

June 2018

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LifeStyle

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Happening in June...

National Best Friends Day, June 8. Good friends are good for the soul. Spend quality time with your bestie today.

World Oceans Day, June 8. Oceans cover 71 percent of the planet. Take time today to learn what can be done to conserve this precious resource.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.

Father's Day, June 17. Show your dad how much he means to you on this day and every other day throughout the year.

International Picnic Day, June 18. Take advantage of the sunshine and warm weather by dining all fresco on a blanket and enjoying some of your favorite treats.

National Sun Safety Week: June 5th-11th

Practice sun safety this week and all year round to protect your skin and eyes. For example: Beware of sunburn, which increases your risk of developing skin cancer. Check your local UV Index for important information to help you plan your outdoor activities and prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.

Creating Green Spaces

Live plants are the perfect accent for any room that yearns for a bit of warmth. They are easily maintained if you know how to choose the right plants for indoor spaces. Low lighting and busy schedules needn't deter you from practicing with your green thumb. Once you've decided where you want to create a green space, shop for pots that are self draining and potting soil that includes vermiculite. Both are important for retaining adequate moisture while lowering the risk of root rot as your plants mature. Choose hardy plants that thrive in artificial light such as Philodendron, Wandering Jew or Spider Plant. These varieties require minimal care while producing enormous growth. If you want a green corner, try a Corn Tree or Marginata for height. Green spaces improve air quality, adding life and color to your rooms. Lucky Bamboo thrives on very little personal attention but according to legend the plant improves the energy of your home while Aloe Vera offers medicinal qualities and is the perfect plant for frequent travelers, requiring very little light and moisture.

Helpful A/C Hints

As summer days become longer, we tend to seek relief from the heat in our air-conditioned homes. Here are some tips to keep your home cool and your electric bill down.

• Use fans. Good circulation, whether from ceiling or standing fans, lowers the temperature of the room and distributes cool air. • Keep your thermostat constant. Turning the thermostat up and down uses more electricity than keeping your home at a constant temperature. • Wear less and save more. Rather than sleeping with a comforter, use a sheet and set the thermostat a little higher. You'll stay comfortable and so will your wallet.

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Summer is here, and if you haven't planned your vacation yet, it's not too late. You don't even have to spend a lot of money.

Here are tips for keeping the expenses reasonable when you travel:

- Fly during the week. Airline rates are generally more expensive over the weekend, so plan your trip from Wednesday to Wednesday (for instance) to locate cheaper fares.
- Drive instead of flying. Depending on how far you plan to travel, driving can be less expensive. Look for vacation destinations less than 200 miles away to make driving there more realistic.
- Stay close to home. Distant destinations may call to you, but often you can find worthy locations to visit closer to home—national parks, lively cities, and other good places to explore.
- Pack your own snacks for the road.

 Airline food and gas station snacks can be expensive (as well as not particularly

healthy). Get into the habit of packing some sandwiches and snacks. Bring along a few bottles of water, and resist the impulse to buy an overpriced soda.

- Look for alternatives to hotels and restaurants. An AirBnB can cut costs while affording you comforts of home. And nd snacks to avoid high prices at restaurants and fast-food joints.
- BYO cocktails. If you plan to have a drink or two—it's a vacation, right?—find a nearby grocery or party store and buy your own ingredients instead of paying for drinks at the hotel bar or local tavern.
- ▶ Plan some down time. An itinerary keeps you organized, which can save money. But don't pack your trip so full of stops that you're too rushed and exhausted to enjoy the experience. Give yourself and your family an afternoon off now and then to lie around the pool or go to a movie.



June is National Iced Tea Month

Sweet iced tea has been called "the house wine of the South," but folks from the East, West and North sure have been known to enjoy a big ol' pitcher of the unsweetened stuff. It's a cinch to make and inexpensive to serve to a crowd.

Basic Iced Tea Recipe

Make a tea base by steeping two family-sized or 4-6 standard bags (or the loose equivalent) of your favorite Earl Are, oolong, orange pekoe, herbal or other tea in 2 cups of freshly-boiled water for ten minutes. Remove the tea bags, taking care not to squeeze then, as this can add bitterness.

While the brew is still hot, stir in any desired sweetener until it thoroughly dissolves. Pour this concentrate into a 2-quart pitcher, and add cold water until it reaches your desired strength. Tea can cloud if it's refrigerated while still warm, so wait for it to reach room temperature before further chilling.



Summertime food safety tips

Potlucks and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind as you plan your picnic.

KEEP IT COOL. Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

SEPARATE PLATES. If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

COOKS SHOULD WASH HANDS. If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.



JURASSIC WORLD: FALLEN KINGDOM Four

years after the destruction of the Jurassic World theme park, Owen Grady (Chris Pratt) and Claire Dearing (Bryce Dallas Howard) return to the island of Isla Nublar to save the remaining dinosaurs from a volcano that's about to erupt. They soon encounter terrifying new breeds of gigantic dinos while uncovering a conspiracy that threatens the entire planet.

OCEAN'S EIGHT Five years, eight months, 12 days and counting—that's how long Debbie Ocean (Sandra Bullock) has been devising the biggest heist of her life. She knows what it's going to take— a team of the best people in the field, starting with her partner-in-crime Lou Miller (Cate Blanchett). Together, they recruit a crew of specialists, including jeweler Amita, street con Constance, suburban mom Tammy, hacker Nine Ball, and fashion designer Rose. Their target -- a necklace that's worth more than \$150 million. Rihanna, Mindy Kaling, Helena Bonham Carter, Anne Hathaway, and Sarah Paulson also star.

underground hospital for Los Angeles' most sinister criminals and finds that one of her patients is actually there to assassinate another. Jodie Foster and Jeff Goldblum star.

THE HUSTLE Anne Hathaway and Rebel Wilson star in this remake of the 1988 film, *Dirty Rotten Scoundrels*. Wilson and Hathaway play women from different walks of life teaming up to con a tech billionaire (Alex Sharp) in his early 20s.

SICARIO: DAY OF THE SOLDADO In the

drug war, there are no rules - and as the cartels have begun trafficking terrorists across the US border, federal agent Matt Graver (Josh Brolin) calls on the mysterious Alejandro (Benicio Del Toro), whose family was murdered by a cartel kingpin, to escalate the war in nefarious ways. Alejandro kidnaps the kingpin's daughter to inflame the conflict. But when the girl is seen as collateral damage, her fate will come between the two men as they question everything they are fighting for.

GOTTI This film follows infamous crime boss John Gotti's (**John Travolta**) rise to become the "Teflon Don" of the Gambino Crime Family in New York City. Spanning three decades and recounted by his son John Jr. (**Spencer Lofranco**), "Gotti" examines Gotti's

tumultuous life as he and his wife (**Kelly Preston**) attempt to hold the family together amongst tragedy and multiple prison sentences.

TAG One month every year, five highly competitive friends hit the ground running in a no-holds-barred game of tag they've been playing since the first grade—risking their necks, their jobs and their relationships to take each other down with the battle cry "You're It!" This year, the game coincides with the wedding of their only undefeated player, which should finally make him an easy target. But he knows they're coming...and he's ready. Based on a true story, "Tag" shows how far some guys will go to be the last man standing. Ed Helms, Tracy Morgan, and Jeremy Renner star.

HOME ENTERTAINMENT RELEASES

June 5	A Wrinkle in Time
June 5	Death Wish
June 5	Gringo
June 5	The Hurricane Heist
June 12	I Can Only Imagine
June 12	An Ordinary Man
June 12	Tomb Raider
June 19	Pacific Rim Uprising



