

USA Travel Magazine

A tropical beach scene at sunset. The sky is a mix of blue, purple, and orange. Palm trees are silhouetted against the bright sunset. A pier extends into the water on the left side of the frame.

Winter Edition 2009

*Key West Sunset
Celebration*

a la Montreal - 2010 Events

Welcome To Québec City

A Culinary Adventure In Virginia

Share A Memorable Trip Through Alabama



Capture The



Spirit



Of The



Florida Keys

Scuba Diving At The Florida Keys National Marine Sanctuary



“Christ of the Deep”

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USA Travel Magazine's Winter Edition

Welcome to USA Travel Magazine's Winter Edition. As we start a New Year, it's time to think about where we'll take our next trip.

In this Edition of USA Travel Magazine's Quarterly Publications we'll share our Culinary Adventures in Virginia Beach.

Catch The Sunset Celebration in Key West, Share A Memorable Trip Through Alabama, and explore more destinations across America's Backyard and Beyond!

We'll also learn how the Oceans Get Help From A Sea Lion, learn a few tips on Stay Fit In The New Year and Living Longer And Loving It.

Join us for our Spring Edition when we toast the New Year in Shreveport, Louisiana at Mardi Gras, and search for great spring break escapes.

Wherever your travels take you, Let Your Imagination Be Your Compass As You Explore America's Backyard & Beyond!

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Key West Sunset Celebration

Each evening in Key West is a festive event.

During our visit we were amazed by daring acrobats and performers like Will Soto, a amazing Tight Rope Walker, who performs at Sunset Celebration.

Will is one of the residents of Key West who is dedicated to the arts and assist in making sure that performers and artists alike strive in the community.

He is a straight forward and easy going guy who is not afraid to engage his audience, which love interacting with him. From flaming torches to slight of hand and his thrilling Tight Rope performance,

Will keeps everyone entertained and laughing.

Every evening people gather at Mallory Square for the Sunset Celebration, and are delighted by the performers and artists.

One thing about Key West that makes it so inviting is the everyone is equal and treated with respect. This is part of the Keys philosophy, Come as you are and enjoy yourself!

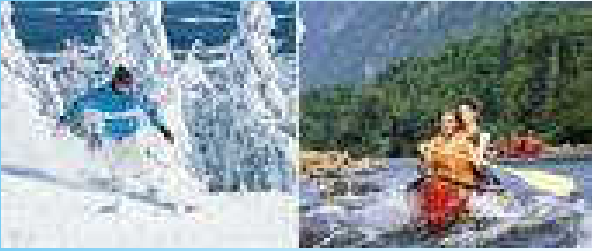
Whether visiting for a day or an extended stay the Sunset Celebration is a must-see on your to do list. Embrace the moment and you'll come home with plenty of memories to share!



Plan Your Trip:

Order a free vacation kit, including details on accommodations and attraction by calling the Florida Keys & Key West Visitors Bureau at 1-800-FLA-KEYS or visit www.fla-keys.com.

Quebec



Québec City has a rich heritage that is celebrated with passion and colorful events throughout the year. Whether you visit the Winter Carnival, or are looking for festive events and culture, there is a diverse mix of entertaining options to explore.



Winter Fun in Québec City

You can tour this beautiful city or if hitting the slopes sounds like more fun then you'll enjoy plenty snowfall throughout the season. With several resorts accepting a ski pass, Québec City is the perfect place to go cross-country skiing or snowshoeing!

Welcome To Québec City

A magical place to visit while in Québec City is the Hôtel de Glace, North America's only ice hotel that features snow archways towering over 5 meters tall and amazing crystal ice sculptures. The Hôtel de Glace features 36 rooms and theme suites, an ice chapel, a Nordic relaxation area with outdoor spas and sauna, a huge ice slide, the art gallery and the Ice Bar to have a cocktail in one of the famous ice glasses.

