



Sheryl's favorite lunch spot

Smart, sexy, single Sheryl!

Carole Radziwill caught up with Sheryl Crow to talk about her music, her baby—and her happy, *healthy* life.

CAROLE RADZIWILL: You're a rock star, a new mom, you have a new album and you're newly single. That's a lot of newness!

SHERYL CROW: Are you saying I'm an old rock star?

CR: No! [Laughs.]

SC: I'm 46, but I'm still young at heart. [As for dating,] it's difficult to find men who want to grow old with a woman their age. It's not like they're thinking, You're too old for me. It's more like, Ten years from now you'll be too old.

CR: But there is something very sexy about a young man dating older women.

SC: I love it. It's so rare, though. But I do end up dating younger men.

CR: You're in your forties with the body of a teenager!

SC: Well, I meditate and I run. I do it for my mind.

CR: Do you overanalyze?

SC: I've had the illusion that I control everything in my life: If you work hard, you'll get what you want; if you're "physically fit," nothing bad will happen. You think, *I'm* not the one who gets cancer.

CR: Was that a life-changing event? [Sheryl was diagnosed with breast cancer in 2006.]

SC: It became the most *refining* moment of my life. It was the first time I did not go to a guitar or a computer to write it down. It was an opportunity to suffer through feelings without explaining them through songs.

CR: There's a song on your new album called "Now That You're Gone," which seems to be about life after Lance [Armstrong, whom Crow dated in 2005].

SC: It's not about a specific person. When you get out of a relationship, it's important to get to the point where you don't have strong feelings about it, bad or good. You can just kick back and be happy.

CR: Another song is called "Diamond Ring," but it's not about happily ever after.

SC: Many women think the "ring" will solidify their relationship, but sometimes the expectations are too much.

CR: You've been engaged three times.

SC: [Laughs.] I know! Next time I'll skip the diamonds and just go get married. I think instead of three's a charm, maybe four is the charm.

CR: Or maybe secretly you don't want to be married.

SC: There are definitely reasons as to why I'm not married. And I think a large part of it is due to the fact that I pick people who don't want to get married.

CR: Your parents have been married more than 50 years. Do you believe "happily ever after" exists?

SC: I love the way my life has gone, and I've had some truly great loves. I'm like Elizabeth Taylor—I believe in love.

CR: Whatever you're doing, it seems to be working.

SC: I had this clear picture of what my life was going to look like: I'm going to get married and have kids. You create your mythology, but sometimes it's based on a perception that isn't the truth about you. Having cancer made me say, "OK, what is it I want from my life?" I thought, If I want to be a mom, there are kids out there that need moms. I think you choose your family. And I did. [Crow adopted a son, Wyatt, now 11 months old, last April.]

CR: I believe everyone gets to write their life story. You're writing a great one: the rock star single mom!

SC: [Laughs.] Whatever *that* means.

CR: Your album is also very political.

SC: Yes, I think this is an important time politically.

CR: So your album title, *Detours*, refers not just to your life but also to detours we've made as a country?

SC: Exactly. I feel this is the beginning of a movement toward change in this country, similar to the '60s. I want to inspire people to know that we *do* have a say. ©

Carole Radziwill is the author of *What Remains*, now available in paperback.

LUNCH DATA

WHERE: Puckett's Grocery & Restaurant, Franklin, Tennessee

WHAT THEY ATE: Veggie burger and fries (Sheryl); veggie omelet (Carole)