



# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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### Memorial Day Origins



*Memorial Day* is a U.S. federal holiday observed on the last Monday of May (May 31 in 2010). Formerly known as *Decoration Day*, it commemorates American men and women who died while in military service. First enacted to honor Union soldiers of the American Civil War, it was expanded after WWI.

According to Prof. David Blight of Yale University, the first memorial day was observed by former slaves, at the Washington Race Course (today the location of Hampton Park) in Charleston, South Carolina.

The race course had been used as a temporary Confederate prison camp in 1865 as well as a mass grave for Union soldiers who died there. Immediately after the cessation of hostilities, former slaves exhumed the bodies from the mass grave and reinterred them properly with individual graves. They built a fence around the graveyard with an entry arch and declared it a Union graveyard. The work was completed in only 10 days.

On May 1, 1865, the Charleston newspaper reported that a crowd of up to ten thousand, mainly black residents, proceeded to the location for a celebration which included sermons, singing and a picnic on the grounds, thereby creating the first Decoration Day.

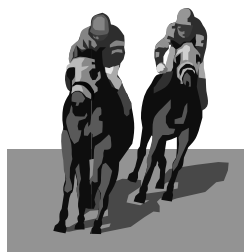
However, the official birthplace of Memorial Day is Waterloo, New York. The village was credited with being the place of origin because it observed the day on May 5, 1866, and each year thereafter.

Many of the states of the U.S. South refused to celebrate Decoration Day, due to lingering hostility towards the Union Army and also because there were relatively few veterans of the Union Army who were buried in the South. A notable exception was Columbus, Mississippi, which on April 25, 1866, at its Decoration Day commemorated both the Union and Confederate casualties buried in its cemetery.

The alternative name of "Memorial Day" was first used in 1882, but it did not become more common until after World War II. It was officially declared the name of the holiday by Federal Law in 1967.

### Kentucky Derby Traditions

In addition to the race itself, a number of traditions play a large role in the Kentucky Derby atmosphere. *The Mint Julep*, an iced drink consisting of bourbon, mint and a sugar syrup is the traditional beverage of the race. Most Churchill Downs patrons sip theirs from a souvenir glass printed with all previous Derby winners. Also, *burgoo*, a thick stew of beef, chicken, pork and vegetables, is a popular Kentucky dish served at the Derby. The *infield*, a spectator area inside the track, offers general admission prices but little chance of seeing much of the race. Instead, revelers show up in the infield to party. By contrast, "*Millionaire's Row*" refers to the expensive box seats that attract the rich, the famous and the well-connected. Women appear in fine outfits lavishly accessorized with large, elaborate hats.



## May

### Cutting Your Risk of a Fatal Heart Attack

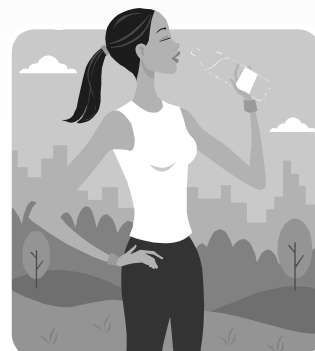
Stop reading this for a minute and go get yourself a glass of water. Seriously, go ahead. I'll wait. Now drink it.

Congratulations! You're on your way to cutting your heart attack risk by up to 51%!

In a 6-year study of 34,000 participants, researchers found that men who drank 5 or more glasses of water daily had up to 51% fewer fatal heart attacks than those who drank less than 2 glasses. Women water drinkers had up to 35% fewer.

The explanation could be that water dilutes your blood a bit and makes it less prone to clot, which can trigger a deadly heart attack. And the calcium and magnesium in the water don't seem to hurt either.

Now... care for a refill on that water? – Dr. Michael Mogadam



Visit Us At Our Website [www.thompson-pharmacy.com/](http://www.thompson-pharmacy.com/)!

# Pharmacist Tip of the Month!

Walter R. Kraus, Rph



It's Allergy Time!!

Reduce your exposure to pollen.