For the creative adventurer, Québec City is a vibrant canvas of artistic and cultural treasures. This city is home to many concert halls, boîtes à chansons, discos, art galleries, museums, antique shops, lounges, festivals and theatres that provide exceptional performances. The Musée national des beaux-arts du Québec features permanent exhibitions of Québec art and regularly hosts important events to enjoy!

If visiting between January and Mid-February be sure to visit the Québec Winter Carnival that is a exciting event with festive themes and plenty of excitement to experience.

Québec City is a unique and fascinating city that will enchant you and leave you with many found memories to share over a lifetime!

Plan Your Visit

To plan your escape to Québec City visit

www.quebecregion.com.

Oceans Get Help From A Sea Lion

Nature



Here's some news that's making a splash. America's national marine sanctuary system, the underwater version of our national parks, has a new spokesperson-or rather a new "spokes-sea lion" named Sanctuary Sam. In a new public awareness campaign developed by the National Oceanic and

Atmospheric Administration (NOAA), Sanctuary Sam hopes to help protect the ocean like Smokey Bear did for forests. Sam will help NOAA inform the public about ways they can better care for America's underwater treasures, such as disposing of our trash properly and not disturbing marine life. There are 13 national marine sanctuaries and one marine national monument that were created to help preserve our nation's natural and cultural treasures for future generations. To learn more about your national marine sanctuaries and how you can help protect them, visit sanctuaries.noaa.gov. Sanctuary Sam urges all Americans to help keep our national marine sanctuaries safe for future generations to enjoy.

Discover More In Cleveland

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Stay Fit In The New Year

It's easy to make a New Year's wellness plan meaningful-not only for your health but also as a routine that you can easily stick with. Dr. Liz Applegate, Director of Sports Nutrition at the University of California at Davis, offers these simple steps, along with some quick, must-do changes, to create a successful wellness routine:



Health

1. **Start smart.** Set a goal reachable. Instead of planning to exercise everyday, start with two to three days a week. This way you're more likely to stick with the plan.
2. **Take small steps.** Rather than revamping your entire diet overnight, map out a gradual plan over several weeks. Studies show we are more apt to stick with a plan when we take on small changes slowly, rather than "charging it" hard all at once.
3. **Pick up the pieces.** Blowing your diet or skipping exercise doesn't mean you're a failure. Two steps forward and one step back is still progress. Just pick up the pieces, know you are human and move forward-slow and steady.
4. **Keep Moving.** Each day, find ways you can burn calories by the simple act of moving: Park your car and run your errands on foot; take your dog for regular walks; play with your kids in the park; or take family bike rides. Even taking the stairs rather than the elevator can make a big difference when you add up the calorie burning over time.
5. **Snack with savvy.** For most folks, snacking on high-calorie drinks and foods can lead to slow weight gain over the year. While snacking itself isn't bad, what you choose as a snack can be. Try including tasty foods that boost your health, such as dried fruit, plain yogurt with a drizzle of honey and fresh berries, whole grains, and vegetables. Fiber from whole grains, beans and fresh fruits and veggies offers a slew of health benefits, including curbing your appetite, controlling blood sugar and cholesterol levels and trimming your waistline.
6. **Get Some Rest.** Getting adequate sleep is vital to total health. Studies show that people who fall below six hours of sleep nightly have trouble controlling weight and report increased levels of stress.



Living Longer And Loving It

It's never too late to make a lifestyle change that can have a positive effect on your health-and it's often easier than you might imagine. Feeling better and living longer may be as easy as adding a few strawberries to your diet to boost memory and brain power or drinking a cup of tea to improve the health of your teeth and bones.

Such interesting facts are found in a quarterly webzine called Living Longer and Loving It, published by the Alliance for Aging Research. The webzine provides information and tips on how to enhance your health, plus the latest medical research and innovations that have the potential to change the face of aging. Each issue also highlights a "living legend," an impressive person who exemplifies what it means to live longer and love it.

