

ABC Television Network Crowns The New Domestic Diva

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By F2 Entertainment

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Move over Martha Stewart

ABC Television Network Crowns The New Domestic Diva,
Or Should We Say, "DIVO"

Hollywood, CA -July 18, 2004 —ABC's new reality TV competition, the Great Domestic Showdown, revealed an unexpected winner from a pack of 6 determined domestic competitors. In an under dog victory reminiscent of the movie Rocky, real life Italian Stallion and Hollywood event producer Frank Fontana claimed the crown of Domestic Divo and is on his way to building a media empire of domestic greatness.

Fontana had this to say about winning the show, "I was truly grateful and thrilled, to have won the competition. I hope I have inspired people to dream big and take creative chances in their lives." He goes on to say, "It's about time Macho makes a comeback in the lifestyle world, and I am proud to lead that charge."

Each contestant had to prove their skills in decorating, cooking, entertaining, and for the final challenge, produced an entire wedding in two days. Judging the intense competition were Sandra Lee, host of the Food Network's Semi-Homemade; Robert Verdi, host of Discovery Channel's Surprise by Design; and Govind Armstrong, one of LA's top chefs.

The three celebrity judges based their decision on originality, creativity, resourcefulness and ability to stay within the rules under strict time constraints.

Fontana's reward...a pilot deal for a television show of his own, a book deal with Hyperion Books, and a featured appearance on Good Morning America.

With a book to write and a TV show to pull together, you can bet Frank Fontana will be a busy man in the upcoming months. Fontana looks forward to showing off his crown.

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For more info, photos, or to schedule an interview contact
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None

3 Ways To Life Happy And Healthy With Irritable Bowel Syndrome

By The IBS Diva

Let me ask you something. What do Tyra Banks, Camille Grammer and Cybil Sheppard all have in common? They all suffer from irritable bowel syndrome - along with about 20% of the rest of the population, according to recent studies.

I'm the IBS Diva. And I say having irritable bowel syndrome doesn't have to be a death sentence. There are ways not only to cope but to thrive and live a happy, healthy life. Yes, I know, it can be a bit embarrassing at times - always searching for the nearest bathroom whenever you go out, getting up in the middle of movies and only eating certain foods.

The IBS Diva doesn't let that get in the way of her good time, though. And you shouldn't let get in the way of yours, either.

Here are the IBS Diva's three simple pieces of advice for coping with irritable bowel syndrome.

1. You're still fabulous, honey. Act like it. Change your mindset about this functional disorder. You're not an outcast. You're a tough, no-nonsense leader. Believe it.
2. Don't stress - just rest. Just like the IBS Diva, you need your beauty sleep. Make sure you get at least eight hours per night. Let your body rejuvenate and heal during the night. Then you can wake up fabulous like the IBS Diva.
3. Keep searching. Even the IBS Diva searches for solutions for irritable bowel syndrome. Let's face it. Having this disorder is no walk in the park. But there are ways to cope and live a happy, healthy life. Search for them while you're on your journey to self acceptance. It can only help.

Honey, you have to look at irritable bowel syndrome as a challenge that you must overcome, not as a death sentence. With the proper mind set and a willingness to try new and effective dietary changes and medical solutions, you can live a healthy and happy life with IBS.

For the rest of the Diva's no-nonsense advice on living with IBS, visit:

. And

remember, the IBS Diva says, "Stay fabulous, baby!"



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