

Hope of Martin Community Development Corporation

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It's school time again!

9 Facts about Immunizations

- 1) Vaccines prevent millions of deaths.*
- 2) There are 12 recommended vaccines.*
- 3) Vaccines stimulate your immune system.*
- 4) You can locate your vaccination records.*
- 5) Certain shots are suggested for pregnant women.*
- 6) Vaccines are thoroughly tested.*
- 7) Vaccines may limit the spread of antibiotic resistance.*
- 8) Vaccines have nearly eradicated polio.*
- 9) Not everyone can vaccinate.*

Back To School Ideas Your Family Will Love

- 1) Back to school breakfast- fun and simple (or elaborate as you want).
- 2) Words of encouragement- write with sidewalk chalk on the driveway, with dry erase marker on a mirror, or sticky post-it notes.
- 3) Something to keep with them- for girls, it could be a mommy and me bracelet and for boys it could be special rock.
- 4) Back to school pictures with a sign- like, first day of preschool or first day of elementary, etc.
- 5) Close out summer with a bang- do something special on the last day of summer.
- 6) Do a special meal or snack after the first day- have a special meal to talk about their first day.
- 7) Read a back to school book.
- 8) Make lunch special- include a special treat or a little note.

News

City of Martin Business Fair is August 22nd starting at 5:00. It will be held at the Martin Public Library Event Center Space.

Natural Mold Cleaner

- *Use undiluted white vinegar on hard surfaces in kitchens and baths.
- *A bleach solution also works to kill mold. Mix one cup of bleach in a gallon of water, apply to the surface, and don't rinse.
- *Mix a 50/50 solution of ammonia and water. Spray on the surface, wait two to three hours, then rinse.
- *Never mix ammonia with bleach or other all-purpose cleaners; this will create toxic and dangerous fumes.

