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## February

### Black History Month

*Black History Month* began as *Negro History Week* by historian Carter G. Woodson in 1926. His goal was to educate the American people about African-American history, focusing on African-Americans' cultural backgrounds and reputable achievements. According to historian John Hope Franklin, Woodson "continued to express hope that Negro History Week would outlive its usefulness".

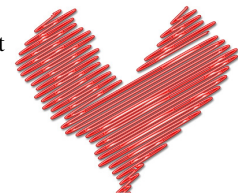
The purpose of *Black History Month* is to promote awareness of African-American history to the general public. It is arguable that despite the opinions of several critics, *Black History Month* has several advantages, and to an extent, Woodson's hopes were realized.

During *Black History Month*, African American history is taught to thousands of students at the elementary, high school and university levels.



### American Heart Month

- The human heart weighs less than one pound. The average weight for women is eight ounces, while for men it is 10 ounces. As a result, women's hearts beat faster than male hearts.
- Your heart beats with enough strength to shoot blood a distance of 30 feet.
- Your left lung is smaller than your right lung, to make room in your chest cavity for your heart.
- On average, one million barrels worth of blood is pumped through the heart in a lifetime.
- Every year, your heart beats approximately 35 million times. That is 100,000 beats per day, 70 beats per minute. Over the course of a lifetime, that adds up to an average of 2.5 billion heartbeats.
- Your heart is made up almost entirely of muscle.
- The blood vessels fed by your heart are more than 60,000 miles long. According to the Cleveland Clinic, they could wrap around the world twice.
- Clench your fists and put them side by side. This is roughly the size of your heart.
- The human heart begins to beat as early as four weeks after conception. Scientists believe that by eight weeks, when the embryo is only an inch long, the heart is fully developed.



### Baking Soda for Heartburn

Bicarbonate of soda, commonly known as baking soda, is an effective antacid for relieving heartburn, sour stomach and indigestion that is far less expensive than brand-name products.

*Arm & Hammer*, a major manufacturer, recommends mixing a level half-teaspoon of baking soda with half a glass of water (four ounces). But it cautions that this should be taken no more than every two hours until relief is achieved, and no more than eight times a day.

A&H also warns that this preparation should not be taken by children under five or people on sodium-restricted diets.

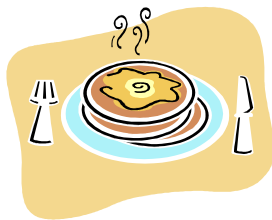


## Pancake Week!

[www.homemade-pancakes.com](http://www.homemade-pancakes.com)

Pancakes have a long history, dating back to the Ancient Romans and beyond. It was believed in medieval times that the first three pancakes cooked in each batch were sacred. They were each marked with a cross before being sprinkled with salt and then set aside to ward off evil.

Here are some more interesting facts about pancakes.



- On Pancake Day in Newfoundland, people place items in the pancake batter before it is cooked to foretell the future for family members. If it happens that a boy receives an item in his pancake for a certain trade, it means he will enter that trade. If a girl receives an item for a trade, it means she will marry a person in that trade.
- Maple syrup, which is often used as a topping, was originally a sweet drink discovered by the Algonquin Indians. To make this drink, sap was collected from Canadian sugar maple trees and was boiled.
- The first ready-mix pancake batter to be sold commercially was *Aunt Jemima* pancake flour. It was invented in 1889 in St. Joseph, Missouri. It wasn't very popular at the beginning.
- It is common in France to touch the handle of the frying pan and to make a wish while the pancake is turned, often while holding a coin in one hand.
- The first pancake recipe appeared in an English cookbook in the fifteenth century.
- The tradition of eating pancakes on Shrove Tuesday is almost 1,000 years old.
- Shrove Tuesday (Pancake Tuesday) is known as *Carnivale* in Italy (Latin for 'goodbye to the flesh'), and called *Fasnacht* in German ('night of the fast'). In Iceland, the day is called *Sprengidagur* ('bursting day') and is known for the tradition of eating salt, meat and peas. In Greece it is called *Apocreas* ('from the meat'). It's traditional for Greeks not to eat meat during Lent.
- The first recorded Pancake Day was in Olney, Buckinghamshire in 1445.
- The largest number of pancake-tosses in the shortest amount of time in the UK is 399 tosses in 2 minutes.
- The world's biggest pancake was cooked in Rochdale (Greater Manchester) in 1994, which was 15 meters in diameter (almost 50 feet), weighed three tons and had an estimated two million calories.
- In 2010, Mike Cuzzacrea set the world record for the highest pancake toss at 31 feet.
- One pancake fan ran a marathon while continually tossing a pancake for three hours, two minutes and twenty-seven seconds.
- In March of 2011, competitive eater Matt Stonie ate 40 regulation-sized IHOP pancakes in 9 minutes and 14 seconds.

