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EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Recently, I had the pleasure of reuniting with an old colleague and friend Dr. Arthur Mullies from Hume, Missouri. He passed on to me some very interesting data on John Brown's 1858 raid in Vernon County, Missouri. His research and photos led to the commemoration of an historical site by the Missouri State Department of Cultural Archives. It begins the emblem on coins put into circulation by both the British and American abolitionists that read "Am I not a man and a brother?" and "Am I not a woman and a Sister?" We will reproduce this document which includes Harvey G Hicklins's eyewitness account of John Brown's raid that additionally includes a handwritten ledger of property values in the James Lawrence Estate Papers of slaves, horses, calfs, oxen, steers, notwithstanding articles appearing in the Lawrence Tribune and the New York Tribune and an historical account of the raid that divided Missouri and Kansas leading to the Civil War. The slaves listed in the ledger as Jim, Narcissa, two children and a man called Samuel are the ones that John Brown freed and took to Canada. Old photos recovered by Dr. Mullies from an old residence near Hume, Missouri included one taken later in Canada of Samuel and his wife. We will feature this in our website in the near future.

With the recession and subsequent weakened economy, we are finally looking ahead for solutions to global warming, educational reform and corporate abuse regulation. In the area of energy, it has become clear that with autos, we need to move away from fossil fuels and move on to renewable forms of energy. We are moving toward a transitional phase in which we have hybrids using both bio-fuels and electricity for propulsion. The Toyota Prius has led in this field for a decade. Close behind is the Honda Insight and in 2010, the Chevrolet Volt and Ford Fusion. The Prius leads in fuel savings rated at 51 highway and 48 city versus the Insight at 40 city, 43 highway. The Chevrolet Volt will go 40 miles on a single charge before it has to use conventional gasoline. The Pruis all plug in is expected soon. Here, you will be able to charge the battery in your garage overnight and have a range of over100 miles. The key is in the battery technology. The exclusive Tesla all-electric sports cars already can go from 0 to

60 in 4 seconds and travel some 150-200 miles from one charge. The secret is in the same batteries that are used for your computer—lithium ion batteries. The problem is their cost. But as battery technology moves to the next level, it will become more affordable and adequate for the lower priced cars. If electric cars become a large part of the future, who will stand to be the big winner? It will be the electric utility companies. However, with solar panels becoming the norm in the near future, each home owner will be able to generate free electricity from his own home. The holy grail of the electricity business is storage. One strategy being discussed is developing units to store energy and use them to power individual businesses or homes. Your own car could conceivably power your home. The moon-roof of your car could consist of dual solar panels already being supplied by Sanyo or you could have solar panels placed in parking garages from your company employer to supply energy to your parked car while you are at work. Another fuel source is the hydrogen fuel cell. Chevrolet is testing 100 Equinoxes. The advantage of hydrogen fuel cell is the short charge time and the distance it can go. The amount of hydrogen used to make gasoline today could fuel 200 million fuel cell vehicles. Expect high tech safety improvements like sensors that awaken you if you fall asleep at the wheel or if you stray from your lane. Is the combustible car becoming obsolete? As long as hydrogen can be used for this type, it will be around. But when you have an auto that eliminates the bulk weight of metal in the motor and transmission (over 1500 pounds), notwithstanding, a motor that has over a thousand moving parts, we begin to see the simplicity of the electric car which has only some 15 moving parts and has an electric motor the size of an attaché case, instant torque, great reduction in weight, no carbon emissions, one can see the advantages for the future.

Finally, research indicates that various racial, ethnic, and demographic minorities face different kinds of challenges—genetic and socioeconomic. Part of the problem is related to the poor health delivery system in the U.S. The last time I looked into it, the World Health Organization had us ranked 37th in the world. Leading the way is France and Italy among other European nations, Japan, Australia (even Cuba is right behind the U.S.) where preventive health is a priority i.e. a strategy for wellness instead of waiting to get sick. We need to clean up the food chain that is contaminated with pesticides, toxic chemicals, preservatives, dyes excessive sodium and sugar, hydrogenated oils, fat etc that place us at risk in the long run for a number of diseases (high blood pressure, heart disease, diabetes, kidney disease, hepatitis and cancer). Here are the demographic results : **If You Are African-American—you are more likely to:** die of cancer than any other group, have 80% more prostate cancer than whites, suffer from high blood pressure, kidney disease and stroke, be HIV-positive and die of AIDS, have your infant die before the age of 1. **If You Are Asian-American—you are more likely to:** Suffer from liver disease, be infected with hepatitis B virus. **If You Are Hispanic-Latino-Chicano—you are more likely to:** die from diabetes than a white person, battle obesity (especially as a child), be infected with tuberculosis, have higher rates of cervical cancer than white women, not be up to date on all of your infant's immunizations. **If You Are Native-American—you are more likely to:** suffer from diabetes, have alcohol problems. **If You Are Living In**

Rural America—you are more likely to: have difficulty accessing good medical care, abuse alcohol at a young age, use methamphetamine, die of accidents, or commit suicide. Missing in this survey is malnutrition or poor nutrition. The solutions suggested are to get screened routinely for the aforementioned problems, adjust your diet, cutting back on salt, sugar, fat, cholesterol and chemicals, get vaccinations, maintain a healthy weight, avoid alcohol and drugs of all types. Unfortunately, the disparities in current medical care system indicate that the poorer you are the less educated you are, the less healthy you are destined to be. Still, until our health care system changes to include all citizens, we can make a few lifestyle changes that have us making better choices in our daily intake of food, exercising, controlling stress etc. We need to eat with our heads and not our eyes; we need to stop eating something because it tastes good without knowing the consequences of our impulses.

In our next issue, we will have the rankings of countries with regard to Health Delivery, Preventable Deaths, Percentage of GDP spent on Health Care, and Life Expectancy. Moreover, we will have rankings for the Freedom Press Index, Global Peace and the State of the Future Index. We will explore what 80,000 retired Americans living in Mexico say about Mexico's health care system. You will be surprised to find out why they are not complaining.

Happy and Insightful Reading,

Arnoldo Carlos Vento, Ph.D