



REACH

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A Note from Vicki

Dear REACH Families,

We are finishing up the very last year of the study. It is hard to believe that we met you all when you were between the ages of 11 and 13. We have been interviewing you by phone and person for 13 years now. In another year, we hope to have some results of the study to share with you. To date, we do not have any further plans to extend the study. We will keep sending you these quarterly newsletters just to keep in contact with you and to share the study results.

We hope you have a great spring and summer.

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Tips for Trips on the Cheap

Camp Out

In a world full of nonstop hustle and bustle, it's important to take some time to slow down. Camping is an easy way to get out and relax. Round up your tent, your s'mores supplies and your friends, and head to your local campground for the ultimate bonding experience.

National Parks

From Gettysburg's National Military Park to Valley Forge, Pennsylvania offers many beautiful national parks and historic sites. Get outside, take a deep breath, and experience rich, naturally incredible views. Plus, it's free! Find a park near you at nationalparks.org

Be a Local Tourist

Every town has a rich history waiting to be discovered. Instead of skipping town, consider exploring your home's past. An easy way to transform into a local tourist is to head to your town's welcome center. Grab brochures, ask questions, and get started!

Volunteer Abroad

Really want to get away, but get away cheap? Volunteer! There are tons of programs, such as Maximo Nivel or Projects Abroad, that will allow you immerse yourself in a new culture in exchange for your skills, hard work, and enthusiasm. Learn more at volunteerforever.com

So You Wanna Go Camping?

Don't forget to pack:

- First aid kit
- Flashlight & batteries
- Matches/fire starter
- Trash bags

- Sunscreen
- Bug spray
- Comfortable shoes
- Extra blankets
- Alternate weather wear

- Pocket knife
- Rope
- Tarp
- Toiletries
- Campsite map

Before Going:

1. Pick a date!
2. Find a site & reserve
3. Research the campsite
4. Prepare the gear
 - Double check packing list
 - Make sure all supplies are in working condition
5. Prepare the food
 - Plan meals & prepare at home what you can
 - Plan potential activities

Once There:

1. Set up camp
 - Pitch tent
 - Secure food so animals can't access it
 - Organize supplies
2. Go have fun! Some possible activities are:
 - Fishing
 - Biking
 - Star gazing
 - Hiking
 - Having a picnic

Best Apps for Campers:

- Google Maps: Never get lost again with one of the most comprehensive and reliable navigation apps available.
- Oh, Ranger: Find the parks nearest you with the activities you want to do
- Yonder: Discover the outdoors, connect with other explorers, and share your adventures.
- MapMyHike: Keep track of all your on-foot adventures

Top 10 Apps for Travelers

1. HotelTonight:

Forgot to book a place to stay? HotelTonight offers great last minute deals on great hotels. You can narrow down your search to exactly what you're looking for. Booking is three taps away.

2. Airbnb:

Looking for something a little cozier than a hotel? Airbnb opens the door to the world's most interesting places to stay. You can book anything from space on a couch to a bedroom to an entire home.

3. Camp & RV:

Find everything from RV grounds with full amenities to extreme campsites for a rough getaway.

4. Uber:

Forget taxis! Uber is the easiest way to get around on vacation. Request a ride with a single tap, and a driver will arrive within minutes.

5. GasBuddy:

On the road and running low? GasBuddy will help you find the cheapest gas near you!

6. Groupon:

Why pay full price when you can find a killer deal? Groupon offers unbeatable deals for nearly everything. From cooking classes to cruises, find an incredibly reduced price in this one app.

7. Foursquare:

Travel like a local with the app that lets you find the best spots in any city. With access to millions of reviews from local experts and an app that gets to know you, you'll find your favorite places to eat, drink, shop or visit.

8. My Travel Assistant:

Nothing ruins a trip quite like running out of money. Let My Travel Assistant help you stay within your budget, so you can focus on the fun.

9. Duolingo:

As 2015 Apple iPhone App of the Year, Duolingo has proven itself as the best language-learning app. It's effective, fun, and best of all—free!

10. Postagram:

Turn your iPhone, Instagram, and Facebook photos into beautiful postcards delivered by mail!