



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

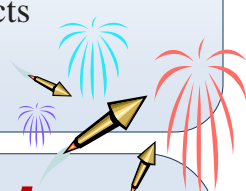


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July 20th, 1969: The First Man on the Moon



On July 20, 1969 the lunar module (LM) *Eagle* separated from the command module *Columbia*. As the descent began, Neil Armstrong and Buzz Aldrin found that they were passing landmarks on the surface of the moon 4 seconds early and reported that they were "long."

They would land miles west of their intended target point. The LM navigation and guidance computer distracted the crew with several unusual program alarms. Inside Mission Control Center in Houston, Texas, engineer Jack Garman told guidance officer Steve Bales it was safe to continue the descent and this was relayed to the crew.

When Armstrong again looked outside, he saw that the computer's landing target was in a boulder-strewn area just north and east of a 400-meter diameter crater. Armstrong took semi-automatic control and with Aldrin calling out altitude and velocity data, landed at 20:17 UTC on July 20 with about 25 seconds of fuel left.

Buzz Aldrin spoke the first words (albeit technical jargon) from the LM on the lunar surface. After calling out navigation data to Armstrong throughout the descent, as *Eagle* landed, Aldrin said, "Contact light! Okay, engine stop. ACA – out of detent." Armstrong acknowledged "out of detent" and Aldrin continued, "Mode control, both auto. Descent engine command override off. Engine arm, off. 413 is in."

Then Armstrong said the famous words, "Houston, Tranquility Base here. The *Eagle* has landed." Charles Duke, acting as CAPCOM during the landing phase, acknowledged their landing, expressing the relief of Mission Control after the unexpectedly drawn-out descent.

Shortly after landing, before preparations began for the EVA, Aldrin broadcast this: "*This is the LM pilot. I'd like to take this opportunity to ask every person listening in, whoever and wherever they may be, to pause for a moment and contemplate the events of the past few hours and to give thanks in his or her own way.*"

He then took communion privately. Buzz Aldrin was an elder at Webster Presbyterian Church in Webster, TX. His communion kit was prepared by the pastor of the church, the Rev. Dean Woodruff. Aldrin described communion on the moon and the involvement of his church and pastor in the October, 1970 edition of Guideposts magazine and in his book, "Return to Earth." Webster Presbyterian possesses the chalice used on the moon, and commemorates the Lunar Communion every year on the Sunday closest to July 20.

Coffee filters...who knew!

- Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
- Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.
- Protect China. Separate your good dishes by putting a coffee filter between each dish.



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July

*Great is the sun, and wide he goes,
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain
he showers his rays.*

*Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.*

Robert Louis Stevenson

How to Improve the Air Quality in Your Home

More often in summer than winter, homes seem to acquire a stagnant odor. You may begin to think, "This place smells like dirt!" Fortunately, boosting air quality can be easy and inexpensive. Here's how to do it...

Begin by cleaning away dust in often-missed places, such as ceiling fans, baseboards and moldings. Then clean the duct work of your heating and air conditioning system. Though a professional will do a much better job, just placing the vacuum cleaner hose into various ducts can draw out a substantial amount of dust.

Use furnace vent filters. Lift up your vents and put the filters in place. The air goes through the filter before it comes out, trapping the dust.

For a more serious problem, consider an inline air purification system. The unit will pay off in the form of clean air for years to come.

Pharmacist Tip of the Month!

Your body was created with a built in cooling system, called sweat or if you prefer, perspiration. On television and in magazines, you will find numerous advertisements encouraging deodorant for exercise when in actuality; sweat is a vital key in a good workout. When your body heats up due to exertion, sweat is doing the job intended – keeping the body cool. Therefore, do not try to squelch sweating, accept it.

*Common sense in an uncommon
degree is what the world
calls wisdom.*

Samuel Taylor Coleridge

*Some folks are wise
and some are otherwise.*

Tobias Smollett

*All my life I've looked at words
as though I were seeing them
for the first time.*

Ernest Hemingway

*I grew up with six brothers.
That's how I learned to dance –
waiting for the bathroom.*

Bob Hope

*Truth is not only stranger than
fiction, it is more interesting.*

William Randolph

Don't be afraid to see what you see.

