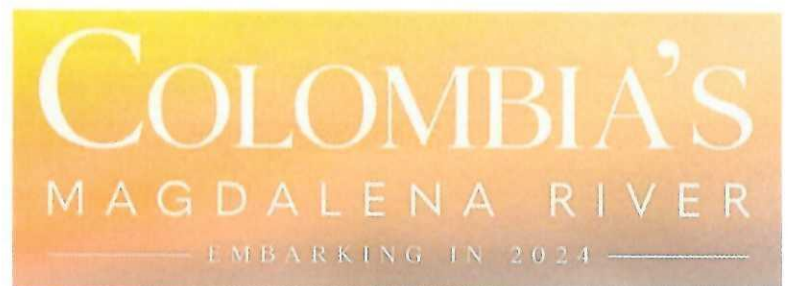




Can our early booking sale get any better? Yes it can! In addition, to 50% off savings¹ – our lowest fare of the season –50% reduced deposits², 3rd and 4th guests sail free³ (excluding taxes, fees & port expenses) on select voyages, we've now lost our minds and we're offering a **Best Price Guarantee**⁴ during our **Labor Day Sale** starting **Tues., Aug 22, through Sep 5.**

If you find a lower fare⁴ on the identical Princess cruise within 72 hours of booking, we'll match the difference! This offer – and all the other savings – apply to every destination we sail, so book early and save BIG.



CRUISE FROM : CARTAGENA TO BARRANQUILLA

Immerse yourself in the wonders that this South American country holds as you journey along the magnificent Magdalena River. Step through the streets of Palenque, the first free city in Colombia, moving to the rhythms of *cumbia* and *vallenato*, world-renown musical styles. Delight in the colorful neighborhood of Getsemaní in Cartagena, drinking in the vivid colors and culture displayed so artfully on the walls of homes, cafes and family-owned shops. Discover how Spanish and pre-colonial cultures combined to bring us the music, minds, and culture that exist in the country today. Let these breathtaking destinations inspire you as you embrace the soul of this mesmerizing river and the heart-warming people who live alongside it.



Soar. Explore. Save. promotion applies to new bookings made between June 28 and September 30, 2023 on all expeditions sailing November 2023 and later. Starting fares quoted are in U.S. dollars PER GUEST, cruise only and based on double occupancy in an Adventure Oceanview Stateroom, where Second Guest Sails FREE promotion has already been applied. Single guests receive a reduced single supplement. Fares for third guests are not discounted. Other staterooms may be available at discounted fares. Air, shore excursions, port charges and fees are additional. An air credit up to \$5,000 is for suites, up to \$4,000 for staterooms and based on double occupancy. Single guests in a Solo Oceanview Stateroom receive up to 50% of applicable air credit. Up to 25% savings varies per expedition. Promotion is combinable with Sail More Save More promotion, and Military Edge savings where eligible military veterans may receive up to an additional 20% savings on select voyages. Promotion may not be combinable with other special offers. Fares are subject to increase at any time without notice. Special offers and inclusions are capacity controlled and may be changed or withdrawn from any voyage at any time without notice. Additional restrictions may apply. ©2023 Atlas Ocean Voyages. Ships' Registry: Portugal | MKT_2449_06 28 23

We love all things Italian—including, of course, olive oil. Unfortunately, according to the American Olive Oil Producers Association, as much as 75 percent of the extra virgin olive oil that is imported from Italy to the United States is unpure. The Italian Mafia is to blame: The Mob takes pure olive oil and cuts it with cheaper oils, then sells it at the higher price and pockets the extra cash.



In light of stories highlighting the health hazards of adulterated extra virgin olive oil—from a 60 Minutes exposé to author Tom Mueller’s book *Extra Virginity*—many Americans have started sourcing the staple ingredient domestically.

Loaded with antioxidants and healthy fats, extra virgin olive oil is now being produced in the United States at a rate like never before. In 2019, California, the leading American producer of olive oil, churned out 4 million gallons—more than 10 times the amount the state produced in 2004.

In addition to California, U.S. olives grow in Texas, Georgia, Florida, Arizona, Oregon, Alabama, and Hawaii (on the island of Maui). With so many olive orchards, Americans can find a new pastime: olive oil tasting.

As Airport Lounges Fill Up, New Private Terminals Offer a Crowd-Free Alternative

The PS “private terminal” concept is expanding beyond Los Angeles to three new cities by 2025—with many more on the horizon.

When it debuted at Los Angeles International Airport (LAX) in 2017, the company behind PS (short for private suite) offered what seemed a uniquely L.A. service: an exclusive terminal off airport premises where well-known fliers, among other VIPs, could avoid the general public until they boarded their flight.

Now, more than five years and one pandemic later, PS is expanding to three new gateways in a bid to capture a growing market for those who—famous or not—are willing to pay a premium to avoid the crowds and chaos of the main commercial passenger hub.

