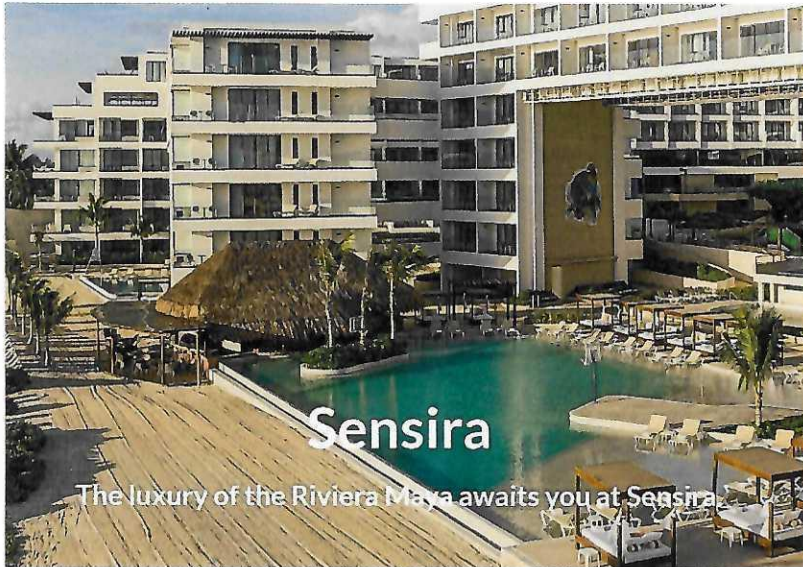


## Reconnect Your Senses

Surrounded by the majestic Mexican Caribbean, Sensira is the perfect resort for a rebirth of your senses. Set in an atmosphere of elegance and maximum comfort, it will make you enjoy an experience that uniquely connects with them, while you devote yourself to relaxation.



From the moment you set foot at Sensira, you will be able to feel an exclusive atmosphere of absolute calmness, surrounded by a beautiful ecosystem of flora and fauna endemic to the region, such as the mangrove, embracing you with one-of-a-kind experiences that will awaken each one of your senses. Besides, with its genuine love of service that pays attention to every single detail, you'll be fully taken care of.

You will spend an unforgettable moment in a unique landscape in the Mexican Caribbean, with fine white sand under your feet and an iridescent emerald color that turns the sea into a dazzling spectacle in harmony with the brilliant blue of the sky and the softest warm breeze all over you.

The whole family will surely find their special spot in the infinity pool, central pool, and the exclusive spa with nine cabins, hydrotherapy, steam room, sauna, beauty salon, Bridal Lounge and the Kids Studio for the little ones. Sensira creates an environment that allows you to reconnect as a family.

You and your family will feel delicately pampered and relaxed enough to help you connect with each other and create wonderful memories together.



# Celebrity Cruises ships will call at Perfect Day at CocoCay

In real life, siblings can have a hard time sharing their toys. But in the cruise industry, one brand is about to share one of its most prized possessions with its sister.

For the first time, two Celebrity Cruises ships will call at Perfect Day at CocoCay, Royal Caribbean International's private island. The calls will be included in itineraries on the Celebrity Beyond and Celebrity Reflection from April through November 2024.

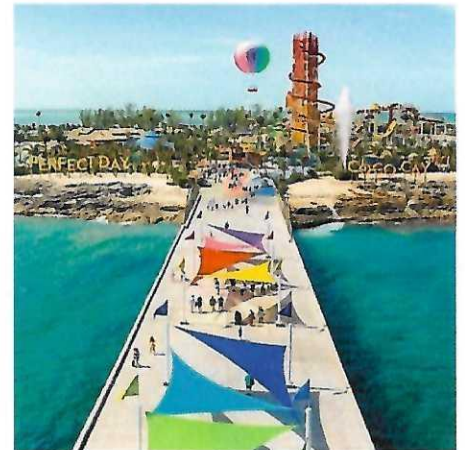
The Beyond's visits to CocoCay will be included on 40 itineraries, a mix of six- to eight-night Caribbean voyages. The Reflection will begin sailing short weekend cruises. Both ships will homeport in Fort Lauderdale.

