

Consumer Benefits of America

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Forum

Consumer Benefits of America

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Feed Your Bones

Written by Jen Allbritton, CN

Healthy bones can be attained with the right lifestyle choices. Not only will the information below help improve your bone health and strength, but it will also help prevent bone loss down the road.

Bone is a living dynamic system that is important to every other system and organ in your body. It is able to grow and adapt throughout life. It is important to realize that normal bone metabolism is an ongoing process that involves many organ systems in the body including the digestive system, the liver, the kidneys, the thyroid, as well as the sex hormones.¹ Although bone health is a result of overall body balance, there are particular action steps that specifically target this system.

Each Meal Counts: A diet based on whole foods and minimal processed, refined foods is most effective in supporting bone health. Whole foods are foods as close to their natural state as possible. These foods have a natural balance of minerals and nutrients to support bone.

Emphasize low-carbohydrate, nutrient-packed veggies such as sweet red and green bell peppers, spinach, chard, and cauliflower. Limit high-carbohydrate, starchier veggies such as corn, winter squash, white and red potatoes, and yams. Research shows a positive correlation between vegetable and fruit consumption and

bone health, particularly when one consumes high amounts in childhood.² Choose organic if possible.

Consume whole food protein sources, such as free-range eggs, grass-fed meats, and wild-cold water fish as well as nuts and seeds. These foods con-



tain many bone building nutrients that are often found in lower amounts or not at all in vegetable sources (e.g. vitamins A, D, and B12).

Consume healthy sources of fat, which include foods such as grass-fed meats, wild cold-water fish, free-range eggs, avocados, nuts and seeds, olive oil, butter, and coconut oil.

Avoid damaged/rancid fats, such as partially hydrogenated oils (e.g. margarine), overly heated oils (particularly vegetable oils like corn, sunflower, and safflower), and fried foods.

Choose whole grains over refined grains. For example, eat brown rice over white rice. Experiment with different grains, like quinoa, amaranth, and spelt.

Dairy is individual: Dairy products can be healthy, particularly fermented varieties, *if they are well tolerated*. Many people are sensitive to dairy and are unable to digest it appropriately. Furthermore, many dairy products on the market have been heated and homogenized, pumped full of hormones, and tainted with sugar or artificial sweeteners (e.g. sweetened yogurt). Be sure the dairy products you consume are organic, which guarantees they do not contain harmful chemicals and hormones given to conventionally raised animals. Also, purchase plain yogurts and add your own, less-refined sweeteners.

Get Some Sun: Vitamin D is formed by an interaction between the sun's rays and the skin. This nutrient is a regulating factor in intestinal calcium absorption.³ Try to get 15 to 20 minutes of noontime sun on your face and shoulders.

Move Your Body: Bones build up in response to physical stress and break down when they are not utilized. Weight-bearing exercises, which are characterized by work performed against the force of gravity, increase skeletal mass by stressing bones. The force of gravity and muscular contraction stimulate bone to adapt and thus grow stronger. Physical activity can also improve bone uptake of calcium and other minerals.⁴

Food of the Month



Carrots, turnips get to the root of good health

Who says there's nothing new under the sun? When it comes to vegetables, something new about carrots is making the nutritional headlines.

The beet-colored carrot from J&D Produce is one of the newest super-healthy foods. Actually, just the outside quarter inch or so is beet-colored. The inside is still orange.

Grown without genetic modification, the new carrot tastes sweeter than an entirely orange one. And it contains 40 percent more beta-carotene, says its developer, Dr. Leonard Pike. The beet-colored carrot is available right now at grocery stores nationwide.

To get the most food value from carrots, remember that it's best to cook them lightly, rather than eating them raw. Some studies indicate that you'll get four to five times more nutrients from lightly cooked carrots than from raw. Cooking releases more carotenoids by breaking down the plant's cell walls. A minute or two of steaming or microwaving is enough to soften cells and still preserve heat-sensitive vitamins.

