DID YOU KNOW?

- The ancient Greek writer Lucian wrote: "The Ethiopians were the first people who invented the science of the stars, and gave names to the planets."

- Scotland's very first football/soccer captain was a black man. His name; Andrew Watson. He became the first black man to captain an international team, when Scotland played England in 1881; read more about Andrew Watson here...

- Africa's original name is the Land of Ham - The term/name Africa came after a Roman General, Leo. S. Africanus led the attack which defeated Hannibal's army in Carthage (North Africa, now Tunisia). After the victory, in the General's honour, the Roman Empire renamed the Land of Ham, Africa, after him.

- The word Corral (an enclosure for cattle or livestock), used by the North American Cowboys, originates from the African word Kraal - The Bush Men of the Kalahari in southern Africa, for centuries have located their Kraals within their homestead or village; and they are surrounded by a palisade, mud wall or other fencing, roughly circular in form.

THE BLACK MADONNA; THE BLACK CHRIST

- The Saviours of Mankind from Buddha to Jesus were Black. In fact, the earliest statues of the Virgin Mary and Christ in Europe as far north as Russia were black. They are still worshipped today in parts of Europe:

- In Poland, she is called the Black Madonna of Czestochowa.
• In Spain, there is a **Black Madonna from Nuria** called the "**Queen of the Pyrenees**".

• In Russia, **Notre Dame of Kazar** is a Black Virgin.

One can find a **Black Christ**:

• In France, the Cathedral of Millan.
• In Germany, the Cathedral of Augsburg.
• In Italy, the Church of San Francisco (at Pisa).

**AFRICA**

• **The Punic (PHOENECIAN) Mausoleum** of the Numidian Chief Ateban at Dougga (Ancient Thugga) **Tunisia**; 200 B.C., is one of the monuments in Tunisia that tells us of African History. A monument that brings back the history of the **Punic Wars** between 264 - 241 B.C and 218 - 201 B.C. This conflict was fought between Algeria, Libya, Tunisia and **Carthage** which fell in 146 B.C.

• **The Lion of Judah** in Addis Ababa, Ethiopia is a national symbol which traces its history and royal lineage to the reign of the **Queen of Sheba**. Centuries ago, **King Solomon** said: “None but the Queen’s son **Menelik**
"and his successors should rule over Ethiopia..." and even today this is still a belief among many Ethiopians.

- **The Friday Mosque of Quayrawan** in Tunisia, North Africa, was founded in 670 and rebuilt by Ziyadar Allah in 836. A notable result of the Arabs' sudden attack on Africa. Arabs were major contributors to the spread of Islam to Africa in the year 1200. They came in through Egypt and forced people to convert to Islam.

- **The Mousgoum House** is the most visually unusual example of African houses built by the Mousgoum people of Cameroon. The houses are arranged in circles with the doors opening onto the central yard.

- The Sande Society **Bandu Mask** from Sierra Leone in West Africa is interesting because women's secret societies are rare in West Africa. It is a two faced mask. The two faces share a common hat. A design probably inspired by early seamen boaters.

- **The Dogon Mask** from Mali in Africa is a circumcision mask which is not supposed to be seen by women. The mask is an important part of the Dogon ritual.

- **Timbuktu** (also known as Tombouctou) is a city located near the Niger River in the African country of Mali. Timbuktu has a population of approximately 30,000 and is a major Saharan Desert trading post.

- The continent of Africa covers nearly 12 million square miles (31 million sq. km). Africa could hold the land occupied by China, India, Europe, Argentina, New Zealand and the continental United States, with room to spare!

- Africa is divided into over 40 different countries.
As of 1993, African people used more than 800 languages and regional varieties of a language, or dialects; but only 10 or so of those languages are spoken by cultural groups of more than a million people. In fact, most African languages are used by groups of fewer than 100,000 people.

- **Afro-Asiatic**: A language family that includes Semitic languages, Kushitic and others.

- **Nilo-Saharan**: A language family concentrated in the band between the Nile and Rift highlands of Morocco.

- **Niger-Congo**: A language family that originated in the savanna and woodlands of west and south-central Africa

- **The Sahara Desert** is the world's largest desert. It extends across Africa from the Atlantic to the eastern Sudan. Historically, the Sahara has hindered contact between the Mediterranean and Sub-Saharan Africa.

