

An African/American Newsletter

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This is our country

There is no other country on Earth that is configured like ours. Every other nation is there because of race, religion, language, ethnicity, or geography. We are here only because we agreed to subscribe to the words on four pieces of paper, the U.S. Constitution. Unlike every other country, which sees itself as an end unto itself, we see ourselves as evolving. We're not satisfied. We're not willing to rest on our laurels. We think we can get better. We think we've got someplace to go.

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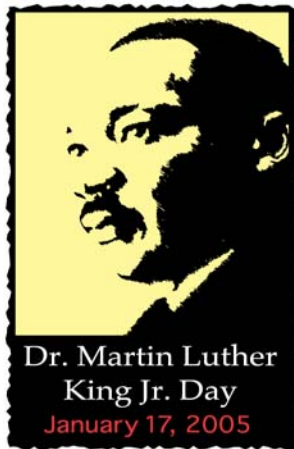
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February Is Black History Month



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.



Black History Hip Hop is

Who is Ernest Cooper

a very unique way to get people to memorize their own history. You know what the young people like. Funky beats and rhythmic words and they will memorize the whole story. Cooper's theory is, 'If you know your history then you know yourself.' He has been writ-

ing Black History Hip Hop for some time now and like Imhotep he built his pyramid step by step.

He is dedicated to Black History Hip Hop Music. He feels obligated to build a bridge from our ancestors to our young people of today.

Teaching kids to solve problems



Gradually teaching a child to be a self-sufficient person is one of a parent's most important tasks. Some ways to start:

Teach brainstorming: When there is a problem, have him come up with solutions. Then help him choose one.

Encourage kids to take responsibility: Let them know they have to do their homework. Show them how to organize their schedule so they can plan for music lessons, field trips, and tests. Use a calendar on the wall or a Palm Pilot.



"It's the new alphabet designed to encourage studying. No 'MTV.'"

Different strokes, different folks

I ask people why they have deer heads on their walls. They always say it's because it's such a beautiful animal. There you go. I think my mother is attractive, but I have photographs of her.

Ellen Degeneres

Staying Well Men: Read this surprising fact

Men are highly aware of the fact that they may develop prostate cancer, especially in later life. But consider this:

The National Osteoporosis Foundation reports that men are more likely to develop bone problems than they are to get prostate cancer.

Men and women at every age can prevent osteoporosis by drinking milk. Even small amounts throughout the day are beneficial. Adding a few tablespoons of milk to coffee or tea can help.

A Harvard-Tufts study shows that men with high homocysteine (a blood

factor that increases heart disease risk) are four times likelier to break a hip. But levels can be brought down by taking B vitamins. So drink some milk, get a blood test, and walk through retirement.

Teach kids to make choices based on reason instead of fearing friends' disapproval.

Show how to deal with failure. Acknowledge hurt feelings and show that failure isn't fatal. Teach him phrases such as "nobody's perfect," "everybody makes mistakes," and "you win some, lose some." Have him practice so he can easily say them to his pals.

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Speaking of safety

Speeding, red lights

Exceeding the speed limit or going too fast for conditions is a factor in about one-third of all fatal vehicle crashes.

The National Highway Traffic Safety Administration (NHTSA) says:

* Speeding reduces the amount of time available to

avoid a crash.

* It increases the likelihood of crashing.

* It increases the severity of a crash once one occurs.

The NHTSA estimates that about 40,000 people suffer serious injuries per year as a result of speeding and about 665,000 have minor to moderate injuries in speeding

crashes.

Running red lights is another big factor in vehicle crashes. It kills about 800 people per year in the U.S., most of whom were pedestrians or occupants of cars hit by the one running the light. And they cause about 200,000 serious injuries per year.



"You can hip, but no hop and cut back from bling bling to just bling."

Sims 2 will keep you hooked

The original Sims is by far the most successful computer game of all time. Its successor, The Sims 2, could surpass it. It's a witty and fun interactive story about life, love, and aging. Its high-scoring moments revolve around birthday cakes rather than body counts.

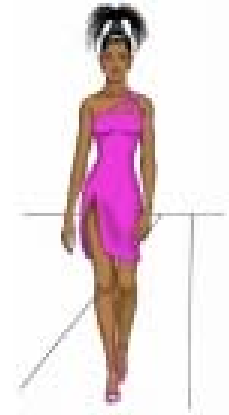
Sims characters grow from infants to wizened crones in the space of about 25 hours of game play. The arrival of a birthday cake signals growth to the next year.

The game sells for \$49.99 and can be played on a PC, Xbox, Game Cube, and Play-

Station 2.

Loving the iPod

Apple Computer has sold more than 2 million iPods, up 500 percent from last year. Apple also boosted



MAMA'S BOYZ

WWW.MAMASBOYZ.COM

JERRY CRAFT



Quotes

One half of life is luck. The other half is discipline, and that's the important half, for without discipline you wouldn't know what to do with your luck.

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



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

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An African-American
Newsletter

*If you know your history
then you know yourself.*



Celebrate Black History Month

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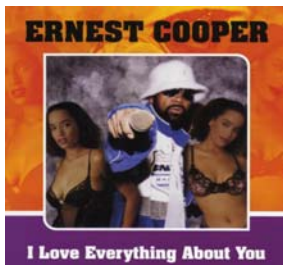
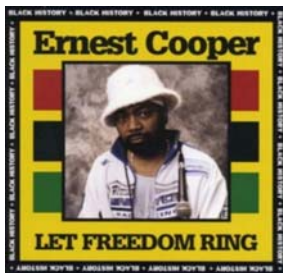
 MALCOLM X FIGHTER FOR FREEDOM 1925-1965	 Marcus Garvey Black Nationalist 1887-1940	 Ernest Cooper LET FREEDOM RING	 DR. MARTIN LUTHER KING JR. Civil Rights Leader 1929-1968	 MAHATMA GANDHI Indian Nationalist 1869-1948
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We Sell Black History Plaques

We Sell Black History Music

If You Don't Know Your History Then You Don't Know Yourself.

Write your own software with JotSpot's wiki service



Because creating software is the exclusive province of tech wizards, software programs seem hard to learn and harder to customize to your own needs.

Now JotSpot Inc. of Palo Alto, Calif., has a Web service that will enable some 10 million minimally tech-savvy people (those who know their way around a spreadsheet program) to quickly write simple, customized Web programs for such tasks as managing customer support, tracking job candidates, mailing lists, and

much more.

At JotSpot, they say they have lowered the energy and skill level required to create an application. They are using the power of Web software called wiki (Hawaiian for quick). Users can create a program in a snap and invite anyone else to edit it or add material.

With a few key-strokes, data and services from other Websites can be automatically tapped and deposited on the wiki. A custom wiki program, for example, could keep track of

prospective customers and also tap into financial data from Hoover's, say experts at Business Week.

Up to now, software programs called wikis have been used mainly by nerds to create collaborative Websites. Now they are blossoming into a far easier way to write customized online programs.