

THE INCONVENIENT
TRUTH ABOUT MEAT

THE PEOPLE WHO MAKE
WORK SO SPECIAL

PUBLIC SCHOOLS:
HERE WE GO AGAIN

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WHAT'S NEW?

and it's always ready to go to work whenever I need it. What more can you ask of an Office Assistant that costs so little (\$22.50)?

The Office Assistant is available at gift and specialty stores nationwide, as well as online. To order or learn more about this wonderful helpmate, visit www.toollogic.com or call 800-483-8422.

LET YOUR LIGHT SHINE ON ME

According to the National Institutes of Health, more than 35,000,000 Americans suffer from Seasonal Affective Disorder. The longer nights, especially when we switch from Daylight Saving Time back to Standard, and lack of sunlight affect our circadian rhythms, interrupt our sleep cycles,

and cause fatigue and winter depression.

There's no need to suffer, however, as research has shown that exposure to full spectrum lights for 30 minutes each day can alleviate these symptoms.

We tried the BlueMax High Definition Dimmable Task Lamp and Light Therapy Unit from Full Spectrum Solutions, Inc., Jackson, Mich. The lamp produces a very bright, clean light that makes it ideal as a desk or task lamp. Ordinary lamps can result in poorer vision because they produce glare and drown out colors. Consequently, people



tend to lower them or turn them off. This causes the pupils to grow larger, which results in eye fatigue due to the additional focus required. BlueMax technology combats this problem and stimulates the eyes' photoreceptors. The light is more comfortable to use and it lowers melatonin levels that directly affect energy levels in the body.

With a high color rendering index of 96, (sunlight has a CRI of 100), you are able to distinguish crisp, clear colors. The rotary dimmer lets you reduce it to as little as 20% power when you don't need quite so much intensity.

The lamp offers quiet, flicker-free operation, and, facilitated by its design, uses 75% less ener-



Compact Fluorescent Full Spectrum Bulbs

gy. The 70 watt bulb lasts 10,000 hours. It is available in white (\$159), black (\$159), brass (\$189), and nickel (\$189).

Another way to bring High Definition full spectrum lighting to every room in your home—and to save energy at the same time—is to replace ordinary incandescent lights bulbs with compact fluorescents. The use of a 20 watt CFL instead of a 75 watt bulb would save over 550 kWh of electricity during its lifetime. If that energy is produced from burning coal, then the CFL would save 500 pounds of coal that would release 1,300 pounds of carbon dioxide and other harmful pollutants. In fact, if every household in the U.S. replaced one light bulb with a compact fluorescent one, it would prevent enough pollution to equal removing 2,000,000 cars from the road.

The compact fluorescent full spectrum bulbs operate at temperatures 60% cooler than ordinary bulbs—in fact, only five percent of the elec-

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