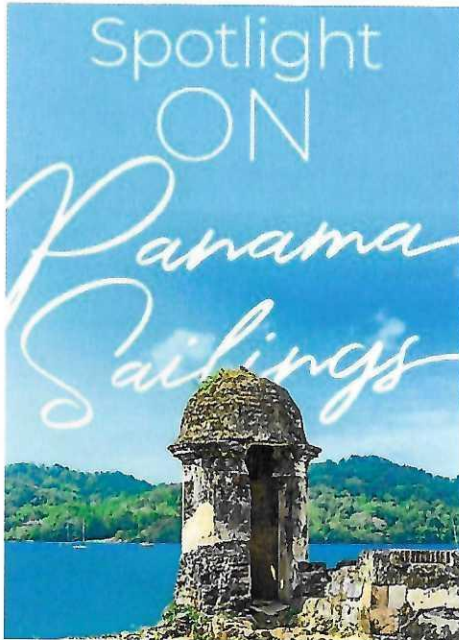


STAR CLIPPERS

Unique Sailing Adventures



Experience the magic of Panama's mesmerizing coastline with Star Clippers, embarking on a journey that redefines the meaning of adventure. Panama, a land of awe-inspiring landscapes and rich history, serves as the perfect backdrop for an extraordinary voyage, and our unique itineraries promise an unforgettable experience.

Sancocho

Sancocho is more than just a soup; it's a culinary masterpiece that embodies the heart and soul of Panama's rich culture and heritage. This beloved national dish is a hearty, comforting stew that combines an array of ingredients together, resulting in a symphony of flavors and textures that dance on the taste buds. Often enjoyed during family gatherings, celebrations, and special occasions, Sancocho has always brought people together, offering a warm and satisfying taste of Panama's traditions. It's a dish that not only nourishes the body but also nourishes the bond of family and community. We invite you to join us on the culinary journey as we craft a delicious and authentic Panamanian Sancocho.

INGREDIENTS

- 3 pounds of chicken, cut into pieces
- 1 pound of yams, peeled and cubed
- 1 pound of yuca (cassava), peeled and cubed
- 1 pound of ñame root, peeled and sliced
- 2 ears of fresh corn, cut into 2-3 inch pieces
- 2 ripe plantains, peeled and cut into chunks
- 1 onion finely chopped
- 4 cloves of garlic, minced
- 1 red bell pepper, chopped
- 1 tablespoon of vegetable oil
- 1 teaspoon of ground annatto (achiote) or achiote paste (for color)
- 1 teaspoon of ground cumin
- 1 teaspoon of oregano
- Salt and pepper to taste
- 1 bunch of fresh cilantro, chopped

INSTRUCTIONS

1. In a large pot, heat the vegetable oil over medium-high heat.
2. Season the chicken pieces with salt, pepper, cumin, and oregano.
3. Add the chopped onion, minced garlic, and bell peppers to the pot. Sauté until they become fragrant and tender.
4. Add the chicken pieces and brown them on all sides.
5. Once the chicken is browned and the spices are aromatic, remove it from the pot and set aside.
6. In the same pot, add the ground annatto or achiote paste and sauté for a minute to release its color.
7. Return the chicken to the pot and add enough water to cover the chicken by a few inches.
8. Bring the mixture to a boil and then reduce the heat to a gentle simmer.
9. Cover the pot and let it simmer for about 20-30 minutes until the chicken is partially cooked.
10. Add the peeled and sliced yams, yuca (cassava), and ñame to the pot. Simmer for an additional 20 minutes until the root vegetables start to soften.
11. Add the ripe plantains and fresh corn pieces to the pot.
12. Continue simmering until all the vegetables are tender and the soup has thickened, about 20-30 minutes.
13. Ladle the Sancocho into a bowl, garnish with freshly chopped cilantro, and serve with lime wedges on the side! Enjoy!

