

← British Airways and Air France ground the supersonic Concordes after 27 years of service. Despite their speed, the aircraft were uneconomical to operate.

← In response to e-mail spam, the Can-Spam Act requires e-mail marketers to clearly label messages as ads and include an Internet-based opt-out feature.

← In October, China becomes the third country to travel in space when the world's first successful taikonaut, Yang Liwei, returns to Earth after 21 hours in orbit.

In January 2004, the Mars exploration rover Spirit lands safely and NASA releases the first 3-D images and the sharpest color photos ever taken of the surface of Mars.

→ Fast-food patrons can now get their food even quicker, thanks to McDonald's introduction of self-service ordering kiosks.

→ FluMist, America's first intranasal influenza vaccine, provides needle-wary patients with an alternative for the 2003 flu season.

> The Food and Drug Administration bans dietary supplements containing ephedra due to health concerns and warns consumers not to take products containing the stimulant.



The Food and Drug Administration mandates that nutrition labels disclose the amount of cholesterol-increasing trans-fatty acids.

Serving Serving Size 1 Servings per 1 cup (228g) Container 2 Amount Per Serving Facts Calories 260 Total Fat 138 Calories from Fat 120 Saturated Fat 5g Trans Fat 2g % Daily Value Cholesterol 30mg Sodium 660mg Total Carbohydrate 31g

Dietary Fiber 0g