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## Web Resources

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

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

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

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

## Newsletter

# Resident Link

Volume 15, Issue 8

August 2022 Newsletter

## Preparing Your Kids for Back-to-School Season

It's about that time to gear up for back-to-school season!

The school year has traditionally begun in the fall and ended in late spring, allowing the children of farmers in our agricultural society to help with planting and harvesting. Although this is not the case in modern times, the tradition of reconvening in the autumn continues.



As August begins, it's finally time to dust off the backpacks, fill them up, and plan for a new school year. Preparing children for the new year includes purchasing everything from supplies and clothes to planning regular checkups and other necessary appointments before their regimented schedule begins. Like you, teachers have also begun developing their lesson plans, readying their classrooms for yet another year of success.

Despite all the excitement, the expense of going back to school can put a damper on your overall good mood of not having to put up with your kids 7-days week. Around the country, non-profit organizations pull together to make the first day of school fun for every student with fill-the-bus events, backpack programs, and teacher supply initiatives. These programs show us how community can come together and help fill in the gaps to ensure that everyone has the education experience they deserve.

## Green Living Tip

It may seem surprising, but washing your dishes using a dishwasher, as opposed to hand washing, is better for the environment. A study conducted by researchers at the University of Bonn in Germany found that energy efficient dishwashers use only 50 percent of the energy and a small fraction of the water used when hand washing. They also use less soap. Dishwasher detergent tends to be harsher for the environment, but there are many environmentally friendly products on the market that work just as well as their less earth-friendly alternatives.

Reduce . Reuse . Recycle.



## Playing @ The Movies

### Easter Sunday - The Movie

Stand-up comedy sensation Jo Koy stars as a man returning home for an Easter celebration with his riotous, bickering, eating, drinking, laughing, loving family, in this love letter to his Filipino-American community.

#### Movie Stats

Rating: PG-13 / Comedy

Release Date: August 5, 2022

Director: Jay Chandrasekhar

Starring: Jo Koy, Tia Carrere, Tiffany Haddish



## Your Monthly Internet Tidbit

***Instructables.com is the ultimate DIY site, and every project features instructions, diagrams, & videos.***

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Instructables.com is the ultimate DIY site, and every project features instructions, images, diagrams, and even videos. If you have a project you'd like to share, you can upload it as well and then get users' comments to collaborate on your project. Best of all, it is free, so get your creative juices flowing with a visit to Instructables.com.

*Check it out today at [Instructables.com](https://www.instructables.com)*

## August is National Wellness Month

National Wellness Month focuses on self-care, managing stress, and promoting healthy routines. Live Love Spa founded National Wellness Month in 2018 to foster community, connection, and commerce within the Wellness industry. The month is meant to inspire consumers to focus on wellness, and it provides a platform for wellness companies to highlight their services and benefits.

Research has shown self-care helps manage stress and promotes happiness. Take the time to slow down and take a deep breath, whether you challenge yourself to a new yoga pose or try a different spa treatment. All it takes is a small change and to make an impact your health in positive ways.



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



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