## Cure Your Toothache Without Opening Your Mouth!



Just rub ice on the back of your hand, on the V-shaped webbed area between your thumb and index finger. A Canadian study found that this technique reduces toothache pain by as much as 50 percent compared with using no ice. The nerve pathways at the base of that V stimulate an area of the brain that blocks pain signals from the face and hands.

## Pharmacist Tip of the Month!



**Walter Kraus, RPh**

### **MEDICINE CABINET MUST-HAVES**

Every medicine cabinet should have the following basics...

**Acetaminophen** or aspirin for pain and fever.  
**Antihistamine** for hives or other allergic reactions.

**Triple antibiotic ointment**, adhesive bandages, gauze, tape for minor wounds.

**Ipecac syrup** to induce vomiting in certain types of poisoning.

**Ace bandages** for strains and sprains.

**Thermometer.**

**Pointed tweezers** for splinters.

### **Quotes on Love**

*A kiss is a lovely trick designed by nature to stop speech when words become superfluous.*

**Ingrid Bergman**

*A very small degree of hope is sufficient to cause the birth of love.*

**Stendhal**

*At the touch of love everyone becomes a poet.*

**Plato**

*Before I met my husband, I'd never fallen in love. I'd stepped in it a few times...*

**Rita Rudner**

*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.*

**Lao Tzu**

## **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.

## Fight Fire Without Water!

Worried those wings will repeat on you tonight? "Sleep on your left side," says Anthony A. Star-poli, M.D., a New York City gastroenterologist and assistant professor of medicine at New York Medical College. Studies have shown that patients who sleep on their left sides are less likely to suffer from acid reflux. The esophagus and stomach connect at an angle. When you sleep on your right side, the stomach is higher than the esophagus, allowing food and stomach acid to slide up your throat. When you're on your left, the stomach is lower than the esophagus, so gravity's in your favor.

## US Marines Land on Iwo Jima Feb 19, 1945

The Battle of Iwo Jima (Operation Detachment) was a major battle in which the United States fought for and captured the island of Iwo Jima from the Empire of Japan. The US invasion, charged with the mission of capturing the three airfields on Iwo Jima, resulted in some of the fiercest fighting in the Pacific Campaign of WWII.



The Imperial Japanese Army positions on the island were heavily fortified, with a vast network of bunkers, hidden artillery and 11 miles of underground tunnels. The Americans were covered by extensive naval and air support, capable of delivering an enormous amount of firepower onto the Japanese positions. The battle was the first American attack on the Japanese Home Islands and the Imperial soldiers defended their positions tenaciously.

Iwo Jima was also the only US Marine battle where the American overall casualties exceeded the Japanese, although Japanese combat deaths numbered three times that of Americans. Of the more than 18,000 Japanese soldiers present at the beginning of the battle, only 216 were taken prisoner. The rest were killed or missing and presumed dead.

Despite heavy fighting and casualties on both sides, Japanese defeat was assured from the start. The Americans possessed an overwhelming superiority in arms and numbers. This, coupled with the impossibility of Japanese retreat or reinforcement, ensured that there was no plausible scenario in which the US could have lost the battle.

The battle was immortalized by Joe Rosenthal's photograph of the raising of the US flag on top of the 545-foot Mount Suribachi by five Marines and a Naval Corpsman, which took place on the fifth day of the 35-day battle. The picture became the iconic image of the battle and has been heavily reproduced.