To sign up for a free subscription, visit www.agingresearch.org. People are living longer and enjoying active lifestyles in their later years. Find out how you can live longer and love it.

A Culinary Adventure

In Virginia Beach

By Leroy Worley

Virginia



Dining in Virginia Beach is truly an adventure. From fresh seafood to hearty burgers, the menu choices are as varied as the attractions and events to enjoy. This was a great time to visit because we were there in time for the Annual Virginia Beach Restaurant Week, sponsored by the [Virginia Beach Restaurant Association](#). Held in Mid-January, this is an excellent time to sample Virginia Beach's finest Coastal Cuisine, and with special prices for the occasion you can sample almost everything on the menu!

We began our Culinary Adventure at the Dockside Inn, located at 3311 Shore Drive, it is a favorite hot spot in Virginia Beach with great views of the Lynnhaven Inlet. Among our favorite items on the menu was the She-Crab soup; this creamy soup with just the right mix of crab and seasoning was the perfect touch for a breezy day. Among the great fresh seafood selections on the menu are steamed shrimp, fresh crab, as well as the catch of the day, plus they have delicious sandwiches!

Our next taste of Virginia Beach's finest food was at Tautog's, located at 205 23rd Street. This up-beat restaurant is in a historic structure; the Winston's Cottage at the oceanfront. Just steps from the beach, Tautog's offers a classic beach dining experience. On the menu is the creamy she-crab soup, which was a bit more intense, and still as inviting. There are also steamed mussels, fresh tuna and crab cakes. Whether you're looking for a hearty steak or fresh seafood, Tautog's has a refreshing menu. Don't forget to try the desserts; the Key Lime Pie is especially nice! , served by the friendliest people in town.

Right next door, at 207 23rd Street, is Doc Taylor's where we enjoyed a late lunch the next day. As the name suggests, this was once a doctor's office, and is now one of Virginia Beach's favorite breakfast hot spots. Everything on the menu sounds delicious so you may have a hard deciding what to pick. No problem though, just come back again, and dine outside on the sun patio, and enjoy all the tasty selection of menu choices!

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When in came around time for dinner we once again headed to the Lynnhaven Inlet to One Fish, Two Fish, located at 2109 West Great Neck Road. Perhaps the name sounds familiar, think of Dr. Seuss, and then you have a grasp of the lively and thriving restaurant you'll find.

This classy restaurant offer an alternative to formal dining; it a happening place with style. Located on the inlet, it has a sunset views that make it the perfect destination for a romantic evening out. As with the many restaurants in Virginia Beach the service is exceptional; it must be something in the water because everyone we met was welcoming.

One Fish, Two Fish has a wonderful Wine Bar, and a amazing selection of wines to match with your menu selections. The Veal chops were divine, and the vegetables were cooked to perfection. Of course, there's plenty of fresh seafood, as well as the finest cuts of meats. We loved One Fish, Two Fish not only for its menu selections, but its delightful staff who were always there when we needed help. This was quite a accomplishment since it was extremely busy when we arrived.

As our Culinary Adventure came to a close we made one last stop to the Burtons Grill, located 741 First Colonial Road in Virginia Beach's Hilltop area. Burtons Grill is located within a small shopping center on the corner so you won't miss it, and if you do turned around! You don't want to miss the chance to try their Crab Cakes. This is a great place to catch a game or enjoy a casual meal without breaking the budget. They have the freshest selections of produce and meats, as well as local seafood favorites. Whatever you choice from the menu you can't go wrong at Burtons Grill!

This Culinary Adventure is one to remember. Yes, we did get in our exercise visiting local sites, so no worries there.

Plan Your Trip To Virginia Beach

To find out all there is to do in Virginia Beach and plan your own Culinary Adventure visit the Virginia Beach Convention & Visitors Bureau's Web site at www.vbfun.com; the official source for travel information on Virginia Beach, or you can call 1-800-VA-BEACH to order a Free Visitors Guide.