Royal Caribbean International is sending around 2.5 million guests to Perfect Day this year.

New Royal Caribbean ships calling at CocoCay

As Celebrity sends its ships to CocoCay, Royal will be sending its newest hardware there, too.

The 5,610-passenger Icon of the Seas, due out in January, is expected to call there every week once it begins sailing Caribbean itineraries, as will the Utopia of the Seas, coming in June 2024.





# Summer Pasta with Grilled Eggplant Sauce

The flesh of grilled eggplant transforms into a luscious creamy sauce that's perfect for dressing up little tubes of rigatoni. To make the most of summer's bounty, cherry tomatoes are grilled alongside the eggplant until bursting with juices, then mixed into this summer vegetable pasta.

## Ingredients:

Kosher salt and freshly ground black pepper  
Grated zest (about 1 teaspoon) and juice of 1 lemon  
1 pound mezze rigatoni  
1 large eggplant, about 1 1/4 pounds  
11 ounces cherry tomatoes (about 2 cups), halved (quartered if large)  
3 cloves garlic, thinly sliced  
1 tablespoon olive oil  
1 cup ricotta  
1/2 cup grated Pecorino Romano cheese, plus more for serving  
1 cup packed basil leaves, chopped, plus more for serving  
1/2 cup packed parsley leaves, chopped, plus more for serving  
Crushed red pepper flakes, for serving (optional)



## Directions:

- 1 Prepare a grill for high heat.
- 2 Bring a large pot of salted water to a boil. Add the lemon juice to the boiling water and cook the pasta according to the package directions for al dente. Reserve 1/2 cup of the pasta cooking water, drain the pasta and return it to the pot; set aside.
- 3 Pierce the eggplant a few times with a fork or knife. Place on the grill, cover and cook, turning every 8 to 10 minutes, until completely charred all over and the flesh is soft when pressed, 25 to 30 minutes. Transfer to a large bowl and let cool slightly for 10 minutes.



- 4 While the eggplant cooks, prepare 2 sheets of foil, each 12-by-12-inches, and stack them together. Place the tomatoes, garlic, olive oil, 1/2 teaspoon salt and a few grinds of black pepper in the center of the foil. Fold over 2 opposite sides of the foil then fold in the remaining sides to create a tight seal. When 15 minutes of cooking time remain for the eggplant, add the foil pack to the grill and cook until juices start to bubble out of the top (this means the tomatoes and garlic are sufficiently cooked without having to open the pack), 13 to 15 minutes.
- 5 Remove the eggplant to a cutting board (keeping any juices that accumulated in the bowl) and squeeze gently to crack the skin and expose the flesh. Use a spoon to remove the flesh.

transfer to the large bowl and mash lightly with the spoon or a potato masher (you should have about 1 cup of flesh); discard the skin. Stir in the ricotta and Pecorino Romano until smooth then pour into the pot with the pasta and mix until combined. Fold in the contents of the foil pack (including any juices that accumulated), the basil, parsley, lemon zest, 1/2 teaspoon salt and a few grinds of black pepper; stir until combined, adding the reserved pasta water, 1 tablespoon at a time, to thin out the sauce if needed. Serve with more basil, parsley, Pecorino Romano and crushed red pepper flakes if using.



## Paris Is Cleaning the Seine River—Soon You'll Be Able to Swim in It

For hundreds of years, the Seine River has inspired artists, served as the backdrop for scenic romantic strolls, and provided a thoroughfare along some of the most familiar Paris landmarks, such as the Eiffel Tower and Notre-Dame. But it's not been a waterway that invites people to swim—in fact, swimming in the Seine has been banned since 1923 due to river traffic and pollution.

Now an intensive cleanup effort is underway in the City of Light to restore the Seine. If successful, the famous waterway will unveil its transformation on one of the world's most prominent stages: the forthcoming Paris 2024 Summer Olympics.



