

On a blue note

What's the best selling muffin flavor? Blueberry. What are the top four selling fruit spreads? Strawberry, raspberry, blackberry and blueberry. How can you make tortillas ideal for dessert? By adding blueberries, as Tumaro's Homestyle Kitchens of Los Angeles did with its Honey Blueberry Low-Fat Organic Tortillas. And finally what's the latest flavor to hit the microbrewery circuit? Once again, blueberry. Marin Brewing Co., Larkspur, CA tapped a Blueberry Ale and Beertooth Brewery, Boulder, CO is the proud purveyors of Blueberry Beer. Mmmmm, berry interesting.



What cancer epidemic?

Asks Elizabeth Whelan, author of the American Council on Science and Health's latest report, "Update: Is There a Cancer Epidemic in the United States?" Whelan says no.

"Most cancers are related to known lifestyle factors," she concludes. "Among the proven causes of cancer are tobacco, diet, alcohol, radiation, certain sexually transmitted diseases and sunlight. We need to focus on these known causes of cancer, rather than misinforming the public about unreal threats to health, such as post-9/11."

"With the exception of lung and AIDS-related cancer, there has been a steady increase in the number of cancer deaths in the United States. For the number of cancer deaths, the ACS is also president of the American Cancer Society. Hodgkin's disease, stomach, rectum, testis, and prostate cancer deaths have decreased."

Mortality Rates of Diseases Decreased (1973-1987)

Disease	Mortality Rate	Incidence
Hodgkin's disease	49.5%	15.9%
Cancers of the:		
Cervix	39.6	36.4
Stomach	29.4	20.5
Uterus	19.8	26.1

Up in space

My Own Meals, Inc. completed its first sales destined for space station, Mir. NASA realizes that food is an important way to make or break morale. My Own Meals were chosen since the shelf-stable meals need no refrigeration and the pouches are lightweight. Astronauts will heat the pouches with a modified food warmer and eat directly from the pouch with a spoon.

NASA was most interested in varieties without beans or chickpeas. The space shuttle has its own source of gas and doesn't need any help from its passengers.