There are a number of things that you can do to reduce your exposure to your allergy triggers:

- Stay indoors on dry, windy days – the best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- Ban your pets from your bed or couch – pollen clings to pet fur.
- Don't hang laundry outside – pollen can stick to sheets and towels.
- If you do outside chores, wear a dust mask.

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Music doesn't lie. If there is something to be changed in this world, then it can only happen through music.

*Jimi Hendrix*

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Music is a higher revelation than all wisdom and philosophy.

*Ludwig van Beethoven*

## 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:

[Tips@HealthyHomeTimes.com](mailto:Tips@HealthyHomeTimes.com)

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

## The 10 Biggest and Deadliest Heart Myths

By Dr. Michael Mogadan, author of *Every Heart Attack Is Preventable*

- **Myth #1:** Heart disease and heart attacks are an inevitable part of aging. The Truth: Your risk of a heart attack does NOT have to increase as you age.
- **Myth #2:** Cholesterol is the main cause of heart disease and heart attacks. The Truth: Most people who die of heart disease have low or normal cholesterol levels. Focus on cholesterol and you can easily overlook much more important risk factors.
- **Myth #3:** Blood pressure drugs help you avoid heart problems and live longer. The Truth: Blood pressure drugs alone may not help you avoid heart problems that could be caused by other conditions.
- **Myth #4:** Aggressive Type A behavior increases your risk of a heart attack. The Truth: Being an aggressive Type A personality is perfectly harmless to your heart. But certain overlooked emotions do skyrocket your risk.
- **Myth #5:** Low-fat, low cholesterol diets are good for you and your heart. The Truth: Low-fat, low cholesterol diets are even worse than useless (and so depressing). They can actually harm you.
- **Myth #6:** Any exercise is always good for your heart. The Truth: Overly strenuous exercise can actually increase your risk of heart disease exponentially.
- **Myth #7:** There are two kinds of cholesterol: good and bad. The Truth: There's good good cholesterol and there's bad good cholesterol. Likewise, there's bad cholesterol and REALLY bad cholesterol.
- **Myth #8:** You should eat less salt. The Truth: Only some people benefit from eating less salt. Eating too little salt can actually be harmful.
- **Myth #9:** You should lose weight if you're "overweight." The Truth: Likewise, only some people considered "overweight" really need to lose weight for their heart health.
- **Myth #10:** There's no way to absolutely, positively avoid a heart attack. The Truth: There are ways you can absolutely eliminate any risk of a heart attack.



## Star Wars Day is May 4

The original Star Wars film was released upon an unsuspecting public on May 25th, 1977, and has since attracted an enormous following—so much so that a Star Wars Day has been established, as a pseudo-holiday to celebrate the film and the lore behind it.

The date of May 4th was chosen as the celebration date because of the clever play on words it creates: "May the Fourth Be With You!"



## Slippery Subject

When preparing a pan that needs to be greased, try saving your salt-free butter wrappers or use a fresh piece of bread. Remember salt butter wrappers may cause foods to stick.





## May Birthday Hall of Famer Fred Astaire

Stage and film legend Fred Astaire was born Frederick Austerlitz on May 10, 1899. His career spanned a total of 76 years, during which he made 31 musical films. He is particularly associated with Ginger Rogers, with whom he made ten films.

Astaire was born in Omaha, Nebraska, the son of Johanna and Frederick Austerlitz. Astaire's mother was born in the US to German immigrants, while his father was born in Linz, Austria. After arriving in New York City at age 24 and being processed at Ellis Island, Astaire's father moved to Omaha, hoping to find work in his brewing trade.

Early on Fred's sister, Adele Astaire, revealed herself to be an instinctive dancer and singer. This revelation inspired mother Johanna to dream of escaping Omaha and returning to New York, with a "brother and sister act", which was common in vaudeville at the time. Although young Fred refused to take dance lessons at first, he easily mimicked his older sister's steps and also took up piano, accordion and the clarinet.

When their father suddenly lost his job, the family did in fact return to New York City to launch the show business career of the children.

