



## Super showdown

Game showcases top QBs **PAGE 39**

TODAY · 3:25 P.M. · MIAMI · TV: CBS · RADIO: KNBR (680 AM)

## Northern exposure

Idyllic Meadowood has something for all **PAGE 23**



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SAN FRANCISCO

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### MY CITY

## Favorite things

Art promoter shares her sacred places

**PAGE 31**



### CREDO

## Well-sculpted

Artist of Milk, Sutro busts credits his strong family ties

**PAGE 15**

### LOCAL NEWS

## Bad, bad owner

The City loses big money on unlicensed pets

**PAGE 4**



# No wideout finer than this 49er

Hall of Fame election cements Jerry Rice's status as a legend in pro football's pantheon **PAGE 43**

Even in retirement, he's a competitor **PAGES 8-9**

Liotta: Memories of a master **PAGE 43**





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By Kathleen Jay  
Special to *The Examiner*

Located on a private estate in St. Helena, Meadowood exudes pastoral beauty. Set on a 250-acre valley and forested hillside, the resort is really a cluster of cottages and lodges, all of which have decks and terraces that overlook wooded areas.

What makes Meadowood so pleasurable is that it really has something for everyone. With the month of February budding with romance, the resort is a perfect place to relax and rejuvenate — but it's not just for couples. The resort is also great for intimate groups of friends, extended families and families with kids.

#### ACTIVE RELAXATION

Although Meadowood is probably best known for its restaurant, its wellness and recreation program make it unique.

■ The sport of croquet is taken very seriously here. However, all players start at the same level. Most tournaments last about two hours and are played on one of two manicured full-sized courts. Depending on the size of your group, either one person can play (\$45 per hour) or groups of 65 or more can arrange for a tournament.

■ For those who like to play golf, there are two choices. First, there is a narrow, nine-hole walking course. However, for those who want to experience golf the way Bobby Jones played it, the resort also offers hickory golf — through which guests accompanied by golf pros play with authentic hickory golf clubs from the 1900s and

a replica gutty percha golf ball.

■ If you are up for tennis, the resort has seven traditional California hard courts located near its forested area, which is surrounded by oak, pine and maple trees.

■ For a less-structured approach to enjoying the resort, guests can rent bicycles (\$15 for a half day; \$25 for a full day) and get a detailed cycling map of miles of trails through St. Helena and nearby Calistoga, Rutherford and Oakville.

■ For those who prefer being on foot, the resort offers a complimentary running-route map of the area — including six routes along the Silverado Trail to Lake Hennessey.

■ Swimmers, take note: There are two outdoor, heated swimming pools — one lap pool and one family pool — as well as two outdoor whirlpools.

■ The Restaurant at Meadowood — which has been awarded two Michelin stars — is a wonderful culinary experience. The menu is light and fresh, with many of its ingredients picked from the restaurant's garden. Make a reservation. Dining at the restaurant is open to all resort guests, as well as non-guests.

■ For those who like to mix wine and wellness, Meadowood offers a wine education program that explores both. Sign up for “Wine and Croquet,” a three-hour match that includes a blind tasting of sparkling wines; “Wine and Hickory Golf,” during which players are met at the fourth and ninth greens with Napa Valley wines; or “Sip and Cycle,” during which a local guide and wine educator takes guests on a tour of family-owned wineries and the Napa Valley, concluding with a gourmet picnic lunch.

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