On February 19, 1985, the 40th anniversary of the landings, an event called *The Reunion of Honor* was held. Veterans of both sides who fought in the battle of Iwo Jima attended the event. The place was the invasion beach where the US forces landed. A memorial, with inscriptions engraved on both sides, was built at the center of the meeting place.

## The G.I. Joe Doll Is Introduced in 1964



G.I. Joe is a line of action figures produced by the toy company *Hasbro*. The initial product offering represented four branches of the US Armed Forces.

The term "G.I." stands for "Government Issued" and became a generic term for US Soldiers (predating the action figures), especially ground forces. The development of G.I. Joe led to the coining of the term "action figure."

The G.I. Joe trademark has been used by Hasbro to title two different toy lines. The original 12-inch line that began in February of 1964 centered on realistic action figures. In the UK, this line was licensed to *Palitoy* and was known as Action Man.

In 1982, the line was re-launched in a 3.75 inch scale, complete with vehicles, playsets and a complex back-story involving an ongoing struggle between the G.I. Joe Team and the evil Cobra Command, which seeks to take over the free world using terrorism.

G.I. Joe was inducted into the National Toy Hall of Fame in Rochester NY in 2004. - *Wikipedia*

## Food Repair Tips

### *Limp carrots*

Soak the carrots in ice water overnight in the refrigerator with 1 tablespoon of concentrated lemon juice.

### *Dried out/hard cheese*

Grate it and use it for a topping.

### *Moldy Cheese*

Remove at least 1/2 inch or more from the mold area before using.

### *Cucumbers too soft*

Place cucumbers in a large bowl of ice water in the refrigerator for 1-2 hours.



## A Real Downer

Never drink from a glass that has been stored upside down over a bar. Smoke and other contaminants are able to get into the glass and remain there.

## "Panera Bread" Black Bean Soup

*Taken From Food.com*

### **Ingredients:**

- 1 onion , finely chopped
- 2 garlic cloves , minced
- 2 celery ribs , finely chopped
- 1/4 large red bell pepper , finely chopped
- 2 small chicken bouillon cubes
- 1 - 1 1/2 cup boiling water
- 2 (15 ounce) cans black beans ,\*un-drained
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 lemon, juice of (I used a lime)
- 1 1/2 tablespoons cornstarch

### **Directions:**

- 1 In a pot, combine the first six ingredients; simmer for 10 minutes.
- 2 Add half a can of beans, salt and cumin; cook for 5 minutes.
- 3 Puree soup (I use an immersion blender which makes it easy to do it right in the pot).
- 4 Add the rest of the beans to the soup.
- 5 Combine the cornstarch with 1 1/2 tablespoons of water.
- 6 Add the lemon and the cornstarch to the soup; cook until thickened. Top with low fat sour cream or plain greek yogurt and serve.

*\*Rinse the black beans to lower the sodium content.*



**TIMES**  
Secrets For Living  
A Healthy, Wealthy  
& Happy Life



### Online Prescription Refills

Go to [www.thompson-pharmacy.com](http://www.thompson-pharmacy.com) to order your prescription refills online from the comfort of your personal computer or phone.

- Go to the Pharmacy Tab
  - Click on "Refills"
- Select Your Preferred Store
  - Create Your Account
- Get Access to Your Medication Profile Where You Can See Your Personal History.
- Determine if Your Prescription is Ready To Be Refilled Or If You Need To Get a New One From Your Physician.
  - Simple and Easy to Use!

**OMRON**

Digital Blood Pressure Monitors

February Product of the Month

**15% Off**



*Offer Valid at Thompson Pharmacy and Thompson Home Medical.*

*Expires: 2/29/12*

## Celebrate "National Wear Red Day" on Friday, February 3, 2012

Heart Disease is still the No. 1 killer of women, causing more deaths among women than all forms of cancer.

This "National Wear Red Day", wear red, tell women you want them to live and help stop heart disease in our lifetime!



"Like" Us On Facebook and watch our page during the month of February for Healthy Heart Tips.  
<https://www.facebook.com/ThompsonPharmacyandMedical>