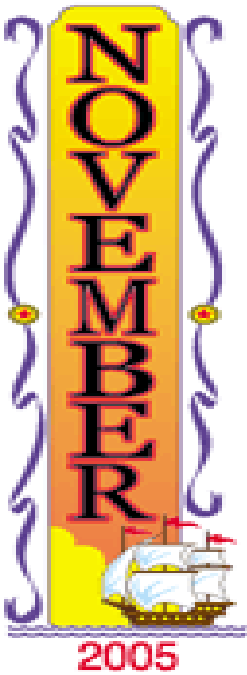


# An African-American Newsletter

Issue 11

November 1, 2005



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## November 11: Veterans Day

When we think of the veterans we want to honor on November 11, those who served in the "big" wars come to mind, including the World Wars, Korea, and Vietnam.

Since Vietnam, however, the U.S. has been involved in many wars and campaigns. Only during one period from 1984 to 1989 have no Americans fought on foreign lands.

Here are the conflicts since Vietnam:

- 1982-1984: Lebanon
- 1983: Grenada
- 1989-1990: Panama
- 1990-1991: Persian Gulf
- 1992-1993: Somalia

- 1994-1995: Haiti
- 1998-1999: Yugoslavia (Americans still in Bosnia)
- 2002: Afghanistan to present.
- 2003 to the present: Iraq

In a speech given in late August, President George W. Bush said a total of 1,864 members of the U.S. military had been killed in Iraq and 223 in Afghanistan. He acknowledged the great grief faced by their families.

President Bush said we honor their sacrifice by staying on the offensive against terrorists and building strong allies in Afghanistan and Iraq who will help us win the war on terror.

Some 100,000 members of the military in Iraq have

been wounded. Many have returned to the United States. As we honor our veterans from this and other wars, let us keep the recently injured in our hearts.



## Study finds television leads to bullying

The more television, the more bullying.

That's the conclusion of a new study published in the Archives of Pediatrics & Adolescent Medicine which followed about 1,200 children ages 4 to 11.

The study found that an increase of four hours of television watching per day led

to a 25 percent increase in bullying.

The study did not examine how or why television is related to bullying, according to livescience.com. Researcher Frederick Zimmerman of the University of Washington, said similar studies suggest either television content or the pacing of the content are responsible

for bad behavior.



## More credit for cancer prevention heaped on the lowly tomato



Preventing cancer is better and easier than curing it. Tomato products can help, according to evidence recently presented at a New York symposium.

It's the lycopene that does it. A member of the carotenoid family, lycopene is a vitamin-like substance in tomatoes that gives them their red color. It's an even more powerful antioxidant than beta carotene, its famous relative.

Population studies reported in the UC Berkeley Wellness Letter show that people who eat lots of lycopene-rich foods have a lower risk of prostate can-

cer, as well as cancer of the cervix, skin, bladder, breast, lung, and digestive tract.

Lycopene stimulates the immune system to do battle with cancer cells before they get a foothold in the body. As an antioxidant, it helps to block the destructive effects of free radicals, especially when there is enough vitamin E available. It interferes with the growth factor that causes cancer cells to multiply.

About 85 percent of lycopene in the U.S. comes from tomato products. Watermelon, pink grapefruit, papaya, and guava also have small amounts.

Processed tomatoes in sauce, puree, juice, and catsup, or cooked tomatoes have two to eight times as much available lycopene as raw tomatoes. Processing makes it easier to be absorbed.

Lycopene is fat-soluble. That means you absorb more of it if you eat a little fat like olive oil at the same time.

In addition to lycopene and vitamin C, tomatoes have coumaric and chlorogenic acids, antioxidants that block the effects of cancer-causing nitrosamines found in cigarette smoke and preserved meats.



A historic city abandoned. A human and environmental catastrophe. Many dead. After Katrina, is there still a reason to hope?

Yes! Just a week after Katrina, Americans had donated more than \$500 million and countless man hours and donations were still pouring in.

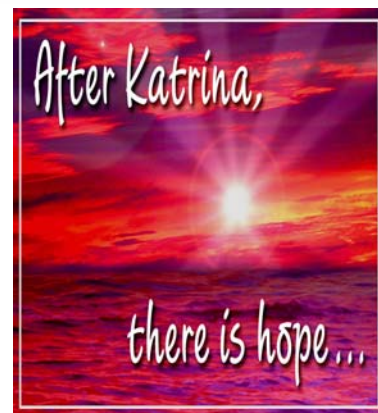
From disaster, springs not only hope but progress. Many of those who have lost everything will find a new place and a new

world of help with jobs and a chance for a better future. Families will be reunited and children will be back in school.

