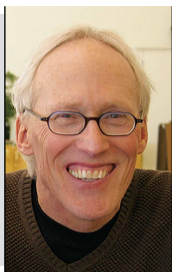


# Educate yourself before taking 'wonder drugs'

## Senior Living



Scott McKay

**H**OW MANY DRUG ADS can you tolerate during the evening news? Boniva, Celebrex, Fosamax, Lunesta, Nexium, Paxil, Eliquis — all describing how they will improve your health and well-being. And hidden at the end are the possible side effects: Nausea and diarrhea; incontinence and constipation, sleeplessness and drowsiness; bad dreams and bad luck. But what do you really know about these wonder drugs?

Before you take any medication be a smart consumer and educate yourself first. Check out the website MedlinePlus hosted by the National Library of Medicine where you can find trusted health related information.

But the best option is to ask your primary care provider, dentist or pharmacist so you can get the most benefit and prevent dangerous

drug interactions.

But what should you ask? Here are 10 questions from "Educate before you Medicate" created by the Medication Safety Project.

1) What is the name of the medication and what is it supposed to do? Basic stuff but often overlooked.

2) When and how do I take it? Make sure you understand the instructions.

3) How long do I take the medicine? Always finish your medicines unless otherwise advised by your healthcare provider.

4) Does this medicine contain anything that can cause an allergic reaction? Don't forget to describe any past reactions you have had to medications.

5) Should I avoid alcohol, any other medicines, foods and/or activities? You don't want any unexpected reactions.

6) Should I expect any side effects from this medicine? Also find out who you should call if you experience any of the symptoms or have questions.

7) What if I forget to take my medicine? For some medicines missing even one day can be important. And never double your medication without consulting your healthcare provider.

8) Is there a generic version of this medicine that can be prescribed? A way to save money when the cost of prescription drugs can be prohibitive.

9) How should I store the medicine? Always keep medicines away from heat, light and moisture.

10) Is it safe to become pregnant or breast feed while taking this medicine? Probably not a problem for anyone reading this column!

No drug is without risk. It is always a balance between the benefits and the side effects. But it is your body, so do not hesitate to learn more about the medications you are taking.

Now how do you pay for these medications? Well, it's complicated, as Sue Ann Arguelles points out in this month's "Through the Eyes of an Elder" on page B14. Sue Ann is the area coordinator for the SHIBA program in Hood River, Wasco, Sherman, and Gilliam counties that provides free Medicare counseling by trained volunteer counselors. For your Medicare questions call 541-288-8341.

The name of the comedian, singer, and pianist who frequently interrupted his performance with the line, "STOP--da music, everybody!"

and invariably ended his show with "Good night, Mrs. Calabash, wherever you are," was Jimmy Durante — the Great Schnozzola. (For those who are wondering, the best guess is "Mrs. Calabash" was his late wife Jeanne Olson.)

I received correct answers from Susan Ellis, Clare Zumwalt, Gene Uzen, Rhonda Spies, Mike Carrico, Lana Tepfer, Kim Birge, Dave Lutgens, Tina Castañares, Jim Stager, Doug Nelson, Tiuu Vahtel, Margo Dameier, and Kathy Vukelich, this week's winner of a quilt raffle ticket. And I've missed Steve Nybrotten.

Actor Jim Backus is probably best known for playing Thurston Howell III on the 1960s sitcom Gilligan's Island, but he was also the voice of a popular cartoon character. For this week's "Remember When" question, what was the name of the wealthy, short-statured cartoon character who gets into a series of comical situations because of his extreme near-sightedness and made worse by his stubborn refusal to admit the problem. E-mail your answer to mcseiorcenter@gmail.com, call 541-296-4788 or send it with a picture of W. C. Fields one of the inspirations for the character.

Well, it has been another week

living in the now because I can't remember the past and the future is too far away. Until we meet again, I've found if my wife asks if I could take out the trash, she is just giving me the illusion I have a choice.

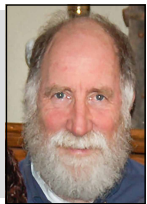
"When we age, we shed many skins: Ego, arrogance, dominance, pessimism, rudeness, selfish, uncaring ... Wow, it's good to be old!"

