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# Psssss.....t!

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Flight To Quality			
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**Welcome!** to **Psssss....t!—Your Flight To Quality webZine**—Your One-Stop Information Center. Here is everything you need!—"Click" on most resources mentioned in the following articles...

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### Eat 12 Delicious Grapes... Achieve Good Fortune... Enjoy Your Prosperous New Year

#### Robert Leggett

New Years Eve in Pilar de la Horadada, España? Eat 12 grapes? In the Town Square in front of the Church there? Eat 1 grape per bell gong? Wha...?

This would not be visiting Times Square in New York City. This would not be party-hopping. This would not be a planned event in a restaurant or social hall.

We arrived about 10:30pm. The streets were deserted. It was cold. There were lots of parking spaces...even on the Square. We asked a small group in our broken Spanish, "Fiesta aqui esta noche?" "Si...a las doce."

We hiked around a bit and noticed some bars with a few people inside but the entrance gates closed...they would open up early next year. We peered into a British pub...which was open...and decided to hike some more. We noticed a lot of right-hand drive British cars parked. We enjoy the English-speaking movies in Pilar. We postered these windscreens with the upcoming movie. We like Fran and support his endeavors.

Geee...it's still about an hour before the Big Event. Let's enjoy a bit of brandy in that pub. Oh...yes...just the spot. We met Alex...an expat Brit who has lived here for many years. What an amazing source of information...politics, politicians, real estate, culture...well-traveled. As the final 15 minutes of 2003 approached...we all walked across the street into the Square.

We were led to a line where they were passing out free bottles of celebratory bubbly, a bag of celebratory paraphernalia, and a package containing 12 magical grapes...compliments of the Town. Tax dollars at work...yea!

We strolled to the front of the Church, opened our bags of grapes and listened for the first gong. We were told we must be patient and not get into the other goodies. It is tradition...do that after downing the dozen grapes. Those gongs come in fairly rapid succession. Well...stuff my face! I did each grape on time! Next year I'll do even better...I'll first empty the bag and hold all 12 grapes in one hand...hope I don't break any traditions.

With all the celebrators about, it seemed a lot warmer than before...especially after all that celebratory bubbly magically disappeared. We all got our first exercise in the New Year...throwing stringers, blowing up and popping balloons, getting lei'd, huffing and puffing through noisemakers, putting on a party hat with too short a string, fitting a mask under my glasses, and kissing/being kissed by a multitude of strangers.

Alex, our cultural mentor, returned to the pub...and a celebratory meal...and later would go bar-hopping. We were not sure what we would do. We had eaten beforehand. We met a 19-year-old who may have been either Italian



or Spanish. Very interesting guy...knew a little English, French, Italian, German, but likely mostly Spanish. He might have become our next cultural mentor...but being 1:30am we instead headed back north (or is it east)...I feel somewhat magnetically-challenged in the Costa Blanca area.

We were told this delightful Spanish New Years Eve event is disappearing. It is a shame. Our lives need more generous outpouring of warmth and goodness. If we are near Pilar de la Horadada next New Years Eve...we will enjoy another booster shot of generosity and goodness. And...yes...we are already feeling good fortune coming our way. We will enjoy our Prosperous New Year.

### **Flight To Quality Announces Affiliation With Orbitz**

Flight To Quality is pleased to announce an affiliation with Orbitz. Now you can find and reserve your lowest fares right from our site— *Find Low Fares on* ORBITZ!

#### Orbitz—A Departure from the Ordinary Travel Site

Welcome to Orbitz. Orbitz is a leading online travel company offering leisure and business travelers the widest selection of low fares as well as deals on lodging, car rentals, cruises, vacation packages, and other travel. The site was created to address the need for an unbiased, comprehensive display of fares and rates in a single location for consumers

#### **Orbitz—The Travel Site**

- Award-winning flight search engine makes finding the lowest fare easy.
- Orbitz searches hundreds of airlines to find the best flights for you.
- The largest collection of discount web-only airfares from dozens of airlines.
- Comprehensive selection of hotel rates including discounted OrbitzSaver rates.

