

An African-American Newsletter

VOLUME 5



Inside this issue:

- *High gas prices 1
- *Mass Media
- *Meditation 2
- *Website Com
- *Marcus Gentry 2
- *Ben Carson MD 3
- *May 2006 3
- *US Economy 3
- George Wash- 4
- ington Carver



Dial-a-ride

Nationwide high gas prices and new

New ride-sharing services are making carpooling more efficient and less of a commitment. The services are being used all over the country, and in cities such as Seattle, Miami, and Chicago.

Need a one-time ride to a resort or train station? Want help with a daily commute? A ride service can help. Here are some examples of ride-sharing services:

At nuride.com, Nu-Ride offers participants a reward system similar to frequent flier miles. It operates in Connecticut, New York, Washington, D.C., Houston/Galveston, and the Hampton Roads, Va. metro area.

AlterNetRides.com serves every zip code. It connects to universities, hospitals, about 100 other organizations, and resorts.

eRideShare.com serves the U.S. and Canada. About 39 percent of posts are requests for rides, 21 percent offer to take turns, and 6 percent offer to drive.

The new online matching services give instant results. Some match users based on where they live, work, and what their work hours are. Some show vans and vanpools operating in the area.

According to the American Automobile Association, the average driver now spends \$2,800 per year on gas, about \$600 more than one year ago.

Until now, carpooling has never really caught on. The U.S. Census Bureau's American Community Survey of 2004 shows that only 10 percent of workers ages 16 and over in the U.S. carpoled, and 78 percent of all workers drove to work alone.

Maybe new carpooling services can persuade some solo drivers to team up with co-workers. Many companies are encouraging carpooling and vanpooling with special parking arrangements and other incentives.



Mass Media Records



Mass Media Records is an independent record label. We are based in the New York City district. We were established by the Classic Hip Hop artist Ernest "Super" Cooper. We are currently specializing in Black History Hip Hop, Good Health Hip Hop, Spiritual Hip Hop and R&B music. Our aim is to produce high quality records free of profanity and degrading material. We believe that a good seller does not have to always produce an angry, negative and degrading product but to produce a product useful to uplift our souls in a positive way. Now lets focus on that. Our Mission Statement is to create some new classics in Hip Hop music. We love to write and record new music that captures the soul. We love to maximize our artists' potential and give off a Positive Message in our Hip Hop. We would love to release new masterpieces by searching to find more hidden talent of other artists in the same frame of mind as our Mission Statement. Mass Media Records is looking for hardworking artists in all genres of music. If you are looking to further your career in music or simply to get a start in one, Mass Media can help. Please contact us and send a press kit with a good sounding demo, picture and bio. If you think you already have what it takes to be a Mass Media artist contact us.

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The Science
of
MEDITATION



Meditation can improve memory, concentration, more

Everyone knows that meditation can reduce stress. But researchers at Massachusetts General Hospital say it directly affects the function and structure of the brain. It increases attention span, sharpens focus, and improves memory.

With the aid of advanced brain scanning technology, one study shows that daily meditation thickens the parts of the brain's cerebral cortex responsible for decision making, attention, and memory.

The test subjects were Boston-area workers practicing Western-style meditation, called mindfulness or insight meditation. For 40 minutes a day, they focused on an image, or a sound, or on their own

breathing.

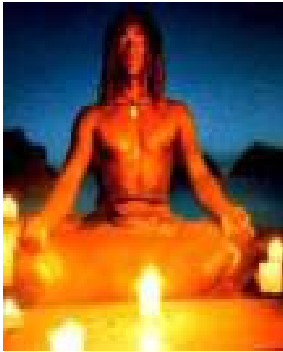
The Insight Meditation Society recommends just sitting in a chair. Close your eyes and follow your breath. Feel the rise and fall of your chest or abdomen. If your mind wanders, it's OK. Watch what happens when your mind wanders. Notice it, observe it, then let it go and go back to breathing. Be aware of what you're thinking without being caught up in it.

With practice, you can develop a state called mindfulness, which is being aware of what's going on as it arises without jumping to conclusions, judgments, hopes, fears, or plans.

A growing number of corporations, including Deutsche Bank, Google, and Hughes Aircraft offer meditation classes to their workers. Making people think better is one benefit, but meditation also improved productivity and reduced absenteeism, probably because it prevented stress-related illness.

Meditation seems to help regulate emotions, which helps people get along better. It acts on emotional intelligence, which neuroscientists at the University of Wisconsin say is more important for life success than cognitive intelligence.

To learn more, read *Insight Meditation (Sounds True)* by Sharon Salzberg and Joseph Goldstein.



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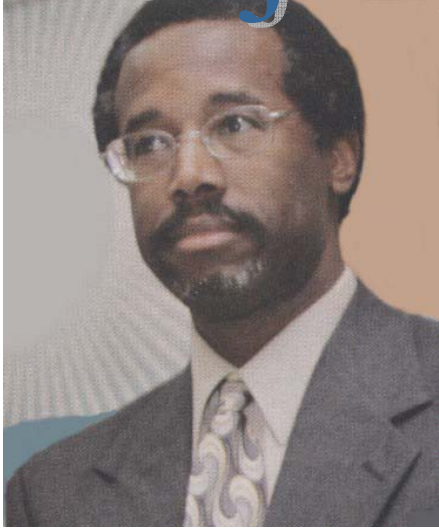
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Benjamin Carson, MD



JOHNS HOPKINS HOSPITAL

Dr. Benjamin Carson has been Director of the Division of Pediatric Neurosurgery at Johns Hopkins since 1984. He is Professor Neurosurgery, Plastic Surgery, Oncology and Pediatrics. He is also the Co-Director of the Johns Hopkins Craniofacial Center. His practice includes traumatic brain injuries, brain and spinal cord tumors, achondroplasia, neurological and congenital disorders, craniosynostosis, epilepsy, and trigeminal

neuralgia. This work includes active research programs.