Iceland Travel's Ultimate Guide

To the Northern Lights

EVER LOOKED UP INTO THE DARKENED SKY AND WONDERED WHERE THOSE STRANGE, DANCING LIGHTS COME FROM? THESE ARE THE AURORAS, WHICH HAVE ENCHANTED US HUMANS FOR MILLENNIUMS. HERE'S THE ULTIMATE GUIDE TO THE NORTHERN LIGHTS.

THE SWIRLING NORTHERN LIGHTS

THE EVER ELUSIVE NORTHERN LIGHTS OR THE AURORA BOREALIS ARE WITHOUT A DOUBT ONE OF THE MOST POPULAR QUESTION IN MY INBOX. AND WHO CAN BLAME YOU GUYS! WE'VE ALL SEEN THOSE BEAUTIFUL NORTHERN LIGHTS PICTURES TRAVERSING THE INTERNET, AND THOSE INCREDIBLE TIME LAPSE VIDEOS – WOW – THEY JUST LEAVE YOU BREATHLESS. IT'S COMPLETELY UNDERSTANDABLE THAT YOU WANT TO KNOW MORE! SO, AFTER SCROLLING THROUGH QUESTIONS SUCH AS "WHEN IS THE BEST TIME TO SEE THE NORTHERN LIGHTS?", "WHAT ARE THE BEST NORTHERN LIGHTS TRIPS?", "HOW DO I TAKE PICTURES OF THE NORTHERN LIGHTS", AND OF COURSE MY PERSONAL FAVORITE, "CAN I COMBINE A TRIP TO SEE THE NORTHERN LIGHTS AND THE MIDNIGHT SUN?", I'VE DECIDED TO CREATE THE ULTIMATE GUIDE TO SEEING THE NORTHERN LIGHTS TO GIVE YOU ALL THE AURORA FACTS IN ONE PLACE. IT'S TIME TO UNRAVEL THE MYSTERY OF THE NORTHERN LIGHTS! ARE YOU READY? BASICALLY, IT ALL BOILS DOWN TO FOUR IMPORTANT FACTORS: WHAT, WHERE, WHEN AND HOW!

WHAT ARE THE NORTHERN LIGHTS?

AFTER DIVING INTO THE SUBJECT IT'S CLEAR THAT "SOLAR WINDS HITTING THE EARTH'S MAGNETIC SHIELD CREATING COLOR" IS JUST NOT GOING TO CUT IT! TO EXPLAIN THE AURORAS I HAVE TO BECOME A LITTLE SCIENTIFIC (SORRY, GUYS!). THE NORTHERN LIGHTS ARE A SERIES OF DISCHARGED PARTICLES EMANATING FROM THE SUN. THESE TINY CHARGED BEAUTIES GUSH OUT OF ENORMOUS DARK SPOTS ON THE SUN'S SURFACE CREATING CLOUDS WHICH TRAVEL OVER 150 MILLION KILOMETERS BEFORE REACHING EARTH. AND REACHING EARTH IS NOT ENOUGH! TO ENTER THE EARTH'S IONOSPHERE THE PARTICLES NEED TO BECOME TANGLED IN THE MAGNETIC FIELD AND BE DRAGGED DOWN TO THE POLES. WHEN THE LIGHTS ARE DRAGGED INTO THE POLES THEY COLLIDE WITH GASSES, AND THIS COLLISION IS WHAT CREATES THE NORTHERN LIGHTS. THE COLOR OF THE LIGHTS DEPENDS ON WHAT TYPES OF GASSES THE DISCHARGED PARTICLES COLLIDE WITH. FOR INSTANCE A COLLISIONS WITH OXYGEN TYPICALLY PRODUCE GREEN AND YELLOW LIGHTS WHILE CONTACT WITH NITROGEN RESULTS IN REDS, VIOLETS, AND BLUES. THE SHAPE OF THE LIGHTS DEPENDS ON THE MAGNITUDE OF THE SOLAR FLARES. DURING PERIODS OF MINIMAL SOLAR FLARES, SHAPES TEND TO BE LESS DRAMATIC. BUT IN CYCLES OF STRONG FLARES, LIGHTS DANCE, WIND, LOOP AND WEAVE THROUGH THE NIGHT SKY.