Now about those turnips. They look a lot like carrots, but they are entirely different. Turnips are members of the cruciferous family of vegetables which includes cabbage, cauliflower, and broccoli.

Like other members of the cruciferous family, turnips contain several compounds that help prevent cancers from occurring. They are particularly effective in preventing cancers of the breast, prostate gland, and colon.

Turnips come in a wide range of shapes and sizes. Most have white flesh. Young ones are small and tender, but older ones have thick skin and keep better. They are good pureed, mashed with potatoes, or added to stews and soups.

Feed Your Bones (continued)

Chill Out: Mental or physical distress may result in the dumping of calcium into the intestinal tract and out the body.^{1,5} A net loss of as much as 900 mg of calcium can occur each day during times of worry and tension.⁵ Interestingly, one study found that when they compared two groups of women who were matched for weight and nutritional status, the group with the long history of depression had lower bone density.⁶

Drink Some "Bone Tea": Herbal infusions are a tasty and easy way to increase your intake of certain nutrients. The herbalist Susan Weed in her book *New Menopausal Ways, The Wise Woman Way* recommends one-ounce nettles, one-tablespoon horsetail (shave grass), and one-tablespoon sage. To make this nourishing herbal infusion, crush the sage between your palms and drop it into a quart container with the other two herbs. Pour one quart boiling water over the herbs, cover it tightly, and let it brew for four hours or more (overnight will work).^{7,8} In the morning, strain out the mineral-rich liquid and drink it over ice or heated, or any other way you enjoy it. Each cup of this infusion contains approximately as much calcium as a cup of milk and also adds many of the other partners to this important bone mineral.

Get Fishy: A preliminary trial found that osteoporotic women (average age of 80 years) who took 4 grams of fish oil per day for four months had higher blood levels of calcium, improved calcium absorption, and changes in bone suggestive of new bone formation.⁹ Although fish can be a healthful food, many waters are now heavily polluted. Additionally, farmed fish do not contain the same nutritional profile as that of wild fish. Therefore, if you are unsure about the source of your fish, your best option may be to supplement.

Take in Bone-Building Nutrients: Many nutrients play a part in building and maintaining healthy bone. The mineral that gets the most attention is calcium, however, magnesium, vitamin D, zinc, boron, vitamin C and others are

also vital. The attitude toward calcium if often, "if a little is good, more is better." However, this is not the case. Actually, research is finding bone loss may be more attributable to reduced absorption and excessive calcium loss than to inadequate calcium intake (below see the most common calcium reapers).¹ This means, lifestyle choices and habits could have more of an impact on your bone health than the number of calcium pills you take each morning. It is important to strive for a balanced lifestyle, rather than just finding the best bone supplement. On that note, when seeking a supplement, it is important to take one that includes the other bone-building nutrients, not just calcium.

Avoid Bone and Calcium Reapers: There is a number of factors that negatively impacts bone health and calcium excretion, which includes smoking, certain medications, sugar, soda, alcohol, excess exposure to heavy metals, and rancid fats (e.g. hydrogenated oils, fried foods, commercial oils).

Use these practical action steps to improve the health and strength of your bones now and for years to come.

Main Heading: Muscular & Skeletal
Sub-Heading: (this is not on my list)
bone or osteoporosis

1 Appleton, Nancy, Ph.D. *Healthy Bones What you Should Know About Osteoporosis*. Avery Publishing Group, Inc. Garden City Park, NY. 1991

2 New, Susan, Robins, Simon, Campbell, Marion, Dietary influences on bone mass and bone metabolism: further evidence of a positive link between fruit and vegetable consumption and bone health? *Am J Clin Nutr* 2000;71:142-51

3 Nelson, Miriam Ph.D. *Strong Women, Strong Bones*. Perigee Book. 1999.

4 Hass, Elson, MD. *Staying Healthy with Nutrition*. Celestial Arts, Berkeley, CA. 1992.

5 Garrison, Robert, M.A., R. Ph. and Elizabeth Somer, M.D., R.D. *The Nutrition Desk Reference*. Second Edition. Keats Publishing, Inc. New Canaan, Connecticut. 1990.

