

An African-American Newsletter

Volume 4, Issue 4



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Earth Day 2005 points up clean air, energy saving, recycling



Save energy

- *Choose the car in your class with the highest fuel efficiency rating.
- *Check tires frequently. Millions of gallons of gasoline each year is lost in the U.S. because of under inflated tires.
- *Drive less. Use public transportation. Combine errands. Carpool. Walk or ride a bicycle. Shop by phone.

*Drive right. Accelerate gradually; obey the speed limit. Use cruise control.

*Buy fluorescent lights. The Environmental Protection Agency says a compact fluorescent bulb uses 75 percent less energy than an incandescent and lasts far longer.

*Save heating and cooling costs with a programmable thermostat.

Keep the air clean

*Buy a car with a low pollution factor. Keep your car tuned up.

*Select products that have low amounts of volatile organic compounds (VOCs). Use water-based paints.

*Paint with a brush, not a sprayer.

*Keep solvent containers closed.

*Use a push or electric lawn mower.

*Instead of briquettes, use propane or natural gas to barbecue.

Recycle

*Recycle aluminum cans. They become new ones within 60 days. In 2002, 54 billion cans were recycled, saving the energy equivalent of 15 million barrels of crude oil.

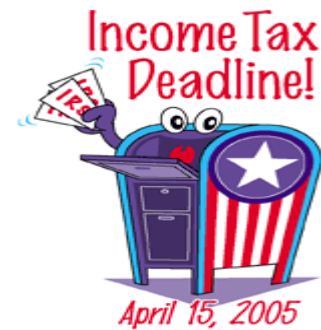
*Recycle paper, plastics, and metals. Reuse paper bags.

*Print, photocopy, or write on both sides of the paper.

*Buy products in recyclable packaging. Visit www.earth911.org to find a recycling site near you.



What's going on?





Endurance exercise prevents heart failure

Stiffening of the heart muscle is often associated with the onset of heart failure. The heart can be kept supple, however, by participating in endurance exercises such as running or cycling over a prolonged period of time.

Researchers at Texas Medical Center in Dallas compared the function of the heart's main pumping

chamber in healthy but sedentary adults in their late 20s, healthy but sedentary 70-year-olds, and athletes averaging 68 years.

They found that sedentary individuals' hearts were 50 percent stiffer than the athletes'. What they didn't expect was that the hearts of senior athletes were in the same shape as non-

exercisers in their 20s.

The research team then designed an age-appropriate resistance-training program for the participants. After a year, their hearts were more muscular and more flexible.



Check to see if your medical history is right



Insurers share parts of your medical history with one another, but what if their information is wrong? You can get a free report showing what's in your file. People who apply for certain kinds of life and health insurance give insurers permission to send their personal information to a central clearing house. Other insurers

can then access it. Cancer treatments or chronic conditions like diabetes would appear in the database. So might a history of reckless driving or risky activities like skydiving. Information usually stays on the record for seven years.

According to the MIB Group,

of the 9,000 people who checked their records last year, about 400 found errors.

Thanks to the Fair and Accurate Credit Transactions Act, you can get a free copy of your report once a year by calling (866) 692-6901.

Administrative Professionals Day, Apr. 27



On Wednesday, April 27, we pause to celebrate the work of administrative assistants, secretaries, and other office professionals. It's Administrative Professionals Day.

In 1998, Professional Secretaries International changed its name to the International Association of Administrative

Professionals (IAAP) to reflect the expanding role of office staffs. In 2000, the IAAP, official sponsor of the event, announced that the name would change from Professional Secretaries Day to Administrative Professionals Day.

The name change was made

to keep in step with the changing job titles and expanding responsibilities of today's administrative workforce. Administrative Professionals Week is always the last full week of April with Wednesday of that week being designated Administrative Professionals Day.

Hormone use not found harmful in younger women

This is how one study showed hormone use affects heart-attack risk. It shows that the younger a woman is when beginning hormone treatment, the safer it is.

