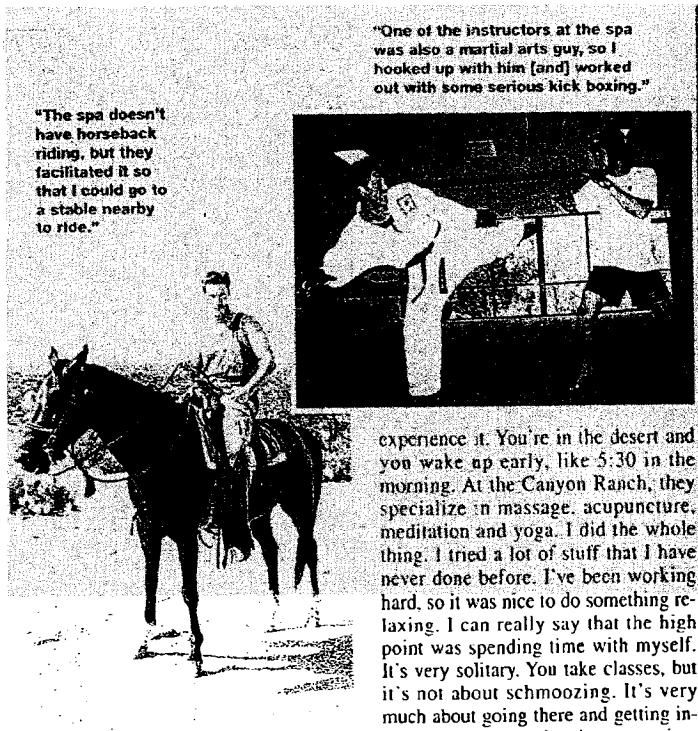
There's also food for the soul at The Venetian, with this month's opening of the Guggenheim Las Vegas at the resort, hosting exhibits supplied by the Guggenheim Museum in New York and The Hermitage Museum in St. Petersburg, Russia. Rates run from $119-$999 depending on dates and product. Call (877) 2VENICE or visit **www.venetian.com.**

www.soapdigest.com
SOAP OPERA DIGEST
EVERY SHOW EVERY WEEK
SEPTEMBER 4, 2001

We Know What We Did This Summer!

When the heat is on, the soap stars hit the road — to St. Tropez, Italy, Costa Rica, Hawaii ... and all around the world. Here's a peek into the wet and wild adventures of actors abroad, and a few tips just in case you decide to go there yourself!

BOLD AND BEAUTIFUL



PHOTOS COURTESY OF SEAN KANAN

On The Road Again: Sean Kanan (Deacon)
Destination: Tucson, AZ
Companions: Strictly solo
Take Off: "I was going to go to Europe, but I knew if I went there it would be very hectic. I finally decided I wanted to go on a vacation by myself and totally unwind, so I went to the Canyon Ranch health resort in Tucson, Arizona. It's well-known as one of the best spas in the world. I looked at a couple of others, and I chose this one because it was relatively close by. I've been to spas before, but this one has more of a spiritual vibe to it. To an extent, I'm interested in Eastern homeopathy and I wanted to experience it. You're in the desert and you wake up early, like 5:30 in the morning. At the Canyon Ranch, they specialize in massage, acupuncture, meditation and yoga. I did the whole thing. I tried a lot of stuff that I have never done before. I've been working hard, so it was nice to do something relaxing. I can really say that the high point was spending time with myself. It's very solitary. You take classes, but it's not about schmoozing. It's very much about going there and getting into yourself and being introspective. That's something I wanted to do. As hectic as my schedule is, I don't get the opportunity to do that a lot, and it was nice to make time just for me. It was wonderful."
Disaster Strikes: "Nothing really dramatic [happened], luckily. It was a laid-back week and I enjoyed myself. As a matter of fact, I just spoke to my parents, and we're all going to try and go there together soon."
Time For *Chotchkes*: "I've been spending all my money buying furniture for my place, so I didn't pick up any souvenirs. Plus, the spa was so expensive, there was no money left for *chotchkes*."

CATHERINES

Catherines.com

10/26/01

feel good

Spa Diary: Thai Massage

Our intrepid spa-goer experiences today's hottest treatment—and shares it with you.

Thai one on. What to wear during a Thai massage? An easy tee and stretchy pants. This comfy mock-neck tee is a good choice. By CST Sport®, in washable polyester/cotton, it comes in eight shades. 1X–3X, $20; 4X, $22. Pop it over black CST Sport® cotton/spandex twill leggings, 18W–26W, $33; 28W–32W, $36.

Body treatments are among life's greatest pleasures. If you've been reluctant to indulge, we hope that "Spa Diary" will change your mind by telling you what they're really like. Every few weeks, we try a different technique. Here, one of the newest and most popular treatments: Thai massage.

I don't know what I was expecting when I scheduled my Thai massage at Canyon Ranch, in Tucson, a few weeks ago. But I hoped it didn't involve my getting undressed or having someone walk on my back. Thank heaven it didn't. This treatment is performed while you're fully dressed and lounging on a comfortable mat on the floor. No oil or lotion is involved.

In fact, calling a Thai massage a massage at all is a stretch. "Lazy woman's yoga," with a sprinkling of shiatsu, is more like it. Using slow movements, the practitioner pulls and bends your body into a series of poses that stretch your muscles, using her thumbs, palms, elbows, knees and feet to apply pressure. All of this aids in flexibility, lubricating your joints and harmonizing vital life energies. Jennifer, my therapist, actually studied the technique in Thailand and explained that it was originally practiced in ancient Buddhist monasteries as part of traditional medicine.

As she placed me in different positions and moved my limbs around, she explained that, because there are so many different possible positions, Thai massage is effective for all body types. Once, when I was uncomfortable on my stomach, she moved me into a fetal position on my side while she continued her ministrations. This makes it especially effective and comfortable for the full figured.

Verdict: Love at last push. While it took me a little while to get into the swing, once I did, I never wanted the manipulations to stop. And when they did (after 120 glorious minutes), I realized that I had never before felt so totally relaxed, limber and positively euphoric.

—SUSAN SOMMERS

Newsweek

NEWSWEEK
NEW YORK, NY
WEEKLY 3,228,231
FEB 5 2001

SELF-HELP

'Believe Me. I Know.'

The real Linda Richman serves up a Jewish mother's wisdom, just like her alter ego on 'SNL's' 'Coffee Talk'

Myers: *As Richman in 'Coffee Talk'*

BY PEG TYRE

LINDA RICHMAN MAY BE the only self-help guru around who advises you to go to bed with potato chips and dip when you're feeling blue. Instead of flowing robes, she wears a Donna Karan jacket, clunky gold jewelry and thick glasses with slightly outré frames. The midtown Manhattan hotel room where she is staying reeks not of incense, but of cigarette smoke. And her own personal deity? Barbra Streisand. "Like buttah," says Richman with a Long Island accent so thick you could spread it on a bagel. If a dim sense of recognition is beginning to steal over you, you are not alone. In the early 1990s, Richman was the inspiration for her son-in-law Mike Myers, who captured her almost perfectly in his "Saturday Night Live" skit "Linda Richman's Coffee Talk." America came to know her as a lacquer-haired yenta whose hanky-wringing taught us the meaning of the word *verklempt*.

But these days the real Linda Richman is a fast-rising star in the world of personal growth. For the last two years she has been giving "self-hope" seminars at the tony Canyon Ranch spa in Arizona. Soon you'll be able to see her lectures on public television. And she has written a book, released in January, called "I'd Rather Laugh: How to Be Happy Even When Life Has Other Plans for You," in which she dismisses what she calls "woo-woo spirituality" in favor of some straight talk on living with loss—all told from the no-nonsense perspective of one of America's most famous Jewish mothers. Even superguru Deepak Chopra counts himself among her fans. "I have never met anyone who is as aggressively uncredentialed and yet so extremely helpful to people who are seeking some kind of solace," says Chopra. "She has a lot of wisdom."

Her healing touch, Richman says, doesn't come from guided meditations or deep cleansing breaths but from hard knocks, and plenty of them. Neglected as a child, she was married for 29 years to a compulsive gambler. She describes in her book how for 11 years she suffered from such severe agoraphobia that she was unable to leave her apartment. At 47 she found herself divorced, broke and homeless. So she lived with friends and made extended visits to her two children. "The humiliation," remembers Richman. "Even now my cheeks burn with the shame. I was living on couches—homeless, but in Donna Karan mules." Just as she was getting back on her feet again, rustling up work as a casting agent, her only son was killed in a car crash. "Does having all these terrible things happen entitle me to tell you how to live your life?" she asks. Then she waits. "Yes," she answers herself. "You bet it does." She enjoyed the success of "Coffee Talk" and visited the "SNL" set regularly. "People would say, 'Linda Richman, I love you!' " she recalls, "and I'd say, 'You don't know me. You know my son-in-law!' " After a few weeks as a guest at Canyon Ranch, she joined the staff there and began handing out advice. "People in pain related to me because I'm like them. I've suffered," says Richman. "It's one thing to hear 'Do this, do that and you'll laugh again' from a $150-an-hour shrink. It's another thing to hear it from me."

Upset? Richman suggests you burden your friends. Depressed? Call your therapist. Talk. Talk. Talk. Seek out people and things that are fun. Laugh a little, even if it hurts. And don't forget the pity party. When the pain overwhelms you, switch on your answering machine, take to your bed and watch sad movies for two days until you don't have a tear left to cry. "On the third day you must get up, wash your hair and get out the door," she says sternly. "You may not feel great, but you gotta do it. Two days is healing. Three days is dangerous. Believe me. I know." Your mother couldn't have said it better. ■

Arizona Daily Star

MONDAY, FEBRUARY 5, 2001

Giggles, guffaws are key to coping, 'Coffee Talk' lady says

By Doug Kreutz
ARIZONA DAILY STAR

Laugh it off. Laugh it all off.

That's the main message of a new book by motivational speaker and former Tucson resident Linda Richman — known to many as the inspiration for the "Coffee Talk" lady on "Saturday Night Live."

Giggles and guffaws are the key to coping with everything from minor annoyances to the most devastating crises of life, Richman writes in "I'd Rather Laugh — How to Be Happy Even When Life Has Other Plans for You" (Warner Books, $23.95).

Linda Richman

"Laughter, to me, is a sign of hope," Richman said in a telephone interview. "When things are dark and dreary, you think you're never going to laugh again. "But something is going to tickle you after a while. And that laughter could be the very best thing for you."

Richman, 59, who was a staff lecturer at Canyon Ranch Spa for two years beginning in 1998, knows plenty about sorrow and laughter.

Her book relates a series of personal tragedies: Her father was killed when he was struck by a truck when she was only 8. Her mother suffered serious depression. Richman was housebound by agoraphobia for 11 years. She endured nearly three decades of a bad marriage. Worst of all, her 29-year-old son was killed in a traffic accident in 1990.

Despite all that travail, Richman's vibrant sense of humor inspired comedian Mike Myers, her son-in-law, to create the popular "Coffee Talk" lady skits.

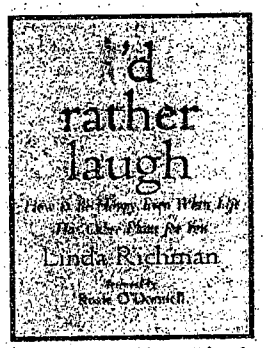
"What Mike did was create a caricature," Richman said. "He took parts of me and made it into this character. It just exploded on TV. People found it hilarious."

Richman, who lives in New York, found that a "pity party" of intense, honest grieving followed by plenty of laughter was the best way to cope with her personal adversity.

She further developed the laughter strategy at Canyon Ranch, where she now gives periodic guest lectures.

"I like to think of the book as a self-hope book rather than a self-help book," she said. "Those other books are written by highly credentialed people. I don't have those (psychology or counseling credentials).

"I think of myself as a perfectly ordinary person who met with some extraordinary circumstances — and I've triumphed with laughter."



Author's *"self-hope" book*

Richman said the laughter solution — previously championed by the late writer Norman Cousins — works well with props. One is the familiar "Groucho Marx" mask with a big nose, fake mustache and glasses.

"In our Canyon Ranch workshops, I always hand these masks out to everyone in attendance," Richman wrote. "Then I ask the attendees to put them on, face one another and tell their saddest stories.

"It doesn't take long before we're all on the floor, howling. If you can laugh while you're in the middle of telling your tale of woe, you must realize that there is hope for you yet."

Contact Doug Kreutz at 573-4192 or at dkreutz@azstarnet.com.

CR002511

Kicking Back

Pamper your self

For Tucsonans, the lap of luxury is just moments away at any of the – count 'em – six renowned resorts and spas nestled in the Catalina Foothills

By Raina Wagner
SPECIAL TO THE ARIZONA DAILY STAR

"Living in the lap of luxury" may be just an expression, but, for the residents of Tucson's Catalina Foothills neighborhoods, the words ring true.

That's because Foothills dwellers can avail themselves of the services of not one, not two, not three but *six* beautiful resorts and guest ranches — practically right in our back-yard "laps."

Many locals take advantage of the closeness of these luxury destinations, especially during the summer, when resorts cut rates to attract vacationers from across Arizona — as well as Tucsonans just looking to escape the house.

"Getting away is not a matter of distance; it's a change in atmosphere," said Bob Cote, who owns Tanque Verde Guest Ranch and counts locals among the clientele.

And, oh, what a change. Aside from the typical expectations you'd have for any resort facility — gourmet food, an attentive staff, extra comfy beds and linens — the Foothills-area resorts rely on the natural environs of Tucson to make their clients' experiences special.

Canyon Ranch Health Resort

8600 E. Rockcliff Road. 749-9655.
www.canyonranch.com

Canyon Ranch has a worldwide reputation and a celebrity clientele. The resort and spa — located near East Snyder Road and Sabino Creek — offers a slew of health services designed to make a vacation a healthy one. A stay here includes nutritious meals that resort patrons can learn how to cook for themselves, as well as physical activities — from nature hikes and yoga to aerobics and spinning — consultations with health experts, and skin- and body-care spa treatments.

