

Enjoying life should not require a vacation day, a trip to the spa, or other costly items. We would all be wise to learn, how to savor, the simple pleasures of life. It could be having fresh berries on our cereal for breakfast, getting up early and watching the sunrise, or blowing bubbles and watching them float away. We often neglect to take the time to “smell the roses” or “feel the breeze” and then without even realizing it; we forget how to take pleasure in life’s simple activities. It is up to each of us to make our days pleasurable by finding uncomplicated, fun and easy ways to enhance life. When was the last time you appreciated the changing shape of a cumulus cloud, running in the rain, or sitting under a tree laughing and sharing memories with someone you love? With the summer weather, let’s try to relax and enjoy the warmth of the sun, the beauty of the evening sky and most of all the happiness and fulfillment that comes from the relationships we have with our family and friends. Remember: *It is not the big things, but each simple pleasure that translates to having a great day.*



## Thoughts to Live By

- Life isn't fair, but it's still good.
- When in doubt, take the next small step.
- The difference between being mediocre and achieving excellence is you.
- Don't compare your life to others. You have no idea what their journey is all about.
- It's never too late to be happy.
- Choose to make an impact, choose to make a difference.
- Don't blow out another's candle for it won't make yours shine brighter.
- Don't audit life. Show up and make the most of it now.
- Get outside every day. Miracles are waiting everywhere.
- Detours in life may lead to discovering places you never knew you loved.
- Make the most of yourself...for that is all there is of you.
- Motivation is what gets you started. Habit is what keeps you going.
- Life isn't tied with a bow, but it's still a gift.

## WATER CONSERVATION

Eartheasy

Saving water is up to all of us. Use these tips to save water and improve our environment: 1. Wash fruits and vegetables in a pan of water instead of running water from the tap. 2. Avoid using running water to thaw food, instead defrost food in the refrigerator where it can remain at a safe temperature. 3. Shorten your shower by a minute and save up to 150 gallons of water per month. 4. Run the washing machine and dishwasher only when they are full. This has the potential of saving 1,000 gallons of water a month. 5. Upgrade older toilets with water efficient models. 6. Wash cars at a commercial car wash where they recycle water. 7. Use a broom, not the hose to clean your driveway. 8. Turn the water off when shaving and brushing your teeth. This could save over 300 gallons of water a month. 9. Plant shrubs/groundcover in hard-to-water areas and plants with the same watering needs together. 10. Water when temperatures are cooler and adjust your watering schedule according to weather conditions. 11. Avoid watering on windy days. 12. Check sprinkler systems for leaks. 13. Use sprinklers that deliver big drops of water close to the ground as smaller water drops and mist often evaporate before they hit the ground. 14. Use ice cubes to water hanging baskets and pots. 15. Monitor your water bill and water meter as tools to detect leaks.

## CALL BEFORE YOU DIG

U S Department of Transportation

### Things you need to know before digging at your home this summer:

- The law requires that you call 811, the free one-call utility notification center, 48-71 hours before digging. This includes small projects like planting trees or shrubs.
- If 811 does not answer, dial 1-888-258-0808 to get a toll-free direct-dial number for the one-call center in your area.
- If you hit an underground utility line while digging you could harm yourself, those around you and disrupt services.
- You could be assessed a fine and be responsible for repair costs.

### Things the one-call utility notification center will do:

- Collect information about your location.
- Contact companies that may operate underground facilities in your location, such as natural gas pipelines, telecommunications systems, electrical utilities and sewer and water pipelines.

### What the utility companies will do:

- Determine if they have facilities in your location.
- Visit the site and mark the location of their facilities with flags or paint.

**DAD:** A man who puts photos in his wallet where his money used to be.

### ENJOY THESE SUMMER ACTIVITIES WITH YOUR KIDS AND GRANDKIDS

- Start a day with donuts and smoothies at the park
- Camp out in your backyard and watch the sunset
- Play shaving cream twister
- Play backyard Yahtzee with giant dice and a bucket
- Have a nature scavenger hunt
- Identify shapes in the clouds
- Put on old shoes and go for a walk in a stream/creek
- Make water bombs out of sponges
- Make mud pies and splash in mud puddles
- Make homemade ice cream and frozen banana pops
- Paint with squirt guns on a canvas
- Watch a movie in your backyard
- Stargaze with your family
- Play “badminton” with (clean) fly swatters and balloons

Create a summer scrapbook and keep a journal of your summer fun!.