

The Art of...



The Dawn of a New Day

Watching the sun slowly peek out over the horizon through the soft, fluffy clouds is truly a breathtaking experience. In the morning, the colors of the sky welcome a new dawn. One of the greatest joys about living in the Venice area is the beauty that surrounds us.

If you want to be moved by awe-inspiring streaks of color, you will want to spend a little time on the beach early in the morning. Bring your favorite beverage and maybe a breakfast snack. Wear comfortable clothing and make sure you have your beach chair in the car. Once you arrive, the first thing you will notice is the sound of silence. People at this time of the day seem to be reverently quiet for the event. You will hear nature's music though: the waves breaking at shore and maybe a palm or two swaying in the breeze.

Whether you choose to watch the sunrise to the east or to enjoy the play of colors reflecting on the Gulf to the west, it's time to take it all in and appreciate the new day.

Watch...enjoy the sunrise as it softly glows.

Beach Relaxation

A Family Event

For residents and tourists alike, walking is an excellent form of exercise for healthy living, keeping fit, and appreciating the natural scenery around us. A peaceful amble can be inspirational; at times, taking a solitary stroll can be beneficial for thinking, sorting things out, or reflecting.

Walking the beach can provide a great opportunity for catching up with friends and family. When we move at a leisurely pace together with loved ones, it offers us a rewarding time to share ideas and feelings, bringing us closer. It is a relaxing retreat from the busy pace of everyday living. Moments of joy and laughter can be exchanged as the experience becomes the destination.

You may want to select a time to walk the beach as a family. Plan it like any important event, and pick one, two or as many days of the month as you like for your gathering. Make sure to wear comfortable, light clothing and to leave behind your electronic gadgets.

Take time...enjoy the fresh air, the sand between your toes, and each other.





Napping to the Sound of the Waves

Marketed for relaxation, a variety of audio recordings feature the sounds of the gentle rhythm of the ocean and luxurious waves lulling you to sleep. People from all over the world enjoy relaxing and napping with this music because, as you listen to it, you can imagine yourself on a white sandy beach napping in paradise. For those of us who reside on the Gulf Coast, we do not have to be content merely to envision ourselves in these idyllic surroundings, as we live in the perfect environment to enjoy these sights and sounds firsthand. Visitors from around the globe can also experience the sensory riches right here in paradise, on our beaches!

If you walk the sandy shores often, you will see people relaxing with their beach towel, pillow, hat and coverup, and, most likely, sunblock, as they rest under their umbrella. When they plan to sleep for any length of time, they will have prepared for their nap by drinking plenty of water and may set a timer to wake them from their slumber. Whether retired, taking a lunch break or winding down after work, these beachgoers are ready for some peaceful relaxation.

According to Dr. Sara C. Mednick, napping can improve your sensory perception as effectively as a night of sleep. Who knows, the sunsets could look even better after a nap! Dr. Mednick goes on to say that napping bathes your brain in serotonin, creating a more positive outlook. Taking a nap on the beach sounds like the perfect idea for anyone who wants to experience these benefits.

Walking along our beaches, you will see a variety of cozy spots just perfect for napping. Whether it's near the water, a shaded nook by the wandering sea grapes, under a palm tree, or on an isolated part of the beach, you will find it, and it will be wonderful!

Go ahead...make time for a nap.

"See" or Sail

As you enjoy the beach, you will want to take in the sights that are unique to that environment, such as children playing in the sand and surf, people building sandcastles, beachgoers smiling and relaxing, and birds soaring on the gentle breezes. If you turn your gaze out onto the water, you may come to appreciate that the Gulf offers a beautiful backdrop for viewing the sight of sails in red, yellow, blue and an array of other striking shades as they move briskly across the turquoise water.

Sailing is a soothing and relaxing pastime, and a wonderful way to enjoy yourself in paradise. Today, people of all ages enjoy this sport. Children may pretend they are sailing to a magic island, and men and women who enjoy active sports love the thrill of being under sail. Others may just want to be rocked into relaxation as the rhythmic movements of the boat comforts them and offers a peaceful environment. The fresh air, the wind on your face, the ride over waves, and the warm sunlight culminate together to create a magnificent experience, making memories to last a lifetime.

We may have convinced you to experience sailing on the Gulf but, if not, you can still enjoy the view as you relax on our gorgeous sandy beaches.

It's time...catch the sights on the beach or sail away!