What it used to be: The 70-acre spa and resort was founded and built on property that had been the Double U Ranch, part of which became a popular dude ranch from the 1930s to the '70s. Tucsonans Mel and Enid Zuckerman founded Canyon Ranch in 1979, and, today, it routinely wins international recognition for its services. Travel & Leisure magazine recently named Canyon Ranch Tucson the World's Best Spa.

Cost: 2001 rates begin at $2,050 per person (double occupancy) for a minimum four-night stay. Many services are available "a la carte," so expect that price to go up if you opt for more than $105 worth of health and healing services or more than four spa and sport services. Seasonal discounts are available, as are discounts for large groups or families vacationing together.

Fun fact: The Zuckermans' inspiration for a luxury fitness resort came from Mel's 1978 New Year's resolution to lose weight — something he couldn't accomplish until he visited a California spa.

Faces on the Street

Celebrities dig it

A great place for a private – yet with-it – getaway

By Hanna Miller
SPECIAL TO THE ARIZONA DAILY STAR

Sunset Boulevard is so yesterday. Sunrise Drive — located smack in the center of the Catalina Foothills — is rapidly becoming the starting point for harried Hollywood types in search of private Xanadus.

According to Realtor Janell Jellison of Long Realty, the number of celebrities swishing through her agency's doors has jumped nearly 60 percent over the last five years. While Jellison refused to name names, she said many of her clients are seduced by the promise of a place where the land is cheap and the neighbors aren't nosy.

"You can come here and be incognito," said Jellison, who is the seller of Tucson's most expensive home for two years running. "We have a lot of nice gated communities where people have their second or third homes, so no one really gets to know their neighbors."

Stars can even venture out of their Foothills homes without fear of being besieged by overly adoring fans: Their presence here is so unexpected that many sightings are written off by locals who wonder if the heat has finally gone to their heads.

"You could be sitting next to them at a restaurant and not even notice," Jellison said.

Some of Jellison's high-profile (and still anonymous) clients are escapees from Scottsdale, a paparazzi-ridden getaway that's grown too glitzy for those celebrities who don't care about the right car or the right clothes. Tucson has joined the list of places — headed by spots in Idaho and Montana — where a star can indulge his inner Everyman.

"Tucson is appealing because it's more laid-back," Jellison said. "And it's not a bad commute. We had a stuntman who went back and forth to L.A.; it only took 35 minutes using one of those smaller airports."

The area could be still more alluring with the addition of a ritzy shopping district, Jellison said. While the Foothills boasts excellent restaurants, its lack of boutiques has dissuaded a few potential buyers from putting down roots.

"They want nice places to shop," Jellison said. "That's what we need. You can't have part of it and not all."

But Jellison predicted the Foothills will only grow more popular with the rich and famous, largely because of the successes of Canyon Ranch Health Resort and Miraval Life in Balance Resort & Spa. Many stars first visit the area while staying at one of the two spas.

"Some people, like Paul McCartney, found out a long time ago that this is a real friendly place," Jellison said. "But the way most people find us now is through Miraval and Canyon Ranch."

Ex-Beatle McCartney may hold the distinction of being the only confirmed superstar Foothills dweller. He and his late wife, Linda, bought a 151-acre ranch on the south side of Redington Road about one mile past Camino Rinconado in 1979.

While residents whisper names that win millions at the box office, only a few people know for sure who calls the Foothills home. Real estate agents are mum, and the neighbors are likely out of town.

Leslie Pape, a four-year employee of Director's Chair Video, 4777 E. Sunrise Drive, doesn't know of any famous people in the Foothills. She used to meet their drivers, sent on missions from Canyon Ranch, but even they have stopped coming to the store. Pape thinks the spa may have improved its video library.

"Stuff like that used to happen," Pape said. "(Actor Gene) Hackman came in, and (actor) Alec Baldwin signed a video box." Now, Pape said, the staff feeds off more mundane sightings. It's hardly fodder for a Foothills star map, but it's something.

"(Actor) John Cusack's brother was a customer," Pape offered. "And Bill Buckmaster (of KUAT-TV's 'Arizona Illustrated') comes in."

NewsRoom

4/6/02 Arizona Republic (Phoenix, Ariz.) E4
2002 WLNR 14893975

Arizona Republic, The (Phoenix, AZ)
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April 6, 2002

Section: arizona living

SWEAT AND SOAK WITH CELEBRITIES AT POSH TUCSON SPA

April 6, 2002

Not five minutes after a small cottontail skips across the walk, pausing to regard a white-robed passer-by, a group of women rhythmically clank down the same path, trekking poles in hand, smiles on their faces, heart rates up.

At the same time, soothing music and 94-degree water lull a Watsu pupil nearly to sleep inside a dome inspired by the Anasazi, Hopis and Navajos.

Students in the nearby gym break a sweat to loud music and their instructor's shouted commands.

There seems to be something for everyone at Canyon Ranch Health Resort, a world-class destination spa on 70 acres in the lush desert foothills of the Santa Catalina Mountains northeast of Tucson. Formerly a dude ranch, the 23-year-old spa has evolved into a paradise that offers diagnosis and treatment of sleep, stress and sexual problems, biking, hiking and tennis, classes in computers, cooking and crafts, a variety of massages, wraps and facials, even tarot card and clairvoyant readings and handwriting analysis.

Variety, impeccable customer service and a spectacular setting give Canyon

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Ranch the 1-2-3 punch that lands it on the top spa lists of major travel magazines year after year. The wealthy, including some stars, lounge here for a week or two at a time.

The resort staff is predictably tight-lipped about rich and famous guests and refuses to name names. But other guests tend to spill the beans, saying they have spotted Julia Roberts, supermodels Linda Evangelista and Helena Christensen, mezzo-soprano Denyce Graves, Jane Pauley and Kelsey Grammer relaxing amid the cactuses.

"Some people come here just for the hiking; others want to improve their golf or tennis game," Canyon Ranch spokeswoman Katie Garber says. "Some people take the classes -- we have 40 every day. It's the location, it's the staff, it's the word of mouth. This is the vacation they've always wanted."

A stay at the ranch isn't cheap. The standard package, which includes four nights in a single room, about $500 in health, healing, spa and sports services, starts at $2,090. The most expensive: 10 nights in a casita with a master suite, living room, dining room and kitchen, plus more than $1,000 in services, is $7,760. The rates include meals, a health and fitness assessment, fitness classes and other perks.

But Canyon Ranch does offer "spa days" when, for $250-$350, a visitor can receive a massage, facial or makeup consultation and application, and lunch, plus use of the spa and resort facilities and fitness classes. The resort also gives discounts to guests bringing children or friends, and its summer rates from June 9 to Sept. 22 are 30 percent lower.

What's available? You're better off asking, what's not?

For those hoping to get their skin baby soft again, if only temporarily,

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the signature Mango Sugar Glo (50 minutes, $120) is highly recommended.

Massage therapist Vicky Ketchem scrubs you down with a natural substance that smells good enough to eat, then follows with a luxuriant lathering of gel and moisturizer.

If you're looking for stress relief, try Watsu (50 minutes, $115), a variation on the Oriental pressure-point therapy, shiatsu, in a warm pool.

Limbs are stretched and tense muscles are kneaded as therapist Susan Kovacs cradles, floats and dances your body through the water. Think of your favorite relaxation regimen, multiply it by 100 and voila: Watsu.

It's easy to see how Canyon Ranch also has racked up considerable praise.

Start saving your change.

DETAILS: Check out Canyon Ranch at www.canyonranch.com or 1-800-742-9000.

---- Index References ----

Company: CANYON RANCH; CANYON RANCH ENTERPRISES INC

Industry: (Entertainment (1EN08); Celebrities (1CE65))

Region: (Arizona (1AR13); North America (1NO39); Americas (1AM92); USA (1US73))

Language: EN

Other Indexing: (ANASAZI; CANYON; CANYON RANCH; CANYON RANCH HEALTH RESORT; HOPIS; MANGO SUGAR GLO; WATSU) (Christensen; Denyce Graves; Jane Pauley; Julia Roberts; Katie Garber; Kelsey Grammer; Linda Evangelista; Navajos; Santa Catalina; Susan Kovacs; SWEAT; Vicky Ketchem)

Edition: Final Chaser

Word Count: 698

End of Document

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NewsRoom

2/19/03 Times Union (Alb.) D1
2003 WLNR 711566

Albany Times Union (NY)
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February 19, 2003

Section: LIFE & LEISURE

SPA DINING SUMPTUOUS MENUS AT LUXURY GETAWAYS AREN'T ESPECIALLY SLIMMING

DOUG BLACKBURN Staff writer

Time was, you went to a spa to lose weight.

Not anymore. At least not at luxury spas.

Dining at spas is now off the charts. Luxury spas in our region offer some of the fanciest gourmet dishes imaginable. If you're lucky, you won't gain weight.

Chef Ross Fraser's signature entree at The Emerson is seared filet of black Angus beef. He insists on buying only farm-raised Scottish cattle for his dining room in Mount Tremper, Ulster County. The dish is served with foie gras pomme croquettes, caramelized baby apples and roasted salsify that is cooked in milk and herbs and topped with black trumpet mushrooms with a Drambuie sauce.

To modify this entree for the spa menu, which is also available at The Emerson, Fraser will remove the foie gras, pan fry the croquettes and substitute dried apples because there is too much sugar in caramelized fruit. But few folks who have just spent an hour undergoing a detoxifying algae wrap or a full-body massage request items off the spa menu.

``I can count you the number of times I've been asked to turn the beef filet into a spa dish on one hand," Fraser says. ``People are coming here to be pampered with the food and wine, not to lose weight."

Rave reviews

Such is the case at Canyon Ranch in the Berkshires and at Mirbeau Inn & Spa, as well. All three of these luxury spas specialize in restoring the body, but they have also received rave reviews for their dining experience.

``Spa food is gourmet food in my mind," says Barry Correia, executive chef at Lenox-based Canyon Ranch since it opened in 1989. ``There's no deprivation when you're dining with us," he adds, ``there's only moderation."

Correia and his team of sous chefs emphasize plate presentation as well as moderation. Even a simple chicken and portobello mushroom wrap on the lunch menu comes artfully decorated with finely diced tomatoes and cucumber.

When Mirbeau Inn & Spa opened in Skaneateles three years ago, Esquire magazine's food writer, John Mariani, proclaimed its dining room one of the top 15 best new restaurants in the nation.

Edward Moro, chef at Mirbeau, claims his goal is a healthy, balanced menu. But some of his best-known dishes are mouth-wateringly sinful. Consider these entrees from Moro's menu: Maine lobster bouillabaisse with spicy red pepper rouille (sauce) and saffron broth, or zucchini and basil mousse-crusted baked Chilean sea bass with melted tomatoes and sauted spring vegetables with caper berries.

``This is a place people come to to get rejuvenated, to take care of themselves physically and emotionally. We try to cover all those bases," Moro says. ``This is not about eating peas and one carrot."

Different styles

Luxury and elegance are the common denominators at these three spas. But each is unique, with a different style in the kitchen and dining room.

Canyon Ranch, a full decade older than the other two, details the calorie count, grams of fat and grams of fiber in every item on its menu. It is the only one of the three not open to the public, nor does it serve or even allow wine and other spirits in its dining rooms.

Guests are required to stay a minimum of three nights at Canyon Ranch (a double room for three days starts at $1,462 per person, meals included). Celebrity couples, such as Whitney Houston and Bobby Brown, Paul Newman and Joanne Woodward and Danny DeVito and Rhea Perlman, are commmonplace at Canyon Ranch.

``We promote balance," Correia says. ``Our philosophy is mindful eating, savoring what you eat and not eating any more than you need.

``We pay a lot of attention to flavor by using fresh herbs and spices. Most restaurants are promoting value. We promote balance."

The Emerson and Mirbeau are open to the public as well as their guests and both tout their extensive wine lists.

Moro brings a modern French style to his cuisine at Mirbeau. He minimizes heavy cream in his soups, adding a tablespoon of whipped cream as a final touch to the acorn squash soup to make it taste rich and luxurious.

``We do a series of a lot of small tastes. It doesn't end up being a lot of center-plate protein," Moro says. ``If you have a balanced cuisine, you can have a taste of dessert."

A native of Scotland, Fraser accommodates weight-conscious guests at The Emerson by offering a separate spa menu that breaks down the calories for each dish. No more than 20 percent of the customers order exclusively from the spa menu.

``What we're trying to do with the restaurant menu is keep the cooking techniques along a classical French style, but introduce as much local food as we can," Fraser says. ``This is tough during the winter. We change four or five dishes every week on the menu, going with what's available. I have no certain criteria as far as flavors go."

``We don't have people who are on Weight Watchers here," Fraser adds. ``People tend to come here for a two-day get-away trip. I don't care where you go, you're not going to lose much weight in two days."

Spinach Eggs Benedict

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Makes 8 servings

BASE:

8 cups washed fresh spinach leaves, well drained

1 1/2 teaspoons Mrs. Dash or other salt-free seasoning

4 whole-wheat English muffins

HOLLANDAISE SAUCE:

3 egg yolks

1 teaspoon fresh lemon juice

Pinch cayenne pepper

Pinch salt

4 tablespoons melted butter

3 egg whites

Pinch cream of tartar

POACHED EGGS:

1 tablespoon white vinegar

4 cups water

8 whole eggs

BASE:

Lightly coat a large saute pan with canola oil and saute spinach over medium-high heat until wilted. Season with Mrs. Dash. Cover and set aside.

Split English muffins in half and toast.

HOLLANDAISE SAUCE:

Bring a large saucepan of water to boil.

In a medium stainless steel mixing bowl, combine egg yolk, lemon juice, cayenne pepper and salt. Place stainless steel bowl over (not touching) boiling water in pan and whisk egg mixture with a wire whisk until thickened. Place mixture in blender container and blend at high speed for 5 seconds. Reduce to medium speed and slowly add butter.

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In a medium bowl, beat egg whites and cream of tartar until mixture forms stiff peaks. Fold egg yolk mixture into egg white mixture until blended. Set aside.

POACHED EGGS:

Add vinegar to water in a medium saucepan, bring to a boil again and reduce to simmer. To poach eggs, gently crack each shell just above the surface and let the egg slip into the water. As eggs cook, use a spoon to corral whites around the yolks. Cook until whites are firm and opaque but yolk is still soft. As you lift each egg from the pot with a slotted spoon, let it drip for a second or two.

