

August IS...

STYLE + VALUE

...a good excuse to go fishin' in honor of **National Catfish Month**. Served up battered and fried, dipped in ketchup, and sided with french fries and hush puppies, it's good summer eatin'. As Mark Twain said, "The catfish is a plenty good enough fish for anyone."



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Tuscan (Re)Treat

Info: 39-05-77-889-000 or
www.adler-thermae.com



RECLAIM your inner chi at southern **Tuscany's** top destination spa, nestled in the pastoral slopes of the Orcia Valley, where Italian notions of relaxation and pampering rule. Translation? You won't find tofu at the 90-room, family-owned **Adler Thermae Spa & Wellness Resort**. Instead, you'll enjoy local and healthful Mediterranean specialties, bask in soothing outdoor thermal waters infused with herbs and olive wood, hike the surrounding countryside, or bike to nearby villages and savor local wines, cheeses and olive oils. A four-night Tuscan Package includes breakfast and dinner plus three spa treatments. Rates from €775 (US\$1,195).—*Judy DiEdwardo*

Edited by Waynette Goodson