



Langston Hughes 1925



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Health & Wellness

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Black History Moment

The Harlem Renaissance is known as the one of the single most influential African American literary and cultural movement of the last century. It began in Harlem, NY in the 1920's and impacted urban centers throughout the United States. The renaissance provided a movement of cultural awakening for literary works, drama, music, visual arts and dance. The time was also an awakening for the realm of philosophical thought. From this social awakening, artists and intellectuals found new ways to explore the historical experiences of black culture and the contemporary experiences of black sociology. During the renaissance, a Great Migration occurred where Black authors and musicians began moving to northern cities and away from the segregated south. The Great Migration expanded black communities nationwide and created a greater market for culture. Jazz and blues, the music of the

South, came to the North and became a favorite music genre in all of the large nightclubs and restaurants such as the Cotton Club in Harlem. Newspapers, magazines, poets, authors all began publishing literary works about the reality of black life in America. These publications had a nationwide readership that showcased the style of the new black authors. The Harlem Renaissance became a nationwide effort of black interpersonal support systems of black patrons, black business owners, black patrons and black culture. It united a nation with a sense of unity and participation in a common endeavor and their commitment to extending artistic expression to the black nation. For the black nation, art was a way to prove one's humanity and demand equality. The diverseness of the literature, music, ideas, organizations and socio-economic influ-



The Harlem Renaissance

ences make the Harlem Renaissance an unprecedented movement which still influences the cultural society of today. Characterizing the Harlem Renaissance was an overt racial pride that came to be represented in the idea of the new culture. A culture through intellect, the production of literature, art and music could challenge the stereotypes of an era to promote progressive social integration and the creation of this art and literature served to uplift a new American awakening. This served to "uplift" a new nation through culture, not violence. For more information on the Harlem Renaissance, please visit www.blackhistory.com.

February is American Heart Health Month

Do you know what your chances are of developing coronary disease or having a heart attack? There are risk factors that put you at an increased risk of possibly developing heart disease. Are you at risk?

- ◆ Do you smoke cigarettes?
- ◆ Is your blood pressure 140/90 mm Hg or higher or on blood pressure medication?
- ◆ Is your HDL lower than 40 mg/dL?

- ◆ Did your father or brother have heart disease before age 55 or did your sister or mother have heart disease before age 65?

If any of these risk factors apply to you, you have an increased risk of having a heart attack. If you are a man over the age of 45 or if you are a woman over the age of 55, you also run the risk of developing coronary disease. If you don't know your cholesterol numbers, take the time this month and have them checked out by your personal physician.

In order to prevent heart disease, the American Heart Association urges everyone to know the risk factors. For more information on risk factors, cholesterol or heart disease, please contact the American Heart Association or your personal physician.



www.americanheart.org

How to Boost Your Brainpower

Do you sometimes feel as if your brain is running on empty? Here's how to keep it in shape so you can pump up your problem-solving abilities, fight forgetfulness and think more clearly and creatively.

Practice mentally. Studies of athletes indicate that imagining a tennis serve or ski run between competition can boost performance. The possible reason for this is that mental rehearsals can build mental "muscle" by sparking the brain connections needed during the real thing.

Focus your attention. If you tend to misplace your car keys, for example, say to yourself "I am placing my car keys on the shelf by the hallway mirror." To remember "when" note the time of day, weather, what you are wearing at the time or the task that you just finished.

Use it or lose it. Research suggest that as you age, you can reverse a decline in thinking abilities

by becoming more mentally active. Smart moves: Learn a new language, study a new subject, play games like checkers and do crosswords or other puzzles.

Keep fit. Evidence shows that people in their 70's and 80's who stay healthy and moderately exercise can expand their brain power.

Sleep. Research shows that during REM sleep your brain can actually solve problems from the previous day. In a recent study, scientists showed participants a difficult puzzle for 4 hours before going to sleep. Not one participant could solve the puzzle in 4 hours but after 5 hours of REM sleep, every participant solved the puzzle.

Diet. Four foods that help increase your brain power. Dark leafy greens that contain folic acid that help the brain break down homocysteines. Homocysteines are linked to dementia and Alzheimer's disease. Eggs are high in choline which

is essential for brain development and memory functions. Berries such as blueberries and strawberries have antioxidants that protect your brain from damage and improve short term memory. Finally, fish contains Omega-3, a fat that helps keep the cells in our central nervous system running smoothly and it is show to reduce brain inflammation. For more information in increasing your brain power got to www.associatedcontent.com/brainpower.



