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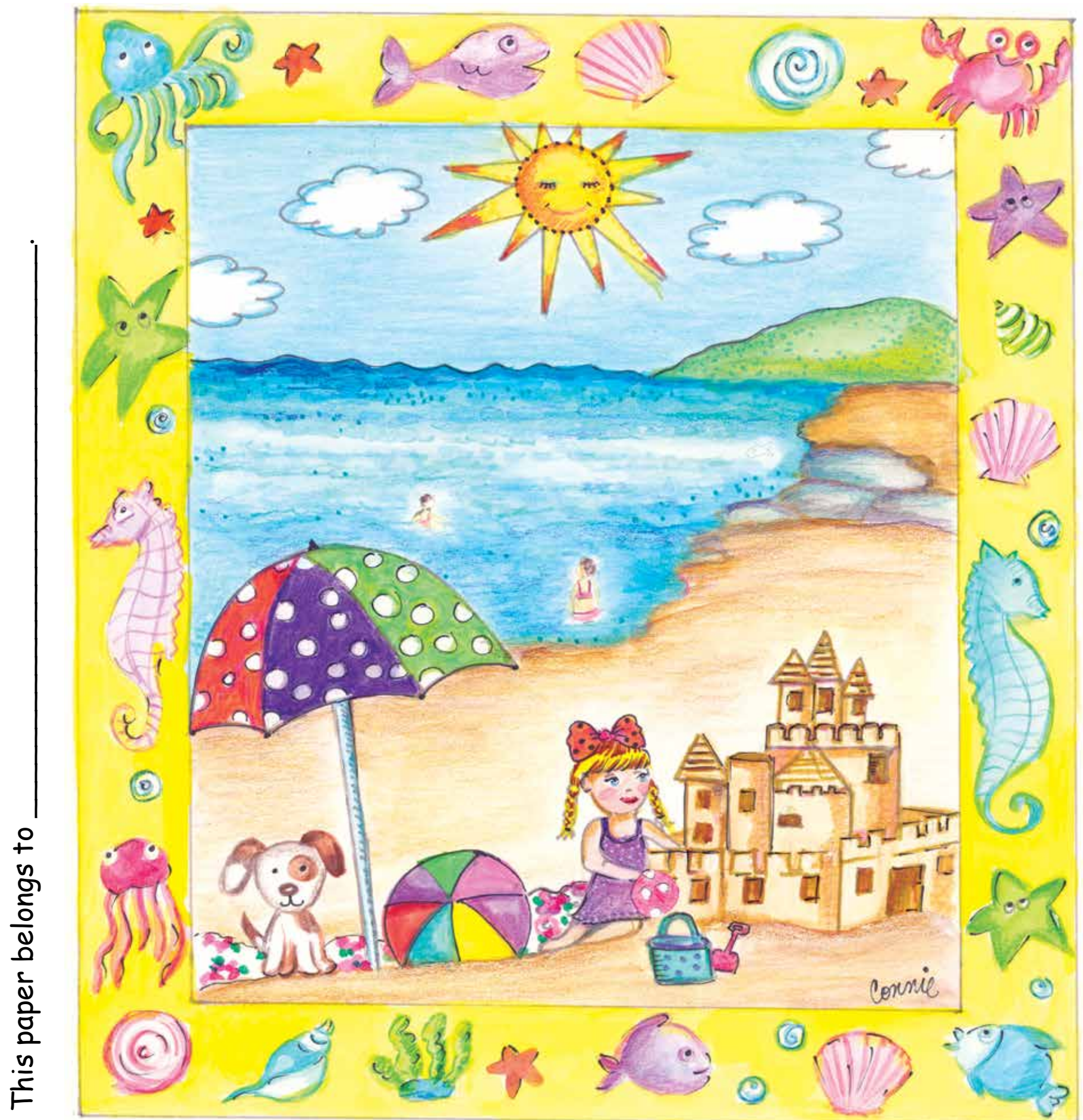
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Volume 36, Issue 3

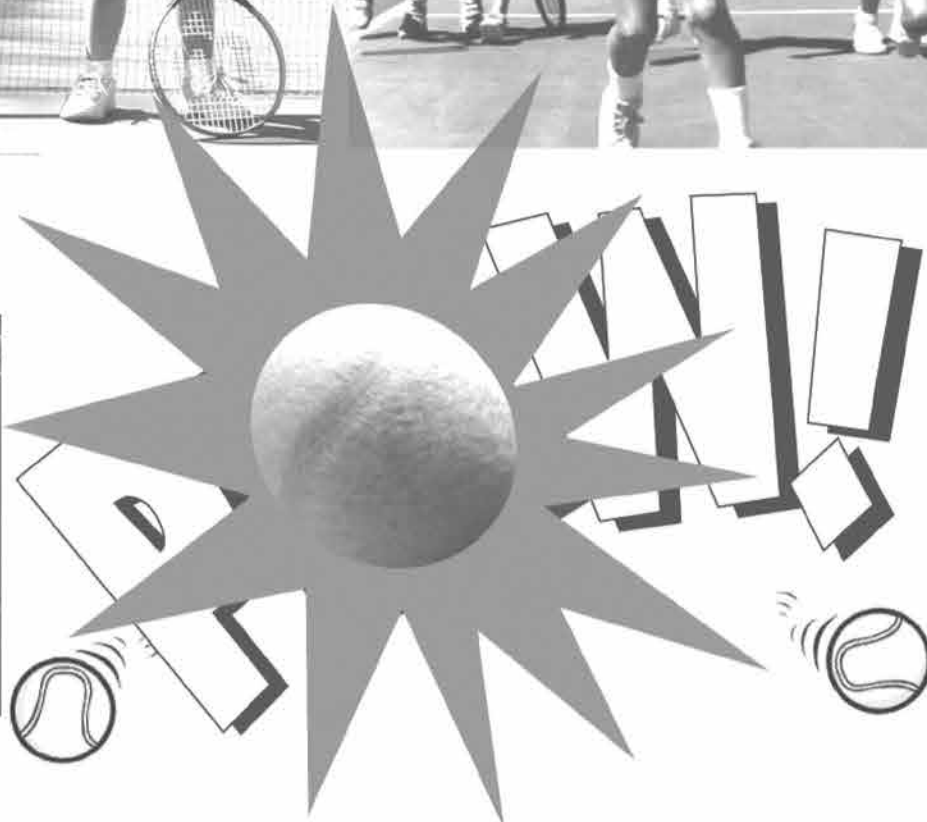
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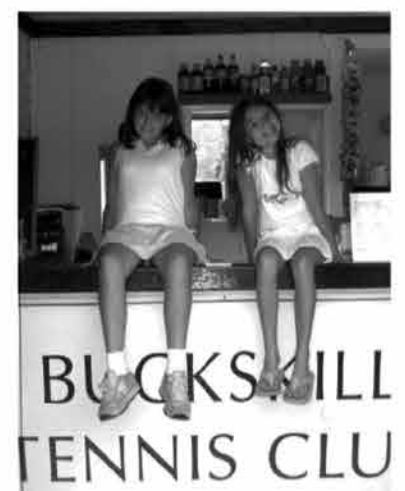
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Letter from the Editor