For each serving, place an English muffin half on a plate and top with 1/4 cup spinach, one poached egg and 2 tablespoons hollandaise sauce.

Crab and Avocado Quesadilla

Makes 4 servings

From ``Canyon Ranch Cooks" by chef Barry Correia (Commercial Press, 2001)

AVOCADO RELISH:

1/4 diced onions

1 cup peeled and diced avocado

1/4 cup diced tomatoes

Pinch ground cumin

Pinch salt

Pinch black pepper

QUESADILLA:

4 (9-inch) flour tortillas

4 teaspoons canned green chile peppers, diced

1/2 cup chopped crab meat

4 tablespoons shredded low-fat Monterey Jack cheese

8 tablespoons pico de gallo (see recipe)

4 tablespoons nonfat sour cream

AVOCADO RELISH:

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In a small saute pan lightly sprayed with canola oil, cook onions until translucent.

In a large bowl, combine avocado, tomatoes and cooked onion. Season mixture with cumin, salt and pepper. Mix well.

QUESADILLAS:

Lay tortilla flat on work surface. On one half, spread 6 tablespoons avocado mixture, 1 teaspoon green chile peppers, 2 tablespoons crab meat and 1 tablespoon cheese. Fold the tortilla in half.

Lightly spray a large saute pan with canola oil. Cook each tortilla for 3 to 5 minutes per side, or until cheese is melted.

Cut each quesadilla into 3 triangle-shaped pieces. Serve with 2 tablespoons relish and 1 tablespoon nonfat sour cream on the side.

Pico de Gallo

Makes 3cups

4 medium tomatoes, diced

1 1/2 cups diced canned tomatoes

1/3 cup diced red onion

3 tablespoons chopped scallions

1/2 cup diced yellow bell pepper

1 tablespoon seeded and diced jalapeno pepper

1/4 cup chopped fresh cilantro

1 1/2 tablespoons fresh lime juice

1 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon dried oregano leaves

1/4 teaspoon garlic powder

Place all ingredients in a food processor and mix briefly; vegetables should remain chunky. Pour in a bowl with a cover and refrigerate.

May be stored up to a week.

---- Index References ----

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Company: HJ HEINZ CO; WEIGHT WATCHERS INTERNATIONAL INC

Region: (USA (1US73); Americas (1AM92); North America (1NO39))

Language: EN

Other Indexing: (BERKSHIRES; CHEF ROSS FRASER; EMERSON; FRASER; MIRBEAU; MIRBEAU INN SPA; QUESADILLA; QUESADILLAS; SPA; SPINACH EGGS BENEDICT; WEIGHT WATCHERS) (Avocado Quesadilla; Barry Correia; Bobby Brown; Celebrity; Correia; Cut; Danny DeVito; Dash; Edward Moro; English; Fold; Joanne Woodward; John Mariani; Lay; LUXURY GETAWAYS AREN; Monterey Jack; Moro; Paul Newman; Pinch; Pour; Rhea Perlman; SPA DINING SUMPTUOUS MENUS; Split English)

Edition: THREE STAR

Word Count: 1695

End of Document

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NewsRoom

NewsRoom

6/6/03 Milwaukee J. & Sentinel 26
2003 WLNR 4701937

Milwaukee Journal Sentinel (WI)
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June 6, 2003

Section: E CUE

AS SUMMERTIME NEARS, LIVING ISN'T GETTIN' EASIER FOR MARTHA

MARY-LIZ SHAW MSHAW

Celebrity Noise

If you had to pick a favorite celebrity hangout, after the mud baths at Canyon Ranch, it probably would be the courts.

Three bright, shining stars of the celebrity universe were bound up in legal matters this week, but only one walked away with the honor of having been connected with the most ludicrous kidnapping plot since the Muppet pigs kidnapped Kermit the Frog.

But there is a nice Hollywood ending to another old court mess -- and it involves Isaac Hayes. Stay tuned:

Perfection takes a hit

Speaking of messes, someone give Martha Stewart a hug. Make that a "Martha Stewart Living Omnimedia" embrace.

Hey, any addict knows the first step to solving your problem is acknowledging you have one. And this week, after more than a year of pretending there is no elephant in the corner, Martha's company was forced to acknowledge the maven of all "good things" may be in for some bad days ahead -- she was indicted for securities fraud and faces other charges relating to her too-convenient sell-off of ImClone stock. She has pleaded not guilty to all nine counts.

Someone at Martha Central really dropped the dust mop on this one. It isn't like her indictment is a surprise -- suspicion has clung to the Stewart empire like a cobweb on a chandelier since the stock sale in December 2001.

Now Martha's image is tarnished, her company's stock has fallen and shareholders are seeing a very outre red, especially after Martha failed to come to a shareholders' meeting this week. (She did make an appearance -- on closed-circuit TV. How chic!)

Shoppers, though, still love those Martha-brand pastels: As one National Public Radio analyst put it, a consumer who walks into Kmart and sees "a pillowcase in a shade of pink that she adores" isn't likely to think, " `I wish I could buy it but I can't; Mrs. Stewart is under indictment.' "

Well, OK, so maybe consumers won't let a little thing like ethics quell their desire for tasteful and reasonably priced home fashions.

But you have to wonder what will become of Martha Stewart Living Magazine, which tends to be larded with glossy 5,000-word sagas on how Martha and/or Martha's daughter redid her living room/bedroom/master bath/hall closet.

Unless the editors go with a change-your-color-scheme issue: "Paint It Gray: There is really only one way to make a prison cell a showplace."

The Spice-y plot thickens

If you want some barometer of how truly bizarre is our next item, consider this: Posh Spice is the sanest part of the story.

It begins with a 27-year-old Kosovar parking attendant named Florim Gashi with a kooky idea. Then comes a British tabloid with way too many pounds sterling and not nearly enough regard for weighty journalistic matters like the truth.

The News of the World paid Gashi -- did I mention he's also a convicted criminal? -- about $16,000 to tell what he knew about a plot by four Romanians and a Kosovo Albanian to kidnap Posh Spice, a.k.a. Victoria Beckham, back in November.

News of the alleged plot, which was foiled by some unknown hitch, made headlines across Britain. Posh, of course, is married to Manchester United footballer David Beckham. Outside of the royals, the Beckhams are Britain's favorite gossip targets.

Wait, it actually gets worse: The five men Gashi named were charged with conspiracy. They were to go on trial in a central London court, until someone at the Crown Prosecution Service decided to read the original piece of checkbook journalism.

"Our picture of the News of the World informant was reappraised," was the quaint wording the Crown used when it announced it was dropping the case.

Romanians. Kosovars. Posh Spice. Kidnapping. Not even Kafka could have come up with such a surreal combo.

Home sweet privacy

Barbra Streisand is suing an aerial photographer for taking pictures of her home and posting them on the Internet. No big whup, right? Another tabloid bites the dust.

Except, this is not some sleazy paparazzi gig. The pictures are part of a series of shots taken for Kenneth Adelman's California Coastal Records Project, a non-profit organization that provides scientific researchers with a pictorial rendering of the California coastline.

Streisand's lawsuit claims the shots provide stalkers and something she calls "undesirable personalities" a "road map into her residence."

Since when has Streisand not been associated with the term "undesirable personalities"?

Like all lawsuits, you have to read the fine print to find out the real reason she's peeved. She's demanding $10 million because the pictures deprive her "of the economic value of the use of the images of her property and residence."

Hayes is back in 'Wattstax'

Back when the film originally billed as the "black Woodstock" was released in 1973, clips of Hayes performing "Theme from Shaft" and "Souls-ville" were cut because of a copyright dispute.

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Now, a restored version of "Wattstax," which goes into limited theatrical release today, has Hayes back in full, funky form. The film celebrates the music of Stax Records and has scenes from the concert to benefit the Watts Summer Festival, which took place at the Los Angeles Memorial Coliseum in August 1972. Commentary by Richard Pryor runs throughout the movie.

At last we can get the real "Shaft."

Based on reports from The Associated Press and National Public Radio.

---- Index References ----

Company: K MART CORP; NATIONAL PUBLIC RADIO

Industry: (Entertainment (1EN08); Celebrities (1CE65))

Region: (United Kingdom (1UN38); Albania (1AL95); Europe (1EU83); USA (1US73); Americas (1AM92); England (1EN10); Eastern Europe (1EA48); North America (1NO39); Romania (1RO92); Western Europe (1WE41); California (1CA98))

Language: EN

Other Indexing: (AS; CALIFORNIA COASTAL RECORDS PROJECT; CROWN; CROWN PROSECUTION SERVICE; KMART; KOSOVAR; LIVING; MUPPET; NATIONAL PUBLIC RADIO; STEWART; SUMMERTIME; TV; WATTS SUMMER FESTIVAL) (Barbra Streisand; Beckhams; Commentary; David Beckham; Hayes; Hey; Hollywood; Isaac Hayes; Kenneth Adelman; Martha; Martha Central; News; Noise; Perfection; Posh; Posh Spice; Posh Spice. Kidnapping; Richard Pryor; Romanians; Shoppers; Speaking; Stay; Stewart; Streisand; Wait)

Edition: All

Word Count: 1078

End of Document

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NewsRoom

NewsRoom

7/14/04 N.Y. Daily News 25
2004 WLNR 21450946

New York Daily News
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July 14, 2004

Section: GOSSIP

SPIKE'S POINTED REMARK

LLOYD GROVE WITH HUDSON MORGAN

Don't go looking for Spike Lee at any NASCAR events this summer.

The ornery movie director and Knicks fanatic nurses a paranoid fantasy about the National Association for Stock Car Auto Racing circuit.

"I just imagine hearing some country-and-Western song over a loudspeaker at NASCAR: 'Hang them n-- up high! Hang them n-- up high!' I'm not going to no NASCAR," Lee vows in the August issue of Playboy.

Lee, husband of "Gotham Diaries" novelist Tonya Lewis Lee, shares some equally provocative observations about Lakers star and rape defendant Kobe Bryant and embattled R&B star R. Kelly.

"I was telling my wife that the Knicks may be getting Kobe, and her feeling was, Why would the Knicks want Kobe Bryant, an alleged rapist?" Lee recounts. But "in the sports realm today, the bottom line is to win. If a great athlete has some character flaw or problems, that's overlooked as long as he is able to perform."

Lee - whose latest movie, "She Hate Me," is due out July 30 - is less forgiving of Kelly, who was accused of having videotaped illicit sex with a 14-year-old girl.

"I can't make that separation," Lee says. "I saw that DVD with him and those girls. I have a 9-year-old daughter. I look at him in a different light now. I can't listen to his music, and I wouldn't buy a record of his."

Ditto 50 Cent.

"What was the title of 50 Cent's debut album? 'Get Rich or Die Tryin',' " Lee says. "When young African-Americans live by the code 'Get rich or die tryin',' it's a very sad state."

MORE SERVINGS OF THE POST,TOASTED.

New York magazine seemed to land quite a scoop when it revealed last week that presidential brother Neil Bush and his new wife, Maria Andrews, treated Neil's daughter Lauren to a raucous 19th-birthday celebration at the West Village Mexican

restaurant Tortilla Flats, replete with naughty spanking and shot-taking. A beleaguered gossip column across town picked up New York's eye-popping item.

Problem is, Neil Bush was in Kennebunkport, Maine, at the time. The handsome couple who treated Lauren to dinner were Christine Schott, her manager at Elite Models, and Schott's friend William Goodman 4th. They were toasting Lauren's 20th, not 19th. "I should carry around Bush family flashcards to prevent any future errors," New York mag's Deborah Schoeneman told Lowdown yesterday.

Too bad that Page Six was snookered into using New York's bad info. Not as mortifying as the Dick Gephardt gaffe, but embarrassing.

The Post has only itself to blame, however, for a Monday item claiming that Lauren Bush and Al Sharpton were house guests last weekend at the Southampton home of Gotham magazine publisher Jason Binn. Not so - Bush actually stayed at pal Amanda Hearst's.

Then there was last week's Cindy Adams scolding of the weekly Riverdale Review for lifting her recent ode to America's Founding Fathers: "Nice letters-to-the-editor article. I thought so when I printed it the week earlier. Your five-column-wide patriotic rant is word for word for word for word for word for word for word what I wrote Tuesday, June 29." Turns out Adams herself borrowed the essay - almost word for word for word for word for word - from a widely circulated E-mail that's been bouncing around the Internet since 1999.

Post flack Howard Rubenstein had no comment by deadline yesterday.

THE BRIEFING.

BELOW THE BELT: Controversial publisher Judith Regan - whose ReganBooks imprint is a profit center at Rupert Murdoch's HarperCollins - sure has wide-ranging literary tastes. Recent ReganBooks authors include conservative moralist Robert Bork and conservative talking head Sean Hannity, both of whom inveigh against the vast left-wing conspiracy that allegedly debases American culture and civilization. But ReganBooks' latest potential best seller, "How to Have a XXX Sex Life," is an extremely explicit advice book, ostensibly written by a gaggle of porn stars (namely the so-called "Vivid Girls"). I wondered how Bork and Hannity felt about sharing a publisher with Jenna, Briana, Mercedez, Dasha, Savanna, Tawny and Sunrise, but neither man got back to me. The always quotable Regan said through a spokesman: "I'm publishing this book for lonely, sexless losers like [you] who are home alone at night." I'm touched!

ROYAL BLUSH? The time has long since passed when Queen Elizabeth II can be shocked by anything her family members are up to. But even Her Majesty must be a little gobsmacked by 19-year-old Prince Harry's public carryings-on with 27-year-old polo club staffer Jo Davies. Star Magazine reports that the blond and sexy Davies was photographed topless and wielding a whip over two semi-naked hunks for a Cirencester Park Polo Club charity calendar (she was Miss April). Last weekend, after Prince William's younger brother played a polo match (with dad Prince Charles), paparazzi caught Harry kissing Davies. Says Burke's Peerage editor Harold Brookes-Baker: "William is shy and retiring in public ... Harry is always ready for fun."

