



HEALTHY



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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Brought to you by:



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Remembering Our Veterans



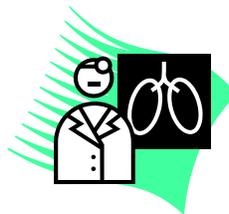
November 11th is an important day in both America and Canada. In each case, the day is to remember fallen armed forces members who died in World War I. The day was proclaimed in 1919 by both King George V and President Woodrow Wilson, exactly one year after the war officially ended, "at the 11th hour of the eleventh day of the eleventh month" on 1918, when the Germans signed the Armistice.

In Canada, the symbol for *Remembrance Day* is the red poppy -- the use of which stems from a famous poem called *In Flanders Field*, written by a Canadian soldier named John McCrae during the Second Battle of Ypres in 1915. Poppies bloomed across some of the worst battlefields of the Flanders in WWI, their brilliant red color an appropriate symbol for the blood spilt in the war.

In the US, the day is referred to as *Veteran's Day* and was expanded to include the fallen heroes of all armed conflicts in which American armed forces have taken part. In proclaiming the day in 1919, President Wilson said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

Lung Cancer Awareness Month

There are certain risk factors that increase your odds of developing lung cancer. These include being a current or former smoker; exposure to asbestos, radon or second-hand smoke; and having a history of lung cancer in the family. If you find yourself at risk of developing lung cancer, then LungCancer.org has some suggestions for you.



- **Stop Smoking:** This is the most important step you can take since smoking can cause several other types of cancer beyond lung cancer. Smoking puts your esophagus, pancreas, larynx, bladder and other organs at risk. Quitting smoking has secondary health benefits as well, including lower blood pressure, enhanced circulation and increased lung capacity.
- **Environmental Awareness:** If you are routinely exposed to asbestos, radon or second-hand smoke, you should take steps to decrease or eliminate those exposures.

If you fear you are at risk of developing lung cancer, talk with your doctor about research on screening techniques.

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NOVEMBER



Cool Blogs, Sites &
Online Resources to
Check Out!



www.EmmyTVLegends.org

The Archive of American Television is to television what *The Actor's Studio* series is to film actors.

Through a remarkable series of videos (700 and counting), this site chronicles the history of the television industry, assembling an impressive array of interviews from all of the big names in TV history, and many that you probably never knew existed, but were responsible for your favorite shows growing up.

Many of the featured big names are no longer alive, so the interviews are a treasure trove for TV fans.

Hearing the actors, writers, producers and directors tell their experiences, from their own mouths, makes for endless hours of wonderful entertainment.

Their tagline is "Capturing Television History, One Voice at a Time."

Pharmacist Tip of the Month!



Oscar Mbionwu RPh
Executive Pharmacy Manager
Diabetic Educator

A recent study found that migraine sufferers who took 100 milligrams of liquid coenzyme Q10 (coQ10) three times a day for 3 months averaged 3.2 migraines per month versus 4.4 migraines per month before the study. Those who received a placebo reported no change. CoQ10 which has long been used to treat high blood pressure, heart disease, cancer and Parkinson's disease is available in our pharmacy.

CS Lewis Quotes

You are never too old to set another goal or to dream a new dream.

Education without values, as useful as it is, seems rather to make man a more clever devil.

Even in literature and art, no man who bothers about originality will ever be original.

Don't use words too big for the subject.

You can't get a cup of tea big enough or a book long enough to suit me.

No one ever told me that grief felt so like fear.

We are what we believe we are.

What saves a man is to take a step. Then another step.

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.

Black Friday Shopping Tips

The day after Thanksgiving is known as Black Friday -- a day that strikes terror into some hearts as it ignites enthusiasm in others. If you plan on braving the early morning crush of humanity in search of deals too good to be passed up, here are a few tips to consider to maximize the experience:



- **Download shopping apps:** A strong benefit of being a smartphone owner on Black Friday is the ability to grab 'must-have' applications that will help you track down those great deals. Some apps list all the Black Friday deals in one list, while others allow you to scan barcodes to check prices around town.
- **Check online first:** Before gearing up and diving in, you should hop online and scan the countless Black Friday deal sites. Most will grant you the same deals you'll find in store. BlackFriday.com is a good catch-all resource, alerting you up-to-the-minute as retailers release Black Friday ads.
- **The "Early Bird" gets the sale:** The philosophy of retailers seems to be to offer the best deals early, to lure you into their store to buy before you've spent your money elsewhere. In most cases, the sooner you get there, the better.
- **Plan your attack:** Some items (like Blu-ray movies) are marked much lower in stores (like Barnes & Noble), while other items (such as Apple products) can be found for the best prices online. A little research ahead of time will insure you spend your Christmas money wisely.
- **Remember Amazon!** Remember, Amazon offers special Black Friday deals every day in the weeks leading up to the actual day. You may find what you need at a deep discount before Black Friday even arrives, allowing you to better plan your actual trip that day.

Keep Your Mind Sharp

If you're over 40, you might find you have signs of forgetfulness. You can't quite come up with a word you want to use, or it takes you a minute to remember someone's name. Dr. Peter Tabins of Johns Hopkins Medical Centers gives tips on how to stay sharp:



- **Keep your blood pressure under control:** Treating high blood pressure maximizes blood flow to the heart and brain.
- **Eat well:** Your diet should contain low-fat dairy products, fruits, vegetables and omega-3 fats from fish and nuts.
- **Exercise:** High levels of fitness bring better cognitive function.
- **Drink only in moderation.** Having more than four alcoholic drinks can lead to memory problems.
- **Watch for prescription interaction:** If you regularly take drugs for any medical condition and have noticed memory problems, speak to your doctor.
- **Exercise your brain:** Learn a language, play a game or take a class.
- **Get enough sleep.**
- **Take safety precautions:** Wear protective headgear for active sports and bike riding.