- **The Kalahari Desert** is a large desert in south-western Africa that partially isolates southern Africa from the rest of the continent.

- **Nok** was a western African iron age culture renowned for its artistry, which occupied what is today north-eastern Nigeria from about 900 BC to about 200 AD.

- **Kush** was a wealthy and prosperous kingdom in the upper Nile basin, in some periods dominated and in others was dominated by pharaonic Egypt.
• **Meroe** was the capital city of the ancient Napatan Empire which at one time rivaled Aksum.

• **Aksum** was a powerful Christianised trading state in the Ethiopian highlands.

**HAITI**

Haiti is a Caribbean nation that occupies the western third of the island of Hispaniola, the second largest island in the Greater Antilles. Spread over an area of approximately 27,750 square kilometres, the nation has a mountainous landscape, dotted with small coastal plains and river valleys, and enjoys a tropical climate. Haiti is the third largest country in the Caribbean, behind Cuba and the Dominican Republic. It also boasts of having the second longest coastline of all countries in the Antilles, with Cuba having the longest.
**INTERESTING FACTS ABOUT HAITI**

- The official name of Haiti is the 'Republic of Haiti'.
- The capital of Haiti is Port-au-Prince.
- The official languages of Haiti include French and Haitian Creole.
- Majority of the people in Haiti are Roman Catholics, followed by Protestants and Voodoo followers.
- The currency of Haiti is Gourde.
- Around 95 percent of the population of Haiti comprises of Blacks, while Multiracial, Arabs and Europeans make up the rest 5 per cent.
- Port-au-Prince is the largest city in Haiti, in terms of population.
- Haiti follows the system of 'Presidential Republic'.
- Haiti was the first post-colonial independent black-led nation in the world.
- Haiti is the only nation in the world whose independence was gained as part of a successful slave rebellion.
- Haiti was the first nation in Latin America to gain its sovereignty.
- Haiti is the only independent Francophone nation in Latin America. All the other French-speaking Latin American nations are overseas departments of France.
- Haiti shares the island of Hispaniola with the Dominican Republic.
• Hispaniola, along with Cuba, Jamaica and Puerto Rico, is a part of an island chain known as the Greater Antilles.

• Hispaniola was visited Christopher Columbus, in the service of Spain, in 1494.

• The term 'Haiti' is derived from 'Ayti', a Taino word that means 'mountainous land'.

• French rule was established in Haiti in 1790s, when the uprising by slaves brought an end to slavery.

• Haiti gained independence from France on 1st January 1804, when it was declared a Republic.

• Haiti annexed Santo Domingo between 1822 and 1844.

• US troops occupied the Republic of Haiti between 1915 and 1934.

• Haiti was under the dictatorship of Francois Duvalier, known as Papa Doc, between 1956 and 1971.

• Jean-Bertrand Aristide became the first democratically elected president of Haiti, in 1990.

• USA and United Nations imposed sanctions on Haiti in 1991 and 1993, respectively.

• Haiti is divided into 10 departments - Artibonite, Centre, Grand'Anse, Nippes, Nord, Nord-Est, Nord-Ouest, Oues, Sud-Est and Sud.

• The 10 departments of Haiti are further divided into 41 arrondissements, and 133 communes.
• The main industries of Haiti are sugar refining, flour milling, textiles and cement.

• Decades of violence and instability in Haiti has made it the poorest country in the Americas.

• The highest point in Haiti is formed by Pic la Selle, at 2,680 meters.

**THE HISTORY OF HAITI BEFORE AND AFTER THE REVOLUTION**


**MORE ABOUT TOUSSAINT L’OUVETTURE**


**FAMOUS HAITIANS**


**SUPPORT HAITI**

JAMAICA

- Jamaica has a variety of Traditional Dances: Maypole; Quadrille; Kumina and Jonkunnu. Other Traditional Dances are: Gerreh and Dinki Mini; Revival; Ring Games; Ettu and Bruckins Party.

- Jamaica has the most churches per square mile of any country in the world. Over 1,600 churches all over Jamaica. That number is growing.

- Jamaica was the first country in the Western world to construct a railway, even before the United States and this was only 18 years after Britain.

- Jamaica is the first Caribbean country to gain independence.

- Jamaica was the first commercial producer of bananas in the Western Hemisphere.

- Jamaica also was the first island in the Caribbean to produce rum on a commercial basis.