# Groups 2023-2024

## **SEPTEMBER 15-24, 2023—SIX NIGHT BERMUDA CRUISE ABOARD MSC'S MERAVIGLIA**

Sail from New York (Brooklyn) and spend three days at King's Wharf Bermuda enjoying the idyllic, pink sand beaches while imbibing a delicious rum swizzle. Experience everything the Meraviglia has to offer. Our special balcony rate includes accommodations, all current government and port taxes, gratuities, wi-fi for two devices, an upgraded beverage package for \$1,299.00 per person double. Upgrade to Aurea features for \$1,529.00.

## **OCTOBER 4-15, 2023 –11 NIGHT NEW ENGLAND AND CANADA CRUISE ABOARD MSC'S MERAVIGLIA**

Sail from New York (Brooklyn) and visit Newport, RI, Boston, MA, St. John, NB, Halifax and Sydney, NS Charlottetown, PEI returning to New York by way of Portland, ME. The Meraviglia is packed with extraordinary features for the perfect experience at sea. Enjoy gourmet dining, out of this world entertainment with new panoramic areas, an innovative ocean lounge, a two-deck high inside promenade with an LED dome and spectacular amusement area connected to an outdoor water park. Rates include cabin accommodations as selected, all current port and government taxes, beverage package for drinks up to \$9, wi-fi for two devices and gratuities. Ocean view \$1,277.00, Premium Balcony \$1,487.00 and Aurea Balcony \$1,877.00 (includes additional amenities, room service and more).

## **OCTOBER 11-19, 2023—EGYPT AND NILE CRUISE ABOARD THE BRAND NEW H/S NEBU**

Have you always wanted to take a camel ride by the Pyramids or a hot air balloon ride over the Nile while cruising and visiting these ancient sights? Spend two nights in Cairo and visit the new and exciting National Museum, the Great Pyramids of Giza, the enigmatic Sphinx along with a camel ride? Visit Old Cairo. Fly to Luxor and board the H/S Nebu for a four night cruise visiting Karnak & Luxor Temple, Valley of the Kings, Hatshepsut, Edfu, Kom Obo and more. Return to Cairo for a farewell dinner and your return to the U.S. Breakfast daily and full board while cruising, lunch while on Old Cairo tour. Rate per person, based on a minimum of 15 passengers is \$4,935.00 including air from JFK. Single supplement \$985.00

## **NOVEMBER 28-DECEMBER 3, 2023—HOLIDAY SHOPPING IN DUBLIN AND GALWAY'S CHRISTMAS MARKETS**

Enjoy this unique getaway visiting the Christmas Markets in Dublin and Galway. Included in this package is round trip airfare from Newark, a professional tour director for the duration of the trip, four breakfasts (including morning of arrival), two hotel dinners and one traditional Pub dinner, a walking tour of Galway, tour of Connemara, Kylemore Abbey, Clonmacnoise, Newbridge Silver Factory, St. Patrick's Cathedral and Guinness Storehouse. Rate \$2,249.00 per person double occupancy. Minimum participation of 15 is required. Call Tara for more info and reservations.

## **FEBRUARY 7-12, 2024—TENTH ANNUAL ICELAND WEEKEND GETAWAY**

Explore the 'Land of Fire and Ice' witnessing spectacular waterfalls, boiling geysers and spend a few hours relaxing with a cocktail while watching the sunrise in the Blue Lagoon. A visit to Thingvillar National Park is not to be missed; called the Grand Canyon of Iceland because it is where the tectonic plates of North America and Europe merge creating an awesome sight. There is always the opportunity of seeing the Aurora Borealis or Northern Lights. Our package includes round trip air from Newark on Icelandair, four nights hotel with a full buffet breakfast daily and a continental breakfast at Viking World Museum on the morning of arrival, all current taxes. Optional tours will be available. Rate is \$1,998.00 per person double. A valid passport is required and insurance is highly recommended.