I Wonder Where The Yellow Went

Stale milk will do a great job of cleaning plant leaves. The protein "casein" has a mild cleansing effect on the plant cell walls.

Smile!

A method of cleaning dentures that works as well as the expensive brands is to just soak them overnight in white vinegar.



Be Gentle

A nick on the rim of a glass is easily removed with an emery board. Don't use a nail file or sandpaper. They are too coarse and will scratch the glass and ruin it.

November Birthday Hall-of-Famer: C.S. Lewis



Known to his friends and family as Jack, the great C.S. Lewis was a man of many talents, beyond novel writing. Lewis was a poet, academic, medievalist, literary critic, essayist, theologian and Christian apologist. Most widely known for his fiction, especially *The Chronicles of Narnia*, he authored nearly 60 books in his career, which have been translated into more than 30 languages, selling millions of copies.

Lewis was close friends with author JRR Tolkien. Both of them served on the English faculty at Oxford University, and both were active in a literary group called the "Inklings."

Born and baptized into the Church of Ireland, he became disillusioned as a teen, and chose to be an atheist, shunning what he felt was a dreary and overly dutiful religion. The influence of the writings of George MacDonald and his friendship with Tolkien combined to convince Lewis to return to faith at the age of 32. His return was slow; Lewis said he fought greatly up to the moment of his conversion, returning like a prodigal.

His death came one week before his 65th birthday, on November 22, 1963 -- the same day of the assassination of President John F Kennedy in Dallas. A third big name died that same day in 1963 - famed author and intellectual Aldous Huxley (*Brave New World*).

The Entrance of King Tut's Tomb Discovered 11/4/1922

"Slowly, desperately slowly it seemed to us as we watched, the remains of passage debris that encumbered the lower part of the doorway were removed, until at last we had the whole door clear before us. The decisive moment had arrived. With trembling hands I made a tiny breach in the upper left hand corner. Darkness and blank space, as far as an iron testing rod could reach, showed that whatever lay beyond was empty, and not filled like the passage we had just cleared.

Candle tests were applied as a precaution against possible foul gases, and then, widening the hole a little, I inserted a candle and peered in, Lord Carnarvon, Lady Evelyn and Callendar standing anxiously beside me to hear the verdict.



At first I could see nothing, the hot air escaping from the chamber causing the candle flame to flicker, but presently, as my eyes grew accustomed to the light, details of the room within emerged slowly from the mist, strange animals, statues, and gold -- everywhere the glint of gold. For the moment -- an eternity it must have seemed to the others standing by -- I was struck dumb with amazement, and when Lord Carnarvon, unable to stand the suspense any longer, inquired anxiously, 'Can you see anything?' it was all I could do to get out the words, 'Yes, wonderful things.' Then widening the hole a little further, so that we both could see, we inserted an electric torch." -- Howard Carter

A Nutty Solution



The broken edges of nuts can be rubbed gently on wood furniture to mask scratches. Just find a nut that matches the color and the results will surprise you. The most common ones are pecans, walnuts, and hazelnuts.

Odor Eaters

A number of foods are capable of removing odors. Vanilla extract placed in a bottle top in the refrigerator will remove odors, while dry mustard is commonly used to eliminate onion odors from hands and cutting boards.



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...

Jean-Paul St.Charle, Carl Bartholomew, and
Michael Christopher

We Don't Have a Business Without YOU!

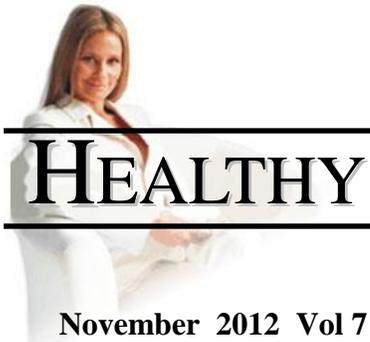
Good or bad, we can't fix what we don't know is broken. Please call our toll-free testimonial hotline and let us know, good AND bad what you like most about doing business with us and what you don't like.

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

1(800) 609-9006 ext. 2679

Available 24/7

(Not for contest entry)



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“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.
Eleanor Roosevelt”



Sashamarie Nieves

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10 Puns for National Pun Day

- 1) I'm reading a book about anti-gravity. It's impossible to put it down.
- 2) I'm glad that I know sign language. It's pretty handy.
- 3) I usually take steps to avoid elevators.
- 4) I have a fear of speed bumps, but I'm slowly getting over it.
- 5) There was a sign on the lawn at a rehab center that said, "Keep Off the Grass."
- 6) Police were called to a daycare where a three-year-old was resisting a rest.
- 7) A hole was found in the wall surrounding a nudist colony. Police are looking into it.
- 8) Sleeping comes so naturally to me, I could do it with my eyes closed.
- 9) No one knew she had a dental implant until it came out in a conversation.
- 10) I'm not a big fan of archery. It has too many drawbacks.

CONGRATULATIONS!

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

Jackie Reed, Orlando
Nicole Vargas, City
Chantelle Burke, City

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

According to Forbes Magazine, who is the
top-selling cartoon character in the world?

B) Mickey Mouse

You may be the next BIG winner –
Take your shot at the November 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, and then e-mail us at:

PHDPHARMACY@LIVE.COM

This month's Mega Trivia Question:

Which WWI battle prompted John McCrae to write the poem *In Flanders Field*?

- A) The Battle of the Somme
- B) The Battles of the Marne
- C) The Second Battle of Ypres

HINT: The answer is somewhere in this newsletter