

An African-American Newsletter

ISSUE 8



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These foods help your skin tolerate the summer sun

Wearing sun block with a sun protection factor (SPF) 30 is the best way to avoid sunburn. Unfortunately, people don't do it when they will be out in the sun for only a short time.

Often, that short period drags on and there they are in the sun without protection.

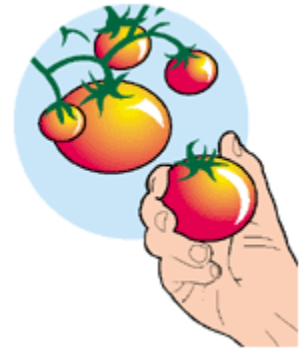
There is a form of sun block that's always on duty, won't wash off when you sweat or swim, and has other healthful benefits. It's created by foods that block the effects of the sun.

Tomatoes. Think lycopene, the same substance that protects against some forms of cancer. Studies reported in the Journal of Nutrition show that when you consume just six ounces of tomato juice or a quarter cup of spaghetti sauce, you get enough lycopene to reduce the risk of sunburn by up to 40 percent.

Sweet potatoes or carrots, baby carrots included. Think beta-carotene, it's what gives these foods their orange color. If you eat a helping every other day, you will collect beta-carotene in your skin.

Studies reported in Men's Fitness show that this vitamin can shield your skin from certain UV rays. That means you can stay in the sun longer without burning.

Lemons. Make a pitcher of lemonade and have a glass. Researchers at the University of Arizona report that lemons (also limes and grapefruit) contain d-limonene, an antioxidant known to lower skin-cancer risk. Freshly squeezed juices are the best and contain about 20 times as much d-limonene as commercial varieties. Add some peel or zest to salads. Just one tablespoon of zest a week can reduce the risk of skin cancer by up to 30 percent.



Old fashioned lemonade

Mix the juice of six lemons with a cup of sugar syrup and a quart of water. Substitute part granulated sugar and part artificial sweetener if desired.



Keep your mind sharp

If you're over 40, you might find you have signs of forgetfulness. That is, you can't quite come up with a word you want to use, or it takes you a minute to remember someone's name. Dr. Peter Rabins of Johns Hopkins Medical Centers says here's how to stay sharp:

* Keep your blood pressure under control. Treating high blood pressure maximizes blood flow to the heart and brain.

* Eat well. Your diet should contain low-fat dairy products, fruits, vegetables and omega-3 fats from fish and nuts.

* Exercise. High levels of fitness bring better cognitive function, says Dr. Rabins.

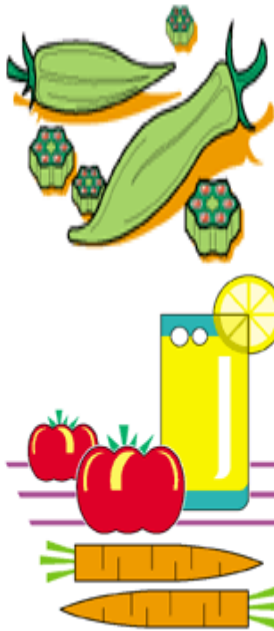
* Drink only in moderation. Having more than four alcoholic drinks can lead to memory problems.

* Watch for prescription interaction. If you regularly take drugs for any medical condition and have noticed memory problems, speak to your doctor.

* Exercise your brain. Learn a language, play a game, or take a class.

* Get enough sleep.

* Take safety precautions. Wear protective headgear for active sports and bike riding.



Okra: This Creole favorite fights colds, cancer, and heart disease

September and October are the best months for choosing fresh okra. Though it's not everyone's favorite, it is a strong player in side dishes and in gumbos.

For nutritional power, this Southern favorite takes a back seat to no other vegetable. Researchers at Emory University in Atlanta say it contains glutathione, a powerful compound that plays a role in fighting cancer and heart disease. It also has plenty of vitamin C, calcium, and potassium.

Glutathione fights cancer in two ways. It's an antioxidant which attacks free radicals that can damage healthy cells. And it prevents carcinogens from damaging DNA.

Doctors at Emory say people with high levels of glutathione are half as likely to develop oral and throat cancers than those with low levels. Glutathione is also found in watermelons, avocados, and grapefruit.

Okra is a good source of fiber, about the same value as in carrots or apples. Its soluble fiber helps control symptoms of diabetes and helps to keep the digestive system healthy.

When buying fresh okra, select tender pods that are less than 4 inches long.

Creole Style Okra

Slice 1 lb. okra into 1/2" slices and set aside. In a large saucepan with no-stick spray, cook 1 1/2 C chopped onions, stirring frequently for 7 minutes or until golden.

In a bowl, strain a 16-oz. can of tomatoes. Set the juice aside and lightly crush the tomatoes. Add them to the sauce pan and stir in 1/2 t dried basil, 1/2 t hot-pepper sauce, 1/2 t brown sugar, 1/4 t dried thyme, and 1/4 C of the tomato juice. Cook, stirring for 2 minutes.

Add okra, cook for 10 to 15 minutes until tender. Add more tomato juice if needed to prevent sticking.

Secret Service hacker hunters are on the job

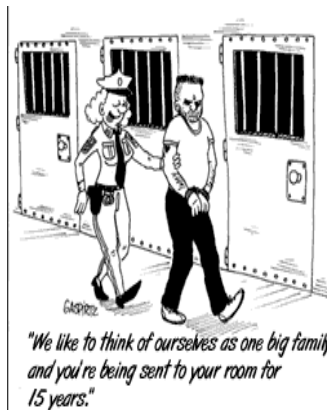


The bad guys are stealing money, swiping identities, wrecking corporate computers, and breaking into secure networks, but the Secret Service is diligently tracking them down.

