

An African-American Newsletter

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A Time to remember the Patriots



The anniversary of America's independence is a day for gratitude and a day for celebration. On the 4th of July, we count our blessings, and there are many. We're thankful for the families we love and for the opportunities we have. We're thankful for our freedom, the freedom declared by our founding fathers and defended by many generations of Americans.

Our country did not

come about by chance. It was first a colony, serving an empire and a king. The Founders had other things in mind. In the summer of 1776, they declared that these colonies should be free and independent states.

"Stepping forward to sign the Declaration," said Benjamin Rush, "was like signing your own death warrant." Yet he and 55 others put their names on the document, pledging their lives, their fortunes, and their honor.

Unlike any other country, America came into the world with a message that all are created equal, and all are meant to be free. There is no American race. There's only an American creed: We believe in the dignity and rights of every person. This creed of free-

dom and equality has lifted the lives of millions of Americans, citizens by birth and citizens by choice.

This creed draws our friends closer and sets our enemies against us, but it always inspires the best that is within us. We have seen that American patriotism is still a living faith. And we love our country only more when she's threatened.

Happy Birthday America.



AMD: Save your vision

Age related macular degeneration is generally apparent after age 60, but protecting your eyes at any age could keep it at bay.

Some things you can do: Don't smoke, wear sunglasses with UV protection, eat a diet rich in fruits and vegetables, get enough rest,

control blood pressure and glucose, and lead an active lifestyle.

Early AMD can often be held in check with supplements containing vitamins C, E, A, plus zinc oxide and copper, say doctors at Johns Hopkins Medical Centers.



The brawny bean can keep you satisfied and healthy

From kidneys and black beans to exotic Appaloosas and pinquito, beans are a feast for the eyes and the taste buds.



Like all fiber-rich foods, beans can help reduce total cholesterol levels, but for lowering the bad and raising the good kind, beans are among the best food sources. A University of Kentucky study shows that a cup of cooked beans a day lowers blood cholesterol levels by an average of 10 percent. Other research shows that regular servings can improve the ratio of good to bad cholesterol by 17 percent.

Beans are a great source of iron, magnesium, and zinc. And the fiber in beans helps lower the risk of several forms of cancer. For diabetics,

beans are less likely to raise blood glucose levels than are most other foods.

While beans, cold from the can or baked with tasty flavorings, are a common staple of picnic fare, the black bean has recently come into its own as the basis for great soups and salads.

Black beans can be purchased dried or canned. Dried beans are less convenient. They need to soak overnight and simmer for a long period. If you choose dried black beans, make sure to rinse them thoroughly.

When this bean salad is packed in a pita, it makes a great lunch box item.

Black Bean Pitas

Heat 2 teaspoons olive oil in a skillet over medium heat. Add 1/2 cup chopped red onion, cook and stir for 5 minutes until softened. Add a clove of minced garlic and cook 1 minute. Add 1 1/2 tablespoons olive oil, and increase to high heat. Add 1/4 cup each of chopped zucchini, red pepper, and frozen corn kernels, thawed. Cook and stir for 4 minutes until browned. Add 2 tablespoons balsamic vinegar and cook, tossing until vegetables are glazed. Add 1/4 cup cooked black beans, 1 plum tomato, chopped, 2 tablespoons sliced fresh basil or 2 teaspoons dried. Stir to combine. Spread 1 tablespoon mayo inside 2 pitas and fill.

He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.

Martin Luther King, Jr.

A summer adventure. Visiting the Botanical Gardens

There are more than 500 botanical gardens and other garden-related institutions in the US. They draw an estimated 50 million visitors a year. Some are in the midst of multimillion-dollar expansions to entertain visitors with welcome centers, restaurants, and gift shops along with their exhibits of plants, trees, and flowers.

Pittsburgh's Phipps Conservatory and Botanical Gar-

dens is spending \$36.6 million on expansion. The Chicago area's Morton Arboretum is spending \$43 million.

To find a listing of garden-related institutions broken down by category, visit gardenweb.com. The directory gives travel information and includes a glossary of more than 4,400 botanical items.



Selling the new product requires new tactics



Rolling out a new product is like producing a Broadway musical. You have to bring together talent, timing, excitement, and glamour to make the production a success.

Here are some of the required steps:

* When you know a product is in development, talk to customers in order to determine what features they would like to see included. Continue to talk up the product and generate

excitement about its coming debut.

* Educate your customers. Take every opportunity to answer questions and deal with any objections before your product comes on stream.

* Be enthusiastic. When the time comes for a demonstration, your total knowledge of the product and your enthusiasm will encourage customers to buy it or at least try it out for themselves.

* Show how it will serve the customer's needs and reduce costs. These points should be emphasized in the demonstration.

* In retail and wholesale establishments, tell how the product will benefit the buyer's own customers. Show how it is current or ahead of trends and how it should be displayed so people can see and examine it.

Hydration: The water, salt, potassium connection

Keeping your body hydrated by taking in enough fluids is an important part of good health. But even if you don't drink the recommended eight glasses of water each day, you probably don't have to worry.

Counting the food and beverages people consume each day, the Institute of Medicine (IOM) says Americans are usually getting enough water without purposely drinking more.

Caffeinated beverages can be counted. IOM's Food and Nutrition board says there is little evidence that caffeinated beverages flush water and its benefits from the body. They do contribute to hydra-

tion, but are often full of sugar and phosphates, which can weaken bones and teeth.

