



**Hudson Valley 'Plus' with Marie
June 10-13, 2012**

Marie will be 14 on her last day in NJ. We met when she was ten and she's had numerous trips to NJ and other places with us, with the biggest trip coming up this December to Vienna for 10 days. She arrived on May 23rd and left on June 14th allowing us to visit up-state New York on two different trips. In between we did sports, ran a 5K, time in NYC, and at the Jersey Shore.

School in Kansas City was out early whereas New Jersey kids go to school until late June all of which wasn't the best of planning since there were no kid-activities available in NJ like last year when we had camps and day trips. It must be tough for a 13-14 year old having to spend 24/7 with the elders but she did well no matter and probably much because she is so grown up.

Here is Marie at the French restaurant Le Fandy in celebration of her 14th birthday. From eating predominantly plain pasta and chicken fingers until last year, she has allowed Tom to lead her into a variety of good and interesting food. Travel has gotten a lot more expensive now - smile - but finally she can eat well and thus the upcoming trip to Vienna. The last picture is from the CIA (Culinary Institute of America) and yes that's an iPhone – poor kid had me for 24/7 so she escaped via iPhone. Drove me crazy but isn't that what teens do?



West Point

U.S. Military Academy is full of massive red brick and indigenous stone buildings and situated on the west bank of the picturesque Hudson Highlands. These are historic grounds and a delight to drive through in 2009. I had the idea that a guided tour would be good but I didn't realize HOW good. Marie and her school friend decided they may well want to apply and we found out that high-schoolers who start voicing their interest early and apply for the high school summer programs get a favorable look. A free education at one of the three military academies gives not only full scholarship but a stipend too and best of all probably an opening to whatever job one wants and in lucrative fields. In the case of West Point there are something like 22 different degrees one can pursue and then owe the military 5 years active and 3 years reserve as a return. Tom recommended the U.S. Air Force Academy instead; I don't know why but as he has 26 years as a military officer with personnel as a specialty he probably knows best. (Marie had the idea of joining a military band but Tom showed that there are only one or two officer positions opening in the entire country each year. Her chances to be an astronaut would be more realistic.)



Security was high and this is the entrance gate. Where Marie is standing is why West Point was placed on this high cliff – for the view of the Hudson River. Near the visitors center is the museum rated as one of the best in the world for military collections.



The Chapel was open for our first tour, but closed for the second one. It contains the largest organ in the world. There are various worship houses on base from Catholic to Jewish.



Our second tour contained a walk through the cemetery where many dignitaries are buried in amazing crypts. Not quite like in Milan but pretty amazing. This middle tomb is for a real Molly Pitcher – she took over the guns when her husband was shot and she too was shot. There was no discrimination when SHE was needed. This is the Old Chapel, painstakingly taken down and re-installed on the burial grounds.



Homes on West Point were lovely as was the student dorms. The caretaker's cottage in the cemetery was too. Again, more unique and interesting tombs with many of the old ones overlooking the Hudson River.



The house in the middle is obviously an officer's home. The first one was probably too – for long tours. The chains are from the long stretch of multi ton chains floated across the Hudson to keep the British from coming up river.



Clearly the entire campus of West Point has a dramatic spot on the edge of the Hudson but equally they have a dramatic spot in our history being the oldest Academy and one of the finest. We had most all of the day at West Point including their well rated museum and an Army t-shirt memento was collected from the gift shop.

