



HEALTHY

APRIL 2009 Vol 4 Iss 4



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

Kunkel Medical & Pharmacy



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April

World Health Day

World Health Day is celebrated every year on April 7th, under the sponsorship of the *World Health Organization* (WHO). In 1948, WHO held the First World Health Assembly. The Assembly instituted World Health Day to be held annually, beginning in 1950. It was intended to “create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.”

World Health Day 2009 focuses on the safety of health facilities and the readiness of health workers who treat those affected by emergencies. Health centers and staff are critical life-lines for vulnerable people in disasters – treating injuries, preventing illnesses and caring for people’s health needs.

They are cornerstones for primary health care in communities – meeting every-day needs, such as safe childbirth services, immunizations and chronic disease care that must continue in emergencies. Often, already-fragile health systems are unable to keep functioning through a disaster, with immediate and future public health consequences.



National Poetry Month

National Poetry Month is a celebration of poetry first introduced in 1996 by the *Academy of American Poets* as a way to increase awareness and appreciation of poetry in the United States. It is celebrated every April in the US, and since 1999 in Canada as well. Since 2000 Great Britain has celebrated a National Poetry Month each October.

National Poetry Month was inspired by the success of Black History Month, held each February, and Women’s History Month, held in March.

In 1998, the Academy joined the *American Poetry & Literacy Project* to distribute 100,000 free books of poetry from New York City to California during National Poetry Month.



William Shakespeare: Born April 23, 1564

William Shakespeare is widely regarded as the greatest writer in the English language and the world’s preeminent dramatist. He is often called England’s national poet and the “Bard of Avon” (or simply “The Bard”). His surviving works consist of 38 plays, 154 sonnets, two long narrative poems and several other poems. His plays have been translated into every major living language and are performed more often than those of any other playwright.

Shakespeare was born and raised in Stratford-upon-Avon. At the age of 18, he married Anne Hathaway, who bore him three children: Susanna, and twins Hamnet and Judith. Between 1585 and 1592, he began a successful career in London as an actor, writer and part owner of a playing company called the Lord Chamberlain’s Men, later known as the King’s Men. He appears to have retired to Stratford around 1613, where he died three years later. Few records of Shakespeare’s private life survive, and there has been considerable speculation about such matters as his sexuality, his religious beliefs, and whether the works attributed to him were written by others.



Shakespeare produced most of his known work between 1590 and 1613. His early plays were mainly comedies and histories, genres he raised to the peak of sophistication and artistry by the end of the 16th century. He then wrote mainly tragedies until about 1608, including *Hamlet*, *King Lear*, and *Macbeth*, considered some of the finest works in the English language. In his last phase, he wrote tragicomedies, also known as romances, and collaborated with other playwrights.

In the 20th century, his work was repeatedly adopted and rediscovered by new movements in scholarship and performance. His plays remain highly popular today and are constantly studied, performed and reinterpreted in diverse cultural and political contexts throughout the world.

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April is Alcohol Awareness Month

Alcohol facts you'll never hear from "Big Booze":

- The alcoholic beverage industry relies on heavy and addicted drinking for the largest share of its profits. Hazardous drinking (5 or more drinks at one sitting) accounts for more than half of the alcohol industry's \$155 billion market, and more than 75% of the beer industry's market.
- Underage alcohol use is more likely to kill young people than all illegal drugs combined. More than 1,700 college students in the US are killed each year – about 5 a day – as a result of alcohol-related injuries.
- People who begin drinking before age 15 are four times more likely to develop alcohol dependence at some time in their lives compared with those who have their first drink at age 20 or older.
- Nearly 14 million Americans – one in every 13 adults – abuse alcohol or are alcoholic. Fewer than 25% of those who need treatment get it in a given year.
- Fetal Alcohol Spectrum Disorders are the leading preventable cause of birth defects in the US, affecting as many as 40,000 babies per year and costing upwards of \$5.4 billion per year.
- Some 75% of husbands or wives who abuse their spouses have been drinking prior to or at the time of the abuse.
- Health risks of drinking include increased incidence of cancers of the liver, esophagus, throat, and larynx, as well as liver cirrhosis, immune system problems, brain damage and heart problems.
- Alcohol is implicated in the deaths of some 85,000 Americans every year, making it the nation's third leading cause of preventable death after smoking and obesity.

International Guitar Month

Instruments similar to the guitar have been popular for at least 5,000 years. While today's classical guitar first appeared in Spain, it was itself a product of the long and complex history that saw a number of related guitar types developed and used across Europe. The roots of the guitar can be traced back thousands of years to an Indo-European origin in instruments, then known in central Asia and India. The oldest known iconographic representation of an instrument displaying all the essential features of a guitar being played is a 3,300 year old stone carving of a Hittite Bard.

The modern guitar is descended from the Roman cithara brought by the Romans to Hispania around 40 AD, and further adapted and developed with the arrival of the four-string *oud*, brought by the Moors after their conquest of the Iberian peninsula in the 8th century. Elsewhere in Europe, the indigenous six-string Scandinavian *lut* (lute) had gained in popularity in areas of Viking incursions across the continent. Often depicted in carvings (circa 800 AD), the Norse hero Gunther (also known as Gunnar), played a lute with his toes as he lay dying in a snake pit, in the legend of Siegfried.

Cleaning liquid that doubles as bug killer...

If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.



Get Rid of Itch

To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.



Pharmacist Tip of the Month!



John Dinkelaker, R.Ph.

Beware of Allergies/Reactions

Pay attention to what you eat. With so many wonderful restaurants, trying new dishes is exciting and fun. However, several foods are responsible for up to 90% of all allergy problems. If you notice after eating certain foods you suffer from headaches, upset stomach, or other problems, make note, you could be having an allergic reaction. The foods most likely to cause the problem include eggs, milk, peanuts, tree nuts, soy, shellfish, and fish. For children, the common foods include cow's milk, soy, eggs, and wheat.

