

## Go Away With ... La La Anthony



Travel is a central part of my family's life and between my work and my husband's basketball games, we are always on the road, says actress La La Anthony, who is married to basketball star Carmelo Anthony. (Robert Ector)

By **Jae-Ha Kim**, Tribune Content Agency

Celebrity Travel by Jae-Ha Kim

**A**fter spending much of her teenage years working on radio, La La Anthony, in her early 20s, became one of MTV's veejays, interviewing celebrities such as Brad Pitt, Will Smith and Angelina Jolie. She would go on to write a best-selling book ("The Power Playbook") and have roles in films ("Two Can Play That Game," "Baggage Claim," "You Got Served"). Her latest role is on the Starz series, "Power."

Married to the New York Knicks' Carmelo Anthony, she says that becoming a mother to their son, Kiyan, made her really appreciate being selected as this year's Resident Mom of the Year for Residence Inn by Marriott. The Anthony family splits their time between Los Angeles and Manhattan. She keeps her fans updated on her life via Facebook (<https://www.facebook.com/LaLa/>) and Twitter (<https://twitter.com/Lala>).

Q. What is your favorite vacation destination?

A. The most memorable vacations I've had have been in Thailand, South Africa and the Bahamas. The Bahamas is more low-key than other popular beach destinations and my family and I always have the best time when we visit. If you have kids, definitely take them to Dolphin Cay if you're visiting the Bahamas. You can swim with the dolphins and it's just a unique and fun experience to have with the kids. In Thailand we went elephant trekking, which was wild!

Q. What untapped destination should people know about?

A. Curacao! I filmed a movie there last year and it's just insanely beautiful. It's this little (Dutch Caribbean island), so everyone speaks Dutch. I've never seen anything like this place. The buildings in the main town are all painted bright colors -- pink, yellow, orange, blue. So gorgeous.

Q. What's the most important thing you've learned from your travels?

A. To embrace the culture of the place you're visiting and make the most of everything that's different to what you know. Traveling is about trying new things and having new experiences. Don't go to Thailand and eat at McDonald's. Get out there and experience everything that country has to offer.

Q. Where are your favorite weekend getaways?

A. Atlanta and Miami.

Q. What are your five favorite cities?

A. NYC, Miami, Atlanta, Los Angeles and Paris.

Q. Where have you traveled to that most reminded you of home?

A. I feel at home in the Bahamas. Maybe it's because I've been there with my family and friends, so it feels comfortable and familiar.

Q. Where would you like to go that you have never been to before?

A. I've never been to Dubai and I'd love to visit. Looks like such a fun place. I want to go zip-lining there!

Q. When you go away, what are some of your must-have items?

A. My cellphone, obviously. A good book for the flight. Travel plug adapters, although I always forget them and have to buy them when I get there. A super comfy travel pillow for Kiyan and Melo, because one of them always falls asleep on the other and they wake up with neck aches.

Q. What are your favorite restaurants?

A. Cipriani in Soho, Serendipity 3 and The Polo Bar in New York City, Red Lobster, Katsuya and Madeo in Los Angeles. Prime 112, Friendly's and Paul in Miami.

Q. What is your guilty pleasure when you're on the road?

A. My rule is that if you're in an airport, calories don't count! It's like a twilight zone for calories! So my guilty pleasure is eating fast food at the airport.

Q. What kind of research do you do before you go away on a trip?

A. I love to get tips from my friends. I think that's the best place to start, because they know what you're into and you can trust their opinions. I'm also kind of an obsessive Yelper, so if it's somewhere in the United States, I'll check out all the restaurants before we go.

Q. What is your best and/or worst vacation memory?

A. I haven't had any disasters, but I think it took us almost 24 hours to get to Thailand. We had a couple of flight changes and a delay. Delays are the worst when you're so excited to get somewhere. But it's all worth it in the end. My best vacation memory is visiting Nelson Mandela's house in South Africa. The whole trip was amazing!

(Jae-Ha Kim is a New York Times bestselling author and travel writer. You can respond to this column by visiting her website at [www.jaehakim.com](http://www.jaehakim.com). You may also follow "Go Away With..." on Twitter at [@GoAwayWithJae](https://twitter.com/GoAwayWithJae) where Jae-Ha Kim welcomes your questions and comments.)

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