- Apart from the United States, Jamaica has won the most world and Olympic medals.

Jamaica is also passionately called “JAM ROCK” “JAM DOWN” “BACK A YARD” and “YARD”.
BLACK INVENTORS

Did you know throughout history, African Americans have invented some important and fun devices? Here are some examples...

Elijah McCoy

Image Credits: New York Public Library.

Elijah McCoy (1843–1929) invented an oil-dripping cup for trains. Other inventors tried to copy McCoy’s oil-dripping cup. But none of the other cups worked as well as his, so customers started asking for "the real McCoy." That's where the expression comes from.

Lewis Latimer


Lewis Latimer (1848–1928) invented an important part of the light bulb; the carbon filament. Latimer worked in the laboratories of both Thomas Edison and Alexander Graham Bell.
Jan Ernst Matzeliger (1852–1889) invented a shoemaking machine that increased shoemaking speed by 900%! In 1992, the U.S. made a postage stamp in honour of Matzeliger.

- Benjamin Banneker developed the first clock built in the United States, studied astronomy and developed an almanac. He also helped to create the layout of the building of streets and monuments for the nation's capitol Washington D.C.

Granville T. Woods (1856–1910) invented a train-to-station communication system. Woods left school at age 10 to work and support his family.
George Washington Carver

George Washington Carver (1860–1943) invented peanut butter and 400 plant products! Carver was born a slave. He didn’t go to college until he was 30.

- Lloyd Hall revolutionised the world of food preservation and developed numerous processes for eliminating germs and bacteria from foods, utensils and tools.

- Marjorie Joyner changed the course of hair-care history with her "Permanent Waving Machine."

- Patricia Bath is a pioneer in the field of ophthalmology. She created a laser based device to perform cataracts surgery.

Madam C. J. Walker

Garrett Morgan

Garrett Morgan (1877–1963) invented the gas mask. Morgan also invented the first traffic signal.

- Sarah Boone created a device which was the predecessor to the modern ironing boards.
- Cherry Matthew created a vehicle that is the precursor to the modern tricycle and then created a special fender for street cars.
- Mary Toland - Float operated Circuit Closer - April 26 1916
- Mary J Reynolds - Hoisting/Loading Mechanism - April 20 1920
- I.O. Carter - Nursery Chair - February 9 1960
- Valerie Thomas - Illusion Transmitter - May 4 1980
- Joan Clark - Medicine Tray - April 1 1987
DID YOU KNOW?

...there were Haitians recruited to fight in World War II for the United States? In the early 1940s, an ad appeared in a Haitian newspaper recruiting 40 pilots for training at the Tuskegee Institute in Alabama.

Haitian pilots reviewing flight routes

There were several Haitians who went for training at the Tuskegee Institute, and most of them were in the Haitian Army of Airforce and we know their names:

- Ludovic Audant
- Philippe Celestin
- Raymond Cassagnol
- Eberle J. Guilbaud
- Nicolas Pelissier
- Alix Pasquet
- Pelissier C. Nicolas
The first three men (Raymond Cassagnol, Alix Pasquet and Philippe Celestin) left Port-au-Prince in February of 1943 for Alabama (Via Puerto Rico, via Miami via Jacksonville), and had to ride in a Blacks-Only transportation or had to sit in the back of trains, as blatant segregation was in full swing in those days, something they were totally unaccustomed to in Haiti. Cassagnol would later write in his autobiography *Memoires d’un Revolutionaire.* Raymond Cassagnol is believed to be the only living Haitian Tuskegee Airman.

ALIX PASQUET was in the Haitian Airforce before being recruited by the U.S. Government and becoming a Tuskegee Airman. He left Port-au-Prince in 1943 along with three other Haitian pilots. ALIX Pasquet currently has an autobiography out.
EBERLE GUILBAUD was also one of the Haitians who was a member of the legendary Tuskegee Airman. According to the records of the Tuskegee Institute, Guilbaud graduated in April of 1944. Historians have indicated that he was born around 1920, which meant he was approximately around age 25 when he completed pilot training at the Institute.

PHILIPPE CELESTIN was born in Haiti and left Port-au-Prince for Alabama in 1943, after being recruited by the U.S. to serve as a pilot in the war.

COURTESY: www.kreyolicious.com and www.tuskegee.edu
We all know, beside every man there is a great woman. They persevered in the face of racism AND sexism. Let’s not forget to always include HERSTORY in history. The Greatest Generation has too many unsung Sheroes...

