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
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 **Stuff I Like via Progenex**
Many of you know I'm hopelessly addicted to Biggest Loser. Professionally terrified at times, as a personal trainer myself, but enthralled by the spectacle of it all. I've been following Harper's tweets about his own Crossfit training, and am excited to see how he puts it all together for Biggest Loser contestants.

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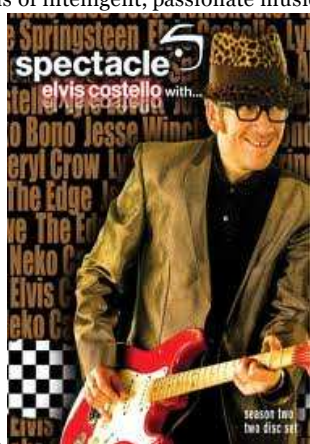
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Monday
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Spectacle: Elvis Costello With...

Monday, December 19, 2011 at 01:50PM

Somehow this very cool English TV show, *Spectacle: Elvis Costello With...* aired in the U.S. on the Sundance channel for two years and I never knew! Both seasons are now available on DVD, I'm happy to report, and fans of intelligent, passionate music



should rejoice.

Costello has always been a “thinking mans” type of artist. He’s unafraid to shed his musical skin and

evolve, sound and songwriting both. I saw him live on the Stiff Tour in 1977, have listened closely since "Alison" on 45 rpm, appreciated his anger in the early years (see *Saturday Night Live* "Radio Radio", also '77) and have been impressed as he's grown as a performer. Marrying Diana Krall in 2003 didn't hurt, either!

Season Two (I'm inspired to find a copy of *Season One*) features interesting guests, resulting in hard-to-imagine music performances. Costello has a knack, when interviewing fellow musicians, for their talk to come across as a friendly chat. I believe they are. Watching the episodes, seeing his guest list, I'm confident these are all friends, personally and musically. Costello was perhaps surprised to be paid to visit with friends and perform music together. His self-assurance makes for compelling performances.

Bono and the Edge guest on the first episode. These two bring out strong opinions in most people, they're liked or strongly disliked, but with Costello they come across relaxed and real. Neko Case, Cheryl Crow, Ron Sexsmith and Jesse Winchester are featured on the next episode. I see the correlation between this group, but who else in the world would have brought them all together, have commonality, and make the resulting performance so personal and gripping? Only Elvis Costello.



I won't bore you with listings; Google the show and see for yourself. Suffice to say that Springsteen is a two-episode type of guy! Get your hands on these DVDs so you can enjoy them on a flat-screen with great audio. Very worthwhile additions to a music collection.

*DVD, 2-disc set, season two, **MVD Visual***

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