



**TIMES**  
Secrets For Living  
A Healthy, Wealthy  
& Happy Life



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## October

### World Space Week



*World Space Week* is an annual observance held from October 4 to October 10 established by the United Nations General Assembly to be an international celebration of science and technology and their contribution to the betterment of the human condition.

The start and end dates of World Space Week recognize the launch of the first human-made Earth satellite, *Sputnik 1*, on October 4, 1957 and the signing of the *Outer Space Treaty* on October 10, 1967.

World Space Week is celebrated in more than 50 countries and, when possible, in space. Events usually include rocket launches, school activities, exhibits, political events, and special events at planetaria around the world. In 2009, the theme will be "Space for Education."

The World Space Week Association is a non-government, non-profit organization which is supported by national coordinators in over 50 nations.

It is led by an all volunteer Board of Directors including Tom Hanks, Buzz Aldrin, Bill Nye, and space leaders from around the world.



### Columbus Day: October 12

*Columbus Day* commemorates Columbus' famed 1492 expedition across the Atlantic Ocean, in which he hoped to find a naval route to India. Instead, he found an entire continent that was mostly unknown to Europeans at the time.

While other Europeans had sporadically visited the Americas earlier, and there are varied theories of even earlier contact by East Asians, Phoenicians, and others, Columbus' expedition triggered the great wave of European interest in the New World. Unlike the earlier visitors, Columbus aggressively popularized his discoveries and arranged for return voyages.

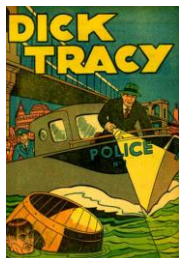
The first Columbus Day celebration was held in 1792, when New York City celebrated the 300th anniversary of his landing in the New World. In 1892, President Benjamin Harrison called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event.

### The Best Tea for a Sore Throat

A sore throat occurs when the mucous membranes of your throat become inflamed and irritated. One natural anti-inflammatory, marshmallow root, is particularly effective in soothing sore throat pain. Use one heaping teaspoon of marshmallow root pieces in one cup of boiling water. Let steep for 20 minutes and strain. You can safely drink up to six cups daily.

For sore throats accompanied by cold and flu symptoms, try peppermint or ginger tea. Peppermint reduces fever by helping you to sweat, and ginger alleviates chills and aching muscles, and relieves nausea. Use one teaspoon of dried ginger root or dried peppermint leaves per cup of water. For greater convenience, tea bags also can be used. Drink 3 to 6 cups daily.

– *Brigitte Mars*



### "Dick Tracy" Comic Strip premieres, Oct. 4, 1931

Dick Tracy is a long-running comic strip featuring a popular and familiar character in American pop culture. Dick Tracy is a hard-hitting, fast-shooting, and supremely intelligent police detective who has matched wits with a variety of colorful villains, many based on real-life gangsters. ("Dick" is also American slang for detective.) Created by cartoonist Chester Gould, the strip made its debut appearance on October 4, 1931, in the *Detroit Mirror*. It was distributed by the Chicago Tribune Syndicate. Gould wrote and drew the strip until 1977.

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**October Birthday Hall of Famer:**  
**Groucho Marx 10/2/1890**



Julius Henry "Groucho" Marx (10/2/1890 – 8/19/1977) made 13 feature films with his siblings the Marx Brothers, of which he was the third-born. He also had a successful solo career, most notably as the host of the radio and television game shows *You Bet Your Life* and *Tell it to Groucho*. His distinctive appearance, carried over from his days in vaudeville, included quirks such as glasses, cigars, and a thick greasepaint mustache and eyebrows.

As much as Harpo and Chico were difficult to recognize without their wigs and costumes, it was almost impossible to recognize Groucho without his trademark glasses or fake eyebrows and moustache.

The greasepaint moustache and eyebrows originated spontaneously prior to a vaudeville performance when he did not have time to apply the pasted-on moustache he had been using. After applying the greasepaint moustache, a quick glance in the mirror revealed his natural hair eyebrows were too undertoned and did not match the rest of his face, so Marx added the greasepaint to his eyebrows and headed for the stage; the rest is history. Marx was asked to do the greasepaint moustache once more for *You Bet Your Life*, but refused, opting to grow a real one, which he wore for the rest of his life.

