



Times

AAA PIONEER VALLEY

this month

Tell us your savings story

Have you saved money with your AAA Membership? Tell us your AAA savings story and we'll tell other AAA Times readers. Every issue, a story will be selected randomly and will be published in the next issue of AAA Times. If your story is published, you'll win a one-year membership renewal! For more information, visit AAA.com/Promo.

Driving school summer classes

One-week accelerated classes are being held this summer in Wilbraham and at AAA offices in Hadley, Springfield and West Springfield. Sign up at AAA.com/DrivingSchool or call 1-800-622-9211, option 6.

Join the AAA Solo Travelers Club

Do you love to travel but don't have a travel partner? Attend the next meeting of the AAASolo Travelers Club on Wednesday, Aug. 20, at 6:30 p.m. at the AAA West Springfield office. For more information, visit AAA.com/Solo.

Why wait? Come to AAA for RMV

AAA Members can visit the West Springfield office for the following Massachusetts Registry of Motor Vehicle services: license, registration and state ID renewals and duplicates and replacement license plate stickers. Office hours are Monday through Friday, 9 a.m. to 5:30 p.m., with extended hours on Thursday to 7 p.m., and Saturday, 9 a.m. to 1 p.m.

AAA has E-ZPass transponders

AAA Members can apply for a new E-ZPass account for passenger vehicles and motorcycles (commercial vehicles and trailers not applicable) at AAA offices. For in-state accounts, the transponder will be active three business days after the application is submitted (six days for out-of-state accounts). Transponders can be used throughout Massachusetts and out of state where E-ZPass is accepted. Members with the older model orange transponders can bring them in and convert them to a new account.

AAA offices closed for holiday

AAA offices will be closed July 4 and 5 in observance of Independence Day. As always, 24-hour roadside assistance will be available.

On the cover: The Cape Cod Canal Centennial celebration is this year. See story, above.

Cape Cod Canal

100 years later, still a maritime marvel

By George Morse

If you've ever wanted to see a tugboat parade, this is your chance.

On July 29, a procession of these powerful vessels will make a two-hour crossing of the scenic Cape Cod Canal beginning at 4 p.m., and those looking to catch the sight are encouraged to head for the waterway's banks.

The parade isn't the kind of thing you see every day and is, accordingly, scheduled for a particularly noteworthy date.

The 29th marks the canal's 100th anniversary, and the event is part of a 10-day celebration commemorating the milestone. The Cape Cod

Canal Centennial Celebration runs from July 25 through Aug. 3. The schedule includes a number of maritime-themed events, concerts and other festivities.

Those wondering why the canal merits such an extended celebration can look to its history for some perspective. Construction of the waterway commenced in 1909, according to the U.S. Army Corps of Engineers, though Myles Standish envisioned the canal as a means of improving trade as early as the 1600s, and later, George Washington thought such a resource could enhance security for American ships.



Army Corps of Engineers

The Bourne Bridge, in the foreground, and the Cape Cod Canal Railroad Bridge cross the Cape Cod Canal, which was built 100 years ago.

The connection between Buzzards and Cape Cod bays also makes for safer maritime travel. In the 1880s, shipwrecks on the outer cape were happening as often as once every two weeks, according to the corps.

Rear Admiral Rick Gurnon,

president of the Massachusetts Maritime Academy, said the canal offers the opportunity to see maritime commerce up close.

"There are very few places where you can wave to a tugboat skipper pushing a load of

Continued on page 10



Six Flags Great Adventure

10 TripTiks

Take in a summer's worth of wildlife on land and sea

By George Morse

Squirrels, ducks, caterpillars – there's only so much wildlife you're going to find at the local park.

Luckily, those eager to catch an up-close look at animals large and small have plenty of options around the region. The following zoos, all within a day's drive, have wildlife from across the globe, while more aquatic-minded explorers will enjoy a visit to these aquariums or a day on the high seas aboard a whale watch.

1. Bronx Zoo, New York: There's so much to see here, it might be tough to catch it all in one day. That's a piece of advice from the Bronx Zoo website, evidenced by the zoo's 260-plus acres of wildlife habitats and attractions. See hundreds of animals, from lions and otters to gorillas and scorpions. Visit the Children's Zoo, expected to re-open this summer following a renovation. For an additional fee, take a camel ride, or see 30 animatronic dinosaurs on the "Dinosaur Safari: Mysteries Revealed" narrated tour. Visit www.bronxzoo.org.

2. Cape Cod: Nestled in Massachusetts Bay between Cape Ann and Cape Cod, Stellwagen Bank is one of the most popular spots on the East Coast for whale watching. Schools of fish attract regular visitors such as humpback, fin, and minke whales, according to the Stellwagen Bank National Marine Sanctuary. Visitors looking to see the area's marine life have a few options



Julie Larsen Maher / Wildlife Conservation Society

Gelada baboons can be seen in the Baboon Reserve at the Bronx Zoo.

from Cape Cod including tours departing from Provincetown, Barnstable and nearby Plymouth.

3. Gloucester: If you're looking to reach Stellwagen Bank from the west, head to Gloucester Harbor. The site is only 12 miles from Stellwagen with a number of companies offering regular whale-watching trips. And Jeffrey's Ledge, another whale-watching destination partially located within the Stellwagen Bank, is only 8 miles

from the harbor. While you're in town, visit Maritime Gloucester, a working waterfront museum with a touch tank aquarium.

4. Granby Zoo, Granby, Quebec: With nearly 1,000 animals representing some 225 species, Zoo de Granby is worth a visit. Check out animals like tigers, a wallaby, alligators and hippos. And once you're done, stop by the 12-acre Amazoo iogo Water Park to enjoy an inner tube

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from the president's desk

Chris E. Mensing

In the early 1980s, a study in DeKalb County, Georgia, suggested that driver education wasn't effective and was said to be a reason for public schools throughout the country discontinuing those programs. Even today you still hear references to the "DeKalb study" when the merits of driver education are being discussed.