WHERE CAN I SEE THE NORTHERN LIGHTS?

AS THE LIGHTS STEM FROM PARTICLES ENTERING AT THE EARTH'S POLES, THE BEST PLACES ON EARTH TO SEE THE NORTHERN LIGHTS WILL BE IN AND AROUND THE ARCTIC CIRCLE, WHICH MEANS THAT ICELAND IS ONE OF THE GREATEST PLACES ON EARTH TO SEE THE NORTHERN LIGHTS. IF YOU HAVE THE CHANCE OF STAYING AWAY FROM HEAVILY POPULATED AREAS, THAT WOULD BE A GOOD WAY TO LIMIT THE LIGHT POLLUTION. HOWEVER, YOU CAN EXPECT TO SEE THE LIGHTS FROM THE CITY WHEN THEY ARE AT THEIR STRONGEST BUT YOU WILL NOT BE GETTING THE SAME SPECTRUM OF COLOR AS YOU WOULD BE GETTING AWAY FROM THE CITY LIGHTS.

WHEN CAN I SEE THE NORTHERN LIGHTS?

NOW THAT YOU KNOW THAT ICELAND IS ONE OF THE BEST PLACES TO SEE THE LIGHTS, YOU HAVE TO MAKE SURE TO VISIT IN THE RIGHT TIME OF YEAR. THE FACT IS YOU CAN NOT VISIT ICELAND IN THE SUMMERTIME AND EXPECT TO WITNESS THE NORTHERN LIGHTS AT THE SAME TIME AS THE MIDNIGHT SUN (SORRY, NANCY!). GRANTED, THAT WOULD BE ONE OF THE MOST AWESOME HOLIDAYS EVER CREATED BUT UNFORTUNATELY, IT'S IMPOSSIBLE! IN ORDER TO SEE THE NORTHERN LIGHTS YOU NEED DARKNESS SO YOU SHOULD CONSIDER TRAVELING FROM AROUND THE MIDDLE OF SEPTEMBER UNTIL EARLY APRIL. YOU'LL ALSO BE NEEDING CLEAR SKIES TO SEE THE LIGHTS SO IT'S BEST TO HEAD OUT WHEN THE WEATHER IS STILL. THIS WILL ALWAYS REMAIN A BIT OF A GAMBLE AS WE OFTEN OFFER A VARIETY OF WEATHER IN A SINGLE EVENING, BUT WHEN HUNTING FOR THE NORTHERN LIGHTS PATIENCE TRULY IS A VIRTUE!

WHAT IS THE BEST WAY TO SEE THE NORTHERN LIGHTS?

NOW THAT YOU KNOW THE "WHAT, WHERE AND WHEN" OF THE NORTHERN LIGHTS WE ONLY HAVE THE "HOW" TO COVER. WHETHER YOU'LL BE STAYING IN ICELAND FOR FEW DAYS OR IF YOU'RE ONLY LOOKING FOR AN EVENING TOUR, YOU'LL FIND THAT IT'S POSSIBLE TO HUNT FOR THE NORTHERN LIGHTS IN ALL SORTS OF MANNERS. WHEN IT COMES TO NORTHERN LIGHTS PLANNING I'VE FOUND THAT IT'S BEST TO START BY LOOKING AT THE TIME YOU HAVE IN ICELAND. IF YOU ARE PLANNING A SHORT WINTER HOLIDAY AND ARE ABLE TO ARRIVE ON ANY WEEKDAY (WELL, AND DON'T HAVE ANY QUALMS ABOUT DRIVING YOURSELF!) THEN A NORTHERN LIGHTS SELF-DRIVE HOLIDAY IS PERFECT FOR YOU. BUT IF YOU WOULD RATHER LIKE TO TRAVEL WITH MORE PEOPLE AND REAP THE BENEFITS OF A SPECIALIZED TOUR GUIDE THEN YOU SHOULD THINK ABOUT BOOKING A NORTHERN LIGHTS ESCORTED TOUR. FOR THOSE OF YOU LOOKING FOR THE PERFECT NORTHERN LIGHTS EVENING TOUR YOU HAVE TO TAKE INTO CONSIDERATION WHAT SORT OF AN EXPERIENCE YOU ARE LOOKING FOR. FOR INSTANCE IF YOU WANT TO TRAVEL IN A SMALL GROUP AND WITH SLIGHTLY MORE FREEDOM, THEN A NORTHERN LIGHTS SUPER JEEP TOUR IS GREAT. THE SUPER JEEP DRIVERS ARE TRUE PROFESSIONALS AND IT OFTEN FEELS THAT THEY HAVE A BUILT IN "AURORA RADAR" AS THEY SEEM TO SPOT THE LIGHTS FROM SUCH A DISTANCE. IF YOU'RE LOOKING FOR THE BEST-PRICED NORTHERN LIGHTS TOUR OUR POPULAR COACH TOURS ARE JUST GREAT AS THEY ALLOW YOU TO GET AWAY FROM THE CITY'S LIGHT POLLUTION AND THE EXCITEMENT IS RARELY LOST DESPITE THE SIZE OF THE GROUP. THE NORTHERN LIGHTS BOAT TOUR FROM REYKJAVIK IS A PERSONAL FAVORITE AS IT GIVES YOU SUCH A GREAT PANORAMIC VIEW OF THE CITY.

