



# Medica

Pharmacy & Wellness Center

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### December

Ring out the old, ring in the new,  
Ring, happy bells, across the snow  
The year is going, let him go;  
Ring out the false, ring in the true  
- Alfred, Lord Tennyson

#### Indulgent Eggnog Recipe!

- 6 eggs
- 2.5 cups heavy whipping cream
- 2 cups whole milk
- 1 cup caster sugar
- ½ cup brandy
- ½ cup dark rum
- ½ tsp vanilla extract
- ½ tsp ground nutmeg

Begin with pre-chilled ingredients for the best end result. In a medium bowl, beat the eggs together hard until they're very frothy. Add sugar and continue beating. Sprinkle in nutmeg and vanilla. Continue beating. A little at a time, add in the whipping cream and continue to beat. A bit at a time, beat in the milk. Finally, beat in the rum and brandy. Chill in fridge for 1 to 2 hours. Serve cold.



#### December 7th: Pearl Harbor Remembrance Day



The attack on Pearl Harbor (or *Operation Z*, as it was called by the Japanese Imperial General Headquarters) was an unannounced, unprovoked military strike conducted by the Japanese navy against the United States Naval Base at Pearl Harbor, Hawaii, on the morning of Sunday, December 7, 1941, later resulting in the United States becoming militarily involved in World War II.

It was intended as a preventative action to keep the US Pacific Fleet from influencing the war the Empire of Japan was planning to wage in Southeast Asia against Britain, the Netherlands, and the United States. The attack consisted of two aerial attack waves totaling 353 aircrafts, launched from six Japanese aircraft carriers.

The attack sank four US Navy battleships (two of which were raised and returned to service later in the war) and damaged four more. The Japanese also sank or damaged three cruisers, three destroyers and one minelayer, destroyed 188 aircrafts, and caused personnel losses of 2,402 killed and 1,282 wounded. The power station, shipyard, maintenance, and fuel and torpedo storage facilities, as well as the submarine piers and headquarters building (home of the intelligence section) all were not hit. Japanese losses were minimal, at 29 aircrafts and five midget submarines, with 65 servicemen killed or wounded.

#### The 13th Amendment is Ratified December 6, 1865

The Thirteenth Amendment to the United States Constitution officially abolished and continues to prohibit slavery, and with limited exceptions, such as those convicted of a crime, prohibits involuntary servitude. It was adopted on December 6, 1865.

At the time of its ratification, slavery remained legal only in Delaware, Kentucky, Missouri, Maryland and New Jersey. Everywhere else in the United States slaves had been freed by state action or by Abraham Lincoln's Emancipation Proclamation.

Lincoln and others were concerned that the Emancipation Proclamation would be seen as a temporary war measure, and so, besides freeing slaves in those states where slavery was still legal, they supported the Amendment as a means to guarantee the permanent abolition of slavery.

President Lincoln signed the 13th Amendment to the U.S. Constitution on February 1, 1865. February 1st is now observed as Freedom Day.



#### Sprinkle, Sprinkle, Little Salt

Place salt on fireplace logs to reduce the soot in the house.

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## Safe Ways to Kill Deadly Germs in the Kitchen

The sink is the most germ-ridden space in the house – and often contains more fecal matter (from washing meats) and E. coli bacteria than the average toilet.

Rinse the sink with hot water after every use. Clean it twice a week with a scouring powder, such as Ajax or Comet. Disinfect it weekly with a mild bleach solution – one tablespoon of bleach mixed with one cup of hot water. Also...

- Replace sponges once or twice a month, and run them through the dishwasher each time you use them. Sponges are the perfect breeding ground for harmful germs.
- Stock up on dish towels, and change them every other day to prevent germs from passing among members of the family. Washing them in hot water and running them through the drier will kill bacteria and viruses.
- Use separate cutting boards for meats, poultry and seafood – and scrub them with dish detergent, such as Joy or Dawn, and hot water after each use. Clean all plastic cutting boards in the dishwasher.

- Kimberly M. Thompson, ScD

## The First YMCA in the U.S. Forms in Boston, Dec. 1851

The Young Men's Christian Association (YMCA) was originally founded on June 6, 1844 in London, England, by George Williams. The original intention of the organization was to put Christian principles into practice, as taught by Jesus Christ. Young men who came to London for work were often living in squalid and unsafe conditions, and the YMCA was dedicated to replacing life on the streets with prayer and Bible study. The YMCA idea, which began among evangelicals, was unusual because it crossed the rigid lines that separated all the different churches and social classes in England in those days.



This openness was a trait that would lead eventually to including in YMCAs all men, women and children, regardless of race, religion or nationality. Also, its target of meeting social need in the community was dear from the start. Today, the degree to which Christ and the Christian faith are emphasized in programs varies between individual YMCA associations. Generally, YMCAs are open to all, regardless of faith, social class, age or gender.

Since 1844, the YMCA has grown to become a world-wide movement of more than 45 million members from 124 national federations affiliated through the World Alliance of YMCAs.

## Choose Rye Over Wheat



Rye breads are more healthful than wheat breads. Starches in rye bread break down more slowly than those in wheat, and so do not produce high insulin spikes. Researchers believe that repeated high post-meal insulin spikes, caused by high intake of carbohydrates, may increase risk of developing insulin resistance and type II diabetes.

