

COASTAL LIVING

HERE COMES SUMMER!

The beach lover's guide to 99 days of fun in the sun

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90 Days of Summer!

It's time to celebrate—from cheeseburgers on the grill for Memorial Day to pink lemonade on Labor Day, plus lots of great ways to play every day in between

By Melissa Bigner

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May 28-31

DAY 1 Celebrate National Hamburger Month on Memorial Day. Place 2 tablespoons shredded Cheddar in the center of each patty for an easy, cheesy twist.

DAY 2 Try your luck in Atlantic City, the inspiration for everything from HBO's *Boardwalk Empire* to Monopoly. Stay at new luxury resort Revel when it opens Memorial Day weekend; revelresorts.com.

DAY 3 Download a summer ringtone. (Try "Summer Nights" from Grease.)

DAY 4 See the tall ships! A parade of vessels will glide up and down the East Coast at OPSail 2012. Look for them in New York (May 23-30); Norfolk, Virginia (June 7-12); Baltimore, Maryland (June 13-19); Boston (June 30-July 5); and New London, Connecticut (July 6-8); opsail.org.



June 1-30

DAY 5 Honor National Go Barefoot Day on June 1 and treat yourself to a pampering pedicure. Or head out for a long walk on the sand—it's nature's foot massage!

DAY 6 Attend Spoleto Festival USA, where 120 fine-arts performances take over the Colonial and antebellum-era homes and buildings of Charleston, South Carolina (May 25-June 11); spoletousa.org.



DAY 7

Go see the recently opened *Snow White* and the *Huntsman*; it's great to sit in an ice-cold theater on a hot day!

ALSO COMING UP:

- G.I. Joe: Retaliation* (June 29)
- The Amazing Spider-Man* (July 3)
- The Dark Knight Rises* (July 20)
- The Bourne Legacy* (August 3)

DAY 8 Hunt sea glass during a Perigean spring tide (a high tide that occurs when the moon is closest to the Earth). The following low tide makes one of the best times of year for hunting sea glass and shells. June 4 marks the summer's first of these highest of high tides.

DAY 9 See an eclipse. For the second—and last—time this century, Venus moves across the sun as a black dot from June 5-6, an astrological occurrence called the "solar transit."

DAY 10 Get your skin ready for summer with an all-over body salt scrub. Try the coconut version at secretoftheislands.com.

DAY 11 Hang sheets to dry in the sun, and infuse your house with the fresh scents of summer.

DAY 12 Give yourself a solid self-tan. The Jergens line delivers great color for less than \$10.

DAY 13 Rub fabric softener sheets on your clothes. The scent is said to repel mosquitos!

DAY 14 Stage a backyard family production, and then tune in to the Tony Awards (June 10) at 8 p.m. EST.

DAY 15 Grill your corn. In honor of National Corn on the Cob Day (June 11), put some on the grill over high heat, turning often. Brush with melted butter, and sprinkle with salt, Parmesan, and cilantro.

DAY 16 Get a cool new cover-up. Mara Hoffman blends tribal patterns and beadwork for a unique style; marahoffman.com.

DAY 17 Pony up like a model. Ponytails ruled spring runway shows, so skip the messy buns this summer.

DAY 18 Celebrate Flag Day (June 14) by stringing up your favorite maritime flags. Fly what you will, but mind the rules and let the American flag top all others on your halyard. >



DAY 19 Take your yoga moves surfside. It's even better outside—a hot day will keep you loose.

DAY 20 Visit Seattle's Fremont Fair (June 16–17; fremontfair.org) to celebrate the city's motto, *De Libertus Quirkus*, which roughly translates to "let your freak flag fly." Expect artfully decked-out cars, a groovy parade, crafts, and food.

DAY 21 Make savory roasted nuts for a special treat at your Father's Day picnic (June 17): Toss 2 cups unsalted mixed nuts with 2 tablespoons olive oil, 1 tablespoon chopped fresh rosemary, and 1 teaspoon salt. Bake 15 minutes at 300°.

DAY 22 Freeze a daiquiri or margarita in a plastic cup for an instant grown-up treat.

DAY 23 Don't let skyrocketing gas prices bring you down; kick up your kickstand in beach cruiser bliss. Take a spin on Schwinn's Super Deluxe in cherry and blue, or the sundress-friendly Starlet in pink and butter; schwinnbikes.com. Don't forget to wear a helmet!

DAY 24 Celebrate the summer solstice on June 20. Leave light switches in the off position from sunup to sundown.

DAY 25

TAKE THIS PLAYLIST FOR A FEEL-GOOD BEACH WALK.

