

Inside This Issue

Christmas Day	1
Green Living	2
In Theatres	3
Internet Tidbit	4
Observation	5

Web Resources

NationalCalendarDay.com

History.com

GreenLivingTips.com

Imdb.com

AnnualCreditReport.com

Newsletter

Resident Link

Volume 12, Issue 2

February 2019 Newsletter

Spread Love on Valentine's Day

Every February 14th, the United States and other countries around the world celebrate the name of St. Valentine. Restaurants and eateries are seen to be filled with couples who celebrate their relationship and the joy of their togetherness through delicious cuisines.



This holiday pays homage to a Patron Saint of Love, Valentine, who died more than a thousand years ago on February 14th. Valentine's most depicted symbols are Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Thus, this day became a day for all lovers, and Valentine became its Patron Saint. It began to be annually observed by young Romans who offered handwritten greetings of affection, known as Valentines, on this day to the women they admired.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day. Traditional gifts include candy, like boxed chocolates as well as stuffed animals, and flowers, particularly red roses, which are a symbol of beauty and love.

Green Living Tip

Even if your apartment home is well insulated, you can still lose some heat through your windows. One easy solution to this is to use blackout curtains. These curtains have a backing that is made from very tightly woven fabric, which blocks most of the light, along with preventing up to 25 percent of heat loss through your windows.

You can open your curtains during the day to allow the heat of the sun to come into your home, and then close them up at night to block light, noise, and heat loss. It will certainly help you save money on your heating bill this winter season.

Reduce . Reuse . Recycle.



Playing @ The Movies

Isn't It Romantic

Natalie is a New York architect who works hard to be noticed at her job. Always cynical about love, things go from bad to weird when she is knocked unconscious and magically awakes to find herself in an alternate universe where she's playing the leading lady in a real-life romantic comedy.

Movie Stats

Rating: PG-13 / Fantasy & Romance

Release Date: February 14, 2019

Director: Todd Strauss-Schulson

Starring: Rebel Wilson, Liam Hemsworth, Priya Chopra



Your Monthly Internet Tidbit

"Get a free credit report from the major nationwide credit reporting companies"

Reviewing your credit report annually is one of the most important things you can do to help keep you from becoming a victim of identity theft. There are a lot of companies offering you a free credit report, but be wary. You can get a truly free credit report from each of the three nationwide consumer credit reporting companies (Equifax, Experian, and TransUnion) at AnnualCreditReport.com. Using this website, you can view and print your credit report and request your credit report by phone or mail. You are eligible to receive one free credit report from each of the three agencies every 12 months.

Check it out today at AnnualCreditReport.com

February is National Heart Month

American Heart Month isn't just for lovers. February also reminds us to take care of our heart, which began in 1964 when President Lyndon B. Johnson declared the first American Heart Month to tackle the issue of heart disease in the U.S.

Heart disease can happen at any age, but some risk factors are preventable. American Heart Month teaches us the ways we can reduce our risks, while eliminating those we have control over. Risks include: obesity, physical inactivity, high blood pressure, high cholesterol or diabetes. Find out what steps you can take to prevent future heart issues by visiting your doctor regularly.



For more information, visit NationalDayCalendar.com



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