OFFER STARTS JANUARY 1, 2024

Oceania Cruises' first sale of 2024 is going LIVE on January 1, 2024. There are over 100 voyages available for this offer and your clients can book with up to 50% off!

- Applicable on 112 voyages for 2024 & 2025 departures
- up to 50% savings per stateroom
- Includes *simply* MORE offer
- Offer ends February 29, 2024



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AMTRAK®

USA Rail Pass

Explore the country with the USA Rail Pass

The USA Rail Pass is your ticket to tour the country. 10 rides (segments) over 30 days to your choice of over 500 destinations. At just \$499, that's less than \$50 per segment.

Craving some adventure? Hop from town to town as you travel across the country. Or, just want to spend your weekends away from home?



GROUPS 2024 AND 2025

APRIL 28, 2024-GREAT TRAINS and GRAND CANYON

Highlights: Two rail journeys, Grand Canyon, Sedona, trolley tour and the Chapel of the Holy Cross. Five nights at the Hilton Sedona, five breakfasts and three dinners, all sightseeing and round-trip air fare. Rate is \$3,399.00 per person double occupancy.

JUNE 9, 2024-UTAH'S MIGHTY NATIONAL PARKS

Highlights: Arches, Capital and Canyonlands National Parks, Monument Valley, Canyonlands by night and wine tasting. Six nights hotel, six breakfasts, one lunch and three dinners, all sightseeing and round-trip air fare. Rate is \$3,625.00 per person double occupancy.

JUNE 9, 2024-SAIL CELEBRITY ECLIPSE TO BERMUDA

Sail on the revolutionized Celebrity Eclipse from Cape Liberty (Bayonne) and spend three glorious days in Bermuda. Your cruise includes accommodations in a balcony cabin, all meals (except for specialty restaurants), beverage package, wi-fi, gratuities and all current port and government taxes. Rate is \$1,859.00 per person double occupancy. NO PASSPORT is required. Must book by January 19th!

SEPTEMBER 4, 2024-BLACK HILLS, MT. RUSHMORE, and BADLANDS

Highlights: Mt. Rushmore by day and night, Devil's Tower, Crazy Horse Memorial, Custer State Park and Buffalo Jeep Safari. Six nights hotel, six breakfasts and four dinners, all sightseeing and round-trip air fare. Rate is \$3,395.00 per person double occupancy.

OCTOBER 13, 2024-NATIONAL PARKS and CANYONS of the SOUTHWEST

Highlights: Grand Canyon and Bryce Canyon, Zion National Park Tram and Hoover Dam. Two nights in Las Vegas and three nights in Mesquite, five breakfasts, one lunch and two dinners, all sightseeing and round-trip air fare. Rate is \$3,395.00 per person double occupancy.

