

## L.A. THYMES

A Monthly Calendar of Culinary Specials, Spa Services and Activities at Los Abrigados Resort &amp; Spa

JULY 1998



## Award-Winning Chili Recipe

It's no "shrimp" of a task to come up with a winning chili recipe. But Los Abrigados Resort & Spa Executive Chef Scott Uehlein did it during the recent Second Annual Oak Creek Brewing Company Chili Cookoff with his Shrimp and Sausage Chili creation.



Chef Scott dared to be different with this exciting and tasty combination of ingredients, successfully defending his 1997 title of "Best Overall Professional." Seven local restaurants entered the annual contest, which was also a fundraiser for Sedona Recycles.

"I knew it was necessary to come up with a unique recipe in order to successfully defend the title," Chef Scott said. "The chili is spicy but not overwhelming in taste, with the shrimp and sausage creating a unique flavor combination."

Chef Scott's recipe for Shrimp and Sausage Chili can be found inside this issue of L.A. Thymes under "Scott's Secret Sensations."

## Sedona Spa Upgrades Equipment

One of the biggest changes to hit the Sedona Spa in recent years is happening in July: the introduction of our new state-of-the-art fitness equipment — Body Masters.

Our current Nautilus circuit is being sent to the Roundhouse Resort, the ILX Resorts Incorporated property located in beautiful Pinetop, Arizona, and will be replaced by the new Body Masters line.

"We're thrilled to have chosen Body Masters over several other lines of top-quality fitness equipment. After extensive research, we decided that Body Masters would best serve the needs of our varied clientele. Body Masters will give our owners, guests and members the most effective workout, while maintaining maximum safety and ease of use," said Sheldon Finkelstein, Sedona Spa Manager.

Stop on up to the Spa and try out our all-new Body Masters.

(Note: During this transition, our fitness equipment will be unavailable for use for several days. We will still maintain our full fitness class schedule and our outdoor recreation facilities, and locker room amenities will be fully operational. Our complete line of personal care services will also be available for your enjoyment. We apologize for this temporary inconvenience as we upgrade your Sedona Spa. Please check with the Sedona Spa for exact dates of this exciting change.)

### SHARE SEDONA WITH A FRIEND

Los Abrigados Resort & Spa would like local residents and their friends to experience the luxury of the resort without even having to leave the area! Throughout the month of July, any local resident (Sedona and the Verde Valley) may book a suite at the resort for a special rate of \$95 per night, Sunday through Thursday. Please dial 282-1777 for your June Los Abrigados Resort & Spa experience!

## It's A Breeze!

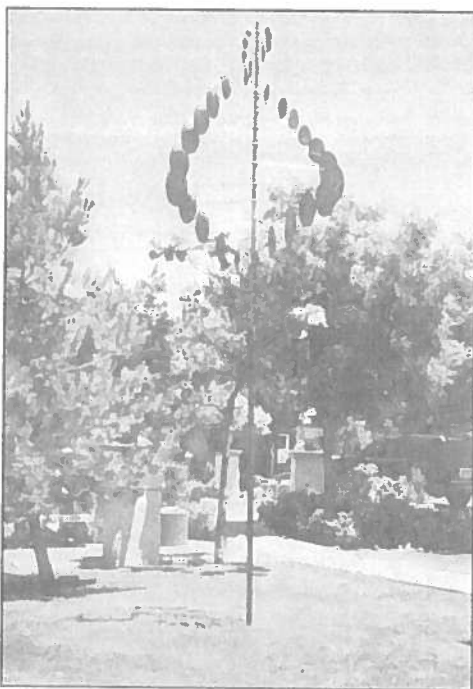
It takes just the slightest breeze to set in motion the beautiful wind sculptures recently acquired by Los Abrigados Resort & Spa. Adorning the front fountain area and The Inn at Los Abrigados, the four sculptures are the creations of artist Lyman Whitaker.

"The wind sculptures enhance the natural surroundings and beauty of the resort property and they exemplify the talents of Sedona artists," said Los Abrigados Resort & Spa's General Manager Scot Galameau. "The movement of the sculptures captures the essence of the wind, giving the effect of dancing gently in the breeze."

Each wind sculpture is created from copper and stainless steel. A sealed ball bearing is installed in the top of each sculpture, allowing each one to turn freely in a slight breeze, yet bend and sway in a stronger wind. They vary in size from five feet to ten feet and are available in Sedona exclusively at El Prado Gallery in Tlaquepaque.

Whitaker grew up in Salt Lake City, Utah, where he graduated from the University of Utah with a bachelor of fine arts in sculpture. There he studied both the classical and contemporary techniques of sculpture and form.

Whitaker's wind sculptures were originally inspired by a hanger-wire prototype that immediately gained favor with



aficionados.

The delicate combination of fine balance and graceful simplicity led to the development of his copper and steel sculptures with their mesmerizing ambience. "I've always been interested in science, especially the double helix spiral representing the DNA molecule," Whitaker says. "Not only is it the symbol for

infinity, it also ties into the basis of all life forms."

The innovative design of the wind sculptures incorporates aerodynamic features that govern the speed of rotation in high winds. Mechanical and kinetic, Lyman's minimalist sculptures brilliantly combine the discipline of classical sculpture with the tension and energy visible in the metal forms themselves.

Lyman worked closely with the well-known figurative sculptor Avard Fairbanks, and in a more contemporary vein, studied under Angelo Caravaglia. He has led an interesting life traveling, living and working in contrasting environments. He spent an extended sojourn in Antarctica where he erected a giant sundial at the South Pole. Lyman now resides in the high desert of the West with his wife and daughter.