* Women starting hormone use up to nine years after menopause had their heart attack risk reduced by 11 percent.
* Heart attack risk was increased by 22 percent for those whose who began treatment 10 to 19 years after menopause.

* Heart attack risk was increased by 71 percent for those starting hormone treatment 20 years after menopause.

The analysis was recently presented to the North American Menopause Society's annual meeting. Previous studies included women of all ages, which brought the overall percentage of heart attack risk much higher.

The finding is signifi-

cant, and may surprise many women. Previously, data appeared to implicate all hormone use and scared many women away from the treatment. Many doctors, however, were convinced that the heart attack data did not apply to the typical 50-year-old patient.



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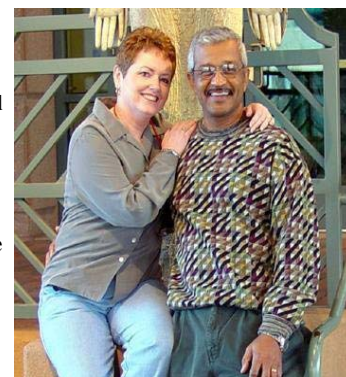
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She Create DVD Slide Shows using your pictures, video clips that she digitally enhance to the highest quality possible to create a DVD Slide

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April 29 is National Arbor Day

Beautify your world: Plant a tree Arbor Day is a nationally-celebrated observance founded by J. Sterling Morton of Nebraska in 1872. Trees are an energy-saving home improvement. They can be as important to energy conservation as insulation or weather-tight windows and doors. They save energy by cooling with shade in the summer and providing a windbreak

in winter. Three strategically placed shade trees can reduce air conditioning costs by 30 percent. Deciduous trees shed their leaves during the winter. They provide shade and block heat during hotter months. By dropping their leaves in the fall they admit sunlight in the colder months. Place these trees on the south and west sides of buildings. Shade hard surfaces

such as driveways to minimize heat load. Evergreens retain their leaves or needles throughout the year. As windbreaks, they can save a significant amount of the energy a home uses for heating. Place them on the north side of your home. Evergreens also provide shade in the summer.



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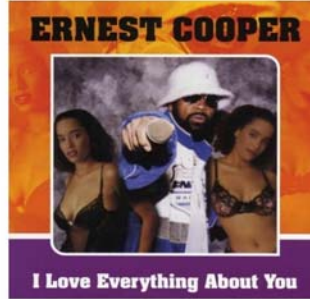
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*If you know your history
you know yourself.*

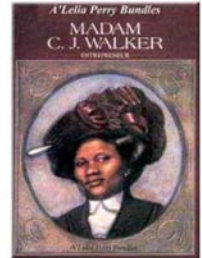


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See the truth at first glance

See the truth at first glance but remember to look again, too. When Regis Philbin spoke to contestants on "The Millionaire," he would suggest to hesitant people that their first impulse about what was right could be a good choice.

Now Malcolm Gladwell has written a book that backs him up. In *Blink: The Power of Thinking Without Thinking* (Little, Brown), Gladwell writes that instant impressions are often uncannily accurate.

The brain, it seems, is very good at filtering out superfluous data and seizing on an essential truth, but too much time or information can sometimes confuse and blind it.

Gladwell, a staff writer for the New Yorker, researched

the idea of "truth in a blink" and came up with dozens of examples of when snap judgments work best: An art historian who instantly spotted a forgery that fooled a scientific test; a coach who can predict a player's error; a



researcher who can watch a second of marital interaction and know whether divorce is inevitable.

The message we can gain from Gladwell's work is that we should listen to our snap judg-

ments. But remember that snap judgments might not tell you anything useful.

One example: For years, Pepsi advertised that people always choose it over Coca-Cola in blind taste tests. Coke conducted tests too and discovered the sweeter drink (Pepsi) beat Coke when people were asked to make a snap decision on taste. New Coke was born. Problem was New Coke didn't sell. One reason: People don't choose a drink based on one sip (their snap judgment). Instead they choose a drink based on many other factors, including their impression after the whole drink, not just a sip.