

The Concierge

TIPS FOR TOURING HERE AND ABROAD

Pulsating jellyfish in illuminated tanks at the Phillip and Patricia Frost Museum of Science in Miami.

Cool science

PHOTOS BY NECEE REGIS FOR THE BOSTON GLOBE

BY NECEE REGIS | GLOBE CORRESPONDENT

MIAMI — Andy Dehart saw his first shark at age 5 when he was snorkeling with his dad in the Florida Keys, and he credits that sighting as inspiration for his lifelong devotion to the marine environment.

"I'm very passionate about getting kids connected to marine ecology. We need the next generation. Public aquariums are the perfect place to get that spark going," said Dehart, who has the impressive title of vice president of animal husbandry at the Phillip and Patricia Frost Museum of Science.

Even more impressive is the museum itself — also simply referred to as Frost Science — the newest addition to the growing Miami cityscape. With a mission to inspire interest in the wonder and power of science, the new 250,000-square-foot campus is already a popular attraction for locals and visitors. Open since May, the

Continued on next page



MeLab is a zone where kids can learn about science and health while playing, moving, and occasionally jumping about on an interactive sound-and-color-lighted floor.

HERE

BOSTON MARATHON AMENITIES

Run, don't walk, to The Bostonian Boston (at right) for terrific guest perks during Marathon weekend (April 13-16). Runners and other guests who are staying at the hotel can enjoy a series of amenities and offerings that include a Sunday night pasta dinner (\$25 for a series of different pastas including penne Bolognese, fettuccine Alfredo with shrimp, and classic spaghetti with meatballs); art supplies to decorate signs to cheer on your favorite runners; pre-race fuel-up station with bananas, power bars, Gatorade, nuts, and more for runners to grab before departing for the starting line; postrace recovery package with towels, blankets, robes, complimentary food and pre-packaged ice bags; 10-minute massages following the race (available for all Marathon runners); and framed Marathon completion certificate. Rates from \$314 with no minimum length of stay. 617-523-3600, www.millenniumhotels.com/en/boston/the-bostonian-boston

EARLY RESERVATIONS SUPPORT AFFORDABLE HOUSING

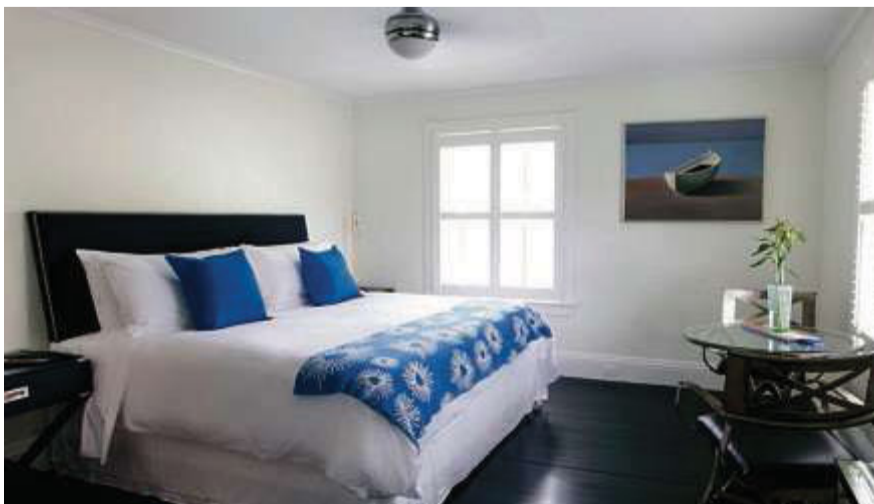
On Martha's Vineyard, the seven-room Nobnocket Boutique Hotel (at right) has created a campaign to support the Island Housing Trust. The hotel is committed to donating five percent of all revenue to regular-priced reservations made in April, for stays anytime through the fall, to this local non-profit organization that creates and sustains affordable housing on the island. The campaign has zero cost for people



making reservations while aiding an important charitable organization. Normal policies apply, as does a 50 percent deposit at time of booking. The luxury inn, on almost two acres of land, is a secluded and romantic getaway within walking distance of the ferry and Vineyard Haven's restaurants and shops. Rates from \$170 to \$495. 508-696-0859, www.nobnocket.com

NEW HAMPSHIRE 5K AND CHILI FEST COMBO

Celebrate spring's spicy arrival at the 15th Annual Chili Cookoff and the 2nd Annual Feelin' Good 5K race in North Conway, N.H., April 7. Sponsored by the Mount Washington Valley Chamber of Commerce, the chili competition includes professional chef entries — judged by members of the



