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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Turning the Big Six–Oh

By Maureen Killoran, MA, DMin

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August is my birthday month (yes, I'm a Virgo through and through) . . . and this year I'm turning the Big Six– Oh.

When I was younger, 60 was beyond the pale. I gave my 7th decade little thought because on one hand I believed I was immortal, and on the other, I expected that, long before I reached 60, I would die. But here I am, bright eyed and bushy–tailed, so to speak.

To celebrate turning 60, I've created a Memory Map. I began with a big wheel, divided into six wedges, each representing a decade. Then, in each wedge I created a collage of memories -- and here's where the real gift to myself came in: I allowed myself to CLAIM ONLY POSITIVE MEMORIES. The dark stuff is there, of course, it's always with us to one degree or another.

And now, before me, is a powerful pictorial representation of my life, seen from the perspective of blessing. Proust said it, "The real voyage of discovery consists not in seeking new landscapes but in having new eyes." Hallelujah!

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Maureen Killoran is a Life Coach and Unitarian minister, with a passion for helping people connect their strengths with their vision. She offers individual and group coaching, teleclasses, tele–support communities, and a free monthly e–zine, SEEDS OF CHANGE. Maureen brings a breadth of experience and a lot of joyful energy to her intuitively–grounded practice. Check her out at www.spiritquest.ws

Six Reasons Why You Will Like Turning Stone Resort

By Jolana Klobouk

Turning the Big Six–Oh

Are you looking for a great romantic getaway? A great world class golf destination? A spa resort with luxurious accommodations? A moderately priced Inn with a multitude of dining and gaming options? The Turning Stone Resort and Casino in the heart of Upstate New York offers this and much more.

My husband and I recently spent the weekend at Turning Stone Resort and will be definitely planning more getaways there in the future. Yes, there is a huge Casino with various gaming options but to be honest, there was so much else to do, we were not able to see it all.

Great Entertainment

What drew us to the Turning Stone Resort that particular weekend was their entertainment. I did not want to miss my favourite group, Collective Soul, play in their 800 seat Showroom. It is a fantastic venue to get up close a personal with top name performers and entertainers. With about 125 acts a year, it is easy to see why it has been nominated for Casino of the Year awards. Some top name acts, which have appeared in the showroom, include the likes of Bill Cosby, Pink, Jethro Tull and Tony Bennett. A variety such as this helps make it one of the busiest club venues in the world. The new Event Center is also a great venue for larger concerts, sporting events and conferences.

Variety Of Accommodations

One of the best things about the Turning Stone Resort and Casino is the range of accommodations available to suit every budget. The Lodge at Turning Stone is a 98 all–suite luxury retreat and perfect for romantic excursions and a more relaxed getaway from it all. From the outside it resembles a grand Adirondack lodge and inside it is elegant, sumptuous and a perfect place to unwind. The standard two–room suites at the Lodge include wood floors, ten–foot high ceilings and a balcony or terrace with teak furniture.

If you want to be part of the action the Turning Stone, then booking a room in The Tower Hotel is your best bet. The Tower Hotel has convenient access to the fitness center, parking garage, the Showroom, Casino and various dining options. The rooms are chic and decorated with modern amenities, comfortable beds and large marble bathrooms. Since The Tower rises 19 stories, the view from some of these rooms can be marvellous.

The Hotel at the Turning Stone is another accommodation option, which is connected to all the facilities of the resort. Built as the original hotel on site, The Hotel rooms offer king–sized or double beds, cable TV with in–room movie channels and Nintendo, coffee makers, and hair dryers. If you want to pamper yourself a little more, reserve a Jacuzzi Room or Suite, Patio Suite, or Luxury Suite.

The Inn at the Turning Stone Resort offers moderate priced accommodations. Located a few minutes away from the resort complex, free shuttle service is offered to and from the casino and a continental breakfast is also included with your stay. Another affordable option is the Villages at Turning Stone RV Park. It offers campers 175 paved sites including full utility hook–up, various recreational activities and also free shuttles to and from the Resort.

Lots of Dining Options

Turning the Big Six–Oh

As with the variety in accommodation options, Turning Stone also offers dining choices to fit every palate and pocketbook. >From gourmet restaurants to casual cafés, the assortment abounds. You can choose from a Brazilian Steakhouse, Italian or Asian cuisine. If you can't decide, perhaps the buffet restaurant with 7 different menu stations may be what you are looking for. Or, maybe you just want a quick sandwich or a coffee from one of the cafés. One thing is for certain; you will never go hungry at Turning Stone.

World Class Golf

Now that you have decided where to stay and where to eat, what else is there to do? How about a round of Golf? The Turning Stone Resort offers three world class acclaimed championship 18–hole courses, designed by Tom Fazio, Robert Trent Jones Jr. and Rick Smith, and two 9–hole courses. What makes golf at the Turning Stone Resort memorable is not only the award winning courses, the impressive landscapes and the outstanding quality, but also its Clubhouses and Player's lounges and amenities which complete the overall experience and have golfers coming back time and time again.

Casino Action

Of course the Casino is a big attraction for this resort and an impressive one it is. With more than 120,000 of gaming space, there is plenty of room for the various table games, instant multi–games (Oneida Nation's patented cashless slots), poker rooms, and high stakes bingo. With limits to fit all budgets and running 24/7 – you will always find yourself a space at the Turning Stone Casino.

Relaxing Spa and Salon

After all that there is to do at the Turning Stone resort, a need to rejuvenate yourself may be in order. Well, they have taken care of that too with a full service Spa and Salon. Indulge in a massage, a sauna or steam room or perhaps a dip in the pool or whirlpool.

With so many reasons to visit the Turning Stone Resort and Casino, you will be planning your next trip there before you even leave.

Turning Stone Resort and Casino is located only minutes off Interstate 90, just outside of Verona, New York. For more information or reservations, visit their website at

or call

800–771–7711.

Jolana Klobouk is a former travel agent who travels extensively and now writes about her experiences. She is currently the editor of

and

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