

Jupiter just seems to change directions

THE MOON formed a large triangle with Jupiter and Aldebaran (at Deltâ A ran), the "eye" of Taurus, beginning last week.

Aldebaran is the orange-red star below and to the right of the moon. Aldebaran is the quite close, as stellar distances go. It lies at a distance of only 68 light-years. We look back to 1921 when we see Aldebaran.

During the past several months, Jupiter has been drifting slowly westward through Taurus. On Jan. 20, Jupiter was stationary as the westward (retrograde) motion appeared. During the rest of the year, it will



skywatch
Raymond E. Bullock

move eastward through Taurus and into Gemini.

Jupiter is not actually changing directions. Retrograde motion is an optical illusion, caused as the faster moving Earth orbits between Jupiter and the sun, making Jupiter appear to drift backward.

THE MOON IS in Gemini. To the left of the moon is Pollux, and above Pollux is Castor.

These "twin" stars mark the heads of the Gemini twins. Castor is 45 light-years away (light from 1941), and Pollux is only 35 light-years (light from 1954).

Full moon came on Jan. 21. The moon will rise in the northeast as the sun sets in the southwest, be visible all night, and set as the sun rises. The moon will pass within 0.03 degrees of Regulus and, from some parts of the world, will occult (cover) Regulus.

Although Regulus and the moon look like they are side by side, they are really nowhere near each other. The moon is a mere 495,000 kilometers (250,000 miles) away.

Regulus is about 85 light-years away (light from 1904) which converts to about 498,000,000,000 miles. (Oh, what's a few trillion miles between friends? Let's call it

500 trillion miles and be done with it.)

MERCURY IS at inferior conjunction this week. It is located between the earth and the sun and is not visible.

If you missed Mercury this month, just be patient. A better chance to find it occurs in spring.

Once again the moon passes Spica in January. Look in the south-southwest this Saturday morning. Spica is above and to the left of the moon. Notice that the phase is a bit different. On Jan. 1 the moon was a waning crescent (between last quarter and new), and now it's a waning gib-

bous (between full and last quarter).

Last quarter moon is at 9:03 p.m. Sunday. The moon is at the last quarter portion of its orbit around the earth.

An excellent aid is the monthly "Sky Calendar." A one year subscription is \$8.00 and is available from Abrams Planetarium, Michigan State University, East Lansing, 48824.

The writer is former coordinator of the planetarium and observatory at Cranbrook Institute of Science and now is with Image Engineering Co.

What to do if snow knocks out power

Do you know what to do if a winter storm knocks out your electrical service? Are you prepared if it happens?

Detroit Edison Co. suggests that, before a storm happens, you put together an easily accessible "storm kit" of emergency supplies.

These should include emergency phone numbers, battery-powered radio, flashlight, extra batteries, fuses, first-aid kit, fire extinguisher, food (including some that would not require cooking) and, if needed, extra medicine and baby supplies.

KEEP AN emergency supply of wood for the fireplace or fuel for a fuel-burning heater. The fuel should be stored in a dry place and away from the house.

If your power goes out, check your fuse box first for tripped circuit breakers or blown fuses. If there are none, check to see if your neighbors have a problem and have reported it before you call Detroit Edison at the number on your bill.

When power is restored, turn off most light switches and unplug all appliances to prevent an electrical overload. Leave one light switch on to let you know when power is restored. Turn on appliances one at a time.

Keep your refrigerator and freezer doors closed as much as possible to reduce food spoilage. Dry ice may also be used to help preserve food longer.

Open your faucets slightly so there is a constant drip to prevent the water pipes from freezing.

FOR YOUR emergency living quarters, select a small, well-insulated room near a backup heat source.

Hang cardboard or blankets over windows and doorways to minimize heat loss.

Never use a gas range for heating or charcoal as an indoor heating fuel.

Use a battery-powered lantern for lighting.

Keep cold germs to self at home

Dear Jo:
Your column on immunization against the flu and pneumonia sure "billed the nail on the head" at our house.

Last winter we had a house guest, my sister, who arrived with a bad cold. Within a little over a week, both my husband and I came down with colds. My sister stayed a week. The colds stayed all winter.

Needless to say, we are not extending any invitation to her this year. I do wish that people with colds would stay home and get well and keep their germs to themselves. I hope you don't think we're going overboard on this — but when you're old and not feeling well, life is awfully tough.

We will be immunized this fall against the flu, and if our doctor agrees, we'll get the pneumonia shot too.

Mrs. K.R. Detroit Reader

Dear Mrs. R.:
Your point is well taken. Immunization against the flu is a must for anyone over age 65, and the pneumo-

gerontology



A. Jolayne Farrell

nia immunization should be considered for those who suffer from a chronic disease.

Dear Jo:
My granddaughter is coming for dinner. She is prone to migraine headaches.

Are there certain foods for beverages that I should avoid serving?

Mrs. G.G. Western Senior

Dear Mrs. G.:
Some of the most common foods and beverages that appear to bring on migraine headaches are chocolate, ripened cheese, red wine and other alcoholic beverages. The additive MSG, used in the preparation of certain foods, is also thought to be responsible.

Your granddaughter, I'm sure, will let you know what other foods she can and can't eat.

Dear Jo:
What can I do to prevent cramps, heartburn and bloating? Mr. T.E. Uncomfortable Senior

Dear Mr. E.:
Some practical suggestions are:

- Eat slowly in a relaxed atmosphere.
- Try small meals more frequently.
- Avoid gas-forming foods such as cabbage, beans, onions and nuts.
- Try bland, low fat, easily digested foods.

Antacids that have been chilled may also be helpful. Be sure to mention this problem to your doctor at your next visit.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P8.

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