



2024

Plan Your Summer

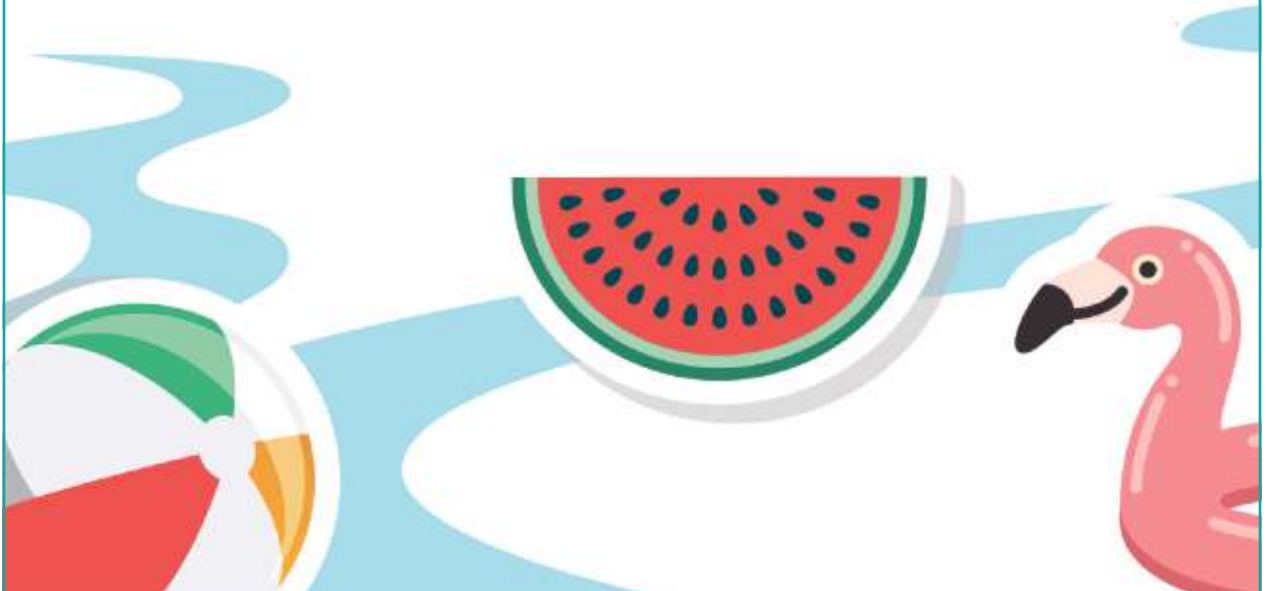
# Staycation!

A SPECIAL SUPPLEMENT OF THE

**TIMES NEWS**  
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# How to make a staycation feel more like a getaway

Come vacation season, individuals and families are fixated on finding something fun to do while they are off from school or work. Immediate thoughts of vacationing probably call to mind hopping a plane to some far-away destination, but vacationing also can take place right at home.

The popularity of the staycation reached new heights when people were grounded close to home during the peak of the COVID-19 pandemic. However, the stay-at-home vacation isn't showing any signs of disappearing just yet - especially with inflation and financial instability sparking concern among consumers. Many people are continuing to keep their passports stashed away for another year and looking for adventures closer to home.

Just because people are not traveling great

distances doesn't mean they can't experience the perks of a full-fledged vacation. The following are some ways to make a staycation feel like a true getaway.

## Order in or dine out

Part of what makes vacationing so fun is getting a break from kitchen duty for a few days. Even if you're staycating, you can still let someone else be responsible for your meals. Purchase bulk items that hotel breakfast bars typically stock and set them up buffet-style at home. As family members awake, they can help themselves to the offerings. Set aside a reasonable budget for take-out or restaurant dining. Pick one night of the staycation when you splurge on a more elaborate meal at a restaurant you always wanted to try.

## Go sightseeing

It's easy to overlook nearby sights and attrac-



tions when you live in a particular area. But part of vacationing is taking in the local points of interests. Find sights that make your town or city unique and then enjoy a day or two as a tourist.

## Try a new activity

Book an activity you've never tried before, such as an afternoon at a driving range or a skydiving simulation center. Excursions often are part of vacations, so simulate those experiences while on

staycation.