OCTOBER 20, 2024-SUNNY PORTUGAL (with optional 4-night Madeira Island extension)

Highlights: Lisbon, Belem, Cork Factory, Evora, Winery visit, Alentejo, Lagos, Algarve, Silves, Setubal, Obidos, and Sintra. Includes eight breakfasts, three lunches and three dinners, all included sightseeing, all current air taxes and fees along with transfers t/from Newark and round-trip airfare. Bookings must be made by April 15th. Rate is \$3,999.00 per person double occupancy. PASSPORT IS REQUIRED.

MARCH 3, 2025-ALASKA'S NORTHERN LIGHTS

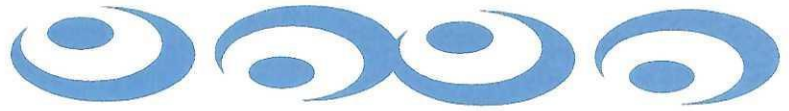
Highlights: Anchorage, Northern Lights excursions, Winter Glacier cruise, Prince William Sound, Talkeetna, Alaska Railroad, Fairbanks, and Dog mushing. Two nights in Anchorage, one in Talkeetna and three in Fairbanks, six breakfasts, one lunch and four dinners. With just 12-24 passengers, this is a personal journey and adventure that today's cultural explorers dream of. Rate is \$4,999.00 per person double occupancy including all above and air fare to/from Newark with transfers.

NOVEMBER 25, 2025-ICONIC CHRISTMAS MARKETS ABOARD AMA REINA (Nuremburg to Budapest)

Travel back through centuries as you walk along cobblestone streets through grand cities and historic towns bedecked with twinkling Christmas trees and lined with wooden huts gleaming with handcrafted

treasures. Nuremberg's festive Christkindlemarkt, the largest and oldest Christmas market in Germany, Regensburg's Artisan Christmas Market, one of Bavaria's most beautiful and romantic, Vienna with its impressive Christmas Market and Budapest where most products are handmade. Revel in a feast for the senses: sparkling lights, festive sounds of children dressed as angels singing carols and the enticing smells of hot-mulled wine, roasted chestnuts, sausages, and sweet treats of every kind. Rates start at \$3,699.00 per person double occupancy. Air fare and pre and post options will be available in early 2025. A deposit of \$400 per person is required.

We had a wonderful time!



When we finally decided to try a cruise vacation, we selected the Celebrity Reflection cruising out of Fort Lauderdale to Aruba, Bonaire, and Curacao. It was fantastic. Nancy helped us select a stern cabin where we enjoyed spectacular views day and night, including the Geminid meteor showers.

The Reflection staff is very polite and efficient and managed to complete every task without intrusion. Nancy told us that the food on Celebrity ships is excellent, and this proved to be true. The selections provided much more than quantity and variety; the quality was impressive. Even the pickiest eater would be happy in the main restaurant. It even included numerous gluten free and vegan options. The guest entertainment was top notch, including a world class pianist and a hilarious illusionist. The house entertainers were also excellent. We enjoyed versatile professional musicians who performed rock, jazz, blues, and classical music. The shows included professional dancers and aerialists. (The dancers also provided free dance lessons that were great fun.) As an added bonus, the ship's captain performed a rock concert backed by the Reflection band. We were never bored on our days at sea.

We booked an excursion (through Celebrity) for each of our stops. We enjoyed them all, but we must recommend snorkeling on Bonaire. We swam over beautiful coral, exotic fish, and a sea turtle. We can't wait to go on our next cruise. Alaska here we come!



-Dewey and Suzanne Landon

Travel USA

Flyover Las Vegas

Buckle in for the ride of a lifetime. Experience the magical feeling of flight through immersive, state-of-the-art technology that lets you dip and dive across awe-inspiring landscapes, all without leaving The Strip. You've never felt a rush like FlyOver. Located in the heart of the Las Vegas Strip, next to Hard Rock Cafe.

Hang suspended, feet dangling, before a 52.5-foot-wide spherical screen while our film whisks you away on an exhilarating journey across land, sea and sky—all set to a captivating musical score.

