

## GLAD YOU ASKED

### **Jumping Jack Flash, it's a gas, gas, gas**

If the holidays were a gas at your house, I've got a Web site for ya. Click on [trafon.blogspot.com](http://trafon.blogspot.com) to find out more about flatulence than you ever wanted to know. Nutritional consultant Bill Downs will regale you with tales about, among other things, underwear equipped with charcoal filters.

Downs' advice for reducing gas: Take it easy on the gravy, stuffing and refined white flour, and eat some lightly cooked veggies.

— Jeff Elder