



# Battling a Blizzard

By Susan Hayes

**Ready, Set, SNOW!**  
If this winter is anything like last year's, you need to be prepared!

One year ago this week, a giant blizzard buried the East Coast under record amounts of snow. Schools in many states were closed for almost a week. Kids from Mississippi to Maine bundled in snow gear and braved the blizzard. They went sledging and skiing, threw snowballs, and built snow forts. For many kids the blizzard meant more time with family. It also meant hot chocolate, cozy fires, and good books to read.

But snow has a chilling side to it, too.

**BLIZZARD'S CHILL**  
More than 100 people died in the Blizzard of 1996. Many were injured in car accidents on icy roads. Others stayed outside too long without the proper protective clothing. Still others found themselves stranded without food or heat.

In the winter of 1997, everyone wants to know if more monstrous snowstorms

are on the way. When the next blizzard strikes, can the accidents and injuries of last year be avoided? The answer is yes. Many of last winter's sad stories would not have occurred if people had been prepared.

**BE PREPARED**  
There are two ways to beat a blizzard: preparing for the storm before it happens and being smart once it has hit.

- Before a blizzard hits, you should
- make sure you have warm and waterproof snow gear to wear
  - stock up on food and supplies. Don't forget batteries for those flashlights and portable radios.
  - help your parents get those snow shovels and snowblowers out! Don't wait until the last minute to find out whether you need new equipment
  - listen to the weather forecasts on the radio or TV. Stay off the roads if a storm is about to hit.

Once the blizzard hits, if you do go outside, remember to

- dress in layers. This helps to keep you warm by trapping your body's heat
- offer to help an elderly person you know. You could shovel snow or get supplies for them
- go inside the second you feel numb or sleepy.

**WEATHER WATCHERS**

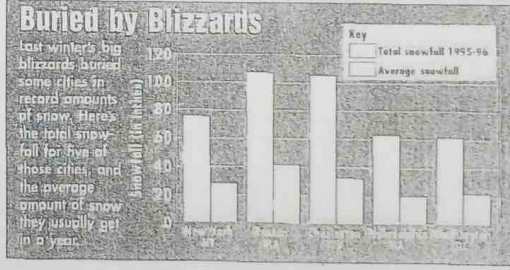
Some people know about blizzards ahead of others. Many schools and businesses depend on weather forecasts from a service that can predict the weather. Michael Steinberg, senior vice president of a service called Accuweather, told *SNOW*. "We'll speak to the school superintendent early in the morning, and based on our forecast, he or

she sometimes decides to close school even before the first snowflake falls.

Of course, there are days that have to be made up. Will this winter be a repeat of last winter? Nobody knows for sure. It's too early to call, says Ed O'Leary of the National Weather Service. But our advice is to have your snow parka, snow shoes, gloves, hats and scarves ready!



A weather satellite took this picture of the Blizzard of '96. Pictures like this one help weather forecasters to predict whether or not a storm will turn into a blizzard.



**Cold Comfort**

Here are a few ways to beat the shuffles.

Many people believe drinking orange juice, which contains vitamin C, is the best way to zap a cold. Of course, breakfast juice or calcium-fortified low-fat milk are also good choices.

No one knows why, but eating homemade chicken soup can relieve your cold symptoms.

Some people believe that nothing attacks a cold better than garlic, but you have to eat lots of it, in its raw, natural form!

Would you believe sucking on a zinc tablet may help you get over a cold in half its usual time? Some people do!

Name \_\_\_\_\_

### Battling a Blizzard

1. What magazine is this article in?
2. What is the date?
3. Name 2 ways to beat a blizzard.
  - a.
  - b.
4. Before the blizzard hits, you should: stock up on \_\_\_\_\_ and \_\_\_\_\_, and listen to the \_\_\_\_\_ on the radio and TV.
5. A few ways to beat the sniffles are:
  - a.
  - b.
  - c.
  - d.
6. The blizzard of 1996 covered states from
  - a. Maryland to Montana
  - b. Mississippi to Maine
  - c. Missouri to Massachusetts
  - d. Michigan to Minnesota
7. Accuweather is a service that
  - a. examines meteorites
  - b. removes old buildings
  - c. predicts the weather
  - d. changes the weather