Dear Readers,

The local beaches off Long Island are some of the world's most beautiful beaches with wonderful lifeguards to protect swimmers day in and day out, risking their lives for so many every years. I myself was once caught in an undertow near the jetty of Westhampton as a little boy. Luckily, there was a lifeguard who saved my life. There are no words that can express the greatness of lifeguards, and the wonderful work they do.

Sincerely,
Eric Wald

TABLE OF CONTENTS

Great Beaches in the Hamptons.....8

Ditch Plains Beach in Montauk.....8

Stay Safe in the Summer Sun.....10

Dr. Nadia Persheff.....15

Lifeguarding Through the Years.....16

Beach Water Currents.....16

Beach Jokes.....17

The Science and History of Waves.....18

East Hampton Lifeguards.....19

Ms. Spiral Notebook.....20

Make Your Own Ice Cream (In a Jar).....20

Letter From Waldo.....21

What's Different?.....21

Answers to Local Beaches Issue Puzzles.....21

More Local Beach Puzzles.....23



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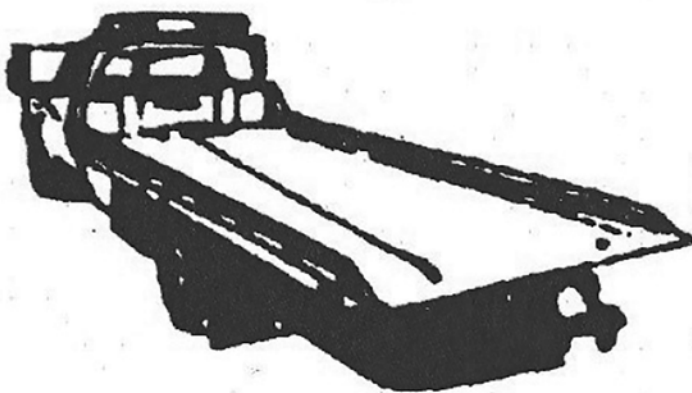
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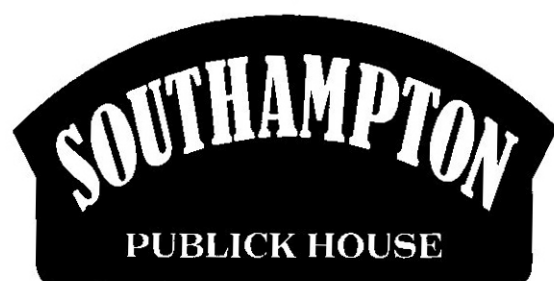
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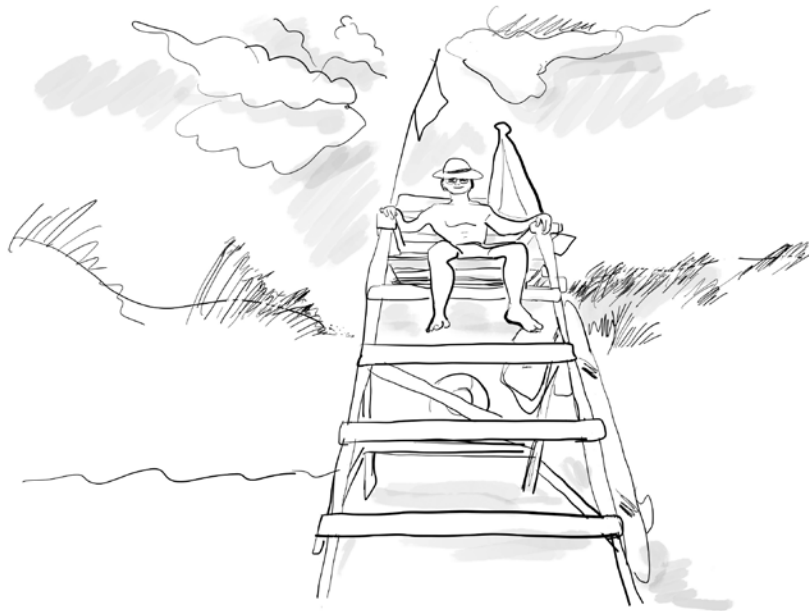


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Great Beaches in The Hamptons

written by Paula Timpson
illustration by Rosemary Szczygiel


Hamptons beaches all have their own personalities. Each one is special. Main Beach in East Hampton always has beautiful sea glass. After storms one may find big chunks of sea glass. Bright blue is rare, but it does turn up there. Main Beach is on the ocean, with lifeguards near the big golf course. It is a nice family beach.

Sagg Main Beach in Sagaponack is peaceful, quiet and beautiful. Georgica Beach is in East Hampton. Two Mile Hollow Beach in East Hampton is the most secluded beach, only two miles from East Hampton Village. It is wide, so there is plenty of room for everyone.

Heart-shaped fun rocks are found at the Hamptons beaches. Montauk Beach is called The End because it is the furthest beach out with a lighthouse. Camp Hero State Park in Montauk has a radar tower from WWII and sandy beaches. Peconic Bay has the best sweet scallops. Once in a blue moon, people ice sail on Peconic Bay.

It is amazing to watch and listen as the sails skim over the frozen sea. Imagine having a hobby you can only do rarely when you are lucky to have the sea freeze over. Gardiners Bay is on the site of a Montauk Indian village. Weg-wag-onuch, is the original name of Sag Harbor, which was known as a whaling village.