Orbitz's inventory includes 455 airlines, 500,000 lodging properties, 25 rental car companies, 30 vacation package providers and 18 cruise lines.

Orbitz search results are presented in an easy-to-use Matrix that displays a vast array of travel options for you. Orbitz does not favor or promote a specific travel provider, allowing you to easily identify and select the price and supplier that best meets your needs.

#### **Orbitz Cares**

Orbitz is the first and only travel site with a seasoned **Customer Care Team** that monitors nationwide travel conditions for our travelers around the clock, everyday. At Orbitz command center, the Care Team is gathering and interpreting FAA, National Weather Service and other data to provide you with travel intelligence—real-time information that travelers won't find elsewhere.

At Orbitz, the customer relationship doesn't end when you hit the "purchase" button. Orbitz Care Team is on the case 24/7 while you're on the road, providing automated Travel Alerts and Flight Updates via your device of choice: mobile phone, pager, PDA, or e-mail. If you want, you can also receive your updates by calling Orbitz toll-free number and using your personalized PIN. Orbitz is there to make your journey as easy as possible providing the latest information on flight delays, weather conditions, gate changes, airport congestion or any other event that might impact your travel.

#### How it All Started

Five airlines—American, Continental, Delta, Northwest and United—came together to fulfill a mission: Develop a travel website that would serve people better.

Orbitz was designed for you—to make your travel planning experience easier and more affordable. Find your lowest fare on Orbitz— *Find Low Fares on ORBITZ!* 

### **Debarkation Day—What to Expect**

by Marilyn King

All cruises come to an end eventually... It hardly seems fair you have to leave your ship when it feels like your vacation just began. Days on a cruise fly by!

Debarkation process actually begins the day before you arrive at your ship's homeport. That day your cabin steward delivers special luggage tags to your stateroom, along with Customs forms and instructions.

Be organized—avoid last-minute anxiety. First, you have to pack for home. Be sure you set aside clothing to wear the next morning when you leave the ship. Put your passport or other proof of citizenship, airline tickets, and medications into your hand luggage!

After packing, remove all old tags from your suitcases, except for personal identification. Then attach the new debarkation tags (they are color- or number-coded according to flight schedules). Follow provided instructions and place luggage outside your stateroom door for pick up.

On debarkation morning your statement itemizing on-board charges is delivered before you rise. Check it over for accuracy. Take care of any discrepancies in your on-board account before leaving the ship—usually at the Purser's Desk. Finish packing your personal belongings, and leave your stateroom by the appointed hour.

Room service is not available on most ships—however, breakfast is served in the main restaurant as well as the buffet. After breakfast, there isn't much to do—so, wait comfortably in a lounge or on deck for your tag color or number to be called.

Be patient—it takes a long time to unload and sort thousands of pieces of luggage. Debarkation procedures can sometimes be drawn out by passengers who are unprepared. This is no time to abandon your patience or sense of humor.

Passengers disembark by groups according to the color-coded tags placed on luggage the night before. Those with the earliest flights get off first. If you have a tight connection, notify the Purser before your last day—he or she may be able to arrange faster pre-clearing and debarkation for you.

All passengers must meet with Customs and Immigration officials before debarkation—either on the ship or in the terminal. Each individual or family must complete a customs declaration, regardless of whether anything was purchased abroad.

#### **Sample Customs Declaration Form**

U.S. Customs and Border Protection Declaration Form 6059B - Instructions Welcome to the United States!

Each individual arriving into the United States must complete the CBP Declaration Form 6059B. If you are traveling with other immediate family members, complete one form per family unit. Please contact your nearest port of entry to order the form.

Explanations for information fields are explained below.