Many of today's researchers believe the Georgia study used flawed methodology and the results are not reliable. That still leaves the important question: Does driver education work?

The AAA Foundation for Traffic Safety set out to answer that question with a large-scale evaluation of driver education, examining programs in the state of Oregon and the Canadian province of Manitoba. While the results are still being digested, the findings suggest that, at a minimum, driver education enhances knowledge about driving and is likely associated with reducing both traffic crashes and citations.

Among the key findings of the study:

- Driver education was associated with a lower incidence of both crashes and citations; crashes were reduced by 4.3 percent and citations by 39.3 percent.
- Teens who complete driver education have higher self-reported driving skills and tend to score higher on their written exams.
- Teens who complete driver education are more supportive of

AAA study finds benefits to taking driver education

graduated driver licensing laws.

At the same time, a AAA Foundation survey reports that 86 percent of Americans believe new drivers should take driver education. The National Highway Traffic Safety Administration, through its project to create administrative standards for states overseeing driver education programs, lists parental involvement as a key factor in students becoming lifelong safe drivers.

This final point, parental involvement, is especially important to us here at AAA Pioneer Valley. In addition to a mandated parent session in Massachusetts, we also continue to offer Dare to Prepare. This innovative program for parents and their 14 and 15 year olds gives families a preview of teen driving. We're in the midst of enhancing the program to even better identify and discuss those critical safety issues important to new drivers.

When you see our AAA Driving School vehicles on the road you see our commitment to teen driver safety. We believe that driver education works, and remains the best way to get our teens ready for the excitement and challenges of safely getting behind the wheel.



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GREENFIELD

Mohawk Mall
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HOLIDAY HOURS

AAA Pioneer Valley offices will be closed on the following days:

**Friday, July 4 and
Saturday, July 5**

**in observance of
Independence Day**

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Search these savings and more at AAA.com/Discounts



AAA sponsors Indian Motorcycle Day

AAA is a proud sponsor of this year's Indian Motorcycle Day on July 20 from 9 a.m. to 4 p.m. Held on the grounds of the Lyman and Merrie Wood Museum of Springfield History, this annual event attracts more than 2,000 local and regional visitors.

Indian Motorcycle Day is a revival of the longstanding celebration and rally of the classic motorcycles that were manufactured in Springfield from 1901 to 1953. Many Indian collectors mark this day as the most important event on their yearly calendars and attend every year. This celebration also appeals to other motorcycle enthusiasts, and many attend from all over



See many fine restored Indian motorcycles on July 20.

the Northeast. Visitors say that they enjoy the opportunity to see an outdoor show and visit the exhibits in the museum at the same time.

In addition to the motorcycles on display, there will be vendors

selling all sorts of motorcycle-related gear, food and beverages. There will be music played by a DJ and trophies will be awarded. With some of the finest restored Indian motorcycles in the country on display, the competition for trophies is always keen.

Admission to Indian Motorcycle Day is free with museum admission. AAA Members save \$1 on museum admission (\$18, adults; \$12, seniors and college students; \$9.50, ages 3-17; free for children under 3, museum members and Springfield residents (with proof of address). For more information, visit www.springfieldmuseum.org.

Head back to school with an A for vision

Now is the perfect time for your annual eye exam – the test you can take before the school year even begins.

An eye exam will ensure your prescription is up to date. For optimal vision, however, the right prescription alone is not enough. With the AccuFit Digital Measurement System – found exclusively at LensCrafters – your vision can be five times more precise than with the traditional manual approach. AccuFit measures the distance between your pupils, the spacing between your eyes and the shape of your eyewear to ensure the best possible placement of the prescription in your lenses.

The lenses themselves are the focus of the AccuFit Lens Simulator, which allows you to try out different lens options. And AccuFit's myLook feature lets you "test drive" four frame styles at once, so you can feel confident selecting your perfect pair of frames. The right glasses capture your style, your personality, and of course, help you see your world.

This fall, make the grade with new glasses. For an unbeatable selection of the latest eyewear or to make an appointment for an eye exam, visit your local LensCrafters or go to AAA.com/LensCrafters. AAA Members, check out the offers tab on LensCrafters.com for exclusive savings.

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5 ways AAA can help kids have fun

No matter what's happening in your world, there are countless ways to use your AAA card. In this feature, we choose a different life stage or lifestyle each month and offer five ideas for taking advantage of your member benefits.



1 Southwick's Zoo: Head to the zoo and save \$2 on the price of regular admission. Southwick's Zoo is home to more than a hundred species of animals from around the world. AAA.com/Discounts.



Andrew Greto

2 Eric Carle Museum of Picture Book Art: Take the family to the museum near the Hampshire College campus in Amherst, and save 25 percent on admission. AAA.com/Discounts.



3 Blue Man Group: Watch, laugh, and listen at this show combining technology, comedy and music that entertain young and old alike. AAA members save \$10 off tickets for select performances. with AAA code AAA14. AAA.com/Discounts.



4 Berkshire East Canopy Tours: One company, three tours. Visit New England's largest zip destination and save \$5 on zip line canopy tours. AAA.com/Discounts.



5 EcoTarium: Visit the EcoTarium in Worcester for hands-on, interactive exhibits that explore the natural and physical sciences. Save \$1 off admission for up to four in a party. AAA.com/Discounts.

AAA saves the day

By D. Kolodzinski, of Easthampton, AAA Member since 2011

I saved lots of money getting discounted tickets for my friends and myself to Six Flags New England. That was a great day and a great feeling. Thanks AAA!

By M. Mancino, of Westfield, AAA Member since 2001

I had been putting off buying new eyeglasses for a while because I did not want to incur the expense, but finally I had to do it about a month ago. I read in the AAA Times that Target Optical offered a AAA discount, so I gave it a try. I saved about \$60 because I was a AAA Member, which is so significant! I was so pleased with the savings and Target Optical.