Beaches are everywhere in the Hamptons. Cooper's Beach in Southampton is popular for surfing with white quartz sand. It is a family beach with lifeguards. Ditch Plains is one of the best surfing beaches. Ponquogue Beach is wild and big in Westhampton. Kirk Park Beach has sand dunes. Hither Hills State Park has a beach, and many birds singing in the vast open area. Cupsogue Beach is near Westhampton. Seals are seen at this beach. Flying Point Beach in Southampton is a private beach near Water Mill. Dogs love this beach off season. Atlantic Avenue Beach in Amagansett brings younger people. Families enjoy it, too. So many beaches. Have fun!!



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Ditch Plains Beach In Montauk

by Debbie Tuma

Hey Kids! Have you ever gone surfing or body boarding? Did you know that right here in the Hamptons we have one of the best surfing spots on the East Coast of the United States?

It's called Ditch Plains, and it is located about two miles east of Montauk's downtown village, on the way to the Montauk Lighthouse. Ditch Plains has a rock reef that makes perfect little waves in the summer months for long boarding, and larger waves in the fall and winter. Ditch Plains is a two-miles stretch of sandy ocean beach with the most consistent waves on Long Island. That's why surfers come here from all over the island and other parts of the country year round.

What also made Ditch Plains unique was that there were high cliffs going down to the sea, that were eroding over time, and we were not allowed to climb them because of this erosion.

This beach also has a fun eatery called "The Ditch Witch" ---a small shack with wraps, burritos and salads, to feed the hungry surfers. There are also some food trucks there sometimes.

When I was growing up in Montauk during the 1960's, my sister and I used to spend lots of summers at Ditch Plains, to watch the surfers and swim in the waves.

Back then they had the first Montauk Point Surfing Championships, which were really exciting to watch. The surfers, mostly men back then, were in great shape, muscular, and carried their long boards which were around six feet. Back then, these boards were popular, but over the years, the shorter and lighter boards were used more, as they were easier to turn. My sister and I used to lay on our beach towels and play music by a 1960s band called The Beach Boys on our small radios. Everything at the beach smelled of salt water, Hawaiian Tropic suntan lotion, and cherry Cool-Aid, which we would bring to drink.

When I was 16, I decided to learn surfing. At the time, I had to learn on one of those six-foot boards, and I am only 5'5 inches. I caught a wave, and as I tried to stand up, I fell off and the board hit me in the head. Some nearby surfers carried me on shore and as I lay down, the medical team showed up to examine me, but after a few minutes I was okay.

Two of our surfer friends, Lee and Roland, started a surfing and beachy kind of breakfast place called The Albatross, in downtown Montauk. Their surfer friends all hung out there, and half of this place was a store selling bathing suits, sunglasses and Hawaiian shirts and shorts. In winter, Lee and Roland surfed in Hawaii.

To this day, many decades later, Ditch Plains is pretty much the same, except more eroded, from severe winter storms. But whenever I go there to visit, I still have the great memories of my teenage years growing up in the sun and on the beach.



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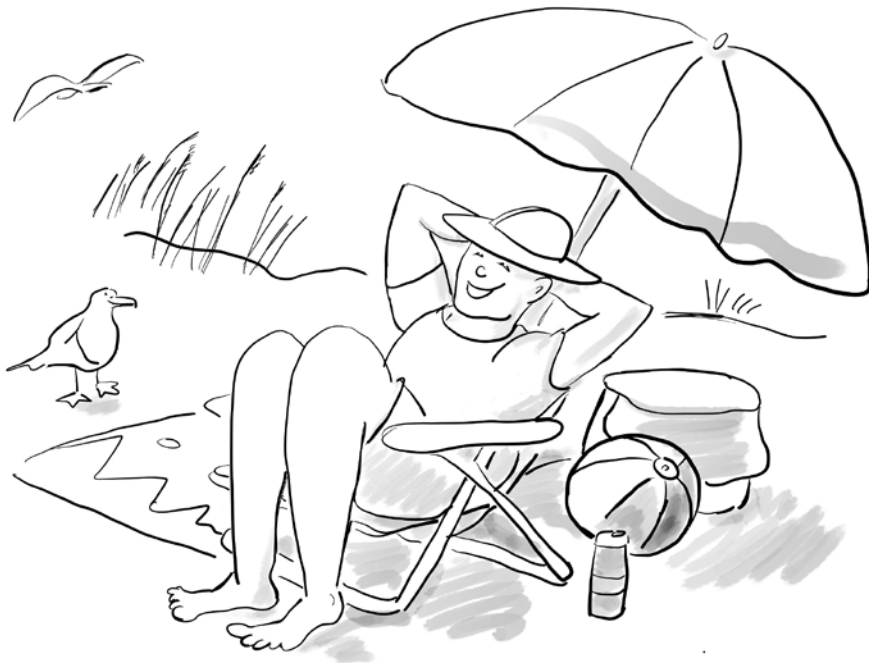
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Stay Safe In The Summer Sun

written and illustrated by Rosemary Szczygiel



Ready for the beach? Be totally ready and protect yourself from the heat and strong rays of the summer sun. Too much time soaking up rays can damage your skin, you can get burned, *(and be put at risk of serious illness - Editor's note)*. At the first signs of skin getting red, seek shade and cover up. Sunburns are no fun, can hurt for days, be itchy, ooze, and peel. Who wants to look or feel like a big red peeling lobster? Sun exposure can also damage your skin gradually as you age, if you're not careful. When you go the beach, or take part in outdoor activities this summer, dive into some skin safety and heat protection advice to enjoy worry-free hours of outdoor fun.

Use broad spectrum sunscreen lotion on exposed skin areas before going out, including around the ears, backs of the ears and neck, on your nose, and the tops of your feet and toes. If it's exposed

to the sun, give it some lotion. Broad spectrum means the sunscreen reduces both UVB and UVA rays. UVB rays contribute to sunburn. Exposure to UVA rays prematurely ages skin and contributes to skin cancer. How well a sunscreen protects you is measured by SPF, or Solar Protection Factor. A high SPF number offers more protection, up to a certain point. Sunscreen over SPF 50 may not really offer increased protection. SPF 30 or 50 are the most commonly used, and above that may not be worth the added expense. Health experts recommend re-applying sunscreen lotion every two hours, though the label may say it lasts longer. Even if the sunscreen is water-resistant, you will need to reapply, especially if sweating a lot, or swimming,

Add some UPF, or Ultraviolet Protection Factor clothing to your summer wardrobe, if you can. UPF garments will have a label with a number for their protection rating. Any clothes made of tightly woven fabric can offer good protection. Long sleeve shirts and pants are a good idea. Darker colors are recommended. Whatever you wear, remember to cover up. Hats will often have a UPF label. You can look and feel cool with a wide brimmed hat that shades and protects your head, face and neck from harmful rays. Even cooler, add some sunglasses to your look. Choose lenses that block out Ultraviolet (UV) rays.

