



# K&K PHARMACY



November 2018 Newsletter

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### Remembrance Day – November 11

Also named Armistice Day, this holiday was created to remember those that fell during World War I – which ended at 11 am on November 11, 1918. It became Veterans Day (US) in 1954 and expanded to honor and remember veterans of all wars.

The earliest memorial services honored unidentified soldiers killed in battle. The idea for the *Tomb of the Unknowns* originated with a British chaplain serving in France who came across a grave with a crude wooden cross inscribed with the following words:

*An unknown British soldier of the Black Watch.*

The clergyman made arrangements for the remains to be returned to England, where on Armistice Day in 1920 they were laid to rest in Westminster Abbey. The French honored their unknown dead at the *Arc de Triumphe*.

A similar practice was proposed by an American general for unidentified American soldiers. In 1921, the body of an unknown soldier was interred in a tomb built in Arlington National Cemetery in Virginia. Today, the *Tomb of the Unknown Soldier* is one of Arlington's most popular sites. It bears the words:

*Here Rests In Honored Glory an  
American Soldier Known But To God.*

The nation honors its war dead with special services at the *Tomb of the Unknown Soldier*. Those in attendance observe two minutes of silence, followed by the playing of taps. A wreath is then placed at the tomb, which houses the graves of three unknown Americans who fought in War World I, World War II, and the Korean War. A wreath is also placed at the Vietnam Veterans Memorial in Washington, D.C.

### November



Website to visit this month:

#### Draw a Stickman

This is a really fun website to visit. When you visit this site you get to draw a Stickman figure, and then you get to take your character on an adventure.

The website is like a time machine because it transports you back to your childhood. It's a ton of fun - give it a try.

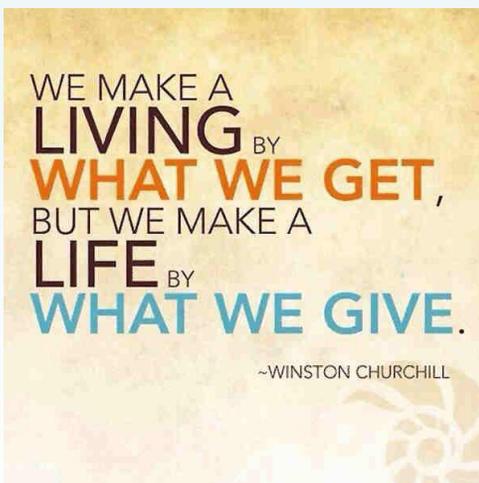
<http://www.drawastickman.com>

**Get Exclusive Specials When You “Like” us at [www.Facebook/knkpharmacy.com](http://www.Facebook/knkpharmacy.com)!**

## Pharmacist Tip of the Month!

### Open Enrollment Season October 15 – December 7

Medicare plans change every year and we're here to help you pick the right plan for your needs! Call or text us at **806 272 7511** to setup your **FREE** consultation!



## Hearing Loss

Age is one of the major causes of hearing loss. Our hearing ability is decreased in our 30s or 40s and loss is significant by age 80. Despite this, more than half of all hearing-impaired people are of working age.

Often hearing loss comes so gradually that people ignore it or deny it. Only after others tell them the TV is too loud or when people object to repeating things over and over do they finally admit it. Only about 25 percent of people who could benefit from hearing aids actually wear them.

We bring this up because studies show that those with untreated hearing loss suffer more often from depression, anxiety, emotional problems, and loss of social activity.

### What causes hearing loss?

- **Heredity.** If your parents or siblings have hearing loss, your risk is increased.
- **Exposure to loud noise.** Continuous noise of 85 decibels results in hearing damage. (This is the sound of heavy road traffic.) Most work environments are kept to 80 dB, and hearing protection is provided.  
  
Exposure and intense sounds can cause a temporary threshold shift. It is experienced as a temporary dullness in your hearing after exposure to loud noise. Hearing fully or partially recovers.  
  