By D. Bottaro, of Springfield, AAA Member since 1999

Over the many years that we have been AAA Members, we have saved money in many ways: on vacations, tow service, and discounts on tickets, movies, etc. However, the way we have saved the most is not in monetary terms, but in peace of mind. We have saved ourselves having to worry about being stuck, which was often a concern when we traveled every other weekend to pick up and drop off my stepdaughter. Now that our children are grown and going off on their own, we worry less about them. This savings cannot be measured.

Tell us in fewer than 200 words how AAA has saved you. To submit a story, visit AAA.com/Promo, email it to editor@aaaapv.com or mail it to AAA Times, 150 Capital Drive, West Springfield, MA 01089. Include your name, address and daytime phone number. If we print your story, you'll receive a one-year primary Membership renewal.

get out!

fun things to do for \$15 or less

Open Hearth Cooking: Hot Weather, Cold Hearth

Come to the Hall Tavern Kitchen at the Visitor Center in Historic Deerfield to learn how people in New England kept cool during the summer and preserved summer produce: July 5-26, 10 a.m.-4 p.m. Admission: \$14; \$5, ages 6-17; free, 6 and under. Visit www.historic-deerfield.org.

*Shelburne Falls Art Walk

Visit Shelburne Falls to walk through the village and check out the art of local artists. View demonstrations, enjoy live music, and look at the art through the village. July 12; 4 p.m.-8 p.m. Free. Visit www.shelburnefalls.com.

*Exhibition on historic American landscapes

The Wistariahurst museum in Holyoke is starting a summer gallery exhibition displaying the historic landscapes in America from the 1890s to the Great Depression: July 5-7, 12-14, 19-21, 26-28; noon-4 p.m. Admission: \$7; ages 12 and under, free. Visit www.wistariahurst.org.



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Universal Studios Hollywood

'Super Silly Fun Land' open for mischief

"Super Silly Fun Land," an all-new elaborate play zone unique to Universal Studios Hollywood, has opened this year adjacent to "Despicable Me Minion Mayhem."

The colorfully themed, interactive Minion-inspired outdoor venue is a literal interpretation of the seaside carnival from "Despicable Me," designed to entertain guests of all ages with its more than 80 different water-play features.

A nearby dry zone invites guests to climb, jump and slide, while a Minion-themed ride, "Silly Swirly Fun Ride," soars and spins guests around for a 360-degree view of "Super Silly Fun Land" aboard a fleet of uniquely styled ride vehicles.

A highlight of "Super Silly Fun Land" will include the memorable "Super Silly

Space Killer" arcade game, where Agnes "won" her lovable stuffed unicorn ("It's so fluffy!"). Visiting guests will have a chance to try and beat the odds as they vie to win Minion game prizes and their own stuffed unicorn.

With the addition of the expansive "Super Silly Fun Land" area to the "Despicable Me Minion Mayhem" ride, this attraction promises a unique immersive experience that will fully engulf each and every guest who enters.

A "Super Silly Fun Land" prerequisite will task all guests to embrace their "Inner Minion" – the mischievous alter ego that lives within each of us – before they let loose within the area.

Once set free, they can enjoy all the activities with the same carefree mischief of a



The Universal Studios Hollywood program offers AAA Members discounts on park admission.

Minion.

The Universal Studios Hollywood program offers discounts to AAA Members on park admission and selected dining and souvenirs. The program includes Universal Studios Holly-

wood, the world's largest movie studio and theme park, and Universal Studios Hollywood CityWalk, the most popular entertainment destination in Los Angeles. For more information, visit AAA.com/Universal.

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Keep kids safe during travel

With school out and summer vacation soon to be in full swing, you're probably planning a summer vacation or family getaway. Make sure that proper safety practices don't also take a vacation and that you keep your kids as safe away from home as you do when they are here.

IN THE CAR

Motor vehicle crashes are a leading cause of death for children, due mainly to misuse and nonuse of car seats. Being on vacation should be no different than being at home – your child should always ride in an appropriate car seat to protect them from injury.

If you're planning a road trip in the family car, make sure you get the seat inspected by a certified child passenger safety technician before you hit the road.

If you're planning to rent a car for your road trip, you can take your car seat with you or many rental car companies offer car seats available for a charge. Keep in mind that car seat rentals are on a daily basis, so if you're planning an extended trip, it could get costly. (AAA members receive free use of a child, infant or booster seat through Hertz.)

You might prefer to bring your own seat with you and that will help ensure you are familiar with how to use the seat and know that it is safe and clean to use.

If you're flying to your final destination but will be driving when you get there, you can still take your car seat with you. On most airlines, car seats are exempt from checked baggage allowances and fees. Car seats can also be gate checked. To protect your car seat on the airplane, you may want to consider a car seat case – available at most big box retailers and baby stores. Look for one with wheels for easier navigation through airports.

IN THE AIR

Here are FAA-recommended guidelines for using a child restraint on an airplane:

- Children who weigh less than 20 pounds should ride in an FAA-approved rear-facing child restraint.
- Children who weigh between 20 and 40 pounds should ride in an FAA-approved forward-facing child restraint.
- Children who weigh between 22 and 44 pounds also have the option of riding in a safety harness.
- Children who weigh more than 40 pounds can use the airplane seat belt.

For more child safety tips, visit AAA.com/PublicAffairs.

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Relax and recharge with a stay in spectacular Sedona

By **Mindy J. Ginley**

Located in the middle of the Arizona desert, Sedona is a vacationers' paradise full of resorts and spas, canyons and red rock formations. An easy drive from Phoenix, Sedona offers some of the most spectacular scenery in the world with mild seasons year-round, and attracts more than 3 million tourists from around the world annually.

