

Heathers new copy 05/08/17

## **#1 AMERICAN EXPRESS**

Thank you for holding. Did you know that you can now receive your American Express statement completely online. No more paper bills! We'll even send you an email reminder when your statement is ready for viewing. To see if you can take advantage of this free service; log on to [americanexpress.com/paperless](http://americanexpress.com/paperless). Or ask your representative.

## **#2 Cigna**

Thank you for calling CIGNA Healthcare. To assure quality service, your call may be monitored.

To select, or change your primary care physician, press 1.

For questions about a claim or a bill, press 2.

For benefit information and all other questions, press 3.

## **#3 PLATE TECTONICS**

Interior heat churns our living planet to self-renewal and drives its crustal plates. Earthquakes occur at their boundaries. Where an ocean ridge marks a spreading zone, upwelling molten rock makes new seafloor. Magma can also break through a plate at a hotspot, building volcanoes that plate motion carries away. When plates collide, continental crust crumples into mountains and the seafloor dives, creating a deep trench.

## **#4 CBS- 20/20**

Three happy wives. They vowed to be faithful. But one is more likely to cheat. Is it the first-time mom, the model, or the housewife? Cast your vote online at [ABCnews.com](http://ABCnews.com). What you learn may save your marriage!

## **#5 American Justice**

they're kids committing awful crimes...Are they homicidal monsters...Or are they abused minors. Do they need us to get tough, or get treatment? American Justice, Wednesday on Channel 12.

## **#6 KISSING AND COLDS**

Go ahead and pucker up -- a smooch won't transmit the sniffles, according to experts. Your mouth contains natural defenses such as antibodies and enzymes that make it hard for cold viruses to set up shop. Rhinovirus, the germ responsible for the majority of colds, prefers to hang out on your hands and in your nose, says Barry Stade, Ph.D., director of the department of clinical virology at Paterson University Medical Center. So unless you rub noses when you kiss or hold hands and then immediately wipe your nose, it's safe to smooch when you're sick.