



September 2020 Vol 15 Issue 9



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

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September 17 is Constitution Day

Constitution Day celebrates the day that the United States Constitution was adopted by the Constitutional Convention in 1787. The day also celebrates US citizenship and is often called Citizenship Day. In the early 1900s various states began to celebrate Constitution Day. In 1940 Congress designated the third Sunday in May as I am an American Day. Later, in 1952, they moved the day to September 17th and called it Citizenship Day. The day was renamed to Constitution Day in 2004.

The Constitution is the framework for the federal government of the United States. It is the highest form of law in the country. The Constitution creates the branches of government and gives them the power to govern. However, it also protects the citizens of the United States and guarantees their basic rights.

A primary aim of the Constitution was to create a government that would be powerful enough to run the country but would not impose on people's or state's rights. To avoid too much power being held by one person or group, they created the Balance of Power between the three branches of government: Executive, Legislative, and Judicial.

The number of representatives to the House be based on the state's population while each state would have two representatives in the Senate. The Constitution is organized into seven articles:

- Legislative Power
- Executive Power
- Judicial Power
- States' Powers and Limits
- Amendments
- Federal Power
- Ratification

Fun Facts about the Constitution

- James Madison is often called the father of the Constitution since so much of his work and ideas were incorporated into the final document.
- 39 of the 55 delegates at the convention signed the document. Many who refused did so because of the lack of a Bill of Rights.
- The US Constitution is the oldest written constitution still used in the world today.
- The Constitution that is on display at the National Archives was penned by Jacob Shallus.
- There are currently 27 amendments to the Constitution.

September



Website to visit this month:

Laughing Squid

Laughing Squid may become a favorite blog to check out just for all the wacky, inspiring and unbelievable stuff you can find there. You can find all sorts of highly visual posts about art, culture and technology on this site, most of which are photos and videos.

It's updated with several new posts a day featuring the newest, freshest content. Posts are kept pretty short too, making it perfect for browsing casually.

<http://www.laughingsquid.com>

Pharmacist Tip of the Month!

PEOPLE WHO ARE CRAZY
ENOUGH TO THINK THEY
CAN CHANGE THE WORLD
ARE THE ONES WHO DO.

~ Steve Jobs

September Quotes

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

~ Alan W. Watts

“One day or day one. You decide.”

~ unknown

Signs You Are No Longer a Kid

- Your back goes out more than you do.
- You send money to PBS.
- You are proud of your lawn mower.
- You buy a compass for the dash of your car.
- You sing along with the elevator music.
- You can go bowling without drinking.
- You got cable for the weather channel.
- You would rather go to work than stay home sick.
- You constantly talk about the price of gasoline.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You consider coffee one of the most important things in life.
- You make an appointment to see the dentist.
- You no longer think of speed limits as a challenge.
- People call at 9 p.m. and ask, “Did I wake you?”
- The end of your tie doesn’t come anywhere near the top of your pants.
- You know what the word “equity” means.
- You can’t remember the last time you laid on the floor to watch television.
- You have a party and the neighbors don’t realize it.

Labor Day

If you've decided to have a relaxing and restful day on September 3, you've got the right idea.

That's what the original promoters had in mind back in 1884. *The Knights of Labor* held a big parade in New York City on the first Monday in September and passed a resolution to hold future parades, always on the first Monday in September.

Their plan was one that people liked. It spread and was celebrated in many areas and in many states until 10 years later. In 1894, Congress passed a law recognizing Labor Day as an official national holiday. (It is celebrated in Canada on the same day.)

Samuel Gompers, head of *the American Federation of Labor*, called it "the day for which the toilers in past centuries looked forward, when their rights and their wrongs would be discussed ... that the workers of our day may not only lay down their tools of labor for a holiday, but upon which they may touch shoulders and feel the stronger for it."

Labor Day, end of summer.

The Knights of Labor didn't know their holiday would be famous for another reason. It has become the unofficial end of summer with vacations ending, swimming pools closing, and school beginning.

It's one of the most popular days of the year for picnics and swimming parties. So if you don't really want a day of rest, why not make it a day of fun?

Change Your Mood With Food

Not only does what you eat impact your weight and health, studies show it can effect your mental and emotional states as well.

- ◆ **Need a boost?** Protein will perk you up. Norepinephrine and dopamine, found in protein-rich foods, increase concentration and alertness. Sources: Beans, lean poultry, red meat or cheese.
- ◆ **Anxiety keeping you up?** A small, carbohydrate-based snack may be just what you need to relax and ease into sleep. Serotonin has been shown to have a calming effect, and production can be boosted by eating carbohydrates. Sources: A small bowl of fiber-rich cereal with skim milk before bed can help give you a good night's sleep.
- ◆ **Nervous?** Foods that stimulate the release of dopamine may produce pleasant feelings, translating to a more approachable persona. Sources: Bananas, milk and leafy greens.
- ◆ **Depressed?** Fish is more than just brain food. Recent studies have shown that the omega-3 acids found in fatty fish may help ease symptoms of depression by raising the levels of serotonin in the brain. Sources: Fatty fish such as salmon, herring, tuna or sardines.
- ◆ **In a bad mood?** Several studies have linked low levels of selenium with tendencies towards anxiety and irritability, so load up on this nutrient to shake your foul mood. Sources: Sunflower seeds, whole grain cereals and Brazil nuts.



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.

Did You Know? September Fun Facts



September 19 is Talk Like a Pirate Day. You can start by always saying "me" not "my". For example, you would say "This is me ship", not "This is my ship". Here are some words and phrases you can use to participate:

- Ahoy! - Hello
- Aye! - Yes
- Booty - Treasure
- Colors - Flag
- Matey - Shipmate or friend
- Hearties - Friends
- Lass - Woman or girl
- Avast! - Stop
- Blimey! - Something to say when frustrated
- Savvy? - Do you understand?
- Shiver me timbers! - Something to say when you are surprised
- Yo-ho-ho - Something to say when happy
- Ye - Use this instead of "you"
- Aft - The back of the ship
- Bilge - Bottom of the ship
- Fore - Front of the ship
- Port - Left side of the ship
- Starboard - Right side of the ship
- Buccaneer - Another name for pirate
- Lad - Young man
- Scallywag - Someone you don't trust
- Shanty - Song
- Cutlass - Pirate's sword
- Doubloons - Gold coins or money
- Jolly Roger - The flag of a pirate ship
- Hornswaggle - Cheat someone
- Marooned - To get stuck on a desert island
- Weigh Anchor - Get the ship ready to sail

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

Secrets For Living
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“
You’re always one decision away
from a totally different life.
~ *unknown*
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