Onto our hotel in Fishkill

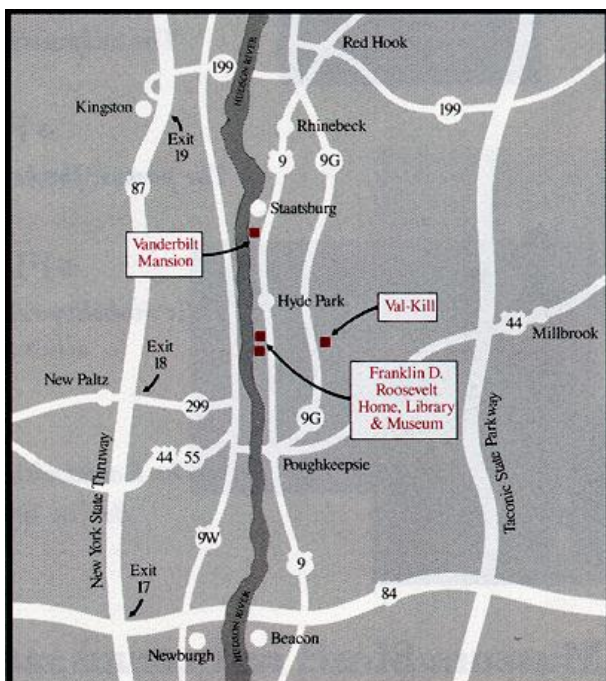
Why so many 'kills' around here? It's an Indian name for water.

Here we are, having checked into our Marriott hotel and found a wonderful suggestion of a local Mexican (Mayan) restaurant and now we're doing what we do very well – EATING! These were some of the best fish tacos I've ever had and good thing Marie and I'd had the day to talk because there was no talking with the live and roving entertainers.



This would only be the first of a few good meals on this trip – as we had on the last one too.

An overview of the Hudson Valley area from our 2009 trip



At the time of my last trip I realized there was plenty enough to warrant another trip. To orient you, here's a map of the area. Descriptions are in part from the respective websites.

Franklin D. Roosevelt Presidential Library and Museum: The Library's museum contains extensive displays on the lives and careers of both President and Mrs. Roosevelt. Through the use of documents, photographs, historic memorabilia, and multimedia technology, the exhibits document that turbulent period of our nation's history from the Great Depression through World War II. This exhibit entertained us sufficiently to go back the second time – following a beer and snacks at the local pub.

This complex includes the Franklin D. Roosevelt National Historic Site: The home and gravesite of Franklin D. Roosevelt is located on the same grounds as the Franklin D. Roosevelt Presidential Library and Museum. It's hard to think of this home as that of FDR however as it was his mother's home, family home, and never truly Eleanor's. Thus the building of Val-Kill for Eleanor where she ultimately lived and thrived after FDR and mother Sarah were gone.



Eleanor Roosevelt National Historic Site - Val-Kill:

The home of Eleanor Roosevelt is located approximately 1 mile from the FDR Library and Museum. Here we found a very home that was most unpretentious and equally comfortable. Eleanor's memorabilia impressed us not only with her history but also with her level of influence on the local community, her husband, and the world. She was far ahead of her time.



Counting Presidential Libraries

Marie now has to her credit visits to the libraries and homes of Truman in Independence MO, Eisenhower in Abilene KS, John Kennedy in Boston, and now Roosevelt in Hyde Park NY. She does very well and gets quite engaged in seeing everything there is to offer in museums.

Others I've visited include Abe Lincoln in Springfield IL,

Lyndon Johnson in Austin TX, Richard Nixon in Yorba Linda CA, Gerald Ford in Grand Rapids MI, Jimmy Carter in Atlanta GA, Ronald Reagan in Simi Valley, CA, George HW Bush in College Station TX, and Bill Clinton in Little Rock AK.

Vanderbilt Mansion National Historic Site: This "Gilded Age" mansion overlooking the Hudson River, built in 1896 was the home of Frederick and Louise Vanderbilt. This was not our favorite though it was rated highly on the tourist sites. For Marie it was the first huge estate/mansion she'd seen so it was a big thrill to take a guided tour.



Culinary Institute of America (CIA): The Culinary Institute is home to 5 restaurants open to the public. Tom, Kathy and I had dined at the Italian one called Catherine d'Medici or similar. Interesting, but because its run by students, all are closed during the weekend. The campus is gorgeous, sitting high on a hill and the experience is worthy of a trip but the food was not quite up to our expectations even though reservations had to be made months in advance. I'm glad we went however and would recommend going but only once.



