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**TIMES**  
Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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### **Veterans Day – November 11**

Veterans Day is intended to thank all those who honorably served in the military – in war time or peace. This versus Memorial Day which remembers and honors military personnel who died in the service of their country, particularly those who died as a result of a wound sustained in battle.

Veterans Day 2019 will be on Monday, November 11th, 2019. As a federal holiday Veterans Day is typically observed on November 11<sup>th</sup> every year. In times when the observance falls on a Sunday, the following Monday is designated as the Federal holiday.

Veterans Day evolved from Armistice Day, which was proclaimed in 1919 by President Woodrow Wilson. Armistice Day recognizes the end of World War One when hostilities ceased on November 11th at 11 A.M, 1918 (11<sup>th</sup> hour, of the 11<sup>th</sup>, of the 11<sup>th</sup> month).

According to the Department of Veterans Affairs official site on November 11<sup>th</sup>, 1947, Raymond Weeks, a World War II veteran, organized a “National Veterans Day” parade in Birmingham, Alabama to recognize veterans of all wars. This celebration may have helped influence Congress to change Armistice Day to Veterans Day in 1954 to recognize Veterans of all U.S. wars.

The theme for the 2019 Veterans Day Poster is: “Service”

Veterans contribute to American society in many ways; not just during their time in active duty. Throughout our history, military service members have put on their uniforms to protect the values and liberties that this nation was built on. But that doesn't stop once the uniform comes off and their time in active duty has ended. Veterans take the lessons they have learned and the experiences they've gained and continue their service to our nation by strengthening our communities. They become our nation's leaders, scientists, entrepreneurs. Veterans are the most active volunteers working to improve communities across our country. Service goes beyond the uniform. This Veteran's Day, we honor the men and women who have worn their uniform who continue to serve our country.

### **November**



**Website to visit this month:**

#### **GeoGuessr**

This amazing website is game is beyond fascinating. It drops you somewhere in the world on Google Street View and you have to guess where you are. The closer you pinpoint your location on the map, the more points you get.

You can even customize it so you can only be dropped in Europe or other regions. But for the real fun, you have to play the global version. Good luck when you try and differentiate a dirt track in Mexico with one in Australia.

<http://www.geoguessr.com>

## Pharmacist Tip of the Month!



### November Quotes

“Family is not an important thing. It’s everything.”

~ Michael J. Fox.

“You don’t choose your family. They are God’s gift to you, as you are to them.”

~ Desmond Tutu

## Welcoming the Holiday

Every November, the world’s most famous parade, the annual Macy’s Thanksgiving Day Parade, draws thousands of spectators to New York. For you, that means balloons, floats, clowns, pulse-pounding marching bands, cheerleaders, celebrities, and most of all, finally ringing in the holiday season!



This year marks the 93<sup>rd</sup> Annual Parade. You can conveniently watch Macy’s Thanksgiving Day Parade from home or your hotel. Every year since 1948, NBC broadcasts the New Yorker parade live on TV.

More than 8,000 participants, some donning clown costumes, handling balloon giants or striking up the band, set off down the streets of Manhattan at the sound of the time-honored catchphrase “Let’s Have a Parade.” With a live audience more than 3.5 million strong and a nationwide television gathering of more than 50 million viewers, the Macy’s Thanksgiving Day Parade is the nation’s most beloved holiday pageant.

If you can’t attend the parade, there is a way to get a preview of the balloons the day before Thanksgiving. The balloon inflation takes place near the American Museum of Natural History on Manhattan’s Upper West Side. Although the balloon inflation has become pretty popular, it’s not nearly as packed as the Thanksgiving Day Parade itself. Due to current safety precautions, everybody will need to be screened before entering the zone. This also means you may have to wait in line. Try to avoid bringing backpacks, umbrellas, and chairs to speed up the process.

## Thanksgiving Football

Thanksgiving is about traditions and family and familiarity, and football is no different.

Each year, the Dallas Cowboys and Detroit Lions each host an NFL Football game. This year the Lions host the Bears for the early game (Fox), and the Cowboys play the Bills in a non-divisional matchup for the late game (CBS).

