



HEALTHY



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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SEPTEMBER



Cool Blogs, Sites &

Online Resources to

Check Out!



RETRONAUT

www.Retronaut.co

This website is a treasure trove of fascinating photos and cool old items from the past century and beyond, including vintage photographs you may not find anywhere else. Their tagline is: *The Past is a Foreign Country. This is Your Passport.*

The galleries are divided up by decade, and also have special galleries focusing on WW1 and WW2. There are also many professionally colorized old photos. Many hours of fascinating browsing are waiting for you here.

(Please note that it ends in .co not .com)

In the United States, Patriot Day occurs annually on September 11th, designated in memory of the 2,977 people killed in the 9/11/01 terrorist attacks. Initially, the day was called by the rather-unwieldy title The Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001.

Approved by a vote of 407-0 on October 25, 2001, the Joint Resolution called for the President to designate the day each year as Patriot Day. President Bush signed the resolution into law on December 18th as a discretionary day of remembrance.

On this day, the President requests that the American flag be flown at half-staff at individual American homes, at the White House and on all US government buildings and establishments, at home and abroad. A moment of silence is also suggested, at 8:46 AM, which was the time when the first plane struck the World Trade Center.

The day is not to be confused with "Patriot's Day," which is celebrated on April 19th as a civic holiday observed in the North-East US. It commemorates the anniversaries of some important events in US history, including the Battle of Lexington and Concord (which started the Revolutionary War), and is observed mainly with various re-enactments.



September 11th is Patriot Day



The Best-Selling Books of 2012 Thus Far

The year in books has been dominated by two trilogies: The Shades of Grey series by E.L. James, and the Hunger Games trilogy by Suzanne Collins. These six books fill the top slots of both the print and digital best-seller's list. The rest of the Top 20 differs greatly between print and digital.

The print list includes religious non-fiction (Jesus Calling by S. Young; Heaven Is for Real by T. Burpo), novels (Calico Joe by J. Grisham, The Serpent's Shadow by R. Reardon), US History (American Sniper by C. Kyle, Killing Lincoln, by B. O'Reilly) and even a pair of books by Dr. Seuss.

The Digital list is comprised entirely of novels, with many familiar names such as Baldacci, Sparks, Martin, Larsson, Patterson and Roberts. Other titles in the top 20 digital list include The Marriage Bargain by J. Probst, Defending Jacob by W. Landay and Beautiful by J. McGuire.



No Hanging Around Anymore

If hangnails are bothersome, try rubbing Vitamin E oil around the cuticles.

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National Chicken Month

Some of you might remember that May was National Egg Month - now you have the answer to that old conundrum, "Which came first: National Chicken Month or National Egg Month?" Well, this September we celebrate the chicken with the following interesting facts...



- There are more chickens than people in the world (over 3 billion in China alone!).
- There are over 150 varieties of domesticated chickens; they were domesticated about 8,000 years ago.
- A chicken's heart beats 280-315 times a minute.
- A chicken's body temperature runs at 102-103 degrees Fahrenheit.
- The fear of chickens is called Alektorophobia.
- A hen can live up to 20 years. She will lay eggs her entire life, though the number will decline each year.
- Though chickens do lay different colored eggs, varying from white to brown to green to blue, individual hens will only lay the same color (whatever it is) her whole life.
- The greatest number of yolks ever found in a chicken egg was nine.
- It takes a chick 21 days to develop in the egg.
- If a rooster is not present in a flock of hens, a hen will often take the role, stop laying and begin to crow.
- Chickens have more bones in their necks than giraffes.

Green Tea May Help Prevent Prostate Cancer



In a recent study, men who had premalignant prostate lesions took 200 mg of a green tea supplement or a placebo three times daily for one year. Only 3% of the men in the green tea group developed prostate cancer, compared with 30% in the placebo group.

Theory: Green tea contains catechins, which are chemicals that inhibit a key molecule involved in the development of prostate cancer.

Drinking the green tea is not practical -- 20 cups would be needed to get the level of catechins found in the supplement used in the study. -- S. Bettuzzi, PhD.

Luxury Car Rental Trap

The cost of renting luxury cars is lower than ever, but there's an insurance trap. If you rent a car that is more costly than the car you own, your personal auto insurance might protect you only up to the amount of your own vehicle's value. So if you crash a more expensive rental car, you may be liable for the difference. Insurance obtained through a credit card may not help because cards often cap coverage and exclude very expensive cars outright. So check your insurance before renting a luxury car. This is one case where you might want to pay for the rental firm's collision damage waiver. -- SmartMoney



A Little Squirt

If you want you're makeup to last longer, try spraying your face with mineral water and allowing it to dry before applying.

Pharmacist Tip of the Month!



Oscar C. Mbionwu Rph.
Executive Pharmacy Manager
Diabetic Educator

Many things that you might not be aware of can be raising your cholesterol levels or undermining your efforts to lower them. Here are a few you should think about:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Smoking • Caffeine • Stress • The pill | <ul style="list-style-type: none"> • Refined sugar • Food additives • Environmental pollutants |
|---|---|

If you're watching your cholesterol, you probably know that turkey is a good dinner choice. Just remember that although three ounces of light-meat turkey has only about 67 mg of cholesterol, the same amount of dark meat has 75 mg And a cup of chopped turkey liver has about 830 mg!

