

Heavens! `Starry Nights' At Space Coast

July 7, 2002

4-5 minutes

Through the end of August, Brevard county attractions, organizations and merchants are offering a variety of nocturnal "Starry, Starry Nights" activities, some of which are free. Visitors are invited to view heavenly bodies on stargazing tours led by the Brevard Astronomical Society, witness the nocturnal birth of endangered sea turtles with the Sea Turtle Preservation Society and watch night-time shuttle and rocket launches at the Kennedy Space Center.

The Cocoa Beach Pier will hold star-gazing parties Tuesdays and Saturdays, complete with music, informative volunteers and monthly "full moon" festivities.

Area hotels also have joined the fun by offering special rates starting at \$49 per night, based on availability.

For information and schedules call 800-936-2326 or visit spacecoast.com.

DON'T GET BURNED

A blistering sunburn can ruin a tropical vacation in a matter of hours. As a bit of preventative medicine, the Westin St. John Resort & Villas in the U.S. Virgin Islands has introduced the Sun Savvy Program.

The program consists of an informative sun care guide and a portable sun-bathing timer, helping resort guests enjoy the Caribbean rays without the painful side effects.

For details call 800-808-5020 or visit westinresortstjohn.com.

LIFE IMITATES ART

Want to live the glamorous life of a New York socialite, such as Carrie Bradshaw in *Sex and the City*? The Muse Hotel in Manhattan has put together a blueprint for urban chic with the Pajama Party Package.

For \$435 per night, a pair of gal pals can enjoy king-sized feather beds, in-room massages, breakfast in bed, a milk and cookies midnight snack and a party favor package from Philosophy beauty products. The hotel, in Times Square, is within walking distance of the Broadway theater district, Fifth Avenue and

Rockefeller Center. The offer expires Aug. 31. For details or reservations call 877-692-6873 or visit themusehotel.com.

FIT FOR THE ROAD

If constant travel is turning your rock-hard abs to midriff mush, a new book by Shape magazine contributing editor Suzanne Schlosberg can help you battle the flab.

The Ultimate Workout Guide for the Road (Houghton Mifflin, \$14) provides frequent travelers with tips for maintaining their fitness, even when access to a gym, jogging trail or pool isn't available. It contains instructions for staying motivated, destressing and strength training without equipment.

The book also features a workout log so you can keep track of your progress.

FAMILY-FRIENDLY PARKS

Looking for a great spot to "park" the family this summer? Child Magazine has compiled a list of the best national parks for the family set.

Grand Teton National Park in Wyoming takes top honors. Kids can spy wild moose from a rubber-raft river tour, join a wagon train for a ride through the woods, learn about insects at the Teton Junior Science School, or scour the forest on a Junior Ranger Program scavenger hunt.

To contact Grand Teton National Park, call 307-739-3600 or check www.nps.gov/grte.

The other top family-friendly parks are, in descending order, Lassen Volcanic, Calif.; Voyageurs, Minn.; Rocky Mountain, Colo.; Big Bend, Texas; Mount Rainier, Wash.; Great Basin, Nev.; Mesa Verde, Colo.; Denali, Alaska; and Yosemite, Calif.

HELP IS A CLICK AWAY

On the Cunard Line's recently revamped Web site, cunard.com, cruisers can plot an around-the-world voyage with their computer. The Voyage Planner is a search engine of 2002 and 2003 itineraries that allows Web surfers to chart their course by date, destination or ship. The site also features an interactive world map of Cunard destinations and a 360-degree narrated video tour of the Queen Elizabeth 2.

Frommers.com, the online domain of the travel guidebook series, has undergone an update. The redesigned site now offers special interest channels with information on cruises, adventure travel and road trips. Other new features include lifestyle specific areas for families, singles, gays and lesbians, students and seniors, and a message board for discussion on air travel.

