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FREE FOOD AND ACTIVIES IN SAN FRANCISCO

www.coldstonecreamery.com/birthday	Adults and kids
www.baskinrobbins.com/BDayclub	Adults and kids
www.cpk.com California Pizza Kitchen	go to cpkids link (until age 10)
www.redrobin.com	go to eclub Adults and kids
www.bubbagump.com	Kids birthday club
California Academy of Science (SF)	FREE Third Wednesday of each month 55 Music Concourse Drive, Golden Gate Park www.calacademy.org (415) 379-8000
Japanese Tea Garden Golden Gate Park	FREE 9 am to 10 am Mon, Wed, Fridays
Exploratorium San Francisco	FREE first Wednesday of each month. www.exploratorium.edu
Bay Area Discovery Museum (Sausalito)	FREE 1 st Wed of each month. (or AAA \$1 off) Closed Monday. Fort Baker, Sausalito 557 McReynolds Road Commuter Free Toll hours Mon-Fri 4-6. Must stop at a staffed toll both for free commuter toll. www.baykidsmuseum.org (415) 339-3900
Coyote Point Museum (San Mateo)	FREE first Wednesday of each month. www.coyoteptmuseum.org (650) 342-7755
Asian Art Museum of San Francisco	FREE first Sunday of each month.
Modern Art Museum of San Francisco	FREE first Tuesday of each month.
Legion of Honor San Francisco	FREE first Tuesday of each month.
De Young Museum San Francisco	FREE first Tuesday of each month.
Oakland Museum of California	FREE second Sunday of each month 12-5pm www.museumca.org (510) 238-2200
Classical Music Noon Concerts (SF)	FREE concert Tuesdays Old Saint Mary's 12:30 p.m. 660 California St @ Grant Ave. (415) 777-3211 www.NoontimeConcerts.org
From the office of Randall T. Lum, O.D. www.LumOptometry.com	(650) 589-7198

4 Hours FREE Parking Fisherman's Wharf Parking is FREE for 4 hours near Aquatic Park or inside Fort Mason off of Bay street.

4 Hours Free Validated Parking Embarcadero garage parking on Saturdays & Embarcadero Center Sundays. Validation at restaurants or stores(\$5). M-F after 5 pm at select restaurants only. www.embarcaderocenter.com parking info.

Stern Grove Festival Sundays June-Aug Stern Grove Music Festival in San Francisco. Sunday's @ 2:00 p.m. summers. Go to www.sterngroove.org (415) 252-6252

Train Town USA Sonoma. Great day trip for the young train buff. Train and a few smaller carnival type rides ie. ferris wheel, swings, merry go round and airplane.
20264 Broadway, Sonoma. (707) 938-3912
www.traintown.com Sat, Sun and summer.
\$4.75 for 20 minute train rides.

Train Rides at Tilden Regional Park in Berkeley. Great local \$2 20 minute train ride in the hills. Close enough to home for a half day trip. 2501 Grizzly Peak Blvd. (510) 548-6100
www.redwoodvalleyrailway.com Open weekends, summer and holidays. Small guage railroad and small guage train rides Sundays noon-3 pm.
www.ggls.org

San Jose Children's Museum Great younger kids play areas. Has a separate play area for toddlers. Parking across the street \$5.
180 Woz Way, San Jose (408) 298-5437 www.cdm.org Closed Mon (except during summer).

www.usa.safekids.org This is a great web site for more information on children safety. Car seat safety, toy safety, water safety, home safety. As new and current parents we always want to keep our children safe. This is a great review site and reference site for adults and children.

Many of these museums around the country have FREE days or reduced admission days during the month. When you are traveling check with the museum to see if it offers these special days.

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LOCAL RESTAURANT RECOMMENDATION IN THE BAY AREA

Marnie Thai Best Thai food in the City. Small restaurant. Go early 5pm to avoid a wait. Worth waiting for. 2225 Irving Street, (Btwn 23rd & 24th Ave.) San Francisco, CA (415) 665-9500 or 2nd location 1243 9th Avenue (btwn Irving & Lincoln Way) (415) 731-9999

Koi Palace Daly City. Best dim sum in the peninsula. Also has a great 4 person Peking Duck dinner. Near the Outback steak house and 24 hour fitness center. As good or better than Hong Kong. 365 Gellert 922-9000

Yang Sing One of the best dim sum places in the city. Pricy but good. 2 locations in San Francisco (one is in the Rincon Center). As good or better than Hong Kong. 121 Spear Street (415) 957-9300 or 49 Stevenson (415) 541-4949

West Coast Café In San Bruno on San Mateo Avenue. A great small Italian restaurant. Across the street from the Bank of America. 466 San Mateo 588-1912

Don Pico's In San Bruno. 461 El Camino Real (650) 589-1163. Spanish food. Has live music on Saturday nights. Paella, soupa de mariscos or soupa de tortillas.

Zachary's Pizza Located in Berkeley, Oakland and San Ramon. Chicago deep dish pizza. The thin crust pizza is also really good. Best deep and thin dish pizza in the entire Bay Area. It really is worth the drive. 5801 College Ave. Oakland (510) 655-6385 1853 Solano Avenue (510) 525-5950 3110 Crow Canyon Road San Ramon (925) 244-1222

Slanted Door Great more fancy Vietnamese food. Located in the Ferry Building in San Francisco. Elegant setting for lunch or an evening meal. Directly across the street from the Embarcadero Center.

Out the Door Sister restaurant to Slanted Door. Take out and sit down meals available. Located in the basement food court of the new San Francisco Center Bloomindales.

Gary Danko One of the best formal dining places in the city. Gets best food and service awards. Pick 3, 4, or 5 courses. Best pick for anniversaries or other special occasions. Book 2 months ahead. 800 North Point @ Hyde (415) 749-2060

Tu Lan Hole in the wall Vietnamese food. Everyone orders shrimp fried rice & Vietnamese beef cubes. 8 6th Street off of Market street. (415) 626-0927 Julia Child ate here.

Wooden Charcoal Barbeque House (Korean)

4611 Geary Blvd (btwn 10th and 11th Ave) (415) 751-6336 San Francisco

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Won Ton House San Francisco. 1325 Noriega St Off of 19th Avenue. Braised beef or shrimp dumpling soup good choice. The pot stickers and vegetables are also good. (415) 753-6688 Open late on weekends.

Café Bakery Couple doors down to Won Ton House. Has good Mushroom and chicken (Hong Kong style) pastries. Also baked Char-Siu-Bao (baked meat buns).

Kamameshi House South San Francisco. 2270 Westborough Blvd. (650) 952-0444 Try the hamachi sashimi or the hamachi kama (broiled hamachi)

Spiral Japanese San Bruno. 705 Camino Plaza (650) 871-0177 Try the Spiral Ramen

Shanghai Dumpling Shop Order the Shanghai Dumplings (at least 2 orders)
455 Broadway, Millbrae (650) 697-0682

Palace B.B.Q. Buffet Sunnyvale 1092 E. El Camino Real #1 (408) 554-9292
@ Lawrence Express Way

CasCal Mountain View 400 Castro Street Tapas restaurant 650-940-9500

Famous Dave's Bar-B-Que Gilroy. 6925 Camino Arroyo. 10th Street./152 E One exit South of the outlets. (408) 842-1400

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Honolulu, Hawaii

- Halekulani in Waikiki** **Sunday Orchid Brunch Buffet. Best breakfast buffet with a view of Diamond Head. www.halekulani.com (808) 923-2311 A Dr. Lum Favorite!**
- Makino Chaya (Japaneses Buffet)** **Aloha Tower Marketplace. 2nd floor. (808) 955-5966 Great local all you can eat Japanese food. Go early 5 pm. A Dr. Lum Favorite! Also at Pearlridge. Be aware they charge full adult price for children 8 and up. (\$29)**
- Longi's at Ala Moana Center** **Great sit down breakfast, lunch and dinner place. Lobster Longi special for dinner (serves 2 or 3). Also located on Maui on Front Street & Wailea**
- Ala Moana Shopping Center Food Court (Makai Market)** **HUGE food court with a ton of different kinds of foods. Korean / Hawaiian / Japanese/ Curry House great choices.**
- Chai's Island Bistro** **Aloha Tower Marketplace. Great dinner spot with local live Hawaiian entertainment each night. (808) 585-0011 www.chaisislandbistro.com**
- John Dominis** **Great view of the water & Diamond Head. Good Sunday brunch & dinner. (Across from Ward Warehouse)**
- Alan Wong** **Outstanding fine dining. Great Hawaii regional cuisine. 1857 South King Street. (808) 949-2526 Also the Pineapple room at Macy's Ala Moana.**
- Roy's** **Located on most islands. Famous local chief. Also several locations on the mainland. Including one in San Francisco.**
- Willow's Restaurant** **Hawaii garden buffet. Local spot for celebrations in a tropical garden setting. (808) 952-9200 www.willowshawaii.com 901 Hausten Street**
- Oceanarium** **2490 Kalakaua Avenue. 280,000 aquarium. Fish feedings @ 9/11/12:30/6:30/7:30. Have breakfast/lunch/or dinner and watch the fishes. Lower level restaurant has the best views. Ask for a window seat.**
- Zippy's** **Throughout the island. Local plate lunch place. Fried Chicken/Chili/Zip Pack**
- Sunset cocktail** **Try Sheraton Moana Surfrider hotel (2365 Kalakaua Avenue) on Waikiki beach or Halekulani's House Without A Key for a cocktail with Hawaiian music and ocean view**

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www.LumOptometry.com

Hilton Hawaiian Village FREE fireworks every Friday night. Poolside hula show & torch lighting ceremony. 1 drink min. \$12 7-8pm call for exact time. (808) 949-4321 Or you can watch anywhere along Waikiki beach.

Leonard Malasada Portuguese donut place. 933 Kapahulu Avenue. 737-5591

Genki Sushi Ala Moana (Near Tiffany's on the outside part of the mall), Kapahulu Avenue and at Waikole Premium Outlets (across the street from outlets). Boat Sushi. (808) 678-3180

Matsumoto Shaved Ice On the North Shore. Great T-Shirt designs.

Waiola Shaved Ice 2135 Waiola Ave. In Honolulu. Local shaved ice place.

Island Snow Royal Hawaiian Center and Ala Moana Shopping Center. Not too bad if you can't make it to the other two places.

Giovanni's Shrimp Truck (White truck) Near Kahuku. Down the road from Polynesian Cultural Center on the ocean side. Shrimp Scampi the best.

Kim Chee III Order Meat Jun or Shrimp Jun (breaded meat or shrimp) a Hawaii creation. Located near Honolulu Academy of Arts. Mixed barbecue plate is also good. Korean food.

Side Street Inn Located across the street from Ala Moana Center. Order pork chops, black bean clams and fried rice. Bar location but great food. 1225 Hopaka St. (808) 591-0253

Sekiya's Off of Kapahulu Avenue near Leonard's Malasada. 2746 Kaimuki Ave. Local Japanese food. Very local spot. Marinated Fried chicken good. (808) 732-1656

Bubbies Ice Cream Great local ice cream. Order the vanilla macadamia nut. Located near University of Hawaii.

Opakapaka and Onaga Will not be available May 1 to September 30 due to a fishing ban on these fishes. Great tender snapper fish. A Dr. Lum Favorite!

Uncle Bobo Smoked Barbeque North Shore. 51-480 Kamehameha Ka a'awa (808) 237-1000

Green Door Café (Malaysia) Singapore / Malaysian food. 4614 Kilauea (808) 533-0606

Changing of the guards King's Village. 6pm nightly. Next to Hyatt Regency Waikiki. Free trick rifle team in old palace guard uniforms.

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Hike Diamond Head Drive into the crater, park & take a one hour 1.4 mile hike to the top for a great views of Waikiki. Lots of stairs. Have a shave ice after your hike. 7-8 am to beat the heat.

