

## An African-American Newsletter

January 1, 2006



"I have a dream..."



"Honoring a Martyr for Peace"  
Dr. Martin Luther King Jr.  
January 15, 1929 - April 4, 1968

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## Putting words to the dream

Like no other leader, the Rev. Martin Luther King, Jr. demanded a better nation, one committed to breaking the back of racism without shedding blood.

During the 1950s and 1960s, his genius was to adapt the lessons of civil disobedience to America's core values of justice and fairness. His eloquence, combined with an irresistible sense of righteousness, helped harness his people's fury and turn it into action.

King did not invent nonviolent protest. He studied the method of India's famed non-violent protester Mahatma Gandhi's methods, and King borrowed from the teachings of Jesus. But the miracle of King was that he not only understood the morality of nonviolent social change but also made it work.

He was a patriot. The black freedom struggle, he argued using reference to the Declaration of Independence

and the Constitution, was a way to an improved republic. It became hard to disagree with his message.

Never losing sight of the economic basis of his cause, he stressed black earning power. By refusing to ride buses and buy cars and groceries from retailers hostile to blacks, King forced businesses to recognize black purchasing power.

By the time of his assassination in 1968, Wall Street was hiring its first black bankers, and President Lyndon B. Johnson had signed the Civil Rights Act. The changes King helped to set in motion are still at work and progressing today. Experience history at Martin Luther King, Jr. birthplace or Little Rock High School

On January 16, we celebrate the federal holiday honoring Dr. Martin Luther King, Jr. In doing so, we recognize the life of a man of God who was one of the visionaries

of the civil rights movement. He gave his life for that cause.

Dr. King's work strengthened our country and brought the nation back to the values it was founded on: "All men are created equal."

One of America's civil rights landmarks, Little Rock Central High School in Arkansas, is now a national historic site. There, nine black students who struggled to desegregate the school are immortalized in the school's Commemorative Garden. Nine trees that symbolize the strength of those students line the garden's path.

Our most revered civil rights leader is memorialized at the Martin Luther King, Jr., National Historic Site in Atlanta. Here, visitors can tour the birthplace and childhood home of Dr. King, view King family artifacts, including the Nobel Peace Prize, and reflect at the gravesite of Dr. King.

## Sense of humor is valuable on the job

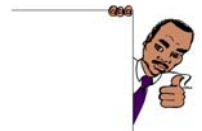
Is it a fact that humor is the happiest tool a business can use to move it toward success? Psychologists say humor reduces stress, raises morale, improves communication, and makes change easier to accept.

In his book *Humor for your Health*, comedian and speaker Dan Gascon says the safest way to be light on the job is to laugh at yourself. Self-confident people can admit mistakes, let

them go, and bounce back. Recognize what makes you laugh and put more of it into your life. Another way to achieve lightness on the job is to tell a funny story or joke. To be successful at it:

- \* Check to see who's listening, their ages, backgrounds, and personal tastes.
- \* Use acceptable content and language.
- \* Picking the right time to tell a

story can make it or break it. \* If you mess up the joke or forget the punch line, laugh it off. Tell another one or apologize if you should. Try it again on another day. And be sure to laugh generously at other people's stories. The laugh should bond people together, not separate. It should relieve tension, not create it. Laughter relieves pain, and has the power to make friends and heal wounds.



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 non-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.

## Laptop theft is a growing problem



Security companies and the police are dealing with a new kind of confidence man. They call him the office creeper.

He walks confidently into offices during business hours. Once there, he picks up laptop computers, purses, cell phones, and any other object of value in view.

Police say this is possible because people working in offices are too polite. The well-dressed thief chats pleasantly with employees and says "have a nice day" as he leaves with several computers. Employees may even hold the door for him, and

escort him through secured doors.

Law enforcement agencies don't keep specific track of this crime, but a survey of 503 corporate security officers found that 62 percent reported at least one laptop theft last year. Safeware of Columbus, Ohio, an insurer of computer equipment, says computer theft rose to about 606,000 in 2001.

In one test, the experimenter walked into crowded offices saying "excuse me" and "pardon me" as he walked out with a laptop. Most employees didn't even notice the incident. Security officers writing in The

Wall Street Journal recommend these tips for preventing burglaries:

- \* Carry and store laptops in a nondescript case.

- \* Store and lock purses, keys, wallets, and laptops when leaving the office.

- \* Challenge strangers in your work area with "Can I help you?"

- \* Be aware that the most popular times for theft are the start and end of the day and lunch.

Some security officers recommend making employees pay for disappearing laptops.

## Eating for good luck on New Year's Day



If traditional beliefs are true, eating the right kinds of foods on New Year's Day could bring you good luck and good fortune throughout the year. Even if you don't believe it's true, why take the chance? Here are some good luck menus from the U.S. and other countries.