U.S. Customs and Border Protection Declaration Form - Front

1. Print your last (family) name. Print your first (given) name. Print the first letter of your middle name. 2. Print your date of birth in the appropriate day/month/year boxes. 3. Print the number of family members traveling with you (do not include yourself). 4. Print your current street address in the United States. If you are staying at a hotel, include the hotel's name and street address. Print the city and the state in the appropriate boxes. 5. Print the name of the country that issued your passport. 6. Print your passport number. 7. Print the name of the country where you currently live. 8. Print the name of the country(ies) that you visited or your trip prior to arriving to the United States. 9. If traveling by airline, print the airline's name and flight number. If traveling by vessel (ship), print the vessel's name. 10. Mark an X in the Yes or No box. Are you traveling on a business (work-related) trip? 11. Mark an X in the Yes or No box. Are you bringing with vou: a. fruits, plants, food, or insects? b. meats, animals, or animal/wildlife products?

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Each arriving trav information (only	ONE written	declaration per fa	ir must provide i milv is required	the followur ):
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(b) City			(c) Stage	
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		Yes	No	
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<ol> <li>I am (44e are) carrying currency or monetary instruments over \$10,000 U.S. or foreign equivalent: (see definition of monetary instruments on reverse)</li> </ol>			valenc Yes rse)	No
14. I have (We ha			Yes	No
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			CBP Form	60593 (03/04

c. disease agents, cell cultures, or snails?d. soil or have you visited a farm/ranch/pasture outside the United States?

12. Mark an **X** in the Yes or No box. Have you or any family members traveling with you been in close proximity of (such as touching or handling) livestock outside the United States?

13. Mark an **X** in the Yes or No box. Are you or any family members traveling with you bringing \$10,000 or more in U.S. dollars or foreign equivalent in any form into the United States?

Read definition of monetary instruments on the reverse side of the form. **Examples:** *coins, cash, personal or cashier's check, traveler's checks, money orders, stocks, bonds.* If yes, your must complete the Customs Form 4790.

14. Mark an **X** in the Yes or No box. Are you or any family members traveling with you bringing commercial merchandise into the United States?

**Examples:** all articles intended to be sold or left in the United States, samples used for soliciting orders, or goods that are not considered personal effects.

15. If you are a U.S. resident, print the total value of all goods (including commercial merchandise) you or any family members traveling with you have purchased or acquired abroad (including gifts for someone else, but not items mailed to the United States) and are bringing into the United States. **Note:** U.S. residents are normally entitled to a duty-free exemption of \$800 on items accompanying them.

If you are a **visitor (non-U.S. Resident)**, print the total value of all goods (including commercial merchandise) you or any family members traveling with you are bringing into the United States and will remain in the United States. **Note:** *Visitors (non-U.S. Residents) are normally entitled to an exemption of \$100.* 

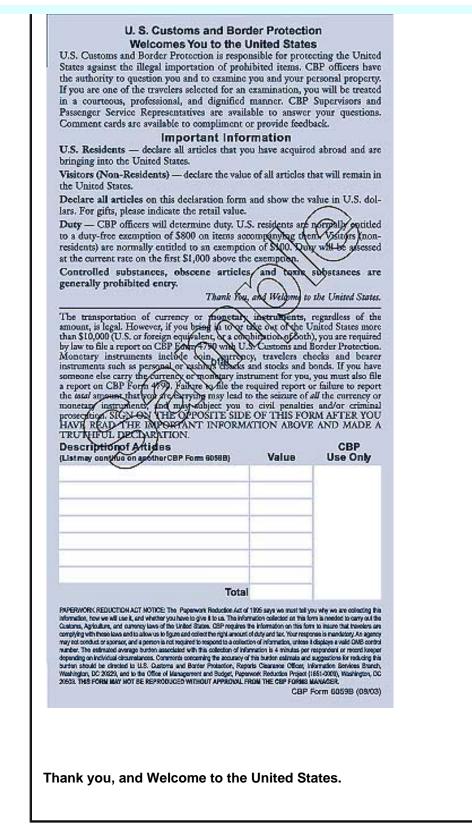
Declare all articles on this form. For gifts, please indicate the retail value. Use the reverse side of this form if additional space is needed to list the items you will declare.