Dr. Carson has written over 90 neurosurgical publications. He has been awarded 24 honorary degrees and dozens of national citations of merit. He is the author of three best selling books, "Gifted Hands" and "Think Big" and "The Big Picture".

<http://www.topblacks.com/medicine/ben-carson.htm>

What's Going On In May 2006?

Nurses Week



Memorial Day



May 29, 2006

U.S. economy keeps chugging along

More jobs, higher company profits, a warm winter, and healthy rates of consumer spending are powering economic growth in the U.S.

Growth figures have been up and down since last summer. In the third quarter, the economy grew 4.1 percent, but just grew 1.1 percent in the last quarter of the year. January through

March 2006 figures weren't complete early in 2006, but analysts expected a first-quarter pace of 5 percent or higher.

Warm weather in January was partly responsible for a 2.3 percent rise in retail sales from December, but even before January, demand by consumers, businesses, and foreign investment was strong.

Weather was not the only factor in the increase in consumer spending, and consumers probably won't be able to continue big increases in retail sales. But spending is supported by improving job markets, low interest rates compared with historical levels, and previous gains in wealth, according to Business Week.

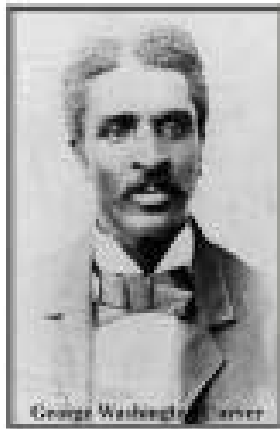
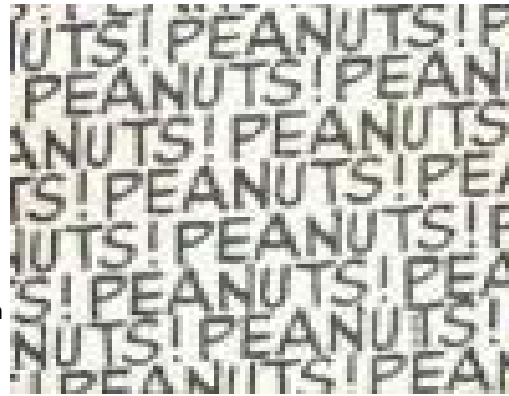


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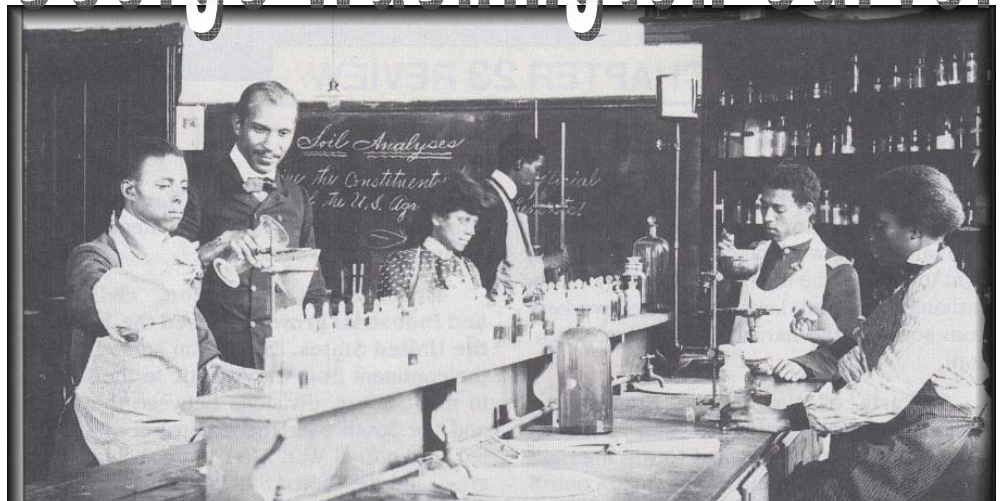
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George Washington Carver was an agricultural chemist. He began his remarkable career at Tuskegee Institute. He was born of slave parents in the year of 1864. He worked his way through high school and earned his bachelor's degree and masters of science degree from Iowa State College. He was recruited to Tuskegee, where he became the head of the Tuskegee, where he became the head of the Agriculture Department. Carver is very famous for developing industrial uses for southern crops. His experiments with the sweet potato, pecans and peanuts developed into more than 250 products. Carver also made synthetic marble from wood shavings, dyes from Alabama clay and starch from cotton stalks. Carver died on January 5, 1943.

George Washington Carver



Higher education was crucial to black Americans in their struggle to overcome discrimination. This photograph shows the chemistry laboratory at Tuskegee Institute in Alabama. George Washington Carver, a noted inventor and teacher at Tuskegee, works with the student at left.



**BLACK
HISTORY**