

# An African-American Newsletter

Volume 1, Issue 10



## Inside this issue:

Halloween Kids	1
Powerful People	
Prunes	2
Disability Day	
Security Systems	2
Learn to be and Trust Yourself	3
What' going on In October	3
Carl Smith TSO Web Radio	3
Female Millionaires	4

## On Halloween kids can have fun, stay safe



For children, Halloween may be the second biggest holiday of the year, right after Christmas.

Make sure it is safe and fun with these rules:

Prepare dinner before trick or treating. Otherwise, kids will dig into their candy before you can examine it.

Make sure kids are warm enough.

Other cautions:

\* Costumes should be flame-retardant. They should not drag on the ground. Costumes should have reflective materials or tape on them so people can see children in the dark.

• Encourage children to paint their faces rather than wear a mask, which could interfere with their vision.

• They should visit only the homes of people they know, and only if the homes have porch lights on.

\* Accompany young children. If they go with an older sibling, make sure he or she knows which houses to visit. Let them carry your cell phone so they can call you if there is any trouble.

\* Kids going out alone should have a scheduled time to be home and a

watch they can read in the dark.

\* Trick-or-treaters should be told to walk, not run, and stay on sidewalks. They should cross streets at corners and obey traffic signals.

\* Homeowners should clear their yards and walks of anything a child could trip on. Pets should be kept inside. Lighted candles or jack-o'-lanterns should be set away from doorways.



## What powerful people do

What's the difference between the rich and powerful and you and me?

D.A. Benton, author of *Executive Charisma* (McGraw-Hill) says these gestures reveal a person with clout. Quoted in *Fortune*, Benton says:

The double hand shake. When one important person greets another, the two-handed grasp is typical. While shaking hands

with the right hand, the left hand grasps the arm at or below the elbow.

The power entrance. Really important folks don't just walk into a room. They pause at the doorway for a second or two before entering. Benton says it "frames the picture of power."

\* They don't carry anything. They go into meetings with hands free, because their knowl-

edge and confidence is in their heads. (And somebody else probably brought their stuff.)

\* They slouch in their chairs. The most powerful person in the room doesn't take the alert, straight up position. The powerful relax, slouch, and may even recline. Good posture at meetings, says Benton, is for the underlings.

## The classy dried plum (prune) is tasty and healthful



For a food that has so many benefits and uses, it's surprising that today prunes often masquerade as a different food: fat.

Smart chefs are using them as a fat substitute in many dishes, especially in baked goods where they cut fat by as much as 90 percent. At the same time, they succeed in preserving the taste and texture that usually come from fat.

Here's how you make the fat substitute. Put about 25 pitted prunes in the blender, add 6 tablespoons of water, and puree. Replace 1 tablespoon of fat with an

equal amount of prune puree. If you make the same baked goods all the time, experiment until you get the taste and texture that you want. Any leftover puree will keep for several weeks covered in the refrigerator.

The prune's best-known use is as a home remedy for constipation. It certainly is that since it has three different ingredients that work on that problem.

Just as with other fruits, dried plums contain generous amounts of vitamins, minerals, and other healthful compounds. They are loaded with beta-carotene and antioxidants like vitamins C and E.

And they include generous amounts of potassium, which is important for blood pressure control, according to the Doctors Book of Food Remedies (Rodale).

### Baked Chicken with Prunes

Coat a baking dish with no-stick spray. Arrange 1 lb. skinless boneless chicken breast halves in a single layer. In a bowl combine 1/4 C red wine and 16 pitted prunes. Microwave on high for 1 minute. Pour over the chicken and sprinkle with 1 t minced fresh rosemary. Bake 30 minutes at 350 degrees. Salt, pepper, stir and serve.

*The person who says it cannot be done should not interrupt the person who is doing it.*

*Chinese proverb*



## Labor Department sponsors Disability Mentoring Day



In 2005, we mark the 15th anniversary of the Americans with Disabilities Act. A new event marks its passage.

In a July 26 seminar sponsored by the National Council on Disability, the Department

of Labor, and other agencies, it was announced that Wednesday, October 19 would be Disability Mentoring Day.

The day is a nationwide event that promotes career development for youth with disabilities. Public and private employers are asked to provide one-on-one mentoring for students to learn about the preparation necessary to qualify for a range of job opportunities.

Other agencies involved



in planning the event are the Social Security Disability and Income Security Program's Ticket to Work, and the U.S. Department of Education's Education and Rehabilitative Services.



## Versatile new security systems offered for less



Home security cameras are getting less expensive and easier to use. Axis, a Swedish manufacturer is introducing a wireless network camera that is the "world's smallest." And Panasonic has a wireless camera priced at \$300. The camera can be programmed to send an e-mail with attached image to a PC, PDA, or cell phone. Movement in the room triggers the device's thermal sensor. Sony has a similar

camera that has a built-in microphone to record sounds. The new home-surveillance cameras can monitor your home while you are away or check to see if the children have returned from school. The new cameras have systems that allow them to function



without being hooked to a computer. Some cameras can be incorporated into a wireless home network. They send live video to the Internet, which homeowners can access through a Web browser on their PCs or via handheld devices. Sales of residential video-security systems have nearly doubled in the past year, according to the National Burglar & Fire Alarm Association.