The U.S. Customs officer will determine duty. Duty will be assessed at the current rate on the first \$1,000 above the exemption.

- Read the notice on the reverse side of the form.
- Sign the form and print the date.
- Keep the complete form with you and hand it to the CBP inspector when you approach the Customs and Border Protection area.

Controlled substances, obscene articles, and toxic substances are generally prohibited entry.

**U.S. Customs and Border Protection Declaration Form - Back** 



Be prepared to pay whatever duties are owed directly to the customs inspector, with cash or check. Then Customs forms are collected and passports/identification papers examined.

Once in the terminal, luggage is sorted by color or number. Locate yours and, if desired, flag down a porter for assistance. Then, either proceed to your motorcoach, taxi, or retrieve your vehicle from the parking lot. Relaxed and happy...after a great time at sea—your cruise is complete!



### It's Wave Season!!

**Wave Season Spectaculars!...**Does your imagination take you to warm inviting beaches in the Caribbean, Mexico, the South Pacific—or to scenic coastlines of Scandinavia? Enjoy a few new destinations at a time. Visit port after port—enjoy different islands or cities. Explore the variety this Wave Season—lock in your plans for a great cruise vacation!



Hawaii Cruise from Ensenada to Honolulu 10 nights from \$799 (USD)



Sail away to paradise! Experience lush, tropical rainforests, waterfalls, volcanoes and some of the most breathtaking landscapes in the world. From palm-fringed beaches to exotic orchid-scented gardens, Hawaii's waiting for you...Aloha.

#### Treat Yourself and Your Special Someone Valentine's Special Offer Cruises Starting at \$959 (USD)

Treat yourself and your special someone for Valentine's Day. Save \$250 per person off brochure prices—receive free delivery of Valentine's roses on February 14, 2004. A Valentine's Day memory to last a lifetime. Treat yourselves to a romantic European river cruise with Viking River Cruises—and save at the same time. This special offer is available for bookings on applicable cruises made before February 10, 2004. Take advantage—enjoy your discount and flowers on us.



New Orleans to the Caribbean—Oceanview Stateroom 7 Day Western Caribbean Cruise 7 nights from \$499 (USD) Psssss.....t! Your Flight To Quality webZine



Most people feel lucky to explore just one Caribbean hide-away—but on this magical journey you have a chance to explore several. Strolling along pristine beaches, watch tropical fish glide by and relax all day on the marvelous decks of your cruise ship. Return home with wonderful memories.

Caribbean Special 2 for 1 Cruise Fares PLUS \$200 Shipboard Credit\*! 12 Days from \$1295 (USD)

Enjoy one magnificent beach after another. Swim, snorkel, dive, or just bask in the sun. If you seek other activities, there are fascinating nature hikes in Dominica, scenic drives through spectacular countryside, and historical cities and ruins to visit. Whatever you pleasure—you're sure to find it on an Oceania Cruises Vacation. Book your voyage by January 31, 2004 and you'll receive 2 For 1 cruise fares plus a \$200 shipboard credit\*.



Mexico—Oceanview Stateroom 7-Day Sea of Cortez 7 nights from \$699 (USD)



Mexico is calling! Jubilant trumpets of a mariachi band, culture as warm and colorful as a sunset, whisper of waves lapping secluded sandy beaches. Answer with this festive 7-day cruise from San Diego, featuring the popular seaside resorts of the Mexican Riviera. Aboard your luxurious, five-star Holland America ship.

