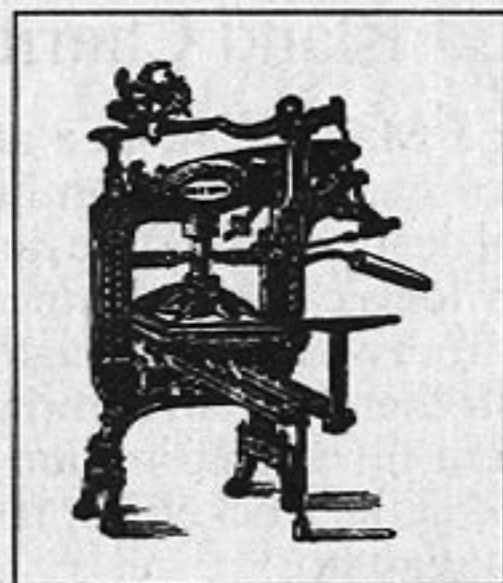


Dreams are like the [the] wind. They blow by. The small ones are breezes, but they go by, too. — Richard Brautigan



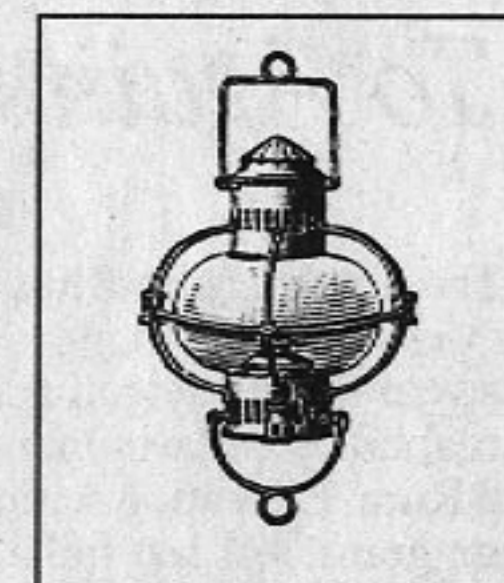
VINEYARD

Island of Martha's Vineyard, seven miles off southeast coast of Massachusetts. Winter population, 15,007; in summer, 105,624. Twenty miles from city of New Bedford, 80 miles from Boston and 150 miles from New York.



GAZETTE

Devoted to the interest of the six towns on the Island of Martha's Vineyard, viz.: Edgartown, Oak Bluffs, Tisbury (Vineyard Haven), West Tisbury, Chilmark and Aquin-nah. These, with Gosnold, constitute Dukes County.



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Judith Regan Does Not Allow Island Stay to Slow Her Show

By JULIA RAPPAPORT

Franklin street in Vineyard Haven starts with a church and ends with a golf course. It is a quiet street where houses sit with trucks and minivans in driveways and swing sets and bikes on green front lawns.

But on Tuesday afternoon, the scene on the corner of Franklin and Clark was far from the familiar calm that usually greets cars rolling out of town and heading to West Chop.

"I'm 53," Judith Regan, host of her own satellite radio show and former head of ReganBooks, called out to two photographers.

The photographers, who were crammed into a tiny, sweltering make-shift recording studio, along with a reporter, two guests and the owner of the studio, stopped snapping photos.

"I will not be shot from below," she informed them.

Ms. Regan was vacationing on the Vineyard this past week, but vacation is something that this high-powered New Yorker does not fully embrace.

And so on Tuesday afternoon, the day before her weekly show airs on SIRIUS Satellite Radio, Ms. Regan was seated next to Charlie Esposito in his Clark avenue recording studio, the only spot on the Island with an integrated services digital network box, a system that transmits audio in real time.

The studio is a temporary one. Mr. Esposito is building a full soundproof room in his basement, but for now, a cramped converted bedroom right off of the living room and next to the bathroom holds all of his equipment.

As the phones rang off the hook with calls from Ms. Regan's New York city office, guests ranging from the famous (the woman who discovered the Jackson 5) to the delightfully local (the executive director of the Martha's Vineyard Museum) lined up outside.