Nutritious home-delivered meals and pick-ups are available for anyone over 60. For more information, you can call the meal site in your area.

Hood River Valley Adult Center at 541-386-2060; The Dalles Meals-on-Wheels at 541-298-8333; Sherman County Senior and Community Center at 541-565-3191; Klickitat County Senior Services — Goldendale office at 509-773-3757 or the White Salmon office at 509-493-3068; Skamania County Senior Services at 509-427-3990; Seniors of Mosier Valley at 541-503-5660 or 541-980-1157.

# Sun 'as far north as it gets' on summer solstice

## What's in the Sky



Jim White

Here comes summer! The summer solstice comes on June 20 this year, when the Sun is as far north as it gets. Nights will be warmer, but you need to stay up later to see the stars! Sunset does not come until around 9 p.m. in June, and skies are not completely dark until much later, about 11:45 p.m. on June 20. Don't let that stop you though, as stars and constellations are visible much earlier.

That time after sunset, when the sky is still partly illuminated, is called twilight. The corresponding term for the morning is dawn. Astronomers divide twilight into three periods. The first is called "civil twilight," when the Sun has set but is less than 6 degrees below the horizon. Civil twilight ends at about 9:40 p.m. in June. During civil twilight, there is enough natural sunlight that artificial light is not needed for outdoor activities, and you can only view the brightest objects in the sky, like the bright planets and

bright stars (and the Moon, of course).

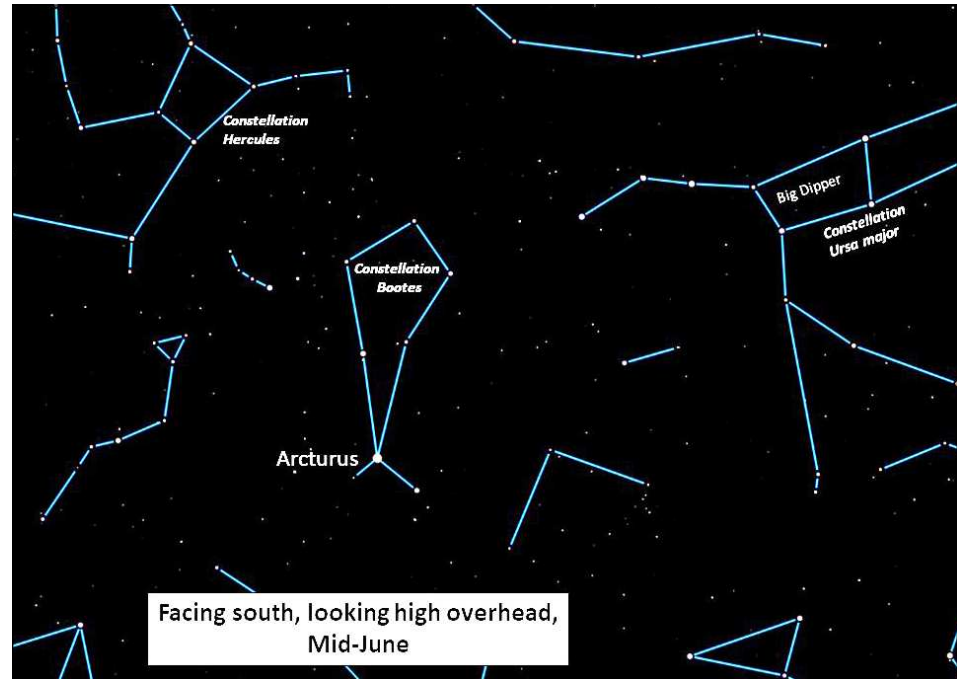
Nautical twilight comes next, when the Sun is between 6 and 12 degrees below the horizon. In June, nautical twilight will end at about 10:30 p.m. Artificial light is usually needed for outdoor activities, and most stars can be seen with the naked eye. The term comes from times when sailors used the stars to navigate. The final stage of twilight is called astronomical twilight, when the Sun is between 12 and 18 degrees below the horizon. Most objects can be viewed with a telescope during astronomical twilight, although a small amount of sunlight still scattered in the sky may make faint objects difficult to see. Astronomical twilight ends at around 11:45 p.m. in June. In the morning, the three twilight zones are reversed. Astronomical dawn comes at about 2:30 a.m., nautical dawn at about 3:45 a.m., and civil dawn starts at about 4:30 a.m.