## Relax at the beach

Beachside trips are quite popular for vacations, and they can be the same for those on a staycation. Find out if a beach club offers day passes or perhaps you can utilize a guest pass from a club member and while away the hours enjoying the sand and surf.

Staycations can take a page from traditional vacations, offering the same enjoyment only closer to home.

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## Announcing the 74th Kutztown Folk Festival

June 29-July 7, 2024

The Kutztown Folk Festival was founded in 1950 and is the oldest continuously operated folklife festival in America. Located at the Kutztown Fairgrounds, 450 Wentz Street, the nine-day event will run this year from June 29 through July 7th this year.

The festival is recognized nationally for its authentic Pennsylvania German culture, including food and culinary experiences; music and five stages of entertainment; and authentic folklife demonstrations by traditional craftsmen who travel from the middle of the U.S. and up and down the East Coast.

This year, festival organizers are proud to report that the Kutztown Folk Festival ranked #2 in USA Today's 10BEST Readers' Choice poll. It has ranked #3 in past polls, so moving up in the ranking is noteworthy!

"This year's Folk Festival is a must see! We have new offerings such as our new History Trail honoring our Festival's rich past woodworking and black smithing demos, Mountain Mary exhibit, onsite workshops and more. Returning this year is our Backroads and Barn Stars motorcoach ride through the countryside with Patrick Donmoyer of the PA German Cultural & Heritage Center as our step on guide. It is bound to be a great and educational time for visitors of all ages," announced Heather Zimmerman, Festival Director.

The World-Famous Quilt Barn is a popular draw for visitors, from inside and far outside the region, who enjoy the exhibit for days before attending the Annual Quilt & Barn Star Auction. This year, the Auction will be held on Saturday, July 6, at 12 noon.

The Visitors' Quilt, a longstanding tradition, allows children and adults to try their hands at stitching a quilt square with the option of signing their squares—Each year, quilters finish the Visitors' Quilt and display it the following year. In 2022, 20 years' worth of Visitors' Quilts were exhibited. "It's common for visitors to return in hopes of finding their square from years past," noted Cyndi Hershey, Quilt Education and Development Director. There is also a Children's Quilt.

Find up-to-date information on all things Quilts, as well as new and returning activities in the Quilt Barn at <https://www.kutztownfestival.com/quilts>.

Culture, entertainment, and education are all aspects of the festival. On the Seminar Stage, you may find these features coming together in a Liar's Contest, an American Folk Tradition, or a PA Dutch Language Contest, or even a student Essay Contest. A solid scholarship side emerges on the Seminar Stage from daily presentations, for example, on the History of the PA Dutch, the History of the Folk Fest, Pow-Wowing, or the History of Barn Stars—all researched and presented by local authorities.

Many members of the Reading-Berks Guild of Craftsmen participate in the festival as vendors. This year, some of the juried craftspeople will take the stage to share their expertise and demonstrate their skills, which harkens back to the early days of the festival when demonstrations, including butchering, were innovative.

PA Dutch Foodie favorites like funnel cake, apple dumplings, corn pie, pot pie, or shoefly pie are found everywhere on the fairgrounds, including one reservation-only food experience called Country Kitchen or the popular Ox Roast. Near the Ox Roast, located close to the College Blvd. Gate of the Folk Festival, visitors will find Fresh Fest Market. For a third year, vendors will offer healthier food options, local craft beers, and specially crafted cocktails prepared with local ingredients. Educational presentations, kids' activities, and light entertainment on the Fresh Fest Stage will enhance this newer experience for visitors.

The event runs 9 am-6 pm daily. Ticket options include daily, weekly, mid-week, weekend, and Veteran. Admission is free for children 12 and under. Advance ticket purchase is recommended, so purchase tickets securely online at <https://kutztownfolkfestival.thundertext.com/>.

For some, it's tradition. For others, it's food. For others, folklife or family. Whatever the festival is for you, you will find it bringing you back year after year.

Visit <https://www.kutztownfestival.com/> to explore all the Kutztown Folk Festival has to offer, as well as sponsors, and employment and volunteer opportunities.

