



February 2020 Vol 15 Issue 2



# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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## In This ISSUE

- Valentine's Flower Care Secrets
- Valentines Movies
- Benefits of Pet Ownership
- Thank You's, Quotes to inspire

### Florists' Secrets to Keep Cut Flowers Fresh

With this being the month of Valentine's Day with the common gift of flowers, you'll appreciate this info.

Florists say cut flowers will use water faster and wilt faster if they are placed in bright sunlight or in drafty locations. The cooler they are kept, the longer they will last, which is why florists keep flowers in a refrigerator. Misting cut flowers also helps to prolong their life.

Flowers often wilt because air bubbles trapped in the stem won't let them absorb water. Trimming stems under water will keep this from happening.

Stems can also get plugged with bacteria. Changing the water each day helps. Before ever placing flowers in a vase, remove the lower leaves to prevent bacteria growth.

If the flowers have been out of water for a time, cut off the bottom inch of the stem for a cleaner cut. Cut at an angle so the stem won't stand flat in the vase.

Sometimes you can revive wilted flowers. Wrap them in newspaper so the stems are straight. Put the stem and paper in a vase of water until the stem can stand up.

You can make your own preservative to keep cut flowers fresh longer. Dissolve 3 tablespoons sugar and 2 tablespoons white vinegar per quart of warm water. When you fill the vase, make sure the cut stems are covered by 3-4 inches of the prepared water.

## February



### Websites to visit this month:

This Valentine's Day month we share three amazing websites featuring (what else?) chocolate!

#### Divine

The website for this UK chocolatier is what you might imagine *Willy Wonka's chocolate factory* would look like in online form.

[www.DivineChocolate.com/uk](http://www.DivineChocolate.com/uk)

#### Max Brenner (Chocolate by the Bald Man)

Navigating their vibrant site is like being a kid in a candy store.

[www.MaxBrenner.com](http://www.MaxBrenner.com)

#### Mr. Chocolate

This site's colorful design and clever copywriting instantly catches the viewer's eye. But it's the chocolate that is most amazing.

[www.MrChocolate.com](http://www.MrChocolate.com)

## Pharmacist Tip of the Month!

*"When the power of love  
overcomes the love of power,  
the world will know peace."*

*- Jimi Hendrix*



### February Quote

"You will never be able to  
escape from your heart, so it's  
better to listen to what it has to  
say."

~ Paulo Coelho

## Valentine's Favorites- Candy or Flowers?

- In addition to creating popular chocolates, Richard Cadbury also introduced the first box of Valentine's Day chocolates in 1868.
- According to the *National Confectioners Association*, caramels are the most popular flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.
- Some *145 million* greeting cards are exchanged every year for Valentine's Day in the U.S. alone, according to Hallmark.
- People consider pink and red the colors of love. According to the *National Confectioners Association*, around 65% of Americans believe that the packaging of Valentine's Day candies and chocolates should be red and pink.
- The heart shape came from French and Italian artists from the 14th century, so we have them to thank for the symbol that we know and love today, as they were the first ones to start using the heart shape in their work.
- Roses are the flowers of love. The bud stands for strong romantic feelings, so it's no surprise they make up the most popular Valentine's Day bouquets.
- Valentine's Day is a popular holiday to get engaged. This seems fitting: A recent study by diamond retailer James Allen found that 43% of millennials chose Valentine's Day as their top choice of day to propose or be proposed to.
- Americans spend a lot on love. According to a survey by the *National Retail Federation*, Americans were expected to spend over \$20 billion in 2020.
- Both men and women prefer to receive chocolate over flowers, according to the *National Confectioners Association*. A survey found that chocolate sales represent 75% or more of Valentine's Day candy purchases.

*"All you need is love.  
But a little chocolate now  
and then doesn't hurt."*

— Charles Schulz

## Pet Therapy

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

One option is having a pet. Owning a dog has many benefits for your health. Studies show that pet owners have fewer cardiovascular problems, lower blood pressure and reduced cholesterol levels. Taking care of a pet reduces loneliness and helps in battling depression.

Or just go to your computer and laugh at the feline antics on the internet!

## What are Popular Pet Names for 2020?

Pet owners choose their pet names either traditionally or by picking one associated with a pet's breed, fur colors, personality traits or unique characteristics. What's interesting about pet names is that many pet owners may name their pet but hardly ever call the pet by that name! Just like the way we attach endearing nicknames to our children and grandchildren, pet owners attach nicknames to pets simply because they love them and consider them a member of the family.

Giving your pet a one or two syllable name makes it easier for pets to recognize when owners call them. Pets respond better to simple names and to names owners use all the time.

Dog owners who plan to train their dog to be obedient should avoid names that sound similar to "no," "yes" and "sit." It can make it difficult for dogs to distinguish the difference between their name and a command.

You'll no doubt notice a lot of the "top 10 pet names" are associated with the latest movie or song hits. Children love to name their pets after animals starring in the latest Disney or Pixar film.



1. Adorable 'A' Names - Abby, Angel, Apollo, Annie, Akira, Alaska, and Azura
2. Beautiful 'B' Names - Bailey, Bella, Bear, Babushka, Billy, Buster, Bubbles and Babe
3. Charming 'C' Names for Your Cat - Chloe, Coco, Cody, Caesar, Cheese, Cracker, Charlie, and Cosmo
4. Darling 'D' Names for Your Dog - Duke, Danger, Daisy, Dusty, Danny, Dobby, Domino, and Duchess
5. Energetic 'E' Names - Emma, Ebony, Edwin, Elf, Elmo, Equinox, Ewok, and Earl Grey
6. Fantastic 'F' Names for Your Fur-baby - Falcon, Franco, Faith, Fido, Fifi, Fishbone, Fletcher, Flossy, and Franklin
7. Great 'G' Names - Ginger, Gizmo, Galaxy, Gatsby, Garcia, Galileo, Garfield, Garlic, Gemini
8. Happy 'H' Names for Your House Pets - Hachi-ko, Hacker, Hairball, Halo, Hamilton, Harold, Hickory, and Holly

## Did You Know?



### Valentine's Day Movie List:

- *I Hate Valentine's Day* - a 2009 romantic comedy written and directed by Nia Vardalos
- *Obvious Child* - a 2014 romantic comedy
- *Sleepless In Seattle* - a 2014 romantic comedy starring Tom Hanks and Meg Ryan
- *Valentine's Day* - a 2010 romantic comedy directed by Garry Marshall
- *Eternal Sunshine of the Spotless Mind*, directed by Michel Gondry
- *Dirty Dancing*, directed by Emile Ardolino
- *How to Lose a Guy in 10 Days*, directed by Donald Petrie
- *When Harry Met Sally* directed by Rob Reiner
- *Sabrina* directed by Sydney Pollack
- *A Charlie Brown Valentine* - a 2002 animated TV special based on the comic strip *Peanuts*
- *A Valentine for You* - a 1999 TV special based on the Disney television series *The New Adventures of Winnie the Pooh*
- *Be My Valentine, Charlie Brown* - a 1975 animated TV special based on the comic strip *Peanuts*

## 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

Secrets For Living  
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“  
The axe forgets;  
The tree remembers.  
~ African proverb  
”

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

- **Valentine's Flower Care Secrets**
- **Valentines Movies**
- **Benefits of Pet Ownership**
- **Thank You's, Quotes to inspire**

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