CELEBRITY STEW: That was quite a menagerie of bold-face names last week at the Canyon Ranch in Lenox, Mass. Meg Ryan, Al Franken, Mike Myers' mother-in-law, Linda Richman, and former Secretary of State George Shultz were all getting healthy together. Franken played racquetball with the commoners and palled around with Ryan; he co-wrote the screenplay for her 1994 movie "When a Man Loves a Woman." Shultz pretty much kept to himself, and Richman is staying at the spa all summer. A star-struck civilian told Lowdown's Rachel Jonas about her hike with Ryan: "She's really not a conversational person at all. Maybe that's because she didn't want to be bothered. I was right behind her, so I said, 'Meg, I've just been dying to say something to you - you've got mail!' She then looked at me and said, 'Well, I guess you got it out of your system.' " Which is just what Canyon Ranch is all about.

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---- Index References ----

Company: NATIONAL ASSOCIATION STK CAR AUTO RACING; CANYON RANCH; NICE SPA; SPIKE

Region: (USA (1US73); Americas (1AM92); North America (1NO39); New York (1NE72))

Language: EN

Other Indexing: (AMANDA; CANYON RANCH; CIRENCESTER PARK POLO CLUB; DICK GEPHARDT; DVD; FOUNDING FATHERS; GOTHAM; HEARST; KOBE BRYANT; LAKERS; LAUREN; NASCAR; NATIONAL ASSOCIATION FOR STOCK CAR AUTO; NICE; POST; RECENT REGANBOOKS; REGANBOOKS; SPIKE; XXX) (Al Franken; Al Sharpton; Bork; Burke; Bush; Charles; Christine Schott; Davies; Elizabeth; Franken; George Shultz; Hang; Hannity; Harold Brookes; Harry; Howard Rubenstein; Jason Binn; Jo Davies; Judith Regan; Kobe Bryant; Lee; Linda Richman; Lowdown; Magazine; Maria Andrews; Meg Ryan; Mike Myers; Neil; Neil Bush; Regan; Richman; Robert Bork; Ryan; Sean Hannity; Shultz; Sunrise; Tonya Lewis Lee; Tortilla Flats; William; William Goodman)

Keywords: NEW YORK POST

Edition: SPORTS FINAL

Word Count: 1167

End of Document

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NewsRoom

NewsRoom

5/1/05 Black Enterprise 98
2005 WLNR 6917610

Black Enterprise
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May 1, 2005

Volume 35; Issue 10

THE BUSINESS OF GETTING AWAY

Alleyne, Sonia

HEADNOTE

Tired, Overworked, Stressed? We've got retreats for you.

IMAGE PHOTOGRAPH

1

IMAGE PHOTOGRAPH

2

After seeking help from 12 different doctors for more than 20 years for a rare skin condition, Lonnie White grew tired and frustrated of misdiagnosis and prescriptions that seemed to trigger other health problems. A former professional football player, he also suffered from sore joints and back pain.

At the urging of his wife, White, a sports writer for the Los Angeles Times, decided to seek a program that could put him on a healthy track. He settled on the Executive Health Program at Canyon Ranch, a resort located on 150 acres of desert near the foothills of the Santa Catalina Mountains in Tucson, Arizona. Aside from his hectic work schedule, White had just completed writing the book UCLA vs. USC: 75 Years of the Greatest Rivalry in Sports. "I figured that even if they couldn't help me with my ailment, I'd be able to relax," he said.

IMAGE PHOTOGRAPH

3

AFTER CHIROPRACTIC TREATMENT, WHITE ENJOYS A 50-MINUTE SEASONAL ORGANIC FACIAL.

Canyon Ranch, and an increasing number of other facilities offering health solutions and work/life programs fall under the categories of destination or medical spas. And they're growing in popularity.

According to the International Spa Association (www.experi enceispa.com), an industry organization representing about 2,000 health and wellness facilities in 59 countries, there were nearly 70 destination spas in 2002. By 2004, there were 191. Between 2001 and 2003, the number of visits to destination spas increased from 500,000 to 2.4 million, and revenues jumped from $158 million to $399 million. What's driving these numbers? Results.

A recent study by Cornell University's School of hotel Administration found that more than 500 respondents who attended destination spas where the focus was healthy living felt fit and energetic after their stay. They conducted business with more acumen and creativity, experienced enhanced decision making, and were able to handle challenges with marked improvement.

White found even greater returns. He was finally diagnosed with the chronic inflammatory skin disease Hidradenitis Suppurativa, which affects areas of the body where there is skin-to-skin contact. In addition to receiving guidance on treatments and care, he also learned that he had a tilted pelvis and flat feet, which contributed to his joint problems.

During his five-day stay at the spa, White was assigned a physician and went through three days of medical testing that included a full physical, blood work, stress tests, and a session with a chiropractor for concerns he had about his bones. He also enjoyed a variety of massages and tai chi classes. Canyon Ranch offers more than 50 fitness classes and daily activities including yoga, meditation, tennis, hiking, and hiking.

The spa, which has a sister facility in Lenox, Massachusetts, and is scheduled to open its first healthy living residential community in Miami this year, offers an executive health package that includes pre-arrival preparation. Prior to White's visit, he received a phone call from a registered nurse and was required to fill out a survey that revealed his family medical history.

The spa requires that all guests undergo an 80-minute comprehensive head-to-toe assessment; a variety of tests such as the cardiometabolic stress test, heart rate variability, lipid analysis, and insulin sensitivity; and a profile of major organ systems.

It's important to note that not all destination spas offer medical expertise, but many offer specialized services. Since there is no regulatory body that distinguishes spa services, it is up to the individual to do the necessary research. Start with SpaFinder (www.spafinder.com) and Destination Spa Group (www.desti nationspas.com), an organization of 23 destination spas including Canyon Ranch.

SOME OTHER SUGGESTIONS

* El Monte Sagrado Resort Taos, NM

Seven thousand feet up in the mountain community of Taos is the perfect setting for healing-whether spiritual, physical, or intellectual. The year-old El Monte Sagrado, a resort-cum-healing sanctuary located in the desert of northern New Mexico, aims to change the concept of the destination spa. For starters, its creator, Tom Worrell, is a fierce proponent of the environment.

You'll notice immediately how nature and nurture are seamlessly integrated. Healthy, non-chlorinated water flows from waterfalls, a trout pond (yes, fishing is allowed), and two pools. At the resort's center is the Sacred Circle. Surrounded by cottonwoods and aspens and featuring a wooden foot-bridge and an abundance of regional flora and foliage, it's a place to meditate, contemplate, and relax. The ground is sacred and the resort itself has been blessed by a priest and a Buddhist monk.

Upon arrival, you'll be ushered to one of 36 casitas-some with fireplaces, all with patios or balconies. Take your pick among two- and three-bedroom themed suites all decorated with works by local and international artists.

Don a luxurious robe and head straight for the Living Spa, where the roof opens to reveal a crystal-clear mountain sky.

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Sample enticing, nature-based and organic treatments, many handcrafted from indigenous plants and flowers. Venture to try more unusual therapeutic treatments like sound and vibrational therapy and intuitive touch.

A roster of alternative treatments and programs abound. If you've thought of trying a moonlight hike, spontaneous movement and effective communication, or even communicating with your pet, this is the place to try it all.

For reservations, call 800-828-TAOS or log on to www.elmontesagrado.com.

* Well Max Center for Preventive Medicine

LaQuinta, CA and Palm Springs, FL

This will be one of the most luxurious and relaxed trips to the doctor you'll ever take. Whether you choose the one-day program or the extended Platinum Program, as you settle into your 450-square-foot room, you'll get in the right frame of mind to begin your journey to good health.

The center offers an intensive variety of progressive wellness and medical services for executives. Among them is the Wellness Platinum Program, which begins with an extensive medical interview and physical exam. The physical is followed by more testing, including some trademarked procedures such as the ThinPrep Pap test for women, a highly accurate test for detecting abnormal cervical cells. Other procedures include genetic testing; cognitive screening; a stress assessment; and metabolic analysis, which measures how many calories a patient burns while active and while resting.

All medical information is documented on a CD, which is given to patients. Well Max also features a sports medicine program, which provides the benefit of world-class tennis courts and five golf courses.

For more information, visit Well Max online at www.wellmax.com.

-Additional reporting by Pat Jacobs

---- **Index References** ----

News Subject: (Social Issues (1SO05); Alternative Healthcare & Wellness (1AL29); Health & Family (1HE30); Spirituality (1SP73))

Region: (New Mexico (1NE26); USA (1US73); Americas (1AM92); North America (1NO39))

Language: EN

Other Indexing: (BUDDHIST; CD; CHIROPRACTIC; CORNELL UNIVERSITY; DESTINATION SPA GROUP; EL MONTE SAGRADO; EL MONTE SAGRADO RESORT TAOS; GREATEST RIVALRY; HEADNOTE; INTERNATIONAL SPA ASSOCIATION; LIVING SPA; MAX; MAX CENTER FOR PREVENTIVE MEDICINE; SACRED CIRCLE; SUGGESTIONS; TAOS; THINPREP PAP) (Canyon Ranch; Hidradenitis Suppurativa; LaQuinta; Lonnie White; Pat Jacobs; Prior; Results; Sample; Start; Tom Worrell; Venture; White)

Word Count: 1375

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NewsRoom

3/9/08 Hous. Chron. 3
2008 WLNR 4787740

Houston Chronicle
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March 9, 2008

Section: Travel

NEVADA / Vegas glitz is something to write home about

KRISTIN FINAN

LAS VEGAS

kristin.finan@chron.com Go to chron.com/travel/lasvegas

1. Browse with Lennon, Elvis and Hendrix

LAS VEGAS - Sure, you may come here hoping to strike it rich at the casinos. But for an art or music enthusiast, the real gold mine lies in an unassuming building a few blocks from the Strip.

There, you can walk through history with Jimi Hendrix, John Lennon, Elvis, Johnny Cash, Bob Dylan, Frank Sinatra, Martin Luther King Jr. and artist Robert Crumb - to name a few.

"We are basically a gallery, but we're also like a museum," said John Angelini, director of Symbolic Gallery. "Everything in here is historically important, but everything's for sale."

With some pieces going for $500,000 or more, you could spend hours wandering around the gallery with your mouth open.

"I think people are kind of just blown away," Angelini said. "They get more and more excited the more they check it out. The deeper you go, the more interesting it is."

The most popular pieces include a jacket Lennon wore in a Life Magazine photo shoot, one of Elvis' peacock jumpsuits and the largest privately held collection of Johnny Cash memorabilia.

"It's something to do other than what everyone else has already done," Angelini said. "People come here for a unique experience."

Symbolic Gallery: 4631 S. Dean Martin Drive, Suite 100; 702-507-5263; www.symbolicccollection.com. Open noon-8 p.m. Wednesdays-Sundays and by appointment.

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2. Get a tantalizing ice-cream pedicure

LAS VEGAS - Visit the Canyon Ranch SpaClub in the Las Vegas Venetian Resort-Hotel-Casino, and you're likely to see celebrities such as Nicollette Sheridan and Sex and the City's Jason Lewis pampering themselves.

Once you shell out $95 for the spa's delectable "ice-cream pedicure," chances are you, too, will feel like a celebrity.

Here's how the pedicure works: You pick a flavored "ice-cream" bath scoop - vanilla, pomegranate or strawberry - and with a quick plop, plop, fizz, fizz, it's in the water, tickling your toes and releasing minerals to revitalize your feet as the room fills with the aroma of the flavor you chose.

After a sugar-scrub exfoliation, a creamy marshmallow mud mask and "body icing" the makes your feet feel like you've just stepped into a giant fruit pie, your toes - glazed in a color of your choice - look as good as new.

It's probably the lowest-calorie dessert you'll ever have. But be careful: You'll want to go back for seconds.

Canyon Ranch SpaClub at the Venetian: 3355 Las Vegas Blvd. South; 877-220-2688; www.canyonranch.com/spaclub

...

3. Go cruising in a Lamborghini

LAS VEGAS - Ever wonder where Las Vegas' rich and famous go to spend their money?

Welcome to Lamborghini Las Vegas.

Contrary to popular belief, managing director Carl Cannefax said it's not after big wins but rather after big losses that he typically sees his customers.

"Usually it's somebody who lost big," Cannefax said. "They want to make themselves feel better."

Catering to a customer base from across the world with one of the largest Lamborghini selections in the country, Cannefax said getting people into the showroom to take a look is the easy part.

"The cars tend to be timeless," Cannefax said. "From the day they are born, it's almost like they're classics."

Even if you can't afford to buy a Lamborghini, you can test-drive a vehicle where the seats are suede, the brakes are carbon-ceramic and you have not just a rear-view mirror but also a rear-view camera.

When you inevitably get caught in the traffic that plagues the Las Vegas Strip, just enjoy the excuse to turn up the tunes and take in the sights - after all, you're driving a Lamborghini.

Lamborghini Las Vegas: 7770 Dean Martin Drive, #301; 702-671-0025; www.lamborghinilasvegas.com

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4. Stroll the red carpet at The Palazzo.

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LAS VEGAS - It's not every day that a new resort debuts along the Strip. So in January, The Palazzo Resort-Hotel-Casino's grand opening was a star-studded event featuring food, shopping, champagne and fireworks.

"This place is amazing," actress Christina Ricci said as she walked The Palazzo's red carpet during the gala festivities. "I love really beautiful hotels and luxury resorts, and I also really like Vegas, so when I walked into this place I was like, 'Oh, I'm going to love this hotel.' "

The Palazzo is a $1.9 billion luxury resort from the Las Vegas Sands Corp., which operates the adjacent Venetian. Highlights include the Shoppes at The Palazzo, featuring Barneys New York, Tory Burch, Christian Louboutin and Diane Von Furstenberg, and restaurants overseen by chefs Mario Batali, Emeril Lagasse, Wolfgang Puck and Charlie Trotter.

And don't worry - if you want to check it out, you've probably got a year or two until the next it hotel comes along.

The Palazzo Resort-Hotel-Casino: 3325 Las Vegas Blvd. South; 877-444-5777; www.palazzolasvegas.com. Room rates start at $199.

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5. Dance the night away at the 40/40 Club

LAS VEGAS - Sin City has always been a haven for night owls, but at hip-hop mogul Jay-Z's $20 million 40/40 Club, the chances are good you'll stay longer - and spend more - than you expected.