Stay hydrated. As well as being splashed in the pool or ocean waves, our skin loves water from the inside out. Don't wait until you get thirsty. Take regular breaks to cool down with a refreshing drink of water. Sugary drinks and sodas can make you thirstier, but a drink of water will keep you cooler, longer.

Break for the shade. Taking regular breaks in the shade to cool down before your skin gets too red, or you feel too hot. This will help avoid sunburn and heat exhaustion. If you feel especially hot, dizzy, or feel like you have a queasy stomach, check in with an adult immediately. Bring an umbrella or shade tent if you go to the beach. Head for that shady spot and take a break to have a drink of water, shake out your hat, clean your sunglasses, and reapply your sunscreen. Happy summer!

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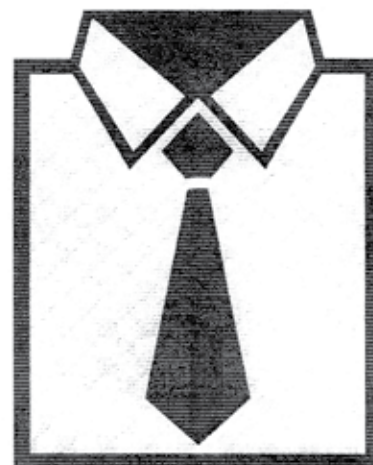


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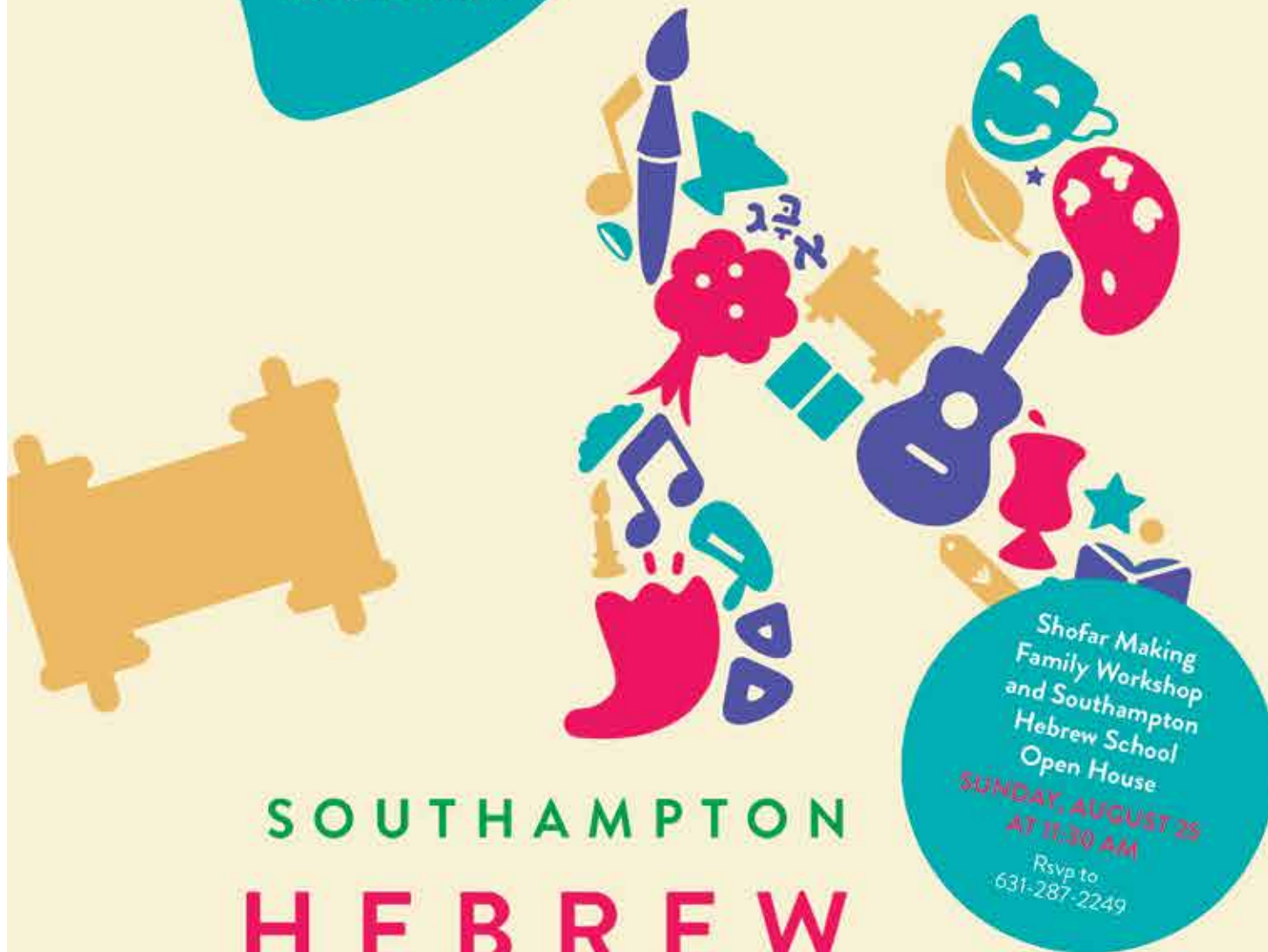
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Dr. Nadia Persheff

by Eric Wald

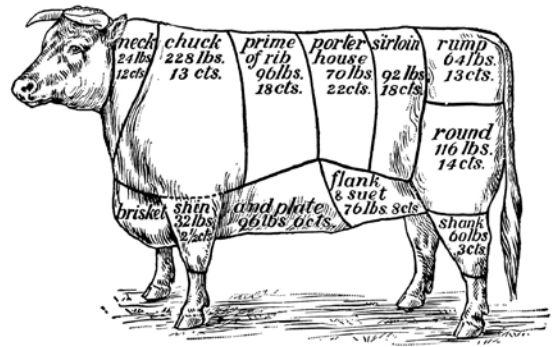
A doctor for children, called a pediatrician, who was raised in the Hamptons, loves children. When she was young, she had a brother who was seriously ill, and her family could not afford a doctor. Her mother was a waitress. Her brother had a temperature of 105 degrees F and was taken to the hospital emergency room. For over 26 years, she has believed that money should not matter when the care of a sick child is involved.

