



# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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### June

#### Summer in the South by Paul Laurence Dunbar

*The oriole sings  
in the greening grove  
As if he were half-way waiting,  
The rosebuds peep from  
their hoods of green,  
Timid and hesitating.  
The rain comes down  
in a torrent sweep  
And the nights smell  
warm and pinety,  
The garden thrives,  
but the tender shoots  
Are yellow-green and tiny.  
Then a flash of sun on a waiting hill,  
Streams laugh that erst were quiet,  
The sky smiles down  
with a dazzling blue  
And the woods run mad with riot.*

#### Peer Pressure: The Drummer

A drummer in the school band, tired of being ridiculed by his peers, decided to learn how to play some "real" musical instruments. He walked into a music store, approached the clerk and said, "I'll take that red trumpet over there and that accordion."

The store clerk looked at him a bit funny and replied, "Okay, you can have the fire extinguisher, but the radiator's got to stay."

### Father's Day is June 17th



The idea to start an annual Father's Day celebration was the brainchild of a woman named Sonora Dodd of Washington. She first had the idea for a "Father's Day" while listening to a Mother's Day sermon in 1909. Sonora wanted a special day to honor her father, William Smart, who was a Civil War veteran. He had been widowed after his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington State.

It wasn't until after Sonora became an adult that she realized the selflessness her father had shown while raising his children as a single parent. In her eyes, he was a courageous, selfless and loving man. In honor of his June birthday, she chose to hold the first Father's Day celebration on June 19, 1910, in Spokane, Washington.

In 1924, President Calvin Coolidge supported the idea of a national Father's Day, but it was not until President Lyndon B. Johnson signed a presidential proclamation in 1966 that the third Sunday in June would be recognized as Father's Day nationwide.

### June 16<sup>th</sup> is International Violin Day

*In Honor of Igor Stravinsky's Birthday*

- The modern violin contains over 70 separate pieces of wood.
- The world's smallest violin measures just under one centimeter long and took seven years to make.
- Joseph Merlin of Huy, Belgium was the inventor of roller skates in 1759. To introduce his invention, he entered a ballroom on his skates while playing a violin. Unfortunately, he had not figured out how to stop and crashed into a full-length mirror, breaking his violin.
- Violinists are able to use both sides of their brain better than most non-violinists.
- Violins are generally made of either maple or spruce wood.
- Though violin-type instruments can be traced back thousands of years, the official design was created by an Italian lute-maker named Andrea Amati in the 1500's. He was asked to make the instrument as a lighter alternative to the lyre.
- The most famous name in violin history is Antonio Stradivarius (1644-1737), an Italian master-craftsman. He crafted violins, as well as cellos, guitars, violas and harps. Of the 1,000 instruments he created, over 600 still exist, including close to 500 violins.



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## Ups and Downs: The Yo-Yo June 6<sup>th</sup> is International Yo-Yo Day



The yo-yo comes from the Philippines, where it was originally used as a hunting weapon. The name yo-yo is said to have come from a Tagalog word meaning “come-come” or “return.” However, the earliest surviving yo-yo was thought to be of Greek origin, dating back to 500 BC, and was made using terra cotta skin discs. There is a Greek vase painting from this time period that shows a Greek boy playing with a yo-yo.

Despite showing up in many different places in the world, the yo-yo, also known as the bandelore, would remain relatively obscure until 1928 when Pedro Flores (a Filipino American) opened the Yo-Yo Manufacturing Company in Santa Barbara, CA. Within a year, the company was producing 300,000 units every day to meet the increased demand. An entrepreneur named Donald Duncan recognized a grand opportunity and purchased the company and all of its assets in 1929 for \$250,000. The Duncan Yo-Yo Empire was born.

The first World Yo-Yo Contest occurred in 1932 in London, England and was won by a man named Harvey Lowe. The Duncan Yo-Yo was inducted into the National Toy Hall of Fame in Rochester NY in 1999.

## Ups and Downs: The Kite

Kites originated in China almost 3,000 years ago, where ideal kite-building materials were readily available: silk fabrics, silk string for flying line and bamboo for a strong, light-weight framework. Some credit the invention of the kite to famed 5th century BC Chinese philosophers, Mozi and Lu Ban. Paper kites were not created until a thousand years later.



In Chinese history, kites had many uses including measuring distances, testing the wind, lifting men and items, signaling and communicating during military operations. Some kites were fitted with strings and whistles to make musical sounds while flying.

When introduced to India, the kite evolved into the Fighting Kite, known as *patang*, and annual kite competitions were held on the day of Makar Sankranti (a general-purpose harvest-related holiday).

The most famous kite-related legend may not have actually happened – that of Benjamin Franklin’s storm flight to prove that lightning was electricity. He proposed the experiment in a published paper in 1750, but it is unknown if Franklin ever performed the experiment himself. However, two years later on May 10, 1752, a Frenchman named Thomas-Francois Dalibard successfully conducted Franklin’s experiment.

## Easy Microwave Cleaning



To easily clean your microwave you must first remove any racks inside the appliance. Crumple up and dampen 2-3 SCOTT® Towels with water. Place dampened towels in the microwave and turn it on for 20 seconds. Use the hot towels to wipe the inside of the door and interior of the microwave. It should easily remove most splatters. Repeat with fresh towels if necessary. CAUTION: Towels may be steamy hot to the touch for several seconds.

