

Black Cat's CUPBOARD

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FAD DIETS WHICH LIMIT "CARBOHYDRATES" CAUSE AN IMBALANCE IN THE DIET BY FORCING THE BODY TO DEAL WITH LARGE AMOUNTS OF BOTH FAT AND PROTEIN FOR ENERGY!

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THIS MAY RESULT IN KIDNEY DAMAGE!

AND AN EXCESS MAY INCREASE CHANCES OF CORONARY DISEASES!

NUTRITIONISTS RECOMMEND THAT AT LEAST 50% OF OUR CALORIES (ENERGY) SHOULD COME FROM CARBOHYDRATES!

VEGETABLES, FRUITS AND WHOLE GRAINS!

GRANDPA MACK TELLS THE STORY OF SHYAAM THE GREAT BY KOFI TYUS

GRANDPA MACK HAD BEEN A BIG HELP...

HE HAD TOLD THE TRUE STORY OF A GREAT MAN WHO DID NOT GIVE UP.

HE HAD OVERCOME SLAVERY, INVASIONS, AND THE COMPLETE DISINTEGRATION OF HIS PEOPLE.

SO, BEDIAKO FIGURED THAT IF HARD WORK AND COURAGE COULD TURN THINGS AROUND THEN...

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HE WOULD STUDY HARD AND PREPARE HIMSELF SO THAT HE, TOO, CAN MAKE A DIFFERENCE. **THE END**

YOUR READING LIST

Here are some books about Africa. See if your local library has them.

Africa Yesterday and Today, edited by Clark D. Moore and Ann Dunbar.

Africa Past: Chronicles of Africa from Antiquity to Modern Times, edited by Basil Davidson.

Myth of the Negro Past, by Melville J. Herskovits.

Short History of Africa, by Roland Oliver and J.D. Fage.