Historically a rural ranching community located far off the beaten path, Sedona's unrivaled beauty became nationally known through the motion picture industry (many John Wayne movies were filmed here and it was the inspiration for Walt Disney's Thunder Mountain ride), and the city of Sedona was incorporated in 1988.

Visitors can enjoy a variety of experiences in the area, all within an easy drive of Sedona. Create your own itineraries to experience Sedona your way, whether you're into history and archaeology, arts and culture, power shopping, outdoor recreation or the spiritual and metaphysical. There are many options for first-class accommodations and restaurants. Here are a few to inspire you:

STAY

L'Auberge de Sedona: Set on the banks of Oak Creek, L'Auberge de Sedona is a unique property that's perfect for a romantic getaway. From the moment you arrive, the experienced staff attends to your every need. For your convenience, tipping is not allowed at the resort. Instead, a nightly service fee is applied to your bill, which covers gratuities for the entire staff, excluding food, beverage and the Spa at L'Auberge.

Following an extensive refurbishment, L'Auberge now offers multiple accommodation types, from traditional Lodge Rooms to Spa Cottages. Choose a private Garden (pets welcome), a Creekside Cottage or a Vista Suite that overlooks Sedona's breathtakingly beautiful red rocks. The cottages are spacious with a large, comfortable bed and all the amenities you'd expect. Enjoy your own private deck, a juniper-scented wood-burning fireplace and an outdoor shower. In the morning, help yourself to complimentary coffee and baked goods in the lobby. The resort offers free yoga classes, daily duck feeding and evening stargazing sessions



Dine in a romantic creekside setting at L'Auberge Restaurant in Sedona.

three times a week. Walk to town and enjoy the restaurants, shops and tours, then head back to the resort for dinner creekside.

L'Auberge offers many packages including wine, romance, dining, spa and adventure. In celebration of the resort's 30th anniversary, Love Series provides year-round romance experiences with thoughtfully designed, love-struck packages. According to Jesse Alexander, L'Auberge's general manager, "The Love Series is for couples to book a romantic getaway without having to dedicate too much time and energy into the planning process. The packages are customizable so couples can relax, enjoy and concentrate on spending time with one another."

EAT

Dahl & DiLuca Ristorante Italiano
 🍷🍷🍷: Italian cuisine is often associated with romance, and Chef Lisa

harvest. Dine under a canopy of cottonwood and sycamore trees alongside the creek. It is utterly romantic and thoroughly magical, especially as the sun sets. Or dine inside and view the spectacular scenery through the floor-to-ceiling windows. Dinner is served in three-, four- or five-course menu formats with set pricing for each option. The restaurant is also open for breakfast, lunch and Sunday Champagne Brunch.

Che Ah Chi at Enchantment Resort: Arrive early to watch the sunset on the Wine Bar terrace, then move into the cozy dining room to enjoy Che Ah Chi's contemporary American cuisine and extensive wine selection. Highly recommended on the menu is the lobster bisque with beech mushrooms and lemon oil and a buffalo tenderloin with poached pear marcona almond and a Gorgonzola pear onion sauce. Named for what the Apaches called Boynton Canyon, the Che Ah Chi dining experience lives up to the spectacular views!

DO

Sedona Wine Adventures: Spend a relaxing afternoon visiting the Verde Valley's award-winning vineyards and tasting rooms on the Sedona Wine Trail Tour. Small groups are picked up at their resorts by owner and guide Robert Kirk Fliegel. An avid adventure traveler, nature and wine lover, Robert shares his passion and knowledge of the local history, geology and culture of the Verde Valley through tasting its wine. You come away with a newfound appreciation of the northern Arizona wine country. We enjoyed a gourmet cheese plate and wine flight at Page Spring Cellars, then drove to historic Old Town Cottonwood and tasted Burning Tree Cellars wines.

Pink Jeep Tours: If you're looking for high adventure and off-road fun, book a Pink Jeep Tour. Choose from the popular Broken Arrow Tour in the scenic outback, explore history on the Ancient Ruins Tour or take in the scenery on the Scenic Rim Tour. If you have more time to explore, board the custom Tour Trekker and head north on the Grand Canyon Tour. Your tour guide will pick you up and drop you off at your resort, and AAA Members save 10 percent. 🇺🇸

Dahl's vision for Dahl & DiLuca does both right. Certified organic, Dahl and DiLuca honors a true farm-to-table practice and was voted one of the top most romantic restaurants in the country by AAA Inspectors. The ambiance oozes romance with flowing drapery, stone pillars, crystal chandeliers and live piano music. When you make your reservation, let the restaurant's in-house director of romance know if it's a special occasion and he'll help set the mood with a quiet corner table covered with red rose petals. The wait staff is knowledgeable, friendly and full of suggestions. Romanza puro, it's all about romance!

L'Auberge Restaurant: Dining creekside at L'Auberge Restaurant is an unmatched experience not to be missed. The cuisine is French with a modern American approach. Items change seasonally depending on the



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Carnival offering live concerts on select cruises

By **Mindy J. Ginley**

Earlier this year, Carnival Cruise Lines launched a one-of-a-kind concert series featuring world-renowned bands. The Carnival Live Concert Series offers guests sailing on select Carnival ships the opportunity to enjoy an exclusive

onboard performance by a diverse roster of popular music artists while ships are docked at a port of call.

I recently experienced a performance by country music superstar Martina McBride during a four-day Western Caribbean sailing on Carnival

Ecstasy. After spending a fun day in the sun on Cozumel's Isla Passion, we returned to the ship, had a quick dinner, then headed to the show lounge for an intimate live performance by Martina and her band. Fans rushed the stage and danced to all of their favorite songs. I've never been a big country music fan, but I was so impressed by the intimate connection Martina had with the audience and the energy her band produced. The boat was really rockin'!

