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SUMMER 2023

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Beach Must Haves For Summer

10 Most Important Things To Bring To The Beach

Written by: Emma Ayala



Sunglasses

Don't forget those shades! Stop squinting while sitting on the beach in the bright sunlight, bring your sunglasses to protect your eyes.

Sunscreen

Your eyes aren't the only thing that need protection, protect your skin from wrinkles, burning, and dark spots with sunscreen. Don't forget to re-apply!

Beach Chair

If you are sitting on the beach for a long time you should bring a beach chair to be more comfortable. You can sit back and relax without getting sand all over you.

Beach Blanket

Just like a beach chair, bring a beach blanket so you can also lay down and switch positions while being on the beach for a long period of time. You can also tan your back without getting sandy.

Portable Phone Charger

Nothing is worse than going to check your phone or take pictures on the beach and finding out your phone is dead. There are never any outlets on the beach so having a portable charger will come in handy.

Water bottle

It is very important to bring a bottle of cold water because being in the heat can make you very dehydrated.

Snacks

Being in the sun all day makes you hungry and since you are there for a long time you are bound to need a snack. Fruit, nuts, and vegetables will keep you refreshed and hold you over until you leave.

Beach Umbrella

If you are likely to overheat or sun burn then an umbrella is a great thing to bring for sun protection. It will allow you for a nearby place with some shade to cool off.



Beach Bag

Duh! Everyone needs a bag that will fit the essentials. It would be better to have a bag you specifically use for the beach because it will get sandy and possibly oily from sunscreen.

SPF Chapstick

Your lips are usually more prone to temperature because they are so thin, meaning they can get chapped faster. Using SPF chapstick can ease that likeliness of burning at the hot beach.

If you bring these essentials next time you go to the beach you will be all set for the day!

Summer 2023 Blockbusters

Must Watch Movies Coming Out This Summer!

Fast X - May 19th

Dom Toretto finds himself targeted by the son of drug kingpin Hernan Reyes in the tenth entry of the *Fast and Furious* series.

Starring: Vin Diesel, Jordana Brewster, Tyrese Gibson

The Little Mermaid - May 26th

The long awaited live action little mermaid comes out in just under a month kicking off a summer full anticipated movies. The movie follows the same storyline as the original motion picture, this time with a realistic look.

Starring: Halle Bailey, Jonah Hauer-King, and Melissa Mearthy

Spider-Man: Across The Spider-Verse - June 2nd

A sequel to the first animated spider-man movie, it brings back Miles Morales with a mission to protect the multiverse alongside a team of the other spider-people.

Starring: Shameik Moore, Hailee Stienfeld, and Oscar Isaac

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Insidious: The Red Door - June 7th

Insidious: The Red Door revisits the Lambert family 10 years since the last installment, as Dalton starts college.

Starring: Ty Simpkins, Patrick Wilson, and Rose Byrne

Transformers: Rise of The Beast - June 9th

The plot is unknown thus far but is rumored to be based on the transformers spin off “beast wars”.

Starring: Michelle Yeoh, Pete Davidson, and Ron Perlman

Asteroid City - June 23rd

The long awaited live action little mermaid comes out in just under a month kicking off a summer full anticipated movies. The movie follows the same storyline as the original motion picture, this time with a realistic look.

Starring: Jason Schwartzman, Scarlett Johansson, and Tom Hanks

Indiana Jones and the Dial of Destiny - June 30th

While the plot is currently unknown for this movie we know it’ll be the newest edition for the known and loved Indiana Jones series.

Starring: Harrison Ford, Mads Mikkelsen, and Boyd Holbrook

Written by: Chloe Boucher

Mission Possible: Dead Reckoning - Part 1 - July 14th

Dead Reckoning is the first part to the seventh entry of the wildly popular *Mission Impossible* Series.

Starring: Vanessa Kirby, Indira Varma, and Rebecca Ferguson

Barbie - July 21st

The Barbie movie follows the classic *Barbie in Barbie Land* as she has an existential crisis about the way she lives her life.

Starring: Margot Robbie, Ariana Greenblatt, and Ryan Gosling

Haunted Mansion - July 28th

A family moves into a haunted mansion and hires a tour guide, psychic, a priest and a historian to help exorcise the building of the ghosts that inhabit it.