American Culinary Federation White Mountain Chapter — and nonprofit and home chefs who vie for the People's Choice Award, selected by all tasters. New this year: Hourglass Adventures offers an escape game designed specifically for the event. 11 a.m.- 3 p.m. Tickets: Adults \$15; ages 12 and under \$7. Before the chili lovefest, stimulate your appetite at the family-friendly 5K race or walk that begins at 9 a.m. at the entrance to Schouler Park, and takes a scenic loop through the back roads of North Conway to Cranmore Mountain and back. Adults \$25; Youth/students \$15 (includes discounted entry into the chili cook-off). www.mtwashingtonvalley.org/events/mwvchilicookoff.cfm

THERE

MODERN MEXICAN HOTEL DEBUTS IN PUERTO VALLARTA

Experience a minimal, modern, and Mexican aesthetic set against a dramatic backdrop of the Sierra Madre mountains at Hotel Amapa, a 55-room hotel debuting April 2 in the historic old town of Puerto Vallarta. Named after the neighborhood within the Zona Romantica in which the hotel is located (as well as a beautiful tree that blooms with pink blossoms) the hotel is in close proximity to restaurants, bars, hikes, and idyllic beaches. In addition to Pacific Ocean and old town views, rooftop pool and bar, street level café and restaurant serving coastal Mexican cuisine, the hotel showcases bespoke local craftsmanship with bar coverings from Oaxaca by David Pompa, weaves by fiber artist Mariella

Motilla, and artisanal hammocks from the Yucatan peninsula. Guests ages 18 and older welcome. Rates from \$100 to \$300. www.hotelamapa.com

EVERYWHERE

360-DEGREE VIDEO RECORDING EYEWEAR

Capture your epic travel memories, from mountain hikes to seaside adventures, with Orbi Prime (below), the first 360-degree video and image recording eyewear. Equipped with four cameras and superior image stitching technology, the innovative, sunglass-type wearable device is capable of shooting total 360-degree video with no blind spots, offering an exceptional hands-free recording experience. Allows users to instantly share videos with friends, family, and favorite social networks through Orbi Prime's built-in Wi-Fi. Polycarbonate polarized lens features scratch-resistant, anti-reflective coating. Available to pre-order. Shipments to start in August. \$399. www.orbiprime.com

NECEE REGIS



THE VIP LOUNGE | JOE YONAN

Food editor hungers for another visit to Tokyo

Even though he's been there only once, Joe Yonan can't get enough of Tokyo. But what he's looking forward to most right now is his May honeymoon in Mexico City. The Washington Post food editor (and former Globe travel editor/food writer) will be in Cambridge from 6 to 9 p.m. on March 25 at Harvest's The Book and the Cook dinner series. Guests will dine on food inspired by Yonan's newest endeavor, "America The Great Cookbook," in which he asks chefs, artisans, and food celebrities to share dishes they enjoy preparing for loved ones. The meal will be prepared by Tyler Kinnett, Harvest's executive chef, and Joshua Livsey, the restaurant's executive pastry chef, along with chefs Irene Li (from Mei Mei) and Evan Mallett (from Black Trumpet). Yonan, 52, who has written two other cookbooks, was raised in Texas and lives in Washington, D.C., with his fiancé, Carl Mason. We caught up with the two-time James Beard award winner to talk about all things travel.

Favorite vacation destination? Does it count if I've been there only once, years ago, but have never stopped thinking about when I might get back? If that's the case, I'd say Tokyo. The strong design aesthetic everywhere you look, the controlled chaos of crossing the street, the public transit system that is like 100 New York City subway systems rolled into one, and of course the food, the glorious food. I can still taste that soft, custardy tofu and the best tempura of my life.

Favorite food or drink while vacationing? Anything from street vendors or bought at markets or in cafes that I can justify eating while standing

up or strolling. Quesadillas made from fresh masa, squash blossoms (flor de calabaza) and cheese in Mexico City. Roasted sweet potatoes from a kiosk outside a Japanese train station. Turron in Valencia. Freshly roasted walnuts and more kinds of citrus than I can imagine at the Ferry Building in San Francisco. Falafel in the Marais in Paris.

Where would you like to travel to but haven't? Cuba, before it gets ruined. Israel, for a sabich (fried eggplant and egg sandwich) and so much more. India, for dal, uttapam, and so many of my other favorite foods, tasted everywhere but their place of origin. The Hakkari Mountains of south-eastern Turkey, because it's the homeland of my Assyrian grandparents before they immigrated to America.