The exaggerated walk, with one hand on the small of his back and his torso bent almost 90 degrees at the waist was a parody of a fad from the 1880s and 1890s. Then, fashionable young men of the upper classes would affect a walk with their right hand held fast to the base of their spines, and with a slight lean forward at the waist and a very slight twist toward the right with the left shoulder, allowing the left hand to swing free with the gait. Groucho exaggerated this fad to a marked degree, and the comedy effect was enhanced by how out of date the fashion was by the 1920s and 30s.

**Tomatoes for the Heart**

Recent research indicates that drinking tomato juice protects the heart.

**New finding:** People with type 2 diabetes or impaired glucose tolerance (a precursor to diabetes) who drank 8.5 ounces of tomato juice a day for three weeks experienced a 30% to 40% reduction in platelet aggregation, a key to the clot formation that can trigger a heart attack. This benefit is believed to apply to healthy people as well.

**Bonus:** Tomato juice also reduces the risk for deep vein thrombosis (DVT), dangerous blood clots that can occur after sitting long hours.

**Helpful:** Drink 8 ounces of low-sodium tomato juice each day. -- *Manohar L Garg, PhD*



**Among other things, October is...**

- |                               |                           |
|-------------------------------|---------------------------|
| Breast Cancer Awareness Month | Pastor Appreciation Month |
| National Book Month           | National Pizza Month      |
| Chiropractic Month            | Seafood Month             |
| Dental Hygiene Month          | Country Music Month       |



**Save the Old Grapefruit Halves**

One of the best seed holders is half an orange or grapefruit that has been eaten. These make excellent containers to start seeds. Just fill them with soil and plant the seed, and then place the holder in the ground when the seeds germinate. The holder will rot away leaving nutrients in the ground around the seed.

**That Burning Sensation**

A scorch can be removed by rubbing a raw onion on the scorched area and allowing the onion juice to soak in thoroughly for at least 2-3 hours before washing.



**Pharmacist Tip  
of the Month!**



Vicki Einhellig, RPh

Symptoms of swine flu are like regular flu symptoms and include fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue. Many people with swine flu have had diarrhea and vomiting. Nearly everyone with flu has at least two of these symptoms. But these symptoms can also be caused by many other conditions. That means that you can't know, just based on your symptoms, if you've got swine flu. Only lab tests can definitively show whether you've got swine flu.

We will have flu shot clinics starting October 2<sup>nd</sup> – November 7<sup>th</sup>. Visit one our clinics to get vaccinated.

**Fort Collins**

- Sunflower Market 2601 S. Lemay  
 10/10 9.30am – 12.30pm  
 10/13 3.30pm – 6.30pm  
 10/23 3.30pm – 6.30pm

**PVHS Harmony Campus 2121 E. Harmony**

- 10/2 10.00am – 1.00pm  
 10/16 10.00am – 1.00pm

**Spring Creek Medical Park 2001 S. Shields, Bldg D**

- 10/9 10.00am – 1.00pm

**Eaton**

- Heritage Market 180 S. Elm Avenue  
 10/3 9.30am – 12.30pm  
 10/9 2.30pm – 5.30pm  
 10/23 11.00am – 2.00pm  
 11/3 3.00pm – 6.00pm

**Wellington**

- Main Street Market 7670 5th Street  
 10/2 2.30pm – 5.30pm  
 10/16 2.30pm - 5.30pm  
 10/24 9.30am – 12.30pm

**Loveland**

- 2033 Boise Avenue  
 10/7 11.00am – 2.00pm  
 10/13 11.00am – 2.00pm  
 11/3 10.30am – 1.30pm

**Johnstown**

- Hays Market 201 Johnstown Center Drive  
 10/7 3.30pm – 6.30pm  
 10/17 9.30am – 12.30pm  
 11/7 9.30am – 12.30pm

**Magic Week - October 25th to 31st:**  
**“National Magic Week” proclaimed by Society of American Magicians**

To celebrate *National Magic Week*, we present for you two of Harry Houdini’s most memorable stage escape tricks.



### **The Milk Can**

In 1908, Houdini introduced his own original invention, the Milk Can escape. In this effect, Houdini would be handcuffed and sealed inside an over-sized milk can filled with water and make his escape behind a curtain. As part of the effect, Houdini would invite members of the audience to hold their breath along with him while he was inside the can.

Advertised with dramatic posters that proclaimed "Failure Means A Drowning Death", the escape proved to be a sensation. Houdini soon modified the escape to include the Milk Can being locked inside a wooden chest, being chained or padlocked, and even inside another Milk can. Houdini only performed the Milk Can escape as a regular part of his act for four years, but it remains one of the effects most associated with the escape artist. The Milk Can and the Overboard Box are presently housed at the American Museum of Magic.

