

TRAVEL with Bates

By Sandi Bate



Take a week out of the fast lane to rejuvenate your body and mind. When you feel as though your batteries are losing their customary power, a Cruise and Spa vacation can offer you the perfect recharge.

Thanks to the health and fitness movement of the past few years, you can enjoy the romance of the high seas and all those exotic ports-of-call with their mysterious names without throwing your health out of the porthole.

world's most luxurious cruise ships which are notorious for pampering their passengers, and find all the added attractions of a world class spa!

You are going to love these ultra-luxurious spa ships! You will discover how delightful life can be on board. It isn't hard to indulge in pleasures of the truly privileged, when you go cruising.

While the ship dreamily makes its way across the Caribbean, meanders around the Mediterranean, or steams down the coast line of South America, or even explores the Orient, you can enjoy some of the most advanced spa treatments available.

While the nurturing sea gently rocks the ship, a range of treatments can be purchased a la carte or in the form of packages that include the whole gamut, from fitness analysis and nutritional seminars to massages and beauty treatments. Imagine the feeling of taking a hydrotherapy bath on board a super ship, or indulging in such services as Aromatherapy, herbal wraps, reflexology treatments, or even "anticellulite" treatments.

Fitness options abound with a well-chosen selection of cardiovascular and weight resistance equipment, and organized activities such as walking, jogging, racquetball, volleyball, basketball and even golf putting practice.

Healthy dining, and even spa cuisine are no longer strangers aboard, and upon your request your cruise vacation need no longer add unwanted pounds.

You can stay in top shape, working out on high-tech equipment, or in experience classes under the watchful eyes of your fitness guide.

The popular prescription of a rest cure made spas flourish as vacation destinations long before the current popularity of tourism. Some extraordinarily fashionable and famous spas have attracted artists, aristocrats, and even royalty alike. Besides bathing and drinking water for their health, they found beautiful surroundings, an agreeable climate, an elegant society, the latest in beauty and fashion, music, art, and had the best of times.

The creative powers of purifying mud and thalassotherapy (sea water treatments) were recommended by the very founder of western medicine, Hippocrates himself.

Many spas in the United States have been enriched by a European approach to health and beauty care. Yet few spas in Europe offer the kind of fitness and diet programs that Americans often expect.

Traditionally, spa going in Europe involved "the cure": mineral springs spas were prescribed for rest and recuperation, or used for the treatment of specific disorders and disease.

The cures are medically supervised, and at these places you will find mostly Europeans who are referred by their physicians, seeking relief from specific ailments that the

Don't take the "Eazy" way out

By Rhonda Fontes

Recently the hip-hop industry lost one of its cornerstones-rapper and founder of the million-dollar company Ruthless Records, Eric "Eazy-E" Wright. At only 31, Wright died from AIDS-related complications a little more than a month after he was diagnosed with the deadly disease.

Wright turned Ruthless Records into a company that at its peak, was worth more than \$15 million. Many were shocked to hear of Wright's death and wondered how someone with so much business sense could lack common sense.

When Earvin "Magic" Johnson announced that he was HIV positive, people's mouths dropped to the floor in disbelief, and why? Because he was a prominent athlete? Because he made million throughout his career? Or because so many people saw him as an untouchable and famous figure?

The fact of the matter is, no one is untouchable. Not Eazy, not Magic and not you or me. So many people think, "it'll never happen to me," but obviously it can because it is a world-wide problem.

It's important to understand that people lie about sexual habits, which boils down to people being uncomfortable with their own sexuality. Discomfort often results in a fear that causes many to disclose less than the naked truth. Often people lie about the number of people they've been intimate with or if they have contracted a disease.

The sad part about it all is that what some consider to be a little white lie can kill. KILL! Death is infinite and I don't want to permanently reside in a casket because someone I thought was being honest was actually a coward who hid behind an invisible wall of deceit.

I believe we should realize we all have the potential to be victims. It's not a black thing, a white thing, a gay thing or a straight thing; it's a people thing. We need to take more responsibility and for some, that entails serious behavior modification. Hopefully, those who engage in sexually destructive behavior will do something about it before they kill themselves or hurt someone they really love.

Unfortunately, too many people won't consider change until it happens to someone they know or even worse, themselves. To those people I say, Wake up! If you live by the sword, you die by the sword, and the sword will get you every time. Ask Eazy.

Jazz Under The Stars Concert At Rainbow Library Amphitheater

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4. I WANNA LOVE LIKE THAT	TONY THOMPSON
5. FREEK 'N YOU	JODECI
6. DON'T TAKE IT PERSONAL	MONICA
7. I'LL BE THERE FOR YOU	METHOD MAN / MARY J. BLIGE
8. GIVE IT 2 YOU	DA BRAT
9. HE'S MINE	MOKENSTEF
10. FEELS SO GOOD	XSCAPE
11. FROGGY STYLE	NUTTIN' NICE
12. EVERY LITTLE THING I DO	SOUL FOR REAL
13. YOU BRING ME JOY	MARY J. BLIGE
14. MY LOVE IS FOR REAL	PAULA ABDUL
15. MINDBLOWN	SMOOTH
16. SHY GUY	DIANNA KING
17. SO IN LOVE WITH YOU	U. N. V.
18. CAN'T YOU SEE	TOTAL
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