

For Your Information...

Researchers at the University of Chicago, have proven for the first time that fish oil can slow the formation of arterial deposits, which are the primary cause of heart attacks and strokes.

The scientists fed a diet high in fish oil to 16 Rhesus monkeys, who developed far fewer arterial deposits (plaque) than 8 monkeys fed a diet high in coconut oil, a saturated fat known to contribute to the development of arteriosclerosis.

According to an article in *Prevention* (April '87), the plaque that did develop in the fish-oil-fed monkeys was found to be less likely to cause medical complications and contained fewer inflammatory cells. Levels of LDL cholesterol—considered a risk factor for heart disease—were also lower with the fish-oil diet.

These studies have found that fish oil can lower blood cholesterol and inhibit blood clotting. This study marks the first time that researchers actually measured the effects of fish oil on the arterial wall, according to Robert Wissler, M.D., Ph.D., professor of pathology at the University of Chicago.



How To Kill Your Business In Nine Easy Steps

1. **Don't advertise.** Just pretend everyone knows what you have to offer.
2. **Don't advertise.** Convince yourself you've been in business so long customers will automatically come to you.
3. **Don't advertise.** Forget there are new potential customers who would do business with you if they were urged to do so.
4. **Don't advertise.** Tell yourself you just don't have time to spend thinking about promoting your business.
5. **Don't advertise.** Forget you have competition trying to attract your customers away from you.
6. **Don't advertise.** Tell yourself it costs too much to advertise and that you don't get enough out of it.
7. **Don't advertise.** Overlook the fact that advertising is an investment in selling—not an expense.
8. **Don't advertise.** Be sure not to provide an adequate advertising budget for business.
9. **Don't advertise.** Forget you have to keep reminding your established customers that you appreciate their business.

Four Footed Guardians

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"It comes down to economics," said Pace. "Property owners figure they can save money by paying someone minimum wage to watch a property." Apartment dwellers rarely take these watchmen seriously. A few even become targets of kids in the area, someone to fool. "You also have to figure with a guy getting minimum wage he won't have a high stake in the job."

Canyon Security depends on a professional presence, and a group of eager employees. "It does your heart good to watch the dogs getting ready for work," Flynn continued. "Watching them bouncing around really gets you pumped up to work. On the job we don't usually get any arguments and people find it's harder to sneak around a dog."

"Our service is a bit more expensive than other systems, said Pace. "But there are ways of getting around it." Several neighboring apartment complexes have chipped in to split Canyon's fee, extending the coverage area. "We prefer working that way," Flynn continued. "It's boring work sitting at one complex. It's a longshot that something will happen on a given night. If we keep moving around, the bad guys think we're everywhere. They figure they can't win, then they get out of the area." Canyon Crest has worked its way out of a few jobs with this method.

As the questions of protection increase Pace figures the demand for both the security services, and obedience training will grow. "People should take the time to know their dogs, be aware of their potential. There's no excuse for negligence," he concluded.



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Inspiration or Aggravation?

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by herself from a very tender age and in those days day-care was unheard of. She paid responsible neighbors to watch me after school and then sent me to relatives each summer...for pay!

No one helped her with the payments and when I went through her belongings after her death I found all the checks for my care along with the stubs from her very meager paychecks. I don't know how she managed it. I do know it was hard. She didn't spend money she didn't have...no credit cards in those days, and when I asked her if we could get a Coke at the local drugstore one evening as we got off the street car, she said no. Like most kids I remember pleading, "It won't take much time." Her reply really went to my brain... "The Time we have, it's the DIME we don't have." Cokes were 5 cents each then.

Why should the public pay to baby sit my kids or grandkids? Why should I pay out of my retirement money to baby sit your kids?

I don't think we should enlarge the Education System either... it's already the 2nd biggest business in the country. (Government, Federal, State, and local is 1st.)

As it is now, lots of parents aren't teaching right from wrong, property rights, sharing, honesty, pride in accomplishments, caring for others, self-control... Who will be responsible for teaching those values? Schools have enough discipline problems as it is. Who's to decide which morals or ideals are to be taught? What a potential can of worms that could be!

I don't have the perfect solution. My grandmother used to complain about the neighbor's kids who were totally free from control... "If you can't or won't take care of them and teach them right you shouldn't be allowed to have them." To me that was funny... she had 13 of her own. Now I'm not sure she was really all that wrong.

Once again I've found someone's inspiration is my aggravation.
Signed P.C. Russell

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