



**TIMES**



405 Central Avenue, East Orange, NJ 07018

Tel: (973) 673 – 6800

Fax: (973) 673 – 0224

Sheefa.com

*In This*  
**ISSUE**

- Flu Shots are now available!
- Home Remedies
- Tip of the Month
- Fast Facts
- Sheefa Recognizes Breast Cancer Awareness



# WALK-IN FLU SHOTS

## EVERY THURSDAY BEGINNING NOVEMBER 4TH

Beginning November 4th, 2011, Sheefa Pharmacy and Wellness Center in East Orange, NJ will provide flu vaccines to the community.

The flu is unpredictable in many ways and it's important to always stay ahead of the game. Flu virus can occur any time, place, and the length and severity of it varies. The timing of flu can occur randomly and vary from season to season. It's expected for the flu to peak in the United States during January or February. However, most seasonal flu activity can begin as early as October and continue until May.

According to Centers for Disease Control and Prevention (CDC), a person should receive a flu vaccination from an early age of six months and older. The flu vaccine is designed to shield against three viruses, H1N1, H3N2, and B-Virus strains. CDC claims the 2011–12 influenza vaccine can also protect one from getting sick from milder illnesses if related but different influenza virus strains occur. The flu shot helps the body develop antibodies to defend against the viruses in the vaccine. Those antibodies help protect patients from influenza viruses if we come in contact with them.

While everyone should get a flu vaccine each year during flu season, it's particularly important that certain people get vaccinated either because they are at high risk of having serious flu or because they live with or care for people at high risk for developing flu-related problems. Among those are: pregnant women, children younger than 5 (especially children younger than 2 years old), those 50 years of age and older, those with chronic medical conditions, those living in nursing homes and other long-term care facilities and finally, those who live with or care for those at high risk for complications from flu, such as health care workers and caregivers.

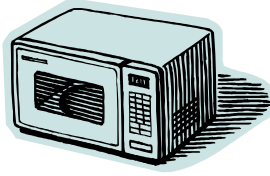
Beginning November 4th, Sheefa Pharmacy and Wellness Center in East Orange, NJ will provide flu shots to the community. Customers everywhere are welcome to walk-in every Thursday for their influenza vaccination. Patient's vaccines are covered by most insurance. For more information, call us at (973) 673 – 6800 and inquire about your walk-in flu shot today.

# HOME REMEDIES

## Nuke Germs Away

To temporarily keep a dishcloth germ free between clean-ups, place the damp cloth into your microwave and nuke it for 30 seconds. This will kill most bacteria on the cloth.

-- Teena Buchanan 210 CR 475 Killen, AI 35645



## Snake Repellant



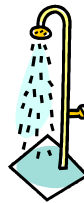
To keep snakes away, pour liquid bleach on cement steps and rock beds in the spring and late summer. They hate the smell and avoid the area.

-- Sandra Van Arsdall 620 Douglas Circle Eagle NE 68347

## Soap Scum

To clean soap and scum stains off of glass shower doors...Spray WD-40 on the glass and wipe off with a clean rag. They will look like new again and it lasts for months.

-- Angela C. Skaggs 420 North 3rd Street Elsberry, MO 63343



## More Coffee Filter Uses

1. Serve tacos, hot dogs, popcorn and other messy foods in cone or basket-style coffee filters. The filter is a perfect sleeve and will help keep fingers clean and easy cleanup.
2. Catch Ice-Cream drips. Just poke a hole in the bottom and stick the stick through.
3. Prevent soil leakage. When repotting a plant, line the pot first with coffee filter....keeps the soil intact.

-- Jane Grillot 525 South Walnut Street New Bremen, Ohio 45869



## Returning to Life



Those dented up ping-pong balls can be revived by placing them into very hot water for about 20 minutes. The air in the ball will expand enough to pop out the dents.

## Ring around the Bottom

Check the bottoms of lettuce to be sure that the ring is white, not brown.



## Pharmacist Tip of the Month!



Often people think by drinking fruit juices or eating low-fat fruit roll-ups and such, they are cutting out or eliminating sugar. The fact is that some fruit juices have more sugar than a soda. Reduction of sugar is important to good health.

