



HEALTHY



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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In This ISSUE

- National Different Colored Eyes Day
- Liberty Bell Crack
- Cool website for kids on Summer break
- Thank You's, Quotes to inspire

National Different Colored Eyes Day

On July 12th, National Different Colored Eyes Day recognizes those who have two different colored eyes. Many people captivate us with their eye color; others do so because they have two different colored eyes. This day celebrates them in all their uniqueness!

Having two different colored eyes is a condition called Heterochromia. There are three types of Heterochromia:

- Complete heterochromia – one iris is a different color from the other.
- Partial heterochromia or sectoral heterochromia – part of one iris is a different color from the rest of the iris.
- Central heterochromia – an inner ring is a different color than the rest of the iris.



The concentration and distribution of melanin are what determines the eye color, specifically the color of the irises. The affected eye may be hyperpigmented (hyperchromic) or hypopigmented (hypochromic). The excess of melanin indicates hyperplasia of the iris tissues, whereas a lack of melanin indicates hypoplasia.

Most cases of heterochromia are hereditary, caused by a disease or syndrome or due to an injury. However, it is possible that just one eye may change color following certain diseases or injuries.

Two syndromes that may cause different colored eyes are mosaicism and chimerism. Mosaicism involves two or more populations of cells within a single individual. Chimaerism occurs when two or more fertilized eggs merge producing a single individual.

Other symptoms that may be associated with heterochromia include patches of lighter skin or deafness. Infants who develop different colored eyes after birth should be evaluated by their pediatrician to be sure no additional care is necessary. When eye color changes occur due to injury or are sudden, seek a doctor's care. Sometimes the condition can be severe.

A few celebrities are known to have two different colored eyes include David Bowie, Christopher Walken, Dan Aykroyd, Jane Seymour and Mila Kunis.

HOW TO OBSERVE NATIONAL DIFFERENT COLORED EYES DAY

The eyes are the windows to the soul. Who do you know with differing eye color? Those who have two different eye colors, share your fascinating eyes. Post on social media using #DifferentColoredEyeDay

Get Exclusive Specials When You "Like" us at www.Facebook/XXXXXXXXXXXX.com/

July



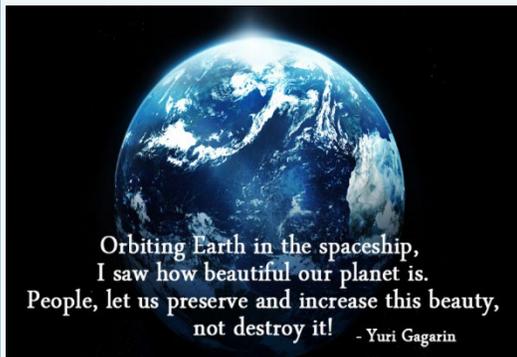
Websites to visit this month: Exploratorium

The Exploratorium website is a science website from the San Francisco museum of the same name. Kids don't need to register to use the site; the videos, interactive exercises and other features are free. They claim to feature more than 25,000 pages of content with videos, science-related projects, exhibit highlights, and more. You can access all the info by choosing your general interest group -- options include teens, parents, scientists, and geeks -- or by selecting a subject matter (such as culture or the human body). Whichever method kids use to move around the site, its offerings will undoubtedly help increase their appreciation of science.

Kids can learn the physics of skateboarding, guess which embryo is human, create a photogram, and more. The site's sizeable content is actually almost its biggest drawback.

<http://www.exploratorium.edu/>

Pharmacist Tip of the Month!



Orbiting Earth in the spaceship, I saw how beautiful our planet is. People, let us preserve and increase this beauty, not destroy it!

~ Yuri Gagarin, *first man in space* 1961

July Quotes

“If you can’t make it better,
you can laugh at it.”