Starring: Rosario Dawson, Winona Ryder and Jamie Lee Curtis

LEARN MORE HERE:



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How Will You Spend Your Summer Break?

Bucket Lists For Summer

Written by: Melanie Stanley

Summer is here and there are so many things you can do! No matter if you are introverted or extroverted, everyone can enjoy their summer. Here are my top suggestions for things to do

FREE OPTIONS:

These are the options that only really require a person's time and some gas to get to the location and enjoy themselves!

Walk in the park or go hiking

We can all use a walk-in nature with fresh air to keep our head straight.

Have a picnic

A classic summer activity that could be coupled with ice cream, Frisbees, and cute sandwiches.

Going to the pool or beach

This is essential as the summer temperatures can go high and we will need to cool down to prevent heat stroke. You can grab your friends and head to the water places to have an exciting time!

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Masks outside in RI near the Boombox Karaoke

Make a TikTok

You can do this inside or out but there are enough trends on social media that by Summer, there will be thousands more, so you are unlikely to run out of ideas for videos to make.

Game board night

Bingo, Monopoly and Uno are some of the best ways to bring families together while simultaneously creating conflict when the +4 comes out

Mystery dinner

How about creating your own mystery novel by having a mystery dinner amongst friends? This requires character planning with elaborate plots and outfits for a good old clue experience.

NOT SO FREE OPTIONS:

These options are not the most expensive, but they may require one to pay for entry before you can start enjoying yourself.

Roller Skating or Bowling

Even if you do not know how to skate or bowl, most of those locations have an arcade area where you can play games while others with you could skate or bowl themselves in the Olympics.

Eating out: Discover a new restaurant

We can all go out of our shell and pop into that one restaurant that we always see while driving to work or home.



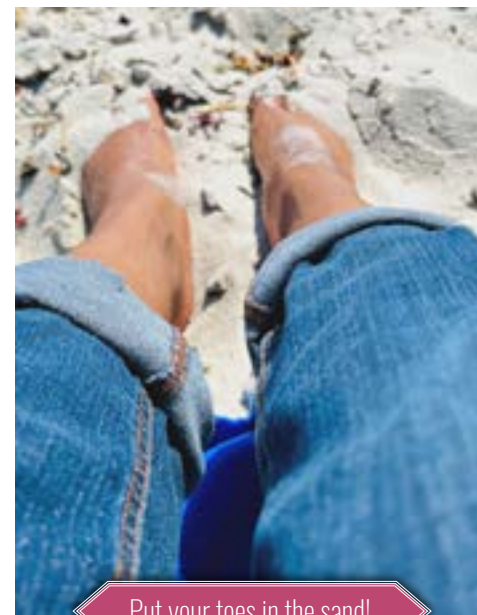
The Pinwheel from Karaoke

Go dancing

Even if you think you cannot dance, if you move confidently enough, no one will question or stop you (unless you are doing something questionable for the human form).

Movie hoping

Summer is the time that movies come out so grab your friends and head to the theaters or even have a Movie night at your house with snacks and good company.



Put your toes in the sand!

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A Must-Visit Restaurant For This Summer!

Captain Scott's Lobster Dock

Written by: Adrian Atad

Experience the true taste of New England by visiting *Captain Scott's Lobster Dock* in New London. This award-winning restaurant, opened in 1996, is sure to satisfy your seafood cravings.

Known for their famous hot or cold lobster rolls, Captain Scott's offers a variety of dishes from the waters of New England, including scallops wrapped in bacon, clam fritters, lobster bisque in a bread bowl, and other seafood entrees.

Not only do they serve seafood but also cater to "landlubbers," with foods such as burgers, hot dogs, fries, onion rings, and more.

While their food is mainly fried dishes, they also offer healthier options, such as salads that include lobster, shrimp, scallops, tuna, and chicken. For drinks, there are the typical soda selections like coke, sprite, etc. But they also carry alcohol, wine, chocolate cream soda, and fruit juices.

Captain Scott's is a unique place to visit as they provide an authentic New England experience. As their name suggests, they are located adjacent to a boat dock within New London.

Due to their location, they are a hidden gem that not many know of, even to people who reside in the area. Although in the heart of New London, they are hidden from main roads and tucked away within the docks itself.

If you've never been to the area, it is recommended to use GPS to navigate your way to the restaurant to avoid getting lost on the backroads that must be traveled.