She says she grew up in Montauk, East Hampton and Southampton, loves being part of the community and taking care of hundreds of children. Her office is located right by 7-11 in Southampton, a block from where she grew up.

She says she loves being a doctor after all these years. Dr. Persheff is an amazing doctor with her medical degree from Cornell. She says she loves having her daughter growing up in the same community that she loves so dearly.

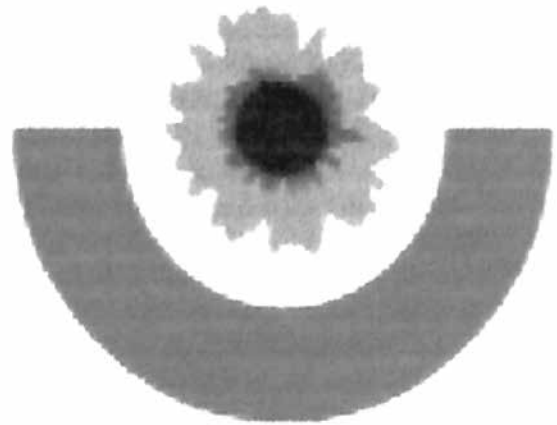
Dr. Persheff loves who she is, and her patients love her even more. She is kind, loving, and a wonderful human being. She does what she does best - saving lives and healing children in the Hamptons. She is truly a wonderful doctor.

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Lifeguarding Through the Years

by Chris Clark
Official Sports Columnist for *The Waldo Tribune*

Every summer, whether you are at the beach, or a club or public pool, you will see a number of lifeguards. Most of the time it's people in their late teens wearing a red shirt and sitting on a stand, watching over the swimmers in the water. But has it always been this way? The answer is no, lifeguarding has changed and grown so much over time since the position came to be over 100 years ago.

In the late 1800s, rich businessmen and their families started to really include swimming as a part of vacations. Resorts sprung up across the nation from Florida to Atlantic City with one of the biggest selling points being big, luxurious pools. But as swimming in pools started to really boom, so did the amount of drownings in the U.S., totaling around 9,000 deaths per year. As a result, federal officials devoted themselves to fixing the drowning issue.

At first, they started posting police officers next to pools and training them on water safety and safety procedures. But that was wasting vast amounts of police resources just sitting by a pool waiting for people to sink. So in 1915, they started training people specifically for the job of watching over beaches and pools, and deemed them "lifeguards".

Since then, lifeguarding has evolved even more. At first, lifeguards were taught to never get in the water and to only help by throwing flotation devices or ropes, but now water rescues are the taught method of water saving. A group has been made by lifeguards to help advance safety training and drowning prevention nationwide called the United States Lifesaving Association (USLA). And lifeguards now are all CPR certified, meaning they are more versatile and ready to respond to whatever danger presents itself.

Looking back, it is crazy to think that pools and beaches used to be unmonitored by anybody, but now as we have advanced, so have our safety measures, and we can swim at the beach or pool and feel safe knowing there are trained lifeguards watching after us.



Beach Water Currents

written by Paula Timpson

Beach water is amazing and mysterious. Ocean water is always moving in patterns called currents. The rise and fall of the tides create currents. Tidal currents are strongest near the shore. Long Island has two high and two low tides each day. As tides flow in and out of inlets, a strong current is made between the ocean and Long Island's bays. Winds, the sun's energy and water density affect currents on the surface of the ocean and deep below 300 meters.


Currents move water horizontally and vertically. Ocean currents are very powerful. An underwater current circles the globe with a force 16 times as strong as all the world's rivers combined. Currents are important, making the earth's land habitable. Without currents in the ocean, it would be very hot at the equator and even more freezing toward the poles.

Currents help feed sea creatures, lifting nutrients up to the surface. Rip tides occur everyday at inlets. Currents move along ocean beaches. As one swims, currents push one further down the beach.

Rip currents come as water moves faster away from the shoreline. Be very careful of rip currents and do not swim if red flags are up! Swimmers become trapped inside rip currents and are taken out to deeper waters when one tries to swim against them, becoming too tired to swim back to shore.

Undertow happens with large breaking waves. Waders feel like they are being taken under the water when waves break over their heads. Undertow won't take one out to sea, but rip currents will. Swim parallel to the shore, out of the current's path.

Always swim in the area protected by lifeguards. A fun fact is that Gertrude Ederle became the first woman to beat the shallows in England as she swam the English Channel in 1926. Florence Chadwick, the first woman to swim the Channel both ways, taught Waldo, the creator, editor and a writer of *The Waldo Tribune*, how to swim. The Shallows are strong currents that are dangerous and challenging. Anything is possible.



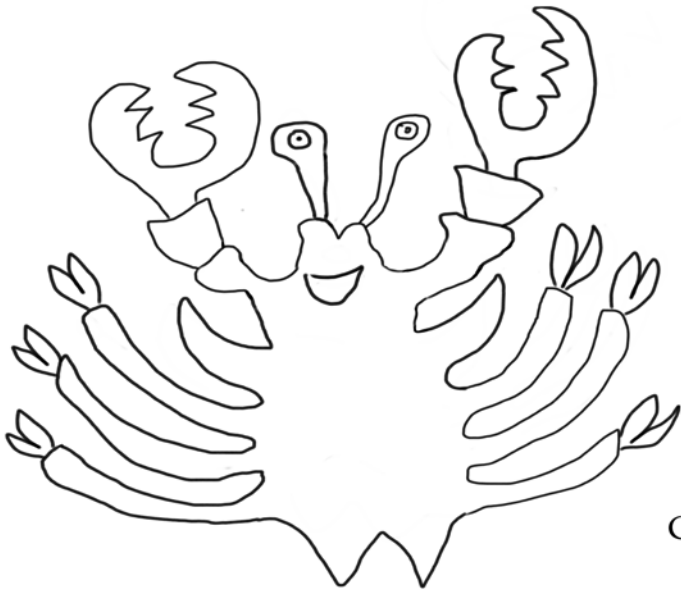
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Beach Jokes

written and illustrated by Greg Bullock



GB

What are the lifeguards' favorite candy?
Lifesavers.