- Hannu Mykkanen, PhD

## Safe Storage of Leftovers

Never wrap warm meat or poultry in aluminum foil and place it in the refrigerator. Foil is an excellent insulator and the meat will remain warm, for too long a period allowing bacteria to thrive. Wrap the food in plastic wrap or place in a well-sealed plastic container. Meat, poultry and stuffing should last 3-4 days if stored separately.



# Pharmacist Tip of the Month!

Studies have shown that adding green tea to your daily diet provides several health benefits to include the metabolizing of fat, ease of digestion, and is a good source of flavonoids. Another benefit is that tea is a form of natural diuretic, which is very mild and not harmful.

*Illusion is the first of all pleasures.*  
**Oscar Wilde**

*A hen is only an egg's way of making another egg.*  
**Samuel Butler**

*In the depth of winter I finally learned that there was in me an invincible summer.*  
**Albert Camus**

*One touch of nature makes the whole world kin.*  
**William Shakespeare**

*Solitary trees, if they grow at all, grow strong.*  
**Winston Churchill**

*Hope is the only bee that makes honey without flowers.*  
**Robert Green Ingersoll**

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**December Birthday  
Hall of Famer  
Frank Sinatra (12/12/1915)**



Francis Albert “Frank” Sinatra began his musical career in the swing era with Harry James and Tommy Dorsey. He became a successful solo artist in the early to mid-1940s, being the idol of the “bobby soxers.” His professional career had stalled by the 1950s, but it was reborn in 1954 after he won the Academy Award for Best Supporting Actor.

He signed with Capitol Records and released several critically lauded albums. Sinatra left Capitol to found his own record label, Reprise Records, toured internationally, was a founding member of the Rat Pack, fraternizing with celebrities and presidents. When he turned 50 in 1965, Sinatra recorded a retrospective called *September of my Years*, starred in the Emmy-winning television special *Frank Sinatra: A Man and His Music*, and scored hits with “Strangers in the Night” and “My Way.”

Sinatra attempted to weather the changing tastes in popular music, but with sales of his music dwindling, and after appearing in several poorly-received films, he retired in 1971. Coming out of retirement two years later, he recorded several albums, scored a Top 40 hit with “New York, New York” and toured both within the US and internationally until a few years before his death in 1998.



**Blue Jeans: Some History**

The word “jeans” comes from the French phrase *bleu de Genes*, literally the *blue of Genoa*. Jeans fabric, or denim, originated independently in two places: the French town of Nimes (to which *denim* owes its name) and in India, where trousers made of denim material were worn by the sailors of Dhunga, which came to be known as dungarees.

At around the same time, denim trousers were made in Chieri, a town near Turin, Italy, during the Renaissance, and were popularized in the 16<sup>th</sup> century. These trousers were sold through the harbor of Genoa, which was the capital of the independent Republic of Genoa, a naval power.

Early examples of these trousers were made for the Genoese Navy, which required all-purpose pants for its sailors. They required pants that could be worn wet or dry, the legs of which could easily be rolled up to wear while swabbing the deck. These jeans were laundered by dragging them in large mesh nets behind the ship, and the exposure to the sea water and sun would gradually bleach them to white.

**Kwanzaa Begins December 26**

Kwanzaa is a week-long holiday honoring African-American heritage. It is observed from December 26 to January 1 each year. Kwanzaa consists of seven days of celebration, featuring activities such as candle-lighting and pouring of libations, culminating in a feast with gift giving.



An African-American scholar and social activist, Maulana Karenga created Kwanzaa in 1966 as the first African-American holiday. Karenga said his goal was to “...give Blacks an alternative to the existing holiday and give Blacks an opportunity to celebrate themselves and their history, rather than merely imitate the practice of the dominant society.” The name “Kwanzaa” derives from the Swahili phrase “*matunda ya kwanzd*” meaning “first fruits.” The choice of Swahili, an East African language, reflected its status as a symbol of Pan-Africanism in the 1960s.

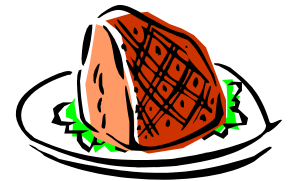


**A Sweeter Yule**

To preserve your Christmas tree for a few extra days, try adding a small amount of sugar or Pinesol™ to the water.

**Repairing a Ham That is Too Salty**

Place the ham in the oven and cook for ½ the time, remove and pour a can of ginger ale over the ham and then rub salt on the outside and finish cooking. The ginger ale and salt will draw salt water out of the ham.



**Do You Qualify for a Handicapped Sticker?**



You may qualify for a vehicle handicapped sticker and not know it. You are generally eligible if you need walking assistance from a person or a device, such as a cane or a wheelchair; if you can’t walk 200 feet without resting; if you are restricted by respiratory problems; if you have a serious cardiac condition; or if you are severely limited due to arthritic, neurological or orthopedic conditions. Apply for stickers and removable window placards at your local Department of Motor Vehicles. Your physician must sign the form. The cost is free in some states, and up to \$25 per application in others. – Jim Miller, Savvy Senior