If you live in the South, or your family originates there, be sure to eat blackeyed peas and hog jowl for good luck.

Those who believe as the Pennsylvania Dutch do will be

sure to include pork and sauerkraut in their menu on New Year's Day. It should increase their chances to get rich.

Corned beef and cabbage are good luck foods eaten by people in the U.S.

In Norway, a traditional lutefisk meal is favored for good luck. It also includes mashed green peas, bacon, and boiled potatoes. Lutefisk is dried cod treated with a soda mixture.

In Japan, traditional knowledge calls for eating Herring

roe (fish eggs) for fertility, black beans for health, dried chestnuts for success, and prawns for happiness.

While there are no actual studies to support this belief, it does appear that pizza, popcorn, and other snacks are some of the most popular New Year's Day foods in the U.S. That's because much of the day is spent watching football bowl games and New Year's Day parades on television.



## Have you crafted your elevator speech?

It's a tool used by entrepreneurs to pitch start-ups when they run into a venture capitalist: the 15-second speech.

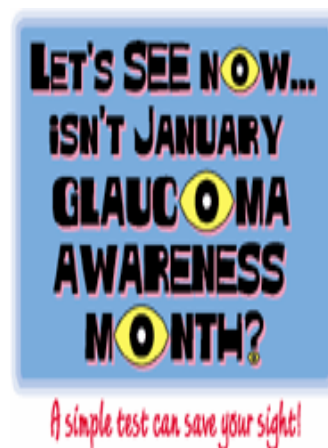
The phenomenon in the corporate world is now called the "elevator speech." Self-help promoters say people who want to stand out should have a 15-second self-promo at hand, just in case they find themselves face-to-face with the boss. The speeches work in elevators, at networking events, and with people and companies pitching ideas or products.

(Even single people are coming up with a quick catchy introduction, according to Business Week.)

Corporate trainers report a surge in interest. They advise people to hit hard on the value of what they do. Business Week's example: "Hi, I'm Claude Monet of software. My masterpieces are written with zeros and ones." After the speech, the speakers actually introduce themselves.



## What's going on in January 2006?



## Popular New Year's resolutions are serious matters

Welcome to 2006  
If you've made the traditional list of New Year's resolutions, chances are that losing weight, exercising, or quitting smoking are on your list. They stand among the most popular resolutions. Many people making resolutions have made the same ones before, only to abandon the effort within days or weeks. Difficult resolutions like losing weight



or stopping smoking have to be carefully planned.

- \* Set a clear purpose, like losing 10 pounds by March. Put it in writing.
- \* Focus on one resolution at a time, and break it down into increments of time, like 10 pounds for each of three months.
- \* Be committed. Commitment moves you closer to your goal.
- \* Include others, like a friend or

spouse who will support your effort. They will give you access to experience and knowledge.

- \* Tell others about your plan. It will keep you accountable for your progress.
- \* Persist. Don't surrender to temptation or give up because of temporary failure. Persist until you reach your goal.

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An African-American  
Newsletter

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## MATTHEW HENSON

1866 - 1955

Birthplace - Charles County, MD



"A GREAT EXPLORER"



## A Negro Explorer at the North Pole

Matthew Henson was an adventurer and an explorer. As a teenager, he joined the crew of a ship bound for China as a cabin boy. He also sailed to Europe, Africa and the South Pacific.

He was 21 when he met a Naval Admiral named Robert E. Peary. In 1891, Admiral Peary manned his 2<sup>nd</sup> expedition to the Arctic region. He took Henson along as a friend.

In 1900, 1902 and 1905 Admiral Peary made repeated trips to reach the North Pole accompanied by Henson. Henson played an important role. He became an expert in handling the equipment, built dog sleds, trained teams of dogs and he spoke

the language of the Eskimos. He solved many problems and gave valuable advice. In March 1907, they set out again to reach the North Pole. But the frigid weather and rough terrain stopped them. In February 1909, they started on an expedition from Cape Sheridan, Greenland. On April 6<sup>th</sup>, the two explorers were only a few miles away from their greatest triumph. Peary was ill, so his black assistant continued. Finally, on April 7<sup>th</sup>, 1909, 60 miles from their goal, exhausted and suffering from snow blindness, Matthew Henson sailed forth and became the first man to place the American flag at the North Pole. He received a joint medal from

Congress as a co-discoverer of the North Pole on January 28, 1944.

He published his account of the expedition in his book, *A Negro Explorer at the North Pole*.

Nearly 81 years went by before the accomplishments of this great explorer were fully recognized. On April 6, 1988, Matthew's remains were reburied with full military honors at Artington National Cemetery in Washington, DC.

