



HEALTHY

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HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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

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MAY

National Egg Month

- White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. Brown egg-layers usually are slightly larger and require more food, so brown eggs usually cost more than white.
- China produces the most eggs, at about 160 billion annually. In the US, it's about 65 billion eggs per year.
- A hen can lay about 250 eggs per year.
- There are 150 species of chicken.
- Contrary to popular folklore, soufflés do not fall if there is a loud noise. The rise and fall of every soufflé is a direct result of temperature.
- Eggs usually can last 6 to 8 weeks if refrigerated. To find out if eggs are bad, you can always use the "float" test. If they float in salt water, they are bad. Or crack one open and the smell will tell.

May is Military Appreciation Month

National Military Appreciation Month (NMAM), as designated by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve, encouraging patriotism and love for America.

This month gives the nation a time and place on which to focus and draw attention to our many expressions of appreciation and recognition of our armed services via numerous venues and also to recall and learn about our vast American history. This includes Loyalty Day (May 1st), Military Spouse Appreciation Day (11th), VE Day (8th), Armed Forces Day (19th) and Memorial Day (30th). This very important month honors, remembers, recognizes and appreciates all military personnel; those men and women who have served throughout our history and all who now serve in uniform and their families as well as those Americans who have given their lives in defense of our freedoms we all enjoy today.

It recognizes those on active duty in all branches of the services, the National Guard and Reserves plus retirees, veterans and all of their families – well over 90 million Americans and more than 230 years of our nation's history.

– For more info, go to www.mnam.org



Mother's Day is May 13

Some form of Mother's Day celebration is observed in just about every country and culture around the globe, at different times throughout the year.



The United States celebrates Mother's Day on the second Sunday in May. In the 1880's, there were several attempts to establish a nationally observed Mother's Day, but they didn't succeed beyond the local level. The holiday was ultimately created by Anna Jarvis of Grafton, West Virginia, in 1908 as a day to honor mothers. Jarvis wanted to accomplish her mother's dream of making a celebration for all mothers, although the idea didn't really take off until she enlisted the services of wealthy Philadelphia merchant John Wanamaker. She kept promoting the holiday until President Woodrow Wilson made it an official national holiday in 1914.

The holiday eventually became so highly commercialized that many, including its founder Anna Jarvis, considered its original purpose superseded. Jarvis ended up opposing the holiday she had helped to create. She died in 1948, regretting what had become of her holiday.

Visit Us At Our Website PHDPHARMAC.BIZ!

National Day of Prayer is Thursday, May 3



The National Day of Prayer is an annual day of observance held on the first Thursday of May, as designated by the US Congress. The law formalizing its annual observance was enacted in 1952. Members of the House and Senate introduced a joint resolution for an annual National Day of Prayer, "on which the people of the United States may turn to God in prayer and meditation at churches, groups and as individuals."

There had been at least two individual national days of prayer in US history before the day was made an official annual day of observance in 1952. Prior to the nation's founding, the Continental Congress issued a proclamation recommending "a day of public humiliation, fasting and prayer" be observed on July 20, 1775.

During the war with France, President John Adams declared May 9, 1798 as "a day of solemn humility, fasting and prayer," during which citizens of all faiths were asked to pray "that our country may be protected from all the dangers which threaten it."

On March 30, 1863, President Abraham Lincoln issued a proclamation expressing the idea "that the awful calamity of civil war, which now desolates the land, may be but a punishment, inflicted upon us for our presumptuous sins", and designated April 30, 1863 as a day of "national humiliation, fasting and prayer" in the hope that God would respond by restoring "our now divided and suffering Country to its former happy condition of unity and peace."

The Kentucky Derby is on Saturday, May 5th

- The Derby debuted in 1875. Its model was the *Epsom Derby*, a 1 1/2-mile grass race that has been run in England since 1780. The very first race was won by a horse named *Bonaventure*.
- The 1.25-mile distance has been standard since 1896. The first 21 Derbys were contested at 1.5 miles.
- The winning trainers in two of the first three Derbys were former slaves-- Ansel Williamson (*Aristides*, 1875) and Ed Brown (*Baden-Baden*, 1877). Thirteen of the 15 riders in the first Derby were African-Americans. Black jockeys won 15 of the first 28, with Isaac Murphy taking three. Dudley Allen, in 1891, was the last African American trainer to win the Derby.
- The 1905 Kentucky Derby had only 3 horses running.
- The horseshoe atop the Kentucky Derby was originally pointing down, and was turned 180 degrees to point upward in 1924.
- *Northern Dancer* won the 1964 Derby in 2 minutes flat. *Secretariat* holds the record by running the 1973 Kentucky Derby in 1:59.4.
- No winner has emerged from post 17 or 19. Oddly, since 1900, post 1, often called "the dreaded rail," is tied for post 5 with 12 victories.
- Of the last 20 Derby winners, only four were post-time favorites. Only seven finished first in their final prep, although none was worse than fourth.
- The last horse to win the Triple Crown was *Affirmed* in 1978.



Removing Odors

To remove refrigerator odors, try leaving a small cup of used coffee grounds on 2 shelves. An excellent method of removing odors from the kitchen is to keep a few washed charcoal briquettes in a shallow dish on top of the refrigerator. Frying a small amount of cinnamon will chase all odors from the home.



Baq'em, Dano

A great idea used by professional cooks worldwide is to keep a small plastic baggie handy in case you have both hands in a food dish or dough and need to answer the telephone.