The real problem is salt. The average man takes in two to three times the amount of salt the body needs and women get twice as much as they need.

The second problem is a lack of potassium, an essential nutrient found in spinach, potatoes, cantaloupe, bananas, almonds, and mushrooms. IOM recommends that adults get at least 4.7 grams of potassium daily, but the average man gets between 2.8 and 3.3 grams. Women get between 2.2 and 2.4 grams.

Doctors writing in Health-News say getting too much salt and too little potassium increases the risk of high blood pressure. Balancing these two nutrients is very important.

Before exercising or when you are outdoors in hot weather, drink extra water to make up for what you lose through sweating.

By limiting salt, getting enough potassium, and drinking more on hot days, you should keep your body properly hydrated.



What's Going On?



Any man's life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day.

Booker T. Washington

Most people search high and wide for the keys to success. If they only knew, the key to their dreams lies within.

George Washington Carver

It's easy to feed the butterflies

Several species of butterflies are attracted to fruit nectar. Feeding them can be as easy as placing fruit slices in a dish. But that could attract wasps, bees, and ants.

Butterflies have long tongues that coil up like springs so they can drink from deep inside flowers where wasps can't reach. A better butterfly feeder consists of a saucer with sugared water covered by a loosened plastic kitchen scrub

ball. The scrub ball blocks the feeder to wasps and bees, but butterflies and hummingbirds can use it.



Love and chemistry

Falling in love is so common that scientists at the University of Pisa say it's programmed by evolution. More specifically, it comes from surges of phenyl ethylamine, a signaling molecule in the brain with a chemical structure similar to amphetamines.

Chocolate lovers and sellers of chocolate particularly like this theory because chocolate contains phenyl ethylamine.



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**P.O. BOX 674
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Phone: 718 828 9675

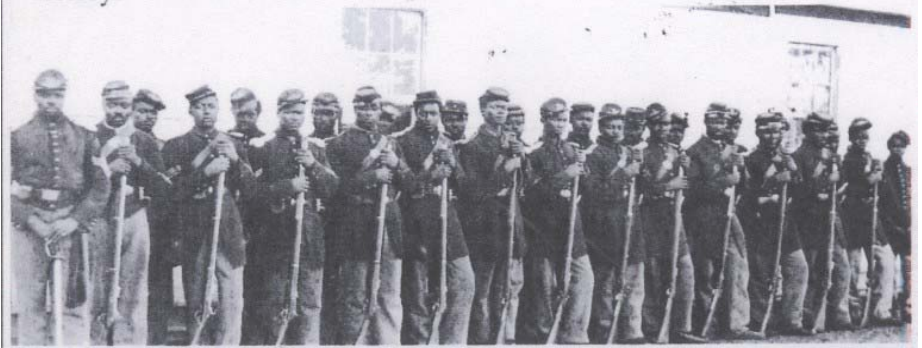
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Know your history and know yourself.

**BLACK HISTORY**

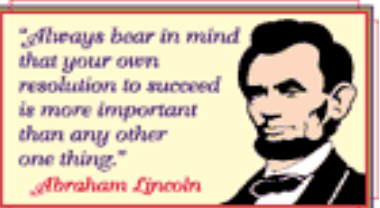
Emancipation Proclamation

January 1, 1863 - President Abraham Lincoln issued the Emancipation Proclamation. This historic document led to the end of slavery in the United States during the Civil War. It declared freedom for slaves in all areas of the Confederacy that were still in rebellion against the Union. The Emancipation Proclamation also provided the use of Blacks in the Union Army and Navy. As a result, it greatly influenced the North's victory.



When I am getting ready to reason with a man, I spend one-third of my time thinking about myself and what I am going to say and two-thirds about him and what he is going to say.

Abraham Lincoln



Get a sweet treat and the healing power of a honeydew melon



Just in time for the hottest days of the year, the sweet, cooling honeydew melon is here to do its magic.

It's not only good, it's good for you. Honeydew is a great source of folate and potassium. One cup of honeydew has just 60 calories and provides 70 percent of your daily requirement of vitamin C. It contains a lot of water too, which could keep you hydrated on a hot summer day.

Folate has become well known for its ability to prevent birth defects, so it's especially important for women of childbearing age. It also does important things for adults. Folate is an essential ingredient when cells are dividing rapidly, because it carries fragments of proteins. When folate levels are low, some

fragments are left behind. The newly formed cells may be defective. This process can create cellular changes in adults that may lead to cancer.

In another area, the body uses folate to control levels of homocysteine. Too much homocysteine in the blood can lead to heart disease say doctors at the Cleveland Clinic Foundation in Ohio.

Folate is full of surprises. Doctors at the American Health Foundation in Valhalla, New York, say the soluble fiber in melons is very important for colon health. Statistically, it reduces the number of polyps in the colon and reduces the risk of colon cancer.

Don't forget potassium. It's the most important mineral for keeping blood pressure down, and honeydews have a lot of it, more than any other melon.

Honeydew and blueberry salad

Cut half of a honeydew melon into 3/4" cubes. Place 1 C of cubes in a large glass bowl and add 1 C blueberries.

In a small bowl, combine 1/4 C berry vinegar, 2 t sugar, and 2 strips of lemon rind measuring about 1" x 1/2".

Pour over the fruit and toss. Remove lemon rind and refrigerate for 1 to 2 hours.