

# DeVille

Apartment & Builders Inc.



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## LifeStyle

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## June is National Sun Safety Month

Practice sun safety this month 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.

## Happening in June...

**Leave the Office Early Day, June 2.** It's the first Monday of June, the weather is great, and there's somewhere you'd rather be. Punch out early, and live a little.

**Flag Day, June 14.** This day commemorates the adoption the Stars and Stripes as the national flag by the Continental Congress in 1777.

**Father's Day, June 20.** Tell Dad how much you appreciate everything he's done for you.

**Summer Solstice, June 21.** An instant in time when the Earth's axial tilt is most inclined toward the sun in the northern hemisphere, and when summer traditionally begins.

## Father's Day: How to be a Memorable Dad

Though we appreciate our fathers throughout the year, Father's Day gives us the opportunity to thank them and show our appreciation for all they do for us.

Having made that important point, we offer dads working with us a few ideas suggested by Joe Kita, author of *The Wisdom of Our Fathers* (Rodale).

- **Teach kids to be curious.** Check out a flower or how a lawn mower and a toaster work.
- **Be generous with your love and your time.** It will help them develop empathy and a concern for other people.
- **Admit when you're wrong.** Show them it's OK not to be perfect.
- **Show how to accept failure.** If the kite crashes or the game won't work, emphasize that it's important to try new things.
- **Be spontaneous.** Show that you don't always have to follow a plan. Let them know it's OK to turn a different direction.
- **Emphasize good health by example.** Exercise, (let them exercise with you), eat well, and live a moral life.
- **Cultivate spirituality.** Attend church or synagogue, meditate on the wonders of nature.

## Better Grocery Shopping

Keep a centrally posted grocery list. Each family member notes on the list when a favorite food is running low...and adds his or her special requests. Before shopping, add the ingredients for the week's menus...any staples that need restocking...nonfood necessities, such as soap and paper products.

## If Your Teeth Could Talk...

They would tell you how to prevent loss of tooth enamel: limit acidic beverages such as sodas with cola or citrus flavors, diet sodas, sports drinks like Gatorade, energy drinks like Red Bull, citrus juices and wine. Prolonged exposure by sipping is the most erosive. It helps to drink water or rinse your mouth after these drinks.

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# Money saving vacation tips

Summer's here, and you're probably thinking about this year's summer vacation. You don't have to bust your budget to have a good time, fortunately. Just follow these tips from Kiplinger for taking a vacation without breaking your bank:

- **Consider everything.** When planning your budget, remember everything that you'll be spending money on—not just the airfare and hotel accommodations, but transportation, food, entrance fees, and any supplies you'll need during your stay. It can add up fast, so taking a hard look up front can help you make smart choices.

- **Know what you're after.** Decide what your priorities are. If you want to swim in the sea, maybe you don't need a hotel with a pool. If you want to sample the local cuisine every night,

you may not need a rental with a fully-stocked kitchen. Focus on what you need and streamline everything else.

- **Plan in advance.** Don't wait for the last minute to make reservations for flights and accommodations. You can usually get better prices by booking well in advance, checking out special offers, and being flexible with your schedule.

- **Get a travel rewards card.** If your credit card doesn't offer extra points for travel expenditures, sign up for one that does. You'll earn back some of the money you spend having fun.

- **Cut back where you can.** Use public transportation instead of renting a car. Cook your own meals instead of eating out all the time. Look for ways to save a little money here and there so you can come home without worrying about how much you've spent.



## 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 Grey, 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 them, 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.

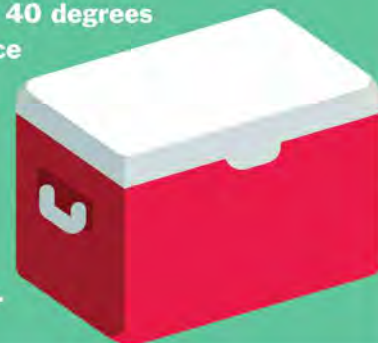
## Summertime food safety

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:

**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.





# 6 ways to cut your grocery bill

**T**hese days, you may find that your food dollar isn't going as far as it used to. While it seems that everything is on the rise, food prices have jumped the most since 1981. But one fact remains: You gotta eat. Next time you grab a cart at the supermarket, try some of these time-tested ways to take your grocery bill from outrageous to under-budget.

