



# NYC Lifestyle

## Summer in the City

For many New Yorkers, July 4th arrives as a blissful celebration of the summer season – a time to enjoy the long weekend and all the Big Apple has to offer. This edition of NYC Lifestyle is focused on all things summer, from celebrating the holiday weekend to making the most of our local beaches.

### Fourth of July Cycling Sale

Whether you're a cycling pro looking for extra gadgets, or a beginner in the market for your first bicycle, take advantage of [this weekend's sale at REI](#). Cycling items included in their holiday sale are discounted up to 40% until July 4. Head over to the site today to refresh your cycling gear.

### Best Beaches

Finding the right beach for your group of friends is a crucial part of planning a summer weekend. *TimeOut New York* published [this list of the 17 best beaches](#) New York City has to offer, including access to public transportation, surfability and more.

### Last Minute Holiday Plans

No plans for the long weekend? Check out this [list of the best July 4th events](#) happening in and around New York City. Suggestions include a day at Coney Art Walls with headliner Meek Mill, the Macy's fireworks and Nathan's annual Hot Dog Eating Contest.

### Grilling without a Grill

Don't let your lack of a grill stop you from enjoying your favorite summer meals. [According to Epicurious](#), if you're looking for char, try utilizing your broiler. Looking for grill marks? Get a grill pan. Finally, if you're trying to achieve a smoky flavor, incorporate different seasonings or use an indoor smoker.



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### FAQ About Sunscreen

Everyone needs a daily dose of SPF, especially during the summer. For [Refinery29](#), Dermatologist Doctors Emma Wedgeworth and Firas Al-Niaimi answer frequently asked questions about the meaning of SPF, broad spectrum, protecting your scalp and how different skin tones should modify their SPF regimen.

### Tips for Buffet Table

Setting up a buffet table is like choreographing a dance. *Social Tables* suggests starting with an easily identifiable starting point to avoid crowding, and saving utensils for the end so that guests have free hands to serve. Read more tips [here](#).

### Best Fruit Salad Secret

A well-crafted fruit salad can steal the show. [According to Southern Living](#), the secret ingredient to the very best fruit salads is salt, but not all salts are made the same. While you're at it, consider enhancing your presentation with these [pro-tips from The Devil Wears Salad](#).

### Mason Jar Ice Cream

If you have heavy cream and a mason jar, you're just a few shakes away from [homemade ice cream](#). After the heavy cream, add granulated sugar, vanilla extract and salt for taste. Tighten the lid and start shaking! After about five minutes, your creation is ready to head to the freezer for three hours.