With 24-karat gold and platinum floors, a $20,000 vertical chess set and an outdoor terrace bordering the Strip, the 40/40 Club - situated within the new Palazzo Resort-Hotel-Casino - aims to please.

"We never say no to our guests," said "VIP rep" Anita C. "If we don't have it, we'll get it."

The club follows similar enterprises in New York and Atlantic City, N.J., and is named for baseball's exclusive 40/40 club, which honors players who hit 40 home runs and steal 40 bases in one season. Only Barry Bonds, Alex Rodriguez, Alfonso Soriano and Jose Canseco have achieved the distinction.

If sports memorabilia and 85 Plasma screen TVs aren't your idea of a good time, secure a spot on the dance floor, where upbeat tunes - including some by, yes, Jay-Z and girlfriend Beyoncé - can help you dance your way toward dawn.

The beverage menu is a treat, with cocktails segmented into categories that include "Stimulation," "Stroke of Luck" and "Dance Like Nobody's Watching."

Reserve early for a spot in the Jay-Z Lounge or A-Rod Lounge, both with oversize leather beds and pool tables.

The 40/40 Club: 3325 Las Vegas Blvd. South, Suite 101; 702-638-4040; www.the4040club.com

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FIND IT ONLINE

Explore chron.com's complete guide to Las Vegas. Among highlights:

From craps to blackjack, we provide simple instructions you can even read on the plane.

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Don't want to be stuck within city limits? Get plenty of day-trip ideas.

Let travel expert Arthur Frommer plan the trip for you, with picks for best places to eat, shop and sleep.

If you've already been, don't forget to share your photos in our reader gallery.

---- Index References ----

Company: LAMBORGHINI; SOUTH; LAS VEGAS SANDS CORP

News Subject: (Social Issues (1SO05))

Industry: (Entertainment (1EN08); Celebrities (1CE65); Casinos (1CA80); Gaming Industry (1GA25); Travel & Tourism (1TR07))

Region: (USA (1US73); Americas (1AM92); North America (1NO39); Nevada (1NE81))

Language: EN

Other Indexing: (CANYON RANCH SPACLUB; ELVIS; LAMBORGHINI; LAMBORGHINI LAS VEGAS; LAS VEGAS; LAS VEGAS BLVD; LAS VEGAS BLVD SOUTH; LAS VEGAS SANDS CORP; LAS VEGAS STRIP; LOUNGE; RESERVE; SOUTH; STRIP; SUITE; SYMBOLIC GALLERY) (Alex Rodriguez; Alfonso Soriano; Angelini; Anita; Arthur Frommer; Barry Bonds; Bob Dylan; Cannefax; Carl Cannefax; Cash; Charlie Trotter; Christian Louboutin; Christina Ricci; Contrary; Dean Martin Drive; Diane Von Furstenberg; Drive; Emeril Lagasse; Explore; Frank Sinatra; Hendrix; Jimi Hendrix; John Angelini; John Lennon; Johnny; Johnny Cash; Jose Canseco; Lennon; Mario Batali; Nicollette Sheridan; Robert Crumb; Wednesdays; Wolfgang Puck)

Edition: 2 STAR

Word Count: 1333

End of Document

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NewsRoom

6/29/08 Reno Gazette-J. (Reno, Nev.) E04
2008 WLNR 26773192

Reno Gazette-Journal (Reno, NV)
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June 29, 2008

Section: Living: Arts-Culture

In Vegas it's shows, spas, shopping

June 29, 2008

TRAVEL

By Siobhan McAndrew

Staff

smcandrew@rgj.com

It's easy to think of Las Vegas as a gambling destination, but you'll find some of the country's best shows, spas and shopping in Southern Nevada, too.

You can spend a weekend in Las Vegas without ever having to hit a blackjack table, give the slots a spin or bet it all on black.

Here are four activities that make Vegas a destination spot all on its own.

Shopping

• The newest addition to the Vegas Strip is Town Square Las Vegas. This outdoor lifestyle center, at the southern end of The Strip, offers up 1.5-million-square-feet of additional Vegas shopping. It opened last year and has more than 150 shops and 13 restaurants. The center is a nice break from the casino atmosphere and offers several family activities including summer movies in the Square on the first and third Thursdays of the month through Oct. 16. Vegas residents consider it a locals' spot, but visitors will find it a nice break from typical tourist traps. For details go to www.townsquarevegas.com.

• Forum Shops at Caesars: This indoor shopping area has 160 stores and 13 restaurants. The inside center is meant to replicate city street shopping and painted ceilings are made to look like the sky. This is the place to find Jimmy Choo, Kate Spade, Valentino and Louis Vuitton.

• Miracle Mile Shops at Planet Hollywood: This indoor shopping area has 170 stores and 15 restaurants, and its central location on The Strip makes it a nice stop to escape the summer heat.

• Grand Canal Shoppes at Venetian: This Venice-themed indoor shopping area has 550,000-square-feet of retail and a replica of the Italian city's canal system. Gondola rides are offered, and this is one of the best places to eat inside, while feeling as if you're dining alfresco on a cobblestone street.

• Outlet shopping: There are several great outlet malls in Vegas, but the best known one is the Las Vegas Outlet Center at 7400 Las Vegas Blvd. South. There are 130 outlet stores including Nike, Coach, Bose and Aeropostale.

• The Fashion Show: This mall at the north end of The Strip recently went through a $1 billion renovation. The mall has a great line-up of stores including Neiman Marcus, Saks Fifth Avenue and Nordstrom.

• Coming soon: The Crystals, a 500,000-square-foot retail and entertainment development inside CityCenter, will open in 2009. CityCenter is a vertical city that is a joint venture between MGM Mirage and Dubai World. Tiffany & Co. announced it will have a 10,000-square-foot store with 85-foot ceilings at The Crystals.

Casino attractions

• The Shark Reef at Mandalay Bay offers visitors the chance to see 2,000 animals in 1.6 million gallons of saltwater. The aquarium is a great family activity and an escape from the Las Vegas heat. The aquarium just acquired a Komodo dragon, an endangered lizard. The Komodo dragon is 7 feet long and 87 pounds. The Shark Reef is open from 10 a.m. to 11 p.m. daily and costs $16.95 for adults and $10.95 for children.

• The Titanic Exhibit at the Tropicana Hotel-Casino has 300 artifacts from the most famous sunken ship. The exhibit also has a constructed replica of the Titanic's staircase and promenade deck. On the deck, visitors can experience the weather conditions passengers of the Titanic dealt with on that frightful night. Tickets are $27, and the exhibit is open from 10 a.m. to 10 p.m. daily.

Shows

• "Mamma Mia" at Mandalay Bay: This Broadway hit that incorporates 22 ABBA hits into the story about a young woman looking for her father will end its run at Mandalay Bay in 2009. The Las Vegas production is fabulous and doesn't disappoint. It runs Saturday-Thursday, dark Fridays. Tickets are $110, $82.50, $49.50.

• "LOVE" at the Mirage: This is one of the most talked about productions in Las Vegas right now. The reputation of the acrobatics of Cirque du Soleil combined with The Beatles music is pure entertainment. LOVE runs Thursday-Monday, dark Tuesday and Wednesday. Tickets are $150, $125, $99, $93.50.

• "Jersey Boys" at the Palazzo Resort Hotel Casino: This show is about the music of Frankie Valli and The Four Season and is in one of the newest theaters in Las Vegas at the Palazzo. The show opened last month and is getting good reviews. While you're there, you can check out the Palazzo, a $1.9 billion resort. Tickets range from $65 to $200, and the show is dark on Wednesdays.

Spas

• Canyon Ranch Spa at the Venetian: The Canyon Ranch is a very highly thought of spa brand. The original Canyon Ranch in Arizona attracts celebrity types, so you can imagine that its reputation makes the one inside the Venetian packed. The 69,000-square-foot facility offers massage, skin care and body treatments and has a health and wellness center, gym, weight room, therapeutic pools and a three-story rock-climbing wall.

• Spa Bellagio: This 65,000-square-foot two-story spa offers everything you would image from an upscale hotel resort. They have some great packages if you're looking for a day of pampering and have the money to pay for it. Details: www.bellagio.com.

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• Caesars Qua Baths & Spa: This Roman inspired spa has everything you could imagine and more. The Qua's Arctic Ice room even offers snow in the Las Vegas desert. The idea is that after a hot soak, a rapid cooling of the body is healthy. In the ice room, snow gently descends from a domed ceiling through mint-infused air chilled to 55 degrees.

Captions:

PUBLICITY PHOTO

Shopping in Las Vegas at Miracle Mile at Planet Hollywood.

SIOBHAN MCANDREWS/RENO GAZETTE-JOURNAL

Visitors enjoy the Shark Reef Aquarium at Mandalay Bay. The reef houses 2,000 animals in 1.6 million gallons of salt water. There's even a 7-foot-long Komodo dragon weighing in at 87 pounds.

---- Index References ----

Company: SAKS INC; SAKS FIFTH AVENUE; MGM MIRAGE INTERNATIONAL MARKETING INC; SAKS HOLDINGS INC; NORDSTROM INC; NEIMAN MARCUS CO; MGM MIRAGE

Industry: (Gaming Industry (1GA25); Entertainment (1EN08))

Region: (Southern Europe (1SO59); Europe (1EU83); Italy (1IT70); North America (1NO39); Western Europe (1WE41); Americas (1AM92); Nevada (1NE81); USA (1US73))

Language: EN

Other Indexing: (ARCTIC ICE; CIRQUE; FRANKIE VALLI; KOMODO; LOVE; MGM MIRAGE; NEIMAN MARCUS; NIKE; NORDSTROM; PALAZZO; PALAZZO RESORT HOTEL; QUA; SAKS FIFTH AVENUE; SHARK REEF; SHARK REEF AQUARIUM; SIOBHAN; TITANIC; TITANIC EXHIBIT; TRAVEL; TROPICANA HOTEL) (Caesars Qua Baths; Canyon Ranch; Canyon Ranch Spa; Captions; CityCenter; Forum Shops; Gondola; Grand Canal Shoppes; Jersey Boys; Jimmy Choo; Kate Spade; Louis Vuitton; Mamma Mia; Miracle Mile; Miracle Mile Shops; Siobhan McAndrew; Spa; Spa Bellagio; Tickets; Tiffany Co.)

Edition: Final

Word Count: 1139

End of Document

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NewsRoom

NewsRoom

3/8/13 Herald Times Rep. (Manitowoc, Wis.) B3
2013 WLNR 5906964

Herald Times Reporter (Manitowoc, WI)
Copyright © 2013 Gannett

March 8, 2013

Section: B

Jim Taylor doesn't skip a beat in recovery

March 8, 2013

GREEN BAY — It took six years, but Jim Taylor never wavered in his road to recovery.

The Green Bay Packers' Hall of Fame fullback and tireless fitness fanatic suffered a stroke in 2004, the first serious setback of his life.

Wisconsin Wisconsin

Known for his workmanlike approach to his health and conditioning, Taylor never had any major form of surgery before or after his 10-year NFL career.But after the stroke, he required an intravenous injection of tissue plasminogen activator to dissolve the clot and restore blood flow.

The stroke tempered Taylor, who listened to his doctors when they told him he needed to take a step back.Forty years after becoming the first man to register five consecutive 1,000-yard NFL rushing seasons, he became bent on doing whatever was necessary to return to normalcy.

Taylor made trips to Cleveland for three rounds of cardiac ablation in an effort to restore his heart's rhythm. When doctors told him they couldn't perform any further treatment on him, Taylor went home and took it from there.

Back in Baton Rouge, La., Taylor paced himself through running, hiking and weight training until his local doctor notified him about two years ago that his heart was back in total rhythm. The arrhythmia was gone.

"I had a little stroke in 2004 and went down for the count," said Taylor, who will be honored today at Baton Rouge Magnet High School as part of the Pro Football Hall of Fame and Allstate "Hometown Hall of Famer" program.

"The last year or two, I've gone back into rhythm. It took four, five or six years probably and three different trips there (to Cleveland).They said we can't go in anymore.You've gotta have a higher being to get you back in rhythm, so I continued to exercise and do things, and my weight and my cardio, and doing the things that would help for me to totally recover and get back into a normal rhythm."

These days, the 77-year-old Taylor has scaled back, but only slightly.

Two years ago, he wrote a book, "The Fire Within," about his experiences with the Packers and returned to the area when the organization honored the 1961 championship team before a game against Denver during the 2011 season.

He no longer ventures out for the 40 to 50 charity golf outings he used to do annually, but remains active with charities and golf.The two aligned this past week during an Allstate event in which Taylor was paired with actor and spokesperson Dennis Haysbert.

The stroke didn't stop his penchant for exercise, either.Taylor ran a marathon at age 50 and still rises early to run and hike 40 to 50 miles each week spread across five or six days.

Additionally, he makes four or five trips annually to Canyon Ranch resort in Tucson, Ariz., with his next excursion planned for April.

"We're still very active and just enjoy having a good quality of life," Taylor said. "Leaving out and doing an 8-mile hike at 5:15 a.m. and coming back and having a big breakfast of eggs, chicken sausage and flapjacks, and fruit and really getting your day started right.Before you sit down from breakfast at 8 o'clock, you got some oxygen to your brain cells."

Then there's the Packers, the organization that drafted him in the second round of the 1958 NFL draft en route to him becoming the franchise's all-time leading rusher (8,597 yards), a record he held for more than 40 years until Ahman Green topped the mark in 2009.

Still, Taylor relishes his role in the team's history.He was overjoyed by former teammate Dave Robinson's selection to the Pro Football Hall of Fame and sees Aaron Rodgers as a player worthy of the richest contract in NFL history.

As for the health scare, it's behind him.His doctors cautioned him he could require a defibrillator and pacemaker in about 10 years, but Taylor is feeling better than ever and going about his business without restriction.

Today, Taylor's concentration is on being honored where his athletic career started nearly 50 years ago with longtime friend and former Louisiana State athletic director Skip Bertman presenting him with the honor during a ceremony held in the school's auditorium.

"It's going to be special," Taylor said. "It's a wonderful feeling of being here in Baton Rouge throughout my career at the high school level and look forward to lots of my old teammates and friends that will be there to cherish this honor with me here locally at the high school that I attended."

