

Happy Valentine's Day! 

An African American Newsletter



Newsletter Date



Heart & Soul Productions

Lovers Night In Para-

www.thetemptations.com/

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music_acts/Stylistics.htm](http://www.delafont.com/music_acts/Stylistics.htm)

www.legendaryescorts.com/

[www.marstalent.com/
bio_spinners.htm](http://www.marstalent.com/bio_spinners.htm)

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Heart & Soul Productions Presents
Lovers Night In Paradise
Valentine's Concert

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Feat. Dennis Edwards

THE SPINNERS

THE NEW STYLISTICS
Feat. Russell Thompkins

THE LEGENDARY ESCORTS

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Here comes the \$100 laptop

Those who told Nicholas Negroponte that his plan to create a \$100 computer was crazy will soon have to eat their words.

The former head of MIT's Media Lab for 20 years, Negroponte's goal was to manufacture a computer that poor children all over the world could afford and use. Now, the first 5,000 have been shipped.

Negroponte's One Laptop Per Child (OLPC) program is in partnership with Quanta Computer in Taiwan. Their new XO unit comes with a fist-size generator. A user pulls a cord to make juice, like starting an old lawn mower. The XO comes with tiny stereo speakers and three USB slots. A few bars of U2 play as the machine starts up.

It can be used as a laptop or, with the screen twisted around, as a booklike tablet. It can be read like paper or be illuminated completely from within. If plans continue as slated, 50 million XOs will ship by the end of 2008. The price for the first units will be closer to \$150, but will drop to \$100 by the end of 2008.

Valentines day is not what it used to be: It's better

Sweethearts, candy makers and florists love February 14, Valentine's Day. In recent times, couples in love exchanged cards or gifts. The celebration actually originated in 5th Century Rome.

Hundreds of years before the first Valentine's Day, the Romans practiced pagan ceremonies in mid-February commemorating young men's rite of passage to manhood. The celebration honored the god Lupercus. The Christian church wanted to do away with the pagan festival.

To replace Lupercus, the church looked for a suitable pa-

tron saint of love to take his place. They found an appropriate choice in Bishop Valentine. Against the wishes of Emperor Claudius, the bishop had allowed Claudius' soldiers to be married. In AD 270 Valentine was beheaded by Emperor Claudius.

The first true Valentine card was sent in 1415 by Charles, Duke of Orleans, to his wife. Charles was imprisoned in the Tower of London at the time.

Cupid, another symbol of the holiday, became associated with love because he was the son of Venus, the Roman god of love and beauty. Cupid often appears

on Valentine cards.

In our time, Valentine cards abound. Kids send them to classmates. Sweethearts send sentimental or funny cards to each other, and just about anyone can send a Valentine that is friendly or humorous to a friend, relative, or co-worker.



"Your wife called to remind you that she still exists."



Sweet wishes for a Happy Valentine's Day



One key to a more active life: 'unofficial exercise'

A brisk, half-hour walk is good, as are swimming and going to an exercise class. If you really can't find time for official exercise, however, try unofficial exercise. It can be done every day.

* Treat yard work and housework as exercise. Vacuuming, sweeping, and raking involve arm and leg muscles and burn 245 to 280 calories an hour.

* Take extra steps. Park

farther away from work. At the mall, walk through more stores. At the supermarket, check out the entire market before filling your cart. Walk to a restaurant for lunch.

* Make a half hour of TV an active time. Use a stationary bike, jog lightly in place, or do floor exercises. Seated, do some leg lifts with toes pointed forward and others with toes pointed up.

* Dig in the

dirt. Gardening and yard work strengthen knees, arms, and hands. Mowing, pulling weeds, and raking improve back, arm, and leg muscles. They burn 350 calories an hour and get you out in fresh air.

Adjust to your limitations, especially if you have conditions such as arthritis, or heart disease. Talk to your doctor.

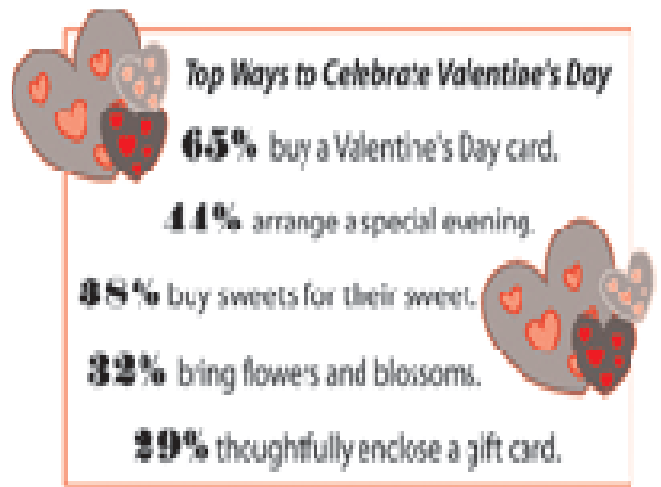


Healthy Valentine Chocolates

This chocolate really is good for your sweetie. Mars' Co-caVia chocolates have plant sterols and coca flavonols. They contain just 150 calories. The sterols interfere with absorption of cholesterol and may promote elimination of cholesterol from the body. The coca flavonols improve blood flow and circulation, especially in patients with cardiovascular disease. Flavonols are also found in other foods, but the chocolate is more appropriate for Valentine's Day.