## **NOVEMBER 23-DECEMBER 3, 2024—ICONIC CHRISTMAS MARKETS CRUISE ABOARD AMA WATERWAYS AMA LEA**

Depart USA on the evening of November 23 flying to Prague where you will board the AMA LEA for your seven night Christmas Market cruise. The intimate AMA LEA was built in 2018 and sails with a maximum of 156 passengers. Sail the Continental Divide and visit Passau, Melk and Vienna enroute to Budapest. Cruise only rates start at \$3,799.00 per person double including port taxes. Single cabins surcharge range from 125 to 150%. Pre and post nights along with airfare will be available at the end of this year. Call Nancy for information and reservations.

## **DECEMBER 7-14, 2024—SAIL THE CARIBBEAN ON STRA CLIPPERS ROYAL CLIPPER**

Details will be available soon





# 10 Things Not to Do on a Sea Day

Sea days are a staple on nearly all cruise itineraries, whether you love the thought of it (or don't). From morning until night, there's nowhere to go except for onboard venues. Some folks are thrilled with a day at sea on their cruise, planning a blissful day of zoning out in the sun or a jam-packed itinerary running from the gym to trivia to a wine tasting to a dance class and then a show. Others fear boredom and claustrophobia with no land in sight.

No matter your approach to sea days, here are 10 things you should not do when spending an entire day at sea on a cruise ship.

**Don't Ignore Your Daily Newsletter on a Sea Day**—The daily newsletter left on the bed in your room each evening is your sea day bible on any cruise. It contains everything you need to know about onboard activities, dining times, special events and any one-day sales or discounts. Lose it, toss it or ignore it, and you might be missing out on the action during a day at sea.

**Don't Pack Your Schedule Too Full**—In fear of being bored on a cruise sea day, you might prepare an over-ambitious schedule for the day, with every waking hour devoted to a different activity. Port days are generally frenetic, so be sure to save some time on your day off from touring for more leisurely activities, like a long lunch, a soak in the hot tub or reading time on your balcony.

**Don't Miss Out on Sea Day Special Events**—Cruise lines often schedule noteworthy events for long days at sea. Perhaps it's a special sea day brunch or a behind-the-scenes tour or even a matinee show. If you're having trouble deciding how to plan your day, prioritize any events you won't have a chance to attend due to shore excursions or conflicting event times on other days on your cruise. It also makes sense to prioritize these one-off special events over attractions that are available every day -- like the water slides or pool time -- on a sea day.

**Don't Limit Yourself to the Buffet on a Day at Sea**—The buffets and pool deck grills are a madhouse on sea days because people don't want to stray far from their lounge chair or change from their swimwear into main dining room attire. However, days at sea are the perfect time for a more refined breakfast or lunch in the cruise ship's restaurants. You're not rushing out to a tour, so you can linger over your morning meal, and we can assure you the line to get into the dining room lunch won't be as long as the one at the buffet. Plus, as noted earlier, some cruises offer special sea day meals you don't want to miss.

**Don't Hog the Lounge Chairs Near the Pool**—From all-inclusive resorts on land to cruises, chair hogs are some of the most disliked of guests. Do not get up at the crack of dawn, put a book, sunglasses and towel on a lounge in a prime location, then go back to sleep or to breakfast or to the gym. Likewise, don't occupy chairs next to you just as a place to park your belongings. Doing so is rude -- especially on a day when many people want to spend time in the sun. It's OK to save your chair while you take a dip or run off to grab a quick bite, but if you plan to be gone for more than 30 minutes, give up your spot to someone who will actually use it.

**Don't Use the Spa or Gym at Peak Times**—No one wants to miss time in port on their cruise, so most passengers plan their massages and manicures for sea days -- and schedules in a workout in a futile attempt to counteract the prior evening's indulgences. The result is that the onboard fitness center is packed on sea day mornings and often in the late afternoon. Likewise, the spa is booked solid and thermal suites are packed to their less-than-serene gills on days at sea. If you want to pump some iron on your cruise, consider going during meal times when crowds are thinner. To have the relaxing spa experience you're dreaming about, book your treatment in advance of your cruise embarkation and plan your sauna time for very early or very late in the day.

