

An African-American Newsletter

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Patriot Day, September 11

Four years ago on a calm September morning, 3,000 innocent people lost their lives in New York City, at the Pentagon, and over the skies of Pennsylvania. On that day and afterward, we saw the greatness of America in the bravery of victims, the heroism of first responders who laid down their lives to save others, in the compassion of people who helped those they had never met, and in the generosity of Americans who enriched our country with acts of service and kindness.

Since that day, we have further seen the greatness of our country demonstrated in the courage of our brave men and women in uniform who served and are serving in Afghanistan, in Iraq, and around the world to advance freedom and prevent terrorist attacks on America.

In his Patriot Day declaration in 2003, President Bush said, in part, "As we remember September 11, 2001, we reaffirm the vows made in the earliest hours of our grief and anger. We will continue to bring terrorists to justice. As liberty's home and defender, we will not tire and will not fail in fighting for the safety and security of the Americans and a world free of terrorism."

"We call upon America to observe this day with remembrance services and candlelight vigils. Flags should be flown at half-staff on Patriot Day, and we ask that at 8:46 a.m. EDT, when the first towers were hit, that a moment of silence be observed to honor those who lost their lives as a result of the September 11, 2001 terrorist attacks."



War on Terrorism Medals issued

The Global War on Terrorism Expeditionary Medal will be awarded to U.S. troops who have served overseas "in military expeditions to combat terrorism" since September 11, 2001. The Pentagon states that the terrorism medal is limited to those who deploy as part of Operation Enduring Freedom. Prime ground deployment areas are Afghanistan, the Phili-

ppines, Navy personnel serving in the Red Sea, the Persian Gulf, or the Indian Ocean, and airmen flying missions in support of the operation. The new medals will be available in one year or less. That time is required to stock the medal in department supply systems. A second medal approved, the Global War on Terrorism Service Medal, recognized partici-

pation in Operation Noble Eagle. That includes U.S.-based National Guardsmen and Reservists who protect the nation's borders and security.



Avocados: Loaded with nutrients that fight disease



Avocados

Don't skip the guacamole. Its main ingredient is avocados, which are rich in magnesium. The more magnesium in your diet, the less likely you are to develop type 2 diabetes and heart disease, say Harvard University researchers.

(Other magnesium-rich foods include leafy greens, nuts, whole grains, some fruits, and shellfish.)

Magnesium isn't the only benefit. Avocados are also full of monounsaturated fats, particularly one called oleic acid. It helps to raise "good" cholesterol levels in the body and lower "bad" cholesterol. Each avocado contains a lot of potassium. Doctors at the University of Mississippi Medical Center say

people who eat diets high in potassium have a lower risk of high blood pressure.

Avocados are rich in folate. Half an avocado contains 14 percent of the recommended daily value. Folate keeps nerves functioning properly, fights birth defects, and reduces the risk of heart disease.

The idea for healthful living is not to rush out and buy avocados by the dozen. It is to include this healthful food in your diet whenever you want it.

If you have never worked with an avocado, here's how to get started: If they are not soft to the touch, let

them stand on the counter a day or two to ripen. To open one, cut it lengthwise all around the pit. Twist the halves in opposite directions to separate them, and remove the pit with a spoon.

Guacamole: Cut 2 avocados in half. Remove the pits and scoop the flesh into a bowl. Squeeze the juice of 1 lemon into it.

Add 2 tablespoons olive oil, 1 small finely chopped onion, 1 crushed garlic clove, 1/2 pound tomatoes (skinned, seeded, and finely chopped), 1/2 teaspoon salt, and a dash of Tobasco. Mash. Top with freshly chopped parsley and use as a dip for low-fat, baked corn chips.

When you're in the spotlight



Whether you're making a sales presentation, speaking up at a meeting, or talking at the Rotary Club, chances are you have a few butterflies. Most people do. Here are some tips on how to overcome stage fright.

* Before the meeting, imagine the worst-case scenario. Accept it because it's not so bad, and chances are that everything won't go wrong, say experts in *Selling Power*.

* See yourself delivering a smooth

presentation or suggestion. Remember that most audiences are sympathetic and want you to do well.

* Because anxiety is greatest just before your opening comments and during the first minutes, memorize and rehearse the opening. Then you'll be able to do it almost without thinking.

* For a talk or presentation, review the main parts. If you use visual aids, try a few before the program starts, just to make sure everything

is in order.

* Meet and greet early arrivals at the meeting to build rapport. The more you know the audience, the more relaxed you will be.

* If stage fright really is a problem, your doctor can prescribe a medication.

Ballparks let fans order food by cell phone



While restaurants and theaters try to ban cell phones, some ballparks really want you to bring one.

Fans who want something to eat or drink but don't want to leave the game can place their orders by pressing the right buttons once food service is on the line. Within a few minutes, the food appears. And no standing in line is involved.

Minor leagues have soared in popu-

larity because their tickets are cheaper. So far, twelve parks look to increase food sales with the new ordering plan. At a Buffalo Bisons game, fans can bid on a jersey that a player is wearing. When the game is over, the player takes it off and gives it to the winner.

Fans in some seating sections of the Seattle Mariner's Safeco Field and at the Atlanta Braves' Turner Field can order food via cell phone.