- "Bubbly" Colbie Caillat
- "Put Your Records On" Corinne Bailey Rae
- "Dog Days Are Over" Florence + The Machine
- "Hey Mama" Mat Kearney
- "Ob-La-Di, Ob-La-Da" The Beatles
- "Hey, Hey, Hey" Michael Franti & Spearhead
- "I'm Yours" Jason Mraz
- "The Lazy Song" Bruno Mars

DAY 26 Stage a daylong "I spy" marathon. Whoever spots the most dolphins or pelicans gets dessert for dinner... or winner's choice for a special family outing.

DAY 27 Check out the Liberty World Outrigger Competition in New York on June 23. Meet the canoes at the starting line in Brooklyn Bridge Park; newyorkoutrigger.org/liberty.

DAY 28 Ditch the raisin brown nail polish and opt for summer's hottest manicure trends: neutrals, bold reds, and silvery metallics.

DAY 29 Dress up kids' drugstore flip-flops: Cut cute ribbons into 4-inch strips and tie to straps.

DAY 30 Download movies with stellar coastal digs: *Something's Gotta Give*, *Nights in Rodanthe*, *The Descendants*.

DAY 31 Pair today's fresh catch with a great wine. Try a bottle of 2006 Montes Limited Selection Sauvignon Blanc (\$14). Made in Chile's Leyda Valley on the Pacific, its citrus flavor goes fabulously with grilled seafood.

DAY 32 Don't let the string bikini pushers tell you otherwise: One-pieces remain the "it" bathing suits this season. We love the flattering styles from Gottex; gottexmodels.com for retailers.

DAY 33 Pack a hurricane kit: Visit redcross.org for items to have on hand, such as a Solarlink PR360 solar-powered radio (\$60).

DAY 34 Head to a fishing pier to rent poles and buy cheap bait.

July 1–31



DAY 35 Give your hair a protein pick-me-up with a beer rinse (really!). Shampoo and rinse normally, then massage an entire beer throughout your hair. Let it sit a few minutes, rinse with cold water, and say hello to shine.

DAY 36 Personalize your table. Take photographs of family members and glue them onto thick paper or cardboard. Decorate the paper, have it laminated at a copy shop, and then use the finished product as place mats.

DAY 37 Update your iPod. Norah Jones, Madonna, Carrie Underwood, John Legend. They're all scheduled to release hot new tunes this summer!

DAY 38 Watch some of the nation's most spectacular Fourth of July fireworks shows, many of which take place along the coast: Atlantic City, New Jersey (22 minutes of firepower); San Francisco, (21 minutes of action); New Orleans (two barges worth of pow); and Manhattan (75,000 pounds of explosives). >>



NAIL POLISH: JACQ MISELLI PHOTOGRAPHY/COMBES; FIREWORKS: PETE TURNER/GETTY IMAGES; DAQUIRI: VEER

DAY 39 Head to the nearest farmers' market and load up on blueberries.

After washing, spread in a pan and freeze overnight. Pack single servings into plastic bags to take to the beach for an icy snack.

DAY 40 Taste samples of more than 130 brews at the Seattle International BeerFest (July 6–8; seattlebeerfest.com).

DAY 41 Enjoy the National Cherry Festival (July 7–14) in Traverse City, Michigan; cherryfestival.org.

DAY 42 Whip up an easy smoked salmon dip: Combine 8 ounces low-fat cream cheese, 1 tablespoon lemon juice, 2 tablespoons capers, 1 tablespoon chopped fresh dill, and 4 ounces chopped or crumbled smoked salmon.

DAY 43 Make a sand angel just for the heck of it.

DAY 44 Get yourself some coastal bling. What better beachy bauble than a necklace or bracelet made from sea glass? Browse the options at tearsofthesea.com.

DAY 45 Buy cheap plastic flying discs and customize with paint pens for everyone in the family.

DAY 46 Refresh any tired piece of furniture with a new coat of paint. Rust-Oleum makes a great high-gloss enamel that suits porch furniture, too.

DAY 47 Indulge your adventurous side and try a new watersport—scuba diving, paddleboarding, or water skiing.

DAY 48 Grab your snorkel gear or scuba tank and head down below for piped-in water-themed tunes at Florida Keys National Marine Sanctuary during their 28th Annual Underwater Music Festival (July 14); lowerkeyschamber.com.



DAY 55 Try soft blue eyeshadow. That's right, blue is back! Make sure to use a light touch, and swap your usual black eyeliner for a waterproof pencil in turquoise or navy.

DAY 56 Make beachy place cards. Use permanent markers in summery hues to write guests' names on smooth beach rocks, clamshells, or small pieces of driftwood.

