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Front Matter

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IT'S OUR BLOCKBUSTER, STAR-STUDDED FINAL ISSUE OF THE YEAR!

ethos

Volume 44 • Issue 6  Iowa State University  April/May 1998

The Great CD Rip-Off
What to eat if you don't like hospital food.

Fresh vegetables and fruits, whole grains, low-fat dairy products, lean meat, poultry and fish. That's the kind of diet that may help keep you away from the cardiac intensive care unit. Exercise is another way to reduce your risk of heart disease and stroke. To learn more about how you can take charge of your health and spread the word, visit our Web site at www.women.amhrt.org or call us at 1-800-AHA-USA1.
"Gerald turned to us and said, 'Hey, you guys better get attorneys because this will never go through. They're not telling the truth.'"

—JIM ROSBOROUGH, PAGE 13

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