#### Scandinavia Fjords and Fairytales—Roundtrip Copenhagen 9 nights from \$2895 (USD)

Few places on earth match Norway's fjords. Glistening waterways carve through snow-capped mountains. View Europe's largest glacier and explore Norway's magnificent fjordlands—including Geirangerfjord, its most beautiful, and Sognefjord, the longest. You'll also visit the Norwegian capital of Oslo with its Viking museums, and the Hanseatic seaport of Bergen.



Tahiti Tahiti by Gauguin—Free Air on Selected Sailings 7 nights from \$2835\* (USD)—Air Inclusive



French Polynesia—maybe the ultimate destination!. With its almost mystical reputation and stunning natural beauty. Every new vista, every new taste and every new experience brings gladness to your soul. Life aboard the six-star Paul Gauguin is effortless and utterly exhilarating. What luxury! And what better place to mark a joyful anniversary, milestone birthday or family gathering. We'll take you there with Free Economy Class Air and Bonus Savings of up to \$1,250 per guest on selected sailings!

Bermuda Bermuda Cruise from Norfolk 7 nights from \$780 (USD)

From the beaches surrounding King's Wharf to colorful St. George and everywhere in between. As a British crown colony, Bermuda is cricket matches and neighborhood pubs, afternoon high tea and regimental guardsall blended with sunny island charm. Hear it in the rhythm of calypso music. See it in the pastel-painted cottages. Feel it in the soft pink sand under your feet. This is Bermuda, one of the world's most romantic destinations.



Prices that include airfare do not include certain additional government taxes and fees, including but not limited to:

- (a) Airport Passenger Facility Charges of up to \$18 (USD), depending on itinerary.
- (b) the September 11th Security Fee of \$2.50 (USD) per flight segment (a takeoff and a landing), with a maximum of \$5 (USD) per one-way flight or \$10 (USD) per round trip.
- (c) Federal Segment Fees of \$3 (USD) per flight segment.
- (d) a Travel Facilities Tax of up to \$13.40 (USD) per round trip for domestic flights beginning or ending in Alaska or Hawaii.
- (e) for international travel, foreign and U.S. government-imposed charges of up to \$200 (USD) per round trip, depending on routing and destination. All prices are subject to availability and change.

Convince your "significant other" to take a cruise with you!— <u>101 Reasons Why to Choose to Cruise!</u>

> Flight To Quality— Find out more: Enjoy Your Cruise:

### Why is Now...the Best Time to Visit the Americas?

by Marilyn King Editor

The US economy is on a definite upswing!... Now is the best time to travel...to invest in your future memories! Travel now—

- The US economy is growing—it's time for Americans to buy products, services, travel and invest in their future memories
- The result of this American economic growth is a falling US Dollar— products, services, travel and investments cost less in terms of the Euro, Swiss Franc, British Pound, Japanese Yen, and many other non-US Dollar currencies

As of January 2004, **you can save approximately 21%** if you purchase US products, services, travel and investments in your own non-US Dollar currency. Click on our "Currency Converter" and find out how much you save—

### © 2003 by Frank Fargo

Perhaps no other vacation destination has as many choices as Hawaii. Consisting of a chain of islands most people tend to let the travel agent select their destination. Unless you have made repeated trips to Hawaii, you may be missing the ideal site for your vacation. I have provided this short guide to the islands, based on my many trips to all of the islands. Hopefully it will help you select the right place for your next visit.

The Hawaiian Islands were all formed by the same underwater volcano and the further north you go the older the islands. The commercialization of Hawaii is also different on each island. Some islands have large cities while some have scattered condos and hotels.

**OAHU:** Until a few years ago, all visitors flew into Honolulu airport and venturing to any other island required another short flight. Today, major airlines fly into Oahu, Kauai, Maui, and the big island of Hawaii. Oahu is dominated by Waikiki beach and the city of Honolulu. The oldest hotels in Hawaii are on Waikiki beach. It is a crowded beach adjacent to a very large metropolitan city. Traffic is even a problem. Highlights include Pearl Harbor, the Punchbowl crater, Sealife Park, and the Cultural Center. There are much better destinations than Oahu. I avoid Oahu on all of my trips to Hawaii.

