



HEALTHY



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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Phone #

In This ISSUE

- March 31st is Cesar Chavez Day
- New Light Therapy Preserves Vision
- Yellowstone National Park
- National Peanut Month
- *Who Wants to Win?*

St Patrick's Day



St. Patrick's Blue, not green, was the color long-associated with St. Patrick. Green, the color most widely associated with Ireland, with Irish people, and with St. Patrick's Day in modern times, may have gained its prominence through the phrase "the wearing of the green" meaning to wear a shamrock on one's clothing. At many times in Irish history, to do so was seen as a sign of Irish nationalism or loyalty to the Roman Catholic faith. St. Patrick used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish.

The wearing of and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the saint's holiday. The change to Ireland's association with green rather than blue probably began around 1750s.

Irish people brought Saint Patrick's Day to what is now the United States of America. The first civic and public celebration of Saint Patrick's Day took place in Boston in 1737. During this first celebration The Charitable Irish Society of Boston organized what was first Saint Patrick's Day Parade in the colonies on 17 March 1737. The first celebration of Saint Patrick's Day in New York City was held at the Crown and Thistle Tavern in 1756, and New York's first Saint Patrick's Day Parade was held on 17 March 1762 by Irish soldiers in the British Army.

In 1780, General George Washington, who commanded soldiers of Irish descent in the Continental Army, allowed his troops a holiday on 17 March. This event became known as The St. Patrick's Day Encampment of 1780. Today, Saint Patrick's Day is widely celebrated in America by Irish and non-Irish alike.

Some cities paint the traffic stripe of their parade routes green. Chicago dyes its river green and has done so since 1961 when sewer workers used green dye to check for discharges and got the idea to turn the river green for St. Patrick's Day. Indianapolis also dyes its main canal green. Savannah dyes its downtown city fountains green. University of Missouri Rolla - St Pat's Board Alumni paint 12 city blocks Kelly green with mops before the annual parade.

March 31st is Cesar Chavez Day

Cesar Chavez Day celebrates the famous Hispanic labor leader who founded the United Farm worker's Union and is a state holiday in Arizona, California, Colorado, Michigan, New Mexico, Texas, Utah and Wisconsin.

Cesar Chavez Day is a state holiday in California observed on March 31, in remembrance of Cesar Chavez's birthday, or the appropriate Monday or Friday nearest that date. The state holiday is intended to promote service to the community in honor of Chavez's life and work. All state government offices, community colleges, and libraries are closed, except for k-12 schools. Governor Arnold Schwarzenegger suspended observance of the holiday in 2004 and 2005 to save money during the aftermath of the power crisis. Chavez Day is currently a holiday in eight states: Arizona, California, Colorado, Michigan, New Mexico, Texas, Utah, and Wisconsin.



March

*Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat-
You must have walked-
How out of breath you are!
Dear March, how are you?
And the rest?
Did you leave Nature well?
Oh, March, come right
upstairs with me,
I have so much to tell.*

Emily Dickinson

Wash Away Allergies: Allergy sufferers should take a shower after spending any time outdoors during pollen season. Pollen can collect on your skin and hair, prolonging your exposure and allergic reaction to it.

Also: Be sure to wash your hair to remove excess pollen, so it won't fall onto your pillow. Symptoms of hay fever include sneezing, stuffy nose and itchy eyes.

Worst offenders: Trees in the spring and grass in the summer.

Helpful: The hours between mid and late afternoon (when pollen levels are lowest) are the best times for outdoor activities. - Gillian Shepherd, MD

*The secret of staying young
is to live honestly, eat slowly, and lie
about your age.*

Lucille Ball

Visit Us At Our Website (insert your website address)!

Pharmacist Tip of the Month!

[insert name
&
picture]

Water

Water is excellent for the body and good health. Water helps flush out toxins and other unwanted things lingering in the body. Water also replenishes fluids that help lubricate the internal body, keeps you hydrated, reduces hunger, which helps with weight loss, and helps to make skin look smooth and young. If you are not used to drinking water, it may seem hard at first, but very quickly, you will enjoy the clean, refreshed way it makes you feel. At a minimum, you should drink 64-ounces a day and more if you can.