**Don't Start Drinking Too Early in the Day**—The pool bar opens early and the drinks flow well into the evening on a sea day. If you start the morning with a bloody mary, crack open your first beer at 10:30 a.m. and plan a liquid-heavy lunch, you will be over-the-top inebriated by dinner. Drunken days at sea can lead to sunburns (when you pass out on the pool deck with no sunscreen on), unpleasant dinners for your eating companions (as you rave on drunkenly) or -- worse -- sleeping right through dinner and missing the evening fun. Remember to pace yourself -- you want to remember your fun cruise experience, after all.

**Don't Stay Indoors on Your Cruise Ship All Day**—You booked a cruise for that salty sea breeze and the calming views of waves rushing past your ship. If you spend your sea day at the spa, shops, casino or show lounges, you'll miss the best of cruising -- being outside while sailing. If you must catch the expert lecturer right before bingo, at least pause on your way across the ship to take a couple of lungfuls of sea air before continuing into an over-air-conditioned, windowless space.



## 10 Things (continued)

**Don't Sleep All Day**—Even worse than spending an entire day at sea indoors is spending your sea day passed out cold in your cabin. We get that vacation is a time for partying late, sleeping in and indulging in afternoon naps, but you didn't pay all that money just to snooze the days away. Set an alarm and make sure you experience some of the fun activities your ship has to offer.

**Don't Forget to Keep Your Budget in Mind**—On sea days, cruisers are a captive audience, and the cruise line schemes to separate you from your hard-earned cash with shopping events in the onboard boutique, poker challenges in the casino and some enticing treatments at the spa. If you're bored, it's pretty easy to plunk yourself down in front of a slot machine or go window shopping -- only to come to your senses several hundred, or thousand, dollars later. Remember your vacation budget and cut yourself off when you get too close to your pre-set limits.

# TSA Will Now Allow Teens to Access PreCheck with Parents or Guardians

The TSA will now allow teenagers aged between 13 and 17, who aren't yet enrolled in the TSA PreCheck program, to go through the PreCheck lane as long as their parents or guardians are enrolled and they are traveling on the same reservation. Children 12 and under are already allowed to do the same.

The PreCheck indicator still needs to appear on the teen's boarding pass in order to use the lane, so parents and guardians should make sure that the teen is under the same airline reservation and their own PreCheck number is linked.

The TSA hopes this change will help alleviate some of the stress the travel system is expected to be under this summer. TSA is already seeing checkpoint travel numbers above 2019 levels, and it is forecasting 2.6 million passengers to travel through checkpoints on Friday, May 26 alone, which is expected to be the busiest day of the holiday weekend.

PreCheck, one of two of the TSA's Known Traveler programs, allows travelers to go through security checkpoints without removing shoes, belts, liquids, food, laptops, and light jackets. A five-year membership costs \$78 and members can renew their membership online up to six months prior to expiration for another five-year term for \$70.

In April, according to TSA, 94% of PreCheck members waited less than 5 minutes at the checkpoint. TSA's wait time standards for TSA PreCheck lanes are under 10 minutes and under 30 minutes for standard lanes.

Overall, the TSA said that it hopes to avoid any summer travel meltdowns this year, even with the increase in traffic. TSA Administrator David Pekoske said this week that extra TSA staff should support a more efficient and improved passenger system this summer.

"For passengers, this will mean better overall staffing for all of TSA's activities that support secure and efficient travel and an improved passenger experience. Our strong partnerships with airports and airlines will ensure we are able to anticipate and respond to changes in passenger travel throughout the summer," he said.

"Passengers can help as well by being prepared, by having their identification ready when they begin screening and checking to make sure they aren't bringing firearms, oversized liquids or any other prohibited.

## LAS VEGAS SHOWS