6 Bone Mineral Density in Women with Depression, *The New England Journal of Medicine* 1996, 1176-1181.

7 Weed, Susan. *New Menopausal Ways, The Wise Woman Way*. Aus Tree Publishing. 2001

8 Gladstar, Rosemary. *Herbal Healing for Women*. Fireside, New York. 1993.

9 van Papendorp DH, Coetzer H, Kruger MC. Biochemical profile of osteoporotic patients on essential fatty acid supplementation. *Nutr Res* 1995;15:325-34.

Failure to buckle up is still the biggest factor in vehicle deaths

Recent statements by the top auto-safety regulator angered some auto industry executives. Jeffrey W. Runge, head of the National Highway Traffic Safety Administration, spoke about the high centers of gravity and poor rollover safety scores on some sport utility vehicles.

Runge made an even more significant point: 72 percent of those who die in light-truck rollovers aren't wearing seat belts.

The main reason people get killed in rollover accidents is that they get thrown out when the pickup or SUV rolls. Chances of staying in the cab are much better if you are wearing your belt.

It's only since about 1990 that the majority of American drivers have been buckling up, says Dr. Runge, for-

merly an emergency-room physician. In 1983, only 14 percent of us wore seat belts. In 1990, the rate had risen to 49 percent. As mandatory seat-belt laws came into effect, the usage rate went up to 75 percent in 2002. Note that in Europe usage rates are about 90 percent.



Dr. Runge says that if 90 percent of Americans wore seat belts, 6,600 lives per year would be saved and 140,000 injuries would

be prevented, saving society more than \$26 billion annually.

Advanced safety technology won't deliver the maximum benefit unless those in the car are wearing seat belts.

Jay Cooney, director of safety communications at General Motors Corp., said the major reason for fatalities in rollovers is a lack of seat-belt use.

Speaking of Safety

Cosmetic contacts appearing on the street's black market

They make your blue eyes brown, or even striped, and they are the hottest ticket in teen fashion.

Vanity contacts are becoming a standard accessory in teen wardrobes, but experts warn against buying them on the street, where the colored and patterned lenses are the latest thing.

More than 1,500 people were treated in emergency rooms for contact lens injuries last year. It's not known how many of these are from cosmetic lenses, or black market lenses, but authorities warn against black market purchases.

Among the problems: Serious bacterial infections from contaminated lenses can lead to blindness. Never wear another person's lenses, authorities warn. In addition, ill-fitting lenses can scratch the eyeball.

Backup battery systems can save the day

This situation can be very dangerous: It's late at night. You get back to your car and find that the battery is dead.

If you're lucky, you can call for help on your cell phone. If not, you may be stuck with having to ask a stranger to jump-start your vehicle.

Today's portable battery power packs will help you get started again without ever leaving your car. When you buy one, be sure it has an outlet for 12 volts that will start your car in case your car battery runs down.

The units are housed in a plastic case with a handle and built-in electric outlets. They are rechargeable.

In addition to emergencies, battery power packs are ideal for camping, fishing, picnicking, and using power tools or lights outdoors. They use sealed lead acid batteries so they are safe to move and handle.

For use in your car, consider a model with a built-in air pump, a bright built-in spotlight, and a snap-on red lens to alert others you need assistance.

The units weigh from 10 to 80 pounds, depending on features.

Don't mess with Mother Nature! April is the start of the tornado season

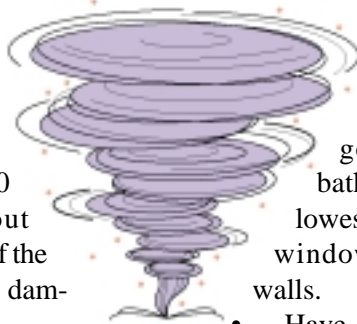
Though April 1 is April Fool's Day it also marks the beginning of the tornado season. And that's no foolin'.

