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Ken 'Spider' Webb's <Webb Internet Radio>



For the past 35 years native New Yorkers have come to depend heavily on the voice of Ken 'Spider' Webb, one of New York's most popular morning radio personalities, to get them going early every morning. Ken has made radio his life-long profession, beginning his on air career in amateur radio at the age of 13.

Concurrently, after 6 years as a Television Broadcast Engineer/Instructor at Brooklyn College

(CUNY), in July of 1971 Ken became the very first radio 'morning man' for Inner City Broadcasting's flagship station, WBSL-FM (NYC), and most recently WQCD-NY (CD101.9).

Along with interviewing these artist, has worked on stage with entertainers such as; George Benson, Stevie Wonder, Herbie Hancock, James Brown, Phyllis Hyman, Natalie Cole, Smokey Robinson, Nick Ashford and Valorie Simpson, Pattie LaBelle, The Commodores, Barry White, Luther Vandross, Will Smith,

Vanessa Williams, and the list could go on. These and more would attest to his solid reputation of working with the best in the entertainment industry.

Since his early days as an audio and video engineer, he designed and constructed radio and TV studios. Ken not only constructed and maintains his own studio, but is an active consultant for broadcast radio and television stations

particularly in the Caribbean and Africa.

Ken has currently developed his internet radio marketing and advertising company. He manages to fit in hosting a daily satellite radio show, "Soul Review" which is heard on Sirius Satellite Radio. Added to that, he is the weekly host of 'JazzOgraphy', a weekly syndicated smooth jazz radio show heard on CD101.9 FM, in New York.

Ken enjoys listening to jazz, golfing, water sports and electronics. He married Theresa Cannady in 1964 and has daughters Felicia (Teri Webb - WJZZ-FM Philadelphia), Tracey, Laurie, twins Kevin and Keith, Seth and Chanel. Ken and his family have resided on Long Island since 1971.

Ken 'Spider' Webb
PO Box 548
Wheatley Heights, NY 11798
Tel: 516 - 491 - 5368
Email: kenwebb@webbradio.com
www.kenwebb.com



How To Be A Memorable Dad

Though we appreciate our fathers throughout the year, Father's Day gives us the opportunity to thank them and show our appreciation for all they do for us.

Having made that important point, we offer dads working with us a few ideas suggested by Joe Kita, author of *The Wisdom of Our Fathers* (Rodale).

Teach kids to be curious. Check out a flower or how a lawn mower and a toaster work.

Be generous with your love and your time. It will help them develop empathy and a concern for other people.

Admit when you're wrong. Show them it's OK not to be perfect.

Show how to accept failure. If the kite crashes or the game won't work, emphasize that it's important to try new things.

Be spontaneous. Show that you don't

always have to follow a plan. Let them know it's OK to turn a different direction.

Emphasize good health by example. Exercise, (let them exercise with you), eat well, and live a moral life.

Cultivate spirituality. Attend church or synagogue, meditate on the wonders of nature.

For healthful good taste, mix up a better bowl of yogurt



Plain yogurt brings powerful health benefits to your table, but the taste can leave something to be desired. Dessert style yogurts aren't the answer because they reduce nutrients and add calories.

You can get the benefits of true yogurt and much more by creating your own mix with fruit and sweetener.

These are some of the great health benefits of natural yogurt:

Studies published in the American Journal of Clinical Nutrition show that the potential health attributes of yogurt go far beyond boosting intake of protein and calcium. They include the ability to make the immune system

more resilient.

The live and active cultures found in yogurt help to protect the intestinal tract. They have great potential as anti-infection agents. And they may help to increase resistance to immune-related diseases such as cancer and infection.

The recommended daily intake of protein varies for different groups of people. In general, the United States Department of Agriculture recommends that most people get two to three servings of high-protein food such as yogurt each day.

Calcium in yogurt does more than keep bones strong. Studies show a link between calcium and normal blood pressure, to name just one of calcium's other functions.

Consider these suggestions for mixing your own concoction with yogurt:

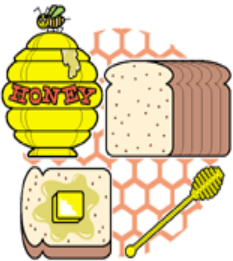
* By adding fruit such as oranges, peaches, or pears to yogurt, you get the added nutrients in those foods, including vitamin C.

* Mix with dessert-style yogurt. Go half-and-half to lighten the calorie load. Even if you add a little sweetener, you still get the benefits of plain yogurt.

* Sweeten smartly. When you add fruit, you can sweeten with sugar-free sweeteners, honey, or applesauce.

* Use yogurt, or sweetened yogurt as a dip for vegetables or as a salad dressing.

Honey: Ancient cure still works in modern times



There's something special about honey that people have known for centuries: It heals wounds.

Though antibiotics have replaced it in the doctor's bag, honey is still used to heal wounds that have not responded to modern medicine. But that's just part of the story of nature's sweetest medicine.

