

A RESOURCE GUIDE FOR YOUR GENERATION

NOV. / DEC. 2013

VOL. 9 ISSUE 5

LIVING WELL *50 Plus*

ENTERTAINMENT • HEALTH • BARGAINS • LIFESTYLE

Happy Holidays

'Tis the Season to be
STRESS-FREE

Traditional
BLACK FRIDAY
Has Evolved

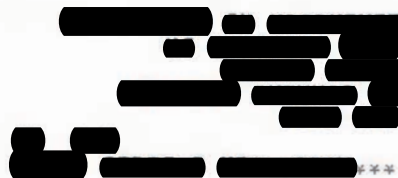
Holiday
BUDGETING
Without breaking the bank

also inside

Exploring the
Bluegrass

A Getaway to
Carlsbad

Make Your Own
Cranberry Sauce



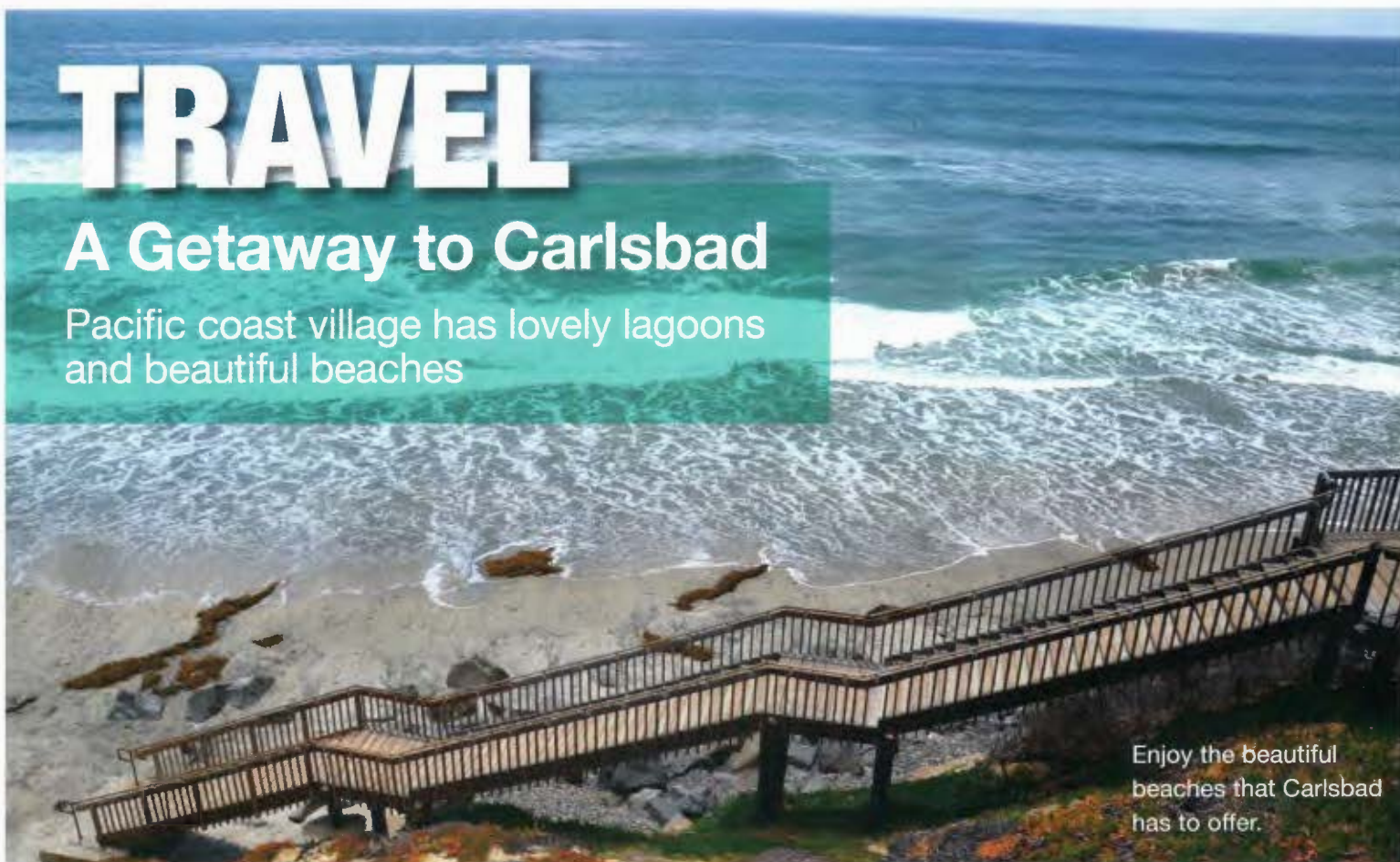
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TRAVEL

A Getaway to Carlsbad

Pacific coast village has lovely lagoons and beautiful beaches



Enjoy the beautiful beaches that Carlsbad has to offer.



by Jan Ross,
Staff Writer

The next time you visit California, leave the smog,

traffic and congregations of tourists behind in Los Angeles and head down the coast to the lovely village of Carlsbad. Located only about an hour and a half from L.A. and right next to the beautiful blue Pacific Ocean, Carlsbad is a charming and friendly place with plenty of local restaurants, kitschy shops and great hotels, resorts and B&Bs.

First, check into the Hilton Carlsbad Oceanfront Resort and Spa, located across the street from the beach. The Hilton has a 24-hour fitness center, a spa, a complimentary shuttle to Carlsbad, complimentary newspapers delivered to your room and complimentary coffee and tea in the lobby every morning.

The rooms are lovely, with free Wi-Fi, a big flat-screen television and a fridge and microwave. There is a beautiful zero-entry pool and a couple of fire pits for cool evenings.

Be sure to have dinner at Chandler's in the hotel and order the shrimp and lobster tacos.

One of the most intriguing things about Carlsbad is the three lagoons in the area, carefully preserved and maintained to provide open spaces for the public to enjoy nature, hike, relax and take in some beautiful views, including sights of various local critters. The Buena Vista Lagoon is an ecological preserve. The Aqua Hediondia Lagoon is used for watersports. The Batiquitos Lagoon is a nature preserve. We headed there one afternoon.

The 561-acre lagoon adjoins the ocean, so the brackish water is home to a variety of fish, plants and birds. There is a hiking trail about two miles long that runs all the way around the lagoon, and there were plenty of people and dogs on the trail taking advantage of the beautiful weather.

Another interesting place to spend an afternoon is the Leo Carrillo Ranch, located about 15 minutes from town. Formerly owned by

actor Leo Carrillo, who starred in "The Cisco Kid" television show, the ranch is now a beautifully landscaped 27-acre historical park. Set in the middle of a gorgeous canyon, the park contains hand-crafted adobe buildings, antique windmills and other historic structures where visitors can explore some of California's history. Lush bougainvillea and other flowers, along with plenty of agave and cactus, line the walking paths and brilliantly plumed peacocks wander freely.

Pick up a self-guided walking tour map in the visitor center and watch the 13-minute film about the history of the ranch and the life and career of Leo Carrillo. Guided walking tours are also available.

While in Carlsbad, allow one day to hop on The Coaster, a commuter train that runs from Oceanside all the way to San Diego. The trip is only an hour

long. With comfortable seating and great views on the way, this is the perfect transport to San Diego.

Don't forget to enjoy the beautiful beaches that Carlsbad has to offer. There are several public beaches in the area, so bring your beach chair and your picnic lunch and relax in this beautiful location.



The Coaster runs from Oceanside all the way to San Diego