



TIMES

Secrets for Living
A Healthy, Wealthy
& Happy Life

April 2020 Vol 15 Issue 4

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Easter is Sunday April 12th

Easter is a festival of the Christian church commemorating the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter egg rolling, a custom of European origin, has become a tradition on the lawn of the White House in Washington, D.C. The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt.

Passover

Passover is a Jewish holiday which in 2020 arrives at nightfall on April 8. Passover commemorates the Exodus and freedom of the Israelites from ancient Egypt. As described in the Book of Exodus, Passover marks the birth of the Children of Israel who become the Jewish nation, as the Jews' ancestors were freed from slavery and allowed to become followers of God instead.

In Israel, Passover is a 7-day holiday, with the first and last days celebrated as a full festival. The intervening days are known as *Chol HaMoed* ("festival weekdays").

Many Jews observe the Torah commandment of eating matzo on the first night of Passover at the Passover Seder, as well as the Torah prohibition against eating or owning Chametz, which includes any leavened products — such as bread, cake, cookies, beer, whisky or pasta — for the duration of the holiday. On the first night of Passover, a Jew must recount the story of the Exodus from Egypt. This commandment is performed during the Passover Seder. - *wikipedia*



Website to visit this month:

The Secret Door

It won't open into a dark nook at Hogwarts, but it can take you to equally unexpected places around the world. The idea is simple — opens the secret door and let Google's Street View transport you to an interesting place on the globe. Think of it as a portal for virtual globetrotting. And if you don't like it, just click the Take Me Somewhere Else button. It definitely ranks as one of the more fun ways to use Google Maps and Street View. Have fun with this website!

www.safestyle-windows.co.uk

Pharmacist Tip of the Month!



Health Corner Easy Steps to Better Health

Recommended by health experts for years, some of these ideas are not new, but put together, they can make a big difference in your weight and fitness level.

Eat together at the table: People consume more when eating in front of the TV. And foods eaten “on the go” are generally higher in calories.

Play with kids for at least 20 minutes a day. Ride a bike, jump rope, play touch football or soccer. Visit www.caloriecontrol.org/exercalc.html to find calories burned in various sports.

Focus on favorite foods. Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.

Eat soup. “Volume” foods like soup leave you feeling full on fewer calories.

Eat at home. Restaurant food has more fat, calories, and sodium.

4 Practical Hair Tips

1. On fine hair, conditioners should be used at a minimum to avoid adding weight. Avoid the root area and focus on the driest ends only.
2. Brushes and combs should be cleaned with warm soapy (shampoo) water and rinsed thoroughly.
3. Any hair perming should be done at least two weeks prior to your special event. This will allow your curls to settle and will give you some time to learn how to make the most of your new look.
4. For oily hair, use a gentle shampoo but leave it on your hair for a longer period of time rather than using a harsh clarifying shampoo.

Quote for April...

“The way I see it, if you want the rainbow,
you gotta’ put up with the rain.”

-Dolly Parton

April Gardening - Top Ten Growing Tips

Gardening Tip #1: Heirlooms seeds are among the most popular seeds available. They are "Tried and True", proven winners over decade, if not hundreds of years. [More on Heirloom Seeds.....](#)

Gardening Tip #2: Spring is a time for...love. It's also the best time for pest control...before the critters fall in love. [More on Pest Control.....](#)

Gardening Tip #3: Are you ready to attract returning birds to your yard? Growing flowers to attract them, is a great way to make them feel "at home". One of the most frequently asked questions, is: "What plants can I grow to attract Hummingbirds?" The list is long. [See Flowers that attract Hummingbirds.](#)

Gardening Tip #4: As soon as you can get out into your yard, prune your rose bushes. First, remove any dead stems. Keep 3-6 stems, with 2 -3 buds per stem. Give them a good dose of general-purpose fertilizer. [More on Growing Roses.](#)

Gardening Tip #5: Seed planting depth is important. Planting them too deep, makes it difficult, for the seedling to emerge. For tiny seeds, try planting them on top of loose soil. Then, gently water them in. [More Seed Starting Tips.....](#)

Gardening Tip #6: Chances are, you've got compost from last year's Fall clean-up that is not finished. Kick start your compost pile. Mix in the first cuttings of grass. Toss in any green kitchen scraps. [More on Composting](#)

Gardening Tip #7: Onions are one of the cold hardiest plants in your garden. Plant onion sets (bulbs) as soon as the ground can be worked. Even if there is no action above ground, the bulbs will begin to grow roots. Young onion plants can be planted into the ground, when the nights do not go below 30 degrees. [More on Onions.....](#)

Gardening Tip # 8: Most plants do best in full sunlight. Ditto with your indoor starts. Grow-lights are a great tool for providing the needed light for your young starts. Cold frames are another great tool. Cold frames also allow you to Harden Off your plants, prior to transplanting. See more on [Cold Frames](#) and [Hardening off Plants](#)

Gardening Tip #9: Grow Asparagus! It is the first vegetable harvest of the spring. This easy to grow perennial, requires little maintenance, and has almost no disease or pest problems. [More on Asparagus.....](#)

Gardening Tip #10: Raised Bed gardens help to eliminate two problems of early spring gardens... cold and wet soils. The soil in a raised bed warms faster. The elevated soil drains away excess water, keeping seeds from rotting and roots from drowning. See [More on Raised Beds](#) and [Raised Bed Frames](#)

Did You Know? April Facts



After leaving Southampton on 10 April 1912, Titanic called at Cherbourg in France and Queenstown (now Cobh) in Ireland, before heading west to New York. On **14 April**, four days into the crossing and about 375 miles (600 km) south of Newfoundland, she hit an iceberg at 11:40 p.m. ship's time



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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“
The key to success is to start
before you are ready.
~ Marie Forleo
”

Inside This Issue You Will Discover...

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Discounts, Specials and Much, Much MORE!
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