Pharmacist Tip of the Month!



Oscar Mbionwu RPh
Executive Pharmacy Manager
Diabetic Educator

Flax oil, which is processed from flaxseed, contains the highest concentration of essential omega-3 fatty acids of any source on the planet. A deficiency of omega-3 has been positively correlated with more than 60 illnesses, including arthritis, atherosclerosis, cancer, diabetes, hypertension (high blood pressure), immune disorders, menopausal discomfort and stroke. And so, adding omega-3 to your daily diet may go a long way in helping prevent, improve or reverse those unhealthy conditions.

Quotes by Socrates

*As for me, all I know
is that I know nothing.*

Be as you wish to seem.

Beware the barrenness of a busy life.

*By all means, marry. If you
get a good wife, you'll become happy; if you get a
bad one,
you'll become a philosopher.*

*Death may be the greatest
of all human blessings*

*I was really too honest a man
to be a politician and live.*

*Let him that would move the world first move
himself.*

*The unexamined life
is not worth living.*

How To Win \$25

Have a useful household tip or remedy to share?

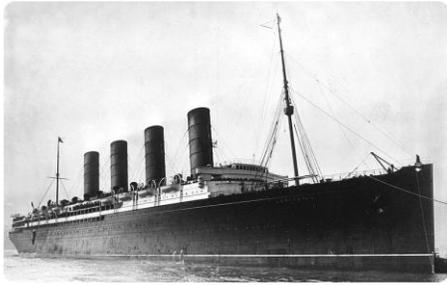
If we use yours, you win \$25.

Please direct all entries to:

Tips@HealthyHomeTimes.com

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

Lusitania Sunk by German Sub, May 7, 1915



RMS Lusitania was a British ocean liner that traveled across the Atlantic between Liverpool to New York, built in 1906 and having her maiden voyage in September of 1907.

During the First World War, the increasingly desperate German military broadened its submarine campaign to include merchant and cargo ships, leading to the sinking of the *Lusitania* off the coast of Ireland on May 7, 1915. Of the 1,959 passengers onboard, almost 1,200 died in the sinking. This turned public opinion in many countries against Germany, and helped persuade the US to enter the war.

Initially, the British government subsidized the construction of the *Lusitania*, with the understanding that it could be converted to an armed merchant cruiser for military purposes, should the need arise. When WWI began, it was decided to leave the ship as it was, since it used so much coal for fuel, it would be too costly to use.

Having left New York on May 1st, 1915, the *Lusitania* was nearing the end of its cross-Atlantic journey when the German submarine U-20, low on fuel and with only three torpedoes left, lucked upon the *Lusitania* and was able to strike the starboard side of the ship with a single torpedo. An enormous secondary explosion (of unconfirmed origin) added to the damage, and the *Lusitania* sunk in just under 18 minutes.

Star Wars Day: "May the Fourth Be With You."

The original *Star Wars* film was released on an unsuspecting public on May 25, 1977, and has since attracted an enormous following--so much so that a *Star Wars Day* has been established as a pseudo-holiday to celebrate the film and the lore behind it. The date of May 4th was chosen as the celebration date because of the clever play on words it creates: "May the Fourth Be With You!"



No Nipping, It's Poison

If your windshield wipers are smearing the windows, try wiping them with rubbing alcohol.

May Birthday Hall of Famer Katharine Hepburn May 12, 1907

Throughout Katharine Hepburn's six-decade film career, she appeared in 45 films, and received (among numerous other accolades and awards) 12 Oscar nominations, winning four of them for her acting. Below is a list of her Oscar nominations and victories.

Best Actress Nominations:

- 1935: Alice Adams
- 1940: The Philadelphia Story
- 1942: Woman of the Year
- 1951: The African Queen
- 1955: Summertime
- 1956: The Rainmaker
- 1959: Suddenly, Last Summer
- 1962: Long Day's Journey into Night

Best Actress Awards:

- 1933: Morning Glory
- 1967: Guess Who's Coming to Dinner
- 1968: The Lion in Winter
- 1981: On Golden Pond

This Will Really Give Your Shampoo A Lift

If you want your hair to be shiny, just add a small amount of vodka to the shampoo bottle.



Summertime

To keep salt free flowing in a humid climate, just add some raw rice to the shaker to absorb the moisture. Rice absorbs moisture very slowly under these conditions and lasts for a long time.



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!

We Don't Have a Business Without YOU!

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TIMES
Secrets For Living
A Healthy, Wealthy
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The victory helped Mexico develop a feeling of unity. The United States observes this day as a holiday, helping to promote Mexican culture. Los Angeles, CA holds the biggest *Cinco de Mayo* event, where almost 600,000 people celebrate the day with Mexican food and music.

Cinco de Mayo

Cinco de Mayo marks the anniversary of the famous battle, "Battle of Puebla" that was fought between the Mexicans and the French in 1862.

Cinco de Mayo is also celebrated by many for the independence of the country; many people confuse it with the actual Mexican Independence Day, which is on September 16. The anniversary of this battle is celebrated in the grand way because a small, poorly equipped 4,000-man army was able to protect their country from a French army of 8,000+.

Answer to Last Month's

April Trivia Challenge:

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

C) *Our American Cousin*

You may be the next BIG winner –
Take your shot at the May 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:

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

A) 1933 B) 1935 C) 1959 D) 1968 E) 1981

HINT: The answer is somewhere in this newsletter