Aloha Tower Marketplace Tourist spot for shopping and eating. Ride up to the top of Aloha Tower 9am-5pm for FREE. Makino Chaya, Chai's Island Bistro & Do Ho's Grill located here. Next door is the Hawaii Maritime Center Museum.

Manoa Fall's hike In the back of Manoa Valley 1.6 miles beginner hike. Small waterfall & forest hike. Bring bug spray. Don't go if raining.

Children's Discovery Museum Great museum for kids 3-10. (808) 524-5437
Across the street from Kakaako Waterfront Park.
www.discoverycenterhawaii.org Tue-Sun. Call for hours.

U.S. Army Museum Fort DeRussy at the end of Waikiki near the Hilton.
Can climb on top of old army tanks. 10 am -4 pm Validated parking stamp available from gift store \$2.50.

Crazy Shirts Outlet at Waikele Premium Factory Outlets and Ward CENTER street side. Fun designs. A Dr. Lum Favorite! Regular stores all over Hawaii.

X-Cel Wet suits Great tops and full body wet suits for KIDS and adults.

Town & County Surf Great for surf and skate T-shirts, backpacks swim wear.

HIC T-Shirts Hawaiian Island Creations. Nice surf and skate T-shirts. Located at Ala Moana Center lower level.

Local Motion T-Shirts Several locations. Surf and skate T-Shirts, back packs, swim wear. Also at Waikele Premium Outlets & Waikiki.

Aloha Flea Market Wednesdays, Saturdays & Sundays. GREAT place to pick up 5/\$10 t-shirts, hats, snacks & bags. Cell phone chargers or car chargers. 6 am-3 pm Go early to beat the heat.

Arizona Memorial Need to go REAL early in the morning to beat the crowds. Opens @ 7:30 am. Go EARLY (7am) to beat the tour busses! 4,500 visitors a day! Limited tickets available.
(808) 422-0561 Across from the Aloha Flea Market.

Dole Plantation On the way to the North Shore. Dole whip treats. Also has a huge pineapple maze and Sugar Cane Train trips.

Manoa Art Gallery Located in Manoa Valley Shopping Center. Great local gallery.

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Polynesian Cultural Center Imax movie, 2:30 pm canoe pageant, Canoe ride, Hawaiian games and activities, cultural demonstrations, mini hula shows & one of the best evening Luaus. If you are not staying for the Luau see the last 6 pm Imax movie. For the kids get temporary tattoos (don't wear white t-shirts), make a coconut fish, & go fishing. Great full day activities. www.polynesia.com (808) 293-3000 Opens 12 noon M-Sat

Macy's 11% off coupon Ask at visitors center or gift wrap counter for an out of state discount card. Show your hotel card or out of state I.D. Also offered in New York, San Francisco.

SAM's Club Walmart Located across the street from Ala Moana Shopping center. Good place to get aloha wear, t-shirts and island snacks.

Ward Warehouse Local shopping center. Has several complexes. Great slipper store, local Hawaiian art store, Crazy Shirts, X-Cel Wet suits and lots of good places to eat. Located down the street from Ala Moana shopping center. Good Hawaiian art galleries.

Nordstrom Rack Located across the street from Ward Warehouse. Good place for designer Aloha Shirts at a discount. Tori Richards, Kahala, Ono, Burma Bibbas and others.

Hilo Hatties Ala Moana or Main store. FREE shuttle from Waikiki to the main store and free drop off at Aloha Tower Market place after shopping. Nice place for Aloha wear. Also check out the 2 for 1 coupons with any purchase. All islands offer a different set of coupons. Simply purchase a \$0.99 calendar or magnet and ask for a sheet of coupons. Can be GREAT value if you are already planning on doing some of the activities. For a family of 4 ask for 2 sheets. Free shell lei, juice, water and coffee at the entrance.

Sample 2-1 Battleship Missouri, Bishop Museum, Hawaii Maritime Museum, Hawaii Adventure Water Park, WWII USS bowfin submarine museum, Waikiki Trolley, Catamaran Ride, Iolani Palace Tour, Golfing, Chai's Island Bistro ect...

Waikele Premium Outlets Hawaiian Moon matching Aloha wear for the family. Crazy shirts & Local Motion outlets. Off Saks AAA discount booklet at visitor booth. (or show an out of state ID)

Wednesday Zoo Concert Honolulu Zoo Wednesday night summer concerts. Best of local island entertainment. Great local event. \$2.00 admission Gates open at 4:35 pm. End of Waikiki. A Dr. Lum Favorite!

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Waikiki Aquarium Wonderful aquarium at the end of Waikiki beach (Diamond Head side of Waikiki) See tropical island fishes, Hawaiian Monk seals and other sea creature. \$7.00

Friday Noon Concert Royal Hawaiian Band plays 12 noon Friday's at Iolani Place grounds. Near Chinatown. Across from the King Kamehameha Statue in downtown.

Sunday Concert Royal Hawaiian Band plays Sunday at Kapiolani Park (near the zoo) 2-3 pm. View schedule at www.royalhawaiianband.com

Movie night on the Beach Check hotel for details. Food booths for dinner. Located @ end of Waikiki beach near the zoo. www.wikikiimprovement.com

Hanauma Bay Best snorkeling spot on the island. Go early. Park will close if too many visitors. Closed on Tuesday.

Beach Time Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities. Swim shirts can help to protect your skin. Available at Long's Drugs and other swimwear stores.

Best time of year May/September/October. Good weather lower rates. Aloha Week festival in September. With kids early June.

www.alternative-hawaii.com List of Free local activities. Listing for all islands.

www.honoluluadvertiser.com Look under entertainment for weekend special events.

www.gohawaii.com Official Hawaii Visitors Bureau web site.

www.hawaiiradiotv.com/puka List of a ton of Hawaii Web sites.

www.dakine.net Has pictures of some of the top spots and quick reviews.

<http://the.honoluluadvertiser.com/specials/bestrestaurants08/index> Best local restaurant reviews.

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Maui, Hawaii

Maui Ocean Center Outstanding aquarium with sharks, manta rays, turtle and tropical fish. Summer hours may be different. They also have a kids day program available. Good gift store. Highway 30 Ma'alaea Harbor (808) 270-7000 www.mauioceancenter.com \$22 adults 10 am – 5 pm.
A Dr. Lum Favorite!

Sheraton Black Rock One of the best snorkeling spots on the island. Go in the AM Next to the Sheraton Maui in Lahaina. Best parking is at Whaler's Village. It says no beach parking. However you get 3 hours of free parking with validation. ABC store will validate with a minimum \$15 purchase. No free beach parking at Shearton.

Whaler's Village Nice shopping complex with a mix of stores. Martin & MacArthur, Sandel Treee, Cinnamon Girl, Endangered Species, & Del Sol. Check out the Whaling Museum on the 3rd floor. Great museum with a free audio guide. **A Dr. Lum Favorite!** 2 hour validated parking.

Beach Time Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities.

Hilo Hatties Nice place for Aloha wear. Also check out the 2 for 1 coupons with any purchase. All islands offer a different set of coupons. Simply purchase a \$0.99 calendar or magnet and ask for a sheet of coupons. Can be GREAT value if you are already planning on doing some of the activities. Offer not as good on Maui. Free shell lei, juice, water and coffee at the entrance. They will validate 2 hours of free parking. For a family of 4 ask for 2 sheets.

FREE PARKING IN LAHAINA There are 3 hour parking spots around Lahaina. There is a parking lot just past the Banyan Tree on Front street. There is also a secret parking lot with no time limit just off of Dickenson Street near Kobe Streak house. The street runs parallel to Front street on a little side street.

Star Gazing At the Hyatt Regency Kanapali. Evening on the roof. \$20 adults & \$10 for kids. 8,9,10 pm

Lahaina Cannery Mall Safeway and Longs Drugs store for water and breakfast supplies. Keiki Hula show Sat & Sun 1 pm. Hula show Tue & Thur 7 pm

Ali Lavender Farm Up country near Haleakala. Lavender lotions great for dry skin. (808) 878-3004

Haleakala Crater Be aware that in the afternoon the summit will often be cloudy with poor visibility of the crater. Remember it is a 2 hour drive up the slopes. Early morning tends to have clearer weather but a lot more traffic. Call ahead to find out the weather conditions. (808) 572-4400 or (808) 871-5054

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www.LumOptometry.com

Penne Pasta Café 180 Dickenson St. See Free parking tips. Great lower priced restaurant. Try the Nicoise or Caesar salad with Ahi. Split the salads they are huge. Pizza also good. Closed for lunch Sat and Sun. **A Dr. Lum Favorite!**

Cilantro Fresh Mexican Grill Located at Old Lahaina Shopping Center. Didn't eat here but sister restaurant to Penne Pasta Café.

A Saigon Café Wailuku, Maui Try the chicken and Shrimp clay pot. Combination Asian Burrito wrap. And the Sweet and sour Shrimp. Sister restaurant is Saigon Seafood in Lahaina. 1792 Main St. 808-243-9560

Eskimo Candy Seafood Market & Café 2665 Wai Wai Place, Kihei, Maui (808) 891-8898

Longi's Try the smaller size Lobster Longi Platter (one lobster versus two on the larger platter (\$80 vs\$120)) Can share this platter with two or three people. Filet Longi's is also good. Also try the chocolate soufflé. Fresh fish is also good. Try Opakapaka or Onaga if on the menu. Two locations Front Street and Wailea. **A Dr. Lum Favorite!**

Expensive but great food. 888 Front St. (808) 667-2288 8 am-10 pm
The shops at Wailea (808) 891-8883 www.longis.com

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KAULI, Hawaii

Taro Ko Chip Great Freshly made Taro Chips. Located on the first bend as you enter the town of Hanapepe on the way to Waimea Valley. 3940 Hanapepe Road (808)335-5586

Hamura's Saimin Stand The most local bowl of saimin (noodle soup) that you can have in Hawaii. Also has great shaved ice for desert. Located in the town of Lihu'e. 2956 Kress Street (off of Rice Street). (808) 245-3271

Opakapaka and Onaga Will not be available May 1 to September 30 due to a fishing ban on these fishes. Great tender snapper fish. **A Dr. Lum Favorite!**

Island Art Gallery Great Hawaiian prints and art work. 3814 Hanapepe Road.

Beach Time Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities. Swim shirts can help to protect your skin. Available at Long's Drugs and other swimwear stores.

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BIG ISLAND OF HAWAII

- Onazuka Space Center** Kona Airport. Good stop for the kids or those interested in space travel while you are waiting for you plane. Just outside the baggage area. You can check in your bags and then walk over to the museum. Good to keep the kids busy before the flight. Astronaut killed in Challenger Shuttle. Adults \$3.00
- Kahalu'u Beach Park** Just South of Downtown Kona. Great snorkeling spot. Can often spot turtles here. Snorkling gear rental available. Also usually has a food truck there.
- Puuhonua o Honaunau** Place of refuge. (30 min stop) Has great tikis. On the way to Kilauea
- Punaluu Black Sand Beach** Good picture stop. A real beach with black sand.
- Punaluu Bake shop** Good stop to pick up sandwiches if going to the volcano. Also has terrific breads. They can pack it in a travel box to take home. Fill up gas in Punaluu.
- Mauna Loa Macadamia Nut Factory** Located off of highway 11 on the right side of the road when driving from the volcano area down to Hilo. Neat stop and FREE samples.
- Akaka Falls** Short jungle hike to a 420 ft. waterfall. In Hilo area.
- Kilauea Volcano** Stops to make: **Visitor's Center:** Movie and information about the park
Volcano Art center. Just to the side of the visitor's center. Local artist interpretation of volcano.
Volcano House. Just across the street from the visitors center. Good stop for a bathroom break, light snack and souvenirs. Great view of the crater.
- Do **Crater Rim Drive.** Stop at the **Steam vents, Jaggar museum,** recent lava flows, **Halemaumau crater overlook, Devastation trail** and **Thurston lava tube.** I don't think that it is usually worth the drive DOWN Chain of Craters Road to try and view the active lava flow. It is a long drive and you usually can't see much. You see a steam cloud where the lava enters the ocean. No gas.
- Hilo Hatties** Nice place for Aloha wear. Also check out the 2 for 1 coupons with any purchase. All islands offer a different set of coupons. Simply purchase a \$0.99 calendar or magnet and ask for a sheet of coupons. Can be GREAT value if you are already planning on doing some of the activities. For a family of 4 ask for 2 sheets.
- Opakapaka and Onaga** Will not be available May 1 to September 30 due to a fishing ban on these fishes. Great tender snapper fish. **A Dr. Lum Favorite!**
- Beach Time** Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities. Swim shirts can help to protect your skin. Available at Long's Drugs and other swimwear stores.
- Best time of year** May/September/October. Good weather lower rates. Aloha Week festival in September. With kids early June.

