

WIN! A \$1,500 CUT AND COLOR MAKEOVER

instyle

APRIL 2004

**BEST PRODUCTS
FOR SMOOTH,
GLOWING SKIN AND
SLEEK, HEALTHY HAIR**

**JEANS 24/7
DRESS 'EM UP,
DRESS 'EM DOWN**

**PROGNOSIS UNCLEAR
BECOMING YOUR OWN
MEDICAL DETECTIVE**

**THE POWER
OF BELIEF
FINDING THE RIGHT
SPIRITUAL PATH**

**RAISING OUR
DAUGHTERS IN
A SEX-CRAZED
WORLD**

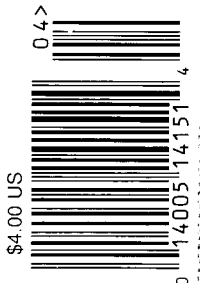
**OVER 40
AND FASHIONABLE**

ENTER OUR MODEL SEARCH ON PAGE 64

**NO HOLDS
BARRED!
MAKE
YOUR LIFE
BIGGER
AND
BETTER**

**HILLARY
CLINTON
HER
BLOCKBUSTER
YEAR**

**PLUS OTHER
ALPHA WOMEN
CONDOLEEZZA
RICE, CHER,
KATIE COURIC,
SHARON STONE
AND MORE**



ADVENTURE

Fifty ways to test your limits—from sleeping



ALABAMA • BATTLESHIP BISTRO
Captain a catered dinner party—complete with serving crew—on the deck of a World War II battleship, the **U.S.S. Alabama**, while docked in Mobile Bay. Open year-round; 800-426-4929 or www.ussalabama.com.

ALASKA • DOG DAYS
Pack your Uggs for a three-day escape with the **Alaska Dog Sledding School** at Winterlake Lodge, an official checkpoint of the Iditarod Trail Sled Dog Race. Round-trip ski-plane transport from Anchorage is included; 907-277-3000 or www.alaskatours.com.

ARIZONA • STAR SIGHTING
The next big celestial event, Comet NEAT, makes

its debut in May. What better way to catch a glimpse than in the Sonoran Desert at the **Skywatcher's Inn at the Vega-Bray Observatory**, one of the largest and most complete amateur astronomical facilities in the world. Basic night-sky instruction included; 520-615-3886 or www.skywatchersinn.com.

ARKANSAS • MUD, SHMUD
Strap on your goggles and helmet and head out

U.S.A.

under the sea to meditating with monks

BY GISELA WILLIAMS • ILLUSTRATIONS BY PAUL COX



on an ATV adventure through Ozark National Forest with **Razorback Mudslingers**; 870-741-1379 or www.razorbackmudslingers.com.

CALIFORNIA • GONZO GOLF

Take your game to the next level in September with a round of **Urban Golf**. No caddy or cart required—just a putter and a ball. The course? The whole of North Beach, San Francisco, with stops at local watering holes along the way; www.urban-golf.org.

COLORADO • HIGH-ALTITUDE ESCAPE

Meditate in a secluded mountain valley with Buddhist monks and teachers at the **Shambhala Mountain Center**, located on a 600-acre woodland preserve near the Red Feather Lakes. Everything from weekend classes to month-long retreats are offered; 970-881-2184 or www.shambhalamountain.org.

CONNECTICUT • CANOEING THE CONSTITUTION STATE

Sign up for a subterranean canoe tour of the Park River with **Huck Finn Adventures**. The river once ran by the home where Mark Twain wrote his tales—until it was diverted into underground tunnels and forgotten. Tours are offered late spring through October and include headlamps; 860-693-0385 or www.huckfinnadventures.com.

DELAWARE • STIR IT UP

At **Celebrity Kitchens** in Wilmington, there is no such thing as too many cooks. Grab an apron and prepare a four-course feast alongside some of the country's top regional and national chefs—such as Jean-Marie Lacroix—and take



home the recipes; 302-427-2665 or www.celebritykitchensinc.com.

FLORIDA • UNDER-THE-SEA SUITE
Make like a mermaid and book a night at **Jules' Undersea Lodge** in Key Largo, the world's only underwater hotel. Guests scuba through the tropical-mangrove habitat of Emerald Lagoon to the lodge, which is more than 20 feet under the ocean's surface. When you're not peering through the 42-inch porthole windows, you can take advantage of the unlimited diving; 305-451-2353 or www.jul.com.

GEORGIA • HISTORIC HATCHINGS
Help save the threatened loggerhead sea turtle and spend a week with the **Caretta Research Project** on Wassaw Island. Volunteers collect data, tag turtles, patrol the beach at night for nesting females and escort hatchlings to the water. The program runs May through August; 912-447-8655 or www.carettaresearchproject.org.

HAWAII • HANG TEN
Get in some bonding time at **Big Island Girl Surf/Makahiki Adventures'** five-day mother/daughter surf school in July, which includes dolphin-sighting trips, yoga and hikes through tropical forests. Weekend day camps are also offered in May; 808-326-0269 or www.bigislandgirlsurf.com.

IDAHO • CALLING ALL ATHLETES!
Is your workout routine getting old? Sign up for the June 27 **Ironman Triathlon** in Coeur d'Alene, where you'll swim, bike and run your heart out for a total of 140.6 miles to qualify for the world

championship in Hawaii. That grand prize? \$50,000! 352-243-0948 or www.ironmannorthamerica.com.

