



## We can't wait to see you!

There are so many new ideas and activities we'd like to share with you. From UNESCO World-Heritage sites to beautiful little towns perched on the mountains, the vacation of your dreams is right here in Spain. Start planning your trip to Spain today. #YouDeserveSpain

## Spain's most spectacular natural landscapes

Magical forests, impressive waterfalls and spectacular mountains. The power of nature is thrilling and possesses some breathtaking natural wonders. In Spain, you can enjoy some of the most incredible landscapes in Europe. The lush vegetation of the north, the dunes in the south, the volcanoes of the Canary Islands, the beauty of the Mediterranean... Step into some comfortable shoes and get ready to discover some of Spain's most splendid natural scenery.



## Seville: The greatest Flamenco event in the world



Flamenco is the purest Andalusian expression of music, singing, dancing, and poetry. Every two years Sevilla celebrates the biggest Flamenco festival in the world: 'La Bienal de Flamenco'. For more than three weeks, 'La Bienal' floods Sevilla with the most extraordinary and spectacular flamenco shows containing all of its many different styles. The best artists in dance, singing, and the guitar give you the most personal proposals, the fusion and purity all given in different and special venues of the city.

## Three cultural getaways in Tenerife

Heritage and history are among the least-known attractions of Tenerife. We all know its beaches, its climate of eternal spring, its volcanic scenery, and its delicious cuisine. Now it's time to discover its first cities, an old town center which is also a World Heritage site, and the traditional architecture of the Canary Islands.



## Paradores: when the accommodation is the destination

Have you ever thought what it would be like to sleep in an original hotel, such as a palace or a historic building? Then your destination is Spain's **Paradores**. More than half of them are located in historical monuments and buildings; and many others offer accommodation in national parks and outstanding natural spaces. In addition, their restaurants serve a harmonious blend of traditional dishes alongside the latest culinary trends.



## INSTAPOT (PRESSURE COOKER)

### CREAMY TORTELLINI WITH HAM AND PEAS

#### INGREDIENTS

2 CUPS OF WATER, 2 CUPS CHICKEN STOCK, 12 OZ. TORTELLINI, 1 10 OZ. BAG FROZEN PEAS, 1/2 CUP DICED HAM, 1 TBL. OLIVE OIL, 2 CLOVES MINCED GARLIC, 1 TSP. ITALIAN SEASONING, 1 CUP MOZZARELLA CHEESE, 1/4 CUP GRATED PARMESAN CHEESE AND 1/4 CUP WHOLE MILK OR HEAVY CREAM.



#### DIRECTIONS

IN THE INNER POT, COMBINE THE WATER, CHICKEN STOCK, TORTELLINI, PEAS, DICES HAM, OLIVE OIL, GARLIC AND ITALIAN SEASONING. STIR AND MAKE SURE THAT THE PASTA IS COMPLETELY SUBMERGED IN THE LIQUID. USE MORE WATER IF NEEDED TO HAVE THE PASTA COMPLETELY SUBMERGED. SECURE THE LID AND PRESSURE COOK ON HIGH FOR FIVE MINUTES, THEN QUICKLY RELEASE THE PRESSURE AND REMOVE THE LID. PRESS CANCEL TO STOP ADDITIONAL COOKING. STIR IN MOZZARELLA AND PARMESAN CHEESES WHILE PASTA IS STILL PIPING HOT. ADD MILK OR HEAVY CREAM AND STIR IN LAST. SERVE WHILE PASTA IS STILL HOT.

—THANK YOU AL PERUGINI, RETIREMENT AND RECIPES GO TOGETHER WELL

### TEN OF THE CLEANEST CITIES AROUND THE WORLD

In some of the more progressive places on the planet, proactive civic planners have taken proper precautions to keep their cities in shape. They have logically concluded that in order to be a clean city, you first have to solve the problems that lead to unsanitary, unhealthy living conditions that contribute to poor health and lower overall quality of life.

Getting out in front of those issues means having proper waste management and recycling systems, access to clean and abundant water, and a public transportation infrastructure that supports a lower carbon footprint and improved air quality. Here are 10 of the cleanest cities around the world that are paving the way for the future.