Captain Scott's Lobster Dock is a seasonal restaurant that shuts down in October, making it all the more reason to visit this summer. Whether you want to satisfy your seafood cravings or just want to experience a new place, Captain Scotts will surely not disappoint.



Indiscreet alley way entrance



Clam Fritter



Fish and chips with sliced lemon

Captain Scott's Lobster Dock
80 Hamilton St, New London, CT 06320
<https://www.captscottsnl.com/>

Local Fishing Areas to Explore

Great Places To Fish In SouthEastern CT

Written by: Adrian Atad



Have you been thinking about picking up a new outdoor hobby this summer? Luckily, living in a coastal state like Connecticut provides great opportunities for fishing. Here are a few enjoyable locations to spend your time.

Groton, CT - Bluff Point

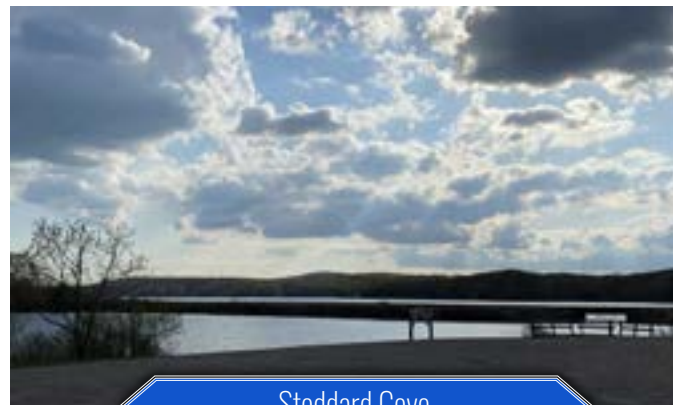
The waters of Bluff are a prime location for saltwater striped bass fishing. Being adjacent to the Atlantic Ocean, other frequent fish include snapper, bluefish, and flounder, to name a few. However, I highly advise taking caution when keeping fish due to the waters being heavily polluted by the nearby airport.



Bluff Point

Ledyard, CT - Stoddard Cove

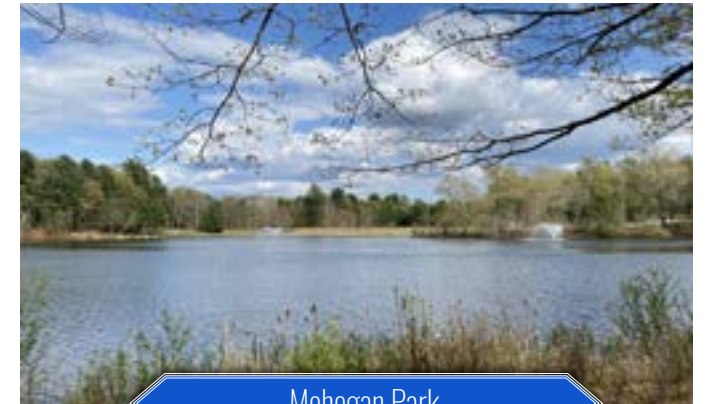
Directly off the Thames River, Stoddard Cove is a nicely hidden spot where you can set up for fishing under the bridge into the cove itself or follow the train tracks and seek out the best spot. Common fish in these waters include smallmouth bass, trout, and northern pike.



Stoddard Cove

Norwich, CT - Mohegan Park

In the heart of Norwich, Mohegan Park Pond is a great location for fishing. These waters are stocked with trout yearly by *D.E.E.P.* and are an overall beautiful location to set up. There are a variety of locations to choose from and lots of trees to provide shade from the summer heat.



Mohegan Park



Fort Trumbull Docks

New London, CT - Fort Trumbull

Directly across from the infamous E.B in Groton, the Fort Trumbull docks are a perfect place for saltwater fishing. This dock extends deeply into the Thames River and provides a platform for either dock fishing or general surf casting. Residing along the Thames, the same species of fish as those found at Stoddard Cove location will be abundant.

~~~~~  
If you're looking to pick up this hobby this coming summer, be sure to follow the ethics of fishing, such as acquiring a fishing license, whether it is for salt water, fresh water, or all waters. They are fairly inexpensive, and the money goes towards preserving the land and ensuring people follow the right rules.

Additionally, it is important not to litter used lines or other trash and to be humane to the fish. Although it could be considered a recreational activity, that does not grant the fisher the right to act in egregious ways. Be sure to educate yourself thoroughly because although seemingly simple, there is a lot to learn.  
~~~~~


