



HEALTHY

April 2012 Vol 7 Iss 4



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

Brought to you by:



6801- D W. Colonial Dr.
Orlando FL 32818
(407) 291-1236

In This ISSUE

- Car Insurance Know-How
- Beans: Heart Healthy
- April Birthday Hall of Famer Charlie Chaplin
- First Modern Olympic Games
- *Who Wants to Win?*

April

The 1st Boston Marathon Was Held in 1897

The Boston Marathon was originally a local event, but its fame and status have attracted runners from around the world. For most of its history, the Boston Marathon was a free event, and the only prize awarded for winning the race was a wreath woven from olive branches. However, corporate-sponsored cash prizes began to be awarded in the 1980's, when professional athletes began to refuse to run the race without cash awards. The first cash prize for winning the marathon was awarded in 1986.

Women were not allowed to enter the Boston Marathon officially until 1972. Roberta (Bobbi) Gibb is recognized as the first woman to run the entire Boston Marathon (in 1966). In 1967, Kathrine Switzer, who had registered as K.V. Switzer, was the first woman to run with a race number. She finished, despite a celebrated incident in which race official Jack Semple tried to rip off her numbers and eject her from the race.

Crummy Solution

Too much mayonnaise or salad dressing can ruin a dish. To fix the problem, try adding bread crumbs to absorb the excess.



Get Better Locks!

OK, so you're in a hurry to go on a short errand and you rush out the door without thinking. Mistake. Even the best locks can't protect you from burglaries if you don't use them.

If you do remember to lock the door, doing it won't help much if you don't have a good lock. The National Crime Prevention Council estimates that only half of us have dead-bolt locks on all of our entry doors. That means ALL doors, not just the front door.

Windows should be locked as well. Many a thief or home invader is willing to climb through a window to gain access.



The National Crime Prevention Council has other advice on prevention:

- Trim bushes close to the house so a burglar can't hide there.
- Never hide a key on the premises. Crooks are experts at finding them. Instead, leave a spare key with a trusted friend or neighbor.
- Make friends with your neighbors. They will keep an eye on your place and call the police when suspicious activities occur.
- Light the entrances to your home, including the front door, the back door, the sliding door and any others.
- Stop mail and newspaper deliveries when you leave for a vacation or a business trip. Piled up newspapers are an obvious tip off that the house is empty. A burglar can take his time deciding what to steal or whether to call a moving van and clean the place out.

Car Insurance Know-How

Many people think comprehensive auto insurance protects against everything -- including collisions with other vehicles -- as its name implies. Insurers use the word "comprehensive" to refer to coverage of damage caused by events other than vehicle collisions -- fire, flood, storm damage, animal collisions, theft or vandalism.

Also: Getting car and home insurance from the same company doesn't always get you the best rates, so shop around. Rates don't always drop when a driver reaches the age of 25; it depends upon his/her claims history, make of the car and other factors.

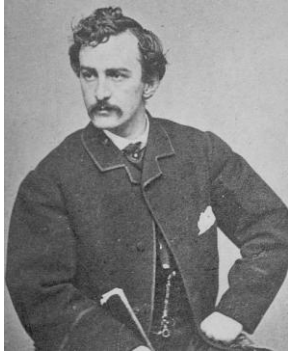
- Rick Crawley, Progressive Insurance Companies



Visit Us At Our Website PHDPHARMACY.BIZ!

President Abraham Lincoln Shot April 14th, 1865

Originally, John Wilkes Booth, a well-known actor and a Confederate spy from Maryland, had formulated a plan to kidnap Lincoln in exchange for the release of Confederate prisoners. After attending an April 11th speech in which Lincoln promoted voting rights for blacks, an incensed Booth changed his plans and determined to assassinate the President. Learning that the President and the First Lady would be attending Ford's Theater, he laid his plans, assigning his co-conspirators to assassinate Vice President Andrew Johnson and Secretary of State William H. Seward.



Without his main bodyguard Ward Hill Lamon, Lincoln left to attend the play *Our American Cousin* on April 14, 1865. As a lone bodyguard wandered, and Lincoln sat in his state box (Box 7) in the balcony, Booth crept up behind the President and waited for what he thought would be the funniest line of the play, hoping the laughter would muffle the noise of the gunshot.