According to Mark Tamis, senior vice president of guest operations for Carnival Cruise Lines, "Carnival strives to provide an unforgettable vacation experience for our guests and this unique opportunity to enjoy a favorite band up close and personal in such an exciting and intimate setting is truly awesome. What an amazing way to relive memories through music and even better to create new ones with family and friends."

Carnival booked 49 performance dates for the 2014 concert series with such artists

as Gavin DeGraw, Jewel, Lady Antebellum and Styx. Performances are scheduled on board eight Carnival ships that call in the following ports: Cozumel, Mexico; Nassau, the Bahamas; and Catalina Island, California. Artists join the ship while in port, perform in the main show lounge that evening and disembark following their show.

There isn't a bad seat in the house and the value is extraordinary. Tickets cost \$20 to \$40 each and a limited number of VIP tickets are available for each show for \$100 to \$150 each. The VIP experience includes an artist meet and greet, complimentary photo with the band, seating in the first three rows and a commemorative laminated concert pass. All tickets can be purchased through Carnival's online shore excursion system prior to sailing, or on board participating ships at the shore excursion desk based on availability.

Cruising never sounded this good! For additional information, contact your AAA Travel agent.

**CARNIVAL
LIVE
CONCERT SERIES**

"Onboard entertainment is an important part of the overall guest experience when cruising," said Mark Tamis, senior vice president of guest operations for Carnival Cruise Lines. "With the Carnival Live Concert Series, our guests will enjoy an exclusive performance with one of their favorite artists for an extraordinary value. Combined with our enhanced house bands fleetwide, this is just another example of the many ways we are constantly looking to create even more fun and memorable moments for our guests."

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Stay connected while traveling overseas

In a high-tech world, one of the biggest questions when traveling is how to stay connected. Whether it's through your smartphone, tablet or computer, staying updated can be both easy and affordable if you follow the tips below:

Internet access: Internet cafes are plentiful in foreign countries, and you often won't find a more economical way to get online. Find out whether your hotel offers Wi-Fi and how much it costs. Request a room near the wireless router to boost your signal strength.

Rent a mobile hotspot, which allows you to connect no matter where you go. Companies like XCom Global will ship a preprogrammed MiFi

hotspot that lets you connect from anywhere for less than \$15 per day.

Phone: Disable the data-roaming feature on your device to prevent unexpected charges.

Buy a phone when you get to your destination. Many stores sell inexpensive phones, which typically come with prepaid calling time. Tip: With an unlocked phone, you can swap out SIM cards as you cross country borders.

Use Skype, Google Voice, Truphone or another VoIP (voice over Internet protocol) app to call a fellow app user – but do so only over Wi-Fi.

Take precautions to secure your data and password-protect your devices.



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Lunch at the East Side Restaurant; fall foliage ride on the Essex Steam Train

Oct. 19 - NYC Jazz Brunch Cruise & 9/11 Museum.....\$153

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Oct. 26 - Salem, MA.....\$95

Salem Witch Museum, lunch at Victoria Station; "Haunted Happenings"

Nov. 16 - Goodspeed Opera House.....\$153

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1 night at the Holiday Inn of Hyannis; ticket to the Boston Pops Concert By The Sea; lobster dinner; 2 full breakfasts; Heritage Plantation & Gardens;

Cape Cod sightseeing tour; dune vehicle excursion, Provincetown

Sep. 28-Oct. 1 - 4-Day Quebec City.....\$699

3 nights at the Palace Royal Hotel; dinner at Cafe de Paris and D'Orsay's in Old Quebec; dinner at hotel; 2 days Quebec City sightseeing with private guide; visit Shrine of St. Anne de Beauport, Montmorency Falls, The Isle of Orleans, Parliament, Quebec Basilica and Plains of Abraham

Oct. 10-13 - 4-Day Washington, D.C.....\$649

3 nights at the Holiday Inn of Arlington, VA; 3 full breakfasts; 3 dinners; guided morning tour of Washington; tour shuttle ride at Arlington National Cemetery; sightseeing in Annapolis with U.S. Naval Academy; Museums of the Smithsonian; explore National Capital Mall; visit Mount Vernon

Nov. 10-12 - 3-Day Pennsylvania with "Moses".....\$459

2 nights at the Crowne Plaza Hotel with wine & cheese reception, dinner & show & 2 full breakfasts; dinner at Plain & Fancy Farm; "Moses" at the Millennium Theater; Sands Casino & lunch; Amish Country tour

Dec. 8-10 - 3-Day White Mountains Holiday.....\$559

2 nights at the White Mountain Hotel; 2 breakfasts; lunch; 2 dinners and 3 shows at hotel; Rocks Estate and Christmas Craft Sale; North Conway outlet

*one-day tour prices are per person; multi-day tour prices based on double occupancy; prices and dates subject to change

Trip preparations

Two weeks in Europe with just a carry-on

By Karen O'Brien

Nearly two weeks in Europe. Could I do it with a carry-on? Moreover, could six of us – three couples – all manage without checking any luggage? The answer was a somewhat surprising and resounding “yes.” In fact, I’ll hesitate before ever lugging out the big, fat suitcase again. We had a few things working in our favor. We knew the weather in Italy was going to be hot in July. There would be no need for boots, coats or heavy sweaters. And we did count on doing at least a small load of laundry at some point along the way.

As we explored city after beautiful city – with stays in Milan, Venice, Siena, Montalcino, Vernazza in Cinque Terre and Moltrasio on Lake Como (a side trip for my husband and me) – we were grateful each time we hauled our belongings with us that we had eliminated the bulk.

This was true as we maneuvered through the enchanting alleyways and over the lovely footbridge to our hotel in the San Marco neighborhood of Venice, and especially true when we climbed the 120 steps leading to our rooms in Vernazza. Yes, we had a spectacular view for our efforts. The breakfast area and the terrace of our small hotel clung to the rocky cliff over the Ligurian Sea. Did I mention the three-story spiral staircase at the end?