A half hour before taping began, Ms. Regan's engineer called to ask Mr. Esposito if he knew how to instant message. While Ms. Regan was setting up — she brought a bottle of water and a short bio on each of her guests — Mr. Esposito was downloading instant messenger and giving himself a short tutorial so that he could be in constant communication with New York during the live taping of the show.

The hustle and bustle died down as soon as Ms. Regan began talking in her husky, seductive voice.

With a thumbs up from Mr. Esposito, Ms. Regan welcomed her first guests, Roni DeLuz and James Hester, authors of 21 Pounds in 21 Days, the Martha's Vineyard Diet Detox. Ms. Regan signed the book when she was

still at ReganBooks, her own imprint at HarperCollins, just weeks before her subsequent firing over a proposed O.J. Simpson book. The diet book now sits at number three on the New York Times' how-to best seller list.

Ms. Regan first met the authors when Mr. Hester approached her about signing the book. He and Ms. DeLuz had previously been rejected by 39 publishers. Before deciding anything about the book, Ms. Regan decided to detox. "I was working 18 hours a day when I was doing this," she said on air.

"She had a dinner party for 18 people, cleaned it up and didn't touch a thing," Mr. Hester added.

"And I was raising two kids alone," she followed.

Suzanne de Passe, the chief executive officer of de Passe Entertainment, who signed Jackson 5 and is the first and only African-American woman to be nominated for an Academy Award for writing, pulled up a mike. The conversation shifted from detox to desegregation.

Ms. de Passe spent her summers in Oak Bluffs, in a house that her grandparents bought in 1944. When they were looking at the house, she explained, they had to wait outside while their white friends walked through. At the time, blacks were not allowed inside the homes, Ms. de Passe said.

"It's a community within a community," she said of the Oak Bluffs African American population. "It's a reminder when you get here of what is possible."

Soon, the talk turned away from the serious and the two women swapped stories about motherhood, working their way up from nothing (Ms. de Passe is a college dropout and Ms. Regan grew up on a farm in Massachusetts) and Ms. de Passe's youthful good looks.

The afternoon had its fair share of laughter and tales as Ms. Regan played host to Island comedian Marty Nadler, Outerland owner Barry Rosenthal, Vineyard painter Ray Ellis, Matthew Stackpole of the Martha's Vineyard Museum and Rick Lee, a longtime master of ceremonies at the Possible Dreams Auction.

"We're like a peaceful Middle East," Mr. Nadler said, trying to describe some of the typical Vineyard mayhem. "And



JUDITH REGAN MIXES WORK WITH PLEASURE ON ISLAND.

our six towns are like six Fallujahs."

The activity quieted down after about three hours of taping — just in time for Mr. Esposito to grab a bite to eat and head over to play with his band, Kahoots, on Chappaquiddick. While Mr. Esposito grabbed a sandwich, Ms. DeLuz handed Ms. Regan a lemon juice drink, one of the staples of the detox diet.

She has just returned from four months of international travel and, although she does not look like it, she said she was in need of a little detox.

Ms. Regan has gone through the detox three times in the past two years, she said from the porch of Ms. DeLuz's Martha's Vineyard Holistic Retreat where she has been staying. The attitude that people bring to the detox says a lot about their approach to life, she said.

"If I decide to do something, I don't complain," she said. "A lot of people make excuses for not succeeding. I see a lot of young people today giving up. I didn't have the option of giving up. It was do or die, there wasn't time for whining, so I just did."

As she put down her empty glass — she did not confirm whether she was currently detoxing, but did say that the drink helps her low blood sugar — it was clear that what she was ready to do, for now anyway, was relax.

"It's a magical place," she said of the Island, reflecting on her week of going to the beach, shopping at the Farmers' Market and the best Thai massage in her life. "It's interesting that you can have such a cross section of people in such a small place. It makes the Vineyard unique."