At Home Sunburn Aid

5 Tips On How To Get Sunburn Relief From
The Comfort Of Your Home

Written by: Chloe Boucher

Chamomile Tea

Chamomile tea can help soothe your throat and your skin! Simply Brew tea as you normally would. Let it cool or chill in the fridge until you're ready to use it. Take a washcloth or towel and allow it to soak up a good amount of the tea and apply it to your sunburned skin. The coolness of the tea will feel amazing on your skin and the soothing benefits will have you feeling better in no time!



Soothing Moisturizers

The sun can dry out your skin leaving you with dry and irritated skin on top of your sunburn. Natural moisturizers like shea butter, cocoa butter or coconut oil can help you rehydrate your skin after a long day in the sun!



Honey

Honey can be considered to have antibacterial, antioxidant, antiviral and anti-inflammatory benefits. For a mild sunburn applying a layer of honey to your skin can help soothe and heal.



Essential Oils

Lavender essential oil can sometimes help take the stinging pain out of a fresh sunburn. Just be sure to dilute the oil and make sure it's meant for topical use!



Drink lots of Water

Making sure your body is hydrated has direct correlation to your skin! Drinking more water after a long day in the sun allows you to add that moisture back to your skin that the heat and sun took away throughout the day!



LEARN MORE HERE:



It's Swimming Season!

Swimming Tips and Advice for The Summer

Written by: Zachary Gomes

Swimming is one of the most enjoyable activities to partake in during the Summer break. Whether you're at the beach or in a pool, swimming is always a fun time. If you're a beginner or just want to improve on your technique, here are a few swimming tips you can take into consideration.



When you enter the water, you should always remember to keep your head and body in a straight line. When keeping your body in this position, you can move faster through the water while swimming. This is also the optimal way to conserve your breaths while swimming.

Marc Christian, a swimming coach who wrote the article "*Breaking Down the Freestyle Stroke Technique*" had this to say about the subject:

"A key to proper freestyle technique is to rotate your shoulders and hips together along with your strokes. You should never turn on your side completely, however. This can help with the timing of your breath."

This is important because if your breathing isn't timed properly while swimming, you'll get exhausted and run out of breath quickly. So remember to keep your head forward or tilt it from side to side when going up for air.



Another common mistake that beginners make is swimming with just their hands. This is called the "doggie paddle" and gets its name because it resembles the ways dogs swim. It's a decent way for beginners to learn how to swim, but it's not the optimal technique. Instead, your arms should be doing most of the work while swimming, not your hands.

When performing a swimming stroke, you should reach out your arms as far as possible. Make sure your fingers are open and relaxed. Instead of splashing, pull the water with your finger tips with each stroke. This helps you maximize your distance for each stroke you do. And with every stroke you do, bring your arm down so each stroke ends by your hip. This is the most common and optimal stroke technique when swimming.

The key detail to remember are your arm movements. "The body position of the freestyle stroke allows your arms to have a wide range of motion," says *Christian*. This is important because your arms are the main driving force to keep you moving while you're in the water.

Lastly, it is always a good idea to wear goggles when swimming. Some people might not wear them just if they're going for a casual dip. But if you plan on going in the water, goggles are highly recommended to wear. If you don't wear goggles, water can result in redness and eye irritation.

With how nice the weather will be this season, swimming is a great way to spend your free time. If you plan on swimming this Summer break, take these tips into consideration. They might help you improve or be more vigilant the next time you take a dive. And be on the lookout for a sunny day in advance. The optimal swimming weather will be here soon!

LEARN MORE HERE:



Summer Crafts

How To Make An Origami Shark

Written by: Mikhail Armentia

Materials:

1 sheet of paper in the shape of a square
(preferably any shade of blue)



Step 1:

Start off with your square sheet of paper

Step 2:

Fold the square diagonally to make a triangle shape

Step 3:

Unfold and Fold the bottom side of the diagonal and make a crease (this will be a guiding line)

Step 4:

