

#1 SYNTHETICS

A synthetic material is one that does not occur naturally. Some synthetics are the result of bringing chemicals together in an artificial environment and putting them through a controlled process. Plastic and nylon are examples of this group of synthetics. Other synthetics include synthetic fuels and diamonds. A synthetic material, such as synthetic diamond, is made by using knowledge of how chemicals and physical forces work in nature to produce the real diamond. The synthetic form uses some of the same chemicals and sets up ways of mimicking nature to create an artificial or synthetic equivalent of the real thing.

#2 EXERCISE

Moderate exercise boosts your immune system; while extreme exercise, such as marathon running, depresses the immune system, moderate exercise, such as walking, may actually prove to benefit it. That's according to new research from Dr. David C. Nieman, a professor of exercise science at Appalachian State University in North Carolina. Nieman had a group of sedentary women begin walking 45 minutes a day, five days a week, and found that they caught half as many colds as their peers who stayed perched on the sofa. Recently, to see if exercise could stave off aging's debilitating effects on the immune system, he studied exceptionally active women in their seventies and eighties, who had been walking competitively, for example.

#3 ALASKA

This Official Alaska Vacation Planning Video is filled with plenty of breathtaking scenes. But more important, it's loaded with all the information you need for planning a trip to Alaska. Like when to go, what to wear, and what to see. So if you've got Alaska on your mind, you're going to love this video. Let's begin with snow sports. This is definitely the place. For cross-country and down-hill skiing. For snow boarding, tobogganing, and even ice fishing.

#4 AMERICAN AIRLINES

Welcome aboard American Airlines coast-to-coast service. We'll be happy to do everything possible to make your flight with us a most pleasurable experience. We'll provide you with all the information you need to know about your flight, your destination, and the equipment on which you are currently flying. In addition, we are proud to present our American Airlines feature film presentation, for our transcontinental passengers. We'd like you now to remove the plastic insert found directly in front of you in the seat back pocket. Please review the safety information during the flight for your own protection, in the unlikely event of an in-flight emergency.

#5 CHOOSING THE RIGHT HEALTH PLAN

The open enrollment period for your health-insurance plan comes once every year, usually during the fall. The corresponding paperwork typically generates as much enthusiasm as your yearly tax forms. But don't be tempted to just put a check mark next to your current plan. With so many insurers and employers raising health-insurance premiums and scaling back benefits, you need to know how your health plan stacks up against any others offered to you at work and whether it's the best choice for you.

#6 NETWORK NEWS

These are the men and women of Network News. Researching their stories, editing their reports, and reaching literally millions of homes at any one given time. One doesn't become a network news anchor overnight. Today's anchors were yesterday's correspondents, scurrying for major stories whenever and wherever they could be found. But Network News is different. You've got to have a strong sense of style, of who you are, and your own special charismatic niche. These qualities usually make themselves known after years of experience and hard work. Be it a manner of speech, a type of body language, or style of dress, the Network News anchor has developed a trademark that is unmistakable in the industry.