Resident Link

Web Resources

Dol.go

GreenLivingTip.com

Moviefone.com

Coffitivity.com

NationalDayCalendar.com

Newsletter

Labor Day Pays Homage to the U.S. Worker

On September 7, 2020, the U.S. Department of Labor celebrates and honors the greatest worker in the world – the American worker. Labor Day being celebrated as a national holiday in the United States.

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882 in New York City, in accordance with the plans of the Central Labor Union. By 1894, 23 more states had adopted the holiday, and in the same year, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

The vital force of labor in our country has ensured one of the highest standards of material living in the world, as well as the successful output of products and services. All in all, it has brought America closer to our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute to the creator of so much of the nation's strength, freedom, and leadership, the American worker.

Green Living Tip

There are so many disposable products that we use on the daily basis, and we simply take their usage for granted. To be more environmentally sound, try to switch away from disposable products to those that are reusable. These include food and beverage containers, cups, plates, pens, razors, diapers, towels, and shopping bags— and of course, plastic straws, which have been a heightened topic of debate in recent months.

Reduce . Reuse . Recycle.

Playing @ The Movies

Mulan — The Movie

When the Emperor of China issues a decree that one man from every family must serve in the Imperial Army, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father and harnesses her inner strength to embrace her full potential.

Movie Stats

Rating: PG-13
Release Date: September 4, 2020 - *Streaming on Disney+*
Director: Niki Caro
Starring: Yifei Liu, Donnie Yen, and Jet Li

Your Monthly Internet Tidbit

"Coffitivity.com recreates the ambient sounds of a coffee shop to boost your creativity and help you work better!"

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?
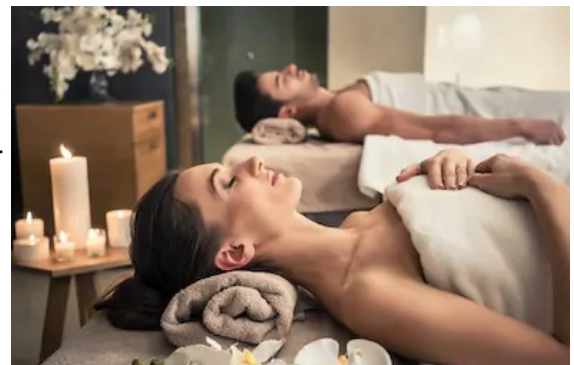
Now, you can bring those sounds to your own work environment. Coffitivity.com offers a free ambient coffee shop soundtrack to give you just the right level of background noise—just download the app to take it with you!

Check it out today at Coffitivity.com

September Is National Self-Care Awareness Month.

Self-Care Awareness Month is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives because we all tend to put the needs of others before our own. However, it is crucial to remember that we cannot fill another's cup from our own empty vessel, hence, self-care.

Use the month of September to make self-care a part of your daily routine and practice being good to yourself. It can be as simple as setting time aside for some conscious breathing or as luxurious as a devoted spa day. The kindness we show towards ourselves will manifest into a kinder world. So, take this month to better explore the concept of self-care.

For more information, visit NationalDayCalendar.com