Thus this time the logic for a couple of reasons was to go to the casual Apple Pie Café. I was with Marie, was feeling very in hock, we weren't all that dressed up, and it was available. See picture above.

Mid-Hudson Pedestrian Bridge: From the 2009 notes - this old railroad bridge has been converted to the longest pedestrian bridge in the world. (A couple weeks ago we walked over the longest purposeful built pedestrian bridge in the world in Omaha.) The bridge is 1.25 miles long, and the top of the bridge deck is 212 feet above the Hudson River and the width expands from 24 feet over land, to 35 feet over the river. The fall foliage views were perfect as was the weather. The people-watching was pretty good too. Here we are from our Fall Weather trip.



Walkway over the Hudson Pedestrian Bridge – about 1.3 miles each way and of course we had to do it coast to coast! In 2009 just days before Kathy, Tom and I walked over it, the state opened the Walkway Over the Hudson State Historic Park as a legacy project of the Hudson Fulton Champlain Quadricentennial. The park provides access to the Hudson River's breathtaking landscape for pedestrians, hikers, joggers, bicyclists, and people with disabilities. The bridge deck stands 212 feet above the river's surface and is 6,678 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world. Background: The Poughkeepsie-Highland Railroad Bridge was built in the late 19th century to link New York and New England to an extensive, nationwide railway network. For decades, it was a major rail corridor for both freight and passengers. After a fire in 1974, the bridge was abandoned and sat for decades as an orphaned relic. This brand new park was made possible due to the unwavering commitment of the community, who, through a non-profit organization called Walkway Over the Hudson, forged a public private partnership involving the State of New York, the federal government, neighboring municipalities, private corporations and other not for profit groups. The park offers interpretive signs and a Walkway Over the Walkway cell phone tour. We would learn that Kathrine Switzer and Roger Robinson would be guests at a 5K run to be held there that following weekend.



Marie's Highlight – a hike and lunch with Kathrine Switzer

Not that it wasn't my highlight too, but when Tom asked Marie what was the highlight of the trip(s) there was no hesitation that it was visiting with Kathrine and her husband Roger Robinson at their home in the Hudson Valley. We drove up high in the mountains to a lake and carriage trails of Mohonk Mountain Resort and walked the lake route, and then to a lovely waterfall in a local (and way high up again) park.

Kathrine is quite the gal and has a unique ability of making everybody feel like they are her very best friend. Despite having been away a full month on European tour, despite having just returned from being MC and speaker at the NYC Mini, despite having boxes of unopened mail delivered, she insisted on fixing lunch for us and taking much of her day to tour us through the hiking trails. No wonder it was a highlight for Marie.

If my goal is to introduce Marie to successful women, this day counts as many! We call KV (as she was billed for her first Boston Run) KTG for Kathrine the Great. We all know she had much to do with women getting Title IX. It was also the focus of her many interviews of the week in honor of the Title IX anniversary.