When the laughter began, Booth jumped into the box and aimed a single-shot, round-slug .44 caliber Derringer at his head, firing at point-blank range. Booth then leapt to the stage and shouted "*Sic semper tyrannis!*" (Latin: *Thus always to tyrants*) and escaped, despite a broken leg suffered in the leap.

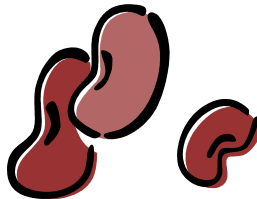
A twelve-day manhunt ensued, in which Booth was chased by Federal agents. He was eventually cornered in a Virginia barn house and shot, dying of his wounds soon after.

The President was taken across the street from the theater to the Petersen House, where he lay in a coma for nine hours before dying. Several physicians attended Lincoln. Using a probe, they located some fragments of Lincoln's skull and the ball lodged six inches inside his brain. Lincoln never regained consciousness and was pronounced dead at 7:22:10 am, April 15th, 1865. He was the first US President to be assassinated, or to lie in state.

Beans: Heart Healthy

If you don't know beans about beans, here's a start. They're good for your heart. They fight cholesterol even among people at risk for heart disease. One study of pinto beans, the most common kind of bean, by the USDA Human Nutrition Research Center shows that regularly eating just a small amount three times a week leads to cholesterol reduction.

That means you don't have to cook a whole pot of beans to get that benefit along with other vitamins including vitamin B6. Pinto beans are a common filling for burritos. They can also be eaten whole, in broth, mashed or refried.



Round and Round We Go

Have you ever wondered how to efficiently get the last drop of ketchup out of the bottle? All you have to do is to hold the neck of the bottle, then swing the bottle in a circular motion from your side and make sure you hold on tight!

Pantyhose Instead of Metal Ties

Old pantyhose can be cut into narrow strips and used to tie up plants. This works better than green metal or plastic ties. The pantyhose will expand and the plant grows.



Pharmacist Tip of the Month!



Oscar Mbionwu RPh **Executive Pharmacy Manager** **Diabetic Educator**

A great way to maintain a healthy cardiovascular system is by adding flaxseed to your daily diet. Flaxseed actually contains what is called alpha-linolenic acid, which is a fatty acid essential in controlling blood pressure. They have a benefit of helping with digestion; just make sure the flaxseed is crushed for easier consumption and absorption.

On Experience

*A man who carries a cat by the tail learns
something he can learn
in no other way.*

Mark Twain

*A mind that is stretched by a new experience can
never go back
to its old dimensions.*

Oliver Wendell Holmes, Jr.

Deep experience is never peaceful.

Henry James

*Experience enables you to recognize a mistake
when you make it again.*

Franklin P. Jones

*Life can only be understood backwards; but it
must be
lived forwards.*

Soren Kierkegaard

*Life is the art of drawing
without an eraser.*

John W. Gardner

How To Win \$25

Have a useful household tip or remedy to share?

If we use yours, you win \$25.

Please direct all entries to:

Tips@HealthyHomeTimes.com

Please include your name, full mailing address
and phone number.

April Birthday Hall of Famer Charlie Chaplin



English comic, director and icon of the silent film-era **Charlie Chaplin** was born April 16, 1889 in Walworth, London, England, and died at the age of 88, on Christmas day 1977. Most remembered for his portrayal of a character known simply as "The Tramp", his unique look is instantly recognizable, even today. The American Film Institute has ranked Chaplin as the 10th greatest male screen legend of all time.

Chaplin's Film-making Techniques: When it came to creating his films, he was very secretive of his methods, which were not revealed until after his death. He likened the film-making craft to being a magician -- and a magician never reveals his methods!

The Method: His films were shot without a script. He would normally start with a vague concept (for example, "Charlie works at a pawn shop"), and then use the people and props at hand to improvise gags and activity around them. Ideas were accepted, discarded, developed, improved, and soon enough, a narrative would begin to emerge, which frequently would require Chaplin and his cast to reshoot previous scenes to make them better mesh with the emerging storyline.