How did the ocean say goodbye to the beach?
With a wave!


What goes in and out but never knocks?
The tide.

What paper is read on the beach?
The Sand Paper!

What's the best way to pay at the beach snack bar?
With sand dollars.

There once was a little crab named Peach
That wanted her own private beach.
She pinched some big toes,
Now everyone knows
To stay off of Peach's private beach!
(See cartoon.)


Why did the boardwalk fall asleep?
It was a "bored" walk.




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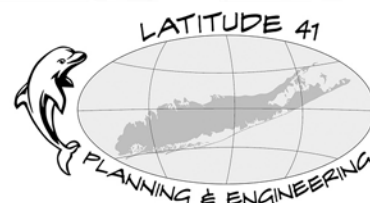
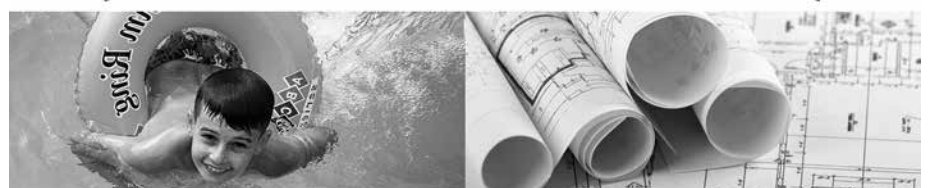
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The Science and History of Waves

by Jerry Cimisi

When you go to the beach sometimes the water is absolutely flat, sometimes you see small waves, and sometimes the water is very choppy and rough, with foaming white waves that can make swimming very difficult and even dangerous. What are waves? What causes them?

Waves are caused by energy moving through or along the water. On a windy day you might see a ripping effect on the water; on a very windy day you will see rough waters, with waves crashing down on the shore.

Wind that moves water by a beach is what we most commonly see and understand. But energy that creates waves can also come from under the sea or under the ground. Undersea earthquakes can create what are called tsunamis that result in enormous waves crashing not just along the shoreline but flowing right into the land, often for some distance, not only causing great damage to property, but killing people.

On December 26, 2004, a tsunami, created by one of the largest earthquakes ever recorded, caused waves up to 100 feet high along the Indonesian coast in the western Pacific Ocean. Known as the Asian Tsunami, this killed more than 227,000 people in 14 countries. This rates as among the most severe natural disasters ever recorded in the entire history of humankind.

One hundred feet waves are really high, but imagine waves even much higher! On July 9, 1958, at Lituya Bay, Alaska, there was an earthquake along the Alaska Panhandle that caused enormous landslides. A landslide that was estimated to have displaced 90 million tons of rocks crashed into Gilbert Inlet, creating a tsunami that exceeded any recorded before or since.

The waves that hit the inlet caused waves that rose 1,720 feet high! To get a perspective on how high that is, the Empire State Building is 1,250 feet, and the Freedom Tower is 1,776 feet, only 56 more feet than those waves.

As devastating as that tsunami was, a fishing boat that was anchored in the bay actually managed to ride that enormous wave without getting destroyed.

Speaking of riding waves: while beach-goers will cringe at seeing huge waves hit the shore, surfers love them. Here on the East End of Long Island, many surfers come to Montauk Point, which is known for its waves.

In this very year, German surfer Sebastian Steudtner surfed the largest wave ever surfed, 93.73 feet high, at Nazaré, Portugal. Mr. Steudtner had broken his previous world record, which he had set in 2020,, surfing an 86 foot wave, also at Nazaré. The waves' heights were measured using advanced drone technology.

There is also a phenomenon known as rogue waves. These are unusually large waves that seem to come out of nowhere, waves that are larger than those in the immediate region and don't seem to fit with the behavior of the water and winds around them. They are often called walls of water, as they are not only high but steep. Rogue waves are not caused by tsunamis.

In the past, sailors considered these waves mythical, caused by gods, and explained by superstitions. But if the explanations for them were scientific, the sailors knew them to be real. Yet many who never went to sea thought these were just tall tales, not real at all. It wasn't not until these waves were filmed and recorded with instruments that their reality was acknowledged.

The 19th century French explorer and naval officer Jules Dumont d'Urville was a botanist and cartographer, sailing around the world on his scientific pursuits. But when he reported seeing rogue waves over 100 feet high on his voyages, and affirmed by three eyewitnesses who'd been with him, his claims were dismissed.

A Scottish oceanographer, Laurence Draper wrote in 1971, "Far from ridiculing the old sailors' stories about enormous waves, modern research has confirmed that such monsters can occur, and that wave heights can exceed by an appreciable amount the maximum values which have been accepted in responsible circles." At the time, the highest rogue wave ever recorded was 67 feet.

It was not until 1995 that a rogue wave of 85 feet was scientifically measured off the coast of Norway, from an oil drilling platform. In 2000 a rogue wave of 95 feet was recorded by a British vessel off the coast of Scotland.



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O	A	C	E	Y	D	T	U	R	F	P	N	C	G
P	E	A	F	I	E	G	C	E	A	G	B	D	R
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G	E	P	U	C	P	U	P	U	N	E	D	O	H
T	S	M	O	Y	N	N	O	C	A	B	L	O	E
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East Hampton Lifeguards

written by Eric Wald

illustrated by Rosemary Szczygiel



These are brave souls who guard and protect the waters of East Hampton, year in and year out, bravely saving lives of parents and children who swim in the waters of Long Island. All these brave students must take another test after passing a Suffolk County test, and a swimming test at the YMCA here in East Hampton. They must be 16 years old or older. There is a junior life guard category for youths ages nine to 15 in the Hamptons. Every year, there is a lifeguard swimming tournament.

Some of the responsibilities of a lifeguard are daily training, beach set up, daily radio checks, monitoring the radio for changing waters and conditions, assisting the swimmers in distress, aiding EMS at the beach until medical help arrives, patrolling unprotected waters, filing daily beach reports, beach breakdowns every day, and staffing beach events where swimming is permitted.

Lifeguards also use emergency vehicles. East Hampton lifeguards also have a fleet of lifeguard trucks and six ATV two-side vehicles, as well as two jet skies, which are a tremendous asset to the lifeguards, enabling them to cut response time and modify response. The beaches in East Hampton have been rated the number one beaches in America for 2003 and 2013.