- www.alternative-hawaii.com **List of Free local activities. Listing for all islands.**
- www.honoluluadvertiser.com **Look under entertainment for weekend special events.**
- www.gohawaii.com **Official Hawaii Visitors Bureau web site.**
- www.hawaiiradiotv.com/puka **List of a ton of Hawaii Web sites.**
- www.dakine.net **Has pictures of some of the top spots and quick reviews.**
- <http://the.honoluluadvertiser.com/specials/bestrestaurants08/index> **Best local restaurant reviews.**

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Disneyland Tip Sheets

Purchase your tickets before you arrive from AAA, Military PX, Disneystore or from your hotel before you get to the park. You don't want the first line you stand in to be the ticket window. **Arrive at the front gate with ticket in hand 20 minutes before the park officially opens. Arriving early is the key to getting on a lot of rides quickly.** If traveling with younger children then you should try to do Fantasyland rides first. These are low capacity rides with no FP's.

Best time of year is first two weeks of December. Cooler weather and decorated for Christmas. If you go during the summer, bring an umbrella, spray mister with a fan, and a back pack with a water container in which you can carry ice water. Also good to carry a few snacks and bring a small pack of wet wipes. Have your children wear bright colored clothing if possible (easier to spot if they get lost). **Bring along sun glasses. Remember to take the sunglasses back from your kids or have them wear it on their heads or put in their pockets to prevent loss. NEVER put sunglasses down on a table when eating a meal.** If traveling with kids under 5 bring a stroller along.

Fast Pass does not officially expire. You can use your Fast Pass anytime the same day after your return time printed on the ticket. So collect and save fast passes for use later in the evening when the park is more crowded. **Begin collecting Fast Passes as soon as you arrive in the park.** Also send an adult to get a Fast Pass before returning for your afternoon nap. Have one adult be in charge of collecting and holding all Fast Passes. **Disneyland and California Adventure systems are not connected,** so you can hold a Fast Pass in Disneyland and California Adventure at the same time. The official Disney rule is that you are allowed to use "Expired" Fast Passes as long as it is during the same day that they were issued.

Cartoon Spin and Grizzly River Run are not usually hooked up to the same Fast Pass system in each park. You can get a Fast Pass for these rides even if you are holding another Fast Pass in the same park.

Small World and Pirates of the Caribbean and Indian Jones. Ask for front row seating when you get to the front of the line. Just ask politely when you get to the front. The view is better and you just need to wait one turn to get a front seat. You can also ask to be seated in the front row for all roller coasters. If available you can also sit in the front of the train, the monorail, the pilot house of the Sternwheeler boat just ask the attendant when boarding. Ring the bell on the pirate ship.

Soaring Over California Front row center is best.

Thunder Mountain Last row is best ride.

Star Tours: Least Motion Front Center (First row). Most motion back on the side (last row).

Matterhorn Right side near Alice: Slower and wider turns. Left side faster with 1 small drop.

Small World: Ask for **front row.** Don't ride midday (sun is very hot and not much shade). If you must ride midday pick the inside (left) side of the line. There is a little shade from the trees as you wait in line.

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Buzz Lightyear: Wait for Fast Pass is normally 30 minutes. Get a FP for Buzz, ride Star Tours or

see Honey I shrunk the audience then return and use Buzz FP. Get another FP for Buzz and ride later in the evening. Aim for targets that are lighted for bonus points and targets that are further away.

Autopia: Look to see which side is running two lanes of cars. If inside lane running two lanes pick inside (or right) side of line. If outside lane running two lanes pick outside line. Don't ride midday (sun is very hot and no shade). Ride early before 10 am or late afternoon after 6 pm. Also only about 30-45 minutes wait for a FP. Get FP, see Honey I shrunk the audience, eat lunch at Buzz or Pizza port or see innovations, then ride using your FP.

Indiana Jones: Pick the **LEFT** side of the steps as you reach the boarding area. Less steps to climb after the ride is over (most of the time). Front row is best.

Best way to see Fantasmic and get a front row seat. Enter the Fantasmic viewing area **10-15 minutes** after the start of the 9:00 pm first show. You are only allowed to enter the area during the first 10-15 minutes of the first show. Then wait by the steps leading down to the water just past Pirates of the Caribbean. Access down the steps will be roped off until about **9:20 pm**. After the first show is done and the fireworks show is done about 9:45 you will be able to walk down and to the right towards the front railing. Sit as close to the control booth and slightly to the left of Pirates of the Caribbean (as you are facing the stage). You will only have about a 45 minute wait and be seated in the front row. Hold a spot and take turns riding Pirates or Haunted Mansion. Or you can send someone for popcorn and drinks. Hold on to your kids hands!!! **Dr. Lum Favorite!** Popcorn located near Haunted Mansion.

Best viewing spot for the **Electric Parade** in California Adventure is directly in front of the entrance to Hollywood Pictures Backlot in between the two pillars. There is a marking on the sidewalk to let you know where you can sit. The parade starts in Paradise Pier, so it takes a little while for the parade to reach Hollywood area. You can take turns visiting the Animation building, see Muppets, ride Monster Inc or shop while waiting.

If someone is **celebrating a birthday**. Stop by City Hall in Disneyland or the information booth at DCA and ask for a Happy Birthday sticker. The cast members will say happy birthday when they see the stickers. Also can get a Happy Birthday Pin at the character meals. Just ask at check in.

Have your children ask the characters questions. Ask Mickey where Pluto is? Ask Snow White where Dooney is? Ask Ariel where prince Eric is? More interaction and funny responses.

10% off character meals with AAA card. Character meals **Goofy's Kitchen, Ariel's** at California Adventure, **Lilo and Stitch** Breakfast at PCH, **Chip and Dale** Breakfast and breakfast with Minnie in the park. Must call weeks ahead to make reservations (714) 781-3463 for each meal.

If you have **little girls**, **Ariel's Grotto** lunch is a must. Meet and greet five princesses at lunch. **Snow White, Ariel, Aurora, Belle & Cinderella**. Adults \$20.99 children \$13.99.(8/07) Sit inside for air-conditioning. Inside DCA park.

Eat Lunch before 11 am or after 2 pm. Eat Dinner Before 5 pm or after 8 pm.

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Don't schedule breakfast meal at Goofy's. Better to ride in the morning and eat a late lunch or an early dinner at Goofy's kitchen. **Lunch at 2:00 or dinner at 4:30 is a good option.** Early dinner can mean you can still catch the evening parades at either park. You also have more time to work off your meal. If you are going to do a breakfast do it on the day you arrive or the day you are leaving. **Breakfast at 10:30 am** can also work out well. This way you can ride for 2 hours and then have a late breakfast. If you go later for breakfast it is less crowded which means you wait less and get more one on one time with the characters. They will actually sit down at your table while you are eating. **A Dr. Lum Favorite!**

FREE Coffee refills. Keep your receipt or share coffee. You can get a free refill at the original store that you purchase your coffee at most places. Main street coffee shop, River Belle Terrace.

There is a one time **10% off coupon** in the back of the Birnbaums Official Disneyland guide book. The book cost about \$15.00. So if you spend more than \$150 you break even. You can even buy the book at the World of Disney next to the CD section, in the music shop on Main Street, in the book shop next to the watch shop on Main Street. and use the coupon at the same time. Some AAA travel packages also offers a discount at Downtown Disney shops & restaurants and if you spend more than \$50 at some stores IF YOU book a package with them.

Shopping Take pictures in the store with all the stuffed animals you want, funny Goofy ear or Mickey Mouse hats, pictures of the T-Shirt's, or toys. These items are often a great reminder of the places you have been and using the items in the store is like having free props for your pictures.

Mr. Potato Head Play Station. In several of the shops in Disneyland there is a build/make a Mr. or Mrs. Potato Head station. Kids like to make a Mr. or Mrs. Potato head. Just put back the pieces when done.

DISNEY CHARACTER WAREHOUSE: about 10 blocks up North Harbor Blvd. at 243 Orangefair Mall off of highway 91 (Riverside Freeway). From 91 East exit Harbor Blvd./Limon and turn left (the mall is on the right side). **20-75% off** Disneyland clothing and other close out items. Luck of the draw. Changes daily. Ie Sweatshirts from \$19.00 vs \$56.00. Closeout t-shirts, items and toys. Other locations in Las Vegas and Florida. www.ams-liquidation.com Dr. Lum Favorite!

FIREWORKS Best location is directly in front of the castle or on main street. However gets really crowded during the busy season. Really good to watch from Fantasmic area if you are in the front. A lot of people will get up and try to move to the central hub after the end of Fantasmic. This can give you the opportunity to move to the front area and watch the fireworks. Another good last minute viewing area is just in front of Thunder Mountain next to the steam ship dock area.

Live Shows. Disney's Aladdin in DCA is a not to be missed live show. Aladdin is in an air conditioned building at the end of Hollywood Blvd. Just as good as a Broadway show. Once again try to pick an isle seat (looking down the isle) for the best view. Just like a ride the 30-45 minute wait is worth it. The shows are normally 30 minutes long. Rides last only 4-6 minutes.

Motels across the street from Disneyland: Most include limited FREE continental breakfast.

Desert Inn & Suites (800) 433-5270 1600 So. Harbor Blvd. Family rooms available.

Carousel Inn and Suites

Taking the shuttle from a hotel further away can take 30-45 minutes to get door to door. You also pay for the shuttle. Better to walk across the street from your motel. Not fancy but close to the park.

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www.themouseforless.com OR www.allears.net or www.wdwinfo.com Look up the DIS boards for questions about the parks, Disney cruise lines, ect.... www.disneyland.com You can request a Free DVD about the park. Good to watch before you go. www.disneyworld.com

Unofficial Guide to Disneyland OR Disneyworld Great resource to read before you go. By Bob Sehlinger. White book. Has 1 & 2 day touring plans with and without children. There is even a Dumbo or die in a day touring plan to maximize the enjoyment of the park for your younger kids. Hotel recommendations. Rating of rides and shows. Rating of eating places. Hotel recommendations and even as detailed as to which building and floor to ask for. Good and not so good rooms. Viewing spots for parades.

Ridemax Pay for a customized touring plan. You enter the days you are going the hours you want to visit and the rides you want to go on. Supposed to work pretty well. I have never used before.

Stacking the line. Most Disney rides will allow you to ride one last ride as long as you are in line a few minutes before the official closing time of the park. Disney stacks the line to make it appear longer by holding people at the entrance. This could be the shortest line of the day. Once closing time passes a Disney Cast member will stand at the end of the line and inform you that the ride is closed. But most of the time the line moves so quickly into the waiting area that they simply rope off the entrance. I like to ride Pirates of the Caribbean or Splash Mountain as my last ride. These rides take 10-15 minutes to go through, longer ride. It is kind of neat to be the only person or group left in the park after closing.

