



Cruising is the best way to see Europe

One of my favorite ways to travel is aboard a small cruise ship — or long boat — that will become my home away from home as I settle in and let the captain and crew attend to my needs while I enjoy the cities and villages one sees on the travel shows or has read about in travel magazines.

The long-boats generally hold no more than about 150 passengers and offer comfortable cabins with private baths and windows that slide open to form your own indoor/outdoor patio. You'll enjoy three gourmet meals daily and be taken to ports you would probably overlook if you were driving.

After enduring that long international flight, there's nothing better than settling in your cabin and being spoiled for the next 7-10 days. You'll learn history from capable tour guides as they guide you on walking tours along ancient streets and alleys before letting you "loose" to explore on your own.

No worry, the ship is always moored nearby and within walking distance. It's nice to have a few hours on your own — without pressure — to explore the nooks and crannies of these charming villages and to enjoy a coffee and pastry in a local bakery or sit outside enjoying a local beer or wine in the village square.

Your travel mates will all be English-speaking as will be your crew. The entertainment usually comes on board after dinner to enlighten you to the culture. There may be cooking demonstrations and glass blowing. Ethnically dressed young people will come on board to sing and dance for you. By the end of the cruise, you'll know much about the people, history, and culture that formed them.

In 2019, we'll be cruising along the Romantic Rhine and Mosel Rivers to see tulips in bloom. The Mayflower Tulip Time Cruise, departing on April 7 for 10 days, will begin with a few days in Lucerne, Switzerland before going onto Basel to board the MS Emerald Sky sailing through parts of France, Germany,



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Travels with Marilyn

and ending in Amsterdam. I've been on this trip and can only say I was overwhelmed with the color and variety of tulips. I bought tulip bulbs in Amsterdam to plant in my garden and when they bloom annually, I'm reminded of this wonderful trip. If booked prior to Aug. 31, the airfare is free.

For those who love art and good wines while cruising through amazing scenery in Southern France along the Rhone and Saone Rivers, we've reserved cabins aboard the MS Emerald Liberte, beginning Sept. 13, 2019. This 11-day tour of the most beautiful and charming part of France begins in Lyon allowing us to see some of the most beautiful sites in Provence. It's no wonder the Impressionist artists painted so many of their finer works here. Have a glass of wine at Van Gogh's favorite bar in Arles as you enjoy viewing one of the best preserved forums in the world. Exploring Avignon — once the home of the Popes — and delight in the small shops and incredible history.

At the end of the seven-day voyage, you'll be transferred to fabulous Nice for three days. Here you'll be taken to Monte Carlo — the ultimate gambling hall — and have the opportunity to see why Nice "is the place to be" for the rich and famous. This trip has the free air component if booked before Aug. 31 as well.

For a truly "off the beaten path" cruise, I need to recommend to you the Gems of Eastern Europe cruise aboard the Emerald Sun departing July 3, 2019. We'll touch the countries of Hungary, Croatia, Serbia, Romania and Bulgaria as we cruise the lower Danube River.

We'll start off in Bucharest and end in beautiful Budapest with interesting stops in between. For Dracula fans, who wouldn't want

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to venture to Transylvania to tour Bran Castle where your guide will regale you with stories of the famous count? In Serbia, we'll sail through the Iron Gates on our way to the first and largest archaeological excavation site in Eastern Europe — Viminacium. We'll touch Croatia to visit Osijek, the 4th largest city in the country. Ever wonder where paprika came from? You'll find out in Kalocsa, Hungary. Guess what! Free air on this trip as well as all gratuities are included.

Yes, we have quite the cruise tour lineup for you for 2019 with more on the way as we receive word from our tour operator. Not a fan of traveling that far or small ship cruising? No matter, the Chamber has lots of other travel offerings.

I love small ship river cruising and know you'll be hooked on this way to sightsee after your first trip! Call the Chamber at 882-1565 for information and be sure to book one of the cruises before Aug. 31 to take advantage of the free air offer.

Marilyn is a consummate traveler and always has a suitcase packed. She's 89 years old and still has so much more of this world to see.

Can't zero in on perfect snack

Anyone who knows me well knows I'm always fighting the battle of the bulge, and the double chin and the bat wings of upper arms and the muffin top, which in my case is more of a baker's dozen of muffins! It's OK I'm always trying to keep things level on my scale. It keeps me ever vigilant about what I put in my pie hole. Oh, don't say pie.

What's ever present in this daily fight is finding something that's acceptable to have as a snack. When I was a kid, a snack was so much easier to grab. Chips, ice cream, Baby Ruth bar, you know ... all the stuff to stuff in before the dinner bell. But now I know about carbs and sugar and caffeine and starches, the list is endless of what not to have. So today I've decided to discuss the "haves" in the world of snacking.

Must put in here I'm not a dietician nor do I have any letters behind my name that will make me scholarly in any way about eating right or wrong. So don't hold my feet to the fire about my never-ending path to the table. Mostly it's just desire vs. good ol' common sense.

I have not been around a lot of women in the past 40 years or so. I have spent a lot of time around men, working and socializing. It just worked out that way and I enjoyed all the good times I got to be part of in that life. Guys are kind of fun to be around. But now I'm around my female friends more and more and since I'm critical of myself I noticed I seem to be out of the loop regarding sizes and fashion and, you know, girly stuff. But I'm learning. Like this ...

Not long ago, like a few weeks ago (I have to qualify "not long ago" ... not long ago can be weeks or months or minutes). Anyway, I was talking to a friend and asked her just what size clothes she wore. She's thin and since I have no shame I just asked. She said she's a size zero. Wait, what? I didn't even know there was a size zero! Then she added she had gained a little weight recently as she had been a size double zero! My answer to that is this — I wasn't even a size zero in the womb!

I aspire to be on the normal side of this sizing dilemma. I gave a conscious effort to getting rid of that dang X in my size and for the most part have succeeded. But, ah, yes, another but has squished in here! But staying X-less in the size department is



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Is This You?

becoming a problem I need to attack. I have come to notice it isn't about meals for me, it's about those snacks. Snacks are miserable little mouthfuls of a cross between guilt and pleasure. I vote for the pleasure!

I know fruit is the best option. Well, actually no snack is the best option, but not having a snack is not realistic. So I filled my refrigerator with fruit. Good thing it's summer. I've eaten my way through grapes, berries, oranges, apples, melons, even these new things that are a cross between a plum and an apricot — weird fruit. But now I'm all fruited out. I need something else.

So I moved to what is supposed to be the next best thing. Granola bars. Until I read the label and found I could have a milkshake for about the same guilt/pleasure factor. Neither are helping to keeping that dang X at bay. So what snack is there that's guiltless, healthy, fun, delicious, readily available, and most important, won't cost me an arm and a leg? Nothing. Yes, I've made a remarkable discovery there's no snack that will cut your snack monster off at the knees and keep you from diving head first into that extra-large family size bag of barbecue chips and licking your fingers until they're numb! So what to do, what to do.

Here's the deal I made with myself. It really only makes sense in the middle of the night when sweet is tapping on your left shoulder and salty is riding a bucking bronc on the right — if you're hungry, for goodness sakes just eat! Maybe not the whole bag of chips, just a handful. Not the entire tub of ice cream, just a spoonful — a big spoonful! Yes, yes your doctor wants you healthy. I want you healthy, too, as I bet your family does. But you're only here once. Nobody gets out of here alive. Skinny people and fat people, we all go into that good night. So I've decided to follow this one rule: When in the kitchen — everything in moderation.

Trina lives in Eureka, Nevada. Share with her at itybytrina@yahoo.com ... especially advice about what to snack on!