

Celebrate June on the Sunny Side!

June 1st is National Say Something Nice Day

On June 1st, National Say Something Nice Day, we have an opportunity to make the day extra pleasant for everyone.

The purpose of this holiday is to counteract bullying and the lack of civility and common courtesy that is growing among people in today's world. Hopefully, the practice of saying something nice today will continue into all tomorrows.

When we were young, many of us often heard, "If you can't say something nice, don't say anything at all." One of the many reasons our parents taught us that is because once we say those words, we can't take them back, no matter how true we think they might be. We all know someone whose true nature is kinder than most. Perhaps we even wish we could emulate them more than we do.

Do they pay compliments or do they follow this old saying? Perhaps a little of both. But there are a few other lessons we can learn from generally nice people. It's more than saying nice things to others. They genuinely listen to others and tend to put others first. When they pay a compliment, it isn't usually practiced. Their sincerity is felt by the receiver.

Think about the nicest person you know. Take a cue from them and put one of their better qualities into practice. Say something nice to or about someone. Bring a smile to someone's face for the sheer joy of seeing them smile. Seek no reward other than knowing that someone's day is better because a nice word was said.

June is also

- ◆ Aquarium Month
- ◆ Candy Month
- ◆ Dairy Month
- ◆ Great Outdoors Month
- ◆ National Fresh Fruit & Vegetables Month
- ◆ National Iced Tea Month

Special Dates of Interest

- 1st – National Say Something Nice Day
- 3rd – World Bicycle Day
- 4th – **Payday**
- 6th – National Applesauce Cake Day
- 9th – National Donald Duck Day
- 15th – National Smile Power Day
- 17th – National Eat Your Vegetables Day
- 18th – **Payday**
- 20th – Father's Day
- 21st – National Selfie Day
- 23rd – National Hydration Day
- 27th – National Sunglasses Day
- 30th – Social Media Day



Celebrate Paul Bunyan and Babe on June 28th

Paul Bunyan Day is a giant of a day. Paul Bunyan, the gigantic lumberjack of American Folklore, lived and travelled around the country with "Babe", his blue ox. He is "credited" with many deeds, including:

- Scooping out the great lakes to water Babe, his ox.
- Clearing the entire states of North and South Dakota for farming.
- Babe's large footprints created Minnesota's 10,000 lakes.

Although several states throughout the United States claim Paul Bunyan as their own, he is rightly attributed to Michigan. On Nov. 6, 2006, the state of Michigan officially designated Oscoda as the "true birthplace of the legend of Paul Bunyan as first set in ink by James MacGillivray."

In the Spotlight

Meet Employee of the Month, Megan Baca, HS VanDyke

Megan recently celebrated her 1 year work anniversary with Central State Community Services. Over the past year, Megan has grown to become the House Supervisor for VanDyke home. She enjoys having the opportunity to work with fantastic, yet challenging, consumers; enriching their lives. Her favorite memory at VanDyke home has been the Christmas season and the Holiday Party. The home was decorated for the season. The joy and happiness from the consumers, along with all the staff, as they were exchanging gifts and sharing great food generated a wonderful time.

Megan's favorite motivational quote is "Life is like a camera, focus on what is important, capture the good times, develop from the negatives and if things don't work out—take another shot."

Megan resides in North Branch with her husband of 25 years. She has 4 children (2 sons and 2 daughters) ranging from age 24 to age 15 and a 1 year old grandson. During her off hours, she loves having bonfires and BBQing with family and friends. Her favorite BBQ includes, BBQ jerk chicken, black beans and rice with Pico de Gallo.

Megan's next planned road trip will be to Gatlinburg, TN and the Appalachian Mountains, where there are a multitude of fun activities for all ages and beautiful sites.

SUMMER
IS TIME FOR WARM NIGHTS
WATERMELON
BARE FEET AND BARBEQUES
SWEET CORN SUNFLOWERS
RIP PICNICS CAMPFIRE
TOMATOES LEMONADE
LIGHTENING STORMS LOVE



National Flag Day

On June 14th, National Flag Day honors Old Glory and commemorates the adoption of the United States flag on June 14, 1777. The holiday is a day that Americans show respect for the U.S. Flag and what it represents, independence and unity.

Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.

On National Flag Day, raise the flag and fly it proudly.



"Summer has a flavor like no other. Always fresh and simmered in sunshine."

~ Oprah

Applesauce Cake

Ingredients:

- 1/2 cup butter
- 1 Cup white sugar
- 1 cup chilled applesauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup raisins
- 1/2 cup chopped walnuts

Directions:

Step 1

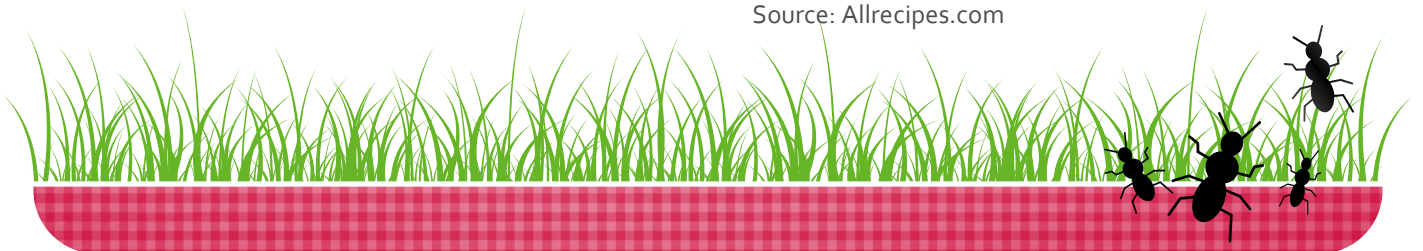
Cream butter or margarine with sugar. Add applesauce; beat well. Stir in flour, soda, and spices. Add nuts and raisins.

Step 2

Pour the batter into a greased and floured 8 inch square pan. Bake at 350° for 40 minutes, or until done. Serve warm.



Source: Allrecipes.com

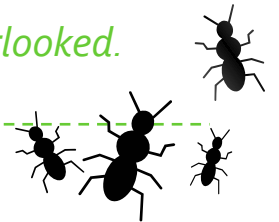


National Hydration Day is June 23rd

To spread awareness about the importance of hydration and the dangers of dehydration, the United States celebrates National Hydration Day on June 23 each year!

Drinking plenty of water should be incorporated into everyone's life, but people often fail to do this. It's unfortunate because water is such an integral part of all life, not just human life. Over 70% of the Earth is covered in water. Even the human body is mostly made of water, making up over 60% of the human body. Some organs are mostly water, as well. Both the brain and the heart are roughly 73% water. The lungs are about 83% water. The skin contains 64% water. 79% of your muscles and kidneys are water. Even your bones are partially made of water, containing about 31%. As you can see, your body needs water to function at a high level.

Proper hydration is vital to living a healthy life, but it's often overlooked.



Important Hydration Facts

To have a better idea about the importance of National Hydration Day, here are some important facts:

- Water plays a role in digestion. As we mentioned earlier, much of your body is made of water, so staying hydrated helps your body digest food better.
- Dehydration causes fatigue. It can also reduce mental focus, memory, mood, and reaction time.
- Water is a key component of blood. When you are dehydrated, your blood pressure decreases, heart rate rises, and the blood flow to your arteries reduces.
- Dehydration can lead to reduced kidney function, kidney stones, hypertension, urinary tract infections, and more.
- Water helps regulate body temperature, so staying hydrated on hot days protects your body.
- Your physical performance reduces by nearly 3% due to performing while dehydrated.
- Severe dehydration sets in when about 10% of their total weight to water loss.





Celebrate this National Hydration Day by:

Drinking Water. Who saw this one coming? Yes, the best way to celebrate this holiday is by drinking water. However, don't just make it a one-day thing. Make lifestyle changes that include drinking less sugary drinks and drinking more water. Many experts recommend drinking two liters a day or eight 8-oz glasses. Use a bottle with measurements to help track your intake.

Eating Water-Rich Food. You don't just have to drink water to stay hydrated. **Countless foods** are full of water. Watermelon is 92% water, hence the name! Cucumber and celery are 95% water, and strawberries are 91%. There are plenty of fruits and veggies that can help you stay hydrated.