Thus, always check out the sugar content of anything you put in your mouth, even if it appears to be healthy.

## Music Quotes

*After silence, that which comes nearest to expressing the inexpressible is music.*

**Aldous Huxley**

*One good thing about music, when it hits you, you feel no pain.*

**Bob Marley**

*Music is like the ocean, and the instruments are islands, very beautiful for the flowers and trees.*

**Andres Segovia**

*You can't stay the same. If you're a musician and a singer, you have to change, that's the way it works.*

**Van Morrison**

*Music is moonlight in the gloomy night of life.*

**Jean Paul**

## 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.

## Back-to-School Shopping



- **\$7.2 Billion** The amount of money spent at kids clothing stores in August 2009. Only October, November and December—the holiday shopping season—were sales greater than \$5 billion. Similarly, bookstore sales in August 2009 totaled \$2.5 billion, an amount not surpassed by any month except January.

### Students

- **76 million** The number of U.S. residents enrolled in schools—from nursery schools to colleges.
- **56 million** The number of students projected to be enrolled in the nation's elementary and high schools (grades K-12) this fall. The number exceeds the total in 1969 (51.6 million) when the last of the “baby boom” children expanded school enrollments.
- **1.1million** Number of students who are home-schooled or 2 percent of all school-age students age 5 to 17.
- **10.9 million** The number of school-age children (5 to17) who speak a language other than English at home. They make up nearly 1-in-5 children in this age group. Most of these children (7.1 million) speak Spanish at home.
- **19.1 million** The projected number of students enrolled in the nation's colleges and universities this fall. This is up from 12.4 million from 25 years ago.

## 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!

A special thanks to all these fine folks who referred us...

## Teachers

- **7.2 million** The number of practicing teachers in the United States—from pre-kindergarten to college.
- **\$63,640** Average annual salary paid to public school teachers in California—the highest of any state in the nation. Teachers in South Dakota received the lowest—\$35,378. The national average was \$50,758.

### Technology in the schools

- **14.2 million** Number of computers available for classroom use in the nation's 114,700 elementary and secondary schools; that comes down to 1 computer for every 4 students.
- **100%** Percent of public schools with Internet access. In 1995, the proportion was 50 percent.

### The Rewards of Staying in School

- **\$83,144** Average annual earnings of workers age 18 and older with an advance degree. This compares with \$58,613 a year for those with bachelor's degrees, \$31,283 for those with a high school diploma only and \$21,023 for those without a high school diploma.
- **\$75,621** Average starting salary offered to bachelor's degree candidates in petroleum engineering (among the highest of any field of study). At the other end of the spectrum were those majoring in the social science; they were offered an average of \$39,476.



## 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.

**We are committed to continuously improving because we want to be YOUR family's pharmacy.**

1(800) 609-9006 ext. 2679  
Available 24/7

# FAST FACTS

## Mount Rushmore

**Mount Rushmore** was completed in October of 1941, after a team of 400 workers under the leadership of sculptor Gutzon Borglum spent 14 years sculpting it. The 60-foot high sculpting of the faces of presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln represent the first 150 years of American history.

These presidents were selected by Borglum because of their role in preserving the Republic and expanding its territory. The image of Thomas Jefferson was originally intended to appear in the area at Washington's right, but after the work at that place was begun, the rock was found to be unsuitable, so the work on the Jefferson figure was dynamited, and a new figure was sculpted to Washington's left.



---

## Macy's Department Store Opens in NYC in Oct 1858

Macy's was founded by **Rowland Hussey Macy**, who between 1843 and 1855 opened four retail dry goods stores, including the original Macy's store in downtown Haverhill, Mass., which was established in 1851 to serve the mill industry employees of the area. All of these stores failed, but Macy learned from his mistakes.

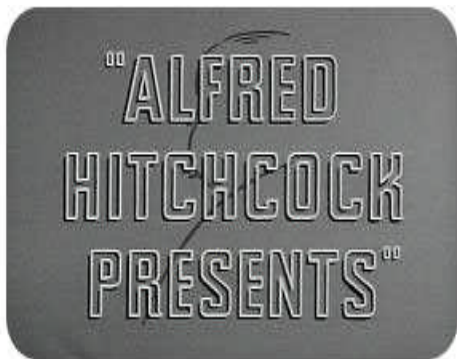
Moving to NYC in 1858, he established a new store named "R.H. Macy Dry Goods" on 6th Avenue between 13th and 14th Streets, which was far north of where other dry goods stores were at the time. On the company's first day of business on October 28, 1858, sales totaled \$11.08 (equal to almost \$300 today).