### **The Chinese Water Torture Cell**

Due to the vast number of imitators of his Milk Can escape, in 1912 Houdini replaced the Milk Can with his most famous escape: the Chinese Water Torture Cell. In this escape, Houdini's feet would be locked in stocks, and he would be lowered upside down into a tank filled with water. The mahogany and metal cell featured a glass front, through which audiences could clearly see Houdini.

The stocks would be locked to the top of the cell, and a curtain would conceal his escape. In the earliest version of the Torture Cell, a metal cage was lowered into the cell, and Houdini was enclosed inside that. While making the escape more difficult (the cage prevented Houdini from turning), the cage bars also offered protection should the front glass break.

### **Celebrating National Popcorn Poppin' Month!**

- Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped has only 55 per cup.
- Of the 6 types of corn—pod, sweet, flour, dent, flint, and popcorn—only popcorn pops.
- Popcorn differs from other types of maize/corn in that it has a thicker hull. The hull allows pressure from the heated water to build and eventually bursts open. The inside starch becomes gelatinous while being heated; when the hull bursts, the gelatinized starch spills out and cools, giving it its familiar popcorn shape.
- The peak period for popcorn sales for home consumption is in the fall.
- Popping popcorn is the number one use for microwave ovens. Most microwave ovens have a “popcorn” control button.
- How high can popcorn kernels pop? Up to 3 feet in the air.



### **Hard One to Get Out**

Stains from ballpoint pens can be removed with hair spray or milk.



### **Stop Smoking**

To reduce fireplace smoking, try placing a brick under each leg of the grate.



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# TIMES

Secrets For Living  
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## The First World Series Was Played October 1903



The 1903 World Series, the first modern World Series to be played in Major League Baseball, matched the Boston American League club against the Pittsburgh Pirates in a best-of-nine series, with Boston winning the last four, to prevail five games to three.

Pittsburgh pitcher Sam Leever injured his shoulder while trap-shooting, so his teammate Deacon Phillippe had to pitch five complete games for Pittsburgh. Phillippe won three of his games, but it was not enough to overcome the club from the new American League. Boston pitchers Bill Dinneen and Cy Young led Boston to victory.

Honus Wagner, bothered by injuries, batted only 6 for 27 (.222) in the Series and committed six errors. The shortstop was deeply distraught by his performance. The following spring, Wagner (who led the league in 1903 in batting average) refused to send his portrait to a "Hall of Fame" for batting champions. "I was too bum last year," he wrote. "I was a joke in that Boston-Pittsburgh Series. What does it profit a man to hammer along and make a few hits when they are not needed only to fall down when it comes to a pinch? I would be ashamed to have my picture up now."

## October 1927: The Jazz Singer, the First Talking Movie Opens



The release of the first feature-length motion picture with synchronized dialogue sequences, *The Jazz Singer*, heralded the commercial ascendance of the "talkies" and the decline of the silent film era. Produced by Warner Bros. with its Vitaphone sound-on-disc system, the movie stars Al Jolson, who performs six songs.

The story begins with young Jackie Rabinowitz defying the traditions of his devout Jewish family by singing popular tunes in a beer hall. Punished by his father, a cantor, Jackie runs away from home. Some years later, now calling himself Jack Robin, he has become a talented jazz singer. He attempts to build a career as an entertainer, but his professional ambitions ultimately come into conflict with the demands of his home and heritage.

*A committee is a group of the unprepared, appointed by the unwilling to do the unnecessary.*

**Fred Allen**

*Women should be obscene  
and not heard.*

**Groucho Marx**

*A man's got to take  
a lot of punishment to write  
a really funny book.*

**Ernest Hemingway**

*Always make the audience suffer as much as possible.*

**Alfred Hitchcock**

*A door is what a dog is perpetually on the wrong side of.*

**Ogden Nash**

*I am not Spock.*

**Leonard Nimoy**

## Who Wants To Win?

*Take our Trivia Challenge  
and you could win too!*

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. The first 3 people who phone or e-mail us with the correct answer win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then call or e-mail us at:

hr@gooddaypharmacy.com  
866.833.6421

Remember, your chances of winning  
are better than you think!

This month's Mega Trivia Question:  
**The Russian satellite *Sputnik I* was launched in October  
of what year?**

A) 1948 B) 1953 C) 1957 D) 1962

*HINT: The answer is somewhere in this newsletter*