On The Go With La Fresh



Whether you're on the road or at home, there's always a moment when you need to freshen up.

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single-use personal wipe that is not only convenient and easy-to-use, they are a great when you're on the go. La Fresh has wide selection of wipes for removal of cosmetics, skin-care, hygiene and cleaning wipes for both men and women. And, La Fresh products are TSA-friendly, biodegradable and are made with high-quality products.

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Share A Memorable Trip Throughout Alabama

Alabama



Travel throughout Alabama and you'll find more than Southern charm and hospitality, you'll find there are many unique sites awaiting around every turn.

As we kick off a new year there's no better time to explore what's new in Alabama. With special events and attractions across the state, it can be hard to decide what to do so here are a few suggestions for your upcoming trip.

Soar with the Eagles - Answer the call of the wild at the Guntersville State Park, where you can enjoy annual events like the Eagle Awareness Programs that offer fireside chats, guided interpretive programs at various Bald Eagle nesting sites, and guest speakers. Each program followed by meals in park's dining room. This is just one of the program available at the [Guntersville State Park](#) so check their website for current programs so you can plan your visit.

By Melody Schubert

Continued on page 11...

Celebrate The Bond Of Friendship

This Valentine's give the gift that is a reminder of your Friendship with loved ones; a Friendship Stone! Thoughtful gestures and warm embraces are shared everyday with our friends and family. We wanted to show our love with a special gift, and the Friendship Stone is a unique way to do it.

Friendship Stones are a small, natural way to remember our union and connection to those who encourage and give us strength. They also symbolize these unbreakable, enduring bonds that last forever and will be treasured by all who receive them.

The Tiger's Eye was chosen as The Friendship Stone for its Chatoyant colors which offer an important message for how each person chooses to view life. The stone's appearance dramatically changes with different rays of light, just like each person has the ability to alter his or her own direction in life and make better choices. Furthermore, the structure of the stone is as beautiful, distinctive and irreplaceable as each individual reminding each person of his or her own inner-beauty.

Friendship Stone are a special way of saying more than words; they are a express of hope and unity that eternal!

Order A Friendship Stone

To order your Friendship Stone visit <http://www.thefriendshipstone.com>.

By Iris Dean

More Memorable Trips Throughout Alabama



The Clay Conference at Troy University will hold a Presenters Exhibition to celebrate their 25th anniversary. This exhibit will showcase the artwork of four of the top pottery artists in the world. Check their website for other events and celebrations planned throughout the year.

Everyone has a story to tell at the [Pike Piddlers Storytelling Festival](#) to be held at the end of January. This festival features nationally acclaimed storytellers Donald Davis, Barbara McBride-Smith, Kevin Kling and Elizabeth Ellis. For tickets call 334-735-3125.

Join the [2010 Senior Bowl](#), which is also held at the end of January. The nation's unique football game and football's premier pre-draft event features the country's best senior collegiate football stars and top National Football League draft prospects. Teams represent the North and South and are coached by the entire coaching staffs from two NFL teams.

In Montgomery you can experience [381 Days: The Montgomery Bus Boycott Story](#) through the end of the month. This exhibition offers a gripping account of the men and women whose nonviolent approach to political and social change matured into a weapon of equality for all.

Let the spirit of Broadway move you as you join [Neil Berg's 100 Broadway Years of "Singing with Broadway Stars"](#) on the 30 of January. Yes, it's your chance to be a star. This is your opportunity to win a chance to sing a song with five Broadway stars in front of family and friends. To enter the online auditions, take a 90- to 120-second video of yourself singing a Broadway show tune and upload it to YouTube, MySpace, or Facebook.