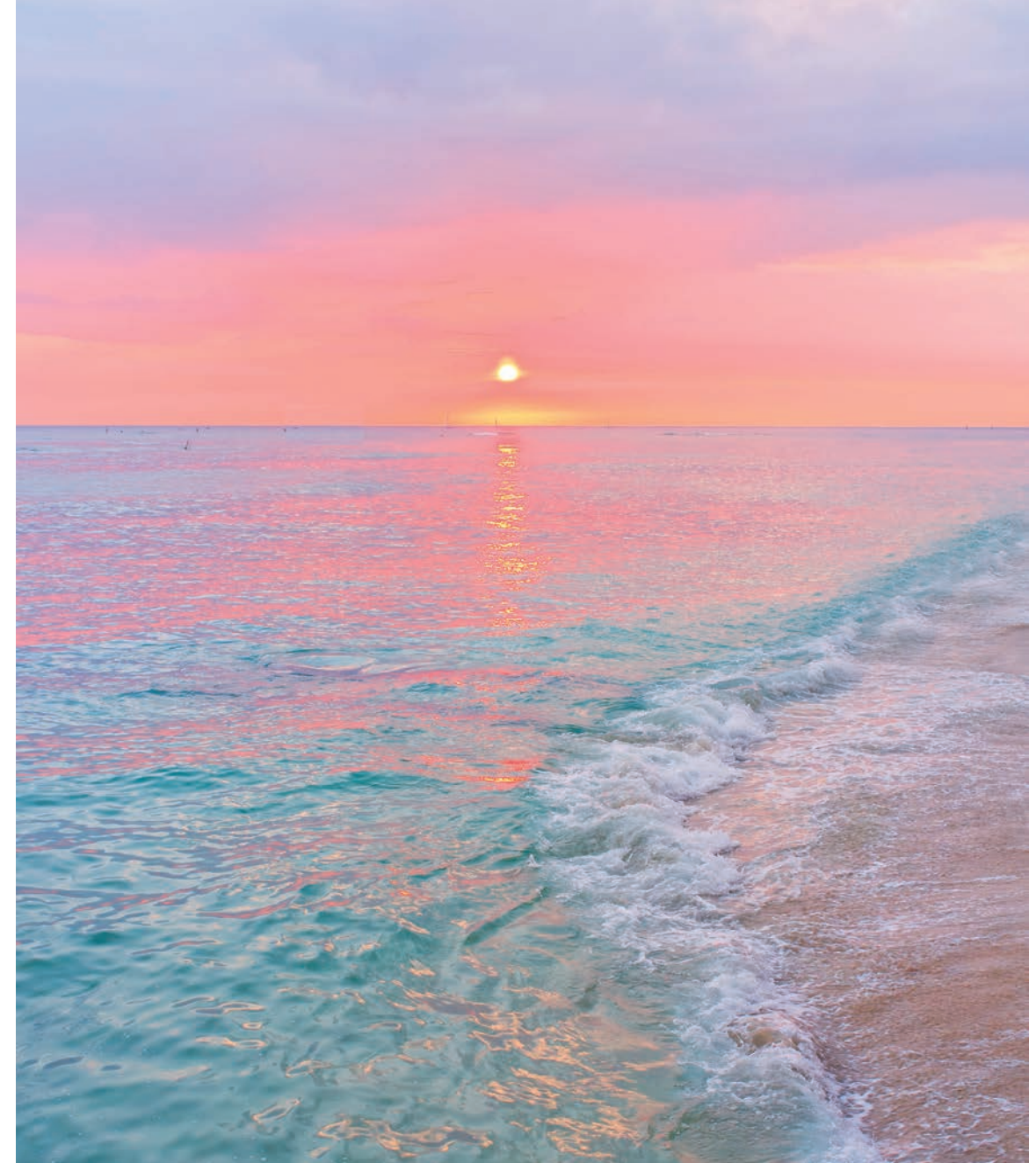
Sway in the Breeze

Childhood memories bring us back to a time when life was filled with fun, playful activities. Some of us might remember resting on soft, green grass and watching the clouds move across the sky as they formed shapes that resembled dogs, cats or other favorite animals. I remember the swings in my backyard and at the school playground, and how much I enjoyed reaching for the sky with each movement upward. We never forgot to play back then!

Relaxing in a hammock is the perfect way to take a little time for a break during the day, even if it is only for a few minutes. We can still watch the fluffy white clouds as we let the gentle sway glide us back and forth in the tropical breeze.

Many locations to enjoy a hammock include on your deck or lanai, in a peaceful part of your garden or backyard, near the pool and, of course, my favorite place, the beach. TrekLightgear.com offers a wonderful portable version with a "go anywhere rope," so all you will need to do is find two trees, secure it and get in! Online, you can find portable options, including one-piece frames sold with a carrying case, that can be toted to the beach and set up, allowing you to create your own comfortable resting spot.

Find your ideal location, climb in... and enjoy the playful shapes drifting above.



The Evening Show



Watching a sunset is a regular nightly event for many of us in the Venice area. Whether you are on the beach, on your deck, or looking out the window, you are sure to be pleased with the show, as colors of pink, purple, orange, and blue streak across our skies. All you need to do is to pull up a chair and watch it unfold.

You can enjoy sunsets many ways, such as by sitting quietly and unwinding, having a family or romantic picnic as your watch the show or, one of my favorites, listening to the sounds of classical music which add to the drama of the event. Use your tablet or phone to plug in for a personal concert. With every strike of a musical chord and ooze of color, it can

almost feel as if it has been carefully choreographed to music especially selected for this particular sunset. Try it sometime, and you will be amazed!

Unlike most activities, no tickets need to be purchased, no remote must be turned on or off, and no one blocks your view. The young, and the young at heart, all enjoy the brilliant hues in the sky. And, it seems that people have been appreciating sunsets from the beginning of time as depicted in the sunsets that have been found in some of the earliest drawings. At *Venice Gulf Coast Living Magazine*, we carry on the tradition by publishing beautiful, colorful images and photographs that capture some of the best showstoppers of our time.

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