*Action is the
foundational key to all success.*
Pablo Picasso

*A poet looks at the world the way a man looks at
a woman.*
Wallace Stevens

*Music expresses
that which cannot be said and
on which it is impossible to be silent.*
Victor Hugo

*I love being married. It's so great to find that
one special person you want to annoy for the
rest of your life.*
Rita Rudner

*How much more grievous are
the consequences of anger than
the causes of it.*
Marcus Aurelius

*No man can think clearly
when his fists are clenched.*
George Jean Nathan

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.

Preventing Hearing Loss

As the popularity of portable music players increases, many health experts are concerned about users' hearing loss. Brian Fligor, an audiologist at Children's Hospital Boston, did a study on how loud and how long you can safely listen to music through headphones. He found that tight-fitting in-the-ear headphones, also called earbuds, are more dangerous than over-the-ear versions because the sound is placed closer to the eardrum.



Fligor determined that it was safe to listen to music at a volume level set to 60 percent of the dial (with 100 percent being turned on the highest setting) for about an hour. Using earbuds though, the safe time for some models was just 30 minutes.

The moral: *turn down the volume, and listen for shorter periods, especially if you're using earbuds.*

Cinnamon: The New "Statin"?

Cinnamon may work almost as well as statin drugs to control cholesterol and triglycerides. It was found to be equally effective in a recent study of people with type 2 diabetes – and may also work for healthy people. Cinnamon contains a substance that seems to help the body utilize insulin more efficiently. The study indicated that one-half teaspoon per day was enough – but speak with your doctor before stopping any prescribed medication. – *Richard Anderson, PhD*

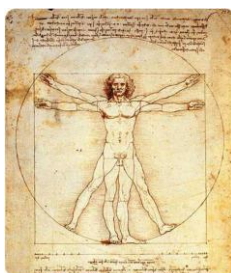
All bad poetry springs from genuine feeling.
Oscar Wilde

April Birthday Hall of Famer April 15, 1452: Leonardo DaVinci

Leonardo DaVinci was an Italian polymath, being a scientist, mathematician, engineer, inventor, anatomist, painter, sculptor, architect, botanist, musician and writer. Leonardo has often been described as the archetype of the renaissance man, a man whose unquenchable curiosity was equaled only by his powers of invention. He is widely considered to be one of the greatest painters of all time and perhaps the most diversely talented person ever to have lived. Helen Gardener says, "The scope and depth of his interests were without precedent. His mind and personality seem to us superhuman, the man himself mysterious and remote."



Leonardo was/is renowned primarily as a painter. Two of his works, the *Mona Lisa* and *The Last Supper*, are the most famous, most reproduced and most parodied portrait and religious paintings of all time, their fame approached only by Michelangelo's *Creation of Adam*. Leonardo's drawing of the *Vitruvian Man* is also regarded as a cultural icon, being reproduced on everything from the Euro to text books to T-shirts. Perhaps 15 of his paintings survive, the small number due to his constant, and frequently disastrous, experimentation with new techniques, and his chronic procrastination. Nevertheless, these few works, together with his notebooks, which contain drawings, scientific diagrams, and his thoughts on the nature of painting, comprise a contribution to later generations of artists only rivaled by that of his contemporary, Michelangelo.



Leonardo is revered for his technological ingenuity. He conceptualized a helicopter, a tank, concentrated solar power, a calculator, the double hull, and outlined a rudimentary theory of plate tectonics. Relatively few of his designs were constructed or were even feasible during his lifetime, but some of his smaller inventions, such as an automated bobbin winder and a machine for testing the tensile strength of wire, entered the world of manufacturing unheralded. As a scientist, he greatly advanced the state of knowledge in the fields of anatomy, civil engineering, optics and hydrodynamics.



Eliminate ear mites

All it takes is a few drops of corn oil in your cat's ear... massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.



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!

We Don't Have A Business Without YOU!

Good or bad, we can't fix what we don't know is broken. Please call our toll-free testimonial hotline and let us know, good AND bad what you like most about doing business with us and what you don't like.

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HEALTHY

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TIMES

Secrets For Living
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Your New Issue Has Arrived!

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

April 1897: The First Annual Boston Marathon Held

The Boston Marathon was originally a local event, but its fame and status have attracted runners from around the world. For most of its history, the Boston Marathon was a free event, and the only prize awarded for winning the race was a wreath woven from olive branches. However, corporate-sponsored cash prizes began to be awarded in the 1980's, when professional athletes began to refuse to run the race without cash awards. The first cash prize for winning the marathon was awarded in 1986.



Women were not allowed to enter the Boston Marathon officially until 1972. Roberta (Bobbi) Gibb is recognized as the first woman to run the entire Boston Marathon (in 1966). In 1967, Kathrine Switzer, who had registered as K.V. Switzer, was the first woman to run with a race number. She finished, despite a celebrated incident in which race official Jack Semple tried to rip off her numbers and eject her from the race. In 1996, the Boston Athletic Association retroactively recognized as champions the unofficial women's leaders of 1966 through 1971.



Smart splinter remover:

Just pour a drop of glue over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Clip this coupon!
Take \$5 off any Kunkel Pharmacy Wellness Center Item



Center Item
Regularly Priced
\$10 or More
Valid Through 4/30/09

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 a \$25 TGI Friday's gift card. Enjoy a night out on us with someone special in your life! Take your best guess, then call or email us at:

reply@kunkelrx.com

This month's Mega Trivia Question:
Which of the following is not the name of a child of William Shakespeare?

A) Susanne B) Judith C) Emma D) Hamnet

HINT: The answer is somewhere in this newsletter