1. Reykjavik, Iceland
2. Vancouver, Canada
3. Cape Town, South Africa
4. Copenhagen, Denmark
5. Portland, Oregon
6. Singapore City, Singapore
7. Adelaide, Australia
8. Luxembourg City, Luxembourg
9. Zurich, Switzerland
10. Calgary, Canada



When all of your hot water, heating, and electricity comes from hydropower and geothermal resources, you can lay a claim to ultra-sustainability. That is exactly the case for tiny Reykjavik. With a population of just 123,000, Iceland's coastal capital is a prime example of a city successfully using urban renewable energy. The same sources tapped for practical utilities also stoke the area's natural hot springs and heated outdoor pools, such as the Blue Lagoon. Not to mention, the zero-emission energy sources provide clean air.

Thank you, Bud Umbaugh who knew I just loved Iceland. Seeing the Northern Lights was an experience Iceland often provides.



New Jersey's Premier Independent Film Festival®  
**Garden State Film Festival**

An advertisement for Renewing your passport. It features a blue passport with the text "PASSPORT United States" and a pair of glasses. The text reads "Renewing your passport has never been easier." and "RushMyPassport.com".

**Renewing your passport  
has never been easier.**

*RushMyPassport.com*



# Fast-growing MSC Cruises sails into the New York market, heats up competition



Get ready for a major new option when it comes to cruises from New York City.

On Tuesday, fast-growing [MSC Cruises](#) announced it would begin year-round sailings from the Big Apple in 2023 — a move that will put it head-to-head with [Royal Caribbean](#) and [Norwegian Cruise Line](#) in the market.

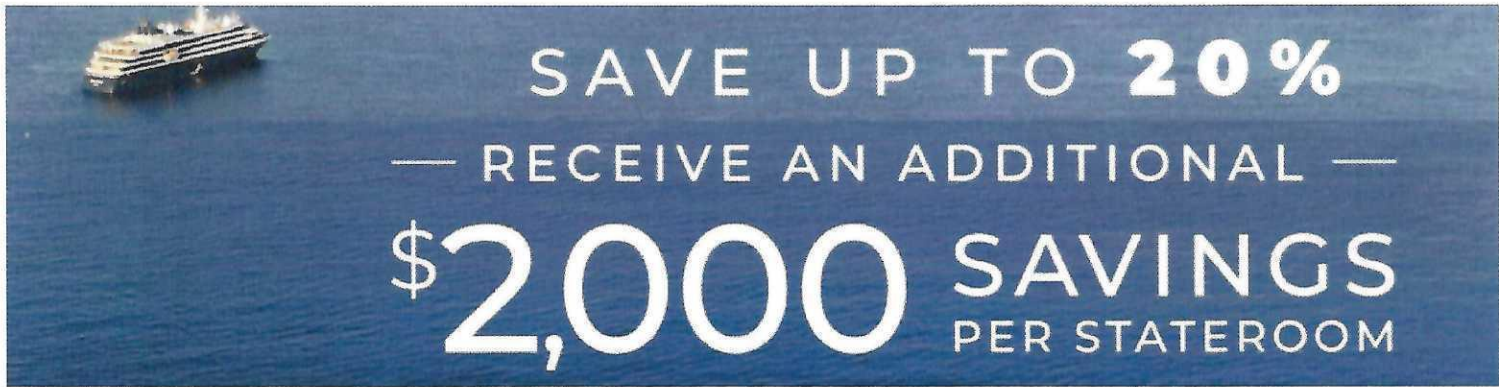
The world's third-largest cruise brand said it would move a single ship, the 4,500-passenger MSC Meraviglia, from Port Canaveral, Florida, to New York City in April 2023 to operate a range of six- to 11-night voyages to the [Caribbean](#), Bermuda, New England and [Canada](#).

The announcement marks a significant milestone for MSC Cruises, a Europe-based brand that, until now, has only offered sailings in North America out of [Miami](#) and [Port Canaveral](#).

“New York City was the natural choice when we picked our next U.S. port because it’s so accessible, whether the guest is coming from somewhere nearby or from around the world,” MSC Cruises USA president Rubén Rodríguez said in a statement.

As part of its expansion, MSC Cruises has been rapidly building its footprint in North America in an effort to woo more Americans. In 2017, MSC Cruises only had a single vessel based in North America. It now has two vessels based in Miami and one more sailing out of Port Canaveral.