Call it revenge travel, but that may be one reason why airlines also are investing more in fancier airport clubs and lounges for premium customers. Travel experts cite other factors like the travel disruptions of 2022, along with the staffing shortages plaguing the industry. Swanky lounges, in effect, can partially make up for lower service standards at the airport and in the air. Airlines are also adding airport perks for their highest paying passengers, such as Delta’s new dedicated first class check-in at LAX.

This fall, PS will open a location at Atlanta’s Hartsfield–Jackson International, followed by a third outpost at Dallas–Fort Worth Airport in 2024. And in 2025, PS will land in Miami, where it will take over the former regional headquarters building of Pan American World Airways, which the company touts as a link to “aviation industry’s golden age.” It is located across the street from Miami International Airport.

Last year, as travel rebounded, there were reports of overcrowding and long lines at some airport clubs, especially at facilities with credit card tie-ins or membership in lounge networks like Priority Pass.



SAINT LUCIA
LET HER INSPIRE YOU

The Embarkation/Disembarkation Form is Now Online!

Effective **March 1st, 2023**, travelers can complete the form up to 3 days prior to arrival in Saint Lucia.

The simple four-step process requires travelers to:

1. Visit stlucia.org/entry
2. Complete and submit the user-friendly ED form.
3. Receive a QR code by email.
4. Present the QR code to officials on arrival.

SAINT LUCIA
TOURISM AUTHORITY



Animals in Thailand

Thailand's diverse ecosystems are home to an array of fascinating animals, making it a haven for wildlife enthusiasts and nature lovers. From majestic mammals to slithering reptiles and enchanting marine life, this article introduces you to some of the captivating creatures that call Thailand their home. In this article we will be listing the most interesting



Thai Elephant



Tigers



Your next Dream Trip to Thailand

Thailand's diverse ecosystems are home to an array of fascinating animals, making it a haven for wildlife enthusiasts and nature lovers.

Asian Water Monitor Lizard



Gibbons



From majestic mammals to slithering reptiles and enchanting marine life, this article introduces you to some of the captivating creatures that call Thailand their home.

HAWAI'I TOURISM AUTHORITY WELCOMES THE RESPONSIBLE RETURN OF NORWEGIAN CRUISE LINE TO MAUI



Norwegian Cruise Line (NCL), the innovator in global cruise travel, today announced its return to Kahului, Maui, with the guidance and encouragement of the Maui community, Hawai'i State Governor Josh Green and the Hawai'i Tourism Authority.

NCL's [Pride of America](#), which has an 18-year history of cruising the Hawaiian Islands year-round, will recommence its weekly overnight calls to Kahului beginning Sept. 3, 2023.

Earlier this month, the cruise line paused its calls to Maui, to avoid stressing local resources due to the devastating wildfires in Lāhainā on the island's west side.

NCL temporarily adjusted their itineraries to avoid stressing the destination further, and they donated \$50,000 to Maui United Way, and together alongside their partners have collected and will be donating over \$150,000 in supplies such as food, clothing and mattresses. They look forward to returning to this incredibly special destination soon with the guidance and support of the local community, Hawai'i Tourism Authority and encouragement Governor Green.

"The damaging effects of the recent wildfires to the Lāhainā community has been heartbreaking," said Kalani Ka'anā'anā, chief brand officer of the Hawai'i Tourism Authority. "As recovery efforts are underway, the island of Maui is dependent now more than ever on the return of mindful, respectful visitation which keeps our residents employed and businesses open. We are encouraging travelers and visitor industry companies, such as Norwegian Cruise Line, to make a responsible return to the island, visiting the many areas that were not impacted by the fires and are welcoming travelers back."

THE BEST BEIGNETS IN NEW ORLEANS

Beignets are a staple in New Orleans and are favored among visitors and locals alike. Essentially deep-fried *pâte à choux* — though it's most often referred to as a hole-less, square donut — the beignet works for any meal and any occasion. Iterations span from sweet to savory, available at everything from cash-only joints in the French Quarter to fine dining establishments.

Café du Monde — Home of the original New Orleans beignet, Café du Monde has been serving customers since 1862. Now with locations in the French Quarter, City Park, and across the Greater New Orleans area (including the airport), you can experience the deliciousness no matter where you find yourself in the city.

Café Beignet — Should Café du Monde be absolutely packed (and it probably will be), Café Beignet is a just-as-delicious alternative. Tucked into a small façade at its Royal Street location, Café Beignet has a modest courtyard to enjoy your traditional, powdered sugar beignets *al fresco*.

LUCA Eats — Open daily for breakfast and lunch, LUCA Eats is a local Uptown favorite. Switching up the traditional pastry, they serve Oreo Beignets for dessert.

New Orleans Coffee & Beignet Co. — Located beside New Orleans Hamburger & Seafood Co. on St. Charles Avenue, this shop is the go-to place for anyone looking to grab a meal before their beignets. Be sure to order a specialty espresso drink or frozen coffee to round out your order.

The Vintage — Beignets are the name of the game at this Uptown restaurant. Enjoy rotating "fancy beignets" in addition to the traditional beignet and their kiddie counterparts, beignet bites. The vintage-inspired ambiance has us coming back as much as the beignets do.

