

Let's Go Vámonos Allons nous mes amis

What should you do if you wind up in the same hotel as a problem guest?

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Be careful about when and where you book and you will greatly reduce problematic fellow travelers..

Avoid popular Spring Break destinations in March if you don't want to party with this population. Avoid Laughlin, Nev., at the end of April if you don't want to share your holiday with a motorcycle rally. And don't book a Times Square hotel room on New Year's Eve if you want peace and quiet. Do some research about what events might be at your desired location before you book.

Ask for a room away from the pool, bar, restaurant, elevator, convention area, meeting rooms. or anywhere people will congregate. If you're being bothered by kids running up and down a hall, or people slamming doors and yelling, pick up your in-room phone and call security or the front desk and ask for someone to

address the situation. See a fire or a violent crime taking place? Call 911. After you do so, let the front desk know what is going on and that authorities are on the way.

Treating Jet Lag

BEFORE YOU GO

Exercise, sleep well, stay hydrated and stay sober.

Aadjust your habits before you leave to adjust your internal clock. Some people wear two watches, one set to the current time, and one to the time at your destination. This can help you prepare for the time change.

AT THE AIRPORT,

Avoid escalators, elevators and moving sidewalks. Walk and take

the stairs to get added exercise.

DURING THE FLIGHT

Stay hydrated, but only with nonalcoholic, non-caffeinated fluids.

Get up out of your seat at regular intervals to walk and stretch. You can also do exercises right in your seat.

Restrict your diet to foods that are easily digested, those relatively high in fiber but not too rich. Fats tend to keep you awake, while carbs usually put you to sleep.

If you need to stay awake to help you get on local time, eat high-protein or fatty foods. If you need to fall asleep, eat carbs

Caffeine is also useful if you need to stay awake, but don't go overboard, or you could find yourself wide awake in the middle of the night.

Be sure to implement all dietary changes in moderation.

- adjust your habits before you leave to adjust your internal clock
- walk and take the stairs
- stay hydrated
- restrict your diet to foods that are easily digested

Are You a Fan of Romance Novels?

If so, you might want to check out the Inn BoonsBoro (MD), renovated by Nora Roberts (aka J.D. Robb). This town is not a tourist hot spot filled with souvenir shops and chain fast food restaurants. Instead, there are Civil War Battlefields, covered bridges and many war memorials. The rooms are named after literary

couples and the furnishings and scents are in keeping with the era of the couple's story.

Some of the amenities included in the rooms are a copy of the book and DVD of the inspiration for the room. Some of the bathrooms have fireplaces and copper tubs.

Not surprisingly, the inn also has a library. And there are a complimentary

glass of wine and snacks each evening from 7-8pm.

You won't need your car while you are there. Everything you could need is within walking distance of the inn, though there are some places of interest a short drive away.

Rates are \$220-300 per night plus tax. The rate includes breakfast.

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cannot afford to lose or do without should go into your carry-on

Some Tips for Packing Your Carry-on Baggage

1. **P**ack small items together in see through bags for easy identification.
2. **T**ie wires/cords together. Loose wires can look like detonation devices.
3. **P**ack electronic items on one layer in you bag to aid identification.
4. **K**now the TSA rules for liquids and gels as well as the airline's rules on size of carry-on bags.
5. **I** have recently learned that the residue left when a bag is wiped at security can cause problems at the next security check. So replace or clean them when you arrive at
6. **L**ock your carry-on bag when you board the plane.
7. **A**nanything you cannot afford to lose or do without should go into your carry-on bag.
8. **Y**ou can use clothing and "purses" to carry belongings.

Make Effective Networking More Fun than Work

Many people approach networking as a hunting trip for new clients. Instead of this as your goal, try telling a set number of people about a new project or learn what other business people face as a challenge.

Get to know other people at the event and let them get to know you. This is so

much more fun (and effective) that merely giving a sales pitch to everyone at the event.

The last part of this plan is to follow up with those you met. This can be for coffee, to give a good referral, or to form a business alliance. This follow up should have a plan, not a buckshot

approach. Reconnect with those who were "like minded" to you or who might have a similar approach (or a complimentary one) to business. Make your follow ups potentially beneficial to both of you.

Some Suggestions on How to Get a Cruise Deal

Act now, don't wait. You can wait hoping to get a last-minute bargain, but you may miss out if ships fill up. And sometimes the price goes up as the time of sailing approaches and the ship fills up. Online comparison sites can be helpful when researching prices, however it can pay to talk to a travel agent to understand the full cost of

the cruise. The agent may also be able to offer a better rate than what you find online. Working with an agent may also be useful if the price drops after the cruise is booked. In such situations the cruise line may offer an upgrade or onboard credit. When searching for deals, remember that the lowest price often means the

worst cabins on the ship (no windows or a view of the life boats, small, near noise producing areas).

Travel agents also have professional affiliations that may allow them to add value options to your cruise experience at no additional cost to you.



Baggage Fees Mean Fewer Lost Bags??

Airlines get nearly four reports for every 1,000 domestic passengers that luggage has been delayed, lost, pilfered or damaged, according to the Department of Transportation. At the same time, nearly every domestic airline is charging passengers to check their bags. The new round of fee increases is prompting some passengers to ask: If the

airlines are charging more to carry bags, shouldn't they do more to make sure they arrive when they're supposed to? The airlines say they are working to upgrade their baggage systems. But industry analysts say money from the extra fees is going to offset low ticket prices or to shore up the airlines' bottom lines. According to one industry insider, bag fees generate

revenue to operate and still keep prices low enough to attract travelers.

Some travelers say it is worth the higher price to ship bags separately to a destination. They say that it is worth the expense to know their bags will arrive at the same destination as the person who owns them.

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Tuscany in Low Season

Most people visit Tuscany in summer, even with the high temperatures, when the number of tourists can be overwhelming. Consider going in winter when the temperature is closer to 40° or even 30° and fog rolls in over the landscape. This is the time when you will experience the real Tuscany.

There is a Unesco World Heritage Site at Val d'Orcia. The area is quite muddy at this time of year, but you won't be fighting busloads of tourists. The trattorias offer the opportunity to dine with the winemakers of the area.

The area's top vineyards are often impossible to

visit from June to September, again, because of the large number of tourists in the region. And it is said that the tastes of Tuscany are better this time of year, from the wines to the in-season food that ripens between October and March.

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All-Ways Traveling, Inc. began in 1992 with the owner "testing the waters" as an independent contractor with an established agency. In 1994 the "INC" was established and the rest, as they say, is history. We are not a chain agency, which means that we can do business in the best interest of our clients, not the way someone else thinks it should be done. We are affiliated with marketing groups that allow us to offer special promotions not publicly available.

Our focus is on groups and cruises. We facilitate events and destination weddings, executive retreats and sales meetings.

Tuscan Vegetable Soup

---1 (15-ounce) can low-sodium cannellini beans, drained and rinsed ;---1 tablespoon olive oil ;---1/2 large onion, diced (about 1 cup) ;---2 carrots, diced (about 1/2 cup) ;---2 stalks celery, diced, (about 1/2 cup) ;---1 small zucchini, diced (about 1 1/2 cups) ;---1 clove garlic, minced ;---1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried) ;---2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried) ;---1/2 teaspoon salt ;---1/4 teaspoon freshly ground

black pepper ;---32 ounces low-sodium chicken broth or vegetable broth ;---1 (14.5-ounce) can no salt added diced tomatoes ;---2 cups chopped baby spinach leaves

---1/3 cup freshly grated Parmesan, optional

In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.

Heat the oil in a large soup pot over medium-high heat.

Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon

of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.