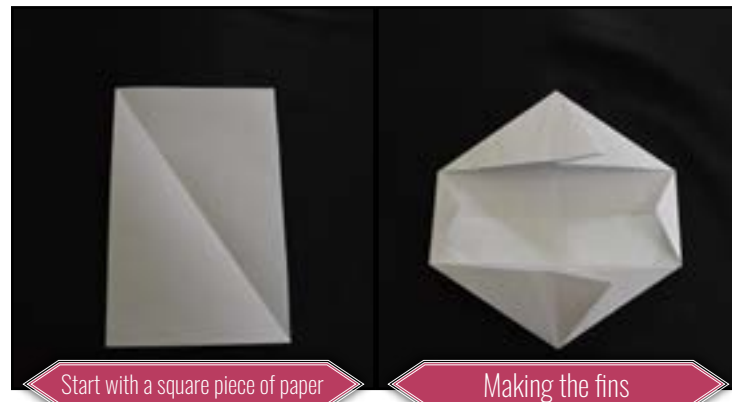
Unfold where the crease is and use it as a guiding measurement

Step 5:

Next fold the bottom to where the crease is in the middle of the paper

Step 6:

Unfold everything (now you can see where all the creases are for guiding lines)



Step 7:

On the bottom of the diamond, fold to the guiding lines

Step 8:

Repeat the steps for the other side of the paper

Step 9:

Fold the bottom of the paper up so the fins are showing

Step 10:

Fold the top inward

Step 11:

Turn the paper over and fold the bottom sides up

Step 12:

Fold the sides inward

Step 13:

Fold the paper in half

Step 14:

Fold both bottom portions to the guiding line

Step 15:

Fold the fins downward and the top portion of the fins inward



Step 16:

Fold both bottom portions to the guiding line

Step 17:

Fold the fins downward and the top portion of the fins inward

Step 18:

Open the shark and fold the top parts inward and then close

Step 19:

Next fold the tail portion inward

Step 20:

After that fold the tail up and then open the inside

Great job! Now you have an origami shark!

Here's a link to a YouTube video to follow if you need help:





This is for those who would like to pick back up on reading or find something different to read during the summer when you are tired of doing things or when the weather is not the best for hanging out. Here are my recommended to be read list and some books to look out for to read in the summer!

1. The Davenports by Krystal Marquis

This delightful debut work of YA historical fiction about a wealthy Black family in the early 1900s in the United States is based on the real-life story of the Patterson family.

2. The Stolen heir: A Novel of Elfhame by Holly Black

Bestselling author Black returns to the world of the Folk of the Air series with the story of a runaway queen and a reluctant prince on a quest that may destroy them both.

Time To Get Back Into It

A Recommended Summer Reading List

Written by: Melanie Stanley

3. Hell Bent by Leigh Bardugo

Bardugo is a bestselling author and creator of the Grishaverse which spans the Netflix adaptation of the series “*Shadow and Bone*” trilogy. If you are interested in fantasy with twists and arcane texts, then this book is for you.



4. Pineapple Street by Jenny Jackson

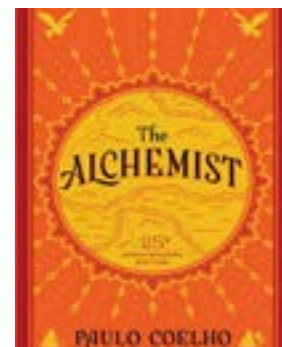
If you loved Bridgerton then you may like this novel. It follows the daughters of the Stockton family as they try to navigate romances, inheritances, each other, and life!



Some classics to rediscover:

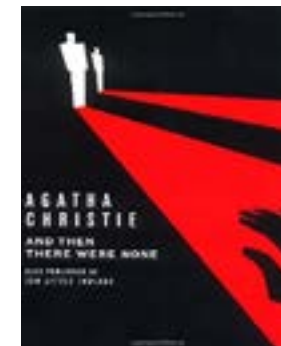
5. The Alchemist by Paulo Coelho

A modern classic filled with self-discovery and challenges as a young Sheppard boy, Santiago, decides to go on an adventure to find a treasure.