An average of 1,200 tornadoes touch down in the U.S. each year. These violent storms kill about 70 people and injure about 1,500. But that's just part of the story. The toll in property damage is tremendous.

The National Weather Service has reduced the average time between warnings and tornadoes to 6 minutes, down from 10 in 2000. Even if you happen to hear a warning announcement or siren, that's not nearly enough time to gather what you'll need in an emergency.

In spite of advances in technology, it's impossible to predict a natural di-

saster. The American Red Cross recommends this disaster plan.



•Designate a place to quickly gather when a storm is about to strike.

If there is no basement, go to a center hallway, bathroom, or closet on the lowest floor. Stay away from windows, doors and outside walls.

- Have a disaster kit assembled including medications, three gallons of water per person, clothing, bedding, sleeping bags, and a portable radio with batteries.
- If you get separated, everyone should know the phone number of a check-in point, like an out-of-state relative.
- Make sure your home and belongings are insured.

Moneywise

Buy stock now?

Big increases in home prices have left people in some areas with a great deal of equity in their homes. The median home price nationally is up 30 percent from just five years ago.

Financial advisor Daniel Kadlec of *Time* magazine says this could be a great time to buy stock if you have a lot of time until retirement, little debt, and a big gain in your real estate equity. Stocks are down more than 40 percent from their peak, but over time they will rise again.

Check their dividends

Wondering what a company's record for paying dividends might be? To find out, visit Yahoo's chart.yahoo.com/d for dividend data on public companies going back to the 1960s.

Morningstar (www.morningstar.com) lets you compare stocks by dividend yield. For more detailed information, it charges a fee of \$5.95 a month. It has a free two-week trial period.

New bandages can be pricey

Buying a small bandage isn't simple anymore. Some promise to do more than cover your cut. There are gels, liquids, anti-scar strips, antibiotic, and antibacterial brands. The cost can be up to 20 times that of a regular bandage.

Doctors quoted in *The Wall Street Journal* say small wounds heal best when kept moist. Now, Band-Aid Advanced and Curad Hydro Heal feature a gel substance originally used by hospitals to seal in moisture. They stay on better and might be worth trying if you have a condition that interferes with healing. Otherwise, at 50 cents each (instead of 5 cents), they might be overkill.

Liquid bandages (\$1 each) are good for knees, elbows, and knuckles where regular adhesive strips don't stick well.

Doctors say if you get a cut, wash it with soap and water, pat it dry, apply antibacterial ointment or petroleum jelly, and bandage it to keep the wound moist and clean for a couple of days.

Card companies offer interest-free months

If that credit card deal you just received offers money for zero percent interest, don't just rip it up.

Interest-free money is a good thing.

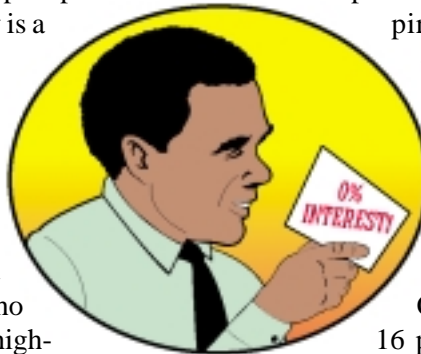
Some of the biggest credit-card companies are offering a no-interest loan for as long as 15 months. It's a help for people who want to transfer a high-interest balance. But it's also great for those who want to use the money for tuition bills or down payments.

Oddly, a business that makes its money on people who carry big balances is pitching these deals to customers with histories of paying bills on time. Most deals, however, include hefty fees and high interest rates for

those who make late payments, and the interest rate climbs to about 10 percent when the offer expires. (Still not a bad deal.)

There are lots of zero percent offers now because the credit-card industry isn't growing as fast as before. Credit-card debt grew 16 percent from 1999 to 2000, but only 6.9 percent from 2000 to 2001. Figures for 2002 are incomplete, but are projected to be less than 10 percent. Zero percent offers are nothing less than an attempt to steal customers from rival companies.