Janet Harmon Bragg: read about her; here...

Mildred Hemmons Carter: read about her; here...
Dorothy Arlen Lane McIntyre: read more about her; here...

Willa Brown Chappell: read more about here...
FAMOUS BLACK PEOPLE PAST AND PRESENT

- **IMHOTEP** - Master pyramid builder and world's first multi-genius.

- **HANNIBAL** - One of the greatest soldiers and military genius in history.

- **BEETHOVEN** - One of the world’s greatest composers in music.

- **ST. MAURICE** - The Black Patron Saint of Germany.

- **ALEXANDER DUMAS** - Author of The Three Musketeers.

- **TERENTIUS AFER** - Greatest of the Latin stylists.

- **IBN-SAUD** - King of Saudi Arabia and Leader of Islam (1880 - 1953).

- **LOKMAN** - First great Fabulist and Wisest Man of the Ancient East.

- **HATSHEPSUT** - The ablest queen of far antiquity.

- **AESOP** - World renowned story teller.

- **SOCRATES** - One of the greatest thinkers in western civilization.
• **COUNT BERNADOTTE** - Sweden's FIRST KING called the Negro Monarch of Sweden.

• **PIETRO OLONZO NINO** - Captain of Adirante Colon's flagship the SANTA MARIA.

• **FRANCESCO BUWATO** - Founder of the City of Brooklyn (New York City).

• **HENRI POINT DU SABLE** - Founder of the City of Chicago, Illionois.

• **SAMUEL FRANCUS** - Saved the "FATHER OF THE UNITED STATES OF AMERICA" - George Washington from being poisoned by Thomas Hickey, an agent of the British army.

• **GIBRAL TARIKH** - The Rock of Gibraltar is named after him.

• **ROBERT BROWNING** - World renowned poet and writer.

• **RONALD McNAIR** – African/American Astronaut.

• **SCOTT JOPLIN** – African/American ragtime composer.
HAVE YOU EVER WONDERED WHO INVENTED THE CELLULAR PHONE?

Ok, you are on a TV game show and have to answer this question to win £10M. The question is, who invented the cellular phone? In all probability most of us could not answer this question. Those of you who know are in that small minority.

Henry Sampson, Jr.

The inventor of the Cellular phone is Henry Sampson, Jr. Sampson is an African-American from Jackson, Mississippi. He attended Morehouse College and transferred to Purdue. He received an MS in Engineering from the University of California. He was awarded an MS in Nuclear Engineering from Illinois and his Ph.D from Illinois. Sampson is the first African-American to receive a Ph.D in Nuclear Engineering.

In 1971 Sampson was awarded a patent for the "gamma-electric cell." This technology was used in the cellular phone. Hopefully Dr. Sampson was well rewarded for his efforts.

Alright, now that you have this information join the "Tell a Brethren and Sistren Club" by passing this information on to more of us.

Barbershops and Beauty Salons are great places to discuss this information.

During the week let our Anglo Brethren and Sistren know about Dr. Sampson. This is called the "Breakdown the stereotype campaign."
Ida B Wells (1862 - 1931)

Ida B Wells was in England in 1894 when she heard that white Southerners had put a black woman in San Antonio, Texas into a barrel with "nails driven through the sides and then rolled [it] down a hill until she died." The 31-year-old Wells, a black Southerner, was seasoned to the widespread phenomenon of mob torture and murder that went by the shorthand "lynching"; in fact, she was abroad on a speaking tour denouncing it. Nonetheless, she shed tears over the latest "outrage upon my people."

Her call to speak out against lynching had come just two years earlier, when a Memphis mob murdered her close friend and neighbour Thomas Moss. The incident started as a dispute among white and black boys playing marbles, but it quickly evolved into an excuse to murder Moss, a successful businessman who was drawing patrons away from a nearby white grocer.

White Southerners explained to Northerners that they lynched only when they had to: when black men threatened, assaulted and raped white women. Wells was determined to expose the lie. As the murders of the woman in the barrel and Thomas Moss attest, white Southerners also killed black women and economically threatening black men. Even when the mobs tore apart a black man who had been found with a white woman, it wasn't always rape.
Sometimes, Wells declared in print, the man was not "a despoiler of virtue," but had succumbed "to the smiles of white women." Her editorial Free Speech, the black weekly she co-owned in Memphis, led white residents to destroy the newspaper's office and threaten to kill her. But even after she was forced into exile from the South, she continued to proclaim -- as a banner headline over one of her articles in a New York paper declared in 1892 - "The Truth About Lynching."

