

# Outlook on Lifestyle

## Head for the cruising yachts at Buzzard's Bay in June

If you happen to be on Cape Rod on June 23 and crave excitement, head for Buzzard's Bay for the start of the eighth annual race of cruising yachts from Massachusetts to St. David's, Bermuda. Entries are family-owned boats, which are required to use celestial navigation only. (Details from Faith Thompson, 508-748-2001.)

To participate in another boat race that starts on that same Friday, arrange to be aboard either the Delta Queen or the Mississippi Queen in New Orleans, as the two traditional steam-driven paddlewheelers start their annual race up the Mississippi to St. Louis. (Bookings from Delta Queen Steamboat Co., 800-543-1949.)

Steamboats travelling against the Mississippi's current can advance at a rate equivalent to about 10 km an hour. After all, they were built for comfort rather than speed.

But the race usually proves to be exciting nevertheless - as any reader of Mark Twain will know. Once the date for a two-steamer race had been set, the beloved author wrote in *Life on the Mississippi*, "from that time forward, the whole Mississippi Valley was in a state of consuming excitement. Politics and the weather were dropped, and the people talked only of the coming race."

### SPEED RECORD

One of the greatest such races in history was the 1870 duel in which the Robt. E. Lee defeated the Natchez in a time that has never been equalled - three days, 18 hours and 14 minutes from New Orleans to St. Louis.

The two Queens will retrace the same 1,759-km route, although at a more leisurely pace - most of the time. But at a certain stretch of the river, the skills of the two pilots will be tested in a 13.4-km sprint. Points gained in that event - and in others such as a kite-flying competition and a "battle" of the Dixieland bands - will help to decide which steamboat wins the 1989 Golden Antlers.

Judging is taken seriously. Chief arbiter is retired U.S. Air Force Col. Barney Oldfield, while one of his judging staff is the famed ragtime scholar and performer, Max Morath.

The Delta Queen, built in 1926, may well be favored to defeat the 13-year-old Mississippi Queen in the forthcoming race, since she is fresh from a victory over the Belle of Louisville in a 19-km race May 3 on the Ohio River at Louisville - part of the action surrounding the famous Kentucky Derby.

Some 800 passengers on the two steamboats each paid \$100 U.S. to participate in that 90-minute speed competition, and to partake liberally of a southern-style buffet,

of mint juleps and the like, and of Dixieland jazz played by a live combo.

### HOME OF JAZZ

Jazz is as characteristic of New Orleans as is steamboating. Historians tell us that the free-swinging, happy (and sometimes blue) music originated in the racial melting pot of 19th-century New Orleans, and "moved up the river" via the paddlewheel steamboats. Jazz was carried afar by such immortals as Kid Ory and Louis Armstrong.

Today, traditional Dixieland jazz still thrives in New Orleans, at such spots as Preservation Hall in the French Quarter, and on the New Orleans-based steamboats that still carry passengers up and down the Mississippi.

But its popularity long ago outgrew the confines of the Mississippi, and even of North America. This summer's travellers to Switzerland, for example, will find festivals of New Orleans jazz at Ascona (June 24 to July 3) and at Lugano (Sept. 1 to 3); both cities are in the southern, Italian-speaking canton of Ticino.

Other major European jazz festivals this summer take place in Montreux, Switzerland, from July 7 to 22 (its 23rd year) and in Norway at the colorful village of Molde, July 17 to 22.

### JAZZ AT SEA

Jazz buffs can also combine a sea voyage with their musical enjoyment. There are several possibilities on cruises, but Royal Viking Line's Royal Viking Star is offering a different jazz great on each of its seven-day New York-Bermuda cruises departing every Saturday until Oct. 14. Some examples: The Jonah Jones quartet on the July 1 sailing; the Bob Wilber trio Sept. 9.

Norwegian Cruise Line's Norway will hold its seventh annual floating jazz festival on her one-week Caribbean cruise sailing from Miami Oct. 21, with a long list of jazz stars such as Benny Carter, Joe Williams and Doc Cheatham. And on the Jan. 14 departure of the Norway (originally the France), headliners will be Bob Erwig's Climax Jazz Band of Toronto, and the legendary trombonist Spiggle Willcox, still performing at the age

of 86. Major Canadian jazz festivals opening this month are in Vancouver, Toronto (both June 23 to July 3) and Montreal (June 30 to July 0).

### TRAVEL NOTEBOOK

Here are notes on news of current interest to travellers:

-The 63-year-old steamboat, Delta King, refurbished at a cost said to be \$10 million, opened last week as a stationary hotel on the waterfront at Sacramento, Calif. In recent years, it had been used as a "barracks" for workers at the Alcan smelter at Kitimat, B.C.

-Star Princess, this year's 62,500-ton addition to the fleet of Los Angeles-based Princess Cruises, made her initial call to the ports of Victoria and Vancouver this week, launching a season of 12-day cruises to Alaska (Ketchikan, Juneau, Skagway, Glacier Bay and Sitka). She has a total of 735 staterooms, of which 10 are specially equipped for wheelchairs.

-A book of 48 discount coupons, for use at various tourist attractions in Ontario - and called a "passport" - is available upon request from Ontario Travel Information, 800-668-2746 (800-Ontario). Most of the coupons are valid until Labor Day, Sept. 4.

### THE WORLD ALMANAC DATE BOOK

Today is the 167th day of 1989 and the 88th day of spring.

TODAY'S HISTORY: On this day in 1933, the U.S. Congress passed the Farm Credit Act.

TODAY'S BIRTHDAYS: Stan Laurel (1890), Katharine Graham (1917), Erich Segal (1937), Joyce Carol Oates (1938), Roberto Duran (1951).

TODAY'S QUOTE: "Love means never having to say you're sorry." - Erich Segal

TODAY'S MOON: Between first quarter (June 11) and full moon (June 19).

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### ASK KATHY

Dear Kathy:

I find that when I fail with a diet, it's usually because of boring food and not because of hunger. What do you recommend?

Reply:

Boredom is one of the major reasons many people give up on dieting. This is especially true for fad diets. There are several things that can be done to reduce the boredom factor. For example, cooking diet foods can be fun if you have a well-stocked spice cabinet and a spirit of adventure.

Diet Center has a cookbook full of tantalizing recipes and a full complement of delectable salt-free seasonings. And even more important, on the Diet Center Program you



KATHY HAJAS  
Diet Center Counselor

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