They took the name "Astaire" in 1905, as they were taught dance, speaking and singing in preparation for developing an act. Family legend attributes the name to an uncle surnamed "L' Astaire".

Their first act was called Juvenile Artists Presenting and Electric Musical Toe-Dancing Novelty. Fred wore a top hat and tails in the first half and a lobster outfit in the second. The goofy act debuted in Keyport, New Jersey in a "tryout theater." The local paper wrote "the Astaires are the greatest child act in vaudeville."

As a result of their father's salesmanship, Fred and Adele soon landed a major contract and played the famed Orpheum circuit not only in Omaha but throughout the United States. Soon, Adele grew several inches taller than Fred and the pair began to look incongruous. The family decided to take a two-year break from show business to hope Fred would catch up.

The career of the Astaire siblings resumed with mixed fortunes, though with increasing skill and polish, as they began to incorporate tap dancing into their routines. From vaudeville dancer Aurelio Coccia, they learned the tango, waltz and other popular ballroom dances.

Fred Astaire first met George Gershwin in 1916, who was working as a song plugger at Jerome H. Remick & Co. Fred had already been hunting for new music and dance ideas.

Their chance meeting was to deeply affect the careers of both artists.

"The history of dance on film begins with Fred Astaire."

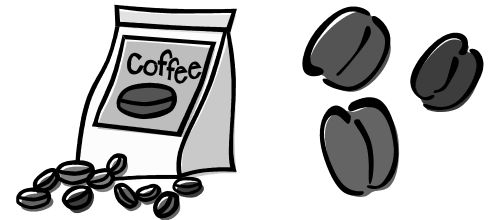
*Gene Kelly*

## Removing Odors

To remove refrigerator odors, try leaving a small cup of used coffee grounds on 2 shelves. An excellent method of removing odors from the kitchen is to keep a few washed charcoal briquettes in a shallow dish on top of the refrigerator. Frying a small amount of cinnamon will chase all odors from the home.

## Measuring Up

If you want to use the fewest utensils possible, first measure out all the dry ingredients then the wet ingredients. By doing this you can use the measuring spoons or cups for double-duty.



## Gluten Free/Chemical Free Products

Now available at our Union Street Location!  
Great for Chemo Patients as Well.

- Multi-Vitamins With and Without Iron
- Facial Moisturizer
  - Sunscreen
  - Eye Butter
  - Hand Soap



# HEALTHY

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# HOME

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**Leg Health Day**  
**Free Leg Screening Date**  
**Location: Thompson Pharmacy, Union Street Location**  
**Tuesday May 11<sup>th</sup>**  
**10am – 3pm**

Are your legs at risk?

- Do you spend long periods of time **standing** in one place?
  - Do you frequently get **swollen** feet or ankles?
    - Are you **pregnant**?
  - Do you have a family history of **varicose veins**?
    - Do your legs often feel **tired**?
    - Do your legs **ache**?

If you answered **yes** to any of these questions, your legs may be at risk.  
 For a screening that is fast, free and as simple as having your blood pressure checked come visit us on May 11<sup>th</sup>.

## Centre Street Special of the Month

Come See Our New Line of Scooters!

Spring is here!

Did you pull your scooter out of the garage and find out that the battery is drained?

Are you getting ready to enjoy the beautiful weather and are in need of a new battery for your scooter?

If yes, then check out our May Special:

- Free (In-House) Battery Analysis (\$30 Value).
- 10% off Batteries (Cash Sales Only).

Offer good now until end of May.

## *Rentals*

Please Remember

If you have any friends or family members coming into town this summer – we offer rentals of all types of equipment. Make their time spent here in Traverse City a pleasant (and comfortable) one!

The list includes (but is not limited to) the following equipment:

- Wheelchairs.
- Walkers.
- Scooters.
- Commodes.
- Hospital Beds.
- Crutches.
- Lift Chairs.
- And, Much More!

Call (231) 947-8700 or (231) 947-4212 to reserve your equipment today!