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 DRUG & GIFT SHOP
 444 So. Flower, Ste 100
 Los Angeles, Ca 90071
 213-612-4300
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Dispensing Wellness with Trust

**Uptown
Downtown**

Walking: The Easiest Exercise

It's the simplest way to get fit, stay in shape and strengthen your heart and bones.

Every magazine you read features models and celebrities running, kickboxing, climbing or stretching. You'd think that people are doing nothing but this stuff all day long, and that we're on our way to becoming a society in which everyone is as fit as Cindy Crawford and George Clooney.

But wait a minute. All we really need to do is walk—at a brisk pace while enjoying our surroundings, breathing fresh air and, if we choose, spending time with a friend or family member. Doesn't that sound like more fun?

Walking really is good for you. For instance, a diabetes prevention program for people who are overweight showed that walking 150 minutes a week can reduce the risk of developing diabetes by nearly 60 percent. That tells us that walking is a lifesaver. Why not do it most days of the week?

One way to get motivated is to wear a pedometer. Clip one to your waistband and it will count all the steps you walk, even if you're just going to the fridge for food. Wearing a pedometer provides us with a reality check about just how much ground we really cover in a day. An example of one person who used a pedometer, on the first day she walked dogs (in shifts since there are 16 of them), did some housework, walked around town and finally went to bed. She was sure she'd hit 10,000 steps. When she checked the pedometer, it had recorded a mere 6,000 steps! She knew she could do better.

So she made an effort to walk more. No more going into a snit when having to park the car far from the entrance to a store. She decided to park far away on purpose. She was going to find ways to take more steps, even if she had to pace around my house while talking on her

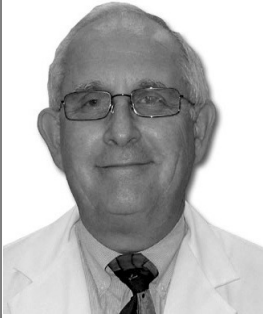
phone. She is extremely competitive, so she wanted to beat her first day's totals. And she did. Pretty soon, she got up to 10,000 steps. Most exercise experts recommend 30 minutes of activity most days of the week, and walking is

a great way to get it. Taking 10,000 steps over the course of a day is roughly equivalent to 30 minutes of moderately vigorous exercise.

Here's something a lot of people don't know about walking: It's a "spot-reducer." Yes, you're thinking there's no such thing. But listen to this: Researchers at the Washington University School of Medicine in St. Louis put a group of men and women, ages 60 to 70, on a nine- to 12-month exercise program that consisted of walking or jogging. On average, the subjects exercised 45 minutes several times a week. By the end of the study, both the men and the women had lost weight, and primarily from the abdominal area. It goes to show that a simple exercise program such as walking can both melt off abdominal fat, which creeps on as we get older, and help reduce the risk of diseases linked to abdominal fat. Walking is simply one of the easiest—and safest—activities for burning calories and tuning up the cardiovascular system. If you opt for walking, walk as long as you can. In most studies of overweight people who progressively increased their periods of walking over a year's time, no weight loss occurred until their walking exceeded 30 minutes a day. And all the weight they lost



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Let's Talk

Dr. Jerry Shapiro

Here we are and it is almost Valentine's Day. I have decided that the column this month will be dedicated exclusively to our Prescription Department. If you are not getting your prescriptions filled

at our Pharmacy I would simply ask, WHY NOT?

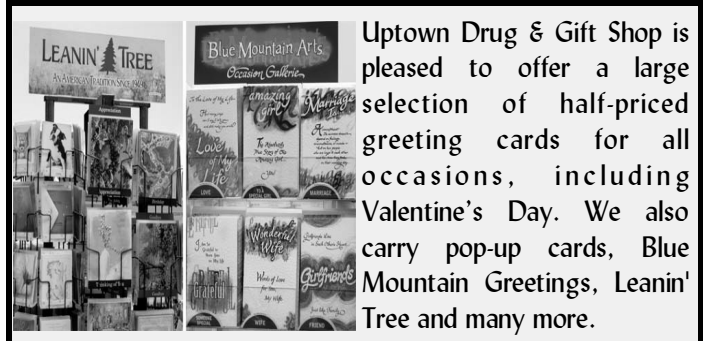
We are convenient in that not only do you not have to make an extra stop after work, but we will gladly deliver to your office at no charge. Our Pharmacists (Joanne, Maggie and myself) are interested in one thing and one thing only. Making sure that you are receiving the best possible care both for your being and your pocket book. As a new patient it will take a little longer as we need to enter in your insurance information (no more than 30 minutes). While on a refill it will usually take 10 minutes or less, if you are waiting.