Honey's sweet, thick texture makes it a natural for spreading on buns, crackers, and breads. Though it contains small amounts of minerals and B vitamins, it does things that sugar does not. Research shows that honey can relieve constipation, speed healing, and prevent

infections, according to the Honey Research Unit in New Zealand. And doctors at the University of Natal in South Africa found that when children with diarrhea caused by bacterial infection were given a honey solution, they recovered faster than with other treatments.

Honey's medicinal capabilities come because it is high in sugar. It absorbs moisture in wounds, making it hard for bacteria to survive. Many honeys contain large amounts of hydrogen peroxide, a medicine used to disinfect cuts and scrapes. And finally, some honeys contain propolis, a compound that can kill bacteria. In laboratory tests, honey put on seven types of bacteria killed all seven.

To get the most antibacterial power, shop for raw honey. High heat used in processing disables some of its protective compounds. Manuka honey, found in health food stores, is an effective treatment for ulcers (one tablespoon four times a day).

Citrus Honey

Combine a 1" x 1/2" strip of both orange rind and lemon rind, 1 T fresh orange juice, 2 t fresh lemon juice and simmer in a pan. Strain and discard the rinds. Add to 1 C warm honey and stir to mix. Serve over pancakes or waffles.

Heart disease signs may be seen in childhood

Researchers at McGill University have found that critical indicators of heart risk turn up in kids under age 9.

The Montreal, Canada, study noted insulin resistance, elevated blood fats and low levels of good HDL cholesterol in kids.

The study also found significantly elevated blood pres-

sure in Canadian children.

Meanwhile obesity in children is also a factor in heart health. Obesity among American children has tripled in the last 15 years. One study found obese children had enlarged hearts, a predictor of serious heart disease.

The American Heart Association is publishing its first-

ever comprehensive guidelines for preventing cardiovascular disease in children. The guidelines show increasing alarm at the large number of obese and overweight children and their connection to cardiovascular disease.



Multitasking: Doing many things at once can dilute brainpower

New studies suggest that doing too many things at the same time could make you less efficient. Research at the University of Michigan indicates that multitasking dilutes the brainpower needed to perform each task.

Can you talk on the phone, check the e-mail, close your desk drawers, and reach out for papers being handed to you ... all at the same time?

It depends. If each of these tasks is a "no-brainer," maybe you could. If you are bright today and not stressing about other problems, maybe you can. But the doctors say some very capable people shouldn't be multitasking, because it's not in their nature.

Researchers also found that chronic high-stress multitasking is linked to

short-term memory loss. That is, you could hear something your boss said but not remember it.

Time lost switching among tasks increases with the complexity of the tasks, further decreasing efficiency.

Some warning signs that you may be trying to do too many things at once:

- * Lapses in attentiveness
- * Loss of concentration
- * Gaps in short-term memory
- * Stress symptoms such as shortness

of breath.

Doctors at Carnegie Mellon University say all of this doesn't mean you can't do several things at once. But you may not be able to do so without a cost either to yourself or to one or more of the activities.

If you must do two things at once, try to cultivate the ability to control mental focus. Weed out distractions, and stop anything else when one thing requires actual thought.

The doctor says it's better to stay in the moment briefly, focus on one thing and deal with that before moving on to the next. Of course, that's not always possible.



"You guys go ahead. I think I've found something here on ebay."



What's going on in the month of June?



Tires become sidewalks



In New Rochelle, N.Y., city fathers have decided that trees and concrete sidewalks just don't get along. Tree roots kept heaving up the sidewalks and breaking them up.

Instead of a new repaving job, New Rochelle, N.Y., is experimenting with a new idea that might lead to a truce between people and nature. The sidewalks are being replaced with walks made of recycled tires, a product that is supposed to flex as trees grow and be able to withstand cycles of freezing and thawing.

The sidewalks are medium gray and resemble slate. They are not slippery and exceed Americans with Disabilities standards. It takes one tire to make one foot of rubber sidewalk, which will help reuse some of the 225 million tires disposed of in the U.S. every year.



<http://www.ernestcooper.com>

P.O. BOX 674
BRONX, NEW YORK 10462

Phone: 718 828 9675

Email: ernestcooper1@aol.com

An African-American
Newsletter

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

Secrets of Life



The secret of life isn't what happens to you, but what you do with what happens to you.

Help other people cope with their problems, and your own will be easier to cope with.

Never use the word impossible seriously again.

Self-trust is the first secret of success. So believe in and trust yourself.

Stand up to obstacles and do something about them.

You will find they haven't half the strength you think they have.

Joy increases as you give it, and diminishes as you try to keep it for yourself.

In giving it, you will accumulate a deposit of joy greater than you ever believed possible.

How you think about a problem is more important than the problem itself, so always think positively.

Go at life with abandon, give it all you've got. And life will give all it has to you.

Norman Vincent Peale in "Positive Thinking Every Day"

**LEARN ABOUT
THE PAST**

