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EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. In this issue we will cover Educational, Health, Auto, Technological and Historical news.

EDUCATION: TIME IN SCHOOL OUTMODED?

There are a number of problems associated with time and its link to performance. Why do public school students get three months off? This outmoded structure was devised when children had to be home to help work in the fields. Educators have long recognized the phenomenon of the "summer loss." While the National School Boards Association recognizes that extra time in school could potentially boost student performance, there is the ever present public or political opposition. The facts reveal that students spend less time per day on vital subjects like math, science and reading than their foreign counterparts, according to David Gartner, co-director of the *Center for Universal Education* at the nonpartisan *Brookings Institution*. He contends that other countries are devoting more resources to important educational goals and are doing better in student achievement than in the United States. While the U.S. ranked 8th spends only 180 student days per year, we note that second ranked South Korea spends 204 days per year while fifth ranked Japan spends 210 student days per year.

OPTIMISM VS PESSIMISM

Is there a connection between optimism and good health? New studies link a positive attitude with better health. Dr. Hilary Tindle of the *University of Pittsburg School of Medicine* studied over 100,000 women over a period of eight years with regard to heart attacks and longevity. The results demonstrate that optimists had 16% lower risk of having heart attacks. On the other hand, a 2000 Mayo Clinic study of more than 800 patients over 30 years revealed that pessimists had a 19% higher risk of early death than optimists. Dr. Ranit Mishori contends that optimists have a healthier immune system and an ability to cope with physical pain, emotional upheaval and a quicker recovery from heart surgery. What are the characteristics for each? Optimists express optimism as an

explanatory style about life and its challenges. This type of person does not blame himself for losing a job, fighting with a spouse or facing a serious illness. They are generally disposed to positive future expectations. They exhibit a can do attitude by exercising, giving up cigarettes. These behaviors have a direct correlation to lowering heart disease and high blood pressure. In contrast, a pessimist habitually views setbacks as permanent, unchangeable and pervasive. They feel helpless when things go wrong and tend to believe that bad luck repeats itself. This attitude can increase stress and contribute to depression. Fortunately, pessimists can be reformed but it will take serious work with a professional. It should be noted that being excessively optimistic can work against you. How often have the following statements been repeated: "I won't get infected with HIV" or "smoking isn't going to give me lung cancer." It is about being realistically positive so that you can wake up on the right side of the bed each morning.

RECHARGEABLE BATTERIES: WHAT YOU NEED TO KNOW

More and more, consumers are buying rechargeable batteries for the convenience as well as for eco conscious reasons. They are becoming prevalent everywhere, cordless phones, cell phones, power tools, video game controllers etc. What you need to know however, is that these batteries have memory and can be scrambled by overcharging or cutting short the charging cycle. It is best to let them run down before charging. If you leave your phone in the cradle charging all the time, you have trained the battery to be bad. They need cycles and like your heart they need exercise and rest each day. There are now "smart rechargers" that can discharge and recharge batteries until they are like new and one that will not overcharge your battery. The best are the higher end products: instead of volts in regular batteries these use milliamp hours which tell you how much power they can store on a single charge: E.g. *Powerex* with high capacity. Notebook batteries often need to be replaced within two or three years depending on their continuous use. Here, it is best to unplug them and let them cycle down. Conversely, the biggest enemy of battery life is disuse as in the case of boats, camcorders, or cordless drills. Charge them at least once a month. For motorcycles and boats, use a battery tender to cycle the battery. When your battery has taken its last breath of mAh, call for the proper disposal your friendly fuel cell.

HOW IS YOUR HEALTH? : WHAT TO LOOK FOR...

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|--------------------------------|----------------------------|
| • Body-mass index (BMI) | Desired Range—less than 25 |
| • Body fat | less than 25% |
| • Bone density | 100% |
| • Cholesterol | less than 200 |
| • HDL (good) Cholesterol | over 50 |
| • LDL (bad) Cholesterol | less than 100 |
| • Lp(a) (very bad) Cholesterol | less than 10 |
| • Triglycerides | less than 150 |

- Vitamin D 32-100
- Blood Sugar (A1c level) less than 6%
- Blood Pressure below 130\80

Other Strategies: Take Vitamins(D etc), De-stress with yoga or meditation, Eat healthy breakfast(whole grain, high fiber, protein), improve your posture and Stay fit by exercising 30-40 minutes each day. Avoid junk food or refined and fatty foods; avoid fried foods, Avoid soft drinks, candy and snacks.