# Learn to be yourself, trust yourself

Some people live as if they are playing a role. They create an image that ignores their feelings, strengths, and insecurities. That role keeps people from knowing who they really are.

Certainly it's good to put your best foot forward. But if you are pretending in your relationships, you can't actually talk, trust, and feel in a way that reflects your true persona.

A man or woman may maintain an image of strength and hide disappointments and needs. By not actually expressing themselves and showing their feelings, they

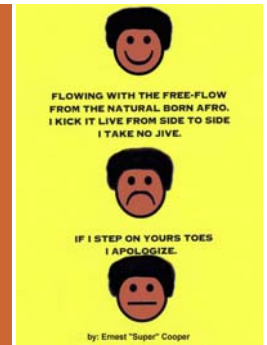
(and others) may be unable to identify what their needs actually are, according to Indianapolis Psychiatric Associates.

As a result of not getting what they really need, people may over-compensate by over-working or medicating their feelings with drugs, alcohol, or other compulsions. They begin to believe their worth is based solely on their achievements because they have so little sense of self-worth.

Human beings have the same needs, say doctors at Indianapolis Psychiatric Associates. But some people need more than others. It

is their upbringing that helps to determine the intensity with which they need attention, affection, love, and nurturing.

If you believe that your life will be better when you face who you really are, it will happen. Resolve to become the real you with all of your courage, talents, vulnerabilities, and needs.



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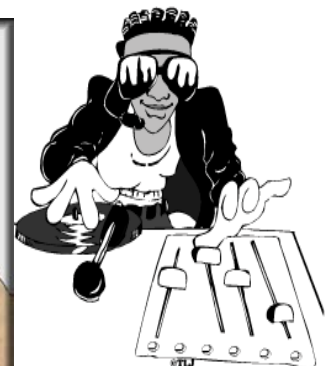
Hello!  
 If your tummy is a' rumbling and your mouth is watering, you're probably thinking about Thanksgiving dinner.

## What's going on in the month of October?



## Carl T. Smith <http://tsoradio.getto.net>

HITS MAGAZINE'S  
**PERFORMERS SHOWCASE AND NETWORKING EVENT**  
 SUNDAY OCTOBER 9, 2005  
 FREDRICK SAMUELS  
 COMMUNITY CENTER  
 669 LENOX AVE., HARLEM NY  
 (Between 142nd and 143rd Streets)  
 Event Times: 10AM 'TILL 5PM  
**ADMISSION ONLY \$7**  
 SAVE \$2 FOR YOU & EVERYONE WITH YOU WITH THIS FLYER  
**FEATURED ARTIST PERFORMANCES**  
 Check website for performance Schedule  
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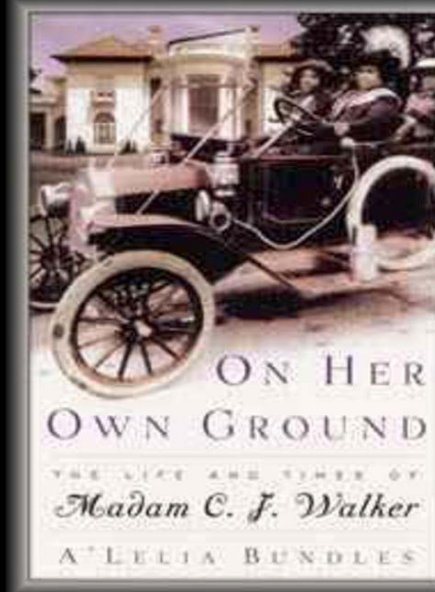
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Whatever your life's work is, do it well. A man should do his job so well that the living, the dead, and the unborn could do it no better.

*Martin Luther King, Jr.*



## MADAM C.J. WALKER



Entrepreneur  
1867-1919

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## BLACK HISTORY



### Book Review: The secrets of female millionaires

In 1996, William Danko and Thomas Stanley wrote *The Millionaire Next Door*. Many were cheap small-business owners who drive old cars and shop in warehouses. The book was a best seller, but Thomas Stanley, working alone, got a lot of letters from wealthy women who said the book didn't apply to them.

In response and after three years of research, Stanley has a new book: *Millionaire Women Next Door*. He says the median millionaire woman next door is 49 years old, a wife (about 40 percent married more than once), and a mother.

She wakes at 5:58 a.m. and goes to bed at 10:32 p.m. She owns her own home, works 49 hours a week doing work she enjoys, and spends three to four

hours a week at the gym. Her average annual income is \$414,000, which represents 71 percent of her household's income.

It is possible to become one of these women or to give your daughter a shot at it? Stanley says, this is what you need to do:

Sweat the small stuff. Women millionaires often have a detailed method of tracking expenses. Only one in 20 of those who are married give responsibility for budgeting and financial planning to their husbands. Half make those decisions jointly.

Sell your skills rather than merchandise. You'll fare better if you and your services are your product, whether you're a

headhunter or an asset manager. Service business enable women to do what they like and work a reasonable 49 hours a week.

Don't look back. Four out of five millionaire women next door say they never do. They don't use emotional energy to hate people who have wronged them. Instead they use their experience to look forward. They see themselves as leaders and believe it's up to them to turn their situations around.

*Millionaire Women Next Door* by Thomas Stanley, Andrews McMeel Publishing, \$24.95

