



March 2021 Vol 16 Issue 3



TIMES
Secrets For Living
A Healthy, Wealthy
& Happy Life

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In This **ISSUE**

- **Vietnam War Veterans Day**
- **National Oreo Cookie Day ...**
- **National Read Across America Day**
- **Thank You's, Quotes to inspire**

National Vietnam War Veterans Day March 29

National Vietnam War Veterans Day on March 29 honors the men and women who served and sacrificed during the longest conflict in United States history.

It was on March 29, 1973, when combat and combat support units withdrew from South Vietnam. Generations later, Veterans of this time period are gaining the respect that was not so freely given upon their return. Involving five U.S. presidents, crossing nearly two decades and 500,000 U.S. military personnel, it left an indelible mark on the American psyche.

Returning Veterans did not always receive respectful welcomes upon their arrival on American soil. There were 58,000 killed, never to return. National Vietnam War Veterans Day recognizes the military service of these men and women who answered the call to serve their country when she needed them. They didn't make the decisions to go to war.

On National Vietnam War Veterans Day, we recognize the service and duty rendered by all servicemen and women of this era.

Around the country, commemorative events, speeches and luncheons are being held inviting Vietnam Veterans as honored guests. Thank a Vietnam Veteran. Buy them a drink or lunch. Send them a shout out using #VietnamWarVeteransDay on social media.

U.S. Sens. Pat Toomey, R-Pa., and Joe Donnelly, D-Ind., introduced legislation in 2017 to honor Vietnam Veterans with a day on the anniversary of the withdrawal of military units from South Vietnam. President Donald Trump signed the Vietnam War Veterans Day Act on March 28, 2017, calling for U.S. flags to be flown on March 29 for those who served.

March



Websites to visit this month:

Diagram Software

Free online diagram software for making flowcharts, process diagrams, network diagrams, etc. Either create new or edit prior. Even floor plan layouts, and infographic templates are included.

www.draw.io

GIF Search

Any GIF you could ever want is on this site. Some are just cute animals, and others have phrases, or people cheering for teams. Some are throwbacks and others are current stars or tv characters. Did you know the NBA has official GIFS?

www.giphy.com

Pharmacist Tip of the Month!



March Quotes

“Try to be a rainbow in someone’s cloud.”

~ Maya Angelou

“What lies behind you and what lies in front of you pales in comparison to what lies inside you.”

~ Ralph Waldo Emerson

National Oreo Cookie Day

Be ready to observe by having your glass of milk handy as it is National Oreo Cookie Day. This day is recognized across the nation each year on March 6th.

The Oreo sandwich cookie is made up of two chocolate disks containing a sweet cream filling and is loved by millions. Since its introduction, the Oreo cookie has become the best-selling cookie in the United States.

The National Biscuit Company (today known as Nabisco) first developed and produced the “Oreo Biscuit” in 1912 at its Chelsea factory in New York City. Today, the block on which the factory was located is known as “Oreo Way”.

- The name “Oreo” was first trademarked on March 14, 1912.
- The first Oreo cookies in the United States sold for 25 cents a pound in clear glass topped novelty cans.
- In 1912, the Oreo Biscuit was renamed to “Oreo Sandwich”.
- In 1948, the Oreo Sandwich was renamed to “Oreo Creme Sandwich”.
- William A. Turnier developed the modern-day Oreo design in 1952 to include the Nabisco logo.
- Nabisco’s principal food scientist, Sam Procello, developed the modern Oreo cookie filling.

Today Oreo cookies come in many favor varieties including several you may have known existed, such as banana split, birthday cake, caramel apple and candy corn.

National Read Across America Day

March 2 is National Read Across America Day – also known as Dr. Seuss Day. This is an annual event that is part of Read Across America, an initiative on reading that was created by the National Education Association.

Each year, National Read Across America Day is celebrated on March 2nd, the birthday of Dr. Seuss. However, if it falls on a weekend, it is observed in the school systems on the school day closest to March 2nd. This day is a motivational and awareness day, calling all children and youth in every community across the United States to celebrate reading.

Pick up an interesting book and read it. More importantly, read with a child.

Change Your Thoughts – Change Your Life

Thoughts are able to bring you to the same physical and emotional strain that the actual experience did. Thoughts are powerful. They have the ability to bring feelings of anxiety, stress and pain.

If thoughts of past experiences can bring on pain and suffering, so too can they bring on joy and happiness. You can control your life through thoughts. Choose to see and experience whatever you want through the thoughts you allow to enter your consciousness.

It is very simple and worth exploring. Here are five easy steps to learn how to let your thoughts become a good reality.

- 1.) Become conscious of your thoughts. The first step is just to start noticing what thoughts come into your mind and how they make you feel. Don't analyze or try to change them just yet. Just start noticing how your thoughts affect how you feel: happy or sad, if your blood pressure changes, etc.
- 2.) Stop before you think. Now that you are aware of your thoughts, instead of just letting them brew without stirring, stop them and consider what thoughts you are allowing to enter your consciousness. Instead of replaying a story in your mind, stop them. Don't let them boil out of control. Stop and move past the thought. Let it go.
- 3.) Turn off the movie in your mind. Our mind is a never-ending movie reel. Our thoughts can create scenarios and villains where none exist. Turn off the projector and stop the stories from even starting.
- 4.) Fill your mind with the gift of controlled and conscious thought. If you are the director of your thoughts, choose to direct a love story, a comedy, an inspiring drama. Let your thoughts be filled with the adjectives of the positive.
- 5.) Your thoughts not only create your reality, they also influence the reality of those around you. Choose thoughts that reflect that which you want to see and experience in the world. Be the reflection of your dream life and watch it manifest before your very eyes.

Your thoughts create your reality. You control your thoughts.

Take it upon yourself to control your reality.

—adapted from an article in *Huffington Post*

Did You Know? March Fun Facts



March's flower is the daffodil which represents hope.

Birthstone is aquamarine.

Each year March and June end on the same day of the week.

March is named for the Roman god of war, Mars. Almost all major US led military operations since the invasion of Vietnam have begun in March – Vietnam '65, Iraq '03, Libya '11, Syria '11.

Spring officially begins in March.

March is American Red Cross month and Fire Prevention Month.

NCAA's March Madness runs from March 15 to April 4.

The Ides of March is March 15 – from Shakespeare's *Julius Caesar*.

Daylight Saving Day is March 11 when we "Spring Forward."

March 14 is pi day.

March 17 celebrates St. Patrick's day.

Here's hoping March tames the lion and goes out like a lamb!

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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“

We can't help everyone, but
everyone can help someone.

~ *Ronald Reagan*

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