UNIVERSAL STUDIOS HOLLYWOOD

Universal studios Hollywood has a tram ride (pick the left side / driver side of the second or third tram for the best view) that takes you through several different movie set adventures. One of the highlights. Unlike Disneyland you can do Universal Studios Hollywood in one day. However tickets purchased at AAA or Costco allow for a second day visit at no charge. Other highlights are Terminator, Shrek 4D, Simpson the ride (formerly Back to the Future ride) and the Mummy ride (FYI for the Mummy ride ABSOLUTELY no bags or camera bags-free lockers available).

They offer an all you can eat pass on line and at the door. The all you can EAT meal ticket is NOT WORTH it. You must eat three meals a day to break even. Lines can take 20-30 minutes each meal.

Always check at Universal if they offer a discount for meals and ANY purchases with the AAA card. Also at City Walk many of the restaurants offer a AAA discount or Kids Eat Free with an adult meal. Always worth while asking if this benefit is being offered.

The parking structure at Universal is HUGE and there are two structures. Take a digital picture of the floor that you are on to avoid hunting for your car at the end of the day.

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DISNEYWORLD

Many but not all of these tips also work at other Disney parks. At DisneyWorld I recommend skipping rides that are available at Disneyland. This especially applies to the Magic Kingdom.

Magic Kingdom Ride Stitch's Great Escape, Mickey's PhilharMagic 3-D, SpectroMagic parade, TimeKeeper show, SpectroMagic Parade, Cinderellabration stage spectacular.

Animal Kingdom: The Lion King show, Dinosaur ride, Kilimanjaro Safaris, and Expedition Everest. Smaller park. Can be done in one day. Fewer headliner rides. Festival of the Lion King. Sit on the mid to upper bleachers for better sight lines. The first few rows are flat and hard to see, unless you are in the first row. Even then a lot of action occurs all over the theater.

EPCOT EPCOT opens in the morning. Test Track, Mission Space. Worldshow case opens in the afternoon. American Adventure. Test Track, Mission Space and Soarin' have a singles rides line. If you split up your party you can ride much faster than the standby line or get a Fast Pass.

Mission Space (FP run out by 4 pm) Orange Line: Spinning/centrifuge ride. Green Line: Non Spinning. More like a Star Tours ride. Don't ride on an empty stomach and eat at least 1-2 hours before riding. Can cause motion sickness. Barf bags are available at each seat just in case.

All Epcot the rides are cool. Worldshowcase is more educational & good eating spots.

MGM Studios Backlot Tour, Little Mermaid show, Beauty & the Beast show, Aerosmith Rock 'n' Roller Coaster, Great Movie Ride, Lights, Motors, Action Show and Indiana Jones Stunt Show.

FANTASMIC If you are seeing Fantasmic consider purchasing a dinner and show package that has a ticket for viewing of Fantasmic. The seating is off to the side, but at least you have a reserved section. The line for Fantasmic opens two hours before the show. On bad weather days the show can be cancelled because of high winds. Disney will often not make a call until just before show time. Mama Melrose's Italiano (\$29/\$10 ages 3-9) and Hollywood & Vine Buffet (\$22/\$10) have Fantasmic Dinner Packages. Special entrance/reserved section. You can avoid a 60-90 minute wait. 48 hour cancellation/no refunds due to bad weather. Eat 2 hours or more before the start of the show. Sit in the middle 3 or 4 sections.

Stacking the line. All Disney rides will allow you to ride at last ride as long as you are in line a few minutes before the official closing time of the park. Disney stacks the line to make it appear longer by holding people at the entrance. This could be the shortest line of the day. Once closing time passes a Disney Cast member will stand at the end of the line and inform you that the ride is closed. But most of the time the line moves so quickly into the waiting area that they simply rope off the entrance. I like to ride Pirates of the Caribbean or Splash Mountain as my last ride. These rides take 10-15 minutes to go through, longer ride. It is kind of neat to be the only person or group left in the park after closing.

Dr. Lum has individual park information for each of the 4 major parks at DisneyWorld in the office.

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Ridemax Pay for a customized touring plan. You enter the days you are going the hours you want to visit and the rides you want to go on. Supposed to work pretty well. I have never used before.

Touring order of the theme parks. If you are traveling with children to maximize the interest of the four different parks you should tour them in this order. EPCOT, Animal Kingdom, MGM Studios, and then finally the Magic Kingdom. You move from the more educational parks to the more fantasy filled theme parks.

The **water parks and pools** are also VERY popular with the kids. The water parks are especially crowded on the weekends when local residents use their annual passes. All pools and water parks are heated year round. Same as with the other amusement parks, **ARRIVE EARLY** to beat the crowds. For the hotel pools this can be a great break in the afternoon before lunch and a 2-3 hour nap. Then you can return to the park for the evening hours rested and relaxed. If you are returning to the same park later in the same day for the evening shows, remember to collect a Fast Pass for the ride you didn't do yet or really want to ride again **BEFORE** you leave the park to go back to your hotel. The FP can then be used when you return in the evening.

UNIVERSAL STUDIOS FLORIDA

Unlike Universal Studios Hollywood, there is not a tram ride that take you through different areas or attractions. Here the Jaws and earthquake are separate rides.

ISLANDS OF ADVENTURE There are a lot of unique rides here. Lots of great roller coasters. Spiderman ride is one of the best in the country.

Universal Studios Orlando Express Pass or Front of the line Pass. If you stay at one of the Universal Studios three properties you can get a front of the line pass. This enables you to skip standing in line and proceed to the front of the line for most of the larger rides and attractions. You can also purchase this benefit. It might be of value to spend a few days at one of their properties just for this benefit, especially during the busy vacation times. Some of the rides and shows are also located at Universal Studios Hollywood. I recommend skipping these shows if you are limited to only a few days here.

Unlike the FP at the Disney theme parks. USO Express Pass is good at almost ALL USO attractions.

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There is an Universal Express Pass PLUS program that cost \$15-\$50 depending on the season that you can purchase at the gate. This pass allows you a ONE time use of the express entrance to each of the express attractions with no return window.

3 Hotels on Property. Portofino Bay (Deluxe), Hard Rock Hotel, and Royal Pacific.

Staying at any of the three hotels gives you front of the line pass access at the two theme parks. You just show your room key to access the express pass line.

Even if you are also visiting Walt Disney World, it might be worth while to move hotels for 3 night to the Universal Studios Hotels for the front of the line access pass privilege.

Also ask about the kids eat Free program. In the past there was a kids eat free program when an adult purchased a meal.

For hotel guest you also get next table available at certain CITY WALK restaurants. Make sure to ask if this is available. You can also get priority admission to USO shows by showing your room card.

SEAWORLD Can be done is 8-9 hours. About the size of the Magic Kingdom. Many stadium or walk through exhibits. Lines are not much of a problem. You can arrive at 12-1pm and stay until 9 pm for the evening show. Cooler and less crowded later in the day. Most stadium shows: Show up 10 minutes early (20 on crowded days). 3 must see shows are Believe (Shamu), Seamore and Clide (Sealions), and Blue Horizons (whale and dolphin show).

DISCOVERY COVE There is a 1,000 maximum guest per day. The highlight is a 90 minute swim with an Atlantic Bottlenose Dolphin. Ages 6 and are comfortable in the water. Also a coral reef snorkel and swim. Large bird aviary and a tropical laze river. 9:00 – 5:30 \$249-\$279 per person. Also includes a 7 day pass to Seaworld. (877) 4-DISCOVERY www.discoverycove.com A once in a lifetime experience.

LEGOLAND in CALIFORNIA Not good for kids under age 4 or under 36 inches. Ride height restrictions limit the number of rides children under 36 inches can ride. Legoland is best for kids 5-9 years of age. Get tickets at AAA and get 2nd day free.

A few roller coasters. Good options for kids that are more timid about riding roller coasters. Teenager over the age of 12 will be bored with Legoland.

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NEW YORK CITY

- Lombardi's Pizza** 32 Spring Street in Soho area. Shop first then eat.
(212) 941-7994 1st Pizza restaurant in U.S. sub Blue C-E
- John's of Bleecker Street (Pizza)** 278 Bleecker Street in Greenwich Village area
Great coal fired Pizza and Ravioli's
(212) 243-1680 A Dr. Lum's Favorite!
- AquaGrill** Fresh East Coast Fish & oyster bar.
210 Spring Street in Soho at 6th avenue (212) 274-0505
- Blue Ribbon** 97 Sullivan in Soho area, Great small restaurant.
Go around 5 pm for no waiting. btwn Prince & Spring St.
Order Bone Marrow Marmalade and Jonah crab
(212) 274-0404 A Dr. Lum's Favorite!
- Serendipity 3 Frozen Chocolate Dessert.** Ask to sit upstairs. Across from Blumingdales. (Movie: Serendipity) 60th St btwn 2 & 3 Ave.
- Jaques Torres Chocolates** 285 Amsterdam (@ 73rd & 74th) upper West
350 Hudson (@ King St) A block S of Huston.
- Dylan's CandyBar** 1011 3rd Avenue (subway Lexington/59th St) N,R,W,4,5,6
- Max Brenner** Chocolate drinks, Deserts, Fondue and meals.
141 2nd Ave. (@ 9th St) Greenwich Village (212) 388-0030
841 Broadway (@ 13 & 14th St.) Union Square
- Gray's Papaya** Hot dogs & fruit smoothies. Top hot dog places in America.
539 8th Avenue @ 37th Street, 2090 Broadway @ 72st Street,
402 6th Avenue @ 8th Street in the West Village
- International Soup Kitchen** 42nd & 5th avenue near Grand Central Station
- Food Cart Vendors** Hot dogs & falafels ect. Good fast food.
- Chinatown Ice Cream Factory** 65 Bayard Street. One block South of Canal St.
- Bagels** New York City bagel locations. New Yorkers don't toast it!
- Murray's Bagels** 500 6th (@ 12 & 13 st.) Greenwich
242 8th Ave (@ 22 & 23 St.) Chelsea
- H & H Bagel** 2239 Broadway (@ 80th St) Upper West

Ess-a-bagel **359 1st Ave. (@ 21st) Murray Hill**
831 3rd Ave (@ 51 & 52nd St.) Midtown

Daniel's Bagels **569 3rd Ave (@ 37 & 38 St.) near Grand Central**

Tal Bagels **333 E 86th St (@ 1st & 2nd Ave) Upper East**
2446 Broadway (90th) Upper West
977 1st Ave (@ 53rd & 54th) Midtown

Bagelfellers **36 W 48th St. (@ 5th & 6th Ave) near Rockefeller Center**

Kossar's **367 Grand Street (@ Essex & Norfolk St)**

Absolute Bagel **2788 Broadway (@ 107th St)**

Century 21 **Discounted fashion designer wear for men and women. Across the street from ground zero. M-F 7:45am-8 pm. 22 Courtland St. btwn Broadway & Church.**

Filines Basement **4 Union Square S. Park Avenue South @ 16th Street.**

Shoe district **West 8th Street @ 6th Avenue**

Perfume District **28th and 31st streets & Broadway Near Madison Square Garden**
30-50% off designer brands. Can also purchase sample sizes.

Leather Area **Delany & Grand**

Toy District **23rd St. and 5th Avenue between 21-27th Streets**
200 5th Avenue Toy Center

SONY WONDER LAB **550 Madison Ave (53rd St. & 5th Avenue)**

POKEMON Center **10 Rockefeller Center**
& Nintendo World

FAO SCHWARZ **767 5th Avenue & 58th St.**

Toy's R Us **1514 Broadway Ride the Ferris Wheel**

Nike Town **6 East 57th Street (@ 5th Avenue)**

Disney Store **711 5th Avenue @ 55th**

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Imitation Designer Purses Canal Street exit in Chinatown. On one or more of the street corners there are people with a folded up piece of paper that shows some of the different styles available. They will take you to a van or storage area that holds the purses. Go with a friend during the day for extra safety. One of the storage areas was **DIRECTLY** off of the Canal St. subway entrance at the bottom of the steps.

