

## Inside This Issue

St. Patrick's Day	1
Green Living	2
In Theatres	3
Internet Tidbit	4
Observation	5

## Web Resources

[NationalCalendarDay.com](http://NationalCalendarDay.com)

[History.com](http://History.com)

[IMDB.com](http://IMDB.com)

[Coffitivity.com](http://Coffitivity.com)

## Newsletter

# Resident Link

Volume 12, Issue 3

March 2019 Newsletter

## The History and Tradition of St. Patrick's Day

St. Patrick's Day is a holiday known for parades, shamrocks, and all things Irish. St. Patrick's Day is celebrated annually on March 17th, the anniversary of the death of Saint Patrick in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years.



On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green. Today, approximately 1 million people annually take part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is Chicago's annual dyeing of the Chicago River green. Although North America is home to the largest productions, St. Patrick's Day is celebrated in many other locations far from Ireland, including Japan, Singapore and Russia.

## Green Living Tip

In most homes, the clothes dryer is the third most energy-consuming appliance. To reduce the environmental effects of your dryer, consider looking at the practice of air-drying. You don't need a large clothes line to get the job done. A small rack or retractable line can be put up in most small spaces. While it does take longer to dry your clothes, they will last longer as there is less wear and tear. If you aren't ready to completely ditch your dryer, consider drying your clothes for just a few minutes in the machine and then hanging them to complete the drying process in the air.

Reduce . Reuse . Recycle.



## Playing @ The Movies

### Dumbo

Inspired by Disney's 1941 animated film, the all-new live-action adventure "Dumbo" expands on the beloved classic story. A young elephant, whose oversized ears enable him to fly, helps save a struggling circus. When the circus plans a new venture, Dumbo and his friends discover dark secrets.

### Movie Stats

Rating: PG / Fantasy & Adventure

Release Date: March 29, 2019

Director: Tim Burton

Starring: Eva Green, Colin Farrell, Danny DeVito



## Your Monthly Internet Tidbit

***"The website Coffitivity.com offers a free, ambient coffee shop soundtrack to give you just the right level of background noise."***

Can background noise increase your creativity? Researchers at the University of Illinois found that the ambient noise typically found in a coffee shop increased the creative thought process of study subjects more than working in a quiet room. This is great if you have the opportunity to work in a coffee shop, but what if you are stuck at home or in a quiet office? Well, now you can bring those sounds to your own work environment. The website Coffitivity.com offers a free ambient coffee shop soundtrack to give you just the right level of background noise. You can get the soundtrack on your computer or download the app to take it with you.

*Check it out today at [Coffitivity.com](http://Coffitivity.com)*

## March is National Kidney Month

National Kidney Month during March is a reminder to give our kidneys a check up. 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or family history of kidney failure. 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys regulate water, remove waste, regulate minerals, and produce hormones. Located in our lower back, these two organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.



*For more information, visit [NationalDayCalendar.com](http://NationalDayCalendar.com)*



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