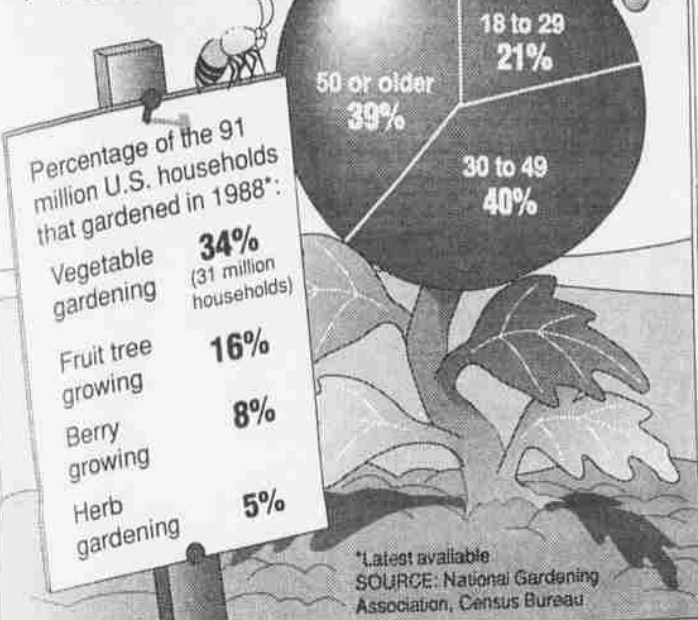




Facts du jour

Americans who garden

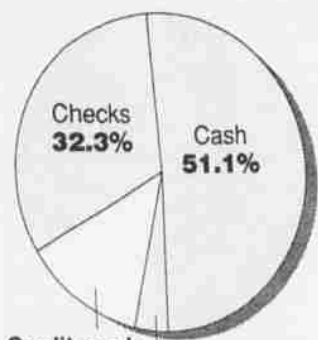
By age group



The credit-card market

Market share

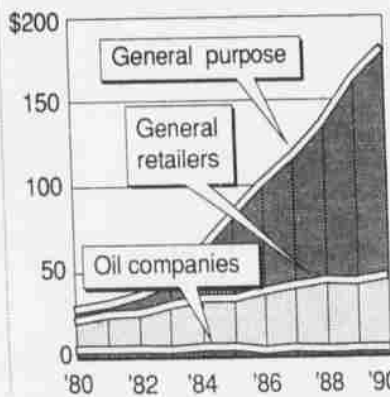
In percent of \$3.6 trillion of 1990 consumer spending:



*Includes food stamps, money orders

Debt

In billions of dollars owed on credit cards



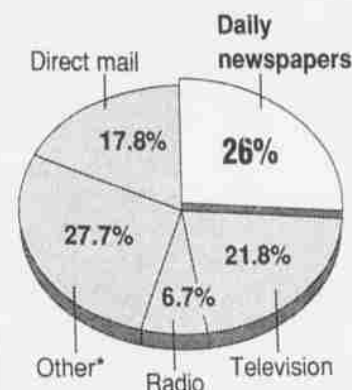
SOURCE: Chicago Tribune, Federal Reserve Board, Nilson Report

General-purpose cards

In billions of dollars of charge volume for 1990:



Newspapers' share of ad revenues



*Cable, yellow pages, outdoor, etc.
SOURCE: Boston Globe, McCann Erickson/American Newspaper Publishers Association

Cholesterol: The good and the bad

The human body needs cholesterol to function, but having too much cholesterol is a major risk factor for coronary heart disease.