Quotes on Life & Living

*Somebody ought to tell us,
right at the start of our lives,
that we are dying.*

*Then we might live life to the limit every minute
of every day.*

Michael Landon

*The whole secret of life is to be interested in one
thing profoundly and in a thousand things well.*

Horace Walpole

Unrest of spirit is a mark of life.
Karl Menninger

*We are here to add
what we can to life,
not to get what we can from it.*

William Osler

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.

Billie Holiday (4/7/1915 - 7/17/1959)

To celebrate *National Jazz Month*, we're going to take a quick look at renowned jazz singer and songwriter Billie Holiday.



Billie Holiday was a hugely influential singer at a pivotal time in the history of jazz music. She had a difficult childhood, being left in the care of often-abusive family, friends and relatives her first ten years, while her mother worked on the passenger railroads. It was never clear who her biological father was.

She joined her mother in Harlem in 1929 to live, and for a short while, they both started working in a brothel as prostitutes. She soon started singing in various Harlem nightclubs, taking the stage name Holiday from the man she thought to be her father, musician Clarence Halliday. By the end of 1932, at the age of 17, Billie replaced singer Monette Moore at a club called Covan's on West 132nd St.

One night in 1933, producer John Hammond came to the club, intending to listen to Moore, and got his first taste of Billie Holiday. He arranged for her to make her recording debut in November with Benny Goodman, recording "Your Mother's Son-In-Law" and her first hit, "Riffin' the Scotch." Needless to say, Hammond was impressed and said, "her singing almost changed my music tastes and my musical life, because she was the first girl singer I'd come across who actually sang like an improvising jazz genius."

"Lady Day" was contemporaries with most of the greatest names in the genre. Her vocal style, inspired by jazz instrumentalists, pioneered a new way of manipulating phrasing and tempo, which, according to one critic, "changed the art of American pop vocals forever."



Hot and Cold

If you break your lipstick, try heating the broken ends over a matchstick until they are soft, then place them together and place in the freezer.



Sweet Grit

To remove garden stains from your hands, try placing about ½ teaspoon of sugar with the soap lather when you wash your hands, you will be amazed how easy the stains are removed.

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...

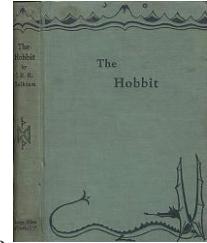
Crystal Hodges, Fatima, Tijuana Rodney, Maribel Delgado, and Marie Milien



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The Hobbit Published in Sept. 1937

To prepare for the upcoming trilogy of movies based on the book *The Hobbit*, many people are re-reading the classic novel by JRR Tolkien. Here are some tidbits you may not recall from the last time you read it:



- Bilbo Baggins was about 51 years old at the time of *The Hobbit*.
- Bilbo was the first hobbit to become famous in the world outside the Shire.
- Bilbo's dad was called Bungo Baggins. His mother was Primula Took. It was said he got his sensibility from his Baggins side, and his curiosity for adventure from his Took side.
- Orcs and goblins lived all over and throughout the Misty Mountains. They were bred by an evil god-like character called Melkor as an evil alternative to elves. Like elves, orcs were fierce, strong warriors and did not die naturally.
- There was a famous dwarven palace carved out inside of the Misty Mountains called Khazad-Dum (also known as Moria, as featured in the LOTR trilogy). It was deserted after the balrog was awoken during its excavation.
- Although the wood-elf king is not named in *The Hobbit*, in *The Lord of the Rings* he is revealed as the elf-king Thranduil, the father of Legolas.
- After he had attacked the dwarfish palace of Erebor and destroyed the city of Dale, the dragon Smaug gathered all the treasure he could find into a huge heap. He was left alone by everyone for almost 200 years before Bard killed him.

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Secrets For Living
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*Play for more than you can afford
to lose and you will learn the
game. Winston Churchill*



Sashamarie Nieves CPhT.
Operational Manager, DME

PHD Pharmacy & Medical Sup.
6801-D W. Colonial Dr
Orlando FL 32818

Phone (407)291-1236
Email: phdpharmacy@live.com

CONGRATULATIONS!

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

**Edna Patrick, Pine Hills
Jose Castillo, Orlando
Maribel Delgado, Orlando**

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

**Whose portrait was the first to adorn
a US dollar bill?**

D) Salmon P. Chase

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

BE THE FIRST TO RESPOND



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TIMES

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9/9/12: Talk Like a Pirate Day

This parody holiday was created in 1995 by John Baur (aka Ol' Chumbucket) and Mark Summers (aka Cap'n Slappy) of Albany, OR, who proclaimed that each year on this date, everyone in the world should talk like a pirate. The holiday, and its observance, springs from a romanticized view of the golden age of piracy.

One of the most influential books on popular notions of pirate speech was Treasure Island, a novel by Robert Louis Stevenson. Sample quotes from that novel include:

- "Bring me one noggin of rum, now, won't you matey?"
- "Avast there!"
- "Dead men don't bite."
- "Shiver me timbers!"
- "Fifteen men on a dead man's chest -- yo-ho-ho and a bottle of rum!"
- "Have I lived this many years, and a son of a rum puncheon cock his hat athwart my hawse at the latter end of it?"

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 phone or 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 call or e-mail us at:

(407)291-1236

This month's Mega Trivia Question:
**How many days does it take a chick to develop inside
its egg?**

A) 17 days B) 21 days C) 26 days D) 60 days

HINT: The answer is somewhere in this newsletter

1. PHD Pharmacy

Women: Why Your Periods Really Suck

Periods can be a real pain—just ask any woman. But aside from the normal cramps and bloating that are par for the course when you're a female, an increasing number of women face more serious painful periods thanks to conditions like endomet...

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