Of course, if you ever pay the minimum charge even one day late, the companies could boost your interest rate to 20 percent or higher!



How to get more out of your frequent-flyer miles

There are many ways to earn frequent-flyer points: through credit and debit cards, long distance calls, and even grocery store promotions.

How to use them is the problem. The publisher of *InsideFlyer.com* says there were 7.9 trillion unused miles at the end of 2001. Though figures aren't in, there will be far more unused miles after 2002.

Fewer award seats are available than ever before, but you can still get a great reward. Here's how to do it.

- Spend more miles on a ticket. There are only two to 20 seats on a flight available for rewards of 25,000 points. If you volunteer 40,000 points, all seats are available. On a \$300 ticket, you have earned only 1

1/4 cents per mile as opposed to 2 cents, but that's more than you get for merchandise.

- Don't convert hotel points for airline miles. In a Hilton or Marriott you get much better value at the hotel.
- Reserve a seat six months ahead of time. If you are flexible, don't reserve at all. Within two weeks of a flight, airlines release more free seats if there is room available on the plane.
- Don't spread your business around. Get points from one airline or one hotel chain. Many frequent flyers don't earn enough for a reward because they fly on many carriers instead of only one.



Most 'stopout' moms say they'll be back

After Betty Friedan described the plight of the suburban housewife in *The Feminine Mystique*, women were fighting to get out of the house. Now, 40 years later, the situation is reversing itself, especially among professional women.

The Baby Boomer and Gen X moms are taking career sabbaticals that may last a year and sometimes far longer. So many are taking time off to raise kids that at Stanford University's Graduate School of Business they are called stopout moms.

The Census Bureau finds that the number of women with children under age 1 in the workforce dropped from 59 percent in 1998 to 55 percent in 2000.



But the wave of stopping out appears to be concentrated mostly among high-achieving women in their 30s and 40s who have college degrees, and wealthy husbands. At the same time, the number of stay-at-home dads rose 70 percent since 1990 to 1.7 million in 2000, according to the census.

The home scene is not always what stopouts had hoped for. One mother says she was never very happy during her five years at home. Not every woman needs to be with her children for the entire day.

The vast majority of mothers still work and like it that way, especially since quitting can come with huge costs to psyches, finances, and careers.

News from Home

More kids like science

Aided by new television programs, science is becoming a favorite of kids, parents and teachers, according to Gerry Wheeler, Ph.D., executive director of the National Science Teachers Association.

CSI may be too complicated for younger kids, but the PBS program *DragonflyTV* features real kids doing fun experiments such as one that determines whether a cat is left- or right-pawed.

Court TV's *Forensics in the Classroom* program is now being offered in more than 100 high schools nationwide. The program features staged crimes that students analyze, attempting to discover the criminal's identity.

ADD: Medication can help

The use of drugs to control Attention Deficit Disorder has risen substantially in the last decade. But is it a good idea to treat kids with Ritalin, Dexedrine, Concerta, and other ADD drugs?

Dr. Edward Hallowell of Harvard Medical School says using medications properly can be as effective as eye glasses for a child with nearsightedness. Hallowell, author of *Driven to Distraction* (Touchstone), also says an hour a day of exercise is also highly recommended for kids with ADD.

Bathtub liner update

Makers of bathtub liners say lack of awareness about their product is costing homeowners a bundle. Replacing a bathtub involves the cost of demolition, tile layers, and plumbers. The cost of a new quarter-inch-thick acrylic tub liner is less, and the job is completed in a day or two.

Manufacturers include Liners Direct of Itaska, Ill.; and AmBath of Mesa, Ariz.

Forwarding magazines

If you're moving, here's big time saver. OneSwitch (800) 687-8161 will change your address on all magazine subscriptions. The service is free. Just read them the information on the mailing label, and they do the rest.

Here's how to keep kids healthy and happy

Guiding children into a lifestyle that keeps them physically and emotionally fit is an important goal. Here's how to do it.

