



KARI BODNARCHUK FOR THE BOSTON GLOBE

Waterfalls stir up the outdoor thermal pools at Whistler's new Scandinave Spa in British Columbia.

Currents

Whistler's new spa advises hot and cold

You don't have to dive into the snow at Whistler's Scandinave Spa, but cold-water dunks are part of the purifying experience. Located in a forest of cedar and spruce 1 mile north of Whistler Village in British Columbia, the spa opened two weeks ago, in time for the Winter Olympic Games. Sit in a eucalyptus steam bath, soak in outdoor thermal pools, or duck under a cascading waterfall before plunging into the frigid pools. Then relax on an Adirondack chair in one of the solariums. The spa's hot-cold-relaxation approach aims to cleanse the body, improve circulation, and release feel-good hormones. It's open to anyone 19 or older, rain, shine, or snow. 888-935-2423, www.Scandinave.com

Book it to the Bahamas

Give yourself a tropical timeout. Spend a week at the Bahamas' newly renovated Wyndham Nassau Resort for as low as \$369 per person, double occupancy, including airfare and accommodations. This Cable Beach property has a pool, waterslide, rock formation, and dance floor that looks like it's floating. Oh, and 559 rooms. You must book by March 3 for travel through June 23 and plan to stay a minimum of four nights; blackout dates apply. The price includes \$100 food and beverage credits and, if available, free room upgrades. www.cheapcaribbean.com or www.wyndham.com

United's one-way awards

Until this month, you would have needed 25,000 frequent flier miles to buy a domestic award ticket on United or United Express, round trip or one way. Now you can book a one-way flight and cash in just 12,500 miles for your economy seat. The fine print: no stopovers, no traveling on partner airlines, and you must fly the most direct route. 800-467-0507 or www.united.com

KARI BODNARCHUK

ONGOING

GREENSBORO, N.C.

International Civil Rights Center & Museum: Feb. 1 was the 50th anniversary of the day when four African-American college freshmen sat at an all-white lunch counter at an F.W. Woolworth store here and, after being refused service, stayed right where they were. The event set off a wave of similar sit-ins at 55 sites in 13 states. That Woolworth's closed in 1993. On Feb. 1 the International Civil Rights Center & Museum opened there. It offers such displays as a Hall of Shame, about lynching and other racist violence; a Hall of Courage, which re-creates the walk the young men took to the lunch counter and includes images of such civil rights heroes as Frederick Douglass, Rosa Parks, and Mohandas K. Gandhi; a re-creation of the luncheonette, including part of the original counter; and a survey of the world of the Jim Crow South. The aim of the museum, its founders say, is to "inspire the vigilance and fortify the spirit of all oppressed people to step forward in the ongoing struggle for human freedom." 301 North Elm St., 336-274-9199, www.sitinmovement.org

THROUGH APRIL 18

PARIS

"Robert Doisneau: From Craft to Art": "The marvels of daily life are exciting," the photographer Robert Doisneau once said. "No movie director can arrange the unexpected that you find in the street." The streets he most often photographed were Parisian, where marvels are especially marvelous. This exhibition at the Henri-Cartier Bresson Foundation offers an extensive selection of Doisneau's work taken in Paris and its suburbs between 1930 and 1966. 2 Impasse Lebovitz, 011-33-1-56-80-27-00, www.henricartierbresson.org

THROUGH MAY 9

RIEHN, SWITZERLAND

"Henri Rousseau": This year

Destinations

ARTS

A five and dime and change



CHUCK BURTON/ASSOCIATED PRESS

The 1960 sit-in at a Woolworth's lunch counter in Greensboro, N.C., sparked a wave of rights protests.

marks the centenary of the painter's death. This exhibition at the Fondation Beyeler, just outside Basel, comprises 40 major works by Rousseau, including portraits, landscapes, and allegorical canvases. The primary theme is Rousseau's ongoing concern with an imaginary primitive world juxtaposed with Western civilization. *Baselstrasse 101, 011-41-61-645-97-00, beyeler.com*

THROUGH MAY 9

FRANKFURT

"Georges Seurat: Figure in Space": The optical wizardry of Seurat's Pointillist style of painting long ago made him one of the most popular post-Impressionist artists. This show at the Schirn Kunsthalle concentrates on Seurat's figure paintings and the sometimes surprising artistic predecessors he drew on: Renaissance paintings, the Barbizon School, and the painter Puvion de Chavannes. *Romerberg, 011-49-69-29-98-82-0, www.schirn-kunsthalle.de*

MARCH 20-JUNE 20

CHICAGO

"Matisse: Radical Invention, 1913-1917": This Art Institute of Chicago exhibition looks at a pivotal period in the painter's career. Responding to the twin influences of cubism and World War I, Matisse narrowed his palette to a striking degree (black and gray became the dominant colors of his canvases) and used figurative detail sparingly. The museum has gathered some 120 paintings, drawings, and prints. In July, the show travels to New York's Museum of Modern Art. *111 South Michigan Ave., 312-443-3600, www.artic.edu/aic*