This style of meticulous film-making was very taxing on the cast. He would shoot scores of takes of the same scenes, until every motion of every actor was to his liking. This expensive, time-consuming combination of improvisation and relentless perfectionism would often take its toll on Chaplin as well, who in frustration would often lash out at the cast and crew, or even spur him to shut down production altogether.

All experience is an arch, to build upon.
Henry B. Adams

Bermuda Triangle Remedy

Before putting socks into the washing machine, pin together the two that make a pair with a safety pin. You might lose two socks, but likely not just one!



Cleaning a Fish Tank

Place some non-iodized salt on a sponge and clean away. Make sure that the salt is not iodized or no more fish.



In honor of National Poetry Month, here is a list of the **Ten Most Famous Lines of Poetry** (from 10 to 1).



*Out of the night that covers me,
Black as the pit from pole to pole,*
William Ernest Henley

*Mine eyes have seen the glory
of the coming of the Lord*
Julia Ward Howe

*I think that I shall never see
A poem lovely as a tree.*
Joyce Kilmer

*By the shore of Gitchie Gumee,
By the shining Big-Sea-Water,*
Henry Wadsworth Longfellow

*But I have promises to keep,
And miles to go before I sleep*
Robert Frost

*Once upon a midnight dreary,
While I pondered weak and weary,*
Edgar Allen Poe

*Into the valley of Death
Rode the six hundred*
Alfred Lord Tennyson

Shall I compare thee to a summers day
William Shakespeare

*Water, water, everywhere,
Not any drop to drink.*
Samuel Taylor Coleridge

*How do I love thee?
Let me count the ways.*
Elizabeth Barrett Browning

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month!

Our business runs on the positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all these fine folks who referred us...

William Sherr, Ali Mohammed

We Don't Have a Business Without YOU!

Good or bad, we can't fix what we don't know is broken. Please call our toll-free testimonial hotline and let us know, good AND bad. Tell us what you like and do not like about doing business with us!

We are committed to continuously improving because we want to be YOUR family's pharmacy.

**1(800) 609-9006 ext. 2679
Available 24/7**



TIMES
Secrets For Living
A Healthy, Wealthy
& Happy Life



April 6, 1896: The First Modern Olympic Games Opened in Athens, Greece

Your New Issue Has Arrived!

**Look Inside For Some
Amazing Money-Saving
Tips and More!**

There were fewer than 250 athletes at the first Olympic Games of the modern times. The Panathenian Stadium, restored for Zappa's Games of 1870 and 1875, was refurbished a second time in preparation for this inaugural edition. These Olympics featured nine sporting disciplines: athletics, cycling, fencing, gymnastics, shooting, swimming, tennis, weightlifting and wrestling. There were rowing events scheduled for competition, but they had to be cancelled due to bad weather conditions.

The Greek officials and public were enthusiastic about the experience of hosting the inaugural Games. This feeling was shared by many of the athletes, who even demanded that Athens be the host of the Olympic Games on a permanent basis. The IOC had, however, imagined these modern Olympics to be an itinerating and truly global event, and thus decided differently, planning for the second edition to take place in Paris in 1900.

CONGRATULATIONS!

**The winners of last month's
Trivia Contest are...**

Jessica Pier, Orlando
Bianca Matthews, Orlando
Alexandria Stewart, Orlando

These winners were the first to correctly answer
our March Trivia Challenge:

**Which flower is worn on St. David's Day
in Wales on March 1 each year?**

B) Daffodil

You may be the next BIG winner –
Take your shot at the April Trivia Challenge!

Who Wants To Win?

*Take our Trivia Challenge
and you could win too!*

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. The first 3 people who e-mail us with the correct answer win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then e-mail us at:

phdpharmacy@live.com

This month's Mega Trivia Question:

**What was the name of the play Abraham Lincoln was
watching when he was shot?**

A) *Superstition* B) *Life in Louisiana*
C) *Our American Cousin* D) *The Lion King*

HINT: The answer is somewhere in this newsletter