

Gunnison Valley Family Physicians
130 E Virginia Ave.
Gunnison, CO 1230
(970) 641-0211

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Jay W. McMurren, MD Laretta F. Garren, MD Marie C. Matthews, MD
John E. Holder, PA-C Nicol A. Talbert, PA-C

Bullying is a Serious Problem

Bullying can happen anywhere: face-to-face, by text messages or on the web. It is not limited by age, gender, or education level. It is not a phase and it is not a joke. Bullying can cause lasting harm. Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Bullying can take many forms. Examples include:

- **Verbal:** name-calling, teasing, threatening others
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving, kicking
- **Cyber-bullying:** using the Internet, e-mail, mobile phones or other digital technologies to harm others (i.e. Facebook/Twitter)

The act of bullying may fit into more than one of these groups. A child who is bullied has a hard time defending him or herself. Often, children are bullied not just once or twice but over and over. There is no one single cause of bullying among children and youth. Rather, there are many factors in a child's environment that can contribute to bullying behavior.

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. Bullying often involves groups of students picking on another student. Within these groups, there often is a "ring leader" and a number of followers.

Did you know? 56% of students have personally witnessed some type of bullying at school.

REMINDER: Please bring in your new Insurance cards for 2011. This will prevent delays in billing and insurance reimbursement.



Parents can play a key role in preventing and stopping bullying. But first they have to know if their children bully or are bullied by others. Many parents do not discuss bullying with their children, and many children do not raise the topic of bullying with their parents. Some parents of children who bully may also support such behavior without knowing it. They may use power and aggression to resolve conflicts, or they may fail to keep track of and stop bullying at home. Also, as children get older, bullying often occurs when adults are not around.

Bullying has serious and lasting effects. While these effects may also be caused by other factors, research has found bullying has significant effects for those who are bullied, those who bully others, and those who witness bullying. If you are a parent or educator, learn more about talking to someone about bullying. Everyone can help prevent and stop bullying. Adults have the responsibility to protect and be a role model for kids, teens, and young adults. No matter who you are or who you represent, you can influence lives and maybe even save a life. Everyone needs to be aware not only about the warning signs and effects of bullying, but also about the ways to intervene and support both the person being bullied and the one bullying others.

www.stopbullying.gov

NO MORE EXCUSES, WEAR YOUR SUNSCREEN

You are probably in the habit of packing sunscreen for a day at the beach or pool. But the sun is up there 365 days a year, and you need protection much of that time to reduce your lifetime sun-exposure total. Everyday exposure counts; you do not have to be actively sunbathing to get a damaging dose of the sun. Practice these sun-protection basics all year round to give your skin the best chance of long-term health.

Use a sunscreen of SPF 15 or higher whenever you spend time outdoors.

- This applies to all outdoor activities: athletics, shopping, picnicking, walking or jogging, gardening, even waiting for a bus.
- Choose a sunscreen with ingredients that block both UVB and UVA rays.
- Apply liberally and evenly to all exposed skin. The average adult in a bathing suit should use approximately one ounce of sunscreen per application. Not using enough will effectively reduce the product's SPF and the protection you get.



For more information go to www.skincancer.org

Gazpacho Salad

Ingredients:

3 medium ripe tomatoes

- 1 red onion
- 1 yellow bell pepper, seeds removed
- 1 red bell pepper, seeds removed
- 1 cucumber
- 2 (6-ounce) packages baby spinach

Red Wine Vinaigrette:

- 1/2 cup red wine vinegar
- 1 tablespoon Creole (spicy brown) mustard
- 1 tablespoon honey
- 3/4 cup olive oil
- Pinch red chili flakes
- Salt and freshly ground black pepper

In a medium bowl, add red wine vinegar, Creole mustard and honey. Whisk together. Slowly whisk in olive oil, to allow mixture to emulsify. Stir in a pinch of chili flakes and salt and pepper, to taste.

Directions

Dice tomatoes, red onion, peppers, and cucumber. Add to a medium bowl and mix together. Alternate a layer of vegetables and spinach into a larger bowl. Drizzle with Red Wine Vinaigrette.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 May Day 	2	3 Boys Sports physicals	4	5 	6	7 9-12 Health Fair
8 	9	10	11	12	13	14 9-12 Sat. Clinic
15	16	17	18	19	20	21 9-12 Sat. Clinic Armed Forces Day
22	23	24	25 LAST DAY of school	26	27	28 Closed
29 	30 Memorial Day	31				

May is . . . National Salad Month, National Egg Month, National Barbecue Month, National Hamburger Month, Fungal Infection Awareness Month, National Get Better Sleep Month, National Good Car Care Month, National Photo Month, Revise Your Work Schedule Month, and Date Your Mate Month.

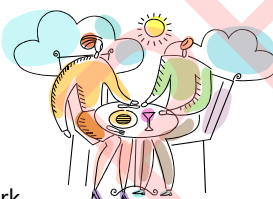
"DATE YOUR MATE MONTH"

Let food help you revive the romance:

- An elegant dinner at a romantic restaurant
- A candlelight dinner at home
- A return to "your special place" for an memory meal
- Visit an ice cream parlor, enjoy a banana split together
- Enjoy a picnic in the park
- Whisk your mate away from the office for a midday meal together, maybe at a park

Or, try getting outdoors together —

- Go for a walk or bike ride together!



UNDER CONSTRUCTION

This section of our newsletter is specifically designated to update our patients on happenings or changes within our office...



We would like to **thank** everyone for their patience during our time of change — hopefully we have been able to accommodate everyone's needs. We appreciate the phone calls and notes about the good and bad.

If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

Get Better Sleep Month

If you've already managed to figure out at last, [how to fall asleep](#), but you're having trouble getting *good* sleep through the night (i.e. tossing, turning, waking up more than once), this article will tell you what you can do to ensure a peaceful night's slumber.

Get on [schedule](#). Varying your sleeping times by more than an hour can severely disrupt your sleep quality by "advancing the sleep phase".

Be mindful of what you have eaten or drunk before bed. Your stomach should not be too full, but not too empty. Wait at least three hours after [dinner](#) before going to sleep.

Keep the room dark. Exposure to light during the time you're supposed to be sleeping can disrupt your body's internal cycles.

Change your sleeping position. You may think that it's impossible to control what position you sleep in since you aren't fully aware of what you are doing, but it *is* possible and it can make a considerable difference.

Maintain your [mattress](#). Turn the mattress over every few months. Replace it after 5-7 years of regular use.

[Exercise](#). If you have a sedentary job, a lack of physical exertion may be reducing the quality of your sleep. The human body uses sleep to repair and recover.

Visit your doctor. If you are concerned that you may have a sleep disorder, [tell your doctor](#). Some of the most common sleep disorders are [insomnia](#), [obstructive sleep apnea \(OSA\)](#), restless legs syndrome (RLS), narcolepsy, parasomnias, and heartburn (acid reflux). If you are indeed suffering from and are diagnosed with any of these conditions, your doctor will recommend treatment accordingly.