When the six of us piled into our rental vehicle – affectionately named Bernardo – for five days of sightseeing in Tuscany, we found that our carry-ons stacked perfectly three-on-three in the back without blocking the rear window. Larger suitcases would have been a challenge.

Here are some tips for bringing all you need while packing light:

- For women, consider lightweight casual dresses. They take up half the room of a pair of pants and a shirt and there’s no need to worry about matching items. Choose multipurpose apparel that can go from beach cover-up during the day to dinner dress at night.

- Bring a silky scarf or two for warding off cooler nighttime temperatures and for occasionally covering bare shoulders, a requirement to enter some of Italy’s churches and cathedrals.

- Pick wrinkle-resistant fabrics that will survive in a suitcase without needing to be ironed.

- Consider nylon-style shorts and pants instead of bulky cotton. They’ll hold up better, take up less room and dry quickly if you need to rinse out a stain.

- If possible, wear your heaviest pair of shoes instead of packing them. I knew I wanted to run, but my sneakers took up precious space, so I traveled in them.

- Check your closet for sweaters and cover-ups made of thin material. Leave others at home.

- Don’t fret about leaving things behind. You can always pick up something you need while you’re away. We found terrific bargains on clothes, even in Venice. We all managed to squeeze in a few souvenirs for the trip home. We had considered compiling our purchases and shipping a package home, but found it wasn’t necessary.

- Think about where you’re going and whether you’ll be able to hang clothes to dry. Cinque Terre was casual, with outdoor clotheslines everywhere, so items could be draped over balconies. In Milan, this wasn’t an option.



Bob Oftring

Our balcony in Vernazza, part of Italy’s Cinque Terre, overlooked the Ligurian Sea, but it took 120 steps to reach our room, including a spiral staircase, left, at the end. This factored into our decision to travel light.





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 *Prices are per person for category D3, based on double occupancy, for cruise and include taxes, fees and port fees. For new reservations only. Certain restrictions apply. All itineraries and prices are subject to change without notice.

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10 TripTiks®

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Continued from page 1

river and a wave pool. Drive a bumper car or hop on a Ferris wheel to finish your visit. See www.zoodegranby.com.

5. Maritime Aquarium at Norwalk, Norwalk, Conn.: The town of Norwalk is one of several Connecticut communities on Long Island Sound, and this aquarium reflects the area's sea life. Crabs and lobsters are among the exhibits along with jellyfish, sea turtles and sharks. Stop by the shark and ray touch tank for a hands-on experience, then visit the site's IMAX theater. Visit www.maritimeaquarium.org. 

6. Mystic Aquarium, Mystic, Conn.: Daily sea lion performances, the area's only beluga whales, and jellyfish are some of what you'll find at this New England staple. See more than two dozen African penguins. For something a bit different, explore "Titanic - 12,450 Feet Below," offering an interesting look at the century-old story of an "unsinkable" ship. Visit www.mysticaquarium.org.

7. National Aquarium, Baltimore: Visitors can find sharks and stingrays at Blacktip Reef, which opened last August, while nine species of jellyfish




A young girl watches the dolphins at the National Aquarium in Baltimore. *National Aquarium*

demonstrate how strange life on Earth can appear at "Jellies Invasion." Catch a 4-D film with special effects, see snakes and crocodiles at Animal Planet Australia and get a sense of native wildlife including blue crabs. Visit www.aqua.org.

8. New England Aquarium, Boston: Marine life abounds in and near this aquarium on the Boston waterfront. From now through October, it offers whale watches in a partnership with Boston Harbor Cruises. Passengers will

head for Stellwagen Bank from Central Wharf aboard a high-speed catamaran. Round out the day with a visit to the aquarium, including the 200,000-gallon Giant Ocean Tank. See www.neaq.org.

9. Roger Williams Park Zoo, Providence, R.I.: There are a few special reasons to visit this 40-acre zoo over the summer. "Flutterby: Butterflies in Bloom" opened in May featuring these colorful insects amid a 2,100-square-foot greenhouse. Camel rides are available through Sept. 1, and visitors can try to climb a rock wall in Wilderness Plaza. Younger guests may be excited to explore Hasbro's "Our Big Backyard," with a nature trail and interactive treehouse. See www.rwpzoo.org. 

10. Six Flags Great Adventure, Jackson, N.J.: This isn't a zoo but there is most definitely wildlife. The amusement park's Safari Off Road Adventure, included with general admission, offers 1,200 animals from six continents on a 350-acre preserve. Each trip takes place inside an open-air safari vehicle that allows visitors to travel off-road to see the range of species. Visit www.sixflags.com/greatadventure. 



Army Corps of Engineers

The dredge Governor Warfield is wet digging the Cape Cod Canal and filling a barge with dirt, rocks and debris to be hauled away.

Cape Cod Canal's 100th anniversary

Continued from page 1

fuel oil, while they're working, and have him wave back and toot," he said.

These days, about 14,000 commercial and recreational vehicles traverse the canal annually, according to the corps. Gurnon said he hopes those who attend the festivities come away with an appreciation for Cape Cod's maritime history.

Here's a look at some of the events on tap:

- Festivities honoring the official anniversary on July 29 kick off at 2 p.m. A ceremony will be held at Buzzards Bay Park, in Bourne, commemorating those who helped build the canal and its accompanying bridges. From 4 to 9 p.m., the park will host family activities and entertainment. The evening wraps up with fireworks over the railroad bridge in Bourne.

- Decorated boats will travel the canal beginning at 9 p.m. on July 26 for a parade of lights. Pleasure and commercial craft are invited to participate. Register at www.capecodcanalcentennial.com.