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# Discover 5 affordable ways to make the most of summer

Summer is just around the corner! With the kids out of school, it's the perfect time to plan a trip or two and spend quality time together as a family. However, family vacations can get pretty pricey. With booking hotel rooms, flights and more, a summer trip can put a strain on your wallet.

This summer, you can make the most of the sunny season while sticking to your budget using these five tips.

## 1. Book early

Don't wait! One of the best ways to make the most of your summer and save is to plan ahead and book early. This is especially true when planning air travel.

According to the CheapAir.com Annual Airfare Study, a fare will change 49 times on average from the day the trip first goes on sale. If you want affordable, flexible flights, aim to book your trip 2.5 to 7.5 months in advance.

In addition to flights, accommodations, concerts and activities like summer camp can sell out months in advance. To make sure your family doesn't miss out on the fun, book ahead. Booking early not only secures your spot, but you can also get some discounts.

## 2. Look for deals

Watch for promotions and special offers on activities, attractions and events. Check an organization or company's websites and social media accounts to make your summer outings more budget-friendly.

Another way to save is to see if any of your existing accounts or services have member perks. For example, T-Mobile customers on qualifying plans now have Magenta Status, which unlocks VIP treatment with premium one-of-a-kind deals and experiences across nationally loved brands. One amazing



perk of Magenta Status is getting a special rate at Hilton's 22 leading hotel brands worldwide and automatic upgrade to Hilton Honors Silver status when you sign up for a Hilton Honors membership. Silver benefits include free Wi-Fi, a fifth night free on rewards stays, an all-inclusive spa discount and more. To learn more, visit [T-Mobile.com/Status](https://T-Mobile.com/Status).

## 3. Explore the great outdoors

Nature offers endless entertainment for free or on the cheap. It's no wonder that 26% of Americans plan to take an outdoor trip this year, according to Forbes.

For day trips, head to a nearby regional or state park for a hike and picnic or catch some waves at the beach. If you're seeking

longer excursions, plan a family camping trip. If you don't have the right gear, don't feel pressured to spend a ton of money. Ask family and friends to borrow tents, sleeping bags, coolers, lanterns and camp cookware.

As long as you pack your snacks, sunscreen and sense of adventure, you can make lasting memories in nature without draining your bank account.

## 4. Hit the road

Pack the car and get ready for a good old-fashioned road trip! A family road trip can be an exciting and budget-friendly vacation where the journey there can be just as fun as the destination.

Plan a weeklong trip to a historic site, a natural wonder or a city you've

never visited. No matter where you choose to go, preparation is key. Load up the car with snacks, games, movies and all your device charging cords. Don't forget to stop along the way. You may be surprised at the hidden gems you discover on the way to your destination.

If you'd like to keep the miles off your car, don't stress! Renting a car with extra amenities is an affordable way to make a road trip comfortable and convenient. If you're a T-Mobile customer, renting a gas or electric vehicle is a breeze. Best of all, you won't have to worry about filling up the gas tank at Dollar or recharging your electric vehicle (EV) at Hertz before returning it.

See **DISCOVER** on Page 6

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# 8 tips to make for a fun day at the water park

When summertime temperatures are hot and climbing, people look for ways to cool off. Trips to the beach or a pool often top the list of ideas, but water parks also make for great places to spend a hot summer day.

Water parks may be stand-alone facilities in town or components of larger amusement parks. They often feature a combination of wading pools, slides, lazy rivers, and splash zones to cater to visitors of all ages. Water parks can be great family fun for those who do their homework and prepare for visits accordingly. Certain tips can make the experience that much more enjoyable.

1. Pack light. Belongings can be tricky when it comes to water parks because most items cannot get wet. Leaving them beside rides also leaves you vulnerable to theft. Bring only the essentials and plan to stash car keys, mobile phones and minimal cash in lockers. Lockers in many modern facilities are paid for with your credit card and work by entering a self-generated code. This way there are no keys or locks to worry about.

2. Bring three bags. Bring a backpack or a tote bag that is filled with a change of clothes. Unless



you dry off for the last hour by walking around the park, you likely will not want to get in your vehicle in your swimsuit. Leave the clothes in the aforementioned locker. Stash a plastic shopping bag or garbage bag inside the backpack, as it can hold wet swimsuits and other damp items after you've changed. Bring a mesh or breathable shoulder bag that can hold a few essentials, like towels and water bottles. The mesh will enable air flow so that you don't end up with a sopping, mildew-riddled towel by the end of the day.