For speaking plainly about rape, sex and murder, Wells lost her home and her livelihood. For the rest of her life, she had to defend her reputation against both white and black people who called her a "negro adventuress" and "Notorious Courtesan." A black newspaper editor suggested that the public should "muzzle" that "animal from Memphis," and the New York Times dubbed her "a slanderous and dirty-minded mulatress."

Wells was an orphan and a poor, single woman who supported her younger brothers and sisters through teaching and journalism. She recognized that "my good name was all that I had in the world," yet she would not be silenced. Wells used words to fight white Southern lynch mobs, an indifferent white Northern public and, sometimes, black critics who felt that her outspokenness undermined their agenda. Southern white supremacy was cruel and crazy, and she was the rare person who could see beyond the cultural insanity in which she was immersed. For that she paid dearly.

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An editorial by Glenda Elizabeth Gilmore

Check out the book: "Ida: A Sword Among Lions" by Paula J Giddings
George Jackson was born in 1941. When he was eighteen Jackson was found guilty of stealing 70 dollars from a gas station and sentenced to “one year to life” in prison. He spent seven and a half years in solitary confinement.

While in California’s Soledad Prison Jackson and W. L. Nolen, established a chapter of the Black Panthers. On 13th January 1970, Nolen and two other black prisoners were killed by a prison guard. A few days later the Monterey County Grand Jury ruled that the guard had committed “justifiable homicide.”

When a guard was later found murdered, Jackson and two other prisoners, John Cluchette and Fleeta Drumgo, were indicted for his murder. It was claimed that Jackson had sought revenge for the killing of his friend, W. L. Nolen.

On 7th August, 1970, George Jackson’s seventeen year old brother, Jonathan, single-handedly burst into San Rafael courthouse in Marin County with a satchel filled with handguns, an assault rifle and a machine-gun hidden under his raincoat. After taking Judge Harold Haley and four others hostage, he demanded: "FREE THE SOLEDAD BROTHERS!" George Jackson, John Cluchette and Fleeta Drumgo to be released from prison. Jonathan Jackson was shot and killed while he was driving away from the courthouse.

Jackson published his book, *Soledad Brother: Letters from Prison* (1970). On 21st August, 1971, Jackson was gunned down in the prison yard at San Quentin. He was carrying a 9mm automatic pistol and officials argued he was trying to escape from prison. It was also claimed that the gun had been smuggled into the prison by Angela Davis. However, at her trial she was acquitted of all charges. Read more about George Jackson; here…
Mary Prince, the daughter of slaves, was born at Brackish Pond, Bermuda, in about 1788. Her father was a sawyer and her mother a house-servant. Mary and her parents were the property of Charles Myners.

When Myners died Mary and her mother were sold to Captain Williams. Mary now became the personal slave of his daughter, Betsey Williams. When she was twelve years old Mary was hired out to another plantation five miles away. Soon afterwards Williams sold her to another family.

Mary Prince worked as a domestic slave and in the fields and during this period she was constantly flogged by her mistress. She later wrote: “To strip me naked - to hang me up by the wrists and lay my flesh open with the cow-skin, was an ordinary punishment for even a slight offence.”
Her master later sold her to another man and in 1806 Mary Prince was sent to work on the salt pans of Turk Island. “I was immediately sent to work in the salt water with the rest of the slaves. This work was perfectly new to me. I was given a half barrel and a shovel, and had to stand up to my knees in the water, from four o’clock in the morning till nine, when we were given some Indian corn boiled in water, which we were obliged to swallow as fast as we could for fear the rain should come on and melt the salt.”

In 1818 Mary Prince was then sold to John Wood, a plantation owner who lived in Antigua, for $300. She later wrote: “My work there was to attend the chambers and nurse the child, and to go down to the pond and wash clothes. But I soon fell ill of the rheumatism, and grew so very lame that I was forced to walk with a stick.”

Mary Prince began attending meetings held at the Moravian Church. She later wrote: “The Moravian ladies (Mrs. Richter, Mrs. Olufsen, and Mrs. Sauter) taught me to read in the class; and I got on very fast. In this class there were all sorts of people, old and young, grey headed folks and children; but most of them were free people. After we had done spelling, we tried to read in the Bible. After the reading was over, the missionary gave out a hymn for us to sing.”

