



Storm Chasers

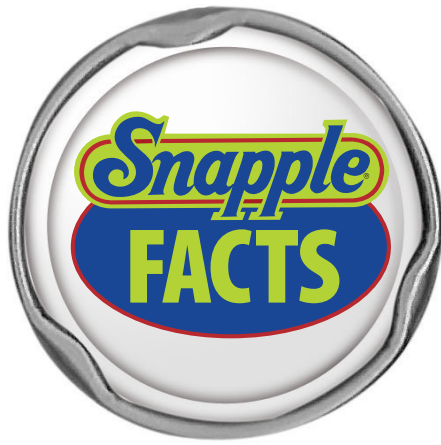
Sometimes the objects a tornado sucks up are not damaged at all. The constant airflow inside a vortex allows it to set things down quite gently. People once found a jar of pickles 25 miles (40 km) from where a twister had snatched it, and the glass was not even cracked.

Imagine being scooped up by a tornado! That is exactly what happened to seven-month-old Joshua Walls when a late-autumn tornado hit Des Arc, Arkansas, in 1995. It is believed the 190-mph (300-kph) winds, which destroyed his house, carried Joshua the length of almost three football fields. When rescuers finally found the baby in a rice field, he had only minor cuts and bruises.



Six Rules for Eating Wisely

Avoid foods containing high-fructose corn syrup (HFCS). It's not just in cereals and soft drinks but also in ketchup and bologna, baked goods, soups, and salad dressings. Americans individually consume more than 40 lbs. of HFCS a year. That's 200 calories a day. Avoiding HFCS keeps you from eating thousands of empty calories a year. Besides, what chef uses high-fructose corn syrup? Not one. It's found only in the pantry of the food scientist, and that's not who you want cooking your meals.



And the Earth Explodes

Some of Earth's biggest explosions have been when huge volcanoes blew their tops! Over time, the crater of an explosive volcano gets filled in. Pressure from rising magma and rock builds up. Finally, only one thing can happen. The volcano blows.

These blasts are huge. They are much bigger than any bomb humans have made. They tear apart islands. They destroy towns and villages. The sound from some of the explosions is fierce. It can be heard far away. There was a huge explosion in Krakatau in 1883. It was heard 3,000 miles away!