



HAPPY FATHER'S DAY

MEN HEALTH

JUNE TIPS FOR

CLEANING YOUR

HOME, YARD, OR

BUSINESS



Summer is getting close

Summer begins on **June 1st** (meteorological summer) or **June 21st** (astronomical summer, marked by the summer solstice) in the Northern Hemisphere.

What Happens in
June

FATHER'S DAY

MEN HEALTH
AWARENESS

SUMMER STARTS

JUNETEENTH DAY

JUNE

**CLEAN SLATE
CLEANING GROUP**

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June cleaning is all about transitioning from spring to summer. Focus your energy on refreshing your HVAC system, storing winter gear, and deep-cleaning outdoor entertainment areas. These targeted tasks prevent allergens, keep your home running efficiently, and prepare your living spaces for warmer weather.

🔆 Outdoor & Patio Prep

- **Patio Furniture:** Wipe down tables and chairs with warm, soapy water. Consider tossing cushion covers in the washing machine if they are removable.
- **The Grill:** Clean greasy grates by heating them up and scrubbing with a cut lemon dipped in salt.
- **Entryways:** Sweep porches, clean doormats, and rub wax paper on your exterior lightbulbs to naturally repel dust and bugs.

❄️ Cooling & Air Quality

- **Air Conditioning:** Replace your air filters and clean or vacuum your interior vents to maximize cooling efficiency.
- **Ceiling Fans:** Dust blades and ensure they are spinning counterclockwise to create a cool, breezy downdraft.
- **Screens & Windows:** Swap heavy drapes for lighter curtains, vacuum your window blinds, and wipe down window tracks before washing the glass

June **lawn care** centers on helping your grass survive the summer heat. Key steps include raising your mowing height to shade the soil, watering deeply but infrequently, and applying a summer-appropriate fertilizer.

Keep your lawn looking its best all summer with these specific June practices:

Mowing

- **Mow Higher:** Raise your mower deck to 3 to 3.5 inches. Taller blades act as a sunshade for the soil, keep roots cooler, and reduce evaporation.
- **Follow the 1/3 Rule:** Never remove more than one-third of the grass blade in a single cut, which prevents shocking the turf in the heat.
- **Sharpen Your Blades:** Ensure blades are sharp for a clean cut that helps prevent disease and stress.

Watering

- **Deep & Infrequent:** Aim for 1 to 1.5 inches of water per week (including rainfall). This forces roots to grow deep into the soil to find moisture.
- **Water Early:** Irrigate in the early morning (between 4 AM and 8 AM) to minimize evaporation and prevent fungal diseases.

Father's Day 2026 is **Sunday, June 21, 2026**. In the United States, the holiday is celebrated annually on the third Sunday in June. This year, the occasion also coincides with the Summer Solstice, making it the longest day of the year.

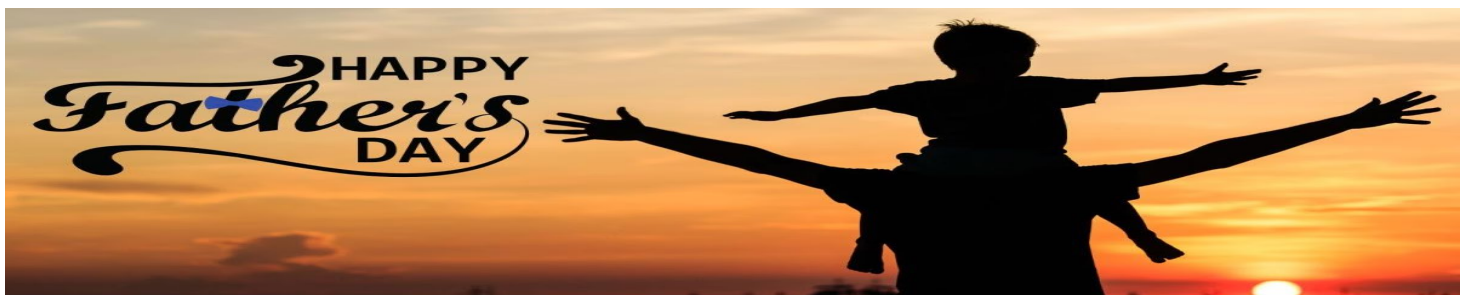
Gift cards are consistently the most popular and frequently purchased item for Father's Day. However, if you are looking for a physical, traditional present, the most popular and highly sought-after categories include:

- **Grilling & Cooking Gear:** Grilling tools, personalized aprons, high-end rubs, meat delivery subscriptions, or multi-fuel pizza ovens.
- **Electronics & Tech:** Wireless noise-canceling earbuds (like AirPods) and smart mugs that keep beverages at a steady temperature.
- **Golf Accessories:** Golf balls, GPS watches, or golf socks and shoes.
- **Classic Grooming & Apparel:** Premium cologne, classic ties, and comfortable slippers