Lose weight: Habits of Successful Dieters-- 78% eat breakfast every day (not a doughnut but a healthy meal like egg white omelet with whole grain toast); 62% watch less than 10hrs of TV per week; 90% exercise one hour per day; 75% weigh themselves once a week.

NEW NISSAN ELECTRIC CAR

A zero emission car called the Nissan *Leaf* will represent one of the first mass-produced highway capable, battery powered automobiles. People in Seattle will be the first to drive the *Leaf* in a study to check driver's habits as well as to see how a charging network can be installed across the continent. The first 900 customers will get complimentary fast 15-25 minute 220 volt charger installed in their homes or garage. Included is an on board GPS system that will notify the driver when it is time to recharge and where to locate the charging station. *Science Magazine* calls it "Attractive and subtly high tech, with digital gauges and touch screen navigation." It seats five, has a front motor and front drive, a laminated lithium-ion battery with a high response electric synchronous AC motor, speeds up to 90 mph and a cruising range of 100 miles for daily commuting. It is expected to be available in late 2010 for an estimated price of \$30,000 before a \$7,500 government tax rebate.

HEALTHY HERBS New research suggests that certain herbs and spices can help lower blood pressure, ease arthritis and slow the growth of some cancer cells.

- *Parsley:* Parsley is a good source of vitamin C, iron, and flavonoids, which the *American Institute for Cancer Research* says may help protect cells from cancer.
- *Tumeric:* The *University of Arizona College of Medicine* say curcumin, the active ingredient in this Indian spice, helps prevent joint inflammation associated with rheumatoid arthritis while Rutgers University researcher say tumeric may also slow the spread of prostate cancer.
- *Sage:* A *University of Georgia* study suggests that sage can prevent tissue damage caused by high blood sugar and may even offer protection against cardiovascular disease.
- *Rosemary:* Scientists from the *Burnham Institute for Medical Research* found that rosemary can help protect brain cells from the ageing process and from damage caused by the free radicals that lead to Alzheimer's.

- *Cinnamon*: The *U.S. Department of Agriculture* says cinnamon may lower cholesterol, reduce blood sugar, and slow the proliferation of cancerous cells in people with leukemia.

DID YOU KNOW...?

- The steamboat is generally thought to have been invented by Robert Fulton. It was James Rumsey of Virginia that invented the first steamboat in 1784. It was John Fitcher that improved the previous lower speed versions. Robert Fulton built one that was commercially successful in 1807. The name of Clermont given is his biographer's error. Fulton called it the "North River Steamboat."
- In 1861, the first Negroes were appointed commissioned officers in the Civil War by the Confederacy in Louisiana. By the end of the war, 93,000 had served the Confederate South; 100,000 in the Union Army and about 30,000 in the Union Navy. More than 65,000 were killed.
- It is generally held that George Washington was an honest man with an equally honest cabinet but the facts show a different side of him. Land during his time was a symbol of wealth and prestige. Through inheritance he received Mount Vernon and about 2,000 acres. Dissatisfied, he courted Martha, one of the richest widows even though he did not love her. (When he was engaged he revealed via letter that he loved Sally Fairfax). Through Martha he received 100 slaves, 6,000 acres and enough money to buy thousands more. Eight years after his marriage (1767) he illegally stole land specifically set aside for Indians by the Crown. He hired a surveyor and told him "to keep the whole matter a profound secret" and told him to lie if he had to. In the next few years, he decided to keep land from the government that was supposed to go to his soldiers. But instead he arranged that he and his officers would get 200,000 acres seeing fit to receive the best himself, "the cream of the Country" as he subsequently boasted. As for his cabinet, Hamilton's number two man was caught using inside information for the purpose of making a killing in the bond market. Hamilton himself was accused of corruption. To clear himself of the charge of consorting with a known speculator, he admitted consorting with the man's wife, a Mrs. Reynolds.

Happy and Insightful Reading,

Arnoldo Carlos Vento, Ph.D