



# HEALTHY



# HOME

# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

December 2018 Vol 13 Issue 12

Brought to you by:

APPLE DISCOUNT DRUGS

Phone #  
410-749-8401

## In This ISSUE

- Grinch Trivia
- Fun Tips for Reading with Children
- “Holiday Eating” in the Health Corner
- Thank You’s, Quotes to inspire

### The Cat That Changed the World

"A person's a person, no matter how small," Theodor Seuss Geisel, a.k.a. Dr. Seuss, would say. "Children want the same things we want. To laugh, to be challenged, to be entertained and delighted."

Brilliant, playful, and always respectful of children, Dr. Seuss charmed his way into the consciousness of four generations of youngsters and parents. In the process, he helped millions of kids learn to read.

In 1925, in the midst of the Prohibition Era, Seuss and his friends were caught drinking gin in his Dartmouth dormitory dorm. As punishment, Seuss was removed as an editor at the college's humor magazine, JackO-Lantern. However, he continued to publish work under a variety of pseudonyms, including "T. Seuss." Several other varying monikers, such as "Dr. Theophrastus Seuss," appeared over the years, which he eventually shortened to "Dr. Seuss" as his go-to professional pen name.

Seuss debuted the Cat and the Grinch the same year in 1957, two of his most famous characters. The Cat and the Grinch were also facets of the man. The rule-breaking, mischievous Cat illustrated the author's sense of play, while the Grinch showed the crabby part of Seuss' personality. Seuss had a vanity license plate that read, GRINCH.

Recently released was the most recent iteration of the holiday favorite, The Grinch who Stole Christmas. The current theatric version is titled The Grinch. Who wrote the story the movie is based on? The famous Dr. Seuss, of course.

In more than 40 books he wrote, including classics such as The Cat in the Hat and How the Grinch Stole Christmas!, Seuss used strange vehicles and animals and nonsense to communicate with children around the world.

Winner of the Pulitzer Prize in 1984, an Academy Award, three Emmy Awards, three Grammy Awards, and three Caldecott Honors, Geisel wrote and illustrated 44 books. While Theodor Geisel died on September 24, 1991, Dr. Seuss lives on, inspiring generations of children of all ages to explore the joys of reading.



### December



Website to visit this month:

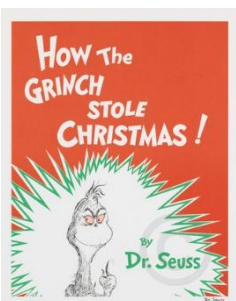
#### How Stuff Works

This website is dedicated entirely to -- you guessed it -- how things work. And by "things," they mean everything: from airbags to regenerative medicine to velocipede carousels.

They've covered so much on this website, it'll be hard to run out of things to read about.

Plus, they have really cool podcasts that have branched off the main site over the years and are worth checking out. You'll see topics such as "Stuff You Should Know," BrainStuff" and "Stuff Mom Never Told You."

<http://www.howstuffworks.com>



## Pharmacist Tip of the Month!

**DON'T CRY  
BECAUSE ITS OVER.  
SMILE BECAUSE  
IT HAPPENED.**



### December Quotes

“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”

~ Norman Vincent Peale

“Love the giver more than the gift.”

~ Brigham Young

### Tips for Reading with Your Children

Developing a love for reading begins at home. From the website [www.Seuss.com](http://www.Seuss.com), we get some great tips for reading with your children or grandchildren.

Get started with these 7 tips

1. Pick a comfortable spot to read in - one with plenty of light.
2. Make it a routine - whether it's right before the breakfast, or right before bed, set aside a special time every day.
3. Give lots of encouragement! Read the words aloud to your child. Point to the pictures. Say the words together. Laugh with your child.
4. It's never too early. Reading can be a bonding activity for you and your new baby. Introduce reading in the very beginning, keep books in the nursery and have your books out for baby and toddler to see!
5. The fun continues after the last page! When you finish a story, ask your child about his/her favorite passages, characters, and illustrations.
6. Imagine that! Encourage your child to make up another character that might appear in the book. What would it look like? What would it say? What would you call it?
7. When you're driving with your child along a familiar route, read the signs aloud. Make your next trip to the grocery store an interactive one—read the names of food items aloud with your child. Make up new ones!

Enjoy!

### December Cheer



## “Holiday Eating” Health Corner

Oh the holidays! It's a wonderful time of year, but endless options of food for the whole family can make it easy to overeat. Here are 7 tips to enjoying yourself in a balanced way this holiday season.

**1. Eat those vegetables...first.** This means before you enjoy the roasted turkey, glazed ham, savory stuffing, and sweet potato pie, have a serving of the vegetable dish you brought to the party. Why? This makes sure that you actually eat the vegetables (before getting full).

**2. Definitely savor each bite.** Eating slower and waiting before going for seconds is good plan mainly because it takes 20+ minutes for your brain to get the signal that you're actually full. Pace yourself because by savoring every delicious bite, you're more likely to take your time and stop when you've had enough.

**3. Ask yourself “Am I still enjoying this?”** Whenever you're not sure if you are overeating, one question you should ask at different points throughout the meals is, “Am I still enjoying this?” If the answer is yes, then consider continuing to eat. If the answer is no, you also have the option to take a break and then reevaluate the need for more later.

**4. Don't skip meals.** Skipping breakfast and lunch to “save” all of your calories for dinner typically leads to overeating. Instead, have a balanced breakfast and enjoy a satisfying lunch the day of the event.

**5. Eat what you love.** Most of us find it extremely easy to eat something just because it's there. Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely love, and skip the foods you don't enjoy as much. Also, don't eat something just because it's a holiday food—for example, if eggnog doesn't excite you, skip it.

**6. Enjoy dessert, and be mindful while doing it.** There will likely be endless assortments of cakes, cookies, pies, and ice cream at your holiday meal. You may choose to have some, and if you do, enjoy it. If you want to taste every dessert in attendance, consider having a small sampling of each.

**7. And finally, lose the guilt.** Healthy holiday eating can make people anxious, but try not to get too worked up. This should be a time of celebration and also relaxation. If you do happen to eat more than you planned during this holiday season, don't beat yourself up. More importantly, don't let a slip become a fall. If you do go overboard, don't get stuck in a food rut. Try to get back to your healthy eating habits as soon as you possibly can.

Adapted from: Jessica Jones, M.S., R.D.N.



## Did You Know? December Fun Quotes



## 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 positive comments and referrals from people just like you! We couldn't do it without you!

**A special thanks to all of those who referred us.**

## We Don't Have a Business Without YOU!

We can't fix it if we don't know what is broken. Please contact us and give us your feedback, good or bad. We are committed to continuous improvement because we want to be YOUR family pharmacy.

**Call us or stop by to let us know today!**



HEALTHY



HOME

TIMES

December 2018 Vol 13 Issue 12

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

“  
Christmas isn't just a day, .  
It's a frame of mind.  
~ *Valentine Davies*  
*Miracle on 34<sup>th</sup> Street*  
”

***Inside This Issue You Will Discover...***

- **Grinch Trivia**
- **Fun Tips for Reading with Children**
- **“Holiday Eating” in the Health Corner**
- **Thank You's, Quotes to inspire**

**Discounts, Specials And Much, Much MORE!**  
***Keep Reading Inside...***