Venus and Mars continue to be the visible planets in the evening sky. Last October, when Mars was at opposition, the red planet was about 39 million miles from Earth. At the start of June, Mars will be about 209 million miles away, and

will be some 225 million miles from us at the end of June. It is easy to see why the Mars Rover Perseverance was launched in the fall of 2020! Venus is much closer at about 150 million miles in June. Venus is easy to spot after sunset, as the bright "evening star," low in the west.

If you are up before sunrise, you can see Saturn and Jupiter as bright "stars" low in the southern sky. On June 1, the waning gibbous Moon was right below Jupiter. On June 27, the Moon will be just below Saturn, and will be below Jupiter again on the 28th. June's new Moon will come on June 10, with full Moon following on the 24th.

On June 10, there will be an annular eclipse of the Sun. Alas, it will not be visible in our area, occurring from about 2:30 a.m. to 4 a.m., when the Sun is below the horizon. "Annular" eclipses occur when the Moon is slightly farther away from Earth, and the apparent size of the Moon is a bit smaller than the Sun. The Sun appears as a bright ring



around the dark disk of the Moon. Another term for a ring is an annulus, hence the name. It does not mean it occurs annually!

Last month I mentioned the bright star Vega, the fifth brightest star in our sky. I also briefly mentioned near-by Arcturus, which comes in at No. 4, slightly brighter than Vega. You can locate

Arcturus by following the "arc" of the Big Dipper's handle to a bright star, Arcturus. The star was an interesting focus for the 1933 World's Fair in Chicago. A previous World's Fair in Chicago had occurred in 1893, 40 years before. Arcturus was about 40 light-years from Earth, so light arriving in 1933 would have left the star in about

1893. Telescopes were used to focus the star's light on photovoltaic cells, and the resulting electric current was used to flip a switch, turning on the lights for the Fair. We've since refined the distance to Arcturus to be about 37 light-years, but it was a unique use of technology for the time. Enjoy June's skies!

## NEA Crossword Puzzle

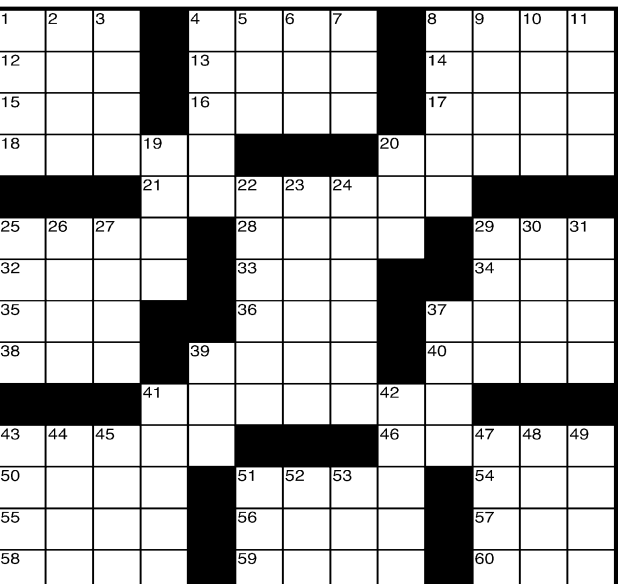
- ACROSS**  
 1 — Montgomery of jazz  
 4 Social position  
 8 Short-spoken  
 12 Playing card  
 13 Colleen's home  
 14 Garden bloom  
 15 Keogh relative  
 16 Tow  
 17 Shoe part  
 18 Virginia caverns  
 20 Certain distances  
 21 Tuneful  
 25 Chess player's shout  
 28 Rolling — (rich)  
 29 Ultimate degree  
 32 Takes advantage of  
 33 Max opposite  
 34 Debtor's note  
 35 So-so grade  
 36 "— appetit!"  
 37 Veld grazers

- 38 Smoke-house hanger  
 39 Mr. Roddenberry  
 40 Word of honor  
 41 Cobble together (hyph.)  
 43 Eminent  
 46 Put out a fire  
 50 Feels crummy  
 51 First aid plant  
 54 Balance sheet guru  
 55 Norwegian port  
 56 Prefix for "trillion"  
 57 Musical notes  
 58 Not fatty  
 59 Fat fiddle  
 60 "But is it —?"



