



HEALTHY

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HOME

NEWS

Secrets For Living
A Healthy, Wealthy
& Happy Life

BROUGHT TO YOU BY:



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June

*The fountain murmuring
of sleep,
A drowsy tune;
The flickering green of leaves
that keep
The light of June*
Arthur Symons

Watch for Tax Rebate Scams: When you are expecting a tax rebate from the government's economic stimulus plan, criminals may be eager to take it away from you with email scams. They ask you to click on a fake IRS link and give your Social Security number and banking information.

Remember, the IRS is not sending emails about refunds.

Access the IRS Website only through www.irs.gov, not by clicking on an attachment in any email.

Other criminals call on the telephone. They say your money will come sooner if you give them your banking information so the money can be sent by direct deposit. The IRS never does this.

*It's not what you are that holds you back,
it's what you think you're not.*

Denis Waitley

Mirror, Mirror in the Bathroom

Clean the bathroom mirror with shaving cream, which will prevent it from fogging up for several weeks.

June 14th is Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday' or 'Flag Day'.

Flag Day Etiquette

On June 14th, you will see a great number of American flags displayed on homes throughout the country. It's especially important now and should always be. The flag should be displayed with the stars at the top, except when it is hung upside down as a distress signal. The flag should never touch anything beneath it.

Saying the Pledge: If you are at an event where the flag is not displayed but the national anthem is played, all present should face toward the music. When the flag is displayed, all present should face the flag and salute, private citizens with their right hand on their hearts and military people with the conventional salute.

For recent citizens and newcomers to America, this is the pledge: *I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation, under God, indivisible, with liberty and justice for all.*



Wonder: The Lighthouse of Alexandria

The **lighthouse of Alexandria** was a tower built in the 3rd century BC on the island of Pharos in Alexandria, Egypt to serve as that port's landmark, and later, its lighthouse.

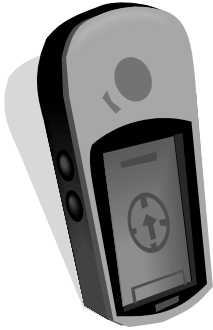
With a height estimated at between 377 - 492 feet of red granite covered by white marble it was among the tallest man-made structures on Earth for many centuries, and was identified as one of the Seven Wonders of the World by **Antipater of Sidon**. It may have been the third tallest building (after the two Great Pyramids) for its entire life.

Pharos was a small island just off the coast of Alexandria. It was linked to the mainland by a man-made connection named the *Heptastadion*, which thus formed one side of the city's harbor. As the Egyptian coast is very flat and lacking in the kind of landmark used at the time for navigation, a marker of some sort at the mouth of the harbor was deemed necessary - a function the Pharos was initially designed to serve. Use of the building as a lighthouse, with a fire and reflective mirrors at the top, is thought to date to around the 1st century AD, during the Roman period. Prior to that time the Pharos served solely as a landmark or day beacon. -- Wikipedia

Visit Us At Our Website www.longsrx.com

Summer Fun

Join the hide-and-seek treasure hunt with your GPS



You might think of hide and seek as a child's game but the electronic age has brought a modern-day version using a global positioning satellite receiver (GPS). It's called geocaching.

There are variations, but usually a container is filled with trinkets and a logbook for finders to sign. The latitude and longitude of the cache are posted on the Internet and the hunt is on. Your GPS considers the destination to make decisions. It uses local topology information to find routes quickly.

The most popular Website for locations is geocaching.com. You just enter your zip code or address information to find caches near you. Many are hidden in suburban areas but others are in the wilderness.

When you find the cache, you sign the logbook and, if you wish, you take out a knickknack. When you remove a trinket, you are expected to replace it with a new "treasure." It should be equal in value to the one taken. When trading, don't leave food or items that smell and may attract animals.