- Encourage exercise. It keeps children feeling positive and upbeat. Only one in four kids gets 20 minutes of vigorous activity every day, according to the National Association for Sport and Physical Education in Reston, Virginia. Kids who exercise have a lower risk of becoming overweight and developing heart disease and diabetes later in life.

A minimum goal should be 30 minutes of activity three days a week. It could just be soccer in the yard, or a walk.

- Teach hand washing. Kids should wash thoroughly and often. They should at least soap up after playing outside, before eating anything, and after using the bathroom. Teach them to wash for 30

seconds with soap and warm water, followed by a thorough rinse.

- Encourage them to eat fruits and vegetables. Elizabeth Ward, R.D. says kids eat more vegetables if they are involved in making them taste better. Ward, author of *Healthy Foods, Healthy Kids: A Complete Guide to Nutrition for Children from Birth to Six Years Old* (Adams Media) suggests providing a little butter or cheese they can put on vegetables.
- Help them handle stress caused by homework, sports anxiety, and pressure to be popular. To handle anger and frustration: blow bubbles with them for a minute as a calming ritual. Your child will learn to calm his breathing as an acceptable way to quiet anger. Suggest that he pretend to blow bubbles to calm down.
- Have kids wear sunscreen. Most sun damage occurs before age 18.

Travel Bag

Don't fly with the cheese

New, high-tech baggage scanners used at airports have been designed to find explosives, among other things. But there is one problem with that: It seems that a significant package of chocolate or cheese will trigger problems. They have the density and makeup of an explosive, according to InVision Technology, a company that makes the new baggage screening machines.

The government won't let them say how much candy or cheddar will cause the machines to sound an alarm.

More about new bag scanners

New bomb-detecting scanners won't hurt digital cameras, but they will damage any film left in checked bags, so pack it in your carry-on.

To speed up screening and prevent flight delays, travelers are advised not to lock their luggage. If it has to be searched by the Transportation Security Administration employees, they will have to smash the lock.

Charging for no-shows

While rental car companies used to charge cancellation fees only on specialty cars such as SUVs and convertibles, more companies are now charging them for all cars. Rental car companies have tight budgets since fleets are down by 10 percent. Cancellation policies have always been intentionally vague so they could be enforced at any time.

About 23 percent of reservations are being booked online. Some travelers say cancellation warnings are an attempt to discourage comparison shoppers from making duplicate reservations.

"Improved" may not be better

A worldwide boom in new and renovated hotels has produced some great prices for grand openings and reopenings. Caution: The situation often means the staff is new, service is spotty, and some features aren't up and running. It's so common that some hotels renovate and don't tell.

Strong friendships make big stress fighters

Sometimes we wonder if time we spend with friends is worth the investment. Women wonder whether time spent at lunch or tennis is worth it. Men wonder if they have time to talk about the sports scores or play golf.

It is worth it, says Shelley Taylor, Ph.D., professor of psychology at UCLA. Social support brings down our blood pressure and signals our adrenal glands to stop pumping out corticosteroids. We feel much less stressed and may even live longer as a result of our time with friends.

Medical studies prove that men with strong social ties had an 82 percent lower risk of dying from heart disease than

men without them. Doctors at Harvard School of Public Health believe the positive effects of strong social ties are the same for men and women.

Talking on a cell phone doesn't count. You have to make time for friends, make it a priority that you will not cancel when something else comes up.

Work and home life are notorious for causing health-threatening stress, but today there are many causes. Consider the stress caused by wars, terrorism, space disasters, and natural disasters like floods and tornados.

When you can tell your worst fears to someone else, they somehow seem easier to handle.

Complaining all the time?

Maybe it's time to listen to what you really want

Complain enough and no one will want to listen to you, but, psychiatrists say, you really should listen to yourself.

Negative emotions are worth listening to so you can seek answers, say psychiatrists at the University of San Diego.