Macy's Flagship Store Go to visitors center and show your out of state ID & hotel card. Request a 11% saving coupon good on all purchase all day. 151 W. 34th Street. (Movie: Miracle on 34th Street)

Taxi's Fast but expensive. Can take you to spots not well serviced by the subways. Also good for late night rides.

Metro Card (Subway) 1 day to 7 day cards available. Unlimited Subway rides. Also pay-per-ride card 6-12 rides. Easier to prepurchase cards then to fumble with cash at the subway station.

Ellis Island Immigration Museum. Buy ferry tickets at Castle Clinton in Battery Park. 9:30-5 pm Great views of NYC and statue of Liberty. (Movie: Hitch)

Empire State Building You can buy tickets online ahead of time to save waiting in line. Entrance is on 5th Avenue. Dusk is a popular time. www.esbnyc.com (Movie: Sleepless in Seattle & Love Affair)

Rockerfeller Center Also has an observation deck. More modern and views of central park and the empire state building. About the same price as Empire State Building.

U.S. Custom's House At Bowling Green. National Museum of the American Indian (branch of the Smithsonian). Free. Wall Street Bull is just up the street. Great food carts outside (pita's)

Charging Bull Just past Bowling Green park. Great photo spot.

Trinity Church At Wall & Broad Street. Famous people buried here Robert Fulton-inventor steam boats, Alexander Hamilton-killed in a duel with Aaron Burr, Francis Lewis-signer Declaration of Independence. (Movie-National Treasure)

World Trade Center monument outside.

St. Paul's Church Concerts at noon or one. Used as during WTC bombing as a firefighters headquarters.

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New York City Concerts at One Mondays in St. Paul's Chapel on Broadway (212) 602-0747
Thursdays in Trinity Church on Wall Street

Chinese History Museum Chinatown. 70 Mulberry Street & Bayard. Go upstairs.

Frick Museum 1 East 70th Street. No kids under 10. Tu-Sat 10-6 Collection of arts displayed in a mansion across the street from Central Park. Sunday 11-1 suggested donation.

Museum of Modern Art Great Impressionist collection. 53rd st. www.moma.org closed W 288-0700 One of the best in the world. Free Fridays 4-8

Metropolitan Museum of Art World class. Pay as you wish. Suggested admission. Good place for lunch. Visit the Egyptian temple and Impressionist collections. (Movie: When Harry Met Sally)

Natural History Museum Dinosaur skeletons / Ocean & wild life dioramas. Start on the 4th floor dinosaurs. Café in basement for food. Central Park West & 79th St. B or C line to 81st. Pay as you wish. (pay as you wish does not apply to planetarium shows). Hayden Planetarium. Special Cosmo show. (Night at the Museum/KPax)

Ellis Island Immigration station. Free movie and audio tours. (Movie Hitch) Castle Clinton.

Subway Entertainment Performers in the subways are licensed by the city. Really good entertainment for a few bucks tip. Watch for pickpockets. Most major stations. Very interesting.

BROADWAY PLAYS **PLAYBILL.COM** Discount show tickets available. But does not list all show playing. Only shows that advertise with Playbill. Can just type in the show name & discount to see what is available online. Also ask your hotel if they offer discounted tickets/codes to shows. Some hotels have coupon numbers that will allow you a discounted purchase.

If you are traveling all the way to New York and you want to see a play it is better to pay for the ticket at full face value and get a better seat. I like the aisle seats looking down the aisle (NOT an aisle seat in center section). Try to get about 6-8 rows back. Too close and you are looking up all the time.

WICKED About Glenda and the wicked witch of the East when they were young and in school. Long before the Wizard of Oz.

MAMMA MIA Abba songs set to a story line. Great fun happy musical.

LION KING Story of the Lion King set to music. Perfect for people of all ages. Spectacular show. Also on DVD.

LITTLE MERMAID & MARY POPPINS Now playing. Great for kids.

PHANTOM of the OPERA Classic story. Longest running play on Broadway. Also on DVD.

www.NYCVISIT.com

SEAT SELECTION Always try to talk to an agent to get seats looking down an aisle. For a family of four request 2 sets of aisle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get an unobstructed view down the aisle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other.

<http://gonyc.about.com/cs/museums/a/museumdeals.htm> **Check for Free museum days.**

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www.LumOptometry.com

ROME TIPS **Basillica San Clemente** Located behind the Colosseum down Via Labicana. Church on top of a church on top of a church. Three levels down. **A Dr. Lum Favorite!**

St. Peter's Basilica Dome Climb the dome. Elevators located to the right of the main entrance to the Basilica. Great view inside the church from the balcony and view of the Vatican gardens and Rome. Bring binoculars. Inside the Vatican museum get the audio guide.

Galleria Borgheses Great Bernini sculptures. Two story villa with great art. Need to call to reserve a ticket. Take one of the twice daily English language tours. I liked this museum and tour more than the Vatican museum.

A Dr. Lum Favorite! 06-328101 www.ticketeria.it Tu-Sun

Colosseum Prebook an admission time to avoid standing in line. www.pierreci.it 06-39967700

Lunch at Piazza Navonna or in front of the Pantheon. (DVD Return to Me)
Try Tre Scalini's Tartufo Chocolate desert in Piazza Navonna.

Girarrosto Fiorentino Meat from Tuscany. 46 Via Sicilia off Via Veneto. Can stop by on the way back from Galleria Borgheses. Also great buffalo cheeses.

HB-Bettoja Hotels Located near the train station. Moderate prices. 0632810.

VENICE Harry's Dolce Great restaurant across the Grand Canal and St. Mark's Square. Need to take a water taxi across. **A Dr. Lum Favorite!** Best meal I've ever had. 773 Giudecca 041-52 24 844

Glass Bead Shop Located on the mainland side at the start of the Rialto Bridge. Bracelets, necklaces, pendants. Make nice gifts. Rialto 79

Café Florian Have a hot chocolate or coffee at night while listening to violin music. St. Mark's square. Expensive but worth it. Can also stand and listen.

River Taxi #1 Goes down the Grand Canal. Can sit in the front for a better view.

Pauli Glass shop Murano glass shop. Very well know. Higher quality works. Also good glass beads jewelry. Have them ship your pieces. St. Marks Sq.

SIENNA Atica Siena pottery store. Located on the corner of the plaza to the right as you are facing city hall. Have them ship your pieces home.

Flying to Europe If taking a group tour I highly recommend flying in 1-2 days ahead of your official tour start date. This gives you extra time to adjust to the jet lag and explore a little on your own. Most companies can extend your hotel days a few days early for you at a special rate. Try Insight Vacations Tours.

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LAS VEGAS

DISNEY CHARACTER WAREHOUSE: 20-75% off Disneyland clothing and other closeout

items. Luck of the draw. Changes daily. Ie Sweatshirts \$19.00 vs \$56.00. Other location in Anaheim. CA. www.ams-liquidation.com Dr. Lum Favorite! Annex at Las Vegas Factory Outlet, West of the Airport off Blue Diamond Road. 7680 Las Vegas Blvd. South. Next to Off Sak's 5th Avenue. (702) 260-8144

Tournament of the Kings Good for kids. At the Excalibur Hotel. 2 shows a night most nights. However get your tickets ahead of time. Buy a flag and cheer on your knight. Includes dinner and drinks. 6/8:30 \$48 Excalibur.com

Cirquedusoleil.com Several productions in town. Usually can book 90 day in advance.

Mystere at Treasure Island W-Su 7:30/10:30 \$95

O at Bellagio W-Su 7:30/10:30 \$150

Ka at MGM Fri-Tu \$150 Ka.com

Mamma Mia ABBA musical @ Mandalay Bay Hotel Su-Th 7:30 Sa 6/10 \$110 2.3 hr.

Phantom of the Opera Venetian Hotel. New theater made for the production. \$150 DVD 1.5 hr.s

Star Trek The Experience Discount tickets available at ½ price ticket outlets every day. Multi-sensory attraction/experience and motion simulator ride. Good for Star Trek fans. \$38

Blue Man Group at Venetian Hotel Blueman.com 7/10 Don't sit in splash zone. \$110

LeReve at Wynn hotel Water based show and theater is in the round so most seats have a great view. Sa-W 7:30/10:30 Around \$125.

FREMONT Street Experience Every hour on the hour at night. FREE downtown show.

RIO Sky Parade FREE at the Rio Hotel. Off the strip. Catch the bead being thrown. 3,4,5,6:30/7:30/8:30/9:30. You can actually pay to ride in the parade.

Bellagio Fountains 3-7 pm M-F every 30 minutes. Sat Sun noon-7 pm every 30 minutes. Every 15 min 7pm-12. Great to watch just off of the strip.

SEAT SELECTION Always try to talk to an agent to get seats looking down an isle. For a family of four request 2 sets of isle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get unobstructed views down the isle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other anyway.

Lied Discovery Museum Children's Museum just past downtown. 833 Las Vegas Blvd. Tu-Sun 10-5 www.ldcm.org (702) 382-3445 Great day activity for kids.

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com
GameWorks 10am-12 am. or 2 am weekends. 1st 2 hour special flat rate play. Hightech video games/rides. Showcase Mall near MGM. Visit M & M & world of Coca Cola when you are here. (702) 432-4263

ShowCase Mall GameWorks, M & M world, World of Coca Cola (taste Cola products from around the world) Look for Ethel M Free Chocolate coupon. Sometime M & M coupons and free M & M Movie.

Forum Shops Best indoor shopping mall and eating spot. Try Joe's stone crab or Spagos for lunch or dinner. 2 FREE shows on the hour. In the center of the mall and all the way at the end (better show). FAO Schwartz store and Arcade on 3rd floor for the kids.

Fashion Show Mall Huge mall with Sak's, Dillard's, Macy's, Nieman Marcus, Nordstrom. Has a runway fashion show several times a day (about every hour).

Macy's discount Get a 11% saving coupon at the visitors center. Show out of state ID and hotel room card. Also 11% Bloomingdales discount.

Wynn Hotel Buffet Best Lunch or Dinner Buffet. **Dr. Lum Favorite! Eat Early or Late**

Okada Japanese Restaurant Wynn Hotel. Great Japanese food.

Bellagio Hotel Buffet Also a top notch Lunch or Dinner Buffet. **Eat Early or Late**

Paris Le Village Buffet Paris Hotel. Great indoor setting. Good food from different areas of France. **Eat Early or Late**

Makino Chaya (Japaneses Buffet) Las Vegas Premium Outlets 875 Grand Central Parkway. Great local all you can eat Japanese food. Go early 5 pm. A Dr. Lum Favorite! (702) 382-8848 (702) 474-7500 Premium Outlets.com 10-8 They charge full adult price for kids 8 and up. (\$29)

Main Street Buffet Downtown in the Main Street Hotel Hawaiian/Asian themed buffet. Seafood nights on Fridays. More casual and less expensive than the strip buffets. **Eat Early or Late**

Eat Early or Late Eat dinner at **5:00 pm** to avoid waiting in line for 1 hour or more. Some hotels start dinner as early as 4:30pm. This applies to most large hotel buffets. Also having lunch early at **10:30 am or late at 3:30 pm** can also work well. Also more time to walk off the meal.

Each of the large casinos also have premier dinning locations. Famous chiefs from around the country have opened up second branches outside of New York, San Francisco, LA, Dallas ect.

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MEXICO

Puerto Vallarta

Serendipity The best Mexican Pottery. Butterfly pottery from Guanajuato is beautiful. Also metal work and other pottery available.

2 blocks away from the main church on 472 Juarez Street.