To play, you have to have a GPS. You download the latitude and longitude into your instrument. Experienced players suggest you input the coordinates directly into your computer and then into the GPS. Doing it manually could result in a mistake that will take you far afield. The GPS can take you to within 15 to 20 feet of the cache. Then you have to search. Caches are hidden but clues can be piles of brush, rocks, leaves or other debris. It is always wise to check tree stumps, logs and hollow tree trunks.

Always protect the environment. Do not go geocaching on private or public lands without permission.

Pharmacist Tip of the Month!



Everyone knows, whether they want to admit it or not, reducing calories will help you to lose weight. However, just as you should reduce the calorie intake, you need to know when to eat. Breakfast is the most important meal of the day and the one meal that should not be missed. Lunch should be healthy but less than what you ate for breakfast. As you approach dinner, eat healthy but light. Avoid after dinner snacks or eating before bed!

The proper means of increasing the love we bear our native country is to spend some time in a foreign one.

William Shenstone

I have friends in overalls whose friendship I would not swap for the favor of the kings of the world.

Thomas A. Edison

The true measure of an individual is how he treats people who can do him absolutely no good.

Ann Landers

Many of our fears are tissue-paper thin and a single courageous step would carry us clear through them.

Brendan Francis

One of the best ways to persuade others is by listening to them.

Dean Rusk

June 15th: the 100th Father's Day!

Father's Day is a celebration inaugurated in the early twentieth century to complement Mother's Day in celebrating fatherhood and parenting by males, and to honor and commemorate fathers and forefathers. Father's Day is celebrated on a variety of dates worldwide and typically involves gift-giving to fathers and family-oriented activities.



In the US, the first modern Father's Day celebration was held on July 5, 1908, in Fairmont, West Virginia. It was first celebrated as a church service at *Williams Memorial Methodist Episcopal Church South*. **Grace Golden Clayton**, who is believed to have suggested the service to the pastor, is believed to have been inspired to celebrate fathers after the deadly mine explosion in nearby Monongah the prior December, which killed 361 men, many of them fathers and recent immigrants to the United States from Italy.

Wait to Buy Blu-ray DVD

In 2007, sellers of Blu-ray DVD players charged about \$1,000 for a unit. Today, the cost is \$400, a big reduction but still pricey. By 2008's holiday season, the cost could fall to \$200 to \$250, but that's not the only reason to wait. More advanced players are coming.

New models will support picture-in-picture displays and will be able to connect to the Internet for special disk features. The number of film titles released in Blu-ray format should rise to about 600. Models for sale now and later this year will play all your DVDs.



Double-Chin Prevention

A simple yoga exercise called "the lion" firms the throat muscles under the chin. The entire exercise consists of sticking your tongue out and down as far as it will go. Do this dozens of times throughout the day—in your car, watching TV, while doing the dishes or waiting for your computer to start up. It's possible you'll see an improvement in your chin line within a few days.



How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25.

Please direct all entries to:

info@HealthyHomeNewsletter.com

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

This Month In History

40 Years Ago (6/5/68): Sirhan Sirhan shoots Bobby Kennedy

45 Years Ago (6/17/63): Supreme Court rules against Bible reading/prayer in public schools

70 Years Ago (6/1/38): Superman Comics launched

75 Years Ago (6/6/33): 1st drive-in theatre opens (Camden NJ)

90 Years Ago (6/3/18): Supreme Court rules child labor laws unconstitutional

115 Years Ago (6/30/1893): Excelsior diamond (blue-white 995 carats) discovered

140 Years Ago (6/23/1868): Christopher Latham Sholes patents "Type-writer"

160 Years Ago (6/10/1848): 1st telegraph link between NYC & Chicago

170 Years Ago (6/28/1838): Britain's Queen Victoria crowned in Westminster Abbey

200 Years Ago (6/22/1808): Zebulon Pike reaches his peak

375 Years Ago (6/21/1633): Galileo Galilei is forced by Inquisition to denounce his Copernican heliocentric views

395 Years Ago (6/29/1613): Shakespeare's Globe Theater burns down

Safe Ideas That Could Save You from a Crash

It's about that time. A road trip to a cottage, beach or Grandma's house is probably in the works. For a safer trip, consider these new and old ideas about how to get there in one piece.