---- Index References ----

Company: ALLSTATE CORP (THE)

Industry: (Entertainment (1EN08); Sports (1SP75); Pacemakers & Defibrillators (1PA44); Eggs (1EG90); Baseball (1BA48); Medical Devices (1ME31); Electronics (1EL16); Food & Beverage Production (1FO79); Cardiovascular Devices (1CA41); Golf (1GO13); Agriculture, Food & Beverage (1AG53); Medical Electronics (1ME73))

Region: (USA (1US73); Louisiana (1LO72); Wisconsin (1WI54); U.S. Midwest Region (1MI19); U.S. Southeast Region (1SO88); Americas (1AM92); Ohio (1OH35); North America (1NO39))

Language: EN

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Other Indexing: (Dave Robinson; Ahman Green; Dennis Haysbert; Skip Bertman; Aaron Rodgers; Jim Taylor)

Edition: 1

Word Count: 758

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2/16/13 Calgary Herald (Can.) H1
2013 WLNR 3892179

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February 16, 2013

Section: Travel

Survival of the fittest; Relax like an A-lister in Miami Beach

Jody Robbins

MIAMI, FLA.

The music's pumping hard and I'm pushin' it real good, just like Salt-N-Pepa wish I would. We're all gyrating and even the DJ is sweating, but I'm not in a club. I'm with 20 other middle-aged women trying our best to bring sexy back. After revisiting the '80s music and moves, we spill out from the open-air studio onto Miami Beach.

Strutting around in Lycra might make you feel like a Kar-dashian, but at Canyon Ranch Miami, it's perfectly legit.

In search of a health tune-up as well as a vacation, I've come to this salubrious spot, located smack dab on Miami Beach.

The 70,000-square-foot facility (the largest spa in Florida), offers the opportunity to regain your balance without sacrificing luxury or location.

A well-known celebrity getaway, regular folks also get an A-list experience at Canyon Ranch; consulting with a slew of professionals from exercise physiologists to nutritionists to doctors.

Promoting an integrated approach to wellness, the focus here is on providing a gentle introduction to establishing better habits.

"We motivate people to create lifestyle changes," says Larisa Alonso, MS, the spa's certified nutritionist.

But the all-suite property isn't just about meditation classes and soothing soaks. By offering house-infused spirits and designated smoking areas, Miami's vices are cleverly integrated into a lite detox experience.

"It's like camp for adults," confides Laura Gononian, a guest from Michigan.

Myths about spa fare are soon busted with a glance at the resort's imaginative menu. Here, carb is not a four-letter word.

Thanks to clever tweaks and dishing out proper portion sizes, I still feel satisfied and even a little bit naughty, tucking into pizza, pancakes and bacon, all so yummy, it's hard to believe they're good for you.

"We make it healthy, without sacrificing taste," says my waiter, Luis Guzman.

Despite being assured by Luis that no calories exist in Incas Sweet Secret, a chocolate quinoa cannoli, the menu reveals it weighs in at 145 calories. In fact, all calories, carbs, fat, protein, fibre and sodium counts are listed beside each menu item, reminding me what I'm supposed to be thinking about when ordering, besides my cravings.

Shifting gears and clothes, I venture off the reserve for a golf clinic at Turnberry Isle, a Mediterranean-styled enclave on North Miami Beach. The former Fairmont property hits the right balance of relaxation and revitalization with two 18-hole championship golf courses, an award-winning day spa and private cabanas flanking the outdoor lagoon-style pool.

I'm not a golfer, and am nervous about hitting the links with PGA instructor Gary Knapp. But Knapp keeps it simple, focusing on the basics of proper form and assuring me the rest will come.

"Just focus on GPS: Grip, posture, stance. And please! Stop looking at the damn ball," he says while smiling and shaking his head.

It's the 19th hole, I've been concentrating on. My reward for another day filled with activity, is a decadent dinner at Bourbon Steak, the Michael Mina restaurant located inside Turnberry Isle.

Admittedly, steak poached in clarified butter before being grilled isn't low-cal, but after my increase in exercise, it's a worthy splurge.

"That was toe-curlingly good," says my golf partner, Flo Powell, smacking her lips after we each polish off an eight-ounce filet mignon ($41) and a side of duck fat fries.

Having strayed a bit too far from my mission of a virtuous vacation, a healthier bet is found the next night at Seasons 52, a grill and wine bar boasting all menu items under 475 calories.

And when mini indulgences, such as key lime pie, red velvet cake and chocolate peanut butter mousse are served in tiny shot glasses, who can resist dessert - especially when they're $2 a pop? Not me, that's for sure.

Back on the ranch, I strive to get back on track with my healthy holiday, signing up for a rock-climbing class.

With quickly fatigued arms and quivering legs, strategizing how best to hoist my body up the two-story indoor wall, proves to be as much of a mental challenge as it is physically.

"Mastering the wall is a matter of learning how to balance yourself," notes my instructor Alex Algarin.

And with that balance in mind, I peel off my climbing harness and head straight for happy hour, relishing $5 light cocktails that I don't feel guilty about throwing back.

While it's not hardcore, there's something to be said about this new breed of health resort where you're eased into smarter choices without feeling deprived.

Swapping extra pounds for better habits is a worthy souvenir to bring home.

My rekindled love affair with '80s hip hop, however, might've been best left in the Miami heat.

If You Go

?? Both Air Canada and West Jet fly to Miami www.aircanada. com, www.westjet.com.

?? Rooms at Canyon Ranch Miami Beach start from $480 and include full kitchens, complimentary Wi-Fi, over 40 fitness classes per day and the spa's Aquavan thermal relaxation area. You don't need to be a guest at Canyon Ranch Miami Beach to dine at Canyon Ranch Grill located on the premises. Entrees about $23. www.canyonranch.com/miamibeach.

?? Turnberry Isle packages start from $329/night. Green fees; 18 holes with cart start at $225 or play after 2 p.m., for $113. www. turnberryislemiami.com.

?? Celebrity chef Michael Mina's Bourbon Steak, is located inside Turnberry Isle. Entrees approximately $45. www.michaelmina.net/restaurants/locations/bsmi.php.

?? Seasons 52 is located at 321 Miracle Mile, Coral Gables. Entrees about $25. www.seasons52.com.

?? For more information about Miami Beach visit www.miamiandbeaches.com.

Jody Robbins is a Calgary-based freelance writer. Visit her blog at travelswithbaggage.com or on Twitter @Jody_Robbins.

:For The Calgary Herald / Canyon Ranch Climbing Wall.; :For The Calgary Herald / Turnberry Isle in North Miami Beach features two 18-hole championship golf courses, a day spa and a lagoon-style pool.; :For The Calgary Herald / Outdoor Yoga at Canyon Ranch Miami Beach.; :For The Calgary Herald / The climbing wall at Canyon Ranch is an attraction for guests who like a challenge.; :For The Calgary Herald / The Miller Course at Turnberry Isle offers challenging greens and fine scenery.;

---- Index References ----

Company: GMRI INC

News Subject: (Health & Family (1HE30); Nutrition (1NU67))

Industry: (Restaurants & Food Service (1RE91); Retail (1RE82); Food & Beverage Production (1FO79); Agriculture, Food & Beverage (1AG53); Entertainment (1EN08); Golf (1GO13); Sports (1SP75); Food & Beverage Distribution & Services (1FO39))

Region: (North America (1NO39); Americas (1AM92); U.S. Southeast Region (1SO88); USA (1US73); Canada (1CA33); Florida (1FL79))

Language: EN

Other Indexing: (Michael Mina; Laura Gononian; Luis Guzman; Gary Knapp; Flo Powell; Jody Robbins; Larisa Alonso; Alex Algarin)

Edition: Final

Word Count: 1046

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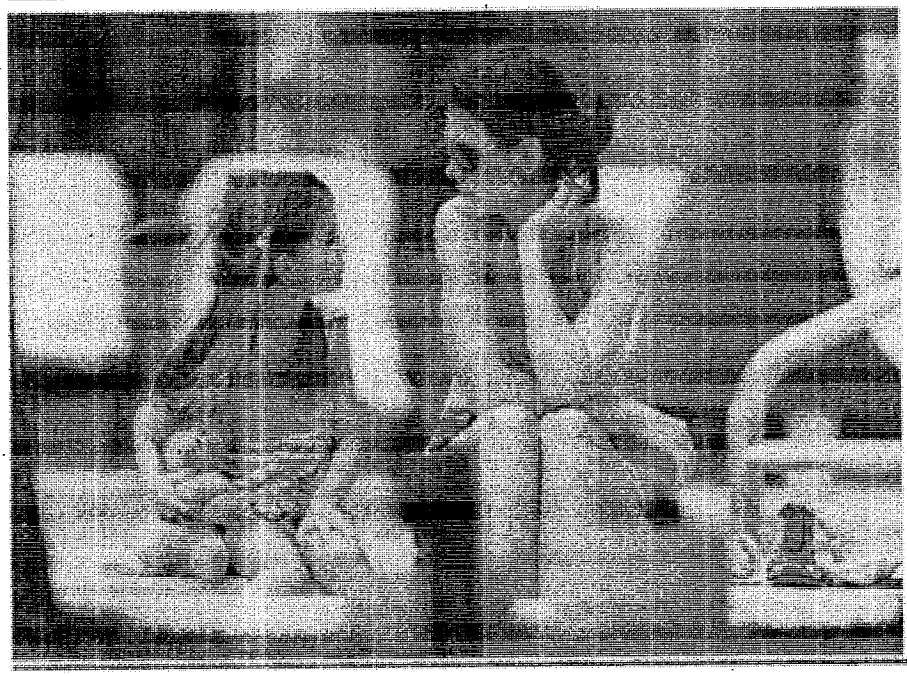
Suri Cruise campaigns for pierced ears

By Page Six Team
January 3, 2014 | 4:27am



Katie Holmes and daughter Suri Cruise on vacation in Miami.
Photo: Splash News

Suri Cruise, the 7-year-old fashion plate daughter of Katie Holmes and Tom Cruise, already wants her ears pierced.

Katie and Suri were staying with family members at Canyon Ranch Miami Beach with Katie's extended family during New Year's.

"With a bodyguard and nanny, there were at least 17 of them," said a spy who overheard precocious Suri — who's previously worn clip-on earrings in public — ask whether she could have the real thing.

No word on whether Katie will make her wait a few years.

FILED UNDER CELEBRITY SPAWN, KATIE HOLMES, SURI CRUISE, TOM CRUISE

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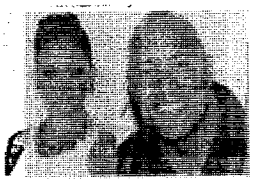
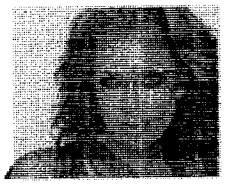
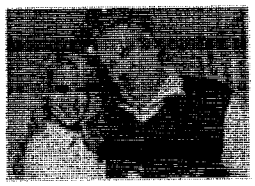
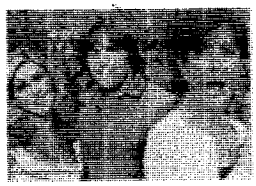

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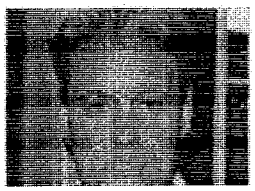

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DIST. 7/30/98

USA TODAY
THE NATION'S NEWSPAPER

USA TODAY Life Destinations & Diversions

FRIDAY, JULY 10, 1998 • SECTION D

Grand Bay rushes to offer luxury relaxation

By Gene Sloan
USA TODAY

Vacationers who like the pampering of Ritz-Carlton and Four Seasons soon will have another option.

Patriot American, which owns hundreds of hotels, including the Wyndham brand, is taking on the luxury leaders with a new chain called Grand Bay Hotels and Resorts.

Some of its properties are familiar. The company has scooped up half a dozen of the world's finest resorts, including the Boulders in Carefree, Ariz., California's Carmel Valley Ranch and Miami's Grand Bay Hotel.

It is building hotels in Toronto (opening this fall); Philadelphia (December 1999); Chicago and Key Biscayne, Fla. (both 2000). Marketing chief Mike Surguine hopes to have 25 properties in five years, starting in U.S. cities but going worldwide.

As for service, amenities and price, Surguine says Grand Bay will "be on an equal level" with Ritz-Carlton and Four Seasons. But don't expect cookie-cutter copies of the luxe chains. Grand Bay will set itself apart with an even greater emphasis on relaxation and healthy living, he says.

The biggest difference: The company bought the Golden Door spa in Escondido, Calif., this year and plans to expand its offerings throughout the chain. Room service will offer spa cuisine 24 hours a day, and health centers will stay open around the clock. Forgot your workout clothes? They're stocked in hotel rooms and laundered daily.

Hotel analyst Scott Berman of PricewaterhouseCoopers says it's a smart move. With the economy rapidly creating wealth, demand for the toniest digs is outstripping supply in many cities. "There have been very few new luxury hotels," he says.

Surguine says it'll take about six months for Grand Bay amenities to arrive at the Boulders and other existing properties. The Golden Door spas will go in over the next year, with the first at Puerto Rico's Las Casitas Village, which Grand Bay takes over Sept. 1.

Patriot American isn't the only hotel company toying with the idea of a luxury chain. Starwood Hotel Group, which owns Sheraton and Westin, has two luxury properties under the St. Regis banner and is considering more.

Spas spread out

California's Golden Door isn't the only famous spa planning a coast-to-coast expansion.

Canyon Ranch, the hideaway that began in Tucson, Ariz., also is taking its concept of healthy living nationwide with a chain of giant day spas in urban areas.

"To do this five or 10 years ago would have been madness," Canyon Ranch development chief Gary Milner says. But vacationers now want spas closer to home so they can "stay with the program."

The Canyon Ranch SpaClubs will be on a scale never seen in big cities.

Like the original in Arizona and its sister in Lenox, Mass., they'll have up to 30 massage rooms, 15 facial rooms and therapy pools.

They'll also have a full-size gym with a four-story rock-climbing wall, a wellness center with nutrition counseling, a beauty salon and a cafe.

The spas mostly will be in or near hotels and open to local members as well as walk-ins. The company is negotiating for locations in New York City, Boston, Atlanta, Orlando, Fla., Las Vegas and the Caribbean, Milner says.