■ The liver manufactures all the cholesterol the body needs to make essential body substances, such as cell walls and hormones; additional cholesterol comes from eating animal products

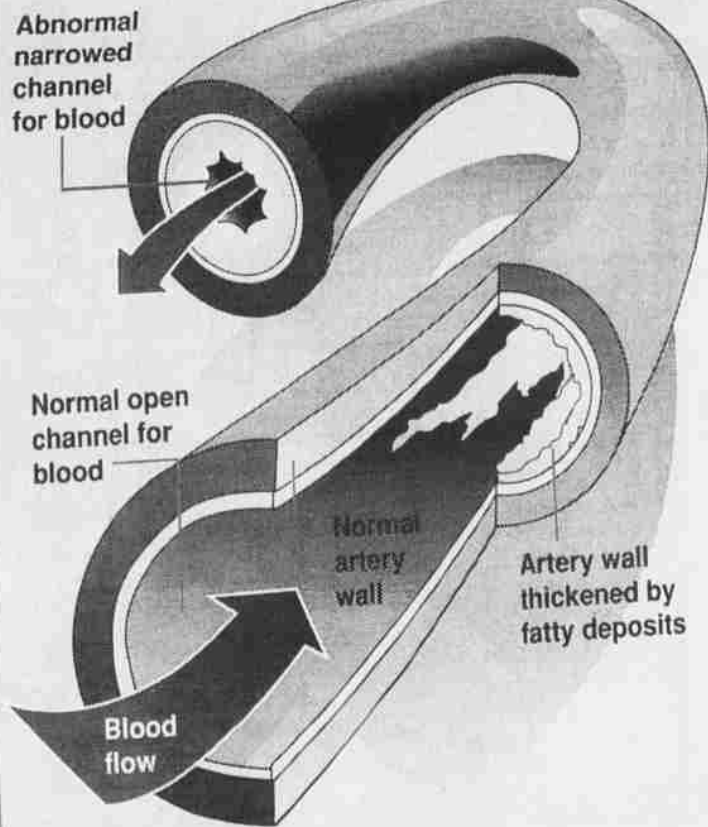
■ Too much cholesterol can lead to clogged vessels, decreasing the flow of blood and increasing the chances of blood clots; in the coronary arteries, this could lead to a heart attack; in the brain's arteries, this could lead to a stroke

■ Cholesterol is waxy, fatlike and is found in all animals; plant-derived food has no cholesterol

HDL: "Good" cholesterol; carries cholesterol out of the bloodstream; stands for high-density lipoproteins

LDL: "Bad" cholesterol; deposits itself on artery walls, causing waxy deposits called plaques; stands for low-density lipoproteins

A look at the artery



Cholesterol guidelines

Cholesterol level is measured in milligrams per deciliter, or mg/dl.

Age	Average risk	Moderate risk	High risk	Goal level
20-29	200	200-219	220+	180
30-39	220	220-239	240+	200
40+	240	240-259	260+	200

Reduce cholesterol and fat by avoiding certain foods

In addition to reducing cholesterol, it also is important to reduce saturated fat, which raises cholesterol in the blood.

- Fatty cuts of meat and organ meats (kidneys, liver)
- Whole milk products and eggs
- Shellfish (shrimp, crab, lobster)
- Coconut and palm oils
- Refined, processed grain products (eat whole-grain, high-fiber products instead)

SOURCE: National Institutes of Health; American Heart Association; Krames Communications

HP 48SX Scientific Expandable Calculator

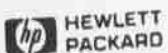
HP's quantum leap into the 21st century.

Come try it today.



SALE PRICE \$249.95

HP Calculators — the best for your success.



- 48S - \$199.95
- 28S - \$154.95
- 42S - \$98.95
- 32S - \$54.95

Recommended... Extra-strength HP Business Consultant II!



Come try it today!

- Complete set of financial functions
- Custom solutions without programming using the HP Solve application
- Full set of math functions
- Easy-to-use menus and softkeys

HP calculators — the best for your success.



- 17BII - \$84.95
- 12C - \$74.95
- INFRARED PRINTER - \$109.95

FREE SHIPPING!

VISA - MASTERCARD - COD

VALLEY BUSINESS MACHINES
675 EAST 2100 SOUTH
SALT LAKE CITY, UT 84106
PHONE (801) 467-1537