

# You Ask We Answer

This column is for readers who have questions but don't know who to ask for answers.

"You Ask—You Answer" is for non-cooking questions. When a reader sends in a question, it will be printed in the paper. Readers who know the answer are asked to respond by mailing the answer, which will then be printed in the paper.

Questions and Answers to this column should be addressed to You Ask—You Answer, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Attention: Lou Ann Good.

Or, you may e-mail questions and answers to [lgood.eph@lnpnews.com](mailto:lgood.eph@lnpnews.com)

Please clarify what question you are answering when responding.

Do not send a self-addressed, stamped envelope for a reply. If we receive the answer, we will publish it as soon as possible. Please include your phone number because we sometimes need to contact the person to clarify details. We will not publish your phone number unless you request it.

**QUESTION** — The Enos B. Stoltzfus family would like a set of "Boxcar" children's books to borrow or buy at a reasonable price. The family does not have a phone, but their address is 119 Lower Valley Rd., Christiana, PA 17509.

**QUESTION** — Maryanne Meehan wants to know where to find an old hoosier cabinet in excellent condition or of someone who makes reproductions.

**QUESTION** — Virginia S. Horning wants a set of hardcover books, not soft cover books, by Thorton W. Burgess. Write to her at 151 S. Farmersville Rd., Leola, PA 17540.

**QUESTION** — A reader from southern Lancaster County is looking for a used view master set in good condition. She also wants a used sewing machine that contains buttonhole and fancy stitch abilities.

**QUESTION** — A reader wants to know where in Pennsylvania cast iron bells are made? Where can they be purchased?

**QUESTION** — Frank Cerami, Ottsville, is looking for the company that manufactures wood paving blocks like those used in the Philadelphia Historic District.

**QUESTION** — Calendars are needed to help mentally handicapped people with a project. They can be used calendars with notes on the dates, etc. Please send calendars to Gladys Stephens, R.1, Box 1069, Starrucca, PA 18462-9703.

**QUESTION** — Mary Ann Martin, 528 Reading Rd., East Earl, PA 17519, needs one-inch long bobbins to fit an old White sewing machine.

**QUESTION** — Yvonne I. Musser, Lancaster, is in search of a Christmas tree made from an aluminum during the 1960s-1970s. The larger the tree, the better, none smaller than 5 feet. Call her as soon as possible with size and price at (717) 871-9706.

**QUESTION** — Eva Marie Poliquin, 242 Pilgert St., Alburits, PA 18011, is looking for a reasonably priced wringer to do laundry. She does not need the washer part, only the wringer.

**QUESTION** — Eva Marie Poliquin, 242 Pilgert St., Alburits, PA 18011, wants recipes for goat milk soap and also would like to correspond with someone who has experience making it. She also needs a supplier for soap making products particularly goat milk and natural cleansing agents.

**QUESTION** — Bonnie Gible, Annyville, wants to locate a Dr. Yanick, who was a professor at Monmouth College in New Jersey during the 1980s. Anyone have information? Call Bonnie at (717) 865-6029.

**QUESTION** — Dave Stehman, 531 Power Rd., Manheim, PA 17545, wants to find a replacement chuck for his Black and Decker Super Service Valve Refacer, size 5/8 type N, set # 664110.

**QUESTION** — Joseph Becker, Huntington, N.Y., will pay a person to take down and disassemble an old aermotor windmill and tower. The wind mill is 8-feet and the tower is about 50-feet high. The mill is located on his Long Island farm. He will provide transportation and lodging if needed. Sometime later, he would like the windmill and tower to be set up on a farm he is buying on the mainland.

(Turn to Page B19)

# Food and Nutrition Notes

LEESPORT (Berks Co) — Recently, serious interactions between grapefruit juice and several prescription medications, especially a particular type of blood pressure medication, have received a great deal of attention from health care professionals. While the research is limited for several reasons, there is still a need to pay attention to the information that has been reported.

One reason the research is limited is because it has been completed with mostly small groups of healthy people (meaning those who don't have any medical problems, i.e. blood pressure, infections, high cholesterol, etc.) and who are not on any other medications. In addition, some of the reports are individual cases, not large studies, while other studies are not double-blinded, meaning the researchers and patients knew whether or not they were drinking grapefruit juice or water.

Although what actually causes the interaction between grapefruit juice and drugs is still unknown, researchers believe it may be one or more of the flavonoids (plant chemicals) in grapefruit juice. It appears that

these flavonoids reduce the ability of the body to break down certain drugs at an appropriate rate. This causes an increased amount of the drug in your body and may also cause the medication to peak (the time when the largest amount of the medication appears in the bloodstream) later than usual (See drug interaction table at right.)

If you are currently taking a medication that has an interaction with grapefruit juice, do not drastically reduce your juice intake. Your body has adjusted its rate to break down and clear the drug based on your current intake of grapefruit juice. The exception to the rule is if you're taking Seldane or Hismanal. Stop drinking grapefruit juice if you are on either of these medications. On the other hand, if you aren't drinking grapefruit juice with the medications listed in the table, don't start.

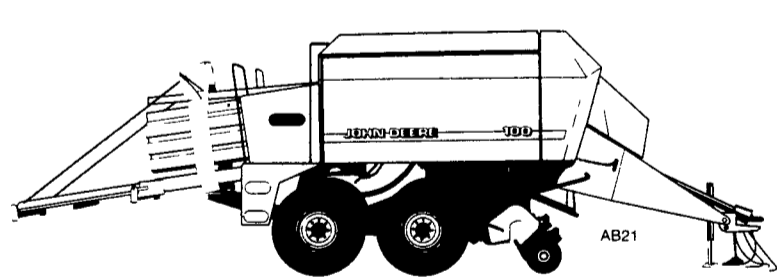
While all the studies used grapefruit juice, the some recommendations would apply to fresh or canned grapefruit. Remember, each person's body chemistry is different and will react differently to various quantities of grapefruit juice. How much is too much differs for each person.

Type of Medication	Generic Name	Brand Name
Blood Pressure (Calcium Channel Blockers)	Felodipine	Pleandil, Renedil
	Nifedipine	Adalat, Procardia
	Amlodipine	Norvasc
	Verapamil	Isoptin, Calan
	<b>Non-Sedating Antihistamines</b>	
	Terfenadine	Seldane
	Astemizole	Hismanal
<b>Immunosuppressants</b>		
	Cyclosporine	Sandimmune,
	Tacrolimus	Neoral, Prograf,
<b>Anti-Anxiety</b>		
	Midazolam	Versed,
	Triazolam	Halcion
<b>Cholesterol-lowering</b>		
	Lovasatin	Mevacor
<b>Anticonvulsant</b>		
	Carbamazepine	Tegretol

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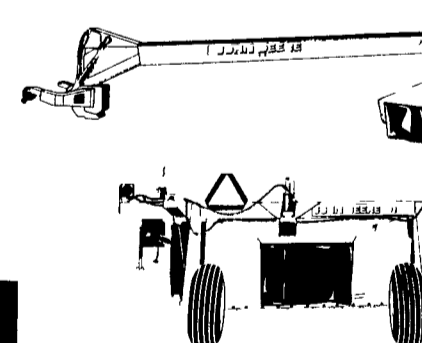


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