*There is nothing impossible
to him who will try.*

Alexander the Great

*All progress is precarious, and the solution of
one problem brings us face to face with another
problem.*

Martin Luther King Jr.

*Moses dragged us for 40 years through the desert
to bring us to the one place in the Middle East
where there was no oil.*

Golda Meir

*The jealous are troublesome to others, but a
torment to themselves.*

William Penn

*A proverb is a short sentence
based on long experience.*

Miguel de Cervantes

*A fanatic is one who can't change his mind and
won't change the subject.*

Winston Churchill

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.

Earth Day: March 21

The official Earth Day is 3/21 – always falling on the Spring Equinox. Earth Day is one of two observances, both held annually during spring in the northern hemisphere, and autumn in the southern hemisphere. These are intended to inspire awareness of and appreciation for the Earth's environment.

The UN celebrates an Earth Day each year on the March equinox, a tradition which was founded by peace activist John McConnell in 1969. A second Earth Day, which was founded by U.S. Senator Gaylord Nelson as an environmental teach-in in 1970, is celebrated in many countries each year on April 22.



Fun Facts about Earth Day:

- Earth Day Networks estimates that 500 million people from 4,500 organizations in 180 countries will participate in Earth Day events during the month of April.
- Earth Day is big with schools. On many school calendars, it is the third most activity-inspiring holiday, after Christmas and Halloween.
- Companies have even gotten into Earth Day. Last year, office supply store, Staples, introduced office paper made entirely without new trees.
- As part of the celebration, some communities make Earth Day a “Car-Free Day”.

March 19th: The Swallows Return to Capistrano



The famous cliff swallows of San Juan Capistrano, that leave town every year in a swirling mass near the Day of San Juan (October 23), are returning from their winter vacation spot 6,000 miles south in Goya, Corrientes, Argentina.

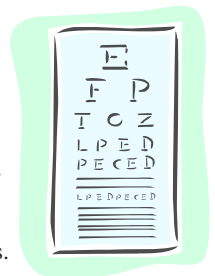
They land at the mission in San Juan, California, on or around St. Joseph's Day, March 19, to the ringing bells of the old church and crowd of visitors from all over the world who are in town awaiting their arrival and celebrating with a huge fiesta as well as a parade.

Legend has it that the swallows took refuge in the Mission San Juan Capistrano from an irate innkeeper who destroyed their muddy nests. The swallows return to the old ruined church each spring knowing they will be protected within the mission's walls.

So-called “scout swallows” precede the main flock each year by a few days but the majority of the small birds usually arrives on the 19th and begin rebuilding the mud nests that cling to the ruins of the old stone church and throughout the Capistrano Valley.

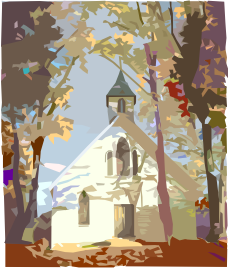
New Light Therapy Preserves Vision

Photodynamic therapy involves injecting a light-sensitive medication called verteporfin (Visudyne) into a vein in the arm of a patient with age-related macular degeneration (AMD). The drug circulates through the body to the eyes. When a laser is shone into the eyes, the drug is activated and destroys the abnormal blood vessels that cause the loss of central vision in AMD. The procedure is now considered the preferred treatment to slow the progression of AMD and it is covered by most insurance plans. – Sanjay Sharma, MD



Fast Pain Relief

Quaker Oats for fast pain relief... it's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.



Mothering Sunday

Britain's version of Mother's Day has been celebrated in Britain on the fourth Sunday in Lent since at least the 16th century. Mothering Sunday did not begin as a celebration of motherhood, but a synonym of Laetare Sunday in the Christian liturgical calendar. During the sixteenth century, people returned to their "mother church" for a service to be held on the fourth Sunday of Lent.