The Falcons host the Saints for the Thursday night game. Current plans call for the various NFL teams (other than the Lions and Cowboys) to take turns hosting the night game on a rotation basis.

In the past, originated by John Madden, there was a Turkey Leg Award to the player who performed the best during the game. This morphed over time to a Galloping Gobbler award, and a Pudding Pie award, and now simplified to titles such as the ‘game ball award.’

## Health Corner for Man's Best Friend

### DOG-APPROVED FOODS!

What morsels can you slip your pup as a treat to celebrate the season? Pooch-approved human foods include:

**Bread:** Plain bread—that is, without any nuts, raisins, or spices—is a fine snack, but don't overdo it. Dogs don't derive any nutritional benefit from bread and, like in humans, too much can pack on the pounds.

**Carrots and celery:** While you're preparing the stuffing, slip your furry friend some spare carrots and celery, which are low in calories and full of nutrients and vitamins. Cut into bite-sized pieces to make them easier to digest.

**Cheese:** Unless your pooch is lactose-intolerant (which is very rare), cheese is good choice for an occasional treat, but avoid high- or full-fat varieties. Low- or non-fat cottage cheese is a great option.

**Corn:** A common ingredient in many dog foods, corn is perfectly healthy for your dog, but don't ever give them the cob, which can cause choking or intestinal blockages if swallowed.

**Ham:** While there's no harm in giving your dog a few cubes, a lot goes a long way. The high fat and salt content means ham should be a rare treat rather than a regular meal.

**Rice:** As long as your dog isn't allergic, feel free to feed rice and other grains—like quinoa—to your dog.

**Sweet potatoes:** Rich in vitamin A—which promotes healthy skin, coat, nerves, and muscles—sweet potatoes are healthy for dogs. Serve them plain.

**Turkey:** Good news! The star of most Thanksgiving dinners is perfectly safe for dogs. Before preparing them a plate, be sure to remove any fat or skin and never, ever give them the bones, which can splinter and cause tears or blockages in the digestive tract.

### FOODS THAT ARE DANGEROUS FOR DOGS Stay away from:

**Apple Pie:** While plain, uncooked, cored and seeded apples are fantastic treats for dogs, slicing your beloved pup a piece of apple pie is a terrible idea. High-fat crust combined with common apple pie spices like cinnamon and nutmeg can result in a number of issues including stomach upset/pain, liver disease, high blood pressure, and seizures.

**Chocolate:** You've probably heard this before, but it bears repeating: do not feed your dog chocolate. It's highly toxic (especially the darker varieties) and can stop a pooch's metabolic process resulting in diarrhea, vomiting, seizures, and death.

**Garlic, leeks, or onions:** These members of the Allium family are highly toxic to dogs and can cause elevated heart rate, anemia, and general weakness. Watch any dog that might have eaten a stray piece of garlic or onion closely as symptoms may not appear until a few days after ingestion.

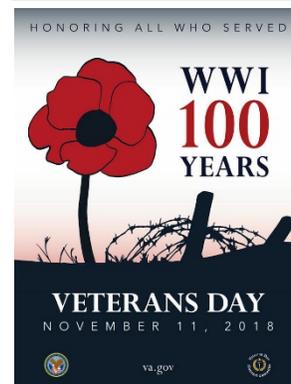
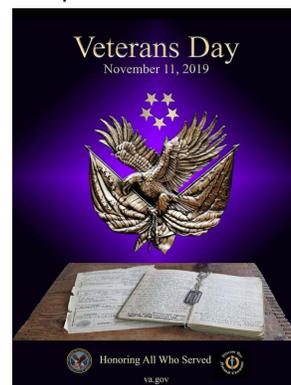
**Grapes and raisins:** Grapes and their dehydrated cousins are highly toxic to dogs. Even small amounts can make a dog desperately ill leading to rapid kidney failure and death.

## Did You Know? November Fun Facts



Every year the US Military publishes a poster to commemorate Veterans Day. These are always inspirational, and worth viewing.

Last year's Veterans Day poster and this year's poster:



## 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

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Secrets For Living  
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“

A happy family is but an earlier heaven.

~ *George Bernard Shaw*

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

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**Discounts, Specials And Much, Much MORE!**  
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