6. Snow flower and the Secret fan by Lisa See

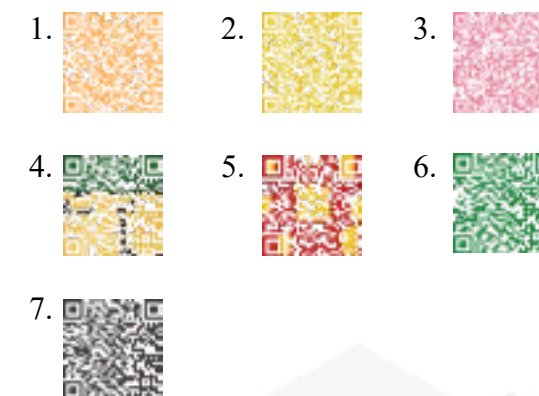
This Book takes place in nineteenth century China and follows the lives of young women during the time with foot binding, arranged marriages and secret messages through fans. If you want something historical without being too cynical then this book is for you.



7. And Then There were None by Agatha Christie

A classic mystery novel with 10 individuals who all have something to hide and something to fear. To put the icing on the cake, they are all on an isolated island with a murderer who seeks justice.

Online links to books:



Link to lists with more to consider:



Is It Time To Say Goodbye To The Standard Pool?

Should You Get a Saltwater or Freshwater Pool?

Written by: Brian Gaffney



For those looking to get a new pool, or maybe even replace an old one, this guide will list the pros and cons of having a saltwater or freshwater pool.

The primary difference between saltwater and freshwater pools is the process by which the pool receives chlorine. As stated by *Prestige Pools of NC*,

“Any body of standing water has the potential to grow E.coli bacteria as well as other potentially harmful bacteria. Without chlorine, bacteria are able to thrive in the stagnant water.”

This means that essentially, all pools need to have some form of chlorination in it, but the process is different between saltwater and freshwater. The process is explained by *Prestige Pools of NC*;

“With a freshwater pool, you add the chlorine manually. But with a saltwater pool, you have a powered generator that turns the salt into chlorine gas automatically.”

For those worried about the salt content of saltwater pools, *Bobvila* says that,

“A saltwater pool actually has about 10 times less salt in the water than the ocean.”

Here are some pros and cons of owning each type of pool:

Saltwater Pros:

- ◆ Gentler on eyes and skin
- ◆ Less fading of swimwear and gear
- ◆ Requires fewer chemicals

Freshwater Pros:

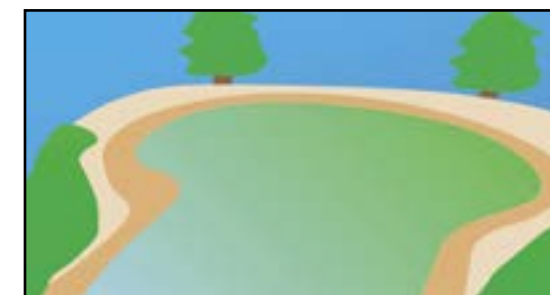
- ◆ The initial investment is a lot less expensive
- ◆ Uses less electricity
- ◆ Doesn't damage fixtures
- ◆ Simple maintenance

Saltwater Cons:

- ◆ More expensive upfront
- ◆ Requires specialized technicians for repair
- ◆ Saltwater can cause damage to fixtures (especially metal)

Freshwater Cons:

- ◆ Chlorine is harsh on the skin and eyes
- ◆ Requires constant attention to chlorine levels
- ◆ Requires proper storage area for the chlorine



FIND OUT MORE ABOUT SALTWATER AND FRESHWATER POOLS WITH THE QR CODES BELOW:





Conserve Time on Social Media This Summer

Tips on Conserving Your Online Presence

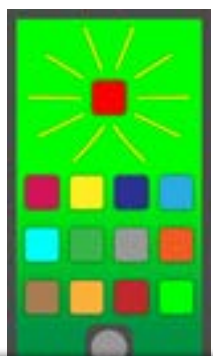
Written by: Zachary Gomes



The summer season is right around the corner and everyone is excited to get out of college after the semester. And with three months off, it's a perfect time to kick back, relax, and collect yourself after a long semester of homework and tests.

But with how much time you'll have to yourself, do you really want to spend all of it using social media? This article is not to discourage social media use. Instead, here are some tips to conserve time on your apps, just so you'll have ways to manage your big Summer break.

One tip that can help you conserve time on social media is using less of what you already use. In other words, try focusing on one app instead of a bunch of apps. This is so you can still use your socials without them taking up your entire Summer break. *Marie Ennis-O'Connor*, who wrote "*17 Tried and Tested Time-Saving Tips For Social Media*" had this to say on the subject:



There's no need to use every single app ever made. Pick the one that fits you best.