ILLINOIS • MOTORCYCLE MAVENS
Learn to be an easy rider at Sarah Lahalih's **Motorcycle Riding School** in Chicago. The two-day women's beginner course—six hours of classroom and eight hours of driving instruction—covers everything from wet-road techniques to bad Hell's Angels pickup lines; 773-968-7433 or www.motorcyclelearning.com.

INDIANA • INDY ASPIRATIONS
If you're a speed demon at heart, head for Indianapolis and spend a day flying around the track with an experienced **Sinden Racing** driver in an authentic Indy Racing League car—a 650-horsepower Dallara; 888-357-5002 or www.sindenracing.com.

IOWA • BIKERS WITHOUT BORDERS
Register with 10,000 others for *The Des Moines Register's 32nd Annual Great Bicycle Ride Across Iowa*, July 25. The purpose of the seven-day, 450-mile race, nicknamed "Woodstock on Wheels," is not to win, but to experience the local flavor—food stands line the route—and color of the eight host towns. And if you get tired, a van is always nearby; 800-474-3342 or www.ragbrai.org.

KANSAS • PLAYING WITH FIRE
A **Range-Burning Party** is the hottest game in Kansas. The second or third weekend in April, Flint Hills Adventures is throwing its third annual bash, in which participants—under supervision, of course—can torch grass and "drag fire," dance alongside the flames and listen to

music around a traditional prairie campfire; 620-342-2625 or www.kansasflinthillsadventures.com.

KENTUCKY • UPWARD BOUND
At Torrent Falls Climbing Adventure in Red River Gorge, U.S. climbers can get a taste of the Italian sport, via *ferrata* climbing, which was first used to move troops across the Alps during World War I. Courses vary from beginner to experienced and involve scaling a system of iron rungs across a 3,400-foot traverse that even winds behind a waterfall. Basic training and gear included; 606-668-6613 or www.torrentfalls.com.

LOUISIANA • CATCH A CATFISH
Try your hand at a hot local sport—**catfish wrestling**, a.k.a. catfish noodling. Catfish Jack Clampit, a champ of the Catfish Wrestling Federation, shows first-timers how to reel in a fish the hard way—with bare hands; 318-323-2003 or catfishjack@hotmail.com.

MAINE • ISLAND IDYLL
Leave your laptop at home and rent one of the many private islands scattered along the state's Atlantic coastline and throughout its inland lakes, such as seven-acre **Little Mehitia Island**, in Pemaquid Lake. Available June through October; 207-563-2400 or sigridandassociates.com.

MARYLAND • IT'S ALL THE BUZZ
Uncover the secrets of bees and take a beginner class in Honey Extracting, Inspecting a Hive, Collecting Swarms or Honey Bee Biology through the **Carroll County Beekeepers Association**; 410-552-6013 or www.thecarrollbee.com.

MASSACHUSETTS • LET'S GO SURF A KITE
Faster than snowboarding and hotter than skateboarding, kitesurfing—like windsurfing, but you're being pulled by a huge kite—is the new extreme sport. At **Nantucket Kite Camp**, you'll be high-flying in no time at a two-day program that includes gear and boat to Hooley Point; 508-325-7000 or www.hooleyusa.com.

MICHIGAN • SAND SCAPES
Lake Michigan isn't the state's only claim to fame. Spend a day maneuvering a Jeep over the untouched sand-dune mountains of Silver Lake with **Sandy Korners Adventure Tours**. Open April through October; 231-873-5048 or www.sandykorners.com.

MINNESOTA • ST. PAUL—SOPRANOS-STYLE
Some of the most notorious gangsters of the Thirties—John Dillinger, Ma Barker and Babyface Nelson—battled and plotted in, of all places, St. Paul. On the **St. Paul Gangster Tour**, you'll explore their old haunts, including the infamous Wabasha Street Caves. Reservations required; 651-292-1220 or www.wabashastreetcaves.com.

MISSISSIPPI • DRIVIN' THROUGH THE DELTA
Skip the self-guided tour and take a blues or gospel **American Dream Safari** of the Mississippi Delta in a leather- and chrome-accented '55 Cadillac. As you cruise past cotton fields, with Howlin' Wolf blasting from the radio, driver Tad Pierson will give you the skinny on everything from Elvis to fried chicken. Lunch and museum entrance fees included; 901-527-8870 or www.americandreamsafaris.com.

MISSOURI • A SPELUNKER'S HOT SPOT
They don't call it the **Cave State** for nothing—Missouri's hills and valleys are home to over 5,500 caverns. Some don't-miss guided descents: Bridal Cave, which holds the record for underground weddings; Jesse James' hideout, Meramec Cavern; and Fantasy World Caverns, which was once an underground dance hall and a skating rink; 800-810-5500 or www.visitmo.com.

MONTANA • SPIRITUAL AWAKENINGS
Reconnect with the earth on Rising Wolf Wilderness Adventures' **Women's Sacred Journey**, a five-day retreat on horseback that explores Blackfeet Indian lands, traditions and ceremonies, July through August. At day's end, guests can sleep in a cabin or traditional tipi; 406-338-3016 or www.risewolf.com.

NEBRASKA • AMERICAN IDOL, COUNTRY
Do you have what it takes to be the next Faith Hill? Audition at the **Colgate Country Showdown** on June 24 for a chance at a national country-recording contract. If you don't make the cut, you can always check out the All Male Cake Bake; 888-313-5606 or www.nebraskalanddays.com.

NEVADA • STUNT CITY
Skip the slots and play stunt double on Thrillseekers Unlimited's five-day **Stunt Experience Vacation** in Vegas. With pros at hand, you'll brandish an M16, live through explosions and attempt high dives; 866-497-8868 or www.thrillseekersunlimited.com. ▶