

Brought to you by:



**CLABAUGH  
PHARMACY**  
Your Hometown Family Pharmacy

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Pharmacist



Nathan Clabaugh, PharmD., R.P.

*"When the power of love  
overcomes the love of power,  
the world will know peace."  
- Jimi Hendrix*



**February Quote**

"You will never be able to escape  
from your heart, so it's better to  
listen to what it has to say."  
~ Paulo Coelho

**February Tidbits**

Birthstone is Amethyst  
Flower is Violet  
Zodiac signs are January 21-February 18  
Aquarius and February 19-March 20 Pisces.

**Clabaugh Pharmacy**

News

**GREAT NEWS!**

Clabaugh pharmacy will be getting FREE N95 masks.  
Arriving soon!!! 3 masks per customer.

Website

Our NEW website is up and running. If you need  
prescriptions refilled, testing or can't get through on  
our phone lines – contact us via the website!

Immunizations

Clabaugh's offers a variety of vaccinations. We  
continue to give COVID-19 Vaccinations by  
appointments. However, if you need any other  
immunizations such as; Shingrix, Pneumonia, or  
T-dap call us, and we will get you taken care of!

Covid-19 Testing

We are still offering COVID-19 testing. Go to our  
website, fill out the form and our staff will call to  
set up your appointment.

*Sign up for our SYNC program*

No waiting for refills from the doctor, no IOU's, and get your  
medications all together once a month. Convenience! AND  
FREE!!

## Increase Good Fats in Winter

If harsh winter weather leaves you suffering from chapped lips, brittle hair and nails, and itchy, flaky skin, increase the amount of "good" fats in your diet, says nutritionist Allyson Mechaber.

The good fats are omega-3 fatty acids, which are an important part of human nutrition. Many studies show that they reduce the risk of coronary heart disease and stroke, auto-immune disorders, certain types of cancers, and rheumatoid arthritis.

"Essential fatty acids are needed for nervous and cardiovascular system functioning, as well as skin, nail, and hair health," she says. "Omega-3 fatty acids are found in fish; omega-6 and -9 are found in soybeans, sunflower seeds, sesame seeds, flaxseed, and primrose oil.

## Did You Know? February Fun Facts



February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.

When Julius Caesar introduced *Leap Years*, the last day of February was still the 28<sup>th</sup>. The extra day was achieved by counting February 24<sup>th</sup> twice.

February 2<sup>nd</sup> is Groundhog Day, when we expect an animal to predict the weather for the next 6 weeks!

Chinese New Year is February 15 – the Year of the Earth Dog.

Paul Bunyan is said to have been born on February 12.

Abraham Lincoln's birthday is also February 12, now celebrated on President's day on the third Monday – February 19 this year – also honoring George Washington's birthday.

Jell-O is celebrated for a week: February 6-12.

In the Southern Hemisphere February is a summer month the equivalent of August in the Northern Hemisphere.

Black History Month is celebrated in Canada and United States.

## 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!

## February in Pop Culture History On this day.....

February 1—1974 Good Times premiered on CBS.

February 2—1876 National League (now Major League Baseball) of baseball was founded.

February 3—1913 The Sixteenth Amendment to the US Constitution was ratified authorizing the Federal government to impose and collect an income tax.

February 4—1789 George Washington was elected as the first president by the Electoral College.

February 5—1883 The Southern Pacific Railroad completed its transcontinental "Sunset Route" from New Orleans to California.

February 6—1937 John Steinbeck's novel of Mice and Men was published.

February 7—1962 The US banned all Cuban imports and exports.

February 8—1910 The Boy Scouts of America were founded.

February 9—1964 The Beatles appeared on the Ed Sullivan Show for the first time.

February 10—1956 My Friend Flicka debuted on CBS.

February 11—1752 the first hospital in the US, Pennsylvania Hospital, opened.

February 12—1914 The first stone of Washington DC's Lincoln Memorial is put into place.

February 13—1993 Double Dare game show ended.

February 14—1929 Four men came in dressed as police at 'Bugs' Moran's headquarters on North Clark street in Chicago, killing seven of 'Bugs' men in what is called the St Valentine's Day Massacre. Moral was a rival of Al Capone.

February 15—1992 Serial killer Jeffrey Dahmer was sentenced in Milwaukee to life in prison.

February 16—1959 Fidel Castro was sworn in as prime minister of Cuba after leading a Communist guerrilla campaign that forced dictator Fulgencio Batista into exile.

February 17— . 2009 368 US television stations permanently shut off their analog transmission signals, becoming digital.

February 18—1885 Mark Twain's the Adventures of Huckleberry Finn was published for the first time.

February 19—1884 More than sixty tornadoes struck the Southern United States In one of the largest tornado outbreaks in US history.

February 20—1872 The Metropolitan Museum of Art opened in New York City.

February 21—1997 the all-digital Wheel of Fortune board was introduced.

February 22— 1956 Elvis Presley debuted on the music charts with Heartbreak Hotel.

February 23—1896 The Tootsie Roll was introduced by Leo Hirschfield, in New York.

February 24—1993 Michael Jackson received the Grammy Legend award which was presented to him by his sister Janet tat the 35<sup>th</sup> annual Grammy awards.

February 25—2004 The Passion of the Christ Mel Gibson's film about the last 44 hours of Jesus of Nazareth's life, opened in theaters, eventually earning over \$370, 700,000.

February 26— 1829 Levi Strauss was born. He never married, so, ironically, he didn't get to pass his genes on to the next generation.

February 27— 1801 District of Columbia Organic Act of 1801 –Washington, D.C placed under the jurisdiction of the US Congress. 'Taxation without representation'.

February 28—1940 Basketball was televised for the first time. The game was Fordam University vs. University of Pittsburgh.

February 29 –1692 The first witches were arrested in Salem Massachusetts.