~ Erma Bombeck

“Freedom is nothing but a
chance to be better

~ Albert Camus

Liberty Bell Cracks July 8, 1835

Cast at London’s Whitechapel Bell Foundry, the bell arrived in Philadelphia in August 1752. Because the metal was too brittle, it cracked during a test strike and had to be recast twice. The final version—made of 70 percent copper, 25 percent tin and small amounts of lead, zinc, arsenic, gold and silver—weighed around 2,080 pounds and measured 12 feet in circumference around the lip and 3 feet from lip to crown.

On July 8, 1776, the bell was rung to celebrate the first public reading of the Declaration of Independence. In its early years the bell was used to summon lawmakers to legislative sessions and to alert citizens about public meetings and proclamations.

So when did the Liberty Bell get its famous crack? That’s not exactly clear. According to one of many stories, it first cracked back in 1824, during the visit of the Revolutionary War hero Marquis de Lafayette. Another story holds that it fractured later that year, while tolling to signal a fire. One of the most popular legends claims that the bell cracked during the funeral of Chief Justice John Marshall July 8, 1835.

Whatever the truth is, it seems the bell was certainly damaged by 1846, when (according to official city records) Philadelphia’s mayor requested that the bell be rung on George Washington’s birthday. Though attempts were made to repair an existing fracture in the bell for the occasion, and the bell reportedly tolled loud and clear at first, it subsequently cracked beyond repair and had to be taken out of service. After being moved to a pavilion near Independence Hall in 1976 (the bicentennial of the Declaration of Independence), in 2003 the Liberty Bell was relocated to Liberty Bell Center in Independence National Historic Park, where millions of visitors view its famous crack each year.



July 4th Quote

You have to love a nation that celebrates its independence every July 4th not with a parade of guns, tanks and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

Erma Bombeck (1927-1996)

Healthy Eating

What kinds of foods do I need to eat as I age?

When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small number of calories.

Eat more of these nutrient-dense foods

Older adults, along with other Americans, are advised to "eat from the rainbow" of foods rich in nutrients, like these:

- fruits and vegetables (choose a range of types with vibrant colors)
- whole grains, like oatmeal, whole-wheat bread, and brown rice
- fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- seafood, lean meats, poultry, and eggs
- beans, nuts, and seeds

Eat less of these foods

Some foods have many calories but offer few nutrients. Older adults should eat less of these foods:

- sugar-sweetened drinks and desserts that have added sugars
- foods with butter, shortening, or other fats that are solid at room temperature
- white bread, rice, and pasta made from refined grains

Control portion sizes

A portion is the amount of one food you eat in one sitting. Many people eat more than they need, especially when eating out or getting takeout. Avoid eating in front of the TV, computer, or other screen. You may not notice how much you are eating if you are distracted.

Eating healthy meals can be easier when you plan ahead and make them enjoyable. Try the tips listed below and see the For More Information section for more ideas:

- Cook ahead and freeze portions for days when you don't want to cook.
- Keep frozen or canned vegetables, beans, and fruits on hand for quick and healthy meal add-ons. Rinse canned foods to remove extra salt. Drain juice and syrup from canned fruit to remove extra sugar.
- Eat often with someone you enjoy. If you can't cook for yourself, contact Eldercare Resources for local programs that deliver meals.



Did You Know? July Fun Facts



Rubies, the birthstone of July, are considered the king of gems and represent love, health and wisdom. It was believed wearing a fine red Ruby bestowed good fortune on its owner. A Ruby is the most valuable gemstone and its value increases based on its color and quality.

In July 1963 zip codes were introduced for US mail.

In July 1979 Sony introduced the Walkman.

In July 1980 *O Canada* officially became the national anthem of Canada.

In July 1984 the PF-13 rating was introduced by the Motion Picture Association of America.

In July 1985 *Back to the Future* was released featuring the now famous 1981 DeLorean.

July 2009 The Statue of Liberty's crown reopened to the public after eight years closed due to security concerns following 9/11.

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!



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~ *Joseph Joubert*
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