"Pick just one social network and get that platform up and running before you jump to the next. Drop any networks that are not producing results for you."

By following *O'Connor's* advice, you can conserve your time on social media while still maintaining an online presence. If you really don't want to use an app, don't use it. Nobody is forcing you to.



Another way to conserve time on social media is to schedule your posts. If you really like having an online presence, you can schedule your posts in advance and come back to them later.

This is a good way to stay active without actually being around. And when you schedule your posts, you'll always have something to come back to. So if you log on and see people replied to your scheduled posts, great! You have friends to talk to. If nobody responded, it's okay! You can try again and see if your friends reply to future posts.

There are even apps that can schedule posts for you without you having to do much. "*HootSuite, Buffer and Tweetdeck are all good options,*" says *O'Connor*. These apps can be connected to your account with the intent to schedule your media.

The last bit of advice is rather obvious, but it should still be mentioned. Since it's the Summer, don't spend the entire season indoors. Go outside, swim at the beach, take a relaxing walk, and hang out with your friends. Don't force yourself to log onto your socials or spend all your time customizing your profile.

Enjoy the great weather and free time you have. Social media usage is always okay, of course. But don't let that conserve your entire Summer break. You made it to the end of the semester, right? So let yourself unwind for the next three months. You earned it.



LEARN MORE HERE:



Shark Bait: Bru-Ha-Ha

Everything You Need To Know About Sharks This Summer

Written by: Brian Gaffney

Whether you're a fan of sharks or just want to be prepared for what you might see in the ocean, this guide will teach you about all the types of sharks in Connecticut. Luckily, CT doesn't house many shark species, only four types of sharks are commonly spotted around the coastline.

These four types of sharks are:

- ◆ Sand Tiger Shark
- ◆ Sandbar Shark
- ◆ Smooth Dogfish
- ◆ Spiny Dogfish

Rest assured, these sharks aren't known for attacking humans. *NBC Connecticut* states that,

"These sharks feed on small schooling fish and invertebrates - not seals. So when it comes to the sound, you're safe to swim."

Uncommonly Found Sharks in Connecticut are:

- ◆ Common Thresher Shark
- ◆ Dusky Shark
- ◆ Bull Shark

For those who are worried about aggressive sharks that are known to attack humans, keep your eye open for the bull shark. Thankfully, the bull shark is an uncommon species and is even considered rare by *Sharksider*.

Occasionally, Great White sharks may appear in Connecticut waters, but it's not often. *Sharksider* states that,

"Great whites generally do not make the Connecticut waters their home. Yet they might have been spotted there because of their migratory pattern."

It seems that with the rising temperatures in our waters, seals are starting to migrate into northern waters, which Sharks might follow suit. Though the increase in shark population isn't directly affected by warmer waters, *NBC* states that,

"scientists are concerned for what the future holds for all kinds of marine life."



To find out more about shark appearances, scan the QR codes below:



Are Our Summers Getting Hotter?