On many new medications we search the internet to see if there is a coupon for you to try out the medication and make sure it works. This way you are not out a co-pay if it does not. We also work to assist your physician in getting Prior Authorizations approved for the Prescriptions you

might need that are not on your plan formulary. For many of you with the New Year at hand the co-pay's have gone up. Please ask us how we can save you a lot of money especially on your generic drugs. This also includes mail order. Speaking of which, ask us how to get out of it if you are not happy with the service.

We also feature a synchronization program that, within a few months can have all of your prescriptions filled on the same day each month so that you will not have to remember what day which medication is due. If you are planning a vacation and need your medication before you leave, let us know and we will make sure that you have enough medication to complete your trip.

With all of these features we charge the same co pay compared to any place you are currently going for the prescriptions. I will confidently say, give us a chance and you will not be disappointed.



Uptown Drug & Gift Shop is pleased to offer a large selection of half-priced greeting cards for all occasions, including Valentine's Day. We also carry pop-up cards, Blue Mountain Greetings, Leanin' Tree and many more.

Sixteen Things It Took Me Too Many Years To Learn

1. You will never find anybody who can give you a clear and compelling reason why we observe daylight-savings time.
2. You should never say anything to a woman that even remotely suggests you think she's pregnant unless you can see an actual baby emerging from her at that moment.
3. The most powerful force in the universe is gossip.
4. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.
5. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age 11.
6. There is a very fine line between "hobby" and "mental illness."
7. People who want to share their religious views with you almost never want you to share yours with them.

8. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
9. The main accomplishment of almost all organized protests is to annoy people who are not in them.
10. If there really is a God who created the entire universe with all of its glories, and He decides to deliver a message to humanity, He WILL NOT use, as His messenger, a person on cable TV with a bad hairstyle.
11. You should not confuse your career with your life.
12. A person who is nice to you, but rude to the waiter, is not a nice person.
13. No matter what happens, somebody will find a way to take it too seriously.
14. When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that individual is crazy.
15. Your friends love you, anyway.
16. Nobody cares if you can't dance well. Just get up and dance.



Hints from JoAnn

- **Bird Droppings on Your Car?** How to Clean It Now. Bird droppings contain harsh acids that can burn through your car's paint. The secret to cleaning up—and saving your car's exterior—is to

take action as soon as you spot the plop. Pour on some seltzer water and let it bubble up. Once the bubbling stops, wipe the area clean with a microfiber (available at supermarkets and hardware stores) or cotton cloth.

- **Painting Pointer.** After you open a can of paint, but before pouring it into a tray, put tape (masking or transparent) around the entire rim of the can. When you're finished painting, take off the tape and close the can. The rim of the can will be paint-free and the lid will not get stuck the next time you need to use the can of paint.
- **Fish Fact.** To determine the proper cooking time for your fish, lay out the whole fish, fish fillet or fish steak. Pinpoint the thickest part, and then measure it with a ruler. For each inch of thickness, figure on 10 minutes of cooking time.
- **What to Do with Soap Slivers.** Instead of discarding that last little sliver of soap, paste it onto the new bar of soap.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

Where'd That Come From?

Terms: "Saved by the Bell" and "Dead Ringer"

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, one out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be saved by the bell or was considered a dead ringer.



Just suds up the new bar, and stick the sliver on top. The two soaps will dry as one bar.

