



February 2019 Vol 14 Issue 2



HEALTHY HOME TIMES
Secrets For Living
A Healthy, Wealthy
& Happy Life

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Valentine's Day Around the Globe

Valentine's Day is a beloved day around the world, including through regional traditions in the UK. In Norfolk, character called 'Jack' Valentine knocks on the rear door houses leaving sweets and presents for children. Although leaving treats, many children were afraid of this mystical person.

In **Wales** many people celebrate Dydd Santes Dwynwen (*St. Dwynwen's Day*) on 25 January instead of or as well as St. Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

In **France**, a traditionally Catholic country, Valentine's Day is known simply as "Saint Valentin", and is celebrated in much the same way as other western countries.

In **Sweden** it is called *Alla hjärtans dag* ("All Hearts' Day") and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of flowers for this holiday are only exceeded by those for Mother's Day.

In **Brazil**, the *Dia dos Namorados* ("Day of the enamored") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. It is the day before the Saint Anthony's day, known there as the *marriage saint*, when many single women perform popular rituals, called *simpatias*, in order to find a good husband or a boyfriend.

In **Colombia**, the *Día del amor y la amistad* ("Love and Friendship Day") is celebrated on the third Friday and Saturday in September. In this country the *Amigo secreto* ("Secret friend") tradition is quite popular, which consists of randomly assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa).



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February



Website to visit this month:

Awkward Family Photos

You've probably seen some pretty awkward family photos over the years. Perhaps you've appeared in a few yourself? Did you know there's a popular website completely dedicated to sharing photos that go beyond the awkwardness that you may have seen before?

AwkwardFamilyPhotos.com is fueled by awkward family photos submitted by real users. It's funny that so many people have shared such awkward pictures.

Go ahead and visit, be prepared to laugh and enjoy, and who knows – you may want to share some photos from your own family photo album.

www.awkwardfamilyphotos.com

Pharmacist Tip of the Month!

*“LIVE without
pretending,
LOVE without
depending,
LISTEN without
defending,
SPEAK without
offending.”*

—DRAKE

February Quotes

“You always gain by giving
love.”

~ Reese Witherspoon

“The greatest happiness of life
is the conviction what we are
loved; loved for ourselves, or
rather loved in spite of
ourselves.

~ Victor Hugo

Valentine's Treat



Valentine's Day may actually be one of the easiest holidays to create fun but healthy holiday food. For example, imagine how you can just cut something up into a heart shape, or make it pink or red, and you're good to go. Kids are all about fun so try this *healthier Valentine's Day food idea* and see if your kids even

notice that they are missing out on the junk food..

Healthy banana split. A healthy twist on a favorite kids' dessert: substitute Greek yogurt (use plain, or try vanilla to make it sweeter), heart-shaped strawberries and dark chocolate shavings for ice cream, chocolate sauce and a maraschino cherry. To make the shavings, use a chocolate bar and a carrot peeler.

This would make a perfect item for a breakfast party or at any time of day. You can do a make-your-own version: Slice the bananas for the kids, and then provide the toppings in bowls. For extra toppings, try slivered almonds, granola or natural pink sprinkles.



National Wear Red Day

The first Friday of every February is Wear Red for Heart Health Day. The American Heart Associations women's initiative is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

Nearly 80 percent of cardiac events can be prevented. Cardiovascular diseases continue to be a leading woman's health threat.

Friday, February 1, join the news anchors to create awareness for this common goal: the eradication of heart disease and stroke.

February ~ Heart Health Month

Heart Health Point #1

Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. *[American Heart Association]*

Heart Health Point #2

Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats. *[Centers for Disease Control and Prevention]*

Heart Health Point #3

Did you know that an octopus has three hearts, but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. *[NOAA]*

Heart Health Point #4

Before the invention of the stethoscope in 1816 a doctor would listen to his patient's heart by placing his ear to the patient's bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter led to the stethoscope's invention. *[US National Library of Medicine]*

Heart Health Point #5

The No. 1 killer of women in America is heart disease. That's more than all forms of cancer combined. Some 43 million American women have heart disease, although females comprise only 24 percent of all heart-related study participants. *[American Heart Association]*

Heart Health Point #6

Happy birthday, EKG! This vital medical instrument was invented 114 years ago and revolutionized the way in which heart problems are detected. *[Cleveland Clinic]*

Heart Health Point #7

Your heart pumps blood to 75 TRILLION cells throughout your body. Almost everywhere ... except your corneas. *[Molecular Biology of the Cell, Garland Science]*

Did You Know? Average cost of 30-sec Super Bowl Ad



1967	\$42,000	1993	\$850,000
1968	\$54,000	1994	\$900,000
1969	\$55,000	1995	\$1.15M
1970	\$78,000	1996	\$1.085M
1971	\$72,000	1997	\$1.2M
1972	\$86,000	1998	\$1.3M
1973	\$88,000	1999	\$1.6M
1974	\$103,000	2000	\$1.1M
1975	\$107,000	2001	\$2.1M
1976	\$110,000	2002	\$1.9M
1977	\$125,000	2003	\$2.1M
1978	\$162,000	2004	\$2.2M
1979	\$185,000	2005	\$2.4M
1980	\$220,000	2006	\$2.5M
1981	\$324,000	2007	\$2.6M
1982	\$324,000	2008	\$2.7M
1983	\$400,000	2009	\$2.4M
1984	\$368,000	2010	\$2.5M
1985	\$525,000	2011	\$3.0M
1986	\$550,000	2012	\$3.5M
1987	\$600,000	2013	\$4.0M
1988	\$645,000	2014	\$4.0M
1989	\$675,000	2015	\$4.5M
1990	\$700,000	2016	\$5.0M
1991	\$800,000	2017	\$5.0M
1992	\$850,000	2018	

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

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HOME

TIMES

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The heart has its reasons
of which reason knows nothing.

~ *Blaise Pascal*

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Inside This Issue You Will Discover...

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- **Thank You's, Quotes to inspire**

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