Huntsville

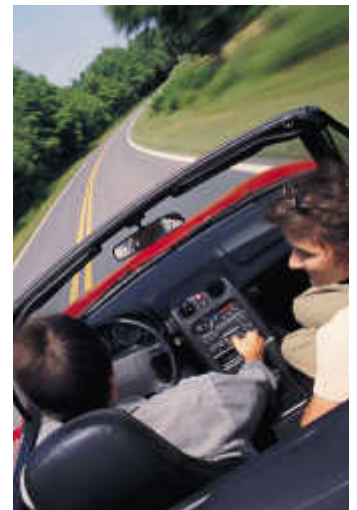
In Huntsville, Alabama you'll enjoy a ride in an authentic gondola at Bridge Street Town Centre, which is a fun way to explore the city.

At the Huntsville Museum of Art view the largest collection of art by American women.

We cannot forget the kids who will be thrilled to blast off to a galaxy not so far away at the Star Wars Where Science Meets Imagination exhibit coming to the U.S. Space & Rocket Center this summer.

Whether you enjoy touring historic districts or shopping in upscale and eclectic shops, you'll discover a out-of-this-world experience awaits in Huntsville!

Celebrate The
"Year of
Alabama Small
Towns and
Downtowns"



It's the "Year of Alabama Small Towns and Downtowns." And, in Alabama that means there will be grand festivals and events that showcase the best the state has to offer. It also means there are plenty of afford options to help you make the most of your trip.

To learn about the year long celebration and plan your escape to Alabama visit the [Alabama Tourism Department](#) website.

Montréal à la

Montréal, a city with old world charm. Here you'll experience a cultural scene that spans the traditional to the avant-garde, with a wide range of music, theatre, dance, artist-run galleries, major museums and grand performance halls. Then there are the scenic outdoors filled with recreation for every adventure, as well as exciting festivals and much more!



2010 Events

Montreal High Lights Festival-Feb.18-28

Montréal Museum of Fine Arts Feb.11-May 2, 2010 Tiffany Glass, A passion for colour

The Mondial de la Bière - International Beer Festival

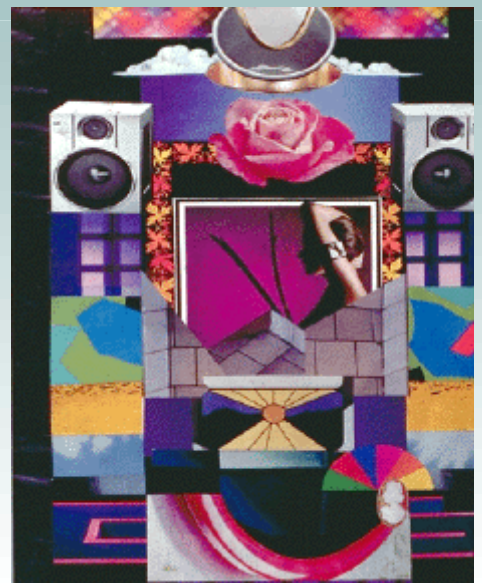
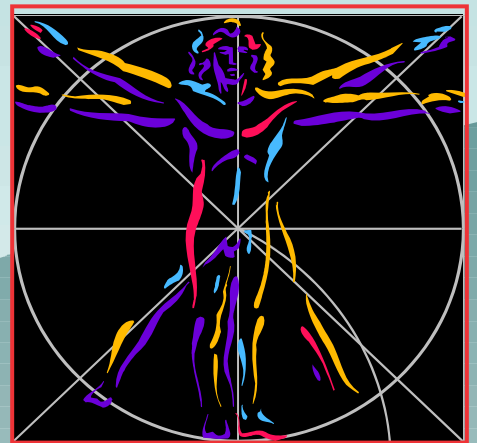
The Montreal Jazz Festival

The Just for Laughs Festival

The International Fireworks Competition

The Magic of lanterns at the Montréal Botanical Garden

Montreal Pop Music Festival



[Visit www.tourism-montreal.org to plan your trip!](http://www.tourism-montreal.org)