Then Marie was off to Space Camp

Here is her fun report on Space Camp plus more: Yes I'm back. It was special. Scuba-ing is SO MUCH FUN! And we star watched. But we had a huge flop on graduation day. Aunt Loudean and Uncle Joe thought graduation was Saturday but it was Friday so I had no one to give me a ride. Fortunately my new friend Laura took pity on me and I stayed overnight at her house. She likes on a farm and part of her family is Amish. I picked out favorite chickens XD. But they had like TONS of kittens. One recently had a litter of like 9 and had a pregnant cat. I met Laura's sister, and two brothers which who were extremely nice. We then watched men in black and we went and slept outside and star watched. IT WAS AMAZING. We saw the milky way band, picked out a few constellations, saw a satellite, and saw a few shooting stars. At camp we saw the same things except they had these really special telescopes that we got to look through. And we got to see like nebulas and Saturn and we could see the rings. We also did this falcon mission and it was like SUPER cool. Scuba diving was really cool. They taught us the basics for like an hour and for an hour and a half we swam underwater. Breathing under water is sooo different. It was a lot easier to breathe the air from the tank because it is filtered. After Laura and I spent the night under the stars (only waking up with minor bites me I got a few chiggers and Laura a few chiggers but a really bad bite from something on her finger.) Her mom cooked us a wonderful breakfast and cooked us bear cakes where she put m&m's on person shaped pancakes and she out ones matching out eyes. And she gave us homemade blue berry pancakes with milk straight from their cows and eggs from their chickens. She also had a pool so we got to swim for a little. I'm glad you guys taught me how to eat because her mom was making chicken stir fry and she had zucchini and peppers in it, and she also had pork and cabbage dumplings. But enforce breakfast we discovered the pregnant cat was giving birth. I was like OH MY GOD. She had the first kitten about halfway out when we found out. There was a bloody mess when the cat finally came out but she was still huge and she went in to the cat house so she could give birth in private. And unfortunately Laura's favorite chicken died too. But I got to pet a lot of the chickens and a HUGE rooster. So I guess I got a little bit of a life and death lesson there. When I got home I was excited to find the rest of the bed set package in my room and I couldn't have asked for a better fabric. I LOVE THE FABRIC! I don't think I've ever slept better. I mean the fabric is sooooo soft. But I only had the soft pillow and comforter but with the whole bed set I think I'll be in heaven. Oh and by the way I'll be free Sunday and possibly Monday if I can't find anyone to come with me to the royals game with me unless you want to but I don't think that's your thing. Hugs and kisses, Little Marie :)

Diane in cool Oregon – for her July birthday; husband Tommy was at a ballgame while Diane ran with Frank and many other Maniacs. It was a double marathon with temperatures in the 70s while her home state was suffering 109 degrees.

Judy in Vancouver Washington -

VANCOUVER USA MARATHON Vancouver, Washington

Beautiful area...think small town version of Portland, OR or Seattle. I flew into Portland, Oregon, and from there it's about a 15 minute drive to Vancouver, WA.

A super-duper winning point about this marathon is the location of the START and FINISH LINE. It's right smack downstairs at the host hotel...well actually, you need to walk about 10 or 20 steps. The start (and finish) of the race is at lovely Esther Short Park across the street from the host hotel, the Hilton. The hotel offers a runner's pasta plate special for \$10. Also, we only needed to drag ourselves from our room to the hotel elevator to go downstairs to the Expo activities and talks. Bart Yasso was the special guest. At the Expo, I saw a couple of people from the Atlanta area...the first was a girl who was working at the expo and now resides in Vancouver. She saw my tie-dyed Philippiades shirt from Jeff Galloway's Atlanta running store, and she told me she used to work there. The 2nd Atlanta area resident was a very very teeny tiny runner in an Atlanta Track Club t-shirt who had come to this marathon to beat the heat, I guess. She was that type who makes you wonder if she eats at all...and the type who makes you wonder if she could just crack or snap like a twig...ANYWAY, much much later while yours truly was stuffing my face with excruciatingly yummy Starbucks pastries and reading the newspaper at the airport, before boarding my flight home, I READ THAT SHE WAS THE FEMALE MARATHON WINNER!



I loved the Farmers Market held both Sat and Sun at Esther Short Park. I'm not sure if there were 50, or maybe even 80 booths, but there were loads of happy people selling Washington apples, cherries, FUNNEL CAKES (yep, a personal favorite), strawberries, BREAD, fudge, ethnic foods, trinkets, jewelry, clothing items, plants, flowers, and more... and lots of friendly pets were there, in a pet friendly, people friendly atmosphere. Nice, nice, nice people living in Vancouver...maybe their minds are affected by the relaxed lifestyle and beautiful scenery.