SAVE UP TO **20%**  
 — RECEIVE AN ADDITIONAL —  
**\$2,000** SAVINGS  
 PER STATEROOM

Must be booked by March 31, 2022



**SATISFY YOUR WANDERLUST**

Tap into your inner voyager with a Transoceanic journey from the Canary Islands to Brazil, crossing the Tropic of Cancer and Equator along the way. Landings in Mindelo and Salvador da Bahia offer deep dives into the vibrant cultures of these destinations with African and Portuguese influences for an enriching luxe- adventure expedition.

**WORLD NAVIGATOR**  
 12-NIGHT TENERIFE TO RIO DE JANEIRO  
 OCTOBER 11-23, 2022



DAY	PORT	ARRIVE	DEPART
1	Tenerife (Santa Cruz), Canary Islands, Spain		6PM
2	Tropic of Cancer Crossing		
3	At Sea		
4	Mindelo, Cape Verde	8AM	1PM
5-6	At Sea		
7	Equator Crossing		
	At Sea		
8	Scenic Cruising - Fernando de Noronha, Brazil		
9	At Sea		
10	Salvador da Bahia, Brazil	8AM	8PM
11-12	At Sea		
13	Rio de Janeiro, Brazil	8AM	

**AN ALL-INCLUSIVE EXPERIENCE**

Adventurers like you expect every comfort and the time to savor every moment. That's why we offer thoughtful extras to provide an All-Inclusive Luxe-Adventure Experience.

**SAVOR GLOBALLY INSPIRED GOURMET CUISINE:**

Exceptional culinary adventures with five included onboard dining options

**RAISE A GLASS:**

Unlimited premium pours to share with like-spirited travelers

**RELAX AND INDULGE:**

Luxurious L'OCCITANE bath amenities, personalized in-room bar service and more in every accommodation

**EVERYDAY CONVENIENCES:**

Prepaid gratuities and more



## CARIBBEAN COVID UPDATES

### ST. LUCIA



The Government of **Saint Lucia** has announced updates to its international arrival protocols. Beginning Saturday, March 5, 2022, fully vaccinated travelers and in-transit passengers aged five and over must have a negative rapid antigen test or a PCR test taken one day prior to entering Saint Lucia. Travelers may also provide a negative RT-PCR COVID-19 test taken up to five days prior to arrival.

All unvaccinated travelers must present a negative RT-PCR COVID-19 test, taken up to five days prior to entering Saint Lucia. All travelers must register their information and upload test results online prior to travel on [www.stlucia.org/covid-19](http://www.stlucia.org/covid-19). On completion, they will receive an automatic "ready to go" email. The previous two-step approval process is no longer required for boarding.

### BARBADOS



The **Government of Barbados** has announced a series of updates to its travel protocols, making it easier for travelers to enter the country. Visitors to the **Caribbean** country now have more options with the acceptance of rapid antigen tests for entry, once administered by a healthcare provider no more than one day prior to arrival in the island country.

According to the Barbadian government, rapid antigen tests are widely available in the country's primary source markets and results are typically returned within one hour. Rapid antigen tests join the list of approved tests for entry to Barbados. The island also accepts **COVID-19** PCR tests taken no more than three days prior to arrival in Barbados. The COVID-19 tests can be taken using samples administered by nasopharyngeal, oropharyngeal, nasal, anterior nares or mid-turbinate swabs. However, the following PCR tests will not be accepted: self-administered swabs; shallow nasal swabs; and saliva tests.

Furthermore, passengers transiting through Barbados will not be asked to provide test results in order to do so. Travelers will also notice changes to the **Grantley Adams International Airport** experience. All paper forms previously distributed on-board aircraft arriving in Barbados will be discontinued. Additionally, travelers will once again be able to utilize the more spacious main arrivals hall, instead of the temporary Gate 14-16 arrivals hall that had previously been set up to manage port health entry checks and testing during the pandemic.

### NORWEGIAN CRUISE LINE RAISES DAILY GRATUITY CHARGE

Starting April 1, guests onboard Norwegian Cruise Line ships will be paying more for the onboard service charge. The increase ranges from 50 cents a day for those staying in all cabins to \$1.50 for those staying in The Haven or other suites. The new service charges will be \$20 per person, per day in The Haven or suites (up from \$18.50), Balcony and below will be \$16 per person per day (up from \$15.50).

Guests making a new reservation prior to March 31 have the option to prepay their service charge at the current rate.