Record High Summer Temperatures

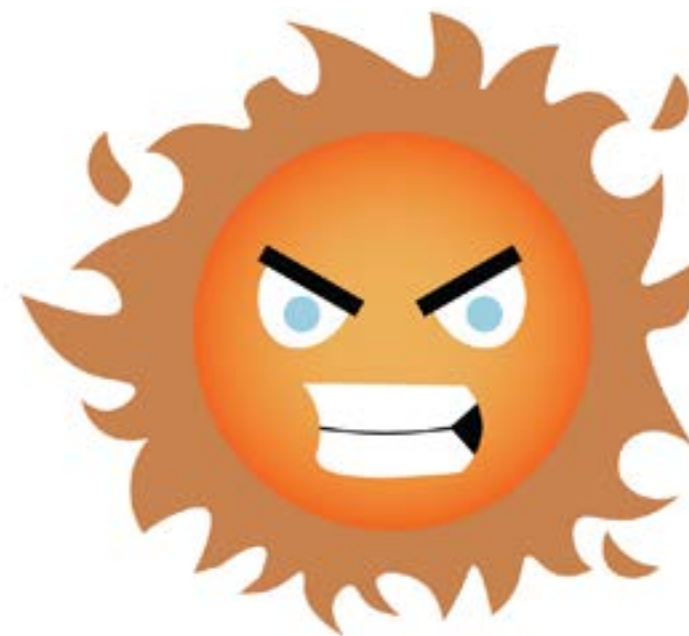
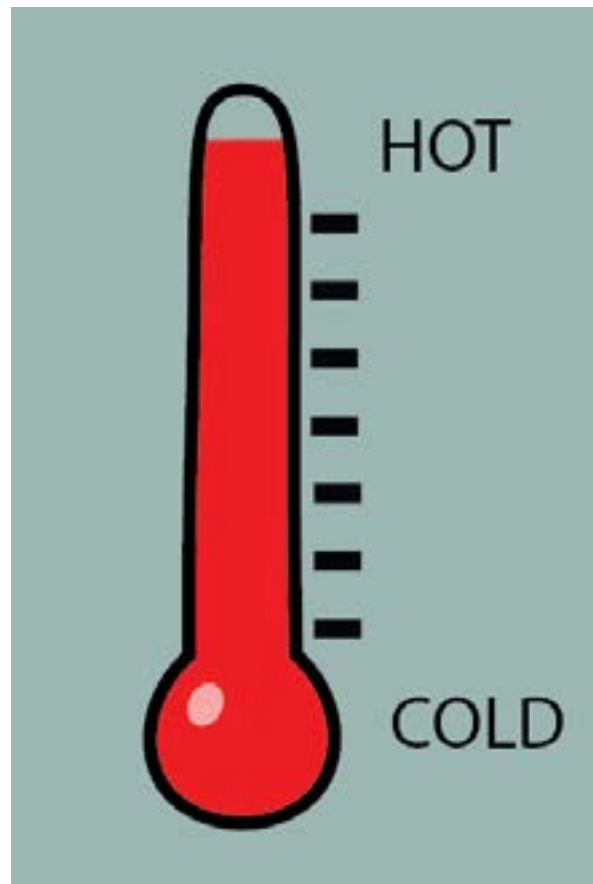
Written by: Mikhail Armentia

It's around that time of the year again to get out the air conditioner or go to the beach. The influence of hot temperatures is excruciating and feels like it's getting hotter every year. In the past decade, the world has experienced its hottest temperatures.

According to the *Washington Post*, "Both NASA and NOAA affirm 2022 will almost assuredly rank in the top 10 warmest years on record." The world has warmed up drastically over the past century, summers have warmed up 0.47 degrees per decade since 1980.

Heat waves are becoming more frequent and intense every year across the country. According to the *National Climate Assessment*, nights are warming at a slightly higher rate than days in most parts of the U.S. than days.

Scientists from the *European Union's Copernicus climate change service* reported that the last 8 years have been the hottest on record. The planet continues on the course of its warming trend every year, five of the hottest June-August periodes occurred since 2015.



The increase of these hot temperatures can be connected to humans, with the increased burning of fossil fuels. Climate change is twice as likely to influence daily temperatures.

Another reason can be connected to Urban growth as three of the fastest warming cities Reno, Las Vegas, and Boise have been expanding. These cities would absorb and retain the heat.

If the trend of warming temperatures continues, it would mean that wildfire seasons would lengthen. Drought would empty reservoirs and take a hit on the nation's corn belt.

The continuation of these hot temperatures will most likely be more impactful to low income residents that do not have easy access to cooling, and the very old and very young.

Works Cited:



RECIPIES

A Strawberry Lemonade Recipe

How To Make A Summer Refreshment

Written by: Emma Ayala



Muddled Strawberries



Water & Sugar Simmering

Steps:

1: Place sugar and water in a pan and bring to a simmer until the sugar is fully dissolved. This will be your simple syrup for the lemonade.



2: While your simple syrup is heating, juice your lemons into a cup.



3: Mix together the lemon juice and the simple syrup mixture to make your lemonade.

- ◆ If you want the lemonade more diluted add more water.
- ◆ If you want the lemonade sweeter add more sugar.
- ◆ If the lemonade is too sweet add more lemon juice.



4: Muddle your strawberries (with a spoon or muddler) until they are fully mashed.



5: Mix the lemonade with the muddled strawberries in a large cup.



6: Finally add ice into the cup and enjoy!

Source:



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HOW DID WE DO THIS YEAR?

HOW CAN WE IMPROVE?

TAKE THIS SURVEY AND GIVE US YOUR FEEDBACK TO IMPROVE FUTURE ISSUES!



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