FEAR (due to my performance at my last couple marathons) caused me to hunker down in my hotel room Sat afternoon. I knew I would be doing a lot of sightseeing Sunday morning at the marathon, so I chose to cower in fear in my room Sat afternoon. The marathon did not disappoint in its sightseeing aspects. I DID INDEED "VISIT" the places I had (briefly) considered visiting, before instead hunkering. Saw the "Mighty Columbia River," Fort Vancouver, the beautiful homes at Fort Vancouver called Officers Row, pretty sweet smelling flowers along picturesque back roads, Pearson Air Field, the Old Apple Tree Park where the first apple trees in Washington were planted at the Fort (and they say that one of the original ones still stands-it's roped off), the Land Bridge, which commemorates the Lewis & Clark Expedition and connects the Fort with the Columbia River Waterfront Trail, and more.

The actual marathon? You want to know about the actual marathon...OK...if you want. The full marathon starts at 7am, and although they officially have a 7 hour time limit, you are allowed to finish if you need more time. There were still a couple people behind me when I finished at 7 and 1/2 hours plus...surprisingly. The half marathon starts at 9 am and they officially have a five hour time limit. The first 13 miles of the full marathon course were just lovely and mostly flat...I was so happy, and foolishly confident, and relieved, after being so worried the night before...I chatted with 50 Stater

Eugene DeFronzio, and stayed with him until MY 3RD BATHROOM STOP, somewhere around mile 15 or so...then the hills and warmth and humidity came in that last part...the bridge of my nose was burned despite my sunblock. SO GLAD TO MAKE IT IN...friendly people still there smiling at the finish line...they didn't seem to mind a bit that I came in so late...and that's just what a back of the backer needs at the finish line, too... a smile, not a grump. Went back to my hotel room, looking forward to the hotel's happy hour menu of great offerings. I showered, and sat down...AND BIG SURPRISE...COULDN'T GET UP THE ENERGY TO LEAVE MY ROOM UNTIL THE NEXT MORNING WHEN IT WAS TIME TO GO TO THE AIRPORT!

From 2009 Hudson River trip but missed this time



Washington Irving's Sunnyside: A visit to Sunnyside is an enchanted adventure in a romantic landscape and a much-loved riverside home that has been charming visitors for generations. Hear about Washington Irving's storied past and how he came to be America's first internationally famous author, best remembered now for *The Legend of Sleepy Hollow* and other short stories. His characters, from *Broom Bones* and *Ichabod Crane* to the mysterious *Headless Horseman* and the comic *Rip Van Winkle*, are icons in American culture. Even Johnny Depp has added to their global renown. A gently curved path leads to gorgeous views of the Hudson River and reveals the allure of Sunnyside's unique design, its intimate

setting, its bucolic grounds, and its association with a beloved man of letters. Your guide, dressed elegantly in hoop skirts or formal dress of the times, explains how Washington Irving designed Sunnyside and its grounds himself, collaborating with his neighbor, the artist George Harvey. "It is a beautiful spot," Irving wrote, "capable of being made a little paradise." Beginning in 1835, he expanded a small cottage in stages, combining his sentimental interests in the architecture of colonial New York and buildings he knew in Scotland and Spain. The house became a three-dimensional autobiography. The grounds reflect Washington Irving's romantic view of art, nature, and history. He arranged garden paths, trees and shrubs, vistas, and water features to appear natural, and planted an exotic wisteria vine (still growing) to envelope the house. Irving's contemporaries extensively described and illustrated Sunnyside during his lifetime. And since Sunnyside and many of its furnishings remained in the family, a visit here is one of the most authentic experiences of mid-19th century life anywhere in the country.

Lyndhurst or also known as the Jay Gould

Estate: (The summer house of his son Stephen in Lakewood NJ is now the Georgian University.)

Lyndhurst, a historic site of the National Trust, is one of the great domestic landmarks of America. A visit to the house and its 67-acre park is a must for all who are interested in 19th-century architecture, decorative arts, and landscape design. (Visitors may walk the publicly maintained Croton Aqueduct Trail from Lyndhurst to West Sunnyside Lane.)

