

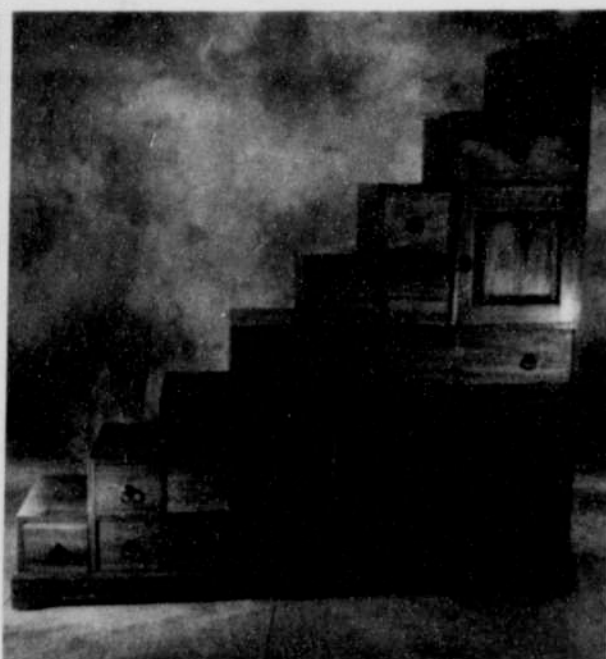
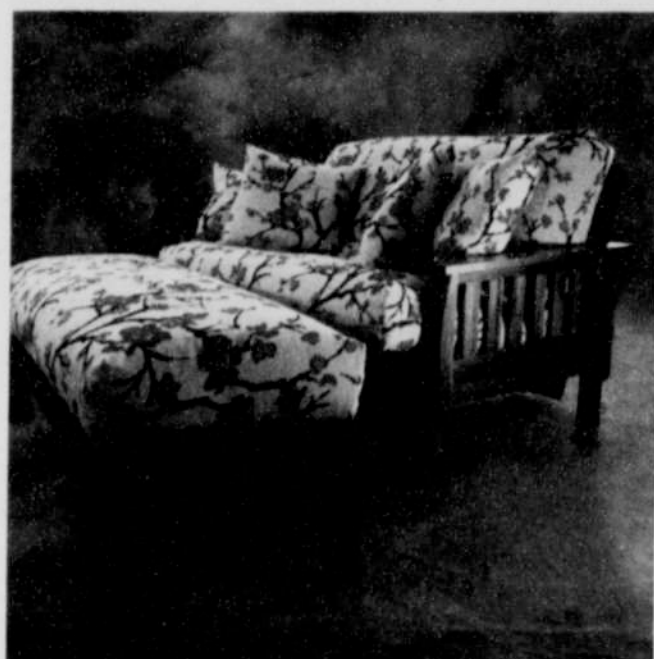


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Let's Get Physical

Former world-class athletes motivate older women

When it comes to giving fitness advice, Diana Nyad and Bonnie Stoll know what they're talking about, to put it mildly.

Nyad, 58, holds the record for the longest swim in history among both men and women—a 102.5-mile stroke from the island of Bimini to the Florida shore in 1979. She also is a journalist who can be heard Thursdays on National Public Radio's *All Things Considered*.

Stoll, 55, was the No. 3 player on the women's racquetball circuit in the 1980s. She also is a personal trainer whose clients include notorious celebs like Diana Ross and Winona Ryder.

Best friends for 30 years, the lesbians created BravaBody.com to promote fitness intervention for women older than 40. They gave their motor-mouths a workout while telling me all about this healthy initiative.

Jim Radosta: What made you decide to start BravaBody?

Diana Nyad: There are millions of exercise programs out there, but I like to think that we're more than a business but we're something of a movement. A lot of women our age come to feel terrible feelings about their bodies—and this is certainly true in the gay community. As clichéd as we have sort of portrayed gay men in our society as being ultra-hard-body-oriented, the gross generalization is of gay women being very overweight, wearing lumberjack shirts.

BravaBody really started out of two Olivia experiences—the lesbian cruise line. I had been invited to go give a motivational speech in Mexico three years ago. I was not there as an exercise person, but I mentioned to people, "Hey, as long as I'm here, if you wanna meet me outside the pool and learn a little something about working out...." And 350 people showed up, which is unheard of on a vacation!

I came back and said to Bonnie, "These people are thirsty to get their self-esteem together." It's not about being thin and being cosmetically gorgeous.... We came up with the word "brava" meaning "good for you," no matter what you do.



Jim's Closet
BY JIM RADOSTA

Bonnie Stoll: Our first two DVDs are small-space workouts made specifically for either the woman traveler or the woman who doesn't want to go to the gym. One is a 20-minute more moderate workout,

and then we have our 40-minute version, which is much more rigorous. And on each one we have a five-, six-minute little bonus, which is a workout you can do on the airplane in your seat.

JR: What are the common challenges faced by the women you train?

DN: The issue oftentimes with women our age is they give up. They're at their first stages of the metabolism slowing down, the first stages of menopause creeping in—all those things start leaving us feeling like, "Oh my

God, I had my two or three kids, I could never get this weight off, I'm never gonna have my 25-year-old body again." Of course, we're not, either!

Our little mantra is "Make this the prime of your life!" We're done with all the bullshit of sweating the small stuff and we've grown up emotionally and psychologically, so now is the time to feel at the top of your game in every single way. **10**

Wordstock presents DIANA NYAD AND BONNIE STOLL noon Nov. 10 on the Outdoors Stage in Rooms A-105 and A-106 at the Oregon Convention Center, 777 N.E. Martin Luther King Jr. Blvd. For a complete schedule visit www.wordstockfestival.com.

Arts and Culture Editor JIM RADOSTA needs your feedback. Write to jim@justout.com.



Bonnie Stoll (left) and Diana Nyad can hear your body talk.

More Queers at Wordstock

• **Kate Gray:** The Clackamas Community College teacher and *Bone Knowing* chapbook author will read 3:30 p.m. Nov. 10 on the Northwest Writers Stage in Room A-107. Her poems and stories chronicle her path on many rivers in Oregon, where she's lived for 20 years.

• **Tom Spanbauer:** The Dangerous Writing teacher and *Now Is the Hour* author will read 3 p.m. Nov. 11 on the Borders Books Stage in Exhibit Hall A1. A new edition of his first novel, *Faraway Places*, will be released in February 2008.

• **Judith Barrington:** The *Horses and the Human Soul* poet will read 4 p.m. Nov. 11 on the Mountain Writers Stage in Rooms A-108 and A-109. She is published widely in literary journals, has been featured on Garrison Keillor's *The Writer's Almanac* and teaches at workshops across the United States and in Britain and Spain.

• **Gertrude Press:** The Portland-based literary small press—which has published queer fiction, poetry and art since 1999—will sell chapbooks and the latest issue of its biannual journal, *Gertrude*, at the Book Fair. Gertrude has published more than 200 writers and artists to date, including Gray, Barrington, Henry Alley, Lisa Rosen and Janet Buck.