- The U.S. Coast Guard Eagle sailing ship will be available for tours at the Massachusetts Maritime Academy in the Buzzards Bay section of Bourne from July 25 to 28. The 295-foot ship is used as a training vessel by the Coast Guard.

- The Charles M. Morgan is scheduled to be available for tours at the Maritime Academy on July 26 and 27. The ship is the country's oldest floating commercial vessel. The Kalmar Nyckel tall ship is also expected to be available for tours from July 28 to 31, though arrival and tour schedules are dependent on weather and tides.

For a complete listing and more information, visit www.capecodcanalcentennial.com.

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Americans not letting gas prices keep them off the road this year

Americans have grown significantly less likely to change their driving habits or lifestyles to offset gas prices, according to a new survey by AAA. Only half of U.S. adults (53 percent) are doing something to offset gas prices, which is about 15 percent less than in spring 2013. This development comes as gas prices continue to be relatively less expensive compared to previous years.

"Many people seem to be feeling less pressure to make significant changes in their lives on account of high gas prices," said Bob Darbelnet, president and CEO of AAA.

Gasoline demand increased 1.1 percent in 2013, the largest annual increase since 2006, according to the Energy Information Administration. Vehicle miles traveled in 2013 similarly increased an estimated 18.1 billion miles, according to the Federal Highway Administration.

Gas prices generally have remained less expensive than in previous years due to increased production and supplies.

"People may be less likely to change their habits, but they do not seem any happier at the pumps," continued Albert. "Many drivers grudgingly realize that paying more than \$3 per gallon for gasoline is the new normal, but they remain frustrated with the price."

Most people believe that gas prices are too high, with results similar to a year ago. According to the survey:

- 40 percent believe gas is too high when the price reaches \$3 per gallon.
- 50 percent believe gas is too high when the price reaches \$3.30 per gallon.
- 65 percent believe gas is too high when the price reaches \$3.50 per gallon.
- 91 percent believe gas is too high when the price reaches \$4 per gallon.

Roughly half of Americans say they are changing their driving habits or lifestyles to offset gas prices. Those doing so report:

- Combining errands or trips: 85 percent.
 - Driving less: 84 percent.
 - Reducing shopping or dining out: 68 percent.
 - Delaying major purchases: 52 percent.
 - Driving a more fuel-efficient vehicle: 49 percent.
 - Putting aside less money for savings: 42 percent.
 - Working closer to home: 41 percent.
 - Carpooling: 30 percent.
 - Using public transportation more regularly: 17 percent.
- Younger adults ages 18-34 were significantly more likely to offset prices than older adults by working closer to home (60 percent vs. 34 percent), carpooling (49 percent vs. 23 percent) and using public transportation more regularly (32 percent vs. 11 percent).



Teens experience the consequences of distracted driving.

Program deters teens from distracted driving

The AAA Driving School recently sponsored a program at area high schools to deter distracted and drunken driving.

Teens from Chicopee Comprehensive, Chicopee High School and West Springfield High School learned firsthand about the extreme dangers associated with distracted driving through the Arrive Alive Tour's simulator sponsored by the AAA Driving School.

Teens sat in a vehicle (with the battery disabled and the car immobilized) and put on a high-definition, stereoscopic virtual reality headset that allowed them to experience the potential consequences of distracted driving in a controlled environment.

The interactive, experiential component drives home the importance of safe driving for this age group. "We prefer they learn their lesson via the simulator rather than in a real life situation that could end in a fatality" said Steve Brochu, AAA Vice President, AAA Insurance & AAA Driving School.

LESS EXPENSIVE GAS PRICES

The most likely explanation for a change in attitudes and an increase in driving is that gas prices generally have been less expensive than the prior year.

- Refineries have increased capacity to take advantage of the recent boom in North American crude oil production.
- Increased domestic production has helped to lower gas prices and decrease market volatility.
- Peak gas prices have declined in recent years.
- The annual average price of gas declined last year from a record high in 2012 of \$3.60 per gallon (most expensive year ever).

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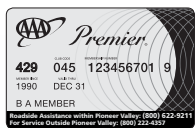
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AAA answers your questions on traffic safety & driving courtesy

I pass a few school zone 20 mph signs, but I never see an "end school zone" sign. Should I use my best judgment and increase speed or is there a fixed length to a school zone?

You are correct that not every school zone is marked with an "end school zone" sign. Be aware that the rules can change from state to state. According to the Manual of Uniform Traffic Control Devices, the end of an authorized and posted school speed zone shall be marked with a standard speed limit sign showing the speed limit for the section of highway that follows or with an "end school zone" sign. In other cases, a school zone shall include the distance encompassed by the crosswalk and extending 300 feet on each approach direction of the roadway.

Why do I see the pavement painted green? Is this some sort of novelty or does it have a meaning that I should be aware of?

Green-colored pavement may be used within a bicycle lane or within an extension of a bicycle lane to bring more attention to it and to alert motorists of possible conflicts on the road.

I was walking in the rain the other day when a car drove into a puddle next to me, and I was drenched. Why isn't there a law to protect pedestrians against rude drivers?

Many states have an all-encompassing law that states anyone who drives recklessly or negligently on a public road, or without reasonable consideration for any other person using that road, could be subject to a fine.

Practice safe driving habits with teens during summer

Summer is the most dangerous time of year for teen drivers, and the AAA Foundation for Traffic Safety reminds families that, while summer is a great season for relaxing in the sand, it is also a good time for parents and guardians to get in the car with their teens and practice safe driving habits. Foundation research can offer a number of suggestions to help families focus on safety this summer:

- If your teen has a learner's permit requiring supervised driving, make sure to provide opportunities for practice in a wide variety of conditions. Foundation research has found that parents do an excellent job of creating a safe learning environment in the car, but most practice

trips are on sunny days in light traffic and on routine routes. The safest time for your teen to learn to drive at night, in heavy traffic, or in inclement weather is when you're there by his or her side.