Listening to Your Body. As we said earlier, 75% of Americans are chronically dehydrated. Many of them do not even realize they are. There are many signs that your body needs water, such as thirst. Listen to your body and keep it hydrated.

Heat stroke or dehydration can happen to anyone, no matter how healthy they may seem on the surface. Symptoms can sneak up on you, and nobody is immune to the risks of not staying hydrated enough. Hydration awareness is an important reminder that no matter how young, agile, or fit we may feel, our bodies need water, and health isn't something to mess around with.

Layered Tropical Salad in a Jar



Grab an empty Ball jar to create a fantastic grab and go salad that's chock full of flavor.

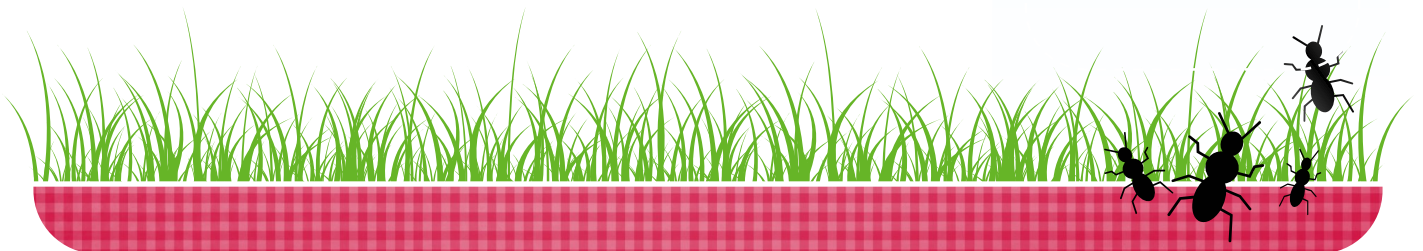
Ingredients:

- 1/2 cup Pace Peach Mango Jalapeño Salsa
- 4 ounces cooked, peeled, deveined shrimp (about 6 shrimp)
- 1/2 cup diced avocado
- 1/2 cup chopped cucumber
- 1/2 cup grape tomatoes cut in half
- 1/4 cup chopped red onion
- 2 cups shredded romaine lettuce.

How to Make It

Step 1

Layer the salsa, shrimp, avocado, cucumber, tomatoes, onion and lettuce in a 1-quart Ball jar. Close the lid and refrigerate for up to 24 hours. To serve, pour the salad mixture into a bowl and toss to coat.



June Character Core:

Determination ~

Overcoming obstacles in order to reach my goal



National Donald Duck Day on June 9th each year commemorates the birthday of the funny Disney animated cartoon character. Donald Duck is most famous for his semi-intelligible speech along with his mischievous and irritable personality. He has appeared in more films than any other Disney character. Donald was also declared in 2002 by TV Guide as one of the 50 greatest cartoon characters of all time.



At the Plate

All the words in the word list are hidden in the grid below, which is shaped like home plate. Look across, down, and diagonally. Circle each word as you find it, and cross it off the word list. When you're done, read the uncircled letters in the grid from left to right, top to bottom, to spell out 3 more baseball terms.

Word List

At bat
Bunt
Double play
Dugout
Error
Fair
Foul
Hits
Home run
Infield
Innings
Pitcher's mound
Runs
Safe
Stolen base
Strike
Umpire
Walk
World Series
You're out

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D L E I F N I S K Y P I T
E O E S A B N E L O T S U
F O U L N H C I A U H G O
A H I B T O T R W R E N G
S H A R L M B E A E U I U
P I T C H E R S M O U N D
L T B L S R P D H U O N S
      S A U O U U L F T R I
      T R N N M R A T S
      R T T P O I Y
      I O I W R
      K R P
      E
    
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Answers: _____

Smile, Snap A Selfie & Post Your Pic on Social Media to Celebrate June!

June 15th is National Smile Power Day. Spend the day perfecting your smile for June 21st, which is National Selfie Day.



On National Selfie Day, don your favorite outfit, find an interesting setting, some flattering lighting, adjust your hair, smile, strike a pose with the perfect angle, and capture your beauty and personality in a selfie with a click of your camera.

You have a little bit of time to add filters, crop, and make corrections before you post your selfie on National Media Day, observed annually on June 30th.