While in Antigua she met the widower, Daniel Jones, a former black slave who had managed to purchase his freedom. Jones now worked as a carpenter and cooper and asked Mary to marry him. This she agreed to do and got married in the Moravian Chapel in December 1826. John Wood was furious when he found out and once again she had to endure a severe beating with a horsewhip.

John Wood and his wife took her as their servant to London. Soon after arriving in England in 1828 she ran away and went to live at the Moravian Mission House in Hatton Gardens. A few weeks later she went to work for Thomas Pringle, a member of the Anti-Slavery Society. In 1831 Pringle arranged for her to publish her book, The History of Mary Prince, A West Indian Slave.

After the publication of the book John Wood sued the publishers of The History of Mary Prince, A West Indian Slave, claiming that Mary Prince work had “endeavoured to injure the character of my family by the most vile and infamous falsehoods”. Wood lost his case. Two prominent supporters of slavery in Britain, James MacQueen and James Curtin, took up Wood’s case and in an article in Blackwood’s Magazine, claimed that Prince’s book contained a large number of lies. Prince and her publisher sued MacQueen and Curtin for libel and won their case.
Phillis Wheatley was America’s first black poet. Born in Senegal, Africa in 1753, she was sold into slavery at the age of seven to John and Susannah Wheatley of Boston. Although originally brought into the Wheatley household as a servant and attendant to Wheatley’s wife, Phillis was soon accepted as a member of the family, and was raised with the Wheatley’s other two children.

Phillis soon displayed her remarkable talents by learning to read and write English. At the age of twelve she was reading the Greek and Latin classics, and passages from the Bible. At thirteen she wrote her first poem.

Phillis became a Boston sensation after she wrote a poem on the death of the evangelical preacher George Whitefield in 1770. Three years later thirty-nine of her poems were published in London as “Poems on Various Subjects, Religious and Moral.” It was the first book to be published by a black American.

Most of Phillis Wheatley’s poems reflect her religious and classical New England upbringing. Writing in heroic couplets, many of her poems consist of elegies while others stress the theme of Christian salvation.

Although racial equality is not a theme to be found in Phillis Wheatley’s poetry, one allusion of injustice appears in one of her poems which appears below.

**On Being Brought From Africa To America**

“Twas mercy brought me from my pagan land,
Taught my beknighted soul to understand
That there's a God, that there's a Savior too:
Once I redemption neither sought nor knew.
Some view our sable race with scornful eye,
"Their color is a diabolic dye."
Remember Christians; Negroes, black as Cain,
May be refin'd, and join th' angelic train.

----Phillis Wheatley

**DID YOU KNOW?**

It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavouring.

**PASS THE BUTTER PLEASE...**

![Margarine](image)

**DO YOU KNOW?**

- The difference between margarine and butter? Read on to the end it gets very interesting!

- Both have the same amount of calories

- Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine

- Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

- Eating butter increases the absorption of many other nutrients in other foods

- Butter has many nutritional benefits where margarine has a few and only because they are added!
• Butter tastes much better than margarine and it can enhance the flavours of other foods.

• Butter has been around for centuries where margarine has been around for less than 100 years

**AND NOW, FOR MARGARINE**

• Very High in Trans-fatty acids triples risk of coronary heart disease

• Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

• Increases the risk of cancers up to five times

• Lowers quality of breast milk

• Decreases immune response.

• Decreases insulin response.

• And here’s the most disturbing fact...HERE IS THE PART THAT IS VERY INTERESTING

• Margarine is but ONE MOLECULE away from being PLASTIC...and shares 27 ingredients with PAINT

These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

**YOU CAN TRY THIS YOURSELF**

Purchase a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things no flies, not even those pesky fruit flies will go near it (that should tell you something) it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weeny micro-organisms will not find a home to grow.

• Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

• Share This With Your Friends. (If you want to butter them up)!

**Chinese Proverb:** When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.

*Pass the Butter Please!*
As you walk up the steps to the building which houses the U.S. Supreme Court you can see near the top of the building a row of the world’s law givers and each one is facing one in the middle who is facing forward with a full frontal view. It is Moses and he is holding the Ten Commandments! Read more here...