The process of rebuilding cities will require workers of every kind. There will be no shortage of jobs, and no shortage of people to fill them.

All over the country, people stand ready to help.

Hang on to hope!



## Alton Orielly Thomas aka Mr. Chest or "Chicken Chest"



Alton Orielly Thomas aka Mr. Chest or "Chicken Chest" is known as one of Jamaica's most conscious and inspirational entertainers. His lyrical content and energetic performances have taken him all over the world performing for all different types of audiences. He is best known for his smash hits "Raggamuffin Selector" and "Nowhere Negative". Mr. Chest has toured and performed all over the world with some of Reggae Music's most popular and successful entertain-

ers.

Mr. Chest first hit single, Raggamuffin Selector, produced by Jimmy Cliff's Sun Power Production and released in 1986 went to number one on the Jamaican Chart; it also charted in the top ten for Reggae music in both the US and England. His second hit, "Nowhere Negative", produced by King Jammy's Label went to number one on the European Black Echo Chart, a chart that gives recognition to reggae music in Europe.

Mr. Chest was voted 1987 Jamaican National Gleaner most conscious entertainer along with Brigadier Jerry and Lieutenant Stiche. He released his first album, "Action Packed", in 1988 on the Roir International Label. He received the Canadian Reggae Award in 1989 for most conscious lyrics for the song (Nowhere Negative). He is Co-owner of their label: Jafrika Records and co-produced their latest CD: JUSTICE.

# UK doctors prescribe reading as first step in treating mild depression

In an experimental program, doctors in 12 countries that make up the United Kingdom are recommending reading as the first step in their treatment of mild depression.

The U.S. is watching the program carefully because of concerns about the overuse of antidepressant drugs. In many cases, however, prescribing drugs is the doctor's only option.

The U.K. program has two goals. First, it keeps patients from being overmedicated. Sometimes people are prescribed antidepressant drugs when other methods could work as well.

The second goal is cost saving. The state-run medical system can't afford one-on-one counseling for everyone. Those who really need it could be in for a wait of as long as 18 months.

The U.K. program has been approved by the British agency, the National Institute for Clinical Excellence. The programs are called "bibliotherapy" or "guided self-help." The programs free up counselors so they can work with seriously depressed people or those with mental illnesses.

Recommended reading includes *Overcoming Depression*

by Paul Gilbert (Oxford Press) *The Feeling Good Handbook* by David Burns (Pruis) and *Mind Over Mood* by Dennis Greenberger and Christine Padesky (Guilford Press) .



## What's Going On In November



### We have two questions we want to ask our readers

First, have you ever thought of going away for Christmas to a resort or on a cruise? If so, where would you go? If you have done it, how did your Christmas trip turn out? Did you like it more than your traditional Christmas celebrations?

Second, if you or your parents came from another country, what holiday customs do you have that are somewhat different?

Please e-mail us with your answers.  
[ernestcooper1@aol.com](mailto:ernestcooper1@aol.com)



### First Night: a celebration of the arts

First Night celebrations are a new way to appreciate New Year's Eve and they have tended to focus on the performing arts. The original First Night celebration began in Boston in 1976 as a public, alcohol-free evening of entertainment designed to mark the passage of the new year with art, ritual, and festivity, according to Boston First Night descriptions. Hundreds of cities throughout the U.S. and Canada now hold First-Night events. In many cities, it's a family-style celebration with events beginning early in the day on December 31. It often ends, as it does in Boston and Toronto, with a spectacular fireworks display to welcome the new year. Check the schedule of First Night events in your area or a city near you. You'll find they are well worth the trip.