Or across the river over the first bridge (closest to the ocean) away from old town, on the right hand side of the street 2 blocks away. **A Dr. Lum Favorite!**

Tapas Barcelona Matamoros & 31 de Octubre streets. Lunch & dinner. Great bay view. 4 blocks up from Sr. Frog store. www.barcelonatapas.net

NH KRYSTAL Hotel Located in the hotel zone just outside of town. More of a local Mexican resort. Stay in the NEW beachside complex. Terrific pool complex. Can also use the pool if coming in on a cruise. If is just down the street from the cruise terminal. Just order a few drinks and food from the pool side bar. Hotel has a huge Yellow dome.

SPA Treatments At NH Krystal Hotel. Message specials for 2 people / 75 minute messages for \$75 U.S. Wonderful professional staff.

Restaurant Pescartore 2nd floor of the municipal marketplace. Very local spot. Just eat the fresh fish. Have them fry it. Order only bottle water & soda in a can. No ice! Don't eat the salad. Very good fish! **A Dr. Lum Favorite!**

Pirate ship Maragalante Pirate Land Day Program. Great all day adventure for the family. Includes breakfast and lunch, banana boat rides, snorkeling, beach games and onboard pirate show.

Pirate Night Adventure is adult themed. No children under age 10.

www.vallartapirateshow.com

MAZATLAN Mazatlan Frank. Can arrange private tour of the city and shopping for you. About \$25 per person. Can also help arrange horseback riding. www.mazatlan-frank.com

Saint Thomas Virgin Isles godfrey@godfreytoursvi.com Private tour operator that can do a custom tour for your group. www.godfreytoursvi.com

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CRUISING

Check in at the cruise terminal early. Most ships will let you board the ship at 12 noon. You may not be able to go to your cabin yet but you can have lunch, swim at the pool (without anyone else), use the hot tub if it is on deck, explore the ship and have lunch on board.

You should also make your special dinner reservations as soon as you get on the ship if there is a separate dining restaurant option. These will fill up very quickly. Surcharge usually runs about \$10 to \$15 extra. It will usually be an Italian, Steak or special chef's restaurant. Even at the extra charge restaurants you can order more than one appetizer, more than one entry and more than one desert. You can also share food with your party. If you have a group of 6 share all of the appetizers and dinner options with in your group. Let your waiter know that you are sharing amongst your group. Ask him to have the chef prepare an appropriate serving size for your group. You should tip the waiter EXTRA above the normal extra dining room charge for this type of service.

Don't book special restaurant dinners on the Captain's Formal night in the main dining room. Usually there is better food on this night in the main dining room. Sometimes however there are also special dining menus in the different restaurants on Captain's night.

To get a window seat at dinner. Ask the head waiter when you first get on board. Offer him \$20-\$40 and ask him if he can help rearrange your seating so the you get a nice window seat. It is really nice to look out the window while eating if you are on the early dinner seating.

Early of Late Dinner Seating: If you have children early is usually better. Otherwise dinner could be as late as 8:00 or 8:30pm. If you have early dinner, you do need to be aware of what time the ship leaves port. Dinner could be right after the ship sets sail. If this is the case you might be rushed into getting ready for dinner, almost as soon as you return from your shore trips.

Discount Dining. Some alternative restaurants have a discounted night on slow evening. These nights tend to be when the ship is in port late since many people will be doing evening shore excursions. Also you can ask the restaurant's host if there are typically special nights or offers or read the daily newsletter for dinner or spa specials.

Bring or buy bottle water or a six pack of soda before you get on board or at the first port. This way you can have it in your cabin. Saves you some money. Better yet skip the soda and the calories.

Bring your own wine or liquor aboard. Many lines will allow one bottle of wine. There may be a corkage fee at the dinner table, however it is still less expensive than purchasing their wine. Or you can have a drink in your room for free.

Room Service: Makes a nice lunch break without having to rush to the dining room.

Spa reservations should also be done on this day. For the SPA you can usually view the spa treatment options on line before you go. Check for SPA specials on the first day or when the ship is in port.

For more exercise. Skip the sodas. Walk up and down the steps instead of taking the elevator. Walk around the deck after dinner or even before dinner. Skip or share the deserts. Use the gym or steam room.

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Hairdresser: You should also make your reservations for formal night as soon as you can.

Shore excursions book before you leave on line or as soon as you get onboard if you know which tours you want to take. You can also walk off the ship and get tours just off of the ship at most ports for less money than the ship charges. This works if you are flexible and not totally set on one particular tour. Most of the time a general city tour and highlights tour is very easily booked just off shore. You can also share a cab with other families of people you meet on the ship.

TIPS Remember to tip your waiters and cabin helper their full tips. They work 6-9 months 7 days a week. They do not get paid U.S. wages. They are paid very little. Most of their income comes from your tips. Most of the time the cruise companies now automatically charge your account for these tips at the end of the cruise. Also all beverage and food purchases usually will include a automatic 15% tip. The tip line will still be printed on the receipt that you sign. Be careful not to tip twice.

SHOWS: Usually two (2) major shows on a 7 night cruise. Show up to your assigned dinner time early so you can finish dinner ahead of everyone else. You can then be the first to get seats for the show. You might even want to skip desert and head over to the showroom to get seats. Bring a jacket to save seats for the other member of your party. Sometime there is an early 3:30 or 4:00 pm show (Disney Cruise).

SEAT SELECTION Always try to get seats looking down an isle. For a family of four select 2 sets of isle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get an unobstructed views down the isle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other. Also may want to look for seats that have a drink table in front of you.

Shuffle Board: Great after dinner game and exercise on deck.

THE POOL Bring Swim goggles and swim toys for the kids. Most pools are salt water. The Jacuzzi is always fresh water. Except on the Disney Ships. Good day to swim is the first day right after you arrive on board. The pools are not crowded yet. Keep a change of clothing in your roll on bags.

Extra Bags: Pack an extra duffle bag or tote bag if you are going to be doing any major shopping. Better to plan ahead for all the nick nacks. Rather than a large suitcase pack suitcase that stack within one another or that have a soft side so you can hide it under the bed or in the closet.

Safety: Remember that outside of 12 miles you are outside of U.S. waters. The laws of the United States do not apply at sea. Since the ships are flagged in foreign ports, they do not have to follow U.S. law. Be careful of your environment. For women traveling alone must be especially careful. Also the staff of the ships come from many different parts of the world. Drinking alcohol is encouraged, since the ships make a lot of money off of alcohol. Use good judgement.

Returning Home: Luggage and the ability to leave the ship is done in an order. If you have an early flight or need to get some where quickly you should ask your cabin steward for the early disembarkation luggage tags. This works really well if you do it before you give out your final tip envelopes. If you are not in a rush you can take a last stroll around the ship after breakfast.

Walkie Talkies. Bring along walkie talkies for the ship and ports. These work great to stay in touch on the ship since cell phones normally will not work at sea and at foreign ports or call.

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Internet use. If you are using the internet to send message for work you should compose your messages before you sign on. Then when you log on you can just send the messages. Also if you plan to use the

internet a lot sign up for a internet package. You can check weather before you arrive at your port. Talk to the kids at home or other family member house sitting. You can also stop in at an internet café IN port and pay a few dollars for internet access. Just be careful with your credit card information .

Formal Portraits This is a wonderful opportunity to take a nice formal portrait with no obligation. On formal picture night there will normally be 4-5 separate areas where you can take formal portraits. These different areas have different backgrounds and props. Make sure you get the portrait area EARLY to beat the crowds and to make it to your dinner on time. On different nights they have casual or theme night photos also. If you are in a large group they can take a picture of the entire group, individual families, just the adults and just the kids. Just ask the photographer for the different combinations. You end up spending a lot of money on the photos but memories are priceless. You can usually swap out photos if you buy one on the first night and then take a better picture a couple night later. Also ask about specials if you purchase more photos over the course of the cruise. Sometimes they will give away a photo of the ship or a frame for the picture.

Join the cruise lines frequent cruising members club. Usually no cost and get extra perks the next time you sail with them. Or you can buy stock in the company. This will also get you a saving or special perks.

Kids Clubs On most ships the kids club will have special events of nights. Ask the staff working at the kids clubs what are the highlight night, activities or events that the kids should try not to miss. Also at most kids clubs they GIVE away a T-Shirt or some type of other kids club items or pack on the last day or night. Ask if there are any special gifts for the kids. Even if you don't go on the last night you can stop by and get the kids their gift. On Disney they give away T-Shirts, Hats, and mouse pads. On Carnival they give away a small duffle bag with Carnival goodies.

Disney Cruise Line: Perfect for families with kids. Look for the best kids clubs on the ocean. Even if your children do not participate in all of the activities check the schedule for special give away nights or times. Usually the last night they give out Free T-shirts or kids stuff to the children that have been participating in the different programs. Read the daily guides for the times.

Disney will often have an early show of the major productions. Good if the kids are having a hard time staying awake at night. See all of the major production shows (3) they are really outstanding. Broadway caliber Disney show.

Best Disney Cruise Souvenir : Bring a picture frame 8 x 10 or a 5 x 7 with a LARGE WHITE MAT. Drop off the picture frame at the Front Desk of the Ship and Ask to have the picture frame MAT signed by the characters. You can also have Pillow cases for the kids signed in a similar fashion. They will deliver the signed picture frame with about 15 signatures to your cabin on the last night of the cruise. You should include a zip lock bag of multicolored sharpie pens for them to sign with. Place you cruise picture with Mickey and Minnie Mouse in the frame when you get home.

Disney's Palo adult only Northern Italian Restaurant. We did brunch, high tea and dinner here. Highly recommend that you try all three. Ask for a tasting menu of the different selections on the menu. Share and order extra. Worth the extra few dollars.

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Holland America On board Art IPOD audio tours. Can download before going on your ship or can check out a free IPOD on board and take the 45 minute audio tour of the different art work.

Royal Caribbean: Rock climbing wall. Best time is early in the morning or day. One of the best values is the 4 night cruise out of Los Angeles. Really low year round rates. Not too exciting ports of call but great cruising value.

Carnival: Good kids club on most ships. Younger crowds.

www.cruisesonly.com You can look at cabin locations for a lot of different ships and see exactly where your room will be located. Try to select rooms away from the main elevators and stairs. Also select rooms that are not directly over or under a disco, show room or the kitchen. However you might get incentive by booking with an agent. Always ask for a on board room credit of some sort. Many travel agents can give you \$50 to \$100 on board credits for booking with them.

Mexico trips from LA and Caribbean cruises from Maimi are especially affordable. However remember the hurricane season is from June to September. Especially bad in August and September depending on the year.

St. Thomas Virgin Islands www.godfreytoursvi.com godfrey@godfreytoursvi.com

Fly One Day Ahead Fly into your starting port or city one day ahead to avoid flight delays or cancellations. This also gives you one day of rest before the start of your cruise. This also helps to avoid LOST luggage. Image going on a one week cruise with no luggage, evening dress or swim suit.

Airports to Avoid Avoid airports on the East Coast and Mid-West during the winter months on connecting flights to avoid weather related delays or cancellations of your flight. If you have an option pick an airport connection in the Southern part of the United States. Especially avoid Chicago, JFK and Boston airports. However Dallas and Atlanta can also have traffic/storm problems. Better yet aim for a direct flight.

Hurricane Season Avoid the Caribbean during the months of July until October to avoid the hurricane season. Living in California you really don't think about seasons in the same way as people living in these areas. If there is a hurricane during your trip you will miss ports of call and have rougher sailing.

GENERAL TRAVEL TIPS See our **general travel tips section for things you may wish to bring along.**

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MONTEREY BAY AREA

Dennis the Mennis Playground Just North of the Downtown/Fisherman's Wharf area
Old stream train. They allow you to climb on the train. (You do so at your own risk).
Can climb over, on top, in front and on the sides. Great slides and rock climbing stones.
Peddle boats rides available. Also a skate board park. Snack bar in parking lot.

