

Choosing A Mover

Long-distance moving has become a common feature of the American way of life; one out of five families moves every year. Whether your family is a veteran or a rookie in the household moving process, the Better Business Bureau suggests that knowing a few important facts will make the move easier.

The first bit of essential information to remember: plan the move well in advance. There are many reputable moving companies ready to provide their services, but movers need to plan for the manpower and equipment required to handle the move. Keep in mind that moving companies are swamped with calls from June through September. Try to give the company you select a choice of days, and if possible, try to avoid moving on the last days of the month when movers are usually rushed.

What are the Costs?

Interstate transportation is a regulated industry and charges for such service must be based on tariffs filed with the Interstate Commerce Commission. Carriers cannot increase or decrease their charges at will. Household movers' rates are based on the weight of the shipment and the distance it is to be moved, plus any additional services performed.

The charge for a move cannot be estimated until a salesman comes to your home and figures how much there is to move. At that time, be sure to discuss with the mover the particulars of charges, delivery requirements and carrier's liability. Show the

moving company representative the contents of closets, attics, basement and garage to get a more accurate estimate.

At the time of this writing, household moving regulations provide that a consumer moving under a cash-on-delivery arrangement must pay the entire amount charged for the move. However, the carrier at the time of delivery can collect no more than ten percent above the estimate

place until delivery of the goods.

What About Loss or Damage?

In the event of loss or damage during shipment, make sure to have the mover make a specific note on the inventory and delivery receipt. Then notify the moving company in writing so the proper forms may be forwarded. Keep in mind that a reliable mover will be anxious to settle all

If you have acne, or if you've ever had it, you're not alone. Acne is the most common skin disease people get. While its occurrence is most common during the teenage years, it is not unusual for the condition to show up in adults and even children.

Acne is a disease of the sebaceous glands and their hair follicles or roots. These are most common on the face but are also found on the back, chest and upper

arms. Normally the glands produce an oily substance called sebum which rises to the top of the hair follicle and flows out onto the surface of the skin. The purpose of this oil is to keep the skin and the hair from becoming dry and brittle. The basic problem of acne is that the pores through which this sebum passes become plugged, trapping the material beneath the skin.

As this sebum builds up under the skin surface the blocked pore results in a whitehead and later in a blackhead as it becomes mixed with bacteria and pigmented skin cells. Whiteheads and blackheads are noninflammatory. That is, while they are a cosmetic nuisance they will generally not cause substantial scarring.

In more serious cases of acne this accumulated sebum and bacteria, trapped beneath the skin surface, ruptures into the deeper layers of the skin causing an inflammatory response. The result is a series of red lesions which are tender and sore. Worst of all, they often heal slowly and leave considerable scarring, both physically and psychologically.

It is important to note that diet plays no role in the treatment of acne. Too much chocolate might give you a couple of cavities and a few extra pounds but it will not cause you to have acne.

Proper care and treatment of acne involves careful attention to how you treat your skin. Never pick, scratch or squeeze whiteheads or blackheads. To do so might rupture the pimple and transform it into an inflamed and possibly scarring lesion. For proper cleansing of the skin there are a number of commercial medications available to aid in acne treatment. As for makeup, oil-free cosmetics are recommended.

In many cases, mild forms of acne will respond well to these medications and there will be no significant scarring. However, in more severe cases where the disease does not respond to these preparations

and where there is evidence of scarring, a dermatologist should be consulted. A dermatologist is a physician who specializes in the care and treatment of skin disorders.

While there are a number of medications a physician can prescribe for acne, it is important to treat this condition early. Early treat-

ment could keep the disease from getting worse and could prevent much physical and emotional trauma.

Our newest state, Hawaii, provides the inspiration for a delicious recipe that relies on man's oldest method of cooking—grilling over an open fire.

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TROPICAL KABOBS

- 3 lbs. cooked ham cut into 1/2 inch cubes
- 1 15 oz. can pineapple chunks in natural juice
- 2 ripe Calavo papayas, cut into chunks*
- 1 cup honey
- Drain pineapple, reserving liquid; alternate pineapple, ham and papaya chunks on 8" skewers. Mix 1/2 cup pineapple juice and honey. Brush on kabobs. Cook over coals or under broiler for about 5 minutes—turning and basting with remaining marinade. Makes 16 (8-inch) skewers.

*To prepare papaya, cut in half lengthwise and scoop out seeds. Pare skin and cut papaya into cubes.

TIPS for consumers from your BETTER BUSINESS BUREAU

originally quoted to the consumer. The Interstate Commerce Commission is in the process of changing these rules proposing that estimates given to consumers be binding on the moving companies.

What About Packing?

Set aside a packing day, usually the day prior to moving. Proper packing by a trained packer with specially designed containers is usually offered by the movers. Be on hand at the time of packing, pick-up and delivery. Take a few minutes with the mover's crew to give them special instructions.

Be sure to keep an inventory of the possessions to be moved. The moving company will usually make a list and provide a copy of the form after the goods are loaded in the van. This inventory includes a description of the condition of your goods as noted by the mover at pick-up, and should be kept in a safe

legitimate claims in the interest of its reputation.

It is a good idea to check the moving company's liability at the outset. At the basic rate the mover's liability on long-distance moves is limited to an amount not to exceed 60 cents per pound per article. Many articles are worth more than this so that extra insurance may be necessary for adequate coverage.

A Final Tip

Do not count on your checkbook for payment on long distance moves. Most moving companies require payment in cash, travelers' check, money order or certified check. The movers will not deliver or relinquish articles until all charges are paid by one of these means.

The Better Business Bureau advises that careful planning can eliminate many of the hassles of a long-distance move. Always deal with a reputable moving company.

(health watch)



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