

HEALTH & SERVICES

When Spa and Sea Meet, Great Things Happen to Your Body and Mind



(Syndicated news) This summer, not everyone hit the open road for their travels. Some took to the blue waves of the water along the East Coast, instead, shooting amazing photographs of every port they stopped at along their journey. Kris Gebhardt and his wife Angela, two fitness and beauty experts from the Indianapolis area, just so happen to be two of those people that took to boating. They also happen to be the brains and force behind the much-anticipated 27,000 square foot Spa that will be featured inside the 380 million dollar newly renovated historic French Lick Springs Resort and Casino in Southern Indiana.

"Cruising the coast from Florida all the way up around to the Great Lakes on board a 80 foot jet powered luxury yacht is a wonderful way to clear the mind and draw inspiration for how to design and run a great spa," explains Kris. "It's a good way to keep healthy and see the country in a whole new way. Plus it inspires and puts us in the right frame of mind for our spa work.

Particularly because the spa is being designed around the famous historic healing waters of the rich Pluto mineral springs."

Nurturing a healthy mind and body is something they are used to. They bring to the designing table a host of experience and qualifications that include owning several businesses within the beauty and spa industry and years of experience in the fitness industry. Kris has authored five fitness-related books, including the latest, "Overhaul: Reinvent, Rebuild & Remake Yourself" (GCI Press, 2003), and he has also been a consultant for a multitude of famous faces, including rocker John Mellencamp.

"The Spa at the French Lick is going to be hard to beat," says Kris. "Angela and I have spent millions to create an environment that people won't want to leave, once they visit. Not only will they get the opportunity to relax and reinvigorate, but they can also admire some great art work, of the hand-painted allegorical murals in the lobby being done by Conrad Schmitt Studios."

For now, people will continue to anxiously await the opening of the new spa and the 42,000-square-foot casino. As the couple finishes up their East Coast cruising journey, and capture a few more breath taking photographs that will be featured in the guest rooms at the historic hotel, one can only wonder what inspiration they will draw from the next wave they come across.

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Having Computer Problems? Rely on a Virtual Technician for Fixes

(Syndicated News) One of the realities of using a computer often enough is that at some point you will probably need some type of technical support. Everyday people face computer issues that include crashes, viruses and a multitude of other problems.

Most simply continue using computers that aren't working up to their potential because they don't have the time or desire to take it somewhere to be fixed or have a stranger come into the home to work on it. Now there's another option that people are finding to be the most convenient of all - having their computers fixed remotely.

"People have their entire lives on their computers, so when it comes to repairs and maintenance they aren't comfortable handing their computer over to someone to service it," says Adam Sanderson, president of Computer Overhauls (<http://www.computeroverhauls.com>), a company specializing in protecting computers. "With the ability to access and fix computers remotely we can work on someone's computer when it's convenient for them. This allows us to work on anyone's computer right through the Internet. People don't have to worry about someone coming out or having to hand over their computer."

Whether the computer is months or years old makes no difference, the goal is to keep it running smoothly. Computers that have been slowed down due to problems with software or viruses can be a menace to even the most patient of users.

There are programs that can be installed to try to clean the system, but using the wrong one can often make your computer worse. People add an anti-virus or anti-spyware

program but unbeknownst to them the computer already has an infection that prevents the program from detecting it, giving the user a false sense of security. Another option is dropping the system off at a computer store where they essentially wipe the system clean. The drawback to this method is that the person loses everything they had on their computer. Another option is to have the computer overhauled.

"The nice thing about overhauls is that we can clean up a customer's computer in the privacy of their own home or office without actually being there," says Sanderson. "We connect to their computer remotely via the Internet and remove all of the nasty infections that have slowed down the computer. Once the computer has been cleaned we configure all necessary components to protect their computer. The end result is a fast, secure computer that still has all their data."

Another option that most people contemplate when their computer has problems is to simply buy a new one. This may not be a smart move because within a matter of months the new system can be running just like the old one. Right out of the box a new computer is not protected against spyware, viruses or hackers. When a computer is overhauled the software running the system is updated and all the appropriate protection is put in place right from the start.

"It's almost like a car," adds Sanderson, "you get it serviced every six months. You need to do the same for your computer to keep it running in tip-top shape."

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