Monterey Bay Aquarium

The aquarium is one of the best in the entire country. As such it gets really busy during the summer months. Arrive at OPENING time to avoid the crowds. Also purchase your tickets ahead of time. Best value is from AAA. At a minimum you can purchase your tickets from your motel. There is a separate entrance on the side of the building for people with tickets. Don't need to stand in line to get in.

Best **FREE parking** for the aquarium is just past the Tin Cannery Outlet shops. If you go just past the Tin Cannery there is FREE parking along the street. It is a short and beautiful walk along the bicycle/walking path to the aquarium. We usually bring our bikes and ride along this area. There are bike racks in front of the aquarium.

Portola Café inside the aquarium has WONDERFUL food. There is also a sit down restaurant inside with a separate seating area and table service. If you bring your own snacks and eat outside be very careful of the seagulls. They are VERY aggressive and will attack small children with food in their hands.

Outer Bay Exhibit Big Fish Feeding

Arrive 15 minutes early to get a seat in the front. **11 am on Sat/Sun/Tu/Thu** Time the day of your trip so that you can see the feeding. It is really neat.

Kelp Feeding 11:30 / 4:00 pm Sea Otter Feeding 10:30 / 1:30 / 3:30 Penguin 10:30 / 3:00

TIDE POOL EXPLORATION: Explore the beach area just past the Tin Cannery Outlets. If you follow the road directly by the beach, there are places to pull over and explore the tide pools. Remember never to turn your back to the ocean.

Fisherman's Wharf: Old Fisherman's Grotto. Best clam chowder.

Bubba Gump's You can call ahead to put your name down on the waiting list. Normally about a 1 hour wait. There is a sandbox play area directly in the front.

Fandango In Pacific Grove. Very good Italian/ Mediterranean food. Nice setting.
223 17th St. (831) 372-3456

FIFI's French Food On Forrest Ave. Up the street from Pacific Grove. Good local French restaurant.

Ghirardelli Chocolate Soda Fountain. Great sundaes. Down the street from Aquarium.

Bed and Breakfast Four Sisters Inn. Great set of inns. Visit their web site for Fall/Winter specials. Some of them will allow a one night stay on Saturday only. (800) 527-8828 (Gosby) 800-833-8836 Carmel

Clarion Motel on Munras Avenue has an indoor heated swimming pool. Free Breakfast.

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Fly One Day Ahead Fly into your starting port or city one day ahead to avoid flight delays or cancellations. This also gives you one day of rest before the start of your cruise or tour.

If flying to Europe this is especially important. Most tour groups will allow you to book one or two extra days ahead of your tour in the same hotel that you are staying at a special rate. This way you can be fully rested before the tour starts. Most European flights are red eye flights from the East Coast. You arrive in Europe the next day. Since it can be very difficult to sleep on the plane you can use the extra day to sleep in late. Most tours begin the day after your arrival at 7:00 am and can go for 9-12 hours of touring.

Airports to Avoid Avoid airports on the East Coast and Mid-West during the winter months on connecting flights to avoid weather related delays or cancellations of your flight. If you have an option pick an airport connection in the Southern part of the United States. Especially avoid Chicago, JFK and Boston airports. However Dallas and Atlanta can also have traffic/storm problems. Better yet aim for a direct flight.

Airline Seat Selection On flights that are overnight or longer flights. Pick a seat towards the back of the plane. Then book a window and an isle seat if you are traveling with two persons on a three A,B,C seat configuration. If the plane is not completely full most people will not select a seat in the middle and towards the back of the plane. If the flight is not full you get the extra middle seat space. If the flight does fill up you can just ask the person in the middle if they wouldn't mind switching seats so you can sit next to your travel companion. This will absolutely work if the other person is a child.

Hurricane Season Avoid the Caribbean during the months of July until October to avoid the hurricane season. Living in California you really don't think about seasons in the same way as people living in these areas. If there is a hurricane during your trip you will miss ports of call and have rougher sailing.

Restaurants Ask the flight attendants where special places to eat can be a good idea for international flights. They tend to know good places for different kinds of food since they stay overnight in the cities they are flying to. You can also ask the hotel front desk persons or the doorman for restaurants near by the hotel.

Jot down the names and streets if possible. Or ask them to write the name down for you. Venture out. Try to avoid McDonald's and other chain restaurants that we have back home.

From the office of Randall T. Lum, O.D.

(650) 589-7198

www.LumOptometry.com

Photography Take a digital picture of your special show ticket for a play, entertainment

event or sports event. The ticket shows that date, location and what you saw. This helps you to remember your special day.

You can also take a picture of your airline ticket. It shows where you were traveling to, the date of your trip, and what airlines you were on.

If traveling to another country or state you can also photograph the daily newspaper to remind you of where you went. It will have the name of the city, the date and any special events going on.

You can also take pictures of the airlines magazines for your scrap book.

Take a picture of the different restaurants that you visit. Also take a photo of your meal before you begin eating. Don't worry they already know that you are tourist.

Shopping Take pictures in the store with all the stuffed animals you want, funny Goofy ear or Mickey Mouse hats, pictures of the T-Shirt's, or toys. These items are often a great reminder of the places you have been and using the items in the store is like having free props for your pictures.

Kids ID Dress your kids in brighter colored clothing if possible. This makes them easier to spot if they get lost or separated in a crowd. Taking a morning photo of your kids with their jackets off in front of the hotel, in the room or at breakfast. This can be used as identification in case your child gets lost. You know exactly what they were wearing that morning.

Rental Car Tips Take a digital picture of your rental car. It's often hard to remember what you are driving. You also might want to take a picture of the make and model.

Take a picture of what floor you parked your car on at the airport.

Gas tank location. There is an ARROW that points to the side of the car that the gas tank is located on. It is located next to the fuel gage.

Bring a spring shade from home to use in the rental car if traveling to a warm destination. Using a spring shade also helps to make your car look less like a rental car.

Take a Kleenex box from the hotel and put it into your rental car if you will be in town for more than a few days. It is always handy to have Kleenex around in the car.

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Toilet paper Bring a roll of charmin toilet paper from home. ALL hotels have generic toilet paper. It makes you feel like you are staying at the Four Seasons.

Band Aid Kit Make a small band aid kit with an alcohol wipe and put it with your roll on luggage or camera bag.

Zip Lock Bags You can always find a use for a few zip lock bags.

Slippers/Flip Flops Bring Slipper or flip flops for the pool and around the hotel room.

Plastic fork & Knife Pack a few forks, knives and spoons. Just in case you have need it at your hotel. Put these items into your zip lock bag!

Advil / Tylenol Pack a couple of Advils or Tylenols in a zip lock bag and place in your roll on luggage or camera bag. Never know when that headache will strike.

Post-it Notes Use post-it notes to mark things to bring along that day or things to remember to do and stick it on the hotel mirror.

Traveling with Kids If you have children try to travel the first week after school gets out or the LAST week before school begins to avoid some of the crowds. Easter break can also be a good time to travel since some schools get out a week before Easter and some get out a week after Easter.

Traveling WITHOUT Kids Never every travel during kids Christmas, Spring, or summer breaks. Travel in the months of September to November in Europe. Travel in January to May in the Caribbean.

Water Back Pack (Camel) Get a camelback water backpack to carry ice water around. Works great for hikes, skiing, theme parks, general touring. Can also store snacks in the pack for the kids.

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www.LumOptometry.com

London Concerts at One Monday, Tuesday & Friday Royal Parish Church
Of St. Martin-in-the-fields.

Travel tips book

Ski cable lock to secure your suitcases inside a rental car if planning on leaving the luggage for periods inside of the car.

SKIING / SNOWBOARDING TIPS

Heavenly Ski Resort If you take the Gondola up on the California side of the resort from the Marriott lodge, when you reach the top of the mountain, there is a elevator just to the left as you exit that will take you down to the slopes. Ride the elevator down and up at the end of the day to skip walking up and down the large staircase.

On windy days, drive to the stagecoach lift on the Nevada side. Normally Stagecoach and Olympic lift are running on windy days.

Squaw Valley Off of the FUNITEL to access the intermediate lift GOLD COAST. Take the first door on the right hand side as you exit the Funitel. Ski around the front of the building for a quick ride to the GoldCoast Lift.

Resort Creek run on the left side of the mountain is a great LONG uncrowded intermediate run. Access the run via Red Dog lift. Most people go up the mountain and stay to the left side of the mountain.

Homewood Ski Resort A great family ski resort. Beautiful views of lake tahoe from the runs. Very good tree lined runs. So Homewood is exceptionally good during windy days.

Northstar There is FREE overnight ski and board storage at the bottom of the village just as you leave the slopes. If you are skiing the next day take advantage of this service. More than one night storage cost \$5 per day.

Use Mittens on Cold days. You can use hand warmers and your fingers stay together for added warmth.

Renting Gear. Rent Skis or snowboards the day before after 3 or 4 pm to avoid the crowds in the morning. Renting gear in the morning can take as long a one hour.

Water Back Pack (Camelback) Get a camelback water backpack to carry water around. Can also store snacks in the pack for the kids.

Candy. Buy candy at home or before reaching the mountain. Cost off mounitian \$0.99 versus \$2.75.

Eat lunch early to avoid the crowds. Everyone tries to eat lunch between 11:30 and 1:00pm. Try to eat early before 11:00 or late after 1:30 pm.

Look for Ski Drop off points. Most resorts have an area for drop off and pick ups. One person can park, one can get the lift tickets or help the kids with their gear. Also the kids don't have to walk as far.

Pre-purchase Tickets. Check Lucky's, REI, Safeway, local ski rental shops and your hotel for discount single or multi-day tickets. Always good to save some money and not have to stand in line.

www.slidingonthecheap.com Discount ski lift tickets locator guide.

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Seattle

Pikes Market Place

Pike Place Chowder. (Finds) Located at 1530 Post Alley 11-5 pm Has a four soup sampler. \$10.50 4-5oz portions. A Dr. Lum Favorite!

Le Panier Croissants/breads 1902 Pike Place Great Ferilletes (Normandie) pasteries.

Belle Epicurean Try Brioche Buns 93 Pikes Place #2

Piroshky Piroshky 1908 Pikes Place Good desert pasteries. Piroshky's only so so.

Garlic Garden 93 Pike Street #3 Try Lebaneses Garlic Dip/Spread. Cannot be place in carry on luggage, must be checked into checked luggage. Around the corner from Pig Statue

Le Pichet (French) 206-256-1499 1933 1st Ave. Roast Chicken for 2. N end of Pikes Market Also good small plates and appetizers. Call for reservations. 8 am – 12 midnight.

Matt's in the Market 2nd floor Corner Market Building Smoked catfish. 206.467.7909 Directly across the street from the Information booth. 94 Pike Street. 11:30-2:30 Tue-Sat 5:30-9:30 Call for reservations.

Elliott's Oyster House. Raw Bar happy hour 3-6 M-F. Happy hour starts at \$0.50 and goes up \$0.20 every 30 minutes. 1 ½ hr Validated parking at Republic parking before 5 located directly across the street. Valet after 5 pm. Pier 56. 1201 Alaskan Way 206-623-4340

Emmett Watson's Oyster Bar. Back of Pike's Market at the end of the Soames Dunn Building. Affordable oysters \$18 a dozen. Other food only so so. 206-448-7721

1st Starbucks 1912 Pike Place. Look at the original Mermaid that is now the Logo.

Look for the GUM WALL and add your gum to it.

Bottega Italliana Gelato 1425 1st Ave.

Procopio Gellato on the steps that lead down to the waterfront. 1501 Western Avenue.

www.pikeplacemarket.com

Have the kids look for Sasquatch and the giant hanging squid next to DeLaurenti Italian Grocery store in the corner of pikes.

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Glass Galleries in Seattle near Pike's

William Travler Gallery 110 Union St & 1st

Vetri Gallery 1404 1st Ave. towards the end of Pikes Market on 1st Ave. Has Dale Chihuly pieces on the second floor. Across the street from the Seattle Art Musuem. At the end of Pike's Market on 1st.