Ronald Reagan

July 2, 1964: The Civil Rights Act of 1964

The *Civil Rights Act of 1964* was a landmark piece of legislation on the United States that outlawed racial segregation in schools, public places and employment. Conceived to help African Americans, the bill was amended prior to passage to protect women, and explicitly included white people for the first time. It also created the Equal Employment Opportunity Commission.



Once the Act was implemented, its effects were far reaching and had tremendous long-term impacts on the whole country. It prohibited discrimination in public facilities, in government and in employment, invalidating the Jim Crow laws in the southern U.S. It became illegal to compel segregation of the races in schools, housing or hiring. Powers given to enforce the bill were initially weak, but were supplemented during later years.

July 17, 1955: Disneyland Opens



Walt Disney

Disneyland Park was opened to the public on July 18, 1955. The Special Sunday events, including the dedication, were televised nationwide. ABC broadcast the event live on its network – at the time, one of the largest and most complex live broadcasts ever.

The event did not go smoothly. The park was overcrowded as the by-invitation-only affair was plagued with counterfeit tickets.

The temperature was an unusually high 101° F, and a plumbers' strike left many of the park's drinking fountains dry. Disney was given a choice of having working fountains or running toilets and he chose the latter. This, however, generated negative publicity since Pepsi sponsored the park's opening; enraged guests believed the inoperable fountains were a cynical way to sell soda.

The asphalt that had been poured just that morning was so soft that ladies' high-heeled shoes sank in. Vendors ran out of food. A gas leak in Fantasyland caused Adventureland, Frontierland and Fantasyland to close for the afternoon. Parents were throwing their children over the shoulders of crowds to get them onto rides such as the King Arthur Carousel.

The park got such bad press for the event day that Walt Disney invited members of the press back for a private "second day" to experience the true Disneyland, after which Walt held a party in the Disneyland Hotel for them. Walt and his 1955 executives forever referred to July 17th as "Black Sunday." Disney officially called July 17th "Dedication Day" and the 18th as "Opening Day."

On Monday, July 18, crowds started to gather in line as early as 2 am, and the first person to buy a ticket and enter the park was David MacPherson with admission ticket number 2 (Since Roy O. Disney arranged to pre-purchase ticket number 1). Walt Disney had an official photo taken with two children instead – Christine Vess Watkins (then age 5) and Michael Schwartzner (then age 7), and their photo carries a deceptive caption: "Walt Disney with the first two guests of Disneyland." Vess Watkins and Schwartzner both received lifetime passes to Disneyland that day, and MacPherson was awarded one shortly thereafter. The passes were later expanded to include every Disney-owned park in the world.

4th of July Safety Tips

- Use fireworks outdoors only.
- Never use near dry grass or other flammable materials.
- Light one at a time.
- Never point or throw fireworks at a person
- Never attempt to re-light or "fix" fireworks.
- Never experiment with fireworks.
- Have a bucket of water and a hose handy.
- Use only State Fire Marshal approved fireworks



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Please include your name, full mailing address and phone number.

National Hot Dog Month – Some Fun Facts



- The most popular hot dog topping among adults is mustard (87.6%!) while among children, it is ketchup.
 - Marlene Dietrich said that her favorite meal was hot dogs and champagne.
 - Babe Ruth once ate 12 hot dogs & 8 bottles of soda between games of a double header. He was reportedly rushed to the hospital after game 2 with severe indigestion.
 - Al Capone's favorite food was Nathan's Coney Island hot dogs, as was Carey Grant's.
- The average hot dog is consumed in 6 bites.
 - Chicago's O'Hare International Airport sells more than 2 million hot dogs a year.
 - Pres. Franklin Roosevelt served King George VI of England hot dogs & beer at a White House visit in 1939.
 - Americans consume over 7 billion hot dogs every summer – enough to stretch from Chicago (the Hot Dog Capital of the universe) to Frankfurt, Germany (where they were invented) 125 times.
 - Weight Watchers includes hot dogs in its medically-approved diet regimen.