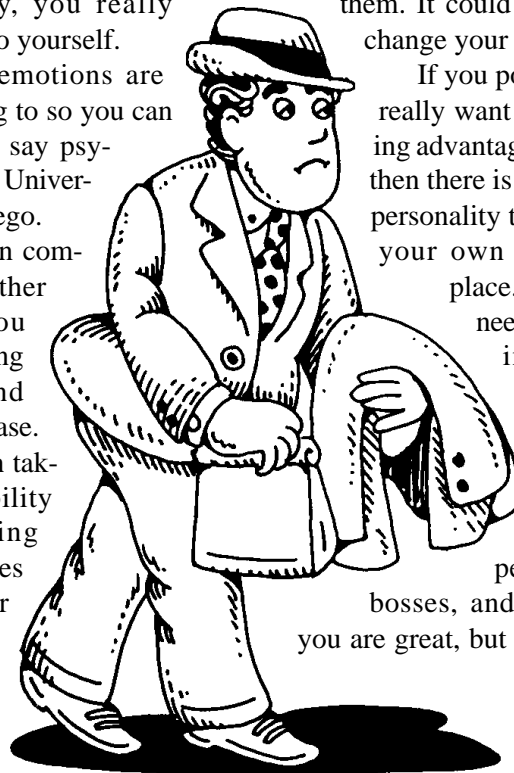
If you often complain about other people, you could be seeking attention and emotional release. It's easier than taking responsibility for making needed changes in yourself or your work. Complaining leaves a bad impression of you.

When significant people in your life complain about you it is a sign that you will have to do something differently. Deal with

the complaints of your boss, spouse, or coworker rather than arguing with them. It could relieve stress and change your point of view.

If you postpone things you really want to do, or stop taking advantage of opportunities, then there is something in your personality that makes you put your own needs in second place. Instead, put your needs first by developing a plan to do what is important to you.

Sometimes it is also time to believe people. If teachers, bosses, and coworkers think you are great, but you think they are just fibbing, then you're wrong. Your view is distorted by long-term feelings of inadequacy. Forget those feelings. Realize that you are as good as they say you are.



Plant a tree for beauty, comfort, health

Trees give the world oxygen, and that's just one of the many ways trees enhance life on earth.

In fact, for every pound of wood a tree grows, it takes in 1 1/2 pounds of carbon dioxide

out of the air and emits 1 pound of oxygen. One full grown tree can supply one person with oxygen for a year.

Trees also cool the world. One moderate-sized tree has as much cooling effect in a city as 20 average room



air conditioners running 20 hours a day. Trees can cool your home by as much as 12 degrees in summer. Planting on the south and southwestern sides of the house gives best results.

Trees also supply the raw materials for a wide variety of products, including paper. They give us fruits, nuts, syrups, and even mulch. And, finally, and wood-based industry in the U.S. employs more than 1.5 million workers.

General Interest

Antidepressant makers want to help shopaholics

Do you need a pill to stop shopping? Apparently some people do. They are preoccupied with shopping. It's constantly on their minds, and they may feel sick if they can't get out to buy.

Compulsive shopping is increasingly being looked at as not just a bad habit, but as a mental disorder, though insurance companies are not yet convinced.

New studies show that antidepressants may help. After taking Celexa as part of a Stanford University study, one addicted shopper says she is much less driven to shop.

There is a new movement to get compulsive shopping recognized as a medical problem. If that happens more insurers will cover the cost of treatment.

Bunco is great excuse for having a party

It's a new old fad, and the ladies are loving it. It's bunco, a game that requires none of the strategy or finesse of bridge or poker. It's pure luck with the roll of the dice as players take turns trying to make three dice turn up as ones, then twos, and so on. Three-of-a-kind is a "bunco," and one with the highest score gets the pot each contributes to at the start.

Originally a Victorian parlor game, it was played in the U.S. in the 1850s as a gambling game. A crooked San Francisco gambler consistently cheated players, and the name of the game became a description for all cons.

Bunco parties begin with dinner and possibly wine. Games are often played with rowdy competition. They are a perfect break for women with a load of work and family responsibilities. And singles like the camaraderie as well.

What do you know about the weather?

OK amateur prognosticators, match these definitions with the terms that a meteorologist might use.