DAY 57 Break out the relish for National Hot Dog Day (July 23). We dig this pineapple-papaya version: Combine 1 cup each chopped pineapple and chopped papaya with ½ cup sugar in a saucepan. Simmer 20 minutes.

DAY 58 Help with a sea turtle hatchling release on the beach at the Gumbo Limbo Nature Center in Boca Raton, Florida, and know you're contributing to helping the cute, endangered critters get the chance to make it to adulthood. (July 23–August 16 and August 20–September 6); gumbolimbo.org.

DAY 59 Eat at the closest food truck to you. Google your town and "food truck," or get up-to-the-minute whereabouts on Twitter. Follow gastroPOD in Miami (@gastroPodMiami), Where Ya At Matt in Seattle (@WhereYaAtMatt), or Taceaux Loceaux in New Orleans (@TLNola). >>

DAY 49 Jazz up your iced tea with lemonade frozen into ice cubes.

DAY 50 Buy inexpensive (OK, cheap!) sunglasses for you and the kids from the dollar store. Keep 'em in a bucket by the door.

DAY 51 See how many "steps" you can take walking on your hands underwater. It's great exercise, but you won't notice during all the fun!

DAY 52 Transform boat bumpers and buoys into cute swing seats.

DAY 53 Use gingham to trim pillows or tie back curtains, or even pull back your hair with gingham ribbon. It's hip again!

DAY 54 Punch up your home's palette with something tangerine, Pantone's 2012 color of the year.



BLUEBERRIES: CREATIVE CHOP; CHAIR: COURTESY OF KNOLL

August 1-31

DAY 60 Giddyup to the annual pony swim in Chincoteague, Virginia (July 25-26), when the wild horses paddle from the barrier islands to the mainland; chincoteaguechamber.com.

DAY 61 Watch the opening ceremonies for the Summer Olympics, which start July 27 in London. To celebrate, host an international potluck party.

DAY 62 Take amazing underwater photos with the summer's new batch of waterproof gizmos. Techies are going nuts for FujiFilm's FinePix XP50, XP100, and XP150 (\$200-\$280; fujifilmusa.com) and the Nikon Coolpix S30 (\$120; nikonusa.com).



DAY 63 Treat yourself to a lobster roll. Toast a potato roll, spread on a thin layer of mayo, pile high with chunks of lobster, drizzle with melted butter, and sprinkle with salt and pepper. Enjoy!

DAY 64 Add instant beach house charm to any room with the right wallpaper. Dutch designer Piet Hein Eek's papers look like distressed wood planks, perfect for mimicking the look of a whitewashed wooden beach shack; usa.scrapwoodwallpaper.com.

DAY 65 Soften up a bench or hammock with an easy homemade pillow. Sew a pair of dishcloths (we like Tekla or Elly Towels, both from IKEA) along the seams on three sides. Use Velcro tape to seal the inner seam of the last side. Fill with a pillow form found at a local home goods store.



DAY 66 Get your vitamins the fun way with a summertime smoothie. Process 2 cups chopped fresh or frozen mango, 1 cup vanilla yogurt, 1 tablespoon honey, 1/2 cup orange-mango juice, and 1 cup ice cubes in a blender.

DAY 67 Line the path to your house with pinwheels, or plant them in window boxes.

DAY 68 Make a cool quickie cocktail with Champagne. We love Korbel's Lemonagne. In a tall glass, pour 3 ounces Korbel Brut and 3 ounces lemonade over ice. Top with 1/4 ounce Chambord Black Raspberry Liqueur.

DAY 69 Make a fabric painting. Clip a white bedsheet to a clothesline outside and weigh the bottom corners down (a bucket of sand on each side works). Then gather the kids or some pals, and let everyone add their touch. Once it's dry, hang it inside for a burst of playful energy.



DAY 70 Make the summer cottage version of a gingerbread house: Prep a batch of crispy rice cereal treats. Instead of cutting into squares, mold the mass into a "sand" castle before the mixture cools. Use icing to add candies for decoration.

DAY 71 Stargaze while tracking the progress of NASA's Curiosity rover. On August 6 it will explore Mars, checking out the planet's habitability; mars.jpl.nasa.gov.

DAY 72 Visit the national PGA Championship on Kiawah Island, South Carolina, August 6-12. Dream of walking the greens with the pros? If you're at least 16 years old and have \$217 for a uniform, go online and apply for a volunteer spot; pga.com.

DAY 73 Browse your local bookstore for an inexpensive, beachy coffee table book that you can use as a guest book. Get family members to sign first so guests aren't intimidated by marking up a treasured tome.