On July 4, 1916, four Irish immigrants held a hot dog eating contest to decide which of them was the most patriotic. The winner, **James Mullen**, ate 13 dogs & buns in 12 minutes. Thus, the hot dog eating contest was born!

On July 4, 2007, **Joey Chestnut** set a new record when he ate 66 hot dogs (with bun) in 12 minutes at the annual *Nathan's Hot Dog Eating Contest* event at Coney Island, New York, smashing the old record. The prior record holder was legendary Japanese competitive eater **Takeru Kobayashi**, at 53.75 dogs.

The World's Longest Hot Dog was created in 2006, and was 196.85 feet long (60m), including a bun. The hot dog was prepared by Shizuoka Meat Producers for the All-Japan Bread Association, which baked the bun and coordinated the event, including official measurement for the world record.

Coffee filters...who knew!

- Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
- Hold tacos. Coffee filters make convenient wrappers for messy foods.
- Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.



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 the positive comments and referrals from people just like you! We couldn't do it without you! A special thanks to all these fine folks who referred us...



Ernest Hemingway (7/21/1899 – 7/2/1961)

Timeline of Noteworthy Events

- **1917-1918:** Worked as a reporter for the *Kansas City Star* and drove an ambulance for the American Red Cross during World War I.
- **Early 1920s:** In Paris, he joined a literary circle of expatriate American writers, including Gertrude Stein, Ezra Pound and F. Scott Fitzgerald, while working as a correspondent for the *Toronto Star*.
- **1924:** Published *In Our Time*, a collection of short stories.
- **1926:** Published *The Sun Also Rises*, a novel that follows the lives of wayward American and British expatriates living in France and Spain during the 1920's.
- **1927:** Published *Men Without Women*, a collection of short stories.
- **1929:** Published the novel *A Farewell To Arms*, a love story set in Italy during World War I.
- **1932:** Published *Death in the Afternoon*, a collection of short nonfiction works on bullfighting.
- **1940:** Published *For Whom the Bell Tolls*, a novel set during the Spanish Civil War.
- **1952:** Published the short novel *The Old Man and the Sea*, for which he won the 1953 Pulitzer Prize in fiction.
- **1954:** Won the Nobel Prize in literature.
- **1964:** *A Moveable Feast*, Hemingway's memoirs of his time in Paris, was posthumously published.

A civilian in Cuba during World War II, Hemingway added surveillance capabilities to his own private boat, so he could guard the waters against German submarines. Hemingway was decorated as a hero after being injured during WWI, and served as a war correspondent in both the Spanish Civil War and World War II.



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HEALTHY

JULY 2009 Vol 4 Iss 7



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

*Happy Birthday
America!*

*The Land of the Free
and the
Home of the Brave!*

Your New Issue Has Arrived!

Look Inside For Some Amazing Money-Saving Tips and More!

Cruisin' Down the River in a Canoe

Canoeing doesn't have to be a white water adventure. It can be a relaxing outing on a summer day. Whether on creek, river or lake, canoeing takes a little planning and a margin of caution.



If you don't have access to a canoe, the first step would be checking the phone book for canoe rentals or looking online under "outdoor fun" in areas near you. Canoes are usually rented by the hour or by the length of a pre-planned itinerary. On a specific trip, a van usually meets you at the end point and returns you to your car.

Dress comfortably for the outing. Shorts and a light top will work on a warm day but slacks and long sleeves might be considered for a longer trip and to prevent sunburn.

Your trip kit should include sunscreen, ample water or sports drinks, and snacks. Beef jerky and food bars are good choices and don't take up much space. You may want to add a waterproof container for your wallet/purse and car keys in case of a misadventure into the water. Life jackets are a must but they are usually provided.

Coffee filters...who knew!

- Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
- Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
- Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. Soaks out all the grease.



Judy Marquart
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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

This month's Mega Trivia Question:
Which famous Hollywood actress claimed that her favorite meal was hot dogs and champagne?

- A) Lana Turner B) Marilyn Monroe
C) Audrey Hepburn D) Marlene Dietrich

HINT: The answer is somewhere in this newsletter.