3. Wear comfortable swim gear. It's hard to get out of the sun at a water park, so covering up

is key. A rash guard or swim shirt can be paired with swim trunks or one- or two-piece swimsuits. Avoid any swimsuits that have flimsy straps, as they're more likely to come undone while crashing through waves or during high speed water slide excursions.

4. Plan locker trips strategically. Aim to visit your locker at least two or three times if you're spending a full day at the water park. This gives you chances to reapply sunscreen (which you should always wear at the park) and grab a few dollars for snacks and beverages. Remember to stay hydrated while out in the sun, even if you are in the water most of the time.

5. Utilize water shoes. Water park pavement can get hot and slippery. Water shoes are ideal so that you do not injure your feet. Many rides prohibit flip flops, but secured water shoes are allowed.

6. Arrive early. Try to get to the water park shortly after it opens. Crowds will be sizable on hot days. You don't want to waste all of your time waiting in line for rides. Plus, the earlier in the day you arrive, the less steamy and the greater chance you will find parking near the entrance.

7. If budget allows, rent a cabana. Some parks rent cabanas. A cabana can be a family's home base and a place to cool off and relax. For an extra cost, some cabanas come with food service.

8. Have extra adults on hand. When the kids outnumber the adults, it can be tricky keeping eyes on everyone, especially in larger attractions like wave pools. Plus, there's bound to be some kids who are more adventurous than others. An extra adult or two can wait with children who do not want to go on particular slides or other rides.

Water parks are entertaining ways to cool off on hot days. Following certain tips can make visits even more fun.

## DISCOVER

CONTINUED FROM PAGE 5

### 5. Plan a staycation

Sometimes, the best summer memories are made right at home. Staycations surged in popularity during the pandemic, and an international study found that the travel trend is unlikely to flag anytime

soon. A trip where you stick close to home with loved ones can't be beat for affordability and convenience.

Need some staycation ideas? Turn your living room into a day spa, host a game night, camp in your backyard or plan a scavenger hunt. The only limit is your imagination. If you want to look a little farther

afield, use your staycation to explore your town! During the summer, your town or city may host celebrations and festivals your family can enjoy. Find out if local museums, theme parks and community centers offer discounts to children, students and families.

Make a list of upcoming summer blockbusters

and hit the theaters. If you have T-Mobile Magenta Status, you can get a \$5 movie ticket to a new major motion picture every single month, guaranteed.

With a little creativity, planning and a willingness to think outside the box, you can make the most of summer without putting a strain on your finances.

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# Must-have items for summer entertaining in the backyard

Summer entertaining season provides ample opportunities to soak up some sun and have some fun with family and friends. Backyard barbecues and other get-togethers at home are even more fun when hosts ensure they have certain must-have items for summer soirees.

· **Fire features:** The days when summer hosts only needed a few extra lawn chairs and some burgers and hot dogs on the grill for a backyard barbecue are long gone. Though those items still have a place at backyard barbecues, summer parties have taken a step up. Fire features, whether it's a standalone fire pit, one built into a patio or a gas-powered fire table,



are now wildly popular. Fire features provide a welcome place to relax and converse with guests after the sun goes down.

And much to kids' delight, a fire feature also paves the way for some post-meal s'mores.

· **Insulated wine cooler:** Coolers are great places to store water, soda, beer, seltzers, and other popular beverages. But what about wine? An insulated wine cooler ensures wine stays properly cooled but doesn't get too cold, which can happen when wine is stored in a more traditional cooler filled with ice. Bottles are simply placed in the insulated cooler (much like canned beverages slide easily into can koozies), and the bottle can be kept on the table much like you would for formal dinners indoors. Hosts can go the extra mile by pairing insulated wine tumblers with their wine cooler.

· **Games:** Summer entertaining season might be all about relaxation, but games can up the fun factor at backyard gatherings. Cornhole is a wildly popular game, and customized cornhole boards can help hosts come across as party professionals. Ladder toss, boc-

ce and wiffle ball are some additional games that can make the festivities more fun. Hosts who don't have a pool also can invest in an inflatable pool big enough to fit all the kids who will be coming to the party.