DAY 74 Learn what ships' horns mean when blown: one short blast (course changing to starboard); three long (man overboard); and so on.

DAY 75 Turn the biggest catch of the summer (or how many lobsters or crabs your family will haul in this year) into a game. Have everyone pool their bets and then make their guesses. Whoever gets closest wins the stash ... and bragging rights.

DAY 76 Grab a root beer! Virgil's (reedsinc.com) rules the gourmet soda roost - what better start to a delicious summertime float?

DAY 77 Look to the northeast after dark to watch the Perseids meteor shower (the nights of August 12-14), when scientists predict up to 60 meteors will drop into view each hour.

DAY 78 When a rainy day hits, reorganize your beach paperbacks alphabetically by author. Or, for more fun, group them by color.

DAY 79 Add a simple, easy coastal touch to a room by filling a clear glass lamp with bleached-out shells or driftwood. >



DAY 80 Grab a list of open houses in your area and take a tour. Some call it snooping; others call it "research."

DAY 81 Embrace the island aesthetic and hang mosquito netting as a canopy over a bed; worldmarket.com.

DAY 82 Make great fish tacos with grilled fish, fresh lime juice, sliced red cabbage, and a simple, spicy sauce (combine 1/2 cup mayo, 1/2 cup sour cream, 2 teaspoons Mexican or taco seasoning blend, 1/4 cup fresh lime juice, and 1 chopped and seeded jalapeño).

DAY 83 Do your summer skin a favor by eating right. Toss up a spinach salad rife with oranges, strawberries, and sunflower seeds. All that vitamin C and E helps fortify skin.

DAY 84 Run one of the country's most picturesque half-marathons along San Diego Bay and Harbor Island, ending up in Balboa Park (August 19).

DAY 87 Collect driftwood for a coffee table. If you find a long, straight piece, use it to mark the heights of your family members this summer.

DAY 88 Gather friends to do a mini sweep of your beach with the online recycling guide from the Ocean Conservancy; oceanconservancy.org.

DAY 89 Dine outside. Keep your tablecloth in place with weights. Collect four equally heavy rocks, place each in the center of its own cloth square, gather the fabric edges, and tie off. Attach to the cloth with curtain clips.

DAY 91 Celebrate National Dog Day (August 26) by hosting a neighborhood bash for your friends and their pups. Let everybody have a meet-and-greet in the biggest backyard, or take the whole crew to the nearest dog-friendly beach for a sandy game of fetch.

DAY 92 Attend the U.S. Tennis Open in Flushing Meadows, New York (August 27-September 9). Or just feel like a pro with the Beach Tennis Starter 2 Pack (\$40; beachtennisusa.net).

DAY 93 Try this easy shrimp salad recipe: Chop 1/2 pound shrimp and combine with 1 chopped celery rib, 2 tablespoons mayonnaise, 1 teaspoon lemon juice, and 1/2 teaspoon seafood seasoning. Serve in split pita pockets for a sandwich on the go.

DAY 94 Pick up a must-read book for a page-turner on the beach:
• *Let's Pretend This Never Happened (a Mostly True Memoir)* by Jenny Lawson
• *No Longer a Gentleman* by Mary Jo Putney
• *The Gilly Salt Sisters* by Tiffany Baker

DAY 95 Make old-fashioned frozen treats using paper cups, wooden pop sticks, and fizzy orange soda.

DAY 96 Try something out of the ordinary: August 31 marks the second full moon in a single month, a rare occurrence that gave rise to the phrase "once in a blue moon." Skinny dipping, anyone?

Sept. 1-3

DAY 97 Hit up YouTube for freebie dance lessons and learn to do the 1960s Carolina shag to a little beach music.

DAY 98 Organize your own sand castle contest.

DAY 99 Add some zing to Labor Day with our pink lemonade: Combine 1 1/4 cups sugar and 1/2 cup boiling water, stirring until sugar dissolves. Stir in 4 1/2 cups cold water, 1 1/2 cups fresh lemon juice, and 3/4 cup maraschino cherry juice. Serve over ice. <



DAY 85 Send a kite soaring during the 32nd Washington State International Kite Festival in Long Beach (August 20-26; kitefestival.com).

DAY 86 Remove splattered wax and stains from glass lanterns and hurricanes. Place in the freezer for an hour, then break off chunks of wax. While the glass returns to room temperature, fill a sink with hot, soapy water. Wash with a soft cloth.

DAY 90 Try geocaching with your GPS-enabled smartphone. It's a free scavenger hunt based on longitude and latitude coordinates. Head online to get locations or markers, or to find out where treasure chests are hidden in your favorite beach town; geocaching.com.

