



# WHAT GOES IN THE OCEAN GOES IN YOU.

RECENT STUDIES ESTIMATE THAT FISH OFF THE WEST COAST INGEST  
OVER 12,000 TONS OF PLASTIC A YEAR. FIND OUT HOW YOU CAN HELP  
TURN THE TIDE ON PLASTIC POLLUTION AT [WWW.SURFRIDER.ORG/RAP](http://WWW.SURFRIDER.ORG/RAP)

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Source: Science, U.S.A. 353 (2011) Plastic ingestion by macroalgae fishes in the North Pacific  
Subtropical Oceans. Mar. Biol. 159: 143-148



# Just like mommy

Children whose parents or siblings smoke are three times more likely to smoke than children living in non-smoking households.

Visit [www.ash.org](http://www.ash.org) to learn more about smoking and health.



**ASH**  
ACTION ON SMOKING & HEALTH



**No one grows Ketchup like Heinz.**



**YOUR HANDS CAN BE DANGEROUS.**  
WASH THEM WITH SOAP AND WATER TO KEEP BACTERIA AT BAY.





**PLAY WITH YOUR FOOD**



**Marie Osmond**  
actress, entertainer

LOST **50** TOTAL  
lbs

Marie did not use Fast Five 5. Expect to lose 5lbs in your first week for an average of 1-2lbs per week on the program.  
Weight lost on prior Nutrisystem program.

**1.855.364.SIZE** *NUTRISYSTEM.COM/FAST5*



**JUST DO IT.**

[WWW.NIKE.COM](http://WWW.NIKE.COM)

**NIKE**  
**JUST LIKE WOMAN**



[WWW.NIKEWOMAN.COM](http://WWW.NIKEWOMAN.COM)

The new BMW 5 Series

Autogermana S.A.



Sheer  
Driving Pleasure

**The beginning**



**The end**



**New BMW 530i. The ultimate driving machine**