**Have a Budget.** Including your grocery shopping into your weekly or monthly budget is crucial. To figure out your grocery shopping budget, track your current spending. Then consider using a grocery shopping calculator to determine how much of your income you should set aside for grocery shopping.

**Arrive with a list.** Shop without a written game plan, and you could find yourself com-

ing home with items already sitting in your pantry or – worse – expensive impulse items like checkout-stand magazines. So before you leave home, put pen to paper and list all of the meals you want to prepare that week, as well as the ingredients you'll need to make them. Check your shelves to avoid duplicate purchases. Not only will you save money, you'll be in and out of the store in no time.

**Shop With a Calculator.** As you shop, add up your grocery bill to help you stay on your grocery shopping budget. Have kids? Make them a part of it, and they might even like going grocery shopping with you.

**Buy in Bulk.** You might want to consider buying in bulk for staples that you use regularly. Pantry mainstays like grains, beans, rice, tofu, lentils, seeds, and flour tend to be

cheaper in bulk. They're also filling, healthy, and are easy additions to any meal.

**Buy Fewer Pre-Packaged Meals and More Fruits and Veggies.** Pre-packaged foods, like a bag of pre-cut broccoli and grated cheese, tend to be more expensive than buying a whole head of broccoli and a block of cheese. Adding more fruits and veggies is a great idea and keeps your eating habits healthier.

**Save Money With Grocery Apps.** There are several grocery apps out there that can help you save significant money on your shopping. No more clipping coupons! Just click on these frugal-friendly and time-saving apps. Some top favorites include Flipp, MealBoard, and GroceryPal. You can also try cashback apps while you shop. These include ibotta, Receipt Pal, and Receipt Hog.



**Get (a little) sun** A few minutes of direct sunlight each day can bring big benefits. Sunlight prompts the body to produce vitamin D. According to a University of Alabama study, people who get the least exposure to the sun have a greater risk of prostate cancer, multiple sclerosis, depression, and high blood pressure.

**SUN PROTECTION.** People often think that a tan will protect them from the sun's UVA and UVB rays. Not true. A tan is the body's desperate attempt to protect itself from sun damage. Rather than being helpful, sun tanning can lead to wrinkles, skin cancer, and other skin problems.

**When you will be outdoors for more than 20 minutes, use a sunscreen that protects against both UVA and UVB rays. At the beach, use one with a sun protection factor (SPF) of 30.**

# Put trash in its place.



- Trash bags should be tied securely before placing in the dumpster.
- Place bags completely inside the dumpster, not beside it. If a dumpster is full, carry your trash to another one.
- Dumpsters are for household trash only and cannot be used to dispose of toxic or items, mattresses, furniture, etc.

**Thanks for helping keep our community beautiful!**

June '22			wednesday	thursday	friday	saturday
			1 Rent Due	2 National Leave the Office Early Day	3 National Donut Day	4 National Cheese Day
5 National Cancer Survivors Day	6 National Yo-Yo Day	7 June is PTSD Awareness Month	8 Best Friends Day	9 June's Birth Flower is the Rose	10 National Iced Tea Day	11 National Corn on the Cob Day
12 Superman Day	13 World Softball Day	14 Flag Day National Cupcake Day	15 National Smile Power Day	16 June is Great Outdoors Month	17 National Flip Flop Day	18 International Sushi Day
19 Father's Day Happy Father's Day!	20 June is National Soul Food Month	21 World Music Day	22 National Kissing Day	23 National Let it Go Day	24 June's Birth Stone is the Pearl	25
26 Log Cabin Day	27 Please Take My Children to Work Day	28 Insurance Awareness Day	29 June is National Camping Month	30 International Asteroid Day		