Valentine's Day Flowers

Valentine's Day is a popular day to send flowers, but it isn't the most popular. Valentine's Day vies with Easter/Passover for third place while Christmas and Mother's Day take first and second places respectively. If you just count fresh flowers, though, Valentine's Day is first. According to aboutflowers.com, of the roses purchased, 64 percent are red, 11 percent pink, 10 percent mixed colors, 5 percent peach/salmon, 4 percent yellow, 3 percent white, and 3 percent other.



Source: USA Census Bureau

Therapists focus on the sunny side of life

Wouldn't it be nice to find a therapist who didn't dwell on the negatives in your life ... or your past life, then prescribe anti-depressants? Isn't there some other way to make you feel better?

Yes, there is. Some psychologists say the answer lies in talking about the good things in your life. That could include your interests, your talents, or your gratitude to someone.

Focusing on your strengths is part of seeing the sunny side of your life. The therapists recommend thinking about what makes you happy when times of stress and depression

come.

The good news is that the technique works for everyone including people with no mental illness or disorder, those who function well but just want to function better. They are increasingly giving the upbeat method a try.

In applying "positive psychology," therapists point up the affirmative aspects of a patient's life with the goal of helping them feel more optimistic, capable, and fulfilled.

The new techniques may involve stressing such strengths

as creativity or humor and using these qualities in everyday life. One goal is to teach people to put more positive experiences into their day, to appreciate and notice these experiences

This positive approach is being used with everyone from depressed patients and anorexics to disaster victims, and veterans returning from war with post-traumatic stress disorder.

Positive psychology was created by Martin Seligman of the University of Pennsylvania, who later became president of the American Psychological Association.



What's Going On February 2007



What your email inbox says about you

Email problems are pretty common today. But how you handle your inbox and its problems says a lot about you. **If your inbox is cluttered, chances are your life is probably cluttered in other ways, too, says Dave Greenfield of the Center for Internet Behavior in West Hartford, Conn.** If you obsessively clean your inbox every 10 minutes, you may miss opportunities. And the compulsion will sap your energy.

E-procrastinators think they will deal with their emails tomorrow, or maybe the day after. Greenfield says their inbox disorder may be a reflection of the disorder in their homes or their checkbooks. People who are too nice are more likely to struggle with inboxes according to Merlin Mann, creator of 43folders.com. They feel obliged to participate with ping-pong correspondence with friends and are too polite to give them the no-response brush-off. **You are at risk for inbox clutter if**

you are a person who can't say no. When you quickly respond to emails, you'll get a lot more of them. One suggestion: Move messages to folders by subject or need to follow up. Then spend one day a week replying. **One email authority suggests using the alphabetizing feature in the email program. It organizes email by sender. That way, you can delete many at the same time, emails that you know you don't have to respond to (like jokes, stories, or ads from a store or service).**



For March issues: A question you can ask your readers

For the month of March, we have come up with a question that should be easy, but if you don't have an answer, you can check our handy hints. Question: What do you really like about March?

Hints: End of Daylight Saving Time; first day of Spring; vacation planning; high heat bills ending; kids play outside.

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An African-American Newsletter



February 22nd is the birthday of George Washington, Father of Our Country. A few days before the birthday of George is the birth anniversary of Abraham Lincoln (February 12), who preserved the union and abolished slavery. This year the birthdays are celebrated together on Monday, February 19.

When you look at the list of U.S. presidents, you will find that all are heroic men who deserve to be honored. The list includes early presidents who helped to establish the nation such as John Adams and Thomas Jefferson. More easily remembered are famous 20th century presidents Franklin Roosevelt, John F. Kennedy, and Ronald Reagan.

Present usage often regards Presidents Day as a day to honor all former presidents of the U.S. Officially, however, the federal holiday is still called Washington's Birthday.



Tuskegee Airmen showed the world they could do it

Read a single number out of their words:

Tuskegee Airmen showed the world they could do it

Each year they gather they remember and reflect and they tell war stories. But these soldiers have more than their fair share of war stories to tell. They served in two wars. One was World War II. The other was racial discrimination.

The Tuskegee Army Airfield was the only training center for African-American military aviators in the United States. It was here that the Tuskegee Army Air Corps program was born. It was here that the Tuskegee Army Air Corps was born.

Before the war, blacks in the armed forces were involved only in non-combat duties. Pressure by black organizations, along with the need for fighter pilots and aircraft mechanics, resulted in the formation of the first all African-American pursuit squadron in July of 1941.

Four hundred and fifty airmen trained at Tuskegee Army Air Field. They served overseas flying fighter planes that escorted American bombers on dangerous missions. In total, they flew 200 missions without losing a single plane to enemy aircraft, an amazing accomplishment.

By proving conclusively that they could fly and maintain sophisticated combat aircraft, the Tuskegee Airmen paved the way for the full integration of the military.

In 1947, 60 years ago, the newly formed Air Force became the first service branch to integrate its units. In 1948, President Harry Truman desegregated all U.S. military services.

African-American History Month

Tuskegee Airmen

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"The Tuskegee Airmen" refers to the dedicated men involved in the so-called Tuskegee Experiment, the Army Air Corps program to train African-American men to fly and maintain combat aircraft.

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