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

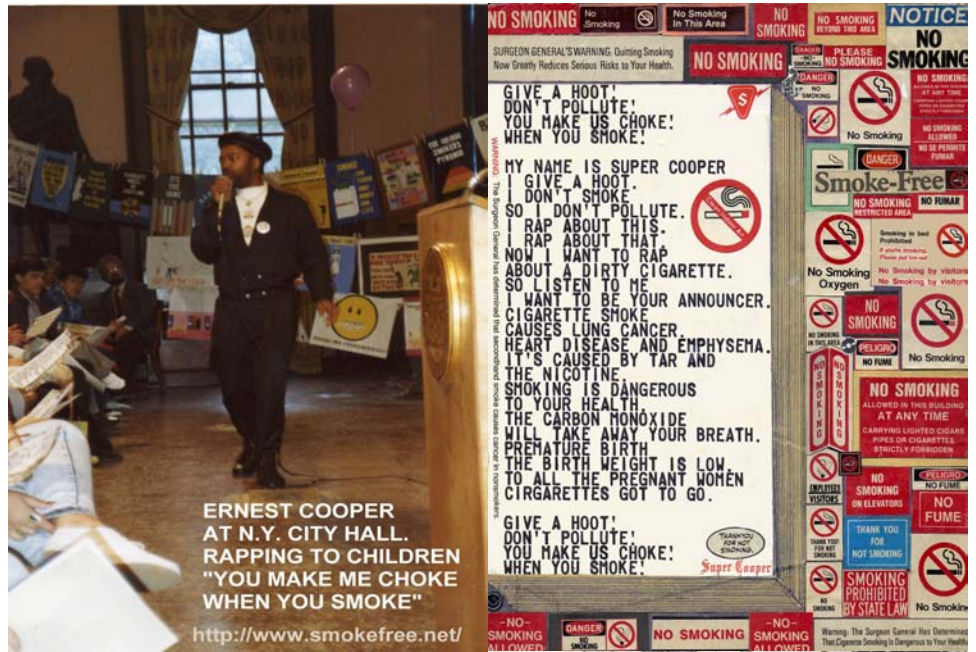
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An African-American  
Newsletter

Joseph W. Cherner  
*"Never doubt that a  
small group of thought-  
ful citizens can change  
the world. Indeed, it's  
the only thing that ever*



### And when it does, this guy does more than squint

By Ron Scherer  
Staff writer of The Christian Science Monitor

Queens, N.Y.  
SIX hundred sophomores at St. John's Preparatory are listening to a rap singer, Sgt. "Super" Cooper beat out his message, "You make me choke when you smoke." A handsome soap opera star, 17-year-old Brian Bloom, asks for a volunteer from the student audience to play his steady for a skit. "If you really like me will you quit smoking?" he asks the 14-year-old chosen to play his girlfriend. The girls in the audience shriek.

But there is total silence when David

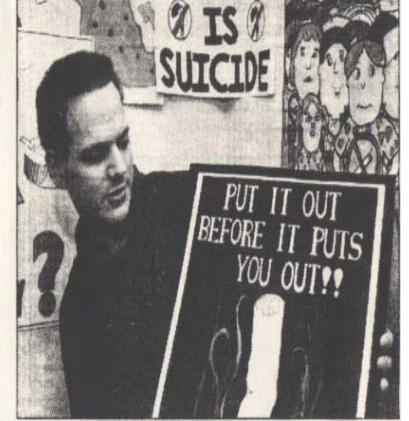
Bresnick, with the help of a voice simulation device, starts telling the students that he lost his vocal cords because he smoked.

Welcome to the Joe Cherner "antismoking" show.

Mr. Cherner, a well-paid Wall Street bond trader, has become one of New York's chief cigarette snufflers within the past year, taking the antismoking battle to a new level.

Last June, for example, concerned that many children were getting the wrong message, Cherner reached into his own pocket to sponsor a \$100,000 antismoking advertising contest for

Please see SMOKE back page



Cherner and schools' posters get the message across

## The Great American Smokeout, Nov. 17, 2005

More than two-thirds of all smokers say they would like to quit. Many are succeeding each year, but others either fail or don't even try.



That's where the Great American Smokeout can be important. You can join millions of other smokers who are quitting for a day. Here's how it works:

You quit smoking for the 24 hours of November 17. Fellow quitters, nonsmokers, and mem-

bers of the American Cancer Society will support your efforts.

Even if you can't quit forever, doing it for just one day shows that it can be done. Your 24-hour effort will teach you a few tactics that will help you to quit the next time you try it.

Cigarettes and cigarette smoke contain more than 4,000 chemicals, including 43 known to cause cancer. Many are added during farming and cigarette production.

It's not the nicotine that is dangerous, but it is very addictive. Even after you quit, you will have the urge to smoke. To stay smoke-free, you need a plan.

Smoking's effect on health is disastrous. About half of all smokers will die because of the habit, some 435,000 every year. About one in every five

American deaths is related to smoking. It kills more people than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.

Smoking is a major cause of cancers of the lung, larynx, oral cavity, throat, and esophagus. It contributes to development of cancers of the bladder, pancreas, liver, cervix, kidney, stomach, colon and rectum.



[www.smokefree.net/](http://www.smokefree.net/)

