

An African American Newsletter



MARCH 2007



Welcome to ZGdream!



Through his vision and creativity, ZG, the multitalented songwriter/recording artist/performer, expands the scope of reggae music with his current CD entitled "Power 2 B Free". As he engages and wins the attention of global audiences, ZG demonstrates a rich variety of musical compositions, reminiscent of the works of two of his mentors, celebrated legends Bob Marley and Jimi Hendrix.

Born in a family of musical craftsmen, ZG's first influence was his father, the legendary Jamaican guitarist, Gilbert Cole, who bears the distinction of being an early mentor to celebrated guitarist Earnest Ranglin and his nephew StrangeJah Cole, who is credited with writing the first Reggae song "Bangarang", and in turn, influenced the likes of The Wailers, The Mighty Diamonds and many others. Relocating from his native Kingston, Jamaica with his father to London, ZG held tenaciously to his ska/reggae roots, blending it with his passion for rock music.

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<http://www.zgdream.com/>

Natural Laws

Repairs: After your hands get coated with grease, your nose will itch.

Probability: The probability of being watched is directly proportional to the stupidity of your act.

Telephone: When you dial a wrong number, you never

get a busy signal.

Logical argument: Anything is possible if you don't know what you're talking about.

Traffic: As soon as you change lanes, the other lane will go faster.

Shopping: When you find a product you really like, they stop making it.

Results: When you try to prove a machine doesn't work, it will.

Silence: A closed mouth gathers no feet.

Why getting mad is bad -- for your health

Doctors at the Mayo Clinic have a story about the appetizer in a fancy restaurant: one shrimp.

One diner was speechless, the second one laughed, and the third became angry and demanded to see the manager. These were three different responses to the same situation.

Feeling angry is OK if it just happens now and then, but being angry too often, too intensely, or too long is not. It can make your heart race, your blood pressure skyrocket, your muscles tense, and your arteries dilate.

This fight-or-flight response is good if you'll be fighting off a lion. If not, you're inviting your heart into a dangerous set of circumstances.

To manage anger safely, think before you respond. Consider possible explanations for the situation. Defuse a possible blowup with humor if that's possible. This is particularly useful with discourteous drivers.

If you get angry very often, identify your triggers so you can guard against them. With premeditation, you can be assertive but calm. Watch for similar situations and know how you will respond. Remember that when

you get very angry, you hurt yourself, not the other person or other people.

Believe it or not, getting into good physical condition can help you handle stressful situations or insults. Regular exercise can help reduce frustration. It can give you the confidence to know you can handle a problem and be in charge of it if you stay calm.

Deciding to walk away can be the best course of action. If it's a letter, put it aside for a day or two. If it's a person, saying, "I'll get back to you on this," and walking off can diffuse the situation and give you time to come up with a good response.



Never mistake knowledge for wisdom. One helps you make a living, the other helps you make a life.

Sandra Carey

Be well

Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to.

Greg Anderson

Are you slacking off ?

Something in human nature causes us to start slacking off at our moment of greatest accomplishment. As you become successful, you will need a great deal of self-discipline not to lose your sense of balance, humility, and commitment.

H. Ross Perot



Smart Fashions

Clothing stores advertise sales all the time these days so people spend more on clothes, not less, says Kathryn Finny, author of *How to Be a Budget Fashionista*. She suggests dividing the price by the number of times you'll wear the piece. It should cost no more than \$3 per wear.

Can you tell a \$1 from a \$5 without looking?

A judge has ruled that U.S. bills discriminate against blind people. It means that the government may be forced to change the nation's paper currency so everyone can easily distinguish one denomination from another.

Throughout most of the world, countries produce bills in different sizes so blind people can measure one bill against another to determine each one's value.

Other options include imprinting money with Braille or adding textures.

U.S. District Judge James Robertson says the government has failed to prove that the financial burden of the change outweighs the need to make money more accessible to blind people, whose rights are protected by law. He noted that the U.S. is the only country that does not make its currency easily rec-

ognizable by those with vision problems.

Vending machine operators are against the change, saying that it would cost a great deal to have each machine altered.

Right now, some blind people fold the different denominations in different ways, but the system causes delays when they have to process change in stores.



If you can't quit, at least exercise

Smoking is a bad idea, no question about it. But if you haven't yet quit, you should know that exercise can reduce your risk of lung cancer.

In a study of older women, researchers found that smokers who were physically active, had a 35 percent lower risk of lung cancer than sedentary smokers.

The study of 42,000 women began in 1986. By the end of 2002, there were 36,410 participants and 777 cases of lung cancer. Of those, 125 were nonsmokers, 177 were former smokers, and 475 were current smokers.

Among the 475 current smokers, 324 currently smoked and were not very physically active. Among the physically active smokers, there were 151 cases of lung cancer.

Most experts think the reduction is trivial because smoking is so risky in so many ways. At the University of Pennsylvania's Center for Clinical Epidemiology and Biostatistics, they say the most important thing smokers can do is quit.

Those who quit are 10 to 11 times less likely to develop lung cancer.



What's Going On March 2007

Daylight saving-time begins March 11

Set your clock ahead one hour by 2 a.m. on Sunday



If your actions inspire others to dream more, learn more, do more, and become more, you are a leader.

John Quincy Adams



March is American Red Cross Month

Ever since Clara Barton founded the organization in 1881, the American Red Cross has provided aid and disaster relief to millions of individuals.

