



## TRAVEL IN COMFORT

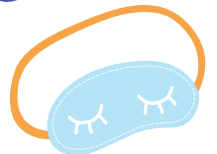
### JULY IS FLYING BY

The month of July is often associated with vacation and fireworks, kids running around and relaxing by the water. Summer is well in full swing and the days just seem to be more active and joyful. With the Fourth of July just having passed we started this month with a BANG!



July means summer vacation for many people. Whether you are flying, driving, or taking a bus, there are a few items we recommend for staying comfortable.

- A neck pillow
- Compression socks
- Headphones
- Water bottle
- Eye mask



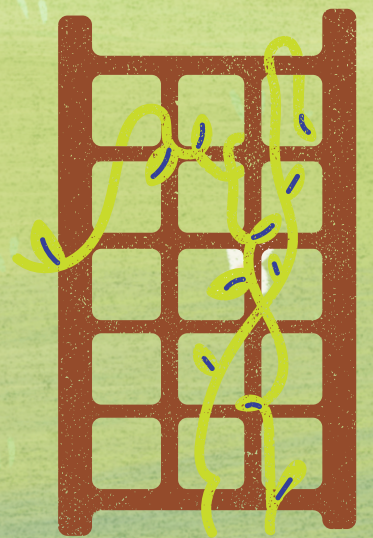
### WHAT'S IN SEASON??

#### Vegetables

Artichokes  
Avocados  
Broccoli  
Cauliflower  
Green beans  
Snap peas  
Summer Squash  
Tomatoes

#### Fruit

Apricots  
Nectarines  
Peaches  
Plums  
Pluots  
Blueberries  
Boysenberries  
Mulberries  
Raspberries  
Strawberries  
Figs  
Melons  
Rhubarb



# BAY AREA BEACHES

One of my favorite activities during the summer is to pack a few snacks in a bag and go spend time on the beach. The water is cool and refreshing and the ocean breeze reminds me of how lucky I am to live on the coast. Here are a few of my favorite spots to enjoy the beautiful summer weather.

## Keller Beach, Richmond



## Ocean Beach, San Francisco



## Pacifica State Beach, Pacifica



## BEACH SCAVENGER HUNT!!!

There are so many fun activities to do on the water, but sometimes you just want to go on an adventure and explore the beach itself. I recommend going on a scavenger hunt! Pulling a few friends together and searching for new and interesting items will provide the perfect space to make some memories. Here are a few ideas of items to add to your lists.

### Things to find

- Three different kinds of shells
- A feather
- A piece of sea sponge
- A beach ball
- Three different colored rocks
- Something made out of metal
- A piece of seaweed
- Some moss
- Something made out of wood
- A bag full of as much trash you can pick up
- A plastic bottle filled half way with sand
- A popsicle stick

### Things to take a photo of

- Bird tracks
- A crab
- A boat
- A wet dog
- A sand castle at least 2 feet high
- A beach or ocean animal
- Any sport being played at the beach
- A surfer
- A person's footprint in the sand
- Someone fishing
- Everyone in the water up to the knees



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