Taking Care of Your Back

Taking care of your back and understanding the principles of preventing back injury are key to a healthy active body.

- 1. Lift Correctly**—Let your legs power the lift. Bend at your knees, not at your waist, to pick up any object, even something as light as a sheet of paper. Keep heavy items you are lifting close to your body and avoid twisting while lifting.
- 2. Sit Up Straight**—Sit with your back straight. If your chair does not have lumbar support, use a cushion to help support your lower back. Keep both feet on the floor. Also: When driving, position your seat so that you can easily reach the controls.

- 3. Maintain a Healthy Body Weight**—Extra weight, particularly around the belly, can strain your lower back. Lose weight by cutting calories and accumulating at least 30 minutes of moderate physical activity most days, every day is ideal.



- 4. Know Your Limitations**—Don't try to lift something that is too heavy. If you have a large quantity of items, lift them one at a time. Lifting 2 or 3 at a time might save time but it won't save your back.

- 5. Neck or Leg Pains**— Back injury pain is not always near the proximity of the injury. Neck pain and leg pains are also common indicators of back injury.
- 6. Exercise to Strengthen Body Core**—Moderate exercise or weight lifting has shown to help strengthen the core muscles around the spine. Consult your doctor before starting any workout and do research to find out the best exercises for your own specific work-out needs. For more information on how to prevent back injuries please visit www.osha.gov or consult your local physician if you are currently having discomfort while lifting objects or during daily activities.

Recycle Your Computer

Computer recycling is nothing new, many American's still toss out their old computer to the trash. Toxic chemicals, carcinogens and heavy metals are all part of what makes their clocks tick and improper disposal can bring them all a little too close for human contact. The easiest way to recycle is to donate your used computers and electronics to reputable charities in your area. If the computer is not working, parts are used to refurbish old systems and perhaps build new pc's for the organization. All donated

computers are tax deductible so check with local charities to find out their donation guidelines. If you decide against donation, check around for computer donation locations. All large computer manufacturers have a recycling program. Many times a quick visit to the internet will give you all the information you need on recycling everything from monitors, motherboards and even your mouse. A growing problem of e-waste (electronic garbage) is taking over America. Authorities are working with com-



munity organizations to stop the large amounts of



e-waste because of the large amounts of toxins computers emit when in a landfill or garbage facility. eBay has started a "Rethink Program" that has a computer recycling FAQ section and many useful links to the nearest recycling program in your area. www.ebay.com/rethinkprogram

Money Health: Protect Your Money and Your Identity



If a criminal gets your ATM, debit or credit cards, or personal finance information such as account numbers, passwords or social security number, they can drain your bank accounts and make charges to your credit cards. Identity theft is the fastest growing crime in the nation. There are 27 million victims of identity theft every year in the United States. Identity theft can seriously damage your credit and financial reputation that could take years to restore your good credit and your good name. Don't let it happen to you. Here are some tips to help you avoid financial fraud and safeguard your identity:

Carry only necessary information with you. Leave your social security card and unused cards at home in a safe location.

Protect your social. Don't write your social security number down on a check, bank statement or any other transaction. Give it out only if absolutely necessary or ask to use

another identifier.

Limit paper statements. Have your monthly statements emailed to you or go online to pay your bills.

Shred everything. Shred all documents containing bank records or tax information.

Review your credit report. Check the status of your credit at least once a year and report any suspicious activity immediately.

Remove your name. Remove your information from marketing lists and take advantage of the "do not call" programs.

Spam questionable email. Never click links sent in unsolicited emails. Never open attached files.

Protect your information. Keep your personal information in a secure place at home and never write down your passwords.

How do they do it?

Dumpster diving: they rummage through your trash looking for anything with financial or personal in-

formation written down.

Skimming: They steal credit/debit card numbers by using a special storage device when processing your card.

Phishing: They pretend to be financial institutions or companies and send spam or pop-up messaging to get you to reveal personal information.

Changing your address: They divert your billing statements to another location by completing a change of address form.

Old fashioned stealing: They steal wallets and purses, mail including bank statements and credit card statements, pre-approved credit offers and new checks or tax information. A motivated thief will steal personal records from their employers or bribe employees who have access. Report all suspicious contacts to the Federal Trade Commission at www.consumer.gov/idtheft or by calling 1-877-IDTHEFT.



What's New at Max?