- Just drive. Don't talk or listen to someone on your cellphone. Using a cellphone reduces your ability to see while talking and in the moments while hanging up. Just listening on a cellphone can cause a decrease of up to 37% in the ability to process visual information on the road.
- Make sure everyone is buckled up. Not only is it safer for them, but in an emergency stop, an unbuckled backseat passenger could fly into you and cause you to lose control of the car.
- Know your route so you don't have to find a road and drive at the same time. GPS systems are helpful if they don't block your view of the road and don't take your mind off of driving.
- Yes, give 'em a brake. Go slow in construction zones. National Highway Transportation Administration (NHTSA) says more than 1,000 people die in construction zones each year.
- Take a pal along on a long drive. Most fall-asleep crashes happen when people are driving alone, usually in the dark. Be well-rested before starting and take breaks every couple of hours.
- Keep the kids entertained. Provide toys and games so their noise will not distract you from your driving.
- Avoid following a truck or SUV if you can. Your risk of a rear-end collision rises because you can't see around them and adjust your speed to conditions.



Peanuts Are a Smart Choice

For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. Health conscious people now know that peanuts hold no damaging cholesterol. Their high protein content makes them a good choice for anyone, particularly for vegetarians.

Technically, peanuts belong to the legume family as do peas and green beans, but some think peanuts should be in a food group of their own. In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.

A study published in the International Journal of Obesity shows that eating peanuts is a valuable way to control hunger without weight gain.

Pleasing, Tweezing

If you can't stand the pain of tweezing your eyebrows, numb the area first by putting an ice cube on for a few seconds. If you don't need to go so far as to numb the area, but just want to have an easy time of it, tweeze right after a warm shower. The hairs come out more willingly then.



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...

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NEWS

Secrets For Living
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JUNE 2008 Vol 3 Iss 6

Your New Issue Has Arrived!

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

Remembering D-Day: June 6th, 1944



The D-Day operation of June 6, 1944 brought together the land, air and sea forces of the allied armies in what became known as the largest invasion force in human history. The operation, given the codename OVERLORD, delivered five naval assault divisions to the beaches of Normandy, France. The invasion force included 7,000 ships and landing craft

manned by over 195,000 naval personnel from eight allied countries. Almost 133,000 troops from England, Canada and the United States landed on D-Day. Casualties from the three countries during the landing numbered 10,300. By June 30th, over 850,000 men, 148,000 vehicles, and 570,000 tons of supplies had landed on the Normandy shores.

The Lighter Side: Batty Guy

The manager of the hospital's softball team was returning equipment to the proper owners at the end of the season. He walked into the surgery department carrying a bat that belonged to one of the surgeons.

As he passed patients and their families in a waiting area, a man says to his wife, "Look, honey, here comes your anesthesiologist!"

Wake the Dead!

If your hand falls asleep while you are driving or sitting in an odd position, rock your head from side to side. It will painlessly banish your pins and needles in less than a minute. A tingly hand or arm is often the result of compression in the bundle of nerves in your neck; loosening your neck muscles releases the pressure. Compressed nerves lower in the body govern the feet, so don't let your sleeping dogs lie. Stand up and walk around.

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. And the first 3 people who e-mail us with the correct answer wins (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:

wlee@longsrx.com

This month's Mega Trivia Question:
What was the name of the island that the Lighthouse of Alexandria was built upon?

- A) Pharos B) Giza C) Santorini
- D) Crete E) Long Island, NY

HINT: The answer is somewhere in this newsletter

Polish Primer

Wipe your unpolished fingernails with white vinegar to clean and prime the surfaces for nail polish. This treatment will help the polish stay on longer.