- Teens' crash rates skyrocket once they begin to drive independently. Make sure to learn the ins and outs of your state's graduated driver licensing system, and enforce restrictions on night driving, carrying passengers, etc. Foundation research has found that a 16- or 17-year-old driver's risk of death increases by 44 percent when driving with a peer passenger, doubles when driving with two and quadruples with three or more. Having an adult in the car, however, cuts

this risk by 62 percent, but our research has found that parental presence plummets as soon as teens get licensed to drive independently. Even a newly licensed teen is still relatively inexperienced, so we recommend continuing to ride along with your teen to impart safe driving knowledge, even when it's no longer legally required.

- Talk with your teens about limiting distractions in the automobile, and model safe behavior yourself. Our research has found that the use of electronic devices is the most common distracted driving behavior engaged in by teens. Even if your state doesn't have a hand-held device ban, your "house rules" should.

With teen crash rates approximately four times higher than those of experienced adult drivers, teen driver safety is among the Foundation's top research priority areas.

For more tips and information, visit AAAFoundation.org.

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AAA study: Cost to drive a car drops in 2014

AAA has released the results of its annual "Your Driving Costs" study, revealing a 2.7 percent decrease in the cost to own and operate a sedan in the U.S. The average cost fell 1.64 cents to 59.2 cents per mile, or \$8,876 per year, based on 15,000 miles of annual driving.

"Despite increases in maintenance and registration fees, American motorists are experiencing an overall decrease in the cost to own and operate a vehicle," said John Nielsen, AAA Managing Director of Automotive Engineering and Repair. "A

large decrease in fuel costs, and lower tire, insurance and depreciation expenses are saving owners more than one and a half cents on every mile they drive."

Fuel costs were down more than 10 percent, maintenance costs were up 1.81 percent, tire costs were down 3 percent, insurance costs were down 0.58 percent and depreciation costs dropped 1.71 percent.

In-depth findings of this year's study, including a breakdown of specific costs by category of vehicle and various annual mileages, are

contained in the "Your Driving Costs" brochure, which is available at select local AAA branch offices or may be downloaded at Newsroom.AAA.com.

AAA has published "Your Driving Costs" since 1950. That year, driving a car 10,000 miles per year cost 9 cents per mile, and gasoline sold for 27 cents per gallon.

"Despite increases in maintenance and registration fees, American motorists are experiencing an overall decrease in the cost to own and operate a vehicle," said John Paul, AAA traffic safety manager. "A

large decrease in fuel costs, and lower tire, insurance and depreciation expenses are

saving owners more than one-and-a-half cents on every mile they drive."

Cichy's celebrates its 50th anniversary



Cichy's Garage, a AAA Approved Auto Repair shop in Williamsburg, celebrates its golden anniversary this year.

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Personal injury protection: Is a deductible worth it?

Auto Insurance companies that typically sell direct to consumers through their websites often ask the question: Do you have health insurance? If the answer is yes, they will quote and issue an auto policy with a deductible on personal injury protection coverage, identified as Part 2 on a Massachusetts auto policy.

Personal injury protection provides a number of benefits, such as medical expenses (including dental and funeral services, which are not covered in a health insurance plan), lost wages (pays up to 75 percent of actual wages lost, which are not covered in a health insurance plan) and replacement services (pays to have someone clean your home, cook your food and grocery shop, which are not covered in a health insurance plan).

Health insurance companies want to know if an injury is work- or auto-related since they know that work-related claims are subject to workers comp coverage and many clients carry medical coverage (Part 5) on their state auto policy. Massachusetts health insurance companies know that personal injury protection is a mandatory coverage on Massachusetts auto policies, and that it allows the health insurance company to send back/make the auto insurance company pay the first \$2,000 of auto-accident-related medical expenses. Health insurance plans can be written to preclude the first \$2,000 of auto-related medical bills even if your auto insurance policy has a personal injury protection deductible. The savings for taking this deductible is nowhere near \$2,000!

There really is no valid reason for having a deductible on your personal injury protection coverage. It is important that when shopping for auto insurance, you consult with an independent insurance agent who will provide you with the best options for coverage.

If you have any questions about your Massachusetts auto policy coverage, contact a AAA Insurance account manager.

Insurance needs differ greatly among small business owners

By George Morse

There's a lot to consider when you're running a small business, and insurance should be on the list.

It's important for business owners to make sure they have the right amount of coverage for the right purpose, according to Kasey Peters, a commercial lines account manager for AAA Pioneer Valley. Identifying potential exposures is a crucial step, she said, especially since the needs of a commercial policy can vary greatly from operation to operation.

Are you renting space? If so, what kind of insurance requirements does your landlord have? What are your gross receipts? Does your business have multiple locations or a single storefront? "It definitely runs the gamut. You need to identify the exposures and address any coverage gaps they have by asking the appropriate questions," Peters said.

While a pizza parlor and a dine-in seafood restaurant may have similarities, Peters pointed out the businesses could have different insurance needs. Both



An in-depth conversation with your insurance agent can help you make sure you're completely covered.

have cooking exposures but the seafood restaurant may have more employees and, accordingly, a greater need for workers compensation insurance.

Professional businesses should consider professional liability coverage, Peters said, though it's smart to look at general liability as well to protect against slips, falls or property damage, such as a supplier making a delivery who happens to slip and fall.

"That's happened," she said.

Those running businesses out of their homes should weigh factors from the square footage of their offices to the number of employees they have, their customer traffic

and whether their operation is eligible for coverage through a home business endorsement provided through some homeowners policies.

If you're a new business, Peters said, it's critical to have a business plan in place. Not only will that offer a look into how the operation may fare, it can help an owner determine if there's enough revenue to support what's needed in an insurance policy.

Businesses that have been established for several years can use exposures and claim history to craft appropriate protections, along with examining current policies to identify potential coverage gaps, she said.

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