· **Outdoor storage cabinet:** Hosts can save themselves the stress and effort of walking in and out for dinnerware and other table accessories by investing in a sturdy outdoor storage cabinet. As meal time draws near, hosts will appreciate that all the plates, napkins, utensils, and placemats are already outside. The top of the storage cabinet can double as a small but convenient buffet station for sides that aren't being cooked over an open flame.

· **Projector and screen:** A projector and screen can really up the ante on summer entertaining, turning a backyard barbecue into a great place to watch a game or cuddle up after dinner for a movie night under the stars. Projectors and screens won't bust the budget, but those who have more to spend may want to consider an outdoor television. Outdoor televisions are built to handle the glare of the summer sun, but a retractable awning may be a good safety net for hosts who plan to spend many a weekend afternoon outside watching games or movies with family and friends.

These are just a handful of items that can up the ante on traditional backyard barbecues. Homeowners should know that there's no limit to the number of items that can make summer entertaining season more special.

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A top-down view of a wooden desk. In the upper left, a green plant with long, thin leaves sits in a brown, fibrous pot. To its right, a pair of colorful, flexible-rimmed glasses (green, yellow, pink) lies on the desk. In the center, a rolled-up newspaper is the focal point, with 'TIMES NEWS' printed in blue on the left and 'LEHIGH VALLEY PRESS' on the right. Below the newspaper, a stack of folded towels in white and green stripes is visible. In the bottom left corner, a white smartphone and a pair of white wireless earbuds are on the desk. In the bottom right, a blue printer is partially visible. The background is a light-colored wooden surface.

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# Great summertime leisure activities

A warm breeze on a summer day embodies the spirit of this beloved season for millions of people. Seen by many as a season to relax and recharge, summer, not coincidentally, goes hand in hand with leisure.

With more time on their hands due to vacations from school and work and less hectic activity schedules, particularly for families that include school-aged children, individuals often find summer affords more time for leisure. With that in mind, people from all walks of life can consider these summertime leisure activities.

## · Relax by the water:

Whether it's a pool, lake or even the ocean, the water beckons each summer. Simply sitting on a beach or beside a lake or pool is a great way to pass the time without much stress. Nothing needs to be scheduled



when relaxing poolside, lakeside or on a beach; simply enjoy some time to relax by the water.

## · Paddleboarding:

Paddleboarding is another leisurely way to spend a summer day. Paddleboarding re-

quires physical exertion, so this might not be the ideal activity for those looking to relax without lifting a finger. However, paddleboarders typically take to the water when it's at its most calm, making this a great activity for those who want to capitalize on peaceful, serene summer vibes.

· **Fishing:** Few activities may be more relaxing than fishing. Though there are many different ways to fish, some of which require considerable physical effort, casting a line and waiting for a fish to bite is a relaxing way to spend a day in nature. That might not seem like much to novices, but spending time in nature has been found to reduce stress and lower heart rates, which the U.S. Forest Service notes are both risk factors for cardiovascular disease.

· **Read:** Books make for great companions on warm summer afternoons. Reading is such a popular summer pastime that many bookstores set up displays

featuring books that make for great beach reads, providing inspiration for individuals who aren't sure which book or books to dive into this summer. And much like other summertime leisure activities, reading has been linked to reducing stress. A 2009 study from researchers at the University of Sussex in England found that reading can reduce stress by as much as 68 percent.

## · Visit a museum:

On summer afternoons when it's raining or too hot outside or individuals simply want to spend some time indoors, a museum makes for the perfect place to visit. Museums do not typically draw crowds in summer, making this an ideal season to visit. Many offer discounted prices to individuals like seniors and students, so this is a great way to relax without breaking the bank.

Summer is a season of leisure, and there are many activities that align with that spirit of relaxation.

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# Outdoor activities ideal for summertime

George Gershwin's song "Summertime," from "Porgy and Bess," offers:

Summertime and the livin' is easy

Fish are jumpin' and the cotton is high

Summer can be a magical season full of fresh air, warm days and nights, blooming flowers, and plenty of opportunities to spend time in the great outdoors. There are so many ways to fill summer days, and people are urged to maximize time spent outdoors during this time of year. Since the sun's rays can be particularly harmful between the hours of 10 a.m. and 3 p.m., protective clothing and sunscreen is recommended during this time; otherwise, people can engage in outdoor activities during times when the sun is less po-



tent.

