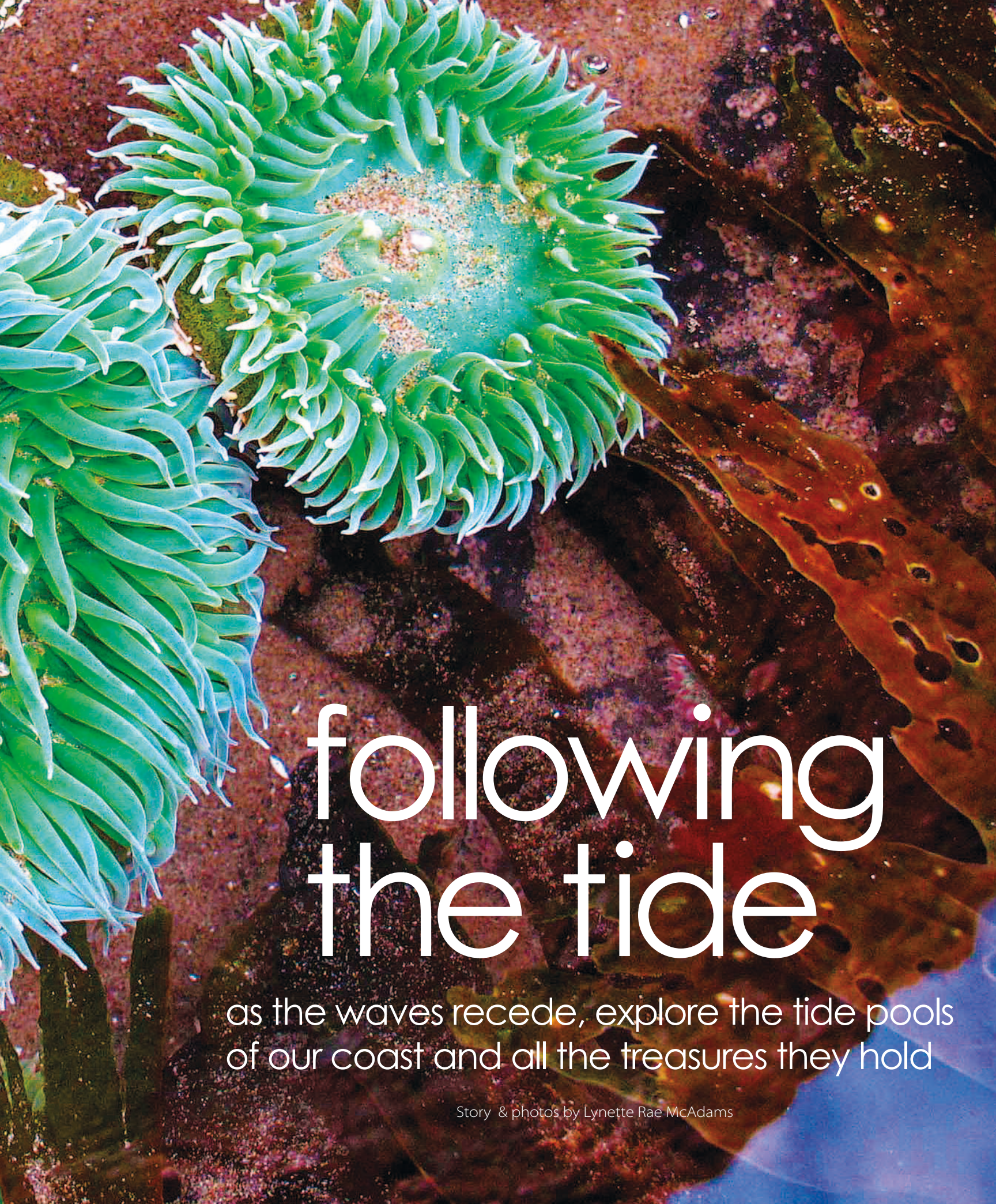




# following the tide

as the waves recede, explore the tide pools  
of our coast and all the treasures they hold

Story & photos by Lynette Rae McAdams