

# Section B

## On The Senior Side

by Bob Petty

### Generic vs. Brand Name Prescriptions



One of the guidelines recommended by Medicare for reducing the costs of prescriptions is to use generic drugs. This is especially relevant for individuals with Part D drug plans who have reached the coverage gap ("donut hole") when they must pay full price until their out-of-pocket total reaches \$4350. Although generic drugs are not new, many people have questions about them.

NOTE Due to the Affordable Care Act recently signed by President Obama, effective immediately people who reach the "donut hole" will automatically receive a \$250 rebate check.

What is a generic drug? When the patent runs out for a company to be the exclusive manufacturer of a brand-name drug, other companies can get FDA approval to make and sell a copy. Is the generic copy exactly the same? To get the FDA approval, the

generic must contain the same active ingredient as the branded drug. It also must be shown to be bioequivalent. That means it should have the same therapeutic effect because it enters and leaves the bloodstream just as quickly and completely.

Are generic drugs as safe as brand-name drugs? The FDA regulates generics the same as it does brand-name drugs to make sure they are just as pure and safe. The FDA has found the rate of adverse reactions to be no different for generic drugs compared to brand-name ones. This also is true for brand-name drugs that have gone "over-the-counter" and can be purchased without a prescription.

Don't generic drugs look and taste different? Because of trademark law, generic drugs are not allowed to appear exactly like any other drugs on the market. They must

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## Random Tangents

by Monica Wilmot

### 3 Things



I am currently debating writing about the Council's approval of the 2010-2011 budget and they're constant battle to lower salaries for people who deserve it. Having worked at the city in the past I can only say that Marina city employees are no slouches and deserve every cent they are paid, they honestly deserve more. I don't know if the majority of the employees are Marina residents but I can only assume that they are based on the pride that they take in the City and the work they put into their jobs to make the City the best it can be. City employees work their butts off to get everything done and done properly... and they do it all while understaffed. Understaffing is a common complaint however it truly applies in this case. Marina city employees work hard so they deserve to not have their positions looked at as something that can be cut; often you can get

paid better elsewhere so we should be thrilled that the people who work here choose to stay here.

Well, I was debating writing about the paragraph a head and turns out I wrote about it anyway. ^^ The other topic that I was considering writing about was the World Cup: the US once again broke my heart by getting knocked out by Ghana. \*sigh\* And while they knocked us out I still hoped that Ghana would move on, after all, they were the last African country standing. But sadly Uruguay knocked them out in a shoot-out. Which... wow! Love it when the games last a long time... it means that I can actually watch parts of them on my lunch break. That's right, it's all about me. :) The German's whopped on Argentine (like I knew and hoped they would). Nothing against Ar-

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## As I See It

By Renee Bailey



I suppose I owe a debt of gratitude to my Father. As the oldest of three girls, I was the ground-breaker. I was the first to challenge the bedtime rule. I was the first to want to wear make-up and (gasp!) date boys. I was the first one to want to drive and the first one to get a job. Whining, begging and pleading fell on deaf ears, so I learned how to prepare a persuasive argument. One of my biggest challenges was getting permission to get my ears pierced.

I approached this discussion like a General going in to battle. I considered my objectives, plotted my strategy, imagined his objections and came up with arguments to overcome them. I practiced on my sister. I enlisted my Mom's advice. I considered the location of the discussion, the best time for it to take place and carefully crafted my opening statements. No courtroom lawyer ever prepared harder for an argument.

I honestly didn't think I would gain his permission right away; he can be pretty stubborn. My goal was winning him over by my 13th birthday, and I planned to have the initial discussion several weeks before that date.

I had correctly anticipated most of his objections; he was concerned about the cost and I told him I would pay for it myself out of my birthday money. He worried about an infection; I promised to faithfully use the antiseptic solution provided. He was concerned about the size of the earrings I would be wearing and I countered with getting Mom's approval before purchasing any earrings. He worried about one of the earrings being ripped out of my lobe during a sporting event. I promised to remove them before playing. His last objection was one I had not anticipated; that only tramps

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## First 5

by Francine Rodd

### First 5 Monterey County

#### Countdown to Kindergarten: Tips to Prepare for the First Day of School



The new school year is just around the corner! Many families will be preparing for the first day of kindergarten. Starting school is an exciting time but doing something new can also be stressful. First 5 Monterey County offers the following tips to help ease the transition.

Explain the change that will happen. Conversations about school help your child know what to expect. Talk about the classroom, teacher, and daily routine. Help build your child's confidence by listening and responding to his fears or doubts.

Visit the school. Before classes start, visit the school. Take a walk to look at the buildings and explore the playground. Many schools also offer activities for kindergarten families before the

start of classes. Call your school to find out if anything is scheduled or if you and your child could meet with her teacher before the first day.

Play is important. Find opportunities for your child to play with other children. Meet with neighbors, friends, and family with young children at the park or each others houses.

Read. Go to your local library and check out books about school. Read these stories with your child and encourage her to ask questions. Books like the Kissing Hand and Look Out Kindergarten Here I Come can help ease your child's transition to kindergarten. Many libraries also offer story-times that can help your child get used to sitting

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## Health and Harmony

by Christina Grant, Ph.D.

### Feel Better and Be Healthier by Balancing Your Hormones



Fluctuations, deficiencies, and excesses in hormones create changes in the mind, emotions, and physical body. When your hormones are in balance you feel good, sleep well, think clearly, are emotionally steady, and your chances of being healthy are greatly increased. When they are not in balance any number of symptoms can arise: low energy, rage, depression, fibroids, weight gain, loss of sex drive, hair loss, even cancer.

We often hear that hormones are difficult to keep in balance, but when you take a holistic approach and heal from the inside, hormones can work together as nature intended. One reason for the general belief that hormones are difficult to

balance is because many different factors affect them. Sometimes it is hard to pinpoint what exactly is affecting your hormones. It is often a combination of things.

Exposure to sunlight and moonlight, food, emotions, stress, and environmental pollutants affect hormone levels. The amount of time spent indoors under artificial lighting in relation to being outdoors in nature and fresh air can affect hormones. Then for women, nature herself causes fluctuations: the menstrual cycle, pregnancy, and menopause.

Simple tests are available to you to have your hormone levels tested. For example, hormones in your saliva can give an

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## Rock Star Marketing

by Jennifer Filzen

### If Love Equaled Wealth



I'm very excited to announce that I'll be getting married July 17th to my darling Rene. We are very excited and enjoy being in the throes of planning the final details of our wedding.

Last night, I was very blessed to be the recipient of a wonderful gift from my girlfriends--a bridal shower. The ladies cooked, decorated, signed beautiful cards, shared gifts, played games, and even cleaned the dishes afterward! It was so sweet and I feel very honored to have such dear women in my life.

It made me think about wealth, and how rich I am.

Often, especially when the economy isn't doing so hot, we focus on lack. Lack of funds, lack of getting what we want, lack of things going right.

But what if we equaled love with wealth? How rich would we be?

If friendship and girlfriends coming together to honor me as a bride equaled money, I am rich beyond words!

If a friendly wave from a neighbor equaled a \$20.00 bill, and greeting from your favorite grocery clerk equaled \$50.00, how rich could we all be?

This really has nothing to do with marketing or business, but the thought can transfer to your love for your work.

When you love your work, all the people who interact with you -- your clients, co-workers, and your boss -- can feel it. Isn't that equal to the paycheck you bring home?

So, here's what I suggest

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