

An African-American Newsletter

Volume 5, Issue 5



Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

Buddha



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Whole grains give you the living power you need

When the armies of Alexander the Great went into battle, they subsisted on crude wheat cakes. Ancient Chinese emperors fed their troops a ball of brown rice each day. Centuries later, John Wayne and his group ate "corn dodgers" on the trail in "True Grit."

History holds many stories of whole grains sustaining people when they didn't have time to cook. Whole grains can still do the job. Fortunately, they are available in more tasty forms.

Edible grains include wheat, barley, corn, millet, oats, rice, rye and many others. Nature constructs them alike. Each particle in an outer bran layer contains nearly all the fiber. The germ layer is richest in nutrients.

Today, we know that whole grains give us much more than fiber for sustained energy.

Keep that water handy

During a day of normal activity, the body needs about 2 quarts of liquid to replace body fluid losses. Eight glasses of this should come from drinking water and other beverages. The remainder, about 2 cups, comes from solid foods.

Doctors at the University of Florida College of Health and Human Performance say

The American Cancer Society is urging us to return to an era when the staff of life was more likely to be brown than white.



Studies show that those who eat whole grains are less likely to develop colorectal, stomach, and endometrial cancers and heart disease. The plant chemicals they contain include lignans, flavonoids, and many healthful acids.

Whole grains are good sources of vitamin E, an impor-

tant antioxidant, and all grains are well endowed with minerals including zinc, selenium, copper, iron, manganese, and magnesium. The minerals are thought to protect cells against oxidation damage.

Whole-Wheat Pancakes

Combine 1 1/4 cup whole-wheat flour with 1/4 cup wheat germ, 1 1/2 teaspoon baking powder, 1/2 teaspoon cinnamon, and 1/8 teaspoon salt. Add 1 1/2 cup skim milk, 1/4 cup fat-free egg substitute, and 1 tablespoon unsalted butter, melted.

Warm a skillet to medium-high heat and drop 1/4 cup of batter for each pancake. Don't crowd them. Cook for 2 minutes, flip and cook for 1 more.



activities such as gardening.



In hot weather, the liquid requirement during exercise is higher, depending on temperature and activity. In addition, drink water before beginning outdoor

Color, coats, shoes make fashion news



The fashion business has presented vivid colors in this year's spring and summer fashions. Long favored neutrals have an occasional splash of red, and there is an explosion of color in women's skirts, T-shirts, and flared skirts.

The flared skirts are a little fuller, and the fitted jackets have a sash or safari style belt.

Flat ballet shoes are teamed with the full skirts. Some are with interesting materials. The stiletto heels still make an appearance for dressy evenings. Most shoe designers are men who think it

makes women more attractive and are not interested in the fact that they are uncomfortable.

The \$49 billion men's clothing industry is presenting bright colors and narrower styles than last year. Saks Fifth Avenue is featuring white blazers and slacks. Banana Republic is filling its shelves with pink and turquoise shirts. Many sports coats are unlined and have a slightly rumpled look.

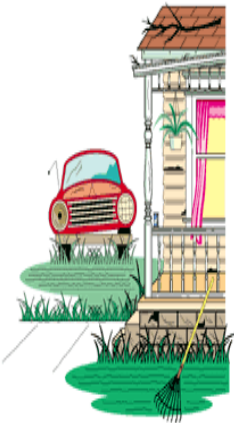
In New York, business suits are shifting to two-button jackets with narrower lapels and slimmer-cut, flat-front trousers. The Wall Street Journal reports that more financi-

ers, bankers and analysts are attending men's fashion shows.

For both men and women, the spring coat is in. It gives the instant dress-up look. Looking forward to fall, shades of blue and brown dominated New York's recent Fashion Week. Deep blues and rich browns will be the "it" colors for fall.

One designer presented dresses and fitted jackets in "Prussian blue" and "cappuccino." Another teamed "peacock blue" dresses with "chocolate brown" coats and skirts.

These tips can make any home more energy efficient this summer.



1, Seal it up. Insulate the attic; stop air leaks; install energy efficient windows when it's time to buy new ones.

2, Plant trees. Carefully positioned trees can save up to 25 percent of a household's energy consumption. Plant them so they shade the house.

3, Circulate air with a ceiling fan. They are especially effective in large rooms, common areas, and upstairs bedrooms.

4, Use a digital thermostat. Set it so the house is not as cool during times of the day when no one is at home. It will work automatically and save time and money.

5, Cook with care. Cook outside on the grill to keep the heat outdoors. Don't use your oven on hot days. Cook with the microwave more often.

6, Unplug the second refrigerator. It could be costing you \$200 or \$300 a year, especially if it's an old one.

7, Fix hot-water drips. A single dripping hot water faucet can waste 212 gallons of water per month. Fixing the drip saves the cost of heating water.

8, Light for less. Use compact fluorescent light bulbs in fixtures you use the most.

Pistol packin' pilots



Two years ago, the Federal Flight Deck Officer Program began training pilots who wanted to carry guns on flights to protect the cockpit. Now gun-carrying pilots have become a quiet security force that is even larger than the federal air marshals service. Pilots in the program claim it has been a big success with no problems associated with it. Some

pilots, however complain that the Transportation Security Administration (TSA), which runs the program, provides them with little follow-up after training and doesn't advise them on the Administration's weekly suspicious-incident reports.

All things considered, however, the program is running smoothly. TSA officials say they are proud

of the program and are reviewing how to offer more assistance and training to pilots.