Those seeking some summertime recreation inspiration can consider these activities.

· Family bike ride:

Explore trails or bike paths in the area in advance, and then prepare bikes for an excursion. Bicycle riding is a great cardiovascular activity that people of all ages and fitness levels can enjoy. Try flat paths for beginners, and then build up the length and intensity of rides as experience is gained.

· Day at the beach: Some attest there is no more perfect place than the beach on a summer day. The waves lapping the sand, the birds calling in the air, and the sounds of children's laughter and sunbathers' chatter all combine to create a relaxing seaside symphony. According to WebMD, the negative ions given off by the ocean can improve mood and add to the calming effect the beach provides.

· Backyard obstacle course: Construct an obstacle course in the backyard that everyone can try. It can include having to jump through tires; climb a jungle gym; run through a sprinkler; and crawl un-

der a low-hung clothesline. Family members can compete to see who can finish the course in the least amount of time.

· Walk a boardwalk: Those lucky to live near a coast can spend an afternoon or evening strolling the boardwalk, enjoying the various fare and fun activities offered. Many boardwalks have games of chance and small rides for kids. Adults may enjoy the restaurants, bars and shops. Of course, no trip to a boardwalk is complete without coming home with some salt-water taffy.

· Hike: In a survey of Americans 18 and older conducted by the National Recreation and Park Association, nearly 50 percent said going for a walk or hike was their favorite outdoor summer activity. Hiking requires very little to get started and can produce numerous opportunities to witness nature and get some exercise.

There's no limit to the ways people can enjoy the great outdoors when the weather warms up.

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			WOR 12:15	WOR 6:45	WOR 8:00	WOR 4:00
WOR 1:05	6 SYR 11:00	SYR 6:45	SYR 8:45	SYR 7:05	10 SYR 7:05	11 SYR 8:35
12 SYR 1:30	13 NOR 8:20	14 NOR 8:20	15 NOR 12:00	16 NOR 8:20	17 NOR 8:20	18 NOR 8:20
19 NOR 1:00	20 NOR 11:00	21 ROC 8:45	22 ROC 8:45	23 ROC 8:45	24 ROC 7:05	25 ROC 8:25
26 ROC 8:35	27 COL 2:05	28 COL 8:30	29 COL 7:05	30 COL 7:05	31 COL 7:05	

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
30 DUR 5:00	1 SWB 7:00	2 SWB 12:00/7:00	3	4 SWB 8:35	5 SWB 8:35	6 SWB 8:35
7	8 BUF 12:00	9 BUF 7:00	10 BUF 7:00	11 BUF 7:00	12 BUF 7:00	13 BUF 8:20
14 BUF 1:05	ALL-STAR BREAK				17 WOR 7:05	18 WOR 8:20
21 WOR 1:25	22 ROC 6:45	23 ROC 6:45	24 ROC 11:00	25 ROC 6:45	26 ROC 6:45	27 ROC 6:45
28 ROC 1:00	29 JAX 7:00	30 JAX 7:00	31			

## JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
COCACOLAPARK.COM						1 COL 5:30
2 COL 1:00	3 BUF 8:45	4 BUF 8:45	5 BUF 8:45	6 BUF 7:05	7 BUF 8:25	8 BUF 8:25
9 BUF 1:25	10 SYR 8:00	11 SYR 11:00	12 SYR 8:00	13 SYR 8:25	14 SYR 8:25	15 SYR 8:25
16 SYR 1:05	17 NOR 7:05	18 NOR 7:05	19 NOR 7:05	20 NOR 7:05	21 NOR 8:35	22 NOR 8:35
23 NOR 1:05	24 DUR 8:35	25 DUR 8:35	26 DUR 8:35	27 DUR 8:35	28 DUR 8:35	29 DUR 8:35

## AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				JAX 7:05	JAX 7:05	JAX 8:30
4 JAX 5:05	5 SWB 7:05	6 SWB 7:05	7 SWB 7:05	8 SWB 7:05	9 SWB 8:25	10 SWB 8:25
11 SWB 1:20	12 WOR 8:45	13 WOR 8:45	14 WOR 8:45	15 WOR 8:45	16 WOR 4:00	17 WOR 4:00
18 WOR 1:05	19 ROC 7:00	20 ROC 7:00	21 ROC 7:00	22 ROC 7:00	23 ROC 8:30	24 ROC 8:30
25 ROC 1:25	26 SYR 8:45	27 SYR 8:45	28 SYR 8:45	29 SYR 7:00	30 SYR 8:30	31 SYR 8:30

## SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 SYR 8:30	2 BUF 8:00	3 BUF 8:00	4 BUF 8:00	5 BUF 11:00	6 BUF 8:00	7 BUF 8:00
8 BUF 8:00	9 SWB 8:30	10 SWB 8:30	11 SWB 8:30	12 SWB 8:30	13 SWB 4:00	14 SWB 4:00
15 SWB 1:05	16 WOR 8:45	17 WOR 8:45	18 WOR 8:45	19 WOR 8:45	20 WOR 7:00	21 WOR 8:20
22 WOR 1:00	23	24	25	26	27	28
29	30					

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# Summer safety tips

Summer is synonymous with relaxation and fun in the sun. The easygoing nature of summer can make it easy to overlook safety concerns that run the gamut from heat-related illnesses to bug bites to water play injuries. Though no one wants to rain on their own summer parade, keeping these safety tips in mind can ensure the coming months are as safe as they are fun.

· **Safeguard against the threat of heat-related illnesses.** Sizzling summer days pose a significant threat if the proper measures aren't taken to avoid heat-related illnesses. According to the National Safety Council, heat exhaustion, which occurs when the body loses excessive water and salt, and heat stroke, which the Centers for Disease Control and Prevention notes is marked by the body's inability to control its temperature, can escalate rapidly. The NSC identifies individuals who work outdoors, infants and young children, people who are 65 and older, people who are ill, and people who are overweight as those most at risk of heat-related ill-

nesses. Such illnesses are entirely preventable, and the CDC recommends remaining indoors in air conditioned rooms, drinking plenty of fluids but avoiding alcohol, wearing loose and lightweight clothing as well as a hat, and replacing salt lost from sweating by drinking fruit juice or sports drinks.

· **Apply sunscreen.** Long days in the summer sun may be a great way to relax, but it's imperative that individuals apply sunscreen before going outside and then reapply it throughout the day as necessary. Sunburn is not only unpleasant, it also increases a person's risk for skin cancer and affects the body's ability to cool itself, which can increase the risk for heat stroke.

· **Protect against mosquitoes.** Mosquitoes are more than a mere nuisance. Mosquitoes can carry an assortment of viruses, including Zika virus and West Nile virus. And though such viruses are often thought of as a problem for people in far-away lands, the NSC notes that the Aedes mosquito, which is a known transmitter of the Zika virus,



has appeared in various regions of the globe, including the continental United States and popular vacation destinations like Mexico and Central and South America. The NSC recommends that everyone, and especially individuals who work outdoors, apply mosquito repellent before going outside and to continue to do so as necessary throughout the day. In addition, clothing treated with the insecticide permethrin may help to repel mosquitoes.

· **Exercise caution around water.** The CDC reports that drowning is the leading cause of unintentional death for children between the ages of one and four. Though children

might be most vulnerable to water-related accidents and death, adults also must exercise caution when around the water. The NSC recommends individuals avoid the water, be it in a lake, river, ocean, or pool, unless they know how to swim. Individuals also should never swim alone and only swim in areas supervised by a lifeguard. When swimming at a private residence, children should never be allowed to swim unless an adult is supervising. Adults also should avoid alcohol when swimming.

Summer is a season to relax, but it's also a season when safety should be a top priority for people of all ages.

## Make the most of a day at the lake

Water becomes the center of attention when the temperature climbs be-

cause of the cooling relief it can provide. Making a day of splashing through

sprinklers, swimming laps in a pool or horsing around with friends at a waterpark is part of the summertime experience.