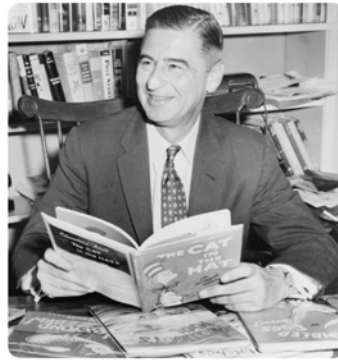
This was either a large local church, or more often the nearest Cathedral. Anyone who did this was commonly said to have gone "a-mothering", although whether this preceded the term Mothering Sunday is unclear. It was often the only time that whole families could gather together.

March Birthday Hall of Fame: Dr. Seuss

Dr. Seuss, 1904, Theodor Seuss Geisel (March 2, 1904- September 24, 1991) was an iconic and beloved American writer and cartoonist, better known by his pen name, Dr. Seuss. He published over 60 children's books, which were often characterized by his imaginative characters, rhymes and frequent use of trisyllabic meter.

His most notable books include the bestselling classics *Green Eggs and Ham*, *The Cat in the Hat*, and *One Fish Two Fish Red Fish Blue Fish*. Numerous adaptations of his work have been created, including eleven television specials, three feature films and a Broadway musical.

Geisel also worked as an illustrator for advertising campaigns, most notably for *Flit* and *Standard Oil*, and as a political cartoonist for *PM*, a New York magazine. During World War II, he joined the Army to work in an animation department of the Air Force, where he wrote *Design for Death*, a film that later won the 1947 Academy Award for Documentary Feature.



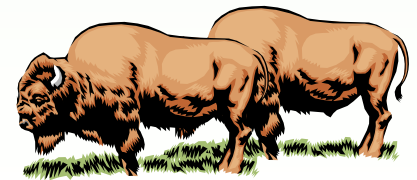
The first US National Park Yellowstone National Park



Yellowstone National Park, established by the U.S. Congress as a national park on March 1, 1872, is located primarily in the U.S. state of Wyoming, though it also extends into Montana and Idaho. The park was the first of its kind, and is known for its wildlife and its many geothermal features, especially Old Faithful Geyser, one of the most popular features in the park. It has many types of ecosystems, but the subalpine forest is dominant.

Yellowstone National Park spans an area of 4,468 square miles, comprising lakes, canyons, rivers and mountain ranges. Yellowstone Lake is one of the largest high-altitude lakes in North America and is centered over the Yellowstone Caldera, the largest super volcano on the continent. The caldera is considered an active volcano; it has erupted with tremendous force several times in the last two million years.

Half of the world's geothermal features are in Yellowstone, fueled by this ongoing volcanism. Lava flows and rocks from volcanic eruptions cover most of the land area of Yellowstone. The park is the centerpiece of the Greater Yellowstone Ecosystem, the largest remaining, nearly-intact ecosystem in the Earth's northern temperate zone.



Protect Your Eyeglasses

Easy eyeglass protection... to prevent the screws in eyeglasses from loosening, apply a small drop of clear nail polish to the threads of the screws before tightening them.

Vinegar Tip

Vinegar to heal bruises... soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.



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...

[customer names]

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.

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HEALTHY

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HOME

TIMES

Secrets For Living
A Healthy, Wealthy
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Your New Issue Has Arrived!

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

National Peanut Month

Show your Peanut IQ by sharing some of these fun facts with your friends this month:

- Peanuts are not actually nuts at all! They are legumes, like beans, peas and lentils.
- Americans eat 3 pounds of peanut butter per person every year. That's about 700 million pounds, or enough to coat the floor of the Grand Canyon!
- Peanuts may be a favorite food, but there are many uses for their shells too! You might find peanut shells in kitty litter, wallboard, fireplace logs, paper, animal feed and sometimes as fuel for power plants!
- Two peanut farmers have been elected for President of the United States: Thomas Jefferson and Jimmy Carter.
- One acre of peanuts will make 30,000 peanut butter sandwiches.



Open Envelopes Easily

How to Open a Sealed Envelope - Put it in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed. (hmm... interesting?)



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:

Your phone or email address here

This month's Mega Trivia Question:

The swallows that return to Capistrano this month have wintered in what South American country?

A) Argentina B) Chili C) Peru D) Brazil

HINT: The answer is somewhere in this newsletter.