From conducting blood drives and arranging family communications and other forms of support for our troops to providing relief for victims of natural disasters, the Red Cross carries out its emergency response services around the globe.

In 2005, the devastating hurricane season left millions of

people displaced and homeless. The American Red Cross network of more than 800 chapters and thousands of volunteers helped to provide food, shelter, counseling, and care. Over time, the Red Cross helped more than a million Gulf Coast families.

By donating their time and energy to serve others, American Red Cross volunteers demonstrate the compassion and generosity for which Americans are known. Their service paves the way to a brighter future for our citizens and for people around the

world. We honor the American Red Cross in March, American Red Cross Month.



American Red Cross

Mount Rainier Chapter

Together, we can save a life



<http://www.myspace.com/afro123456>

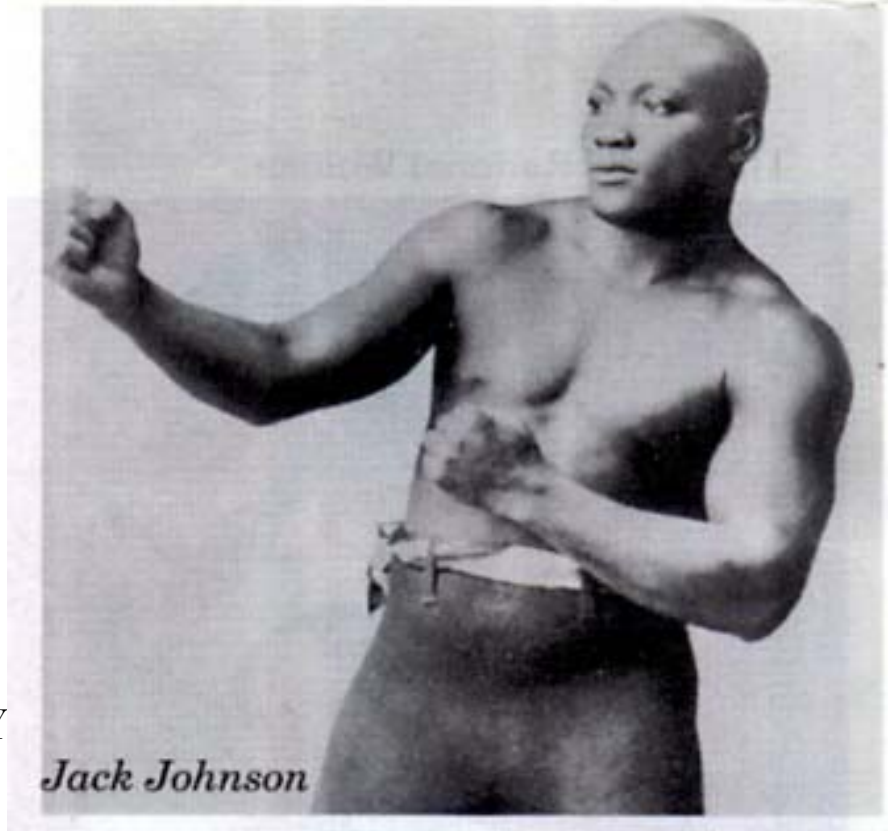
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An African-
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BLACK HISTORY



Jack Johnson

John Arthur Johnson (March 31, 1878 – June 10, 1946), better known as Jack Johnson and nicknamed the "Galveston Giant", was an American boxer and arguably the best heavyweight of his generation. He was the first black Heavyweight Champion of the World, 1908-1915. In a documentary about his life, Ken Burns said: "For more than thirteen years, Jack Johnson was the most famous, and the most notorious, African-American on Earth". Jack Johnson was born in Galveston, Texas as the second child and first son of Henry and Tina "Tiny" Johnson, former slaves and faithful Methodists, who both worked blue-collar jobs to earn enough to raise six children (the Johnsons had nine children, four of whom lived to adulthood, and an adopted son) and taught them how to read and write. Jack Johnson had five years of formal education.

Johnson fought his first bout, a 16-round victory, at age 15. He turned professional around 1897,

fighting in private clubs, and by age 18 was earning more in one night than his father earned in an entire week.

In 1901, Joe Choynski, the small Jewish heavyweight, came to Galveston to train Jack Johnson. Choynski, an experienced boxer, knocked Johnson out in round three, and the two were arrested for "engaging in an illegal contest" and put in jail for 23 days. (Although boxing was one of the three most popular sports in America at the time, along with baseball and horse-racing, the practice was officially illegal in most states, including Texas.) Choynski began training Johnson in jail but did not get arrested.

Professional boxing career

Johnson developed a more patient style than was customary in that day: playing defensively, waiting for a mistake, and then capitalizing on it. It was very effective, but it was criticized in the press as being cowardly and devious. (World Heavyweight Cham-

pion "Gentleman" Jim Corbett, who was white, had used many of the same techniques a decade earlier and was praised by the press as "the cleverest man in boxing.")

By 1902, Johnson had won at least 50 fights against both white and black opponents. Johnson won his first title on February 3, 1903, beating "Denver" Ed Martin over 20 rounds for the "Colored Heavyweight Championship". His efforts to win the full title were thwarted as World Heavyweight Champion James J. Jeffries refused to face him. Blacks could box whites in other arenas, but the heavyweight championship was such a respected and coveted position in America that blacks were not deemed worthy to compete for it. Johnson was able to fight former champion, Bob Fitzsimmons, in July 1907 and knocked him out in two rounds.

He eventually won the World Heavyweight Title on December 26, 1908.