**KAUAI:** The garden island is beautiful and less hectic. The southern part of the island includes resorts and golf courses. The east side is scattered hotels and small cities while the west side is the breathtaking Napili coast. There is much to do on Kauai including traveling to the "Grand Canyon", taking a boat trip to Napili, and cruising up the Waialua River. Kauai does not have the best beaches or snorkeling sites, but is much more lay back and beautiful than some of the other islands.

**MAUI:** Called the "Best" of Hawaii, has the most to offer including snorkeling, the Halelukela crater, Lahina city, shopping, golfing, etc. It is separated into East and West Maui which are two separate craters. From Maui, you can see Lanai (about a 40 minute boat ride), and Molokai about 10 miles to the north. The Kaanapali Beach area is the oldest part of the island and contains a string of hotels. In the past 15 years, the Wailua Beach area has developed into a high-end part of the island with expensive hotels and exquisite golf courses. The scenery is beautiful, and the activities are extensive. Most people should include Maui in their trip plans.

**HAWAII:** The big island is made up of two large 15,000 foot volcanoes and boasts the only active volcano in the islands. It is very diversified and includes cattle ranches, live volcanoes, lust tropical jungles, and dry coast lines with fine beaches. It would take you a whole day to drive around the island. To the east is Hilo, with its lush tropical gardens. To the west is Kona, the dry coast with fine hotels and golfing. Between Hilo and Kona are the Volcano National Park and its active Kilauea Volcano. Hawaii is less traveled than Oahu or Maui and a good destination for a family that likes to take in some excursions while still having fun in the ocean.

**MOLOKAI:** Still relatively un-developed, Molokai has some of the most beautiful scenery in all of Hawaii. The east coast consists of 6,000 foot cliffs but is accessible only from air or sea. This is the place to relax for those A–type personalities. There are not as many activities or diversions except for some golf courses on the north shore and an animal reserve in the middle. If you want a place to learn how to relax, this is it.

In summary, there is something for everyone in Hawaii. Oahu is the most developed and unless you love people and like shopping in metropolitan centers, you can find more relaxing places in Hawaii. Maui is a must.

Its rich whaling history, fine restaurants, myriad of water activities and diversity of landscapes make it worth the visit. Kauai and Hawaii are special islands for the discriminating visitor. There are things to do with much less commercialism. Select Kauai to relax or play golf, and Hawaii to explore lava tubes and jungles. If you are looking for a retreat, look to Molokai with its limited amenities forcing you to sit by the pool sipping your Blue Hawaii.

In a subsequent publication, I will focus on where to stay in the islands and how to use the internet to find your next vacation retreat.

Patrick Fargo is the author of various articles and books on management, software and the internet. He has a manuscript for a book titled, "Management Evolution: Why Companies are Failing" completed and is looking for a publisher. One of his passions is Hawaii. He has made over 10 trips to the islands and has provided advice to many of his friends. Visit his site to see some of his articles and other "works of art" at— www.patrickfargo.com.

#### Pat can be contacted via email at: p\_fargo@earthlink.net

### **Explore Hawaii**

#### **Custom Design Your Vacation In America's Tropical**

**Paradise**—designed to fit your independent spirit. We know you have your own ideas and special needs, so we offer you complete flexibility in planning your trip. You may choose:

- Special discounted airfares from most U.S. cities
- Any length of stay on any number of islands
- Any departure day
- Transportation—rental cars and round trip transfers to your hotel
- Sightseeing tours, helicopter rides, and much more
- A FREE orientation breakfast in Waikiki

Unlike other travel packages you might see, there are no required purchases of lei greetings, transportation, or activities. You pay only for the exact features you want.

> Will you help me... Customize My Hawaiian Vacation?