A permanent threshold shift is experienced 48 hours after exposure to very loud noise or exposure to excessive noise for long periods. This type of hearing loss can increase for up to five years after exposure.  
  
Rock concerts can reach 110 to 120 dB. The same intensity can easily be produced in stereo headsets.
- **Cigarette smoking** can damage your ability to hear. The risk increases with the number of cigarettes smoked. A study published in the Journal of the American Medical Association showed that 25.9 percent of smokers in the 48 to 59 age group suffered hearing loss compared to 16 percent of nonsmokers.

## November

November comes and November goes,  
With the last red berries and the first white snows.

With night coming early, and dawn coming late  
And ice in the bucket and frost by the gate.

The fires burn and the kettles sing,  
And earth sinks to rest until next spring.  
~ Clyde Watson

Have questions or concerns?  
Let us know...We're here to help!

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## Health Corner ~ Good News

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Some people avoid fat at all costs. But is this the best thing to do? Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at *Ohio State University Comprehensive Cancer Center* in Columbus checked for nutrients that were especially important for cancer prevention. Some of the affected nutrients:

*Lutein* and *zeaxanthin* found in spinach and kale are important for eye and heart health. *Lycopene*, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter. *Alpha* and *beta carotene*, the orange pigment in carrots and cantaloupe, help to reduce cancer rates. *Vitamin E* found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of *lutein* was 18 times greater than without the fatty avocado. Absorption of *lycopene* increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll likely be fine.



**The real man smiles in trouble,  
gathers strength from distress,  
and grows brave by reflection.**

Thomas Paine

## Did You Know? November Fun Facts

Happy Thanksgiving



A Thanksgiving mix-up inspired the first TV dinners. In 1953, a Swanson employee accidentally ordered a colossal shipment of Thanksgiving turkeys (260 tons, to be exact). To get rid of them all, salesman Gerry Thomas came up with the idea of filling 5,000 aluminum trays with the turkey – along with cornbread dressing, gravy, peas and sweet potatoes. They were sold for 98 cents, and were a hit. Within one year, over 10 million were sold.

In 1939, Thanksgiving was celebrated on the third Thursday in November — not the fourth. You might think President Roosevelt could predict the future, as he channeled a "Black Friday" mindset in making this decision. Even though the holiday had been celebrated on the fourth Thursday since its official recognition decades before, Roosevelt bumped it up a week — offering seven more shopping days to the holiday season. Americans, to say the least, didn't love the change, so it was officially (and legally) switched back in 1942.

## 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!

**A special thanks to all of those who referred us.**

## We Don't Have a Business Without YOU!

We can't fix it if we don't know what is broken. Please contact us and give us your feedback, good or bad. We are committed to continuous improvement because we want to be YOUR family pharmacy.

**Call us or stop by to let us know today!**

## Employee Spotlight



Meet Angie Perez! She joined the Pharmacy almost two years ago and is the **OTC Manager, Marketing, and a Certified Pharmacy Tech**. Angie is a native of Muleshoe and enjoys learning new aspects of the Pharmacy. Outside of the Pharmacy she enjoys hanging out with her friends and family. When you stop in at the Pharmacy, make sure to say, "Hi" to Angie!

Angie's Favs:

- Cheetah print
- Love to sing and dance
- San Francisco 49ers
- Pharmacy Product: Detox pills by Solutions RX

## November Events

11/3 - Merry Market – Bailey Co. Coliseum  
from 10 am – 4:30pm

11/22 - Closed for Thanksgiving

11/27 – Living Well with Diabetes at 6:30 pm

## 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 person who e-mails us with the correct answer will win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then e-mail us at:

[kkmuleshoe@gmail.com](mailto:kkmuleshoe@gmail.com)

This month's Mega Trivia Question:

*How many soldiers are buried at the tomb of the unknown soldier?*

- A) One      B) None  
C) Four      D) Three

**Hint: You'll find the answer in the newsletter.**

## Products of the Month

Since November is **National Diabetes Awareness month**, all these diabetes supplements are **10% off**. Come by the Pharmacy to redeem this offer!