From the very beginning, Macy's logo has included a star in one form or another, which comes from a tattoo that Macy got as a teenager, when he worked on a Nantucket whaling ship.



---

## Alfred Hitchcock Presents Premiers in 1955



**Alfred Hitchcock Presents** was an American television series hosted by famed film director Alfred Hitchcock, featuring dramas, thrillers and mysteries. The premiere episode on Oct 2, 1955, was titled "Revenge" and starred Ralph Meeker, Vera Miles and Frances Bavier and was directed by Hitchcock himself (he directed only 18 of the shows' 270 episodes). *Time Magazine* named *Alfred Hitchcock Presents* one of "The 100 Best TV Shows of All-Time."

The caricature drawing in the shows' intro -- a piece of line art composed of just nine strokes -- was the work of Hitchcock himself. The intro sequence has been parodied countless times in films and on television. The caricature and the use of Gounod's **Funeral March of a Marionette** as theme music have become indelibly associated with Hitchcock in popular culture.

Originally 25 minutes per episode, the series was expanded to 50 minutes in 1956 and retitled **The Alfred Hitchcock Hour**. The last new episode aired on June 26, 1965, but the series has continued to be popular in syndication.

## Home Remedies for the Flu

Flu symptoms can cause a world of misery, from fever and cough to sore throat, nasal congestion, aches, and chills. But there are ways to feel better. Prescription antiviral medications may help ease symptoms of both seasonal and H1N1 flu when taken shortly after you get sick. In many cases, however, simple home remedies may be all you need for relief of mild to moderate flu symptoms.



WebMD asked experts to suggest natural remedies for flu:

- 1. Drink up.** The flu can leave you dehydrated, especially if fever is accompanied by vomiting or diarrhea. So be sure to get enough fluids.
- 2. Sip some soup.** A 2000 study published in the journal *Chest* showed that chicken soup may help relieve symptoms of upper respiratory tract infections.
- 3. Be a couch potato.** The advice may be clichéd, but it's sound: Listen to your body. If it's telling you not to exercise, don't. If it's urging you to spend all day in bed, do. Don't press on with daily responsibilities even in the face of severe cold or flu symptoms. Rest is "another way of supporting the body's ability to fight infection," says Blackwelder.
- 4. Humidify.** Breathing moist air helps ease nasal congestion and sore throat pain.
- 5. Try a warm compress.** On the forehead and nose, a warm cloth is a great way to relieve headache or sinus pain.
- 6. Be a sucker.** Cough drops, throat lozenges, and hard candy can be surprisingly effective at easing a cough or sore throat.
- 7. Swish and spit.** Gargling with salt water helps get rid of the thick mucus that can collect at the back of the throat.
- 8. Try nasal irrigation.** To ease stuffiness and post-nasal drip and perhaps cut the risk of developing a sinus infection, some doctors recommend nasal irrigation.

# CHECK IN FOR DISCOUNTS

Sheefa Pharmacy & Wellness Center in East Orange is offering customers a new and innovative way of receiving discounts. When customers walk into the pharmacy for the first time, they are prompted by signs around, to check in. Checking in, is a way for customers to assist in bringing light to the pharmacy while earning their way into discounts and giveaways. After 10 check ins, customers will unlock a virtual coupon.

The coupon can be shown to the cashier at anytime to receive their special offer.

**BETWEEN OCTOBER 2011 - DECEMBER 2011**

**CHECK IN 10 DIFFERENT TIMES TO RECEIVE 50% OFF ANY VITAMINS & HERBS**



**Facebook Places**  
Who. What. When. And now **where.**

The next time you're at Sheefa Pharmacy & Wellness Center, check in to unlock specials, meet up with friends and explore what's nearby.

Visit [Facebook.com/SheefaPharmacy](https://www.facebook.com/SheefaPharmacy) or [Sheefa.com](http://Sheefa.com) for more information!