Recently, they nabbed the ShadowCrew, a gang that operated from New Jersey to Arizona. After months of surveying their activity through a clandestine gateway to their Web site,

agents from the Secret Service, local, and international police struck. Armed with 230 pistols and machine guns, agents raided hacker locations and nabbed 28 members and ringleaders.

The FBI is also in the fight against cybercrime. They will spend \$150 million in 2005 tracking down cybercriminals. The Secret Service won't reveal their budget, but it's certainly significant.



"We like to think of ourselves as one big family and you're being sent to your room for 15 years."

Engagement Rings



Make your diamonds sparkle again

The chief gemologist of jeweler Harry Winston has an answer for customers who claim their diamonds don't sparkle as they did when they were new.

As reported in The Wall Street Journal, he makes a house call. Once there, he mixes three parts water to one part ammonia and immerses the diamond in the solution.

Using an old toothbrush, make-up brush, or stiff-bristled paint brush, he cleans the diamond itself and between the prongs of the stone. Then the diamond is rinsed under a faucet and dried with a soft towel.

The solution isn't appropriate for sapphires or emeralds. He uses it to clean diamond rings set in platinum or gold.

Never use soap on a diamond. It leaves a cloudy film.

The Surgeon General says:

Test your home for radon gas

The Environmental Protection Agency (EPA) has raised its estimate of annual U.S. lung cancer deaths from exposure to radon gas based on new data from the National Academy of Sciences.

Radon is a radioactive gas found in rocks, soils, and water. It's generally harmless outdoors where it mixes with air. Indoors, it can collect in greater concentrations by seeping through cracks in a home's foundation and joints. Lower levels of the house are more vulnerable.

You can't see, smell, or taste radon, but the EPA says it's the second-leading cause of lung cancer. About one in 15 homes has elevated levels.

While there are professional testing services, inexpensive home testing kits are widely available. Sales are up since the Surgeon General's advisory.

The EPA ranks states and counties by their "radon potential" on its Web site, epa.gov/radon. Click on EPA Map of Radon Zones along the left side to get an idea of the radon level in your area.

Most tests cost \$10 to \$20 and require you to take air samples and send them to labs. One kit features a digital monitor designed to beep loudly when it detects higher radon levels. It's more expensive, \$94.90, and can be bought at radon.biz.

According to the EPA, higher-risk states include Colorado, Kansas, Minnesota, and Pennsylvania. Lower-risk states include Florida, Louisiana, South Carolina, and Texas.

The EPA standard is 4 pCi/L (pico curies per liter of air). They recommend taking steps to reduce any higher reading.



What's Going On For August?



New passport requirement coming soon

The latest effort to tighten security at U.S. borders will require millions of people to obtain passports or new types of traveler identification.

Currently, U.S. citizens returning from Mexico, Bermuda, or Panama don't need a passport to re-enter the U.S. They must present government issued photo identification such as a driver's

license or a birth certificate. The same is true of Americans crossing the border from Canada.

By the end of 2005, people entering the U.S. by air or sea from Bermuda, Central and South America must have passports.

By the end of 2006, travelers entering by air or sea from Canada or Mexico must have

passports.

By the end of 2007, border crossings by land, whether tourists or everyday commuters, will require a passport.

Border crossings to and from Canada and Mexico would be treated just like travel to and from other countries.




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FREDERICK DOUGLASS



ABOLITIONIST
1817-1895

90th Anniversary of
Harriet Tubman's
Death
March 10, 2003



**LEARN ABOUT
THE PAST**



African-American heroes helped shape the U.S. after the Civil War

Stories of heroic African-American soldiers who fought in the Civil War are well remembered. Some fought for the South, and some for the North. But little is known about their progress after the Civil War. Here are some personal histories to fill that gap of knowledge.

Robert Smalls, Naval hero and U.S Congressman (1829-1915): Smalls was born a slave in Beaufort, S.C. He taught himself to read and write. In 1851, to learn the skills of a seaman, he signed on as a rigger in Charleston, S.C. During the Civil War, he smuggled his family onto a ship while the crew was on shore and sailed out to the Union Navy. His daring escape brought Smalls into national prominence. He was granted a sum of money for the surrendered ship and was ap-

pointed a pilot in the U.S. Navy. Later, he was promoted to captain for heroism in battle. During Reconstruction, Smalls returned to South Carolina and was elected to several terms in state government offices, then to the U.S. House of Representatives where he served five terms.

Mifflin Wister Gibbs, Judge and United States Consul (1823-1918): Gibbs was born in Philadelphia, but migrated to San Francisco in 1849. There he operated a bootblack stand before forming a partnership with Peter Lister in a shoe firm on Clay Street. A restless man, Gibbs migrated to Victoria, British Columbia, in 1858. There he established the first general store that was not connected with the Hudson Bay Company. He became an influential person and a councilman from the James Bay District.

At the same time, he studied law with an English barrister, became a contractor, and built a railroad from the coal mines of Queen Charlotte to Skidgate Harbor. By 1869, Gibbs had moved to Little Rock, Ark., where he studied at Oberlin College. He was admitted to the bar in 1870 and elected city judge in 1873. He held several positions for President Hayes and President Harrison before being named U.S. Consul to Madagascar in 1897.

The names of heroic and influential African Americans in history go on seemingly without end. These are just two who can make us proud to be Americans, one and all.