Lifeguards are on duty from 10 a.m. to 5 p.m., daily protecting the beaches, weather permitting, beginning June 17. In East Hampton, these include Main Beach, Georgica Beach and Three Mile Harbor Beach.

These brave souls deal with incredibly dangerous undercurrents, hazardous waves and human-eating sharks, so enjoy these beautiful beaches and stay safe, knowing that these brave people are here to protect you, day in and day out.

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Dear Ms. Spiral Notebook

Dear Ms. Spiral Notebook,

As my oldest is about to enter middle school in the fall, is there anything I can do to help prepare for the increase in academic work and help to assist in organization as he will have more than one teacher.

I would start with keeping my skills current throughout the summer with small sessions that work on Math/ELA skills during the summer. You can come up with a time that works best with your schedule, but consistency would be most beneficial, and sessions should be around 20-30 minutes. As far as organization is concerned, selection of supplies helps children feel connected to the process as does color coding for subjects, i.e. folders that make it easier to place materials where they need to go during class and when at home working on homework.



Dear Ms. Spiral Notebook,

My child loves to play video games and I am concerned with the

amount of time being spent on devices. Ideas? In the summer, this is less of a concern because there is no school, but when school starts this can and probably will impact academics.

Having a time allotment for devices is essential for all, but important for young adults as it can impact their academics and/or their social emotional health. Perhaps the time allotment varies based on the day of the week. There are many research-based articles, but the Mayo Clinic has a great resource that can help get your approach started: <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-how-much-screen-time-is-too-much-time-for-your-kids/>

Dear Ms. Spiral Notebook,

As it is summer, are there activities to keep young elementary school age students active and engaged while spending time at the beaches?

Some beaches have beach cleanup days which are great because they are about giving back to community and environmental awareness. Collecting seashells is another 'old fashioned' idea but still is cool because you can then research the type of shells and even if a creature lived in it once. Lastly, creating a beach scavenger hunt that your child can create and then get a group together to 'compete' with.

PARENTS AND TEACHERS: Have a question about your child's or student's education or learning? You may contact Ms. Spiral Notebook at waldoandtulip@optonline.net, with "Ms. Spiral Notebook" in the subject line. You may also fax your question to us at 631-808-3248, or mail it to her c/o The Waldo Tribune, P.O. Box 2587, Sag Harbor, NY 11963.

Make Your Own Ice Cream (In A Jar)

written and illustrated by Rosemary Szczygiel

You can make your own ice cream at home in a jar. How cool is that? Here's a recipe to you can try. You don't need a fancy ice cream machine. All you need is a few simple ingredients, a Mason jar, and, of course, a freezer. It helps if you have strong arms because you'll have to shake the jar full of ingredients, but you can do it! It's fun and you will be surprised, and hopefully delighted, with the results. You might want to try basic vanilla first, then branch out to other flavors by adding ingredients to create your own personal ice cream creations. You'll be making what is called Philadelphia-style ice cream which is a little different from the custard-style or gelato you can get at the ice cream parlor. Philadelphia-style is lighter and not nearly as dense. It is especially good for making vanilla and fruit flavored ice cream, but if you are a chocolate fan, you can make that too! Here's the basic recipe for Mason Jar Ice Cream. Be sure to use a real Mason jar, a special kind of jar with square sides used for making preserves, jams and jellies. This will be strong enough and safe to put in the freezer. Don't use just any jar. A 16 oz. Mason jar will make about a pint, or three servings, of ice cream.




Ingredients

- 1 cup heavy cream
- 1 ½ tablespoons sugar
- 1 ½ teaspoons vanilla extract
- A pinch of salt

Pour the heavy cream, sugar, vanilla extract and salt into the jar. Screw the lid on tightly. Shake contents and keep shaking until the cream thickens and doubles in size and is about the consistency of brownie batter. Put the jar in the freezer. Shake every 20 or 30 minutes, especially if you are adding in fruit or other ingredients. This will also help to keep the mixture from getting too icy. Leave it in the freezer for at least 3 hours. Then, scoop out and enjoy!

Some ideas and basic instructions for creating special flavors are:

- Chocolate – Add 1 or 2 teaspoons of cocoa powder to your ingredients.
- Strawberry – Use a blender to mix ½ cup of fresh or frozen strawberries into a puree. Add to the jar before shaking. You can experiment with fresh fruit flavors using this method. You can use strawberry jam as a shortcut if you don't have a blender. For pink strawberry color, you might add a little (just a little) red food coloring (totally optional)
- Cookies and Cream – Crush 2 or 3 chocolate sandwich cookies like Oreos and add to mixture before freezing.
- Chocolate Chip - really easy, just add a handful of mini chocolate chips before shaking.




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Letter From Waldo

Dear Readers,

This is a photo of my father and my grandfather, when my Dad was just a baby, and my Grandpa was in his twenties. They both look like they're in love. My grandfather used to smoke his pipe with a tobacco called Bond Street. Later, they would work together in the garment industry on 34th Street. At first, Grandpa made beautiful sweaters, and later he made men's shirts. The memories of a time that no longer exists lives on in my heart, as reflected in this old photo of my father when he was small, and my youthful grandfather.

Sincerely,
Eric Wald



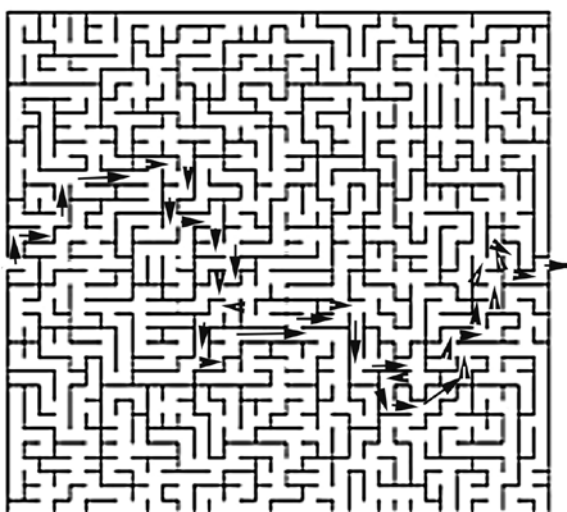
LOCAL BEACHES in the EVENING

In the warm summer evenings you can dance on the beach, build a bonfire, or have a clam bake.