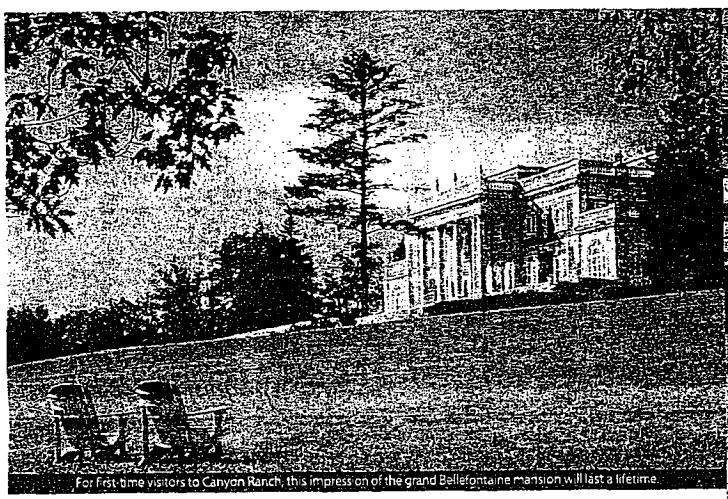
CR001951

TRAVEL

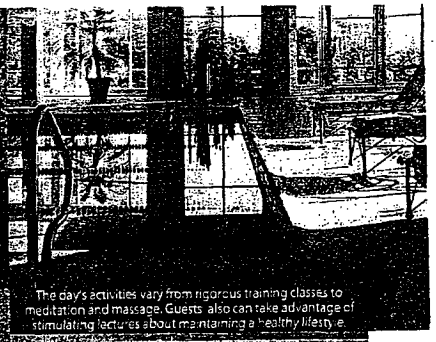
By Lorna Franklin

Berkshires Rejuvenation

Canyon Ranch paves the path to wellness in a majestic setting



For first-time visitors to Canyon Ranch, this impression of the grand Bellefontaine mansion will last a lifetime.



The day's activities vary from rigorous training classes to meditation and massage. Guests also can take advantage of stimulating lectures about maintaining a healthy lifestyle.

The Ranch offers a perfect vacation for family members and friends who enjoy bonding rituals that include wellness and rejuvenation.

Five years ago, the women in my family started a summer ritual of health, weight loss, rejuvenation and bonding. After reading and hearing about Canyon Ranch, we knew we must experience what Julia Roberts, Cindy Crawford, Donna Karan and countless others rave about.

Upon our arrival at the airport in Hartford, Connecticut we were welcomed by a warm and friendly staff member who whisked us on an hour-long drive through the serene mountains of wildflowers that blazed the roads to the majestic entrance of Canyon Ranch and the breathtaking grand Bellefontaine mansion, which was built in 1897 as a replica of the Petite Trianon, Louis XV's Versailles chateau. We were immediately disappointed to learn that this was not our private suite, but the luxurious dining room and home to a grand library with many cozy lounges in which to enjoy the tranquility of Massachusetts' Berkshire mountains.

Eager to trade our Gucci city gear for sweatpants and natural no-fuss hairdos, we dashed to our well-appointed suites to begin a week of bliss. Our party consisted of seven women and took over two double suites. Our next stop was the Health & Fitness Assessment Center, where we were given a light health evaluation before working with a staff member to map out a week's program specifically designed for our individual goals. By ten p.m. we were exhausted but exhilarated about what lay ahead in the next few days.

Alarms blared at 6:30 a.m. the following morning. Approximately 50 other guests met us and we began our day with a lively walk. Groups separated into levels of walking speed and though we felt that we could accomplish a brisk five-mile jaunt in one hour, what lay ahead in those curvy and sometimes steep hills pushed us back with the slower walkers.

After enjoying a savory breakfast with delicious choices that included sweet-potato waffles with maple syrup, our day's activities varied from rigorous exercise classes of Aerobic Circuit Training, Cardio Box and Spinning, to Meditation, Restorative Yoga and Chi Gong. Some members of our group also took in specialized classes such as Pilates, Energy Flex and Heart Smart. Outdoor activities were abundant, from hiking—overlooking the famous century-old towns—to sculling the Great Lakes of the Berkshires. We rewarded ourselves each afternoon and evening with different glistening body treatments. From deep-tissue massages and herbal wraps, to craniosacral and neuromuscular therapy, even spa regulars could succumb to the Sisley facials and gentle hands of the experienced therapists. Each evening, following meals crafted for a true gourmand, a different lecture was given about physiological well-being.

> Outdoor activities were abundant, from hiking to sculling the Great Lakes of the Berkshires.

It's easy to appreciate all that the Berkshires offer. Known across the country for legendary theater—in August, Gwyneth Paltrow appeared in *As You Like It* at the Williams Town Theater, a stone's throw from the resort—and summer music at Tanglewood, the Berkshires summer cultural series and concert series, coupled with Canyon Ranch's nonstop schedule provide more extracurricular activities than you could crowd into one week.

In addition to the exhilarating classes, there are motivational lectures. So, while my mother and I feasted on a scrumptious lunch of sweet-potato soup and a duck-breast wrap with scallions and a red-currant glaze, we listened to Canyon Ranch co-founder Mel Zuckerman.

In middle age, Mel Zuckerman's highly stressful career and sedentary lifestyle caught up with him. First, Mel's father was diagnosed with lung cancer and died within a few months. Then, a visit to his own doctor alerted the 50-year-old accountant and land developer to the fact that he had the body of a 71 year old. Remembering his father's words, "If I'd only quit smoking and taken better care of myself," Mel took off to the Oaks Spa in Ojai, California. Although he only intended to stay one week, he hung around longer and managed to loose 28 pounds. By the third week he could run over a mile in only 11 minutes. That was his "Aha" moment. This year, Mel celebrates his ninth anniversary at Canyon Ranch in the Berkshires and his 20th year with the original Canyon Ranch in Tucson, Arizona.

The goal of a resort like the Canyon Ranch is to teach us how moderate our lifestyles. Though I doubt we will all cook every night, using the fabulous organic foods we were treated to, we've become more enlightened about living life to its fullest and never having to look back and say, "If only."

Get lost: Call 800-742-9000 or log on to the website www.canyonranch.com.

CR001960

THE TWO-HOUR VACATION AND OTHER [redacted] GETAWAYS

WHO GETS THEM, WHO TAKES THEM, WHO NEVER GOES ANYWHERE. BY LIZ WELCH

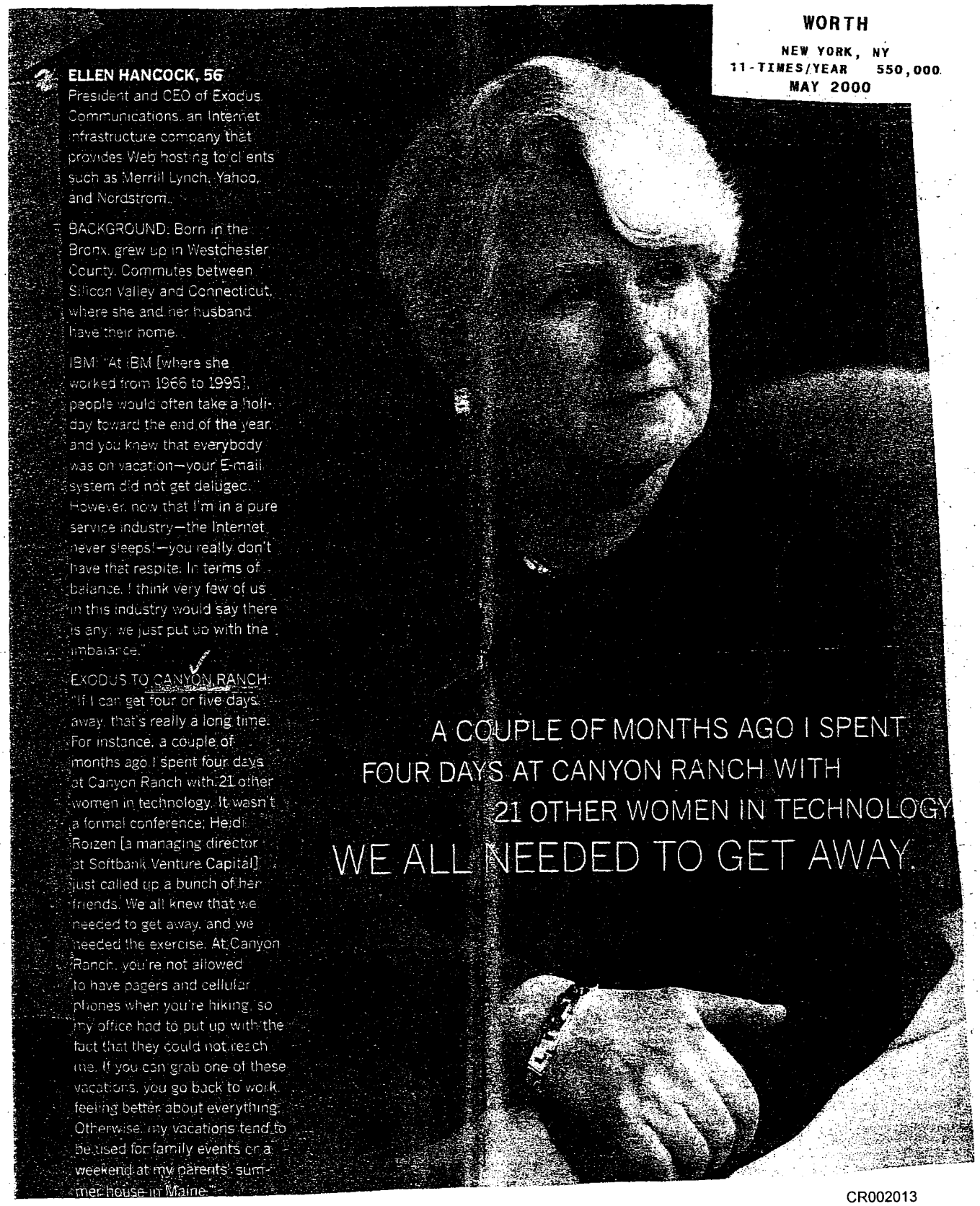
WORTH
NEW YORK, NY
11-TIMES/YEAR 550,000
MAY 2000

ELLEN HANCOCK, 56
President and CEO of Exodus Communications, an Internet infrastructure company that provides Web hosting to clients such as Merrill Lynch, Yahoo, and Nordstrom.

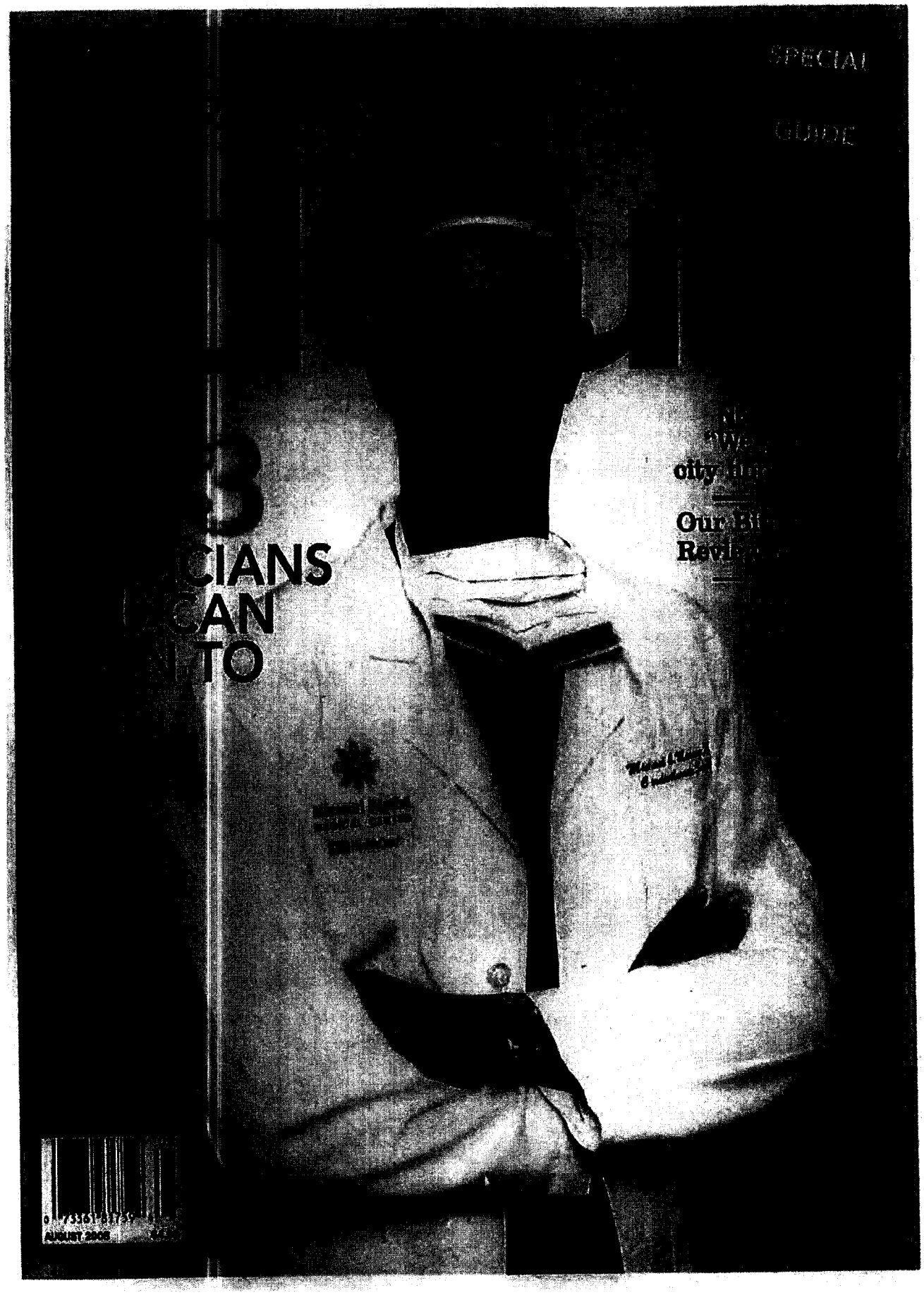
BACKGROUND: Born in the Bronx, grew up in Westchester County. Commutes between Silicon Valley and Connecticut, where she and her husband have their home.