- Bright spots appearing on either side of the sun, an indication of ice crystals in the atmosphere.
- The most spectacular of clouds, a thunderhead.
- Brief but powerful burst of wind from a thunderstorm, caused by downdrafts in the storm.
- Large, cylinder-shaped cloud protruding from the underside of a storm cloud, often precedes a tornado.
- Series of storms breaking out simultaneously along a front.
- Boundaries along which air masses of different temperatures and humidities meet and clash, producing storms.
- Contour line drawn on a weather map connecting points of equal air pressure. Where lines are closest together the winds are strongest.
- Atmospheric condition in which a layer of warm air overlies ground-level cold air, trapping pollutants.
- Rotating mass of air of any size in

which air pressure decreases in the center, counterclockwise in the Northern Hemisphere.

- Temperature at which the air can hold no more moisture. Water condenses forming dew, rain, or snow.
- Upward movement of a body of air that has been warmed by passage over land or sea; usually produces condensation and clouds.
- Temperature scale in which zero is set at the freezing point of water, 100 degrees at the boiling point. Used in Canada and other countries.

Weather quiz answers:
1-sun dog, 2-cumulonimbus, 3-microburst, 4-wall cloud, 5-squall line, 6-front, 7-isobar, 8-temperature inversion, 9-cyclone, 10-dew point, 11-convection, 12-Celsius

Crossword Answer

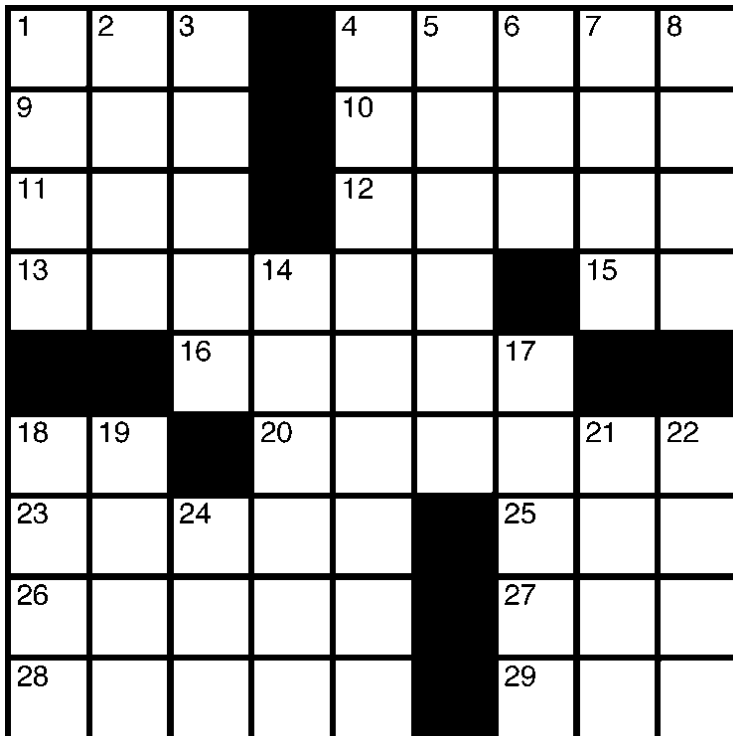
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Across

1. Direction: Abbr.
4. Tsar's order
9. X - VII
10. Inflexible
11. Attention
12. Locomotor organ
13. Egyptian deity
15. Tin, for short
16. Capital of South Korea
18. Type of radio station
20. European shad
23. ___ Barnes, mystery writer
25. Weep
26. Moron
27. Animal park
28. Pooh's creator
29. Triphosphopyridine nucleotide, for short

Down

1. Insect eggs
2. Egyptian river
3. Parts of candles
4. Shaped like an urn
5. Sago palm
6. Get older
7. Transgressions
8. Actress Barbara
14. Type of collision
17. Hungarian composer
18. The ___ Flam Man, movie
19. The south of France
21. Chicken cage
22. Black: Poet.
24. Nothing