Lyndhurst was designed by Alexander Jackson Davis (1803-1892) in the gothic revival style. Davis completed this first phase in 1842, and designed much of the furniture. In 1864, Lyndhurst's owner hired Davis to more than double its size. In 1880

Jay Gould (1836-1892), the railroad magnate, Wall Street tycoon, and prototypical robber baron, purchased the estate and renamed it Lyndhurst. He added a colossal greenhouse in the gothic style by the firm of Lord and Burnham; its cast-iron structure still stands. Gould hired Herter Brothers to redecorate and added paintings by Corot, Courbet, Bouguereau, and others, many still extant. The important "gardenesque" landscape is by Ferdinand Mangold (1828-1905). Many of the landscape features created by Mangold, his predecessors, and his successors, are preserved, including spectacular specimen trees.



Beekman Arms: Operating since 1766, The Beekman Arms is the oldest continually-run inn in the U.S. We tried for a drink but couldn't find a spot since it was jammed full. Instead we walked the little and quaint town of Rhinebeck and found ourselves in a Nepalese store run by a refugee from Tibet, where we made the purchase of a prized singing bowl. These antiques from Nepal and Tibet are made of seven metals and have a resonance that defies description and belief. Come visit and we'll demonstrate. Who would guess we'd find such a thing in this quaint little town? I had learned about them during yoga sessions at my favorite retreat, Kripalu, some years ago and already owned a little one but this biggie (about 16 inches across and maybe 8 inches deep) just amazes me with its tone and resonance duration.

Millbrook: A restaurateur suggested a drive out Highway 44 past estates and into the largest prize-winning winery of the area. The highlight was meeting the owners of Loopey's Restaurant (closed for the evening or we'd have eaten there – they invited us in and treated us to a drink anyway) and eating at the French bistro they recommended just down the street. Lovely meal and great visit all around.

Some color on the trip:



Some color on ANY trip! (Thank you Ellen for sending.)

Stranded in Tiny Malaysian Town, I Learned About 'Yuan Fen,' One of Life's Most Beautiful Lessons - *When you're traveling in a bus made of garbage, things go wrong on a regular basis. Breakdowns become not an unexpected crisis, but a way of life.*

缘分

This time the Biotruck broke down near Bidor -- a small, dusty Malaysian settlement lined with unremarkable storefronts. As I kicked around the parking lot of the mechanic shop, I asked myself: why can't the truck spring an oil leak at the Taj Mahal, or Angkor Wat?

The "Biotruck" is a 22-year-old school bus my partner Andy salvaged from a scrapyard and converted into an RV that runs on waste cooking oil. Everything in it -- the lights, the sink, the countertop -- is cobbled together from other people's cast-offs. We are driving it around the world, but progress is slow. When you're traveling in a bus made of garbage, things go wrong on a regular basis. Breakdowns become not an unexpected crisis, but a way of life.

I surveyed the lay of the land around the auto shop: a fruit stand, a hardware store, a hair salon. For the next few days I'd be exiled from the truck as it filled with mechanics, oily rags and expletives. There was really only one helpful thing I could do: keep out of the way.

Bidor appeared to be the Middle of Nowhere. Of course, the last time I thought that -- during a breakdown in the Malaysian port town of Galang Patah -- we ended up on a Dionysian jag with influential journalists and politicians uncorking champagne in our honor, celebrating our journey and the Biotruck.

I needed to give Bidor a chance.

What's interesting about breakdowns isn't what went wrong, but the question of how to get rolling again. A disintegrated fuel filter can throw you at the mercy of strangers. Who will help you? You invariably meet people you would have never met, and in some places walk away with the sorts of strong friendships that get forged under duress. In our case, the truck quit abruptly on the highway and Andy had to guide it onto a narrow stop on the shoulder. While he poked around under the hood, I spread a blanket on the roadside grass, and setting up our laundry hamper as a backrest, resumed reading the literary megalith that is *Shantaram*. The day dimmed, the mosquitoes bit, and it started to worry me that maybe we would have to spend the night right there on the shoulder. Thankfully, two laughing Chinese mechanics from Kim Lim's

towing happened to drive by with a tow truck and stopped to give us a hitch. That's how we got to Bidor.