- **Best Type of Bowl for Your Cat.** A deep, narrow bowl is a no-no for a cat because it's not roomy enough for his/her whiskers. As you may know, a cat's whiskers have sensitive nerve endings. A shallow bowl or saucer—the wider, the better—will allow him to enjoy his food and water in comfort.
- **Fun Way to Store Extra Towels.** If you have counter space in your bathroom—and you want to have extra towels on hand for you or for guests—get a freestanding wine rack (available at household-supply stores). It's perfect for holding rolled-up towels.
- **Natural Headache Rx.** Prepare a cup of green tea with sprigs of fresh mint, or combine a green tea bag and a peppermint tea bag to make a big, strong cup of headache-relieving tea. Drink the minty tea, and your headache should fade away in about 15 minutes.
- **Do-It-Yourself Magnifier.** When you want to read a price...or look up a phone number...or see what time it is on your watch, but the type is too small to see without your glasses, try this—make a fist, leaving a small hole in the middle. Bring your fist up to your eye, look through that small hole and focus on the number you want to read. For some unknown reason, the small channel of light entering your eye clears the vision.

New York is the most walkable city among the 50 largest US cities. It scored 85.3 out of 100 for ease of access without a car to the necessities and amenities of daily life. San Francisco was number two, with a score of 84.9. *Other good walking cities:* Boston, Chicago, Philadelphia, Seattle, Washington, DC and Miami. Los Angeles was listed 13th with a score of 65.9. **Least walkable:** Jacksonville, Florida, with a score of 32.6.

Rankings by the Website Walk Score, www.WalkScore.com



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

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was pure fat. (By the way, walking one mile burns approximately 100 calories.)

If you're just starting a walking program, begin the first week by walking 20 minutes three times a week. For the next few weeks, increase your time to 30 minutes. As you feel more energetic and fit, add an extra session or two to your weekly walking program. Try to work up to five sessions a week, for 30 to 45 minutes each time, especially if you're trying to pare off fat pounds. Remember to walk at a good clip, too. Here are some additional tips:

- * Wear sturdy athletic shoes.
- * Keep your head level as you walk and look straight ahead.
- * Bend your elbows at about a 90-degree angle and keep them close to your sides. Swing your arms back and forth as you walk.
- * Let your heel strike the ground first, then roll from the heel to the ball of your foot. Push off with the ball of your foot for more momentum.
- * Take long, smooth strides. Walk as briskly as you can.
- * Breathe deeply but naturally as you walk.



Finally, make your walk meaningful. Look around. Enjoy your surroundings. Have fun.

The Truth About Pawnshops

Gone are the days of pawnshops as places to unload stolen goods. In many municipalities, pawnshops are required to provide law enforcement with a daily list of all pawned items, along with descriptions including serial numbers (if applicable).

A pawnshop's primary role is to offer small, short-term loans using merchandise as collateral—though you also can buy and sell items at most pawnshops. The top five categories of pawned items in the country are jewelry, electronics, musical instruments, tools and guns.

The time within which the borrower has to repay a loan is called the hold period—it is set by each state and varies throughout the country, anywhere from 30 days to six months. Interest rates on the loan also are set by each state and generally range from 2% to 25%.

If you don't pay back the loan and the interest, you lose your collateral, but it does not impact on future loans as it would with an unpaid bank loan—and there are no credit score issues to haunt you.



Very Useful Web Sites



Safer medication use: Drug interactions... safety alerts...commonly confused names... more. From the Institute for Safe Medication Practices. www.ConsumerMedSafety.org

Hidden job finder: More than 800,000 listings taken from company Web sites, not from newspapers and other media. www.LinkUp.com

Pension assistant: Links to organizations that can help solve problems with pensions, profit-sharing and retirement-savings plans. www.PensionHelp.org

Theme cruise locator: Hundreds of cruises that offer special programs on antiques, food/wine, music, sports and other popular topics. www.ThemeCruiseFinder.com

Happy news: Positive and compelling news stories about heroes, health, science, more. www.HappyNews.com

Our gift shop features many unique items for those special occasions or for self indulgence.

We also carry greeting cards, stationery, crystal, Nao by Lladro, jewelry, plush gifts, men's executive gifts, cosmetics, travel items and a large selection of baby items.

We provide a lay-away program and will gift wrap (at no charge) items purchased in our store.

We change our selection regularly, so come in and check us out to see what's new.



Uptown Pharmacy

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We can handle all of your FSA/HSA needs electronically.



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