MARCH 21-JUNE 20

ATLANTA

"The Allure of the Automobile": The Atlanta Motor Speedway isn't that far from the High Museum of Art. The figurative distance will shrink almost to zero during the run of this exhibition featuring 18 classic cars from the middle third of the last century. Their makers'

names — Bugatti, Duesenberg, Jaguar, Porsche, Ferrari — speak to a romance of road and racing that continues to rev high. *1280 Peachtree St. NE, 404-733-4400, www.high.org*

PLAN AHEAD

MAY 20-SEPT. 12

WASHINGTON

"Yves Klein: With the Void, Full Powers": Klein was painter, composer, performance artist, even color inventor (Klein International Blue). This retrospective at the Hirshhorn Museum and Sculpture Gallery will be followed by stops at the San Francisco Museum of Modern Art and the Walker Art Center, in Minneapolis. *Independence Avenue at Seventh Street SW, 202-633-4674, hirshhorn.si.edu*

MARK FEENEY

Events are sometimes canceled, rescheduled, or sold out; call or check online. Mark Feeney can be reached at mfeeney@globe.com.

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NEWSPAPER IN EDUCATION PROGRAM

A fresh take on Scottish cuisine? Haggis and more

DUFFTOWN, Scotland — Traditional Scottish cuisine might not have the best reputation, but Sandy Smart's take on it should.

Smart purchased his 28-seat restaurant, A Taste of Speyside, here in 1997. It is a kitschy bit of the real thing: a red tartan carpet, cases filled with trophies on the wall next to tacked-up coloring-book drawings by younger patrons. Of course, there's a well-stocked bar with excellent whiskies.

For Smart, the key is fresh ingredients, done right. If you want to try haggis, this would be a good place to understand why the Scottish still love it. His salmon fillets come out perfectly cooked and adorned only with a sprig of thyme. "My steak," he notes, "is Aberdeen Angus. You don't mess with that."

First-time visitors are encouraged

to try the Speyside platter, a selection of local cuisine such as smoked salmon, whiskied chicken liver pâté, local farmhouse cheese, smoked venison, sweet cured herring, and oatcakes.

While the food is important, Smart, the son of a cooper, knows the importance of hospitality, of showing visitors a good time. "I'm not here just for the food," he says. "It's about how you're greeted, how you're spoken to. It's about picking up on if your customers are a young courting couple who want to be left in peace, or if you want to come and have a laugh and a joke with us. If so, we'll have a whale of a time."

A Taste of Speyside, 10 Balvenie St., Dufftown, Scotland. 011-44-1340-820860. www.dufftown.co.uk/prov_shop_detail.php?id=11

JOE RAY



PHOTOS BY JOE RAY FOR THE BOSTON GLOBE

In the kitchen with chef Sandy Smart, whose salmon fillets (left) are topped with a simple sprig of thyme.

Where they went

ITALY

WHO: Karen, 46, and Fred Lynch, 48, and their sons Henry, 14, and Owen, 12, of Winchester.

WHERE: Viterbo, Italy.

WHEN: Month of July.

WHY: For Fred Lynch, a professor of illustration at Montserrat College of Art in Beverly, to teach in the school's study-abroad program.

THAT 'IN' FEELING: Last summer was the third the family has spent July in Viterbo, a small city about 80 miles north of Rome, and they hope to keep returning. "The first two times we were in an apartment just outside the city, but this time we were inside the walls," Karen Lynch said of the historic center, which is surrounded by medieval walls. "It was louder, but very fun."

IT'S UNDERSTANDABLE: "It's a big adventure for all of us," she said. Everyone in the family speaks some Italian. "Henry is like a dictionary. He's not that talkative. I am, but my vocabulary isn't great, so with the two of us together, we do pretty well. Owen loves to go to classes with Fred, so usually Henry and I go off exploring during the day."

TOOK ITS TOLL: "I always rent a car," said Lynch, mentioning she had recently received a \$50 ticket from the rental company, sev-



Karen Lynch and her sons Owen (left), and Henry on the road to Civita di Bagnoregio, Italy.

eral months after the trip. "I think it was when the toll booth ate my card to pay. The gates went down in the front and back of the car. I pushed a button and someone spoke back to me, but I don't know what they said." They let her go, but apparently not without consequences.

FAMILY FEAST: Each summer they accept an invitation to visit several generations of a lo-

cal family at their summer house in Tarquinia, a coastal town to the west. "We get there at noon and first spend time at the beach. It's hotel after hotel, with a sea of umbrellas. Then it's time to eat: salad, pasta, pork, chicken, vegetables, then fruit. All with wine, of course. We eat for like five hours, a little at a time." In Italy, Lynch continues her usual exercise regime. "I look terribly American when I'm running because no one there runs."

LAUNDRY LESSONS: Mastering the Italian washing machine has been challenging. "It's so complicated that you're glad there's no dryer. Once the cycle went for 17 hours. The one we had this last time took maybe two or three hours."

BROUGHT TO HEEL: The evening stroll, or "passeggiata," is her favorite part of the day. "Everyone goes out for a walk, to look in shop windows, have an ice cream. If you're a woman, you wear your most uncomfortable shoes. I do wear heels, but I can only manage the chunky ones on the cobblestone. All the Italian women are in high-heel strappy sandals. How do they do it?"

DIANE DANIEL

Send suggestions within a month of your return to diane@bydianedaniel.com.