City Center Shopping has Dale Chihuly displays located at 1420 5th Ave & Pike.

Seattle Art Museum. 1300 1st ave. Tu-Su 10-5 Café. \$20 or pay what you wish option.
www.Seattleartmuseum.org

Coffee Houses

**Ladro Cafe. 7011 California Ave., 801 Pine, 108 Union in downtown
2205 Queen Anne Ave, 452 N 36th Street in Fremont area
Try the Espresso Chip Pound Cake.**

Cafe Vita Chains. Espresso around town.

**813 5th Ave. Lower Queen Anne Area
& 1005 E Pike Street**

Pioneer Square Area Eating Spots

**Salumi. Near Pioneer Square. Take out. House cured meats & sandwiches.
309 3rd Avenue South 206-621-8772 Tu-F 11-4**

Zeitgeist Coffee. 171 S. Jackson Street. Across the street from Klondike gold.

Cow Chip Cookies 102A 1st Ave. S. Across the street from Pioneer Square.

Grand Central Baking Company. 214 1st Avenue European style bakery and breads.

Pioneer Square Sites

Waterfall Park. 1 block E up Main Street. Site of the first UPS store in the country. Down the street from Klondike Gold Rush and up the street from Occidental Park.

**Klondike Gold Rush National Park 3195 2nd Avenue @ S. Jackson. Closes at 5:45 pm.
Movies/walk in displays/artifacts. FREE**

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Fremont Area Restaurants

Brad's Swingside Cafe (Italian) Closed Sun/Mon 4212 Fremont Ave N 206-633-4057
A few block away from the bridge on the right hand side of the street.

Paseo (Cuban) 4225 Fremont N Closed Sun/Mon Midnight Cuban Sandwich

Blue C Sushi 3401 Fremont Ave. N Near the bridge. Boat Sushi. (206) 633-3411

Fremont Area Sculptures

Fremont St. & 36th street
N 36th St. Fremont Troll A Dr. Lum Favorite!
N 36th Street Lenin Statue
N 34th at Fremont Avenue Waiting for the interbaun

459 N 36th St Fremont Coffee Company.

Gas Works Park 1201 N Northlake way. Near Fremont area.

Ballard Locks

Ballard locks & Fish ladder. Visitor's center 10-6 Near Fremont area.

Ray's Boathouse Upstairs cafe. 6049 Seaview Avenue NW 206-789-3770 Views of Seattle
11:30–10 pm 206-782-0094 Try Crab Cakes, Steamed clams or pasta with smoked salmon.

Belltown area

Buenos Aires Grill. Tango Dancing. Meat's plate. Argentinian food. 2028 Virginia
Street. 206-441-7076. Rachael Ray pick. 5-10:30 pm dinner only. \$32 5 meats serves
2-3 people Happy hour 5-7 M-F ½ off bar menu. Monday Evening

Assaggio's Itallian food. Lunch and dinner. 2010 4th Avenue. 11-2 pm & 5-10 pm
206-441-1399 Located in Bell Town. Mid range prices but great food.

University District

Ivar's Salmon House. 401 NE Northlake Way 206-632-0767 www.ivars.net Reservations
recommended. 11-9 Indian longhouse building design. On Lake union. Just over the
Ship Canal Bridge near UW. Also has Ivar's bar locations.

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Mukilto & Edmonds Area

Arnie's Seafood in Mukilto. near Everett also at Edmonds. Watch the ferries come and go. 714 2nd Street 425-355-2181

Smoked Salmon comes many different ways. I like the blocks and long smoked jerky belly strips. Ask for the fat strips \$34 / lb. Samples to try. Kinds of salmon. Sockeye (Red) Salmon (strongest richest flavor very fatty) May-Sept., Alaskan King Salmon/Chinook/Spring (stronger flavor than Coho) May-Sept., Coho or Silver June-Oct., White Alaskan King Salmon. Chum or silverbrite (fall).

Mussel 2 types. Blues Jan-March, Mediterranean March -Nov.

Clams 3 types. Manila best in warm weather. Little Neck Sept-April. Razor clams (dug by hand) 6 week season in either spring or summer.

Oysters. 5 types. European Flat (or Belon best in season) Oct-June. Olympic Oct-May, Kumamoto's year round, Pacific year round. Eastern year round. Oysters are not as good in the summer warmer months.

Halibut March-November

International District

Uwajiyama 600 5th Avenue S. 206-624-6248 9-9pm www.uwajimaya.com Parking Validated with \$15 purchase = 1 hour \$25 purchase = 2 hours. Large Asian Food Court. Also try the bubble drinks.

Kobe Terrace Park 221 6th Ave. S. Great view of the city and water.

Along the WaterFront / Alaskan Way

Olympic sculpture Park 9 acre open air park with sculptures. 4 blocks down from Pacific Science Center. Western Ave at Broad Street.

Ye Olde Curiosity Shop Pier 54 Alaskan Way. Good shop for little trinkets. Near Elliot's oyster bar.

Odyssey Maritime Discovery Center. Pier 66 2205 Alaskan Way. 206-374-4000 \$7/\$5 www.ody.org

View Seattle options other than Space Needle

Bank of America 5th Ave and Columbia M-F 8:30-4:30 \$5

Smith Tower 506 2nd Ave. \$6 call to see if open 206-622-4004 2 blocks up the street from Pioneer Square.

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Seattle Center

Space Needle \$16 9 am to evening. Don't ride up on rainy/overcast days.

Pacific Science Center. www.pacsci.org 1st science center in US. 10-5 \$11
206-443-2844 200 2nd ave. Also has IMAX movies.

Children's Museum \$7.50 www.thechildrensmuseum.org 10-5 206-441-1768 Best for younger children under 8.

Experience the Music Project / Science Fiction Museum. Opens later than Pacific Science center. 3rd floor has drum, guitar, keyboards JAM session rooms. \$15 / \$12

Ride the Ducks land and water tour. \$25 / \$17 90 minute land and water tour.
Ask for Captain Chuck or STU-PENDOUS. A Dr. Lum Favorite!

Seattle center Parking. Public lot on 5th Ave. N & Mercer. \$6.00 for 10 hrs. Down and across the street from the EMP building on the right hand side of the street.

Shopping

REI 222 Yale Ave. 206-223-1944 Near I-5 1 hour Free parking. Kids play area on the 2nd floor.

Nordstrom 500 Pine Street. 206-628-2111

Nordstrom Rack 1601 2nd Ave @ Pine. M-Sat 9:30-8 pm 1 block up from Pikes Market.

Westlake Center and Pacific Place www.westlakecenter.com

City Center 1420 5th Ave. Near Pike St. (2 blocks S)

Parking Howell & Boren. \$12 for 10 hrs. Walk about 4 blocks to Pine. Then down to Pikes place.

Everett, Washington

Future of Flight & Boeing factory tour. Located in Everett. (800) 464-1476 \$15/\$8
8415 Paine Field Blvd. Mukilteo Best to purchase tickets on line ahead. They do sell out during the summer time. A Dr. Lum Favorite! Buy Boeing planes at the store, less expensive than at Pikes or other locations.

Everett Imagine Children's Museum. Excellent children's museum. Worth the stop. Do together with Boeing and Arnie's for lunch.

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Museum of Flight. 9404 E. Marginal Way S, Tuiwila. One of the best aircraft museums in the United States. See the 1st 747, 1st 737, last blackbird spy plane and one of the few remaining concord planes. I-5 South, exit 158 and turn Right on Marginal Way. www.museumofflight.org \$14 10-5pm 206-764-5720 A Dr. Lum Favorite!

Movie to watch. Sleepless in Seattle.

TIVO Rachael Ray Seattle. Or visit www.foodnetwork.com

<http://www.rachaelraymag.com/travel-tips/best-trips/locals-only/locals-only---seattle/article3.html>

FREE MUSEUM DAY IN SEATTLE IS NORMALLY THE FIRST THURSDAY OF EACH MONTH. Check with each of the individual museums for the FREE day policy and times.

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Washington D.C.

Marine Barracks Washington Friday evenings. 8:45 pm last about one hour. 202-433-6060 www.mbw.usmc.mil normally runs beginning of May until the end of August. 8th and I street. Not in a really good part of town behind the Capitol.

Also Marine Band U.S. Capitol West Terrace. Wed. 8:00 pm

Marine Band U.S. Sylvan Theater Thursdays 8:00 pm.

Netflix Movie Rentals Enter in the movies that are currently playing in the theaters. Also enter in the Spring, Summer, Fall and Winter movies that are coming to theaters. Use the Entertainment magazine movie preview to find out what the new movies for the coming year are. When the movie names are entered it will say SAVE. It will go into the bottom of your que with NO RELEASE DATE. When a release date is announced it will move to the bottom of your que. If you really want to see it on the day it gets released (Tuesdays) send back your current movie to Netflix in the Saturday mail. You will receive your next movie on Tuesday in the mail.

Home Remodeling projects

General Contractor Ting Ma (415) 519-5165

Mr. Ma built my office and remodeled my home. Very good workmanship.

Young's Custom Cabinets Yvette Liu Custom design your cabinets for any space.

1760 Yosemite Ave., San Francisco (415) 822-8313 www.standardcabinet.com

New Art Kitchen Anita Ip Need to have a good idea of what you want.

2076 Oakdale Ave. San Francisco (415) 821-3338

Grohe, Toto, Axor, Kohler and many more bath products all at 40% off.

Sierra Pacific Windows (also consider doors & moulding style) Dave Kruss

45897 Hotchkiss Street, Fremont 650-345-4528 www.sierrapacificwindows.com

Wood windows. Marvin quality at Anderson price. Hidden sash locks.

The Moulding Company (also consider window and door style) Doug or Terrance

355 Adrian Road, Millbrae (650) 648-0300 www.TheMouldingCompany.com

Caldwell Doors 200 Industrial Blvd. San Francisco www.caldwells.com Expensive

Good place to view different style doors.

Belmont Hardware Store. Door fixtures and knobs. Large in stock selection of styles.
Also has a plumbing supply store next door that can be useful.

www.belmonthardware.com 940 El Camino Real Belmont, CA 94002 (650) 591-0345

You should consider the window casing, door style and moulding style when picking. They should match each other. Good to visit all three vendors around the same time.

Universal Electric Supply Anna Wu/ Tony www.universalelectricsupplyco.com

438 8th St, San Francisco, CA 94103 (415) 621-1888

Great place to purchase lighting fixtures and electrical supplies.

From the office of Randall T. Lum, O.D. (650) 589-7198 www.LumOptometry.com

Cornerstone Granite www.cornerstonehd.com

168 Marco Way South San Francisco, CA 94080 (650) 866-3222

PreFabricated granite and Ceasar Stone countertops. Affordable tile.

Bullnose Tile (near Porcelanosa) www.bullnosefileinc.com

1783 Rogers Avenue, San Jose (408) 441-1221 Special in wall shower boxes.

PORCELANOSA, USA 391 Brokaw Road, San Jose (408) 467-9400

www.porcelanosa-usa.com Can also be ordered at Cornerstone granite. Showroom with custom tile from Spain. Also has unique faucets and sinks.

Best Tile 625 Bayshore Blvd, San Francisco www.besttilesf.com Contractor pricing.

Good place for designer tile at low contractor prices. Located around the corner from New Kitchen Art and Bath and Caldwell Doors.

Bedrosian Tile for Grout Located on the same street as Cornerstone Granite
160 Marco Way. SSF, CA

You will need to purchase grout for tile and stone work. Bedrosian Tile in SSF has a larger selections of grout colors. For grout you should consider picking a darker grout than your tile to make the tile stand out.

New Art Stone Company. Owner Jing Wu Granite, marble, installation. Good prices. Free estimates. (510) 908-3361 Fax (510) 437-9736

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