If you are looking to treat the dads or father figures in your life in or around Montgomery, AL, consider these local activities and ideas:

- **The Shoals Golf Club:** Book a tee time on the **Robert Trent Jones Golf Trail** at Capitol Hill for a top-tier golf experience.
- **Local Dining:** Reserve a table at **Central** in downtown Montgomery for an upscale steak and seafood dinner, or plan a casual, award-winning barbecue outing at **Satterfield's**.
- **Riverfront Outing:** Take him to a **Montgomery Biscuits** baseball game at Riverwalk Stadium to enjoy local minor league baseball and family entertainment.



The "official" start of summer depends on which calendar system you follow, as there are two standard definitions:

- **Astronomical Summer:** Begins on the **summer solstice**. In the Northern Hemisphere, it occurs on **Sunday, June 21, 2026, at 4:24 A.M. EDT**. This date varies slightly each year, usually falling between June 20 and June 22.
- **Meteorological Summer:** Begins on **June 1** and ends on August 31. Meteorologists and climatologists use this fixed date-based system to keep seasonal data consistent and to better align with yearly temperature cycles.

HAPPIEST HEALTH

Ways to get summer ready

Various measures which can be taken to stay healthy during summer include

- Wearing breathable fabrics like cotton
- Ensuring adequate water intake
- Avoiding venturing out in the scorching heat
- Exercising regularly and hydrating properly between exercises
- Consuming citrus and salt-containing fruits like apples and papayas



Summer is near and June is indeed **Men's Mental Health Awareness Month**, dedicated to breaking the stigma that prevents men from seeking help for depression, anxiety, and trauma. Raising awareness is vital to saving lives, as men are statistically less likely to seek mental health support and face significantly higher rates of suicide.

JUNE IS MEN'S MENTAL HEALTH AWARENESS MONTH

Strong minds. Healthy lives. Stronger communities.

Mental health is essential for every man. Taking care of your mind is a sign of strength, not weakness.

HEALTHY TIPS

- STAY ACTIVE**
Regular exercise boosts mood and reduces stress.
- STAY CONNECTED**
Build strong relationships and talk with people you trust.
- MANAGE STRESS**
Practice relaxation techniques like deep breathing or meditation.
- GET ENOUGH SLEEP**
Quality sleep helps improve focus, mood, and overall well-being.
- ASK FOR HELP**
It's okay to seek support. You don't have to go through challenges alone.

WE'RE HERE FOR YOU
The CSU Counseling Center is here to support your mental health and wellness. Confidential. Compassionate. Here to help.

773-995-2383
counselingcenter@csu.edu
Dr. Christine Brown, Director

YOUR MENTAL HEALTH MATTERS
Take care of yourself. Reach out. You are not alone.

#MensMentalHealthMatters



Juneteenth (June 19) is a national holiday commemorating the emancipation of enslaved African Americans. In 2026, it falls on Friday, June 19, creating a long weekend for many.

Closures & Operations

- **Government & Mail:** Federal and state government offices, courts, and post offices are closed.
- **Financial:** Federal Reserve banks, commercial banks, and credit unions will be closed.
- **National Parks:** While the holiday itself remains federally recognized, the free-entry day for the National Park Service on Juneteenth was eliminated, and free entry was shifted to Flag Day.

Montgomery, Alabama, celebrates Juneteenth in 2026 with a lineup of free, community-wide events from June 19th through June 20th. The Equal Justice Initiative (EJI) is offering free admission to all of its Legacy Sites, and the city will host multiple block parties, a jazz concert, and outdoor activities.

Key events and celebrations include:

- **EJI Legacy Sites & Concert:** EJI is offering free admission to *The Legacy Museum*, *The National Memorial for Peace and Justice*, *Freedom Monument Sculpture Park*, and the newly opened *Montgomery Square*. EJI's Juneteenth celebration also features a major concert in downtown Montgomery.
- **Rosa Parks Museum Freedom Day Block Party:** Scheduled for Saturday, June 20th (11:00 AM to 4:00 PM), this annual event features live music, educational workshops, local vendors, and family-friendly activities.
- **Juneteenth River Jam:** Take a 90-minute moving celebration on the Alabama River aboard the *Sip-n-Cycle Pedal Cruise*.
- **I Love Me Some Black Folks Juneteenth Mixer:** Hosted by Live Like An Icon on June 19th at KRU on Mt. Meigs, this late-afternoon event celebrates Black culture, entrepreneurship, and community.
- **Montgomery Zoo:** The zoo and Mann Wildlife Learning Museum remain open on the holiday itself, making it a popular spot for outdoor family outings.