I am fairly useless in breakdown situations. It's not that I lack the brainpower to figure it out, or that I'm too girly to get my hands dirty. That isn't it. It's just that I'm so completely uninterested. Car parts to me are *so boring*. Thankfully, Andy feels otherwise. *It's like having a conversation with the engine*, he explained.

Days passed while he carried on heated chat with the fuel filter and the injector pump. I filled the blank hours drinking tea and submitting myself to inane things like having my hair flat-ironed just so I could wait out the brutal Malaysian heat in the air-conditioned salon.

No doubt, it felt wrong that while poor Andy was covered in grease, I was strolling around the parking lot all day with great hair. So I went over to a fruit shop, deciding that I would bring refreshment to the oily crew. I selected a few mangos, bananas and a watermelon. I knew the counter space in the Biotruck would be covered in wrenches, so in a clumsy mix of English and charades, I asked the owner for a knife and a cutting board. I sat and chopped the fruit on a mat near the register, balancing a plate on my knees while runnels of watermelon juice ran down my arm. Her son set a box down by my feet to catch the peels, her husband came over to watch and soon, cutting up the fruit became a family effort.

Mr. and Mrs. Fatt owned the fruit shop. The morning after our collective fruit slicing session, they idled their car up to the bus and asked us to breakfast. We sat at an open-air Chinese market and poked breakfast dumplings with chopsticks and did our best to make conversation. We must have done well enough because they took us out to dinner again that night. We got on with them well. They were fun-loving -- Mr. Fatt liked to tease and in return his wife delivered him regular impish punches to the arm. Over the next couple of days while the Biotruck was in surgery at Kim Lim's shop, we started hanging out at their house, watching their TV, using their shower and Internet. They showed us a nearby waterfall where we waited out a long hot afternoon in the mist. Before long, Mr. and Mrs. Fatt began to feel like family, and that dusty block of Bidor storefronts started to feel like home.

On our last night, they took us out to dinner. While we sipped from our beers, Mr. Fatt pulled out a pen and a napkin. He scribbled out a Chinese character and drew a big circle.

Yuan Fen he said, pointing to the Chinese symbol. Then he retraced the circle. *Big world, opposite sides, but still we meet. This friendship is a special privilege.*

Later I would look up the meaning of Yuan Fen and begin to love the word for the way it filled a gap in the English language for a phenomenon that I had experienced, but never had the verbal tools to articulate. I think "chemistry" might be the closest word we have.

Simply put, Yuan Fen is the binding force that brings people together in a relationship. The amount of Yuan Fen you share with someone determines the level of closeness you will achieve. It's not just about proximity; you can live next door to someone all your life and never get to know them. This just means you have thin Yuan Fen. On the other hand, you can

fall madly in love with someone, but just can't stay together. "Have fate without destiny," is a Chinese proverb used to describe this tragic condition.

The meaning can get more complicated. Some believe the phenomenon is tied to past lives and karma. As another Chinese proverb goes: *It takes hundreds of reincarnations to bring two persons to ride in the same boat; it takes a thousand ones to bring two persons to share the same pillow.*

But for me, it is enough that Yuan Fen explains how sometimes people who meet get along or don't get along, why friends become friends, lovers become lovers, and also why sometimes relationships break apart. It puts a word to the phenomenon of why there are people I've lived near for so long, yet consistently fail to maneuver the conversation past a "hello" and yet manage to make a heart connection halfway around the world. It explains how we should break down, find Kim Lim's shop, and then intersect with Mr. and Mrs. Fatt, who don't speak my language, who live thousands of miles away, and run a fruit stand in a dusty little "nowhere" town called Bidor.

