

Cafe Features

February 15th – 19th 2010



celebrating
African-American Heritage
February 2010

This month in Unity magazine ...

-  Along the Alabama River, just northeast of Selma, lived a community of ex-slaves who now enjoy national recognition for their distinctive quilts.
-  Nick Cave's art knows no boundaries. Part sculpture, part fiber art, part performing art, his Sound Suits are making waves.
-  Forget the ham hocks and the lard, Bryant Terry's version of soul food is free of animal products and all the fat that used to make it lethal.

 Black History Month was established in 1976 by the Association for the Study of Afro-American Life and History. This monthlong celebration is an expansion of Negro History Week, which was established in 1926 by Carter G. Woodson.

Each year, ASALH establishes a theme for Black History Month. The theme selected for 2010 is "The History of Black Economic Empowerment."



Look for specials all month celebrating African-American Heritage Month



Available every Tuesday this month in the café!


Breakfast Steak Sandwiches
Start hearty, stay satisfied




just get yourself here
Wednesday afternoon.
the "rest" is up to us.

recharge wednesday
new
STACK SANDWICHES EVERY WEDNESDAY AFTERNOON
WE FEELAN YOU FROM IN YOUR CARE.

recharge wednesday



National Heart, Lung, and Blood Institute
keep the beat
recipes
deliciously healthy dinners
cookbook
American Heart Month



*Keep the Beat is a trademark of the U.S. Department of Health and Human Services.

Look for menu items from the **Keep the Beat** cookbook in the Café and Celebrate American Heart Month