Global Investing—is a newsletter for investors seeking to

build an International portfolio of stocks and bonds from around the world without leaving Wall Street or their regular brokers. Find out more— **click logo...** 



### St. Paddy's Party! Feilte Dhuibh Linne Teoranta

Anytime around St. Patrick's Day is a wonderful time to visit Dublin. Celebrations start the day before with the night-time spectacular—**Meet Me By The River**. Performers carry lights from the corners of the city to the river Liffey. Upon arrival at the firework-emblazoned river, the drum roll from a hundred drums announces the official arrival of St. Patrick's Day.

St. Patrick's Day itself is a bank holiday throughout Ireland. Celebrations in Dublin get off to an early start with the St. Patrick's Festival Parade. Join crowds of spectators along the roadside. Watch as colourful theatrical pageants, marching bands and dazzling entertainers go by. After the parade bring your dancing shoes along to St. Stephen's Green—join over 50,000 in the gigantic Ceilidh.

Irish tourism minister John O'Donoghue named Mary Davis—CEO of the Special Olympics summer games in Ireland—this year's chairperson of the 2004 St. Patrick's Festival in Dublin—*Feilte Dhuibh Linne Teoranta*. The festival—one of Ireland's top draws—attracts more than 1.2 million people. This year it takes place March 12–19. Events include fireworks, musical performances, street fairs, dance and of course—the parade itself through Dublin.

Get in on the act! Come to Paddy's Party in Dublin. Spend a few days—or a week. Enjoy Dublin!



Compared to many places in Western Europe, Dublin accommodation is not cheap. Compared to everywhere else in Ireland, it is positively exorbitant! However, like anywhere, you get what you pay for...and the quality is excellent. Like most tourist and visitor-oriented sites in Dublin, the city hotels are split into those to the north of the river Liffey, and those to the south. The majority of accommodation is located either in the Temple Bar area or around Merrion Square and St. Stephen's Green. The Temple Bar area remains busy until extremely late—especially on weekends. If you value your sleep, stay somewhere less central. Dublin is small enough so any hotel in the city is within walking distance to all the central attractions. The best-located hotels are south of the river.

Celebrate St. Patrick's Day and the year 2004 festivities in Ireland on a scenic and historical tour. Enjoy traditional entertainment and visits to heritage sites.

Our 7-night St. Patrick's Week—Ireland program is priced from \$889 per person, double-occupancy, land-only. Air Fare is based upon availability at time of purchase. The program runs March 13–20, and includes—

- First-Class hotels in Limerick, Athlone, Dublin and Killarney
- Irish Breakfast daily
- Five dinners
- Deluxe Motorcoach transport and touring
- Driver/guide
- Visits to Kilmainham Jail, Galway Bay, the Cliffs of Moher and of course the St. Paddy's Parade

Find out more about St. Patrick's Week-March 13-20, 2004

But...First see below...

Note—you will need your FREE Acrobat Reader—Get it here

Now—Reserve Your Emerald Holiday I gotta be in Dublin, Celebrat'n St. Paddy's Day—2004!

Marilyn King is an Ireland Specialist certified by Tourism Ireland. Their Shamrock Club is the official organization for preferred agents promoting Ireland. Marilyn has been an official member of The Shamrock Club since May 2003.



## Pamper Yourself in the New Age

2 for 1–Offer ends April 29,2004

"Unique. Charming. Tranquil. Nourishing. Restorative. Invigorating. Uplifting. Inspiring. Adventurous. All these words define the nature of 'living well.' That is what the New Age Health Spa in Neversink, NY is all about."—Northern Valley Suburbanite, February 2003

**New Age Health Spa** is located on 280 acres of woodland adjacent to the New York Catskill Forest Preserve—only two hours from Manhattan. This all-inclusive spa resort offers healthenhancing services for women and men in a nurturing environment. Included in rates are three healthful meals daily, complete use of spa facilities, and unlimited participation in scheduled activities. And since a spa stay is incomplete unless you can melt the stress away with a massage, complement your stay with over 20 therapeutic spa treatments conducted in a contemporary spa facility.