IBM: "At IBM [where she worked from 1966 to 1995], people would often take a holiday toward the end of the year, and you knew that everybody was on vacation—your E-mail system did not get deluged. However, now that I'm in a pure service industry—the Internet never sleeps!—you really don't have that respite. In terms of balance, I think very few of us in this industry would say there is any; we just put up with the imbalance."

EXODUS TO CANYON RANCH: "If I can get four or five days away, that's really a long time. For instance, a couple of months ago I spent four days at Canyon Ranch with 21 other women in technology. It wasn't a formal conference; Heidi Roizen [a managing director at Softbank Venture Capital] just called up a bunch of her friends. We all knew that we needed to get away, and we needed the exercise. At Canyon Ranch, you're not allowed to have pagers and cellular phones when you're hiking, so my office had to put up with the fact that they could not reach me. If you can grab one of these vacations, you go back to work feeling better about everything. Otherwise, my vacations tend to be used for family events or a weekend at my parents' summer house in Maine."



A COUPLE OF MONTHS AGO I SPENT FOUR DAYS AT CANYON RANCH WITH 21 OTHER WOMEN IN TECHNOLOGY. WE ALL NEEDED TO GET AWAY.



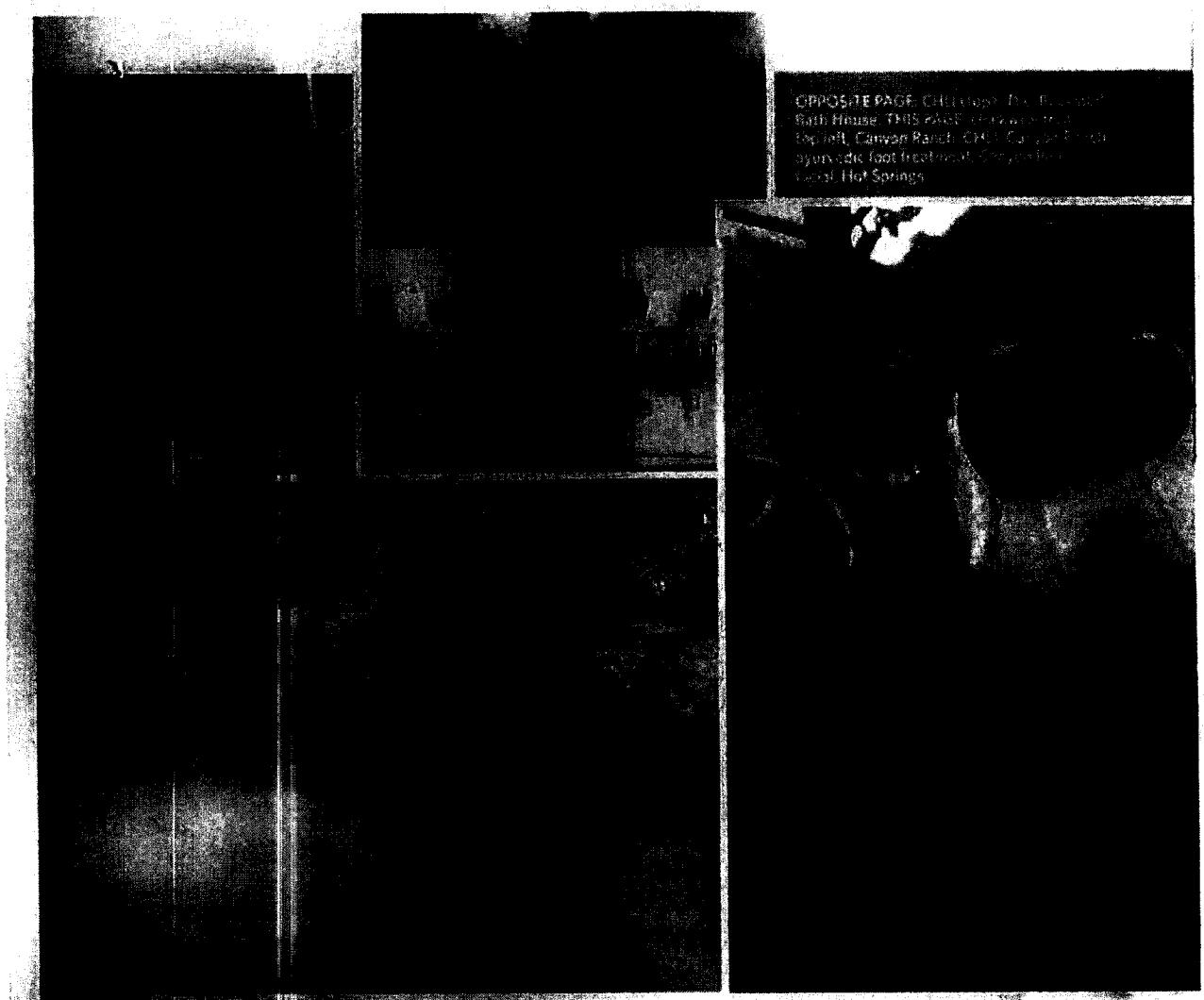
CR003252

OPEN UP & SAY... *Spaahhhh*

THREE HEALTH-AND-WELLNESS TRIPS TO HEAL YOUR MIND AND BODY

BY SUSAN MANLIN KATZMAN

CR003253



OPPOSITE PAGE: CHEL [illegible] Bath House. THIS PAGE: [illegible] top left, Canyon Ranch. CHEL [illegible] ayurvedic foot treatment. [illegible] Hot Springs

DESTINATION SPA: CANYON RANCH, TUCSON, ARIZ.

Tucson's Canyon Ranch (canyonranch.com) hovers near the top of every spa-related readers' poll for good reasons: It is lovely, serene, pampering ... well, you slip in the adjectives—as long as they are positive, they'll fit.

Difficult to pigeonhole, the property, which opened in 1979, has become not only a classy, classic destination spa (an all-inclusive facility offering minimum stays of usually at least three days, with food, treatments and activities focusing on health and well-being), but also, in the words of founders [illegible] Zuckerman, a kind of "[illegible]".

In [illegible] the property can be almost [illegible] healthy, wealthy heart desires. Spread over 150 acres in the foothills of the Santa Catalina Mountains, the ranch houses up to 240 guests in single-story, adobe-style cottages tucked amid flower and cactus gardens. Walking paths lead to the property's main buildings, which include an 80,000-square-foot spa and fitness complex; the Life Enhancement Center, a complete spa within the spa; and the Health and Healing Center, a facility offering a variety of medical services, from weight management to sleep assessment.

Guests from around the world, many of them celebrities and most of them repeat visitors, come solo, as couples or in groups with friends or family, and value Canyon Ranch for different reasons.

The oldest person I met, 84, liked the birding, the lectures and the quiet walks (cellphones are banned in public areas).

CR003254

The youngest person, 18, enjoyed the exercise classes, the biking in surrounding canyons and the opportunity to jump-start a diet. One man, 60, spent days in the Golf Performance Center while his wife, 56, conferred with doctors at the medical center. And one woman, 27, on break from her preschoolers, said she packed in as many yoga classes, beauty treatments and naps as her time allowed.

Take a nonregimented, individual approach to wellness, add a desert climate, a pampering 3:1 ratio of staff to guests and tasty, low-calorie, nutritious meals (yes, you can order butter for your bread, cream for your coffee, sugar for your berries), and you still only have a glimpse of the magic of this place. To understand the ranch's full draw, you will have to ante up a base minimum of $2,200 per person (based on double occupancy and depending on the season) for a four-night "spa sampler" stay, plus more for extra treatments, beauty services, individual counseling or medical assessments.

HOTEL/RESORT SPA: CALIFORNIA HEALTH & LONGEVITY INSTITUTE

Don't you just hate it when you can't get your MRI scan, dental crowns, acupuncture and a caviar facial in the same day, at the same place? And did I mention Botox, fitness counseling and cooking classes? All that and more can be yours at the new California Health & Longevity Institute (chli.com) attached to the Four Seasons Hotel in Westlake Village, Calif. (fourseasons.com/westlakevillage).

Opened in 2006 by billionaire David Murdock of Dole Food Company fame, this innovative facility, located about 38 miles north of the Los Angeles International Airport, combines a medical center, 270-room luxury hotel and 40,000-square-foot spa with a slew of other health and wellness amenities.

But let's talk about the medical first.

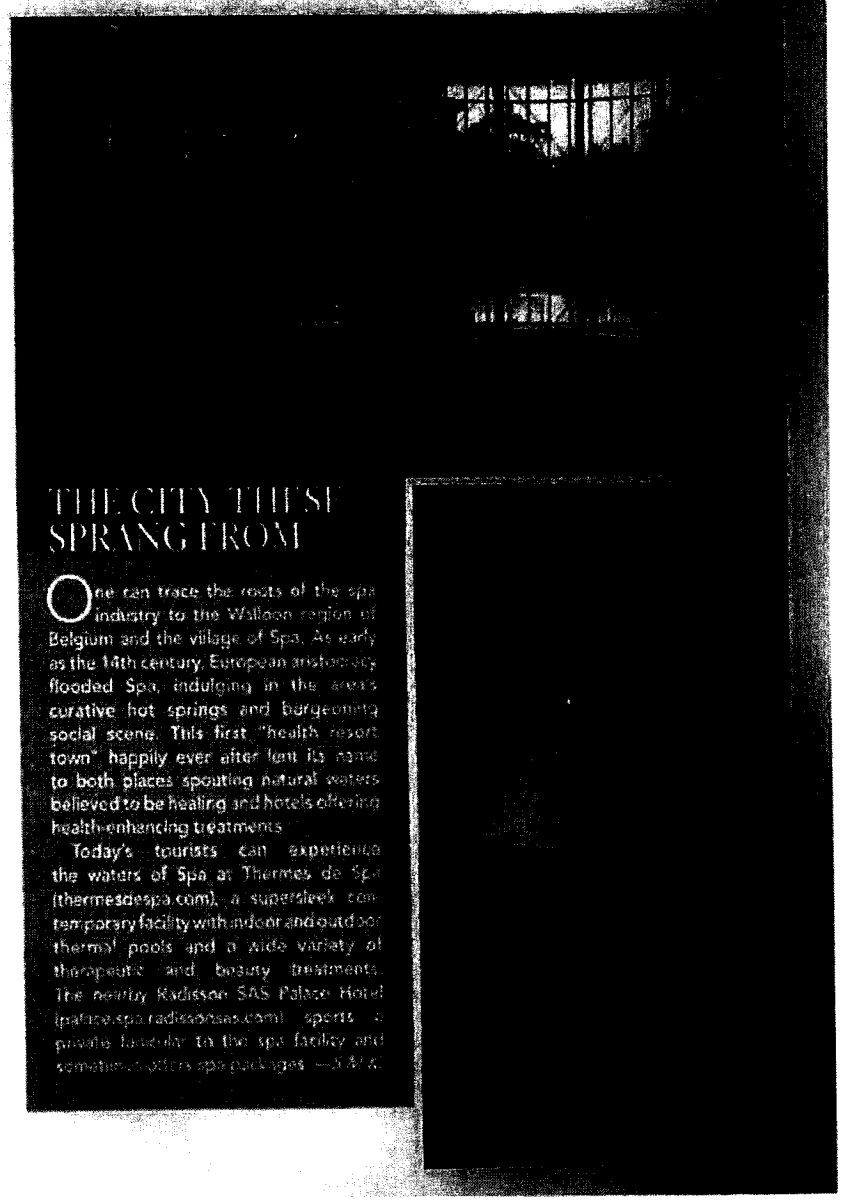
Originally designed for busy executives who want privacy, convenience and luxurious surroundings for their checkups, the California Health & Longevity Institute employs physicians, dentists, registered nurses and other healthcare professionals to provide complete screenings as well as personal lifestyle consultations. One can dip in for a day or buy a three- to five-day Ultimate Men's or Women's Health Package ($4,200), which includes both a physical exam and diagnostic testing, as well as an alternative-medicine treatment, personal consultations with healthcare professionals, a cooking class, wellness workshops and two 50-minute spa treatments.

One can partake in the institute's offerings without staying at the hotel (rooms start at $225 on weekends and $295 on weekdays), but that would mean missing the hotel's pizazz.

Murdock added all the charm money could buy to this complex, including a 16,000-square-foot fitness area, four dining areas (balancing [illegible] indulgent cuisines) [illegible] amount of chandeliers [illegible] art. He also added one [illegible] found in any spiffy hotel [illegible]

With 28 treatment room[illegible] largest in the Four Season[illegible] includes an outdoor pool [illegible] water walls and waiting [illegible] with orchids (Murdock [illegible] an orchid house sits on the [illegible] menu of delectable treatments [illegible] technicians to administer them [illegible] luscious pampering.

Remember the joke: People [illegible] money can't buy happiness don't [illegible] to shop. This wave-of-the-future [illegible] hotel/spa complex offers one-stop [illegible] wellness shopping at its indulgent [illegible]



THE CITY THESE SPRANG FROM

One can trace the roots of the spa industry to the Walloon region of Belgium and the village of Spa. As early as the 14th century, European aristocracy flooded Spa, indulging in the area's curative hot springs and burgeoning social scene. This first "health resort town" happily ever after lent its name to both places spouting natural waters believed to be healing and hotels offering health-enhancing treatments.

Today's tourists can experience the waters of Spa at Thermes de Spa (thermesdespa.com), a supersleek contemporary facility with indoor and outdoor thermal pools and a wide variety of therapeutic and beauty treatments. The nearby Radisson SAS Palace Hotel (palace.spa.radissonsas.com) sports a private funicular to the spa facility and sometimes offers spa packages. —S.A.K.

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BOSTON HERALD
BOSTON, MA
WEDNESDAY 285,335
MAR 15 2000

Inside Track

By GAYLE FEE and LAURA RAPOSA

■ And our spies say "a fabulous looking" **Diana Ross** — with a hunky trainer in tow — was spotted getting in touch with her *chakras* in a yoga class out at **Canyon Ranch** in Lenox the other day.