Welcome to the new Max employees!

Vincent Griffin
Tanesha Williams
Brian Purcell
Harvey McDonald
Thomas McClain
Joey Johnson
Nicholas Jenkins



New BJCTA Board Member Joyce Brooks

Mrs. Brooks is the Area Manager for the Birmingham Division of Alabama Power. She is a member of the United Way of Central Alabama Cabinet, Project Corporate Leadership and MainStreet Birmingham Board. She is married to Ivor J. Brooks, Fire Chief for the City of Birmingham and has four children.

New Fleet of Compressed Natural Gas Vehicles and VIP/Paratransit Vehicles Scheduled to arrive August 2010!



BLACK HISTORY MONTH

Puzzle by Frank A. Longo
 Edited by Will Shortz

ACROSS

1. Civil rights heroine Parks
5. Droops
9. Cooling device
12. Milky white gem
13. Horse's pace
14. "The Color Purple" author Walker
16. Host of "Kids Say the Darndest Things": 2 wds.
18. Insects that eat clothes
19. "On your mark, get ____, go!"
20. Missing, like a soldier
21. Makes you say "Wow!"
22. "Fame" star ____ Cara
23. Where Charles Rangel and Maxine Waters serve: Abbr.
24. ____ the Grouch
27. Sight in the night sky
29. 1-Across wouldn't give up hers
32. Relating to sound
34. Hit with a sci-fi gun
36. ____ de Janeiro, Brazil
37. Competed like Jesse Owens
38. Important time period
40. Suffix with Japan or Vietnam
41. Popular place for a tattoo
42. Dog's bark
43. The "D" of "C.D." or "D.J."
45. ____ Renaissance (period of black literary renewal)
47. Give careful attention to
49. Hit the mall
51. ____ bear (stuffed animal)
52. Do, ____, fa, so, la, ti, do: 2 wds.
54. "Rudolph the Red-____ Reindeer"
56. Musical dramas

1	2	3	4	5	6	7	8	9	10	11
12				13				14	15	
16				17				18		
19				20				21		
			22					23		
24	25	26			27		28		29	30
32					33	34		35	36	
37				38		39	40		41	
42				43			44	45	46	
47			48	49			50	51		
		52		53		54		55		
56	57					58			59	60
62						63			64	
65						66			67	
69						69			70	

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| 58. Identical brother or sister | 7. Fancy drinking glasses | 44. Remote ____ (television accessory) |
| 59. Foot part | 8. Pig's place | 46. Fire engine's color |
| 62. Hopeless one | 9. See 69-Across | 48. Actress Bo |
| 63. Slave who was the subject of a 19th-century Supreme Court case: 2 wds. | 10. Stomach discomfort | 50. Former Joint Chiefs of Staff chairman Colin ____ |
| 65. 45-Across leader Alain ____ | 11. Loch ____ Monster | 53. Female horse |
| 66. Acting part for Will Smith, for example | 14. Bullets and BB's | 55. Part of the record containing the hit song, usually: 2 wds. |
| 67. Textbook division | 15. Bank offerings | 56. Make eyes at |
| 68. Before, in poetry | 17. Lugged | 57. Penniless |
| 69. With 9-Down, jazz singer known as the "Queen of Scat" | 21. Had ____ on (was very fond of): 2 wds. | 59. "Beloved" novelist Morrison |
| 70. Leaning Tower of ____ | 22. Author Fleming or actor McKellen | 60. "The Adventures of Milo and ____" (1989 family film) |
| | 24. Talk-show queen Winfrey | 61. Soul singer ____ James |
| | 25. Not be stingy with | 63. Rapper Dr. ____ |
| | 26. Southern Christian Leadership ____ (Martin Luther King Jr.'s organization) | 64. Half a pint |
| | 28. Had breakfast | |
| | 30. Showed on television | |
| | 31. "Men in Black" star ____ Lee Jones | |
| | 33. Emergency situation | |
| | 35. Tidies up | |
| | 39. Bonfire remnant | |

DOWN

1. Burglarizes
2. Boy in "The Andy Griffith Show"
3. Pepper's partner
4. Sheryl Crow's "____ I Wanna Do"
5. "Uncle Tom's Cabin" author Harriet Beecher ____
6. Crimes involving fire

Courtesy of the
 New York Times
 Learning Network

The solution to this puzzle can be found at <http://www.nytimes.com/learning/teachers/xwords/solution/19990201.html>.