



travel times  
By Marci Mannis, Travel Editor

# NEW YORK

## *A Special Trip of a Lifetime*

I have always been an individual that is a bit superstitious. For example, I always keep my fortune cookie strips and make a habit of reminding myself of certain sayings. One of the fortunes taped to my desk is “You have a capacity for enjoying life.” This is true, but sometimes it takes more than reminding or even fate to make it happen; sometimes it takes a little creativity and a whole lot of determination.

Two of the pastimes I most enjoy are travel and tennis. With this summer wide open and my darling daughter off to camp, I had grand plans to work on my game and take several trips. One week before Breanna was to jump on the bus, I found out that too much of a good thing was coming back to haunt me. All the years of overuse in sports, and maybe the

seventeen years of hauling my newspapers around, had resulted in an increasingly painful rotator cuff tear in my right shoulder. Surgery was in order and tennis was out for at least 6-9 months. My planned trip to the wine country to visit family would have to be put on hold as well.

Ouch, to say the least! It turned into a summer of arduous physical therapy and lack of sleep. Throughout the weeks of disappointment and painful recuperation, there was one goal that kept me focused. It was to be able to make the one trip that I knew could not be cancelled without disappointing my daughter beyond belief. At the tender age of thirteen, Breanna had pleaded with me to take her to New York City – “the trip of a life time,” as she described it.

I love New York and was thrilled with the idea of introducing her to its many attractions, plus indulging in the luxury of some high-end back-to-school shopping (a special reward for her straight A's) and just grabbing the chance to travel alone with my daughter without thinking about work. As it turned out, this had been a year of challenges for us and the trip became a symbol of a fresh start. We simply had to go.

And so we did.

We were both interested in making sure we had the chance to embrace spontaneity and wanted to leave the door open to changing our minds on any given day's or evening's activity, so I didn't do too much pre-planning. I booked one show and one special surprise for Breanna, otherwise our time was open to opportunity.

The five days were simply magical. We stayed at a charming hotel centrally located in Times Square where all the action was. The first evening was a lovely dinner in Soho with family and a chance to stroll around and get acclimated to our surroundings. Times Square never sleeps and Breanna was wielding her camera like a professional at every turn. We decided at 10:00 that night to visit the Empire State Building. Breanna had always wanted to see this classic destination and the tours run until 1:00 AM – perfect. In all the times that I had been in the city, I had never visited this quintessential NY attraction, so it was very special to share that amazing view with my daughter for the first time.

The next two days were non-stop shopping. We spent one full day in Soho and one full day on Madison, Fifth and Lexington Avenues. We slipped in a taping of the David Letterman Show and discovered that one theatre production was not going to be enough for my daughter. Breanna was hooked on Broadway after seeing *The Color Purple* with Fantasia from American Idol. *Wicked* and *Hairspray*, the other must-sees of the season, were phenomenal.

Of course there is no place like New York for food experiences that you will remember forever. Watching Breanna wolf down her first official pastrami sandwich and NY cheesecake from the famous Carnegie Deli was classic. We stumbled into a Thai restaurant on the second night, that was so good we decided to finish our last night there too! A couple “must haves” we found in Times Square were Dale & Thomas's Chocolate Popcorn and Tasty D'Lite's soft serve ice cream. The amount of walking we did per day neatly cancelled out all guilt on these sugary pleasures.

The final day brought my special surprise – tickets to the US Open. Not only was that my thrill, but Breanna loves tennis too and it was the perfect way to end our last day – sitting and relaxing our tired bones after all

the power shopping and power eating. So, as it turned out I had travel and I had tennis (sort of), but best of all I had the chance to share it all with Breanna.

Upon our return, it was time to settle into a normal life again – rules, sleep hours and, yes, healthy eating whenever possible. But I miss talking to my daughter into the wee hours every night, until finally it was she who reminded me at 2:00 AM that we really had to get our rest. For five days we were like girlfriends rather than mother and daughter.

On the first day of school Breanna got out of the car with her fresh new clothes on her back, a smile on her face and a new appreciation for her mom, who made good on her “trip of a lifetime.” It feels like that fresh start we were hoping for.

### Mother/Daughter Best of NYC

FAVORITE TREATS (Morning noon or night!)

**Dale & Thomas Popcorn**

[www.daleandthomas.com](http://www.daleandthomas.com)

1592 Broadway at 48th St, Times Square

Best Flavor/Mom: Smokehouse Cheddar

Breanna: Chocolate Chunk N' Caramel

**Tasty D'Lite's Soft Serve Ice Cream**

Times Square (next to Dale & Thomas's)

Best Flavor/Mom: Chocolate Marshmallow

Breanna: Cookies & Cream

FAVORITE RESTAURANTS

(We'll go back to every time we visit the city!)

**Carnegie Delicatessen** - Times Square

**Saigon 48** - 234 W48th Street

Must Try: Hot & Sour Soup with Shrimp

Dumplings

BREANNA'S FAVORITE SHOPPING STOPS

**Juicy Couture Boutiques**

**Agatha Ruiz de la Prada**

**Kid Robot**

**True Religion Jeans**

MOM'S FAVORITE HAUNTS

**Dylan's Candy Bar Store** - 1011 Third Ave

[www.dylanscandybar.com](http://www.dylanscandybar.com)

**Serenipity** - 225 East 60th Street

Must Try: their famous frozen hot chocolate!

(Sugar was my friend to keep up with my daughter's shopping frenzy pace.)

BREANNA'S MOST MEMORABLE SIGHT

The initial panoramic view of the city as we

crossed over the bridge from the airport in

her first (of many!) New York taxi cabs.

MOM'S MOST MEMORABLE SIGHT

Watching Breanna's eye's light up as the cur-

tains came up for *Wicked*. It was her dream

come true to see this show on Broadway.