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- 8 Kind of duty  
 9 Caspian Sea tributary  
 10 Frosty coating  
 11 Kitchen meas.  
 19 Iowa town  
 20 Cal Tech rival  
 22 Supple  
 23 Like a bialy  
 24 Banquet  
 25 Large amount  
 26 Underway  
 27 Swarm with  
 29 1492 caravel  
 30 Talk up  
 31 Sudden silence



## NEA Crossword Puzzle

- ACROSS**  
 1 Companion  
 4 Extend  
 7 Cove  
 10 Bullfight cheer  
 11 Stall the engine  
 13 Turkish official  
 14 Opposite of ruddy  
 15 Military council  
 16 Chicle  
 17 Common phrases  
 19 Travel papers  
 21 AMA members  
 22 Female principle  
 23 Medieval trade union  
 26 Not inside  
 30 Prince Charles' sister  
 31 Dept. head  
 32 Estuary  
 33 Snapshot  
 34 Neighbor of CTRL  
 35 Portable digs  
 36 Knick-knack stand

- 39 Quit napping  
 40 Mo. multiples  
 41 Caesar's 1,002  
 42 Hold responsible  
 45 Boarding house guest  
 48 Not just mine  
 49 Oil field oil  
 51 Tote  
 53 Mai — (rum drink)  
 54 Wiped out  
 55 "Call — cab"  
 56 Patricia Neal film  
 57 Dover's st.  
 58 Unmatched

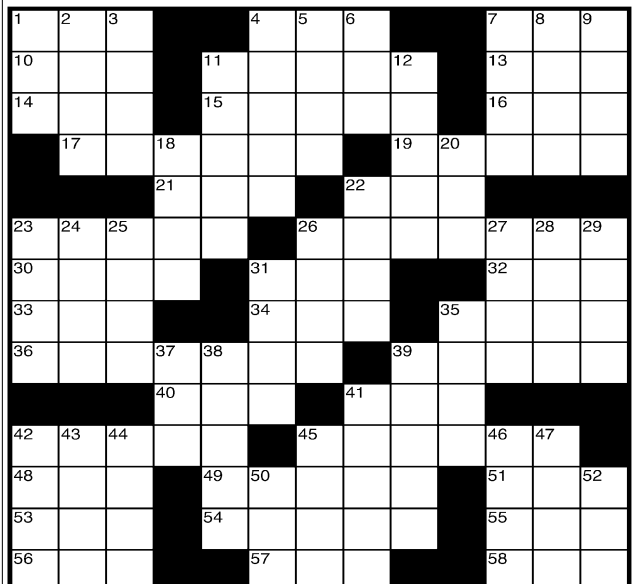
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- DOWN**  
 1 Loud noise  
 2 Jai —  
 3 Let use  
 4 Grads  
 5 Glandees  
 6 Fleck  
 7 Tea holders  
 8 Water, in Tijuana  
 9 Candied tubers
- 11 Viking's inlet  
 12 Boat crane  
 18 Like some fears  
 20 Midwest st.  
 22 Nomad dwelling  
 23 Wide yawn  
 24 College credit  
 25 Ancient empire  
 26 Give a wolfish look  
 27 Hydrox rival  
 28 Ape a pig  
 29 Loan figure  
 31 Jupiter's neighbor  
 35 Stick
- 37 Workout site  
 38 Perpendicular  
 39 Came to the rescue  
 41 Shape clay  
 42 One and the other  
 43 Hula dance fete  
 44 Moistureless  
 45 Fisherman's fly  
 46 Red Muppet  
 47 Wept over  
 50 Dispose of  
 52 Run around a lot



# NEWS TIPS?

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# SUDOKU

	9			4					8
	4		5		7				
	3			2					5
7	1		6						3 9
				7					
5	8				3				2 1
	7			8					9
			7		6				1
4			1						8

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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