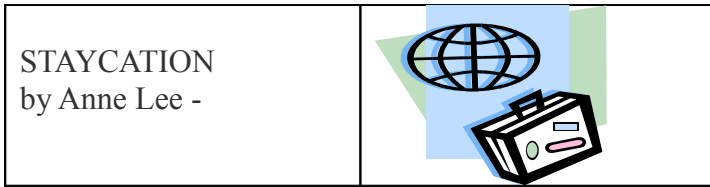


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Fortunately, we live in a wonderful neighborhood in a great city -- called by many America's Finest City. With the cost of gas averaging \$4.50 a gallon and rumored to soar even higher by the end of summer, we are very lucky to enjoy a temperate climate and, according to Kathleen Colbert, to have easy access to a minimum of 50 activities in the city or nearby. Many are free or at low cost. And, one does not have to drive far.

Have you enjoyed any of these lately? Have you visited Balboa Park, the Zoo, the Stephen Birch Museum (La Jolla), Mission Trails Regional Park, the tide pools near Cabrillo or La Jolla Cove at low tide, the beach, or the Chula Vista Nature Center? Or, have you ferried across the San Diego Harbor to The Ferry Landing Market in Coronado, attended any of the many free concerts, explored downtown San Diego or Old Town, tried Belmont Park, or visited any of the many places that offer absolutely spectacular views at sunrise or sunset? With the money saved by not driving far, you might enjoy the theater, the museums, the Padres, hot air ballooning along the coast, or splurge on a dinner cruise or sip "high" tea at one of San Diego's elegant hotels (the Hotel Del Coronado, the Westgate, or The Grant).

Just as you would if you were traveling afar and sightseeing, take your camera and keep a travel journal of your staycation activities. Years from now you will have fond memories of the summer spent vacationing at home. Remember to leave the everyday chores and the phone at home because you are on staycation. Mom and dad are on holiday, also.

Do have a wonderful summer whether here or "on the road again", or flying. Stay healthy, safe, and above all ENJOY either your vacation or staycation.