TSO WEB RADIO Original Music All The Time

TSO Web Radio is dedicated to offering an alternative to quench the listening thirst of those willing to be exposed to a wide range of original composers, producers, musicians, company and much more. Our goal is to bring great pieces of music heard through our broadcast earns support from listeners that like what they hear.

TSO Web Radio, short for The Smooth1 Web Radio, is a noncommercial web cast dedicated to streaming original music owned by our companies, affiliates and associates for the sole purpose of exposing our acts to those willing to listen.

This hobby streaming web cast does not generate any money selling commercials spots of any kind. Nor do we

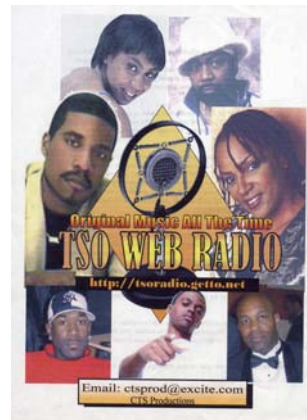
charge fees to play anyone wishing to be heard through our stream. When we inform our listeners of something it is purely on the basis we believe our listeners may find interest in such information without revenue being charged. We shall and always will reserve the right to be selective in what we broadcast, play and expose through our broadcast and promotional campaigns.

We setup different methods for our listeners to communicate with us, the artist and each other which are all free of charge. We plan to hold interviews, online concerts, listening and release parties and so much more online exposing these great talents. We also invite you to join our email group's mailing list so we can inform you of special events in the future.

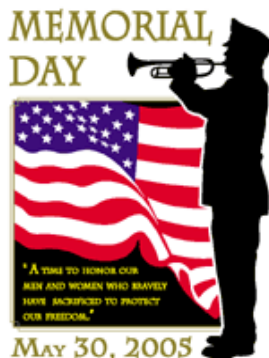
We are extending the invitation to those who have material they wish to have exposed to our listeners. We only broadcast clean non-offensive material. There is no charge what so ever for those whom music and/or information we broadcast.

If you are interested in sending us stuff for exposure please read and sign our waver agreement that is needed to enable us to include your music into our rotation. Also join our performers email group so we can inform you of events and plans in the future.

We'd like to thank you for your interest and hope you enjoy the shows.



Your imagination is a preview of life's coming attractions. Albert Einstein



The little legacy that grew

Benjamin Franklin wanted to demonstrate to the public the great benefits of compound interest. In his will, he left 2,000 pounds, half to Boston and half to Philadelphia. The money was to be loaned in amounts of 60 pounds or less to young craftsmen who wished to set themselves up in business.

Two hundred years later Franklin's fund still existed. In Philadelphia it was used for mortgage loans.

In Boston the fund continued to finance education, though apprenticeships gave way to loans to students attending colleges in the Boston area. After 200 years, the Boston fund was worth over two million dollars.

Some stories are more fun than fact

Behold those knights in shining armor, riding bravely out to rescue damsels in distress. When those feudal armies went to war they really dressed the part, right?

Well, maybe not. Fact is, many cherished and familiar narratives of history may not have happened exactly as we were told and, in some cases, may not have happened at all.

What's the difference between a

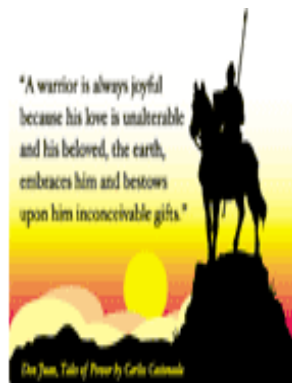
cherished story and a fact? Author Richard Shenkman tries to sort that out in his book, *Legends, Lies & Cherished Myths of World History*.

Take those knights for example.

Seems that knights during the Feudal Period mostly wore chain mail until the Middle Ages were almost over. The suits of full body armor such as one sees in museums were usually created very much later than

they are portrayed in movies. Even then, full body armor was prohibitively expensive.

Much of the armor was for ceremonial use only, reserved for a king or other high ranking personage, and never actually worn in combat.



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Oranges deserve all the praise we give them

The name orange evolved from a Sanskrit word meaning fragrant. Today oranges are known for far more than their distinctive aroma.

Like all citrus fruits, oranges are well-known for their high vitamin C content. But they deliver more. Food scientists say there are more than 170 phytochemicals in an orange, including some 20 antioxidants from the carotenoid family alone.

These antioxidants are able to block free radicals before they do harm. Free radicals are corrosive oxygen molecules that can damage cells. This is important because free radical damage can set the stage for clogging of the arter-

ies, a key risk factor for heart disease and stroke.

Substances called limonoids, which are partly responsible for the fruit's slightly bitter taste, appear to be particularly active in oranges.



Doctors at Duke University Medical Center say that among all cancers studied, lab animals showed a 70 per-

cent reduction in tumors when fed a diet consisting of 10 percent limonene such as found in oranges. No wonder citrus-lovers show low rates of stomach and lung cancers. Limonoids appear to be helpful in blocking breast cancers also.

The vitamin C in oranges does some important things. In addition to controlling free radicals, it is an important aid for healing and for boosting immunity. Vitamin C helps the body absorb iron from food, and people with high levels of C appear to have the lowest risks of all types of cancer.

Orange-onion-yogurt salad

Peel 4 large navel oranges and cut each crosswise into 4 or 5 slices. Cut a small red onion in half and slice very thinly. Arrange decoratively on a platter, alternating oranges with onion slices.

In a small bowl, combine 1 cup nonfat plain yogurt, 2 tablespoon fresh orange juice, and 1/2 teaspoon dried tarragon. Whisk to mix and drizzle over the oranges and onions.