## Keep Flower Pots from Leaking Soil

Place a coffee filter or SCOTT® Towel, cut to size, in the bottom of an empty flower pot. Then add your small stones, followed by the fertilized soil, the plant and the mulch. You will no longer see soil leaking out of the bottom of the pot when you water the plant.



## Prettier Grocery Bag Storage

Use an empty Kleenex® tissue box to store plastic grocery bags. It is a pretty container and bags are hidden.

# Pharmacist Tip of the Month!



**Oscar Mbionwu**  
Executive Pharmacy Manager

### Sunscreen

Most people know that sunscreen is important for shoulders, backs, legs, and arms when out in the sun but there are other parts of the body that are often overlooked. When enjoying the beautiful sun, be sure to use sunscreen on your ears, lips, and even the tops of your feet as well!

### Marilyn Monroe Quotes

*A career is wonderful, but you can't curl up with it on a cold night.*

*Dogs never bite me. Just humans.*

*Dreaming about being an actress is more exciting than being one.*

*Hollywood is a place where they'll pay you a thousand dollars for a kiss and fifty cents for your soul.*

*I restore myself when I'm alone.*

*I've been on a calendar, but I've never been on time.*

*If I'd observed all the rules, I'd never have got anywhere.*

*No one ever told me I was pretty when I was a little girl.*

*All little girls should be told they're pretty, even if they aren't.*

## 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](mailto:Tips@HealthyHomeTimes.com)

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

## 8 Basics of Creative Writing by Kurt Vonnegut

In honor of the June, 1868 invention of the typewriter by *Christopher Sholes*, here are the classic "8 Basics of Creative Writing" by the legendary Kurt Vonnegut.

With his customary wisdom and wit, Vonnegut put forth what he calls *Creative Writing 101*...

1. Use the time of a total stranger in such a way that he or she will not feel the time was wasted.
2. Give the reader at least one character he or she can root for.
3. Every character should want something, even if it is only a glass of water.
4. Every sentence must do one of two things - reveal character or advance the action.
5. Start as close to the end as possible.
6. Be a sadist. No matter how sweet and innocent your leading characters, make awful things happen to them -- in order that the reader may see what they are made of.
7. Write to please just one person. If you open a window and make love to the world, so to speak, your story will get pneumonia.
8. Give your readers as much information as possible as soon as possible. To heck with suspense. Readers should have such complete understanding of what is going on, where and why, that they could finish the story themselves, should cockroaches eat the last few pages.



## National Fishing Week

### *Fun Fishing Facts*

- A goldfish can live up to 40 years.
- An octopus has three hearts.
- A starfish doesn't have a brain. They can also have up to 16 arms.
- The stonefish, which lives off the coast of Australia, is the most poisonous fish in the world.
- The lung fish can live out of water for as long as four years.
- The leatherback is the biggest sea turtle, weighing as much as 1,500 pounds.
- Animals with really long lives include the Marion's tortoise (150 years), the fin whale (115 years) and the deep-sea clam (100 years).
- The smallest fish in the world are the Pygmy Goby and the Luzon Goby, from the Philippines, which are only a half-inch long fully grown.
- At 188 decibels, the whistle of the Blue Whale is the loudest sound produced by any animal.
- There are over 25,000 identified species of fish on earth – that is more than all of the species of amphibians, reptiles, birds and mammals combined. It is estimated that there remain at least 15,000 more fish species yet to be identified.
- The largest fish in the sea is the Great White Shark, which can reach fifty feet in length.



## Swifter Sweeper

When you run out of disposable covers for your lightweight sweeper pad, try a couple of used dryer fabric softener sheets. They work great!

## Listerine for Bugs

In order to get rid of ants or bugs anywhere in your home, from your kitchen table to your bathroom floor, moisten a sponge with Listerine and wipe the area. It will kill the ants or bugs and your problem will disappear.



## The Librarian

A patron asked the librarian why *The Tales of Robin Hood* had been withdrawn from the collection. The librarian replied, "Too much Saxon violence."

## 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...

**Jeffery Barlett**

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**HEALTHY**

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## Your New Issue Has Arrived!

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

### Remembering D-Day: June 4, 1944

The D-Day operation of June 6, 1944 brought together the land, air and sea forces of the allied armies in what became known as the largest invasion force in human history. The operation, given the codename OVERLORD, delivered five naval assault divisions to the beaches of Normandy, France.

The invasion force included 7,000 ships and a landing craft manned by over 195,000 naval personnel from eight allied countries. Almost 133,000 troops from England, Canada and the United States landed on D-Day. Casualties from the three countries during the landing numbered 10,300. By June 30th, over 850,000 men, 148,000 vehicles, and 570,000 tons of supplies had landed on the Normandy shores.

## May Trivia Challenge:

**In what year did Katharine Hepburn win the Best Actress Oscar for the film Morning Glory?**

A) 1933

You may be the next BIG winner –  
Take your shot at the June 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 three 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 is the most poisonous fish in the world?**

A) Lionfish B) Stonefish C) Scorpion fish  
D) Box jellyfish E) Pufferfish

*HINT: The answer is somewhere in this newsletter*