# *Pink Faith*

Making Strides against  
Breast Cancer

Sheefa would like to recognize

NATIONAL  
BREAST CANCER  
AWARENESS MONTH  
OCTOBER 2011



On October 16, 2011 at Downtown Newark, the staff and members of Sheefa Pharmacy and Wellness Center took part in the walk against Breast Cancer.

Join the cause and take part in the stride against Breast Cancer in a location near you! Let's fight against cancer together.



## This October



### The Ironman Competition is October 8

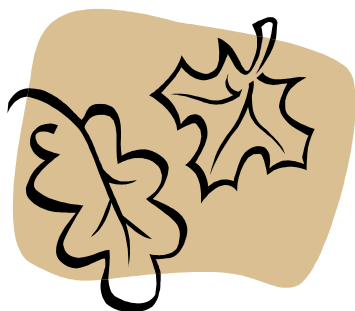
This grueling triathlon -- which features a 2.4 mile ocean swim, a 112-mile bicycle race and a 26.2 mile marathon -- is held every October in Hawaii.

Athletes move from one event to the next without stopping. It began in 1978 when three Marines stationed in Hawaii debated whether runners, swimmers or bikers were the most fit.

Navy Commander John Collins suggested settling the argument by combining the three sports into a single competition. Whoever came in first would win the title of *Ironman*.

The first race took place on January 18, 1978. Fifteen men competed, with 12 finishing and the winner completing the events in just under 12 hours. Today, the race attracts nearly 1,500 athletes of both genders.

Almost a dozen other countries host their own Ironman competitions as well.



## The Miracle Cure

A new doctor had arrived in town. Everyone was amazed with what he could do -- except for Mr. Thompson, the town skeptic. Grumpy old Mr. Thompson went to visit this 'miracle doctor' to prove that he wasn't anybody special.

When it was time for his appointment he told the doctor, "Hey, doc, I've lost my sense of taste. I can't taste nothin' so what are ya goin' to do?"

The doctor told Mr. Thompson, "What you need is jar #47." So the doctor brought the jar out, opened it, and told Mr. Thompson to taste it.

He tasted it and immediately spit it out, "This is disgusting!" he yelled. So Mr. Thompson went home...very mad.

One month later, Mr. Thompson decided to go back to the doctor and try once again to expose him as a fake, by complaining of a new problem.

"Doc," he said, "I can't remember anything!"

Thinking he had the doctor stumped, he smiled as the doctor told Mr. Thompson, "What you need is jar #47, it's..." But before the doctor could finish his sentence, Mr. Thompson was cured and fled the room.



## Character Counts!

*The Josephson Institute of Ethics* defines ethics in terms of moral duties and virtues that flow from six core ethical values, collectively known as **The Six Pillars of Character.**

- **Trustworthiness:** Being honest, having integrity, keeping your promises and being loyal.
- **Respect:** We must not only respect ourselves, but remember that each person has the right to our respect.
- **Responsibility:** We must be accountable for our own actions, practice self-restraint and always try our best at whatever we put our hand to.
- **Fairness:** Sometimes this means doing the right thing even if others don't agree.
- **Caring:** Concern for the interests of others.
- **Citizenship:** Being involved in public service, including voting, reporting crimes, testifying as a witness, and protecting the environment.

## National Book Month

According to *Amazon.com*, these are the top 10 best-selling books for last year (2010). Maybe you missed a couple of them!

1. **The Girl Who Kicked the Hornet's Nest**, by *Stieg Larsson*
2. **Women, Food and God: An Unexpected Path to Almost Everything**, by *Geneen Roth*
3. **Mockingjay**, by *Suzanne Collins*
4. **Dead in the Family**, by *Charlaine Harris*
5. **The Big Short: Inside the Doomsday Machine**, by *Michael Lewis*
6. **Game Change**, by *John Heilemann*
7. **The Short Second Life of Bree Tanner**, by *Stephanie Meyer*
8. **Freedom: A Novel**, by *Jonathan Franzen*
9. **Sh#t My Dad Says**, by *Justin Halpern*
10. **The Immortal Life of Henrietta Lacks**, by *Rebecca Skloot*