What four things are different between these two pictures?

Answers to the Local Beaches Issue Puzzles (Turn upside down to see.)

[illegible]



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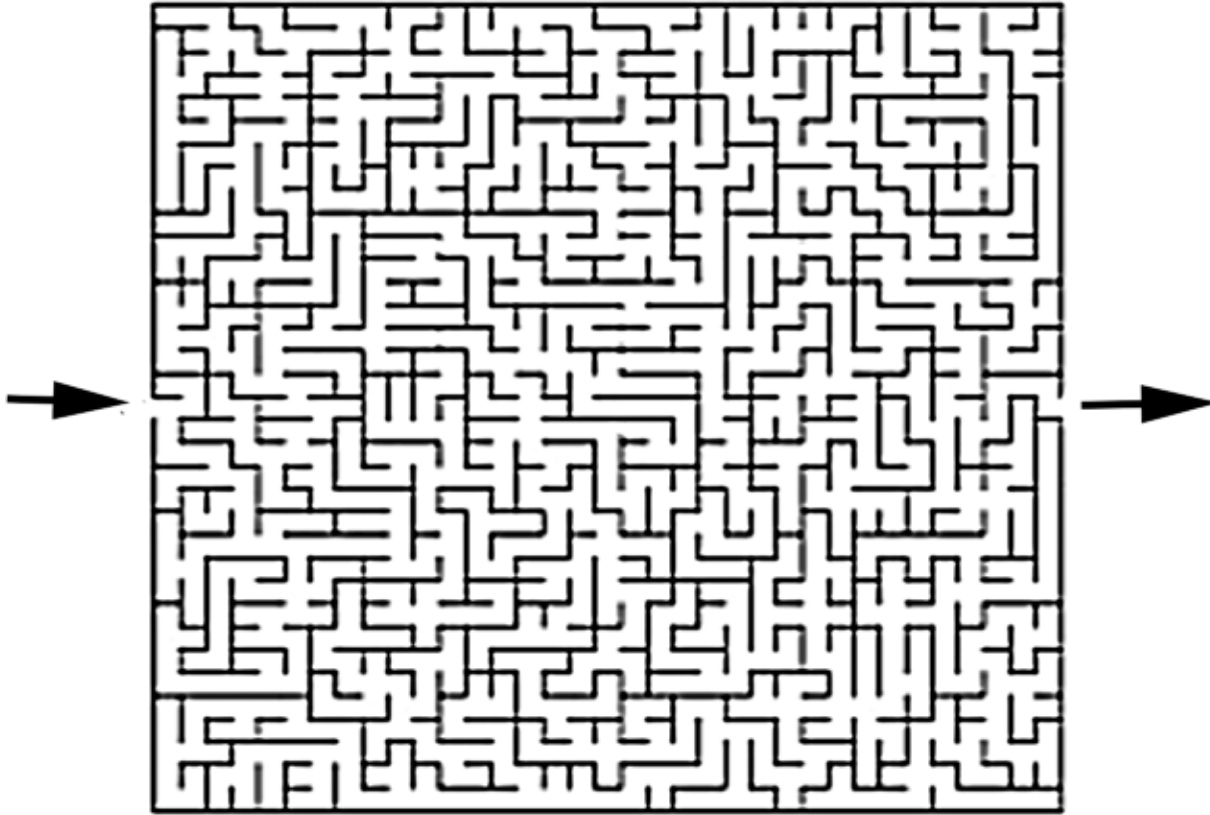
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LOCAL BEACHES in the MORNING

Some people like to get together and walk their dogs. I like to pick up an egg sandwich, sit on the beach and read a book.

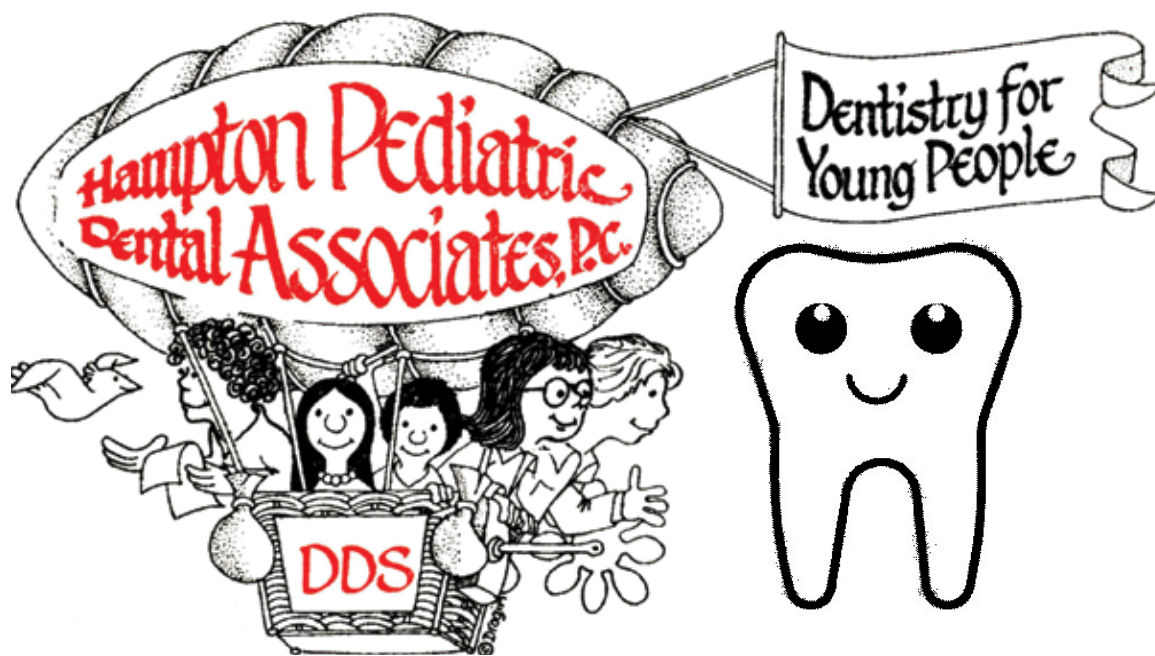
Find the hidden words. You can go down, across, or diagonally.

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TIDE SAILBOAT
BOARDWALK RIP CURRENT
SEAGULL SANDCASTLE
BOOGIE BOARD BODYSURF



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