One item you can't leave home without when traveling? What's App, for the free international texting.

Aisle or window? Aisle, for my claustrophobic tendencies. I'd rather get bumped on the elbow 10 times in a flight by an attendant pushing the cart than feel like I'm pinned in and can't get up quickly.

Favorite childhood travel memory? Flying every summer, starting at age 8, with my sister, to visit our father for a month in Chicago. We were supposed to get escorted on our gate change at DFW by an airline worker, but one time nobody showed up, we looked at each other and said, "Let's go." We knew just how to get there, even

taking the tram. When we got to the connecting gate, the agent was surprised we weren't escorted — and we felt powerful and independent.

Guilty pleasure when traveling? Cutting my departure from home so close that my heart pounds and I get an adrenaline rush each time when I make it. My fantasy is to walk up to the gate just as they're calling my group — I hate waiting more than I hate running the risk of missing the flight. So far, I never have, so the cycle continues. I make a concession when I'm traveling with my fiancé, and we'll leave earlier. I won't put him through that.

Best travel tip? The entire day of your trip, eat according to the schedule of your destination if possible. When I did that for a recent visit to LA, it was the first time I experienced zero jet lag.

JULIET PENNINGTON



RACHEL ALABISO

Joe Yonan in Barcelona.



Frost Science is cool spot

Continued from preceding page
museum's four wings house a planetarium, three-level aquarium, open aviary with rehabilitated birds, permanent and changing interactive exhibitions, and learning center where scientists in the Inventors-in-Residence program share their projects with the public.

On a recent Friday morning, the museum was buzzing with kids of all ages. On the top floor of the aquarium (The Vista), breathtaking views of cruise ships and Miami's skyline compete with the 100-foot wide, 500,000-gallon tank where mahi-mahi, devil rays, tuna, and hammerhead sharks cavort. Two levels below (The Deep), one can stand beneath a 31-foot-wide oculus lens, a viewing portal looking up through the aquarium, and observe the same fish cruising overhead. Between these levels (The Dive), nearly 30 unique aquariums and interactive environments showcase the diversity of the tropical seas, and offer a fish eye view of reefs populated with snapper, grouper, snook, and other species. In several illuminated tanks, pulsating jellyfish perform hypnotic, silent dances.

Every exhibition, be it about the physics of flight, the solar system and universe, the biology of the body and mind, or environmental science, include

hands-on experiences to enhance learning at every age level.

"We mix a sense of whimsy with higher scientific concepts," said Leah Melber Knight, the vice president of education.

MeLab is a zone where kids can learn about science and health while playing, moving, and occasionally jumping about on an interactive sound-and-color-lighted floor. For ages 6 and under, the "River of Grass" exhibit is an indoor virtual Everglades, with adjacent outdoor water tables for hands-on fun. In addition to permanent and changing exhibitions, pop-up tables throughout the museum (such as a recent liquid nitrogen station) allow more ways for visitors to actively participate in science.

In a city where ambient light blocks out all but a few of the night's brightest stars, it's no wonder that the Frost Planetarium is one of the museum's most popular features. Accommodating 250 guests in stadium-style seats under an enormous tilted dome, the planetarium's daily science shows wow visitors with visual journeys to outer space, inside the human

The Frost boasts a 31-foot-wide viewing portal (top) looking up through the aquarium, and a planetarium with stadium seating.

body, or the depths of the ocean. Those visiting Miami on the first and third Fridays of the month can rock out beneath the dome to retro laser light extravaganzas — using 3-D glasses. Six shows a night feature a changing roster of music styles, from the Beatles to Beyoncé to Michael Jackson and more.

Adjacent to Frost Science is the Pérez Art Museum Miami, a sister-museum in Miami's 30-acre Museum Park overlooking Biscayne Bay. The Pérez collects and exhibits modern and contemporary international art of the 20th and 21st centuries. (pamm.org) One could easily spend an entire day at either or both museums.

Of course all young budding scientists and artists need sustenance. Not to worry, there are tasty food options at both venues. Food@Science offers family-friendly and casual dining, with menus featuring fresh salads, sandwiches, tacos, a coffee bar, plus wine and beer. At PAMM, Verde Restaurant and Bar serves an international menu of large plates and light bites, including pizzas, tuna tartare, seasonal ceviche, sandwiches, salads, and full bar with specialty cocktails.

Frost Science, 1101 Biscayne Blvd., Miami. 305-434-9600, www.frostscience.org

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