So far, sales volume in all cell phone programs is not high, but field owners think they will rise in the future.

High-tech parking meters are in your future

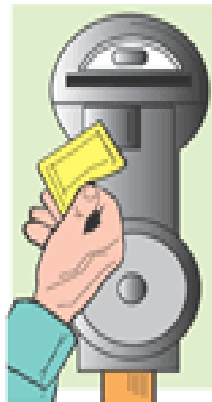
Technology is bringing devices that may soon replace old-fashioned parking meters. In some cities, they are already in use.

Cities such as St. Petersburg, Fla., and New York are giving them a closer look. In Seattle and Minneapolis, machines were adopted using a radical approach, personal parking meters that use "smart cards" and hang from a rear-view mirror. The cards hold credits for minutes purchased, and with the touch of a button an attendant can print out a parking ticket from a hand-held device. The same units are in use in Fort Lauderdale and Whistler,

British Columbia, the Canadian host for the 2010 Olympics, and other cities.

At POM, Russellville, Ark., modern electronic meters are enjoying steady sales in New Orleans, San Diego, and Kansas City, Mo. POM's predecessor company developed the first Park-O-Meter nearly 70 years ago.

Some in the billion-dollar industry predict that single-space meters will vanish within a decade through the next technological wave and be replaced by new wireless systems.



What's Going On In September?



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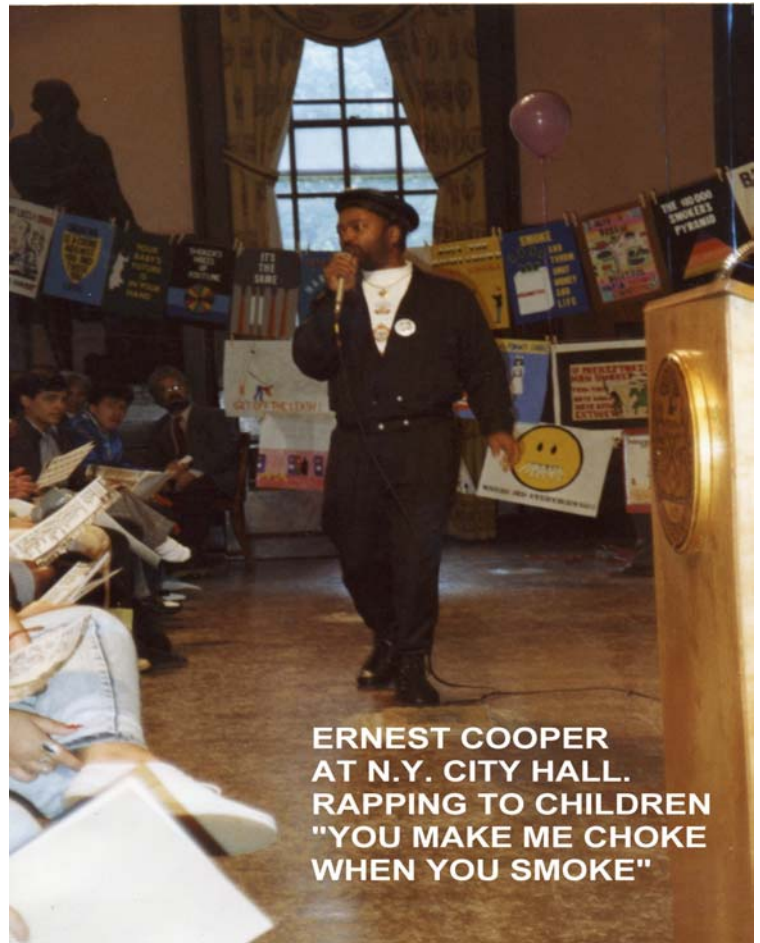
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African-American woman who fought for women's suffrage



Sojourner Truth

In the annals of Black history, the name of Sojourner Truth is well known. She worked tirelessly in the cause of freedom for slaves.

Less well known is her dedication to women's suffrage. In her book *Founding Sisters and the Nineteenth Amendment* (John Wiley & Sons), Eleanor Clift says Truth was an impressive sight. More than 6 feet tall and strongly built, she made her way to the front of a raucous band of clergymen at the women's rights convention in Akron, Ohio, in 1851.

The men were determined to disrupt the convention, but Truth, striding boldly

to the front, dressed in red, white, and blue, dominated the audience with her oratory. Though she couldn't read or write, she was a dramatic speaker and an unmatched storyteller.

Truth was born a slave in the 1790s. She gained legal freedom in 1827 under a New York statute that freed slaves under 40. When she traveled, she stayed with leaders of the women's movement, including Susan B. Anthony and Elizabeth Stanton.

An 1853 women's rights convention in New York attracted women from eleven states, England, and Germany. Men did their best to

disrupt and insult speakers. Male speakers including William Lloyd Garrison were treated with the same disrespect as women speakers at what became known as the "Mob Convention."

It took activist Sojourner Truth to put the protestors in their place. "Some of you have got the spirit of a goose, and some have got the spirit of a snake," she spat out at them. "We'll have our rights," she declared. "Hiss as much as you like, but it is coming."