Loretta's Authentic Pralines — With two locations just a couple blocks apart in the French Quarter, Loretta's is a must-have on your beignet tour. Though she passed away in February 2022, Ms. Loretta's legacy lives on. We recommend the praline beignets. Ooey gooey caramel and pecans hiding inside a fluffy square of fried dough? Yes, please!

Dinner and Dessert

Please let me know if you have tried any of the recipes that I've put in the newsletter and how they were. Send in your photo.

Classic Shrimp Scampi

This is one of those classic dishes that's perfect as a standalone dinner. The subtle sweetness and brininess of the shrimp coexists peacefully with the garlic and oil, and it's all perfect when served on a bed of buttered pasta.

Level: Easy

Total: 30 min

Active: 25 min

Yield: 3 to 4 servings

Ingredients:

- 1 1/2 teaspoons plus 3 tablespoons unsalted butter, cut into small pieces
- 1/4 cup panko breadcrumbs
- Sixteen 16/20 shrimp, shelled and deveined, tails on Kosher salt
- 2 tablespoons canola oil
- 2 large cloves garlic, grated on a rasp
- 3/4 cup dry white wine
- 2 dashes Worcestershire sauce
- 2 dashes hot sauce, such as Tabasco
- 1 large lemon, zested and halved
- 1/2 cup chopped fresh parsley
- 1/2 teaspoon red pepper flakes
- Crusty bread, optional

Directions:

- Melt 1 1/2 teaspoons butter in a small skillet over medium-high heat, then add the panko and cook, stirring constantly, until the breadcrumbs are golden and toasty-scented, about 2 minutes. Set aside.
- Sprinkle the shrimp on both sides with salt. Heat a large skillet over medium-high heat and add the canola oil. When the oil begins to smoke lightly, quickly arrange the shrimp in a single layer, with a little space between each, adding a couple of pieces of the butter around the shrimp to add flavor as they brown, 1 to 2 minutes. Turn the shrimp on their second sides and brown, 1 to 2 minutes. Quickly transfer the shrimp to a plate.
- Return the skillet to medium heat. Add the remaining butter and the garlic to the skillet. Press the garlic into the melting butter to break up any clumps. Add the wine and stir up the brown bits in the bottom of the skillet. Add the Worcestershire, hot sauce and lemon zest. Simmer until the garlic softens and the wine reduces down to a lush sauce, 3 to 5 minutes. Add the parsley and squeeze the juice from half a lemon into the sauce.
- Return the shrimp to the skillet and sprinkle with the red pepper flakes. Toss the shrimp in the sauce to coat well. Remove the skillet from the heat. Sprinkle the shrimp with some more lemon juice and the toasted panko and transfer to a platter.
- Serve with crusty bread, if using.



Crepes Suzette

For dessert or for breakfast, this sweet treat—smothered in a zesty orange sauce and lit on fire for some caramelized spectacle—hits the spot. And with Bastille Day coming up, it's the perfect occasion to flambé some of these thin French pancakes.

Level: Intermediate

Yield: 4 Servings

Ingredients:

Crepes:

- 1 1/2 cups all-purpose flour
- Pinch salt
- 3 eggs
- 1/2 cup sugar
- 2 cups milk
- 1 tablespoon orange liqueur (recommended: Grand Marnier)
- 1 teaspoon vanilla extract
- 1 tablespoon orange zest
- 1/2 cup clarified butter

Sauce:

- 1 1/2 cups freshly squeezed orange juice
- 2 tablespoons sugar
- 2 teaspoons grated orange zest
- 2 tablespoons orange liqueur (recommended: Grand Marnier)
- 3 oranges, peeled and sectioned
- Vanilla ice cream, for serving

Directions:

- Whisk together the flour and salt in a medium bowl. Whisk together the eggs and sugar in a large bowl until pale. Whisk in 1 1/2 cups of the milk, orange liqueur, vanilla, and orange zest and flour until combined. If the mixture is too thick, add the remaining milk until a thin consistency is achieved. Cover and refrigerate batter for 30 minutes.
 - Heat an 8-inch crepe pan or skillet over medium heat for about 1 minute. Cover the surface of the pan with clarified butter until it gets sizzling hot. Ladle some batter onto the middle of the crepe pan and immediately start swirling the pan to distribute the batter over the surface. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and cook the other side for 20 seconds. Remove to a plate and repeat with the remaining batter.
- #### Sauce:
- In a large skillet over high heat, bring the orange juice to a boil. Add the sugar and zest, reduce the heat to a simmer, and cook until the sugar has melted and the mixture is slightly reduced, about 5 minutes. Remove from heat and add the orange liqueur and orange sections. Set aside.
 - Working in batches, gently place a crepe into the pan holding the orange juice and orange sections. Leave for 1 minute to absorb some juice. Using a narrow spatula, remove the crepe to a warm serving plate. Repeat with remaining crepes. Roll the crepes into a cylinder. Spoon on some of the orange sections. Serve 2 crepes per person. Top with vanilla ice cream and serve immediately.



Bon appétit!