Even though most people equate summer fun with ocean escapes, those who do not live close to the coast often turn to other bodies of water to cool off and chill out. Lakes can be great places to spend summer afternoons and evenings. Discover how to make time at the lake even more fun with these ideas.

### Fishing

Cast your line right into the lake and take a shot at catching some fish. Bass, trout, perch, and pike may be interested in the bait hanging off of your hook. Be sure to check local fish and game ordinances to see if you need a license for fishing for the season, as well as the recreational size limits, possession limits and fishing seasons if you plan on keeping your catch.

See **LAKE** on Page 15

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# Enjoy a fun day at a local aquarium

Aquariums are hard to beat as day trip destinations. Aquariums feature many different exhibits and events so there's likely something to pique the interest of every visitor.

Aquariums have been popular for a number of years. In 1853, Philip Henry Gosse and David William Mitchell, the first paid secretary of the Zoological Society of London, created the first public aquarium in the Regent's Park Zoological Gardens (now known as the London Zoo). The large glass aquarium was stocked with 200 specimens of marine animals and plants. The exhibit grew quite popular and eventually expanded, helping to pave the way for many future aquariums.

The Georgia Aquarium in Atlanta is the largest aquarium in the United States, making it one of the state's top attractions. The Vancouver Aquarium in Canada was the country's first public aquarium and is Canada's largest. While these impressive facilities attract millions of visitors each year, there are aquariums large and small across North Ameri-



ca. Here's how to make the most of a day at the aquarium.

- Visit during off-peak hours. Aquariums do their best to accommodate crowds, but there may be wait times for entry if you turn up during peak visiting hours. Call the facility to find out when is the best time to visit. Ask if the day you're planning to go is filled with any class trips or camp groups, which can make the aquarium more crowded. You also likely can buy tickets in advance and avoid the queue.

- Leave the stroller at home. Certain aquariums prohibit the use of strollers and baby carriages because they can inhibit the flow of people. Some

rent special baby carriers, or you can use your own carrier that enables you to wear baby on your body.

- Dress the kids in bright colors. Children can wander off as they race to see different exhibits. Also, some areas of the aquarium may be darkened to show off the marine animals behind the glass. It may be easier to keep tabs on kids by dressing them in bright hues or easily recognizable clothing.

- Wear comfortable shoes. A lot of walking goes into visiting an aquarium. Don comfortable walking shoes or sneakers to ensure pain-free viewing.

- Check the itinerary. Aquariums boast daily

schedules that may include hands-on touch opportunities, informational presentations and animal feedings. Know which time these events begin and where they are located so you can get to them in a timely manner.

- Prepare to dine in. Be sure to factor food into your budget for a day at the aquarium. Many facilities do not permit outside food and drink as selling in-house treats is clearly a way for them to increase revenue. Prices are what you may expect at any museum, amusement park or other attraction, which means eating inside will be more costly than dining outside the building. Either eat heartily before you arrive or bring cash or card to split a meal.

A day spent at the aquarium can be an enjoyable experience with some advanced preparation.

## LAKE

CONTINUED FROM PAGE 14

### Water sports

Water sports and lakes often go hand-in-hand. Certain water activities are easier on the calm waters of a lake than in the waves and swells of an ocean - particularly for beginners. Canoes and kayaks are one- or two-passenger vessels that can be launched from just about anywhere. They make areas of the lake explor-able that may not be accessible to large boats. Plus they require no fuel

other than the power of rowing. If you prefer more speed, personal water craft like jet skis may be used on lakes in certain areas. Water-skiing or wakeboarding behind powerboats are some additional options for thrill-seekers.

### Tubing

Although tubing is often enjoyed on rivers where the rapids carry people along from a starting point to the end, those who desire a more relaxing day may opt for tubing on a lake. Tie several tubes together and create a fleet of friends or family float-

ing leisurely under the sun. With the addition of a floating cooler full of drinks and snacks, you can stay out on the lake for hours.

### Lakeside cuisine

If you're lucky to have a lodge or restaurant dockside, you can enjoy a delicious meal overlooking a sunset on the lake. Time in or on the water can build up an appetite, which can be satiated by a meal while you listen to the water lap against the shoreline.

Days at the lake can be memorable ways to spend summer vaca-tions.

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