Christina Ammon is a travel writer with work published in Orion Magazine, the San Francisco Chronicle, the Oregonian, Eating Well and other publications. She is currently traveling the world in a truck made of garbage. Visit her blog at www.vanabonds.com

Venice - This is a fast track version of seeing Venice in one day!
<http://player.vimeo.com/video/40977797>

Itinerary

Wed May 23

5:39pm Depart Kansas City MCI via United #4429
9:30pm Arrive Newark and meet at end of security as usual

Fri May 25

Early Depart via car to Lenox – see marathon itinerary
Staying 3 nights at Hampton Inn in Lenox
With Saturday to Stockbridge and Red Lion Inn and pasta dinner
Joy Bauer of Today Show NBC as speaker
With Sunday to Tanglewood for MDM marathon

Mon May 28

Depart via car to Lake George – see marathon itinerary
Staying 3 nights in Hampton Inn in Lake George
Diane there until late and visit with sister
Lake steam boat trip; visit Saratoga

Thu May 31

Early Depart via car to NJ and home

Sun Jun 10

Early Depart via car to Hudson Valley NY for estates tour

See West Point on way – US Military Academy off SR 9W with visitor center outside Thayer Gate (South Post). Include Cadet Chapel with one of largest church organs in the world. Tours of 1 and 2 hours starting at 11am and ending at 2:30pm.

Mon Jun 11

Eve Culinary Arts Institute restaurant - for Caterina de Medici:
1946 Campus Drive, Hyde Park, NY 12538-1499 845 471 6608
Check for other restaurants on campus
Note: no jeans or t-shirts allowed per dress code

Directions HH Parkway to Saw Mill Parkway to Taconic State Parkway, to I-84 West
Or Hutchinson River Parkway to I-684 North to I-84 West
Follow I-84 to Exit 13, Route 9 North for 16 miles. CIA is on the left
Or NY Thruway North to Exit 18 at New Paltz, follow Route 299 East to Rt 9W South
Crossing the Mid-Hudson ridge to Route 9 North, following Route 9 for 3 miles

Parking Suggest CIA's 2-story parking deck in Anton Plaza
with views of Hudson River from a 30,000 SF terrace
See campus map in file

Hotel Residence Inn by Marriott - staying 2 nights but booked for 3 just in case
14 Schuyler Boulevard, Fishkill, NY 12524 Tele: 845 896 5210

Mon Jun 11

Tours available at estates of Rothschild; Franklin Roosevelt and Eleanor Roosevelt's homes;
Vanderbilt

Tue Jun 12

Mid-am Hike and lunch with Kathrine Switzer and Roger Robinson at their home
5 Calvin Blvd, New Paltz, NY 12561-2902 Tele: 845-255-0056 (cell might not work)

Afternoon Drive home to NJ

Thu Jun 14

11:58pm Depart Newark EWR via United#4633

1:59pm Arrive Kansas City

NYC Mid-week entertainment Ideas:

NYC: Radio City Music Hall or Broadway show; Met Museum of Art has rooftop display called Cloud City; Chinatown, Circle Line, Big Onion walking tours www.BigOnion.com; World Trade Center Discover in NYC at Times Square new program

Middletown Arts Center?

Monmouth County Parks: Longstreet Farm 6/09 lacemaking 1-3 and 6/10 music festival; Huber Woods 6/02 and 6/03 Wolf into Dogs; Deep Cut Gardens 6/10 10-3 open house; Manasquan Reservoir and Eagle watch from float boat;

Sandy Hook Wednesday night band on the beach and dinner at Eagles Nest?

Count Basie Theatre?

IMAX show at Liberty Science Center?

Cape May? Need a couple days and summer

Prospect Park and Botanical Gardens; Edison Labs or Princeton

Dentist consult – offered free of charge

Book reading; movies; quiet time

Pools: All three hotels have pools; The Club gave me guest passes for June 1, 4, 6 and 8th; Kathy's next door; Ouida's and then Kat is life guard at Seven Presidents Park.