Reserve your New Age Health Spa vacation at the single-occupancy rate and bring a friend for **FREE** to share a double-occupancy accommodation.

Package includes: A 2-night minimum and 4-night maximum stay are required Valid through April 29th, 2004–Sunday through Thursday nights. Note: For this special offer Holidays are excluded.



**New Age prides itself on state-of-the-art facilities**, a highly trained staff, and a wide range of programs dedicated to integration of body, mind, and spirit. A great destination for solo travelers, it also caters to couples-with some spa rooms equipped with two beds to accommodate tandem treatments. Whether alone or with loved ones, the opportunity to view life from a new perspective is yours when you visit the New Age Health Spa.

**New Age Health Spa offers spa treatments and private consultations** to help you look and feel your best. Body therapies, inspired by healing traditions found throughout the world, create a sense of enhanced wellness. Muscle soothing massage, skin conditioning body wraps, and anti-aging facials rejuvenate your body. Consultations addressing health issues such as weight and stress management provide you with a recipe for a more

balanced way of life.

**Intimate and charming lodges at New Age accommodate guests year round**. Attractively appointed country-inn style guest rooms are housed in five separate cottages. Each guestroom has a private bath, an individual thermostat for heat control, and air conditioning.

The dining experience at New Age offers great tasting, highly nutritious meals that are low in fat, sugar, sodium, and cholesterol. Creative chefs work closely with nutrition staff to prepare nourishing and well-balanced meals. Only the freshest and highest quality ingredients are used- many grown right on-site in the three greenhouses and extensive gardens. If you are concerned with reducing caloric intake, the nutritional value and coordinating portion sizes are listed next to each food choice.

**Fitness facilities at New Age** include a fully equipped gym, heated indoor and outdoor swimming pools, and a sunshine-filled exercise studio hosting



innovative cardiovascular, muscle-conditioning, and stretch classes each day. The "Cayuga Yoga & Meditation Center" is home to the New Age Spiritual program. Classes in yoga, tai chi, meditation, and qi gong, suitable for both beginners and advanced students, take place daily in this sanctuary featuring a field stone fireplace and indoor waterfall.

For the outdoor enthusiast, New Age offers one of the best hiking programs in the Catskills. Additionally, over five miles of groomed trails encompass the spa property accommodating a variety of seasonal activities-it's a true nature-lover's retreat.

# Every spa destination has a specialty " something that makes you say, "Wow! That was worth the trip." Here, highlighted are some truly exceptional, memorable features.

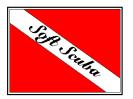
**Greenthumbs**—Open daily, three greenhouses provide the spa chefs with many of the herbs, sprouts, and salad greens used in New Age recipes. In season, a large outdoor vegetable garden and orchard are also maintained. Visit independently or participate in weekly greenhouse tours.

**Private Dancer**—Join Ray Smith, a professional dancer, and learn the fundamentals of dance to rhythms of cabaret-style music: Broadway, Latin, jazz, and modern. You will learn to perform shimmies and various Fosse-style movements, as well as steps to the Samba, Promenade, and Two-Step.

**Climbing New Heights**—The Alpine Tower is a free standing, 50' high climbing structure, with over 25 different ways to get to the top. Approaches include rope ladders, swinging logs, a seesaw, and more than 130 handholds. You wear a harness tethered to a rope controlled by two teammates on the ground. Work to overcome limiting thought patterns and attitudes. Redefine your own strengths and abilities.

**Serenity Now**—To enhance the serenity of the Spa environment, televisions and telephones are found only in common areas. Televisions with VCR's are located in two lounges, accessible 24 hours a day. Three payphones are available for outgoing calls, while incoming callers can leave messages for you with the staff. It's a true escape from the everyday.

> Flight To Quality— Find out more: <u>Relax Your Way To Wellness</u>



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