YOU'RE ON SOLID GROUND

RONNIE LAWS

THE ALBUM LO 5087
FEATURES
THE HITS
"STAY AWAKE"
AND
"THERE'S A WAY"

LIBERTY

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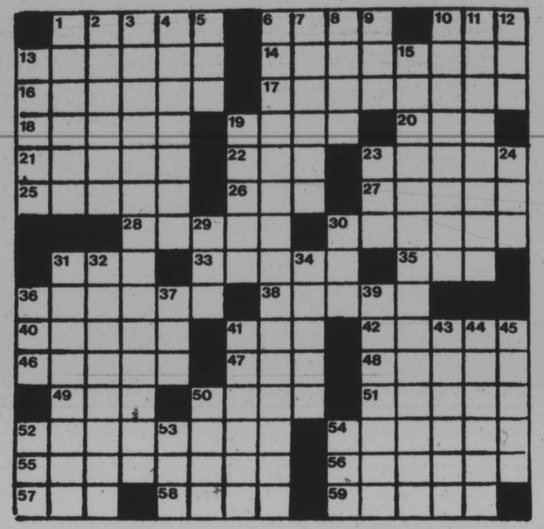
SOLID GROUND

Black History Crossword Puzzle



ACROSS

1 "—mo" Armstrong: blk. trumpeter
6 Tu.
10 —da, Chad
13 George —: blk. pony express rider
14 David Walker's 'Pamphlet' was an — to abolish slavery
16 —cel —: blk. columnist
17 Prof. G. Rose Simpson: blk.
18 Geo. W. Kelley's, steam table adjunct
19 — Warrick Fuller: blk. sculptress
20 Oolong
21 Product of 11 down (2 wds.)
22 See 40 across
23 With 30 across; blk. pugilist
25 —on, Sask. Canada
26 Citus Niger, a blk., led these men: abbr.
27 Paul Robeson's portrayal: (2 wds.)
28 —, Chad Africa
30 With 23 across; blk. pugilist
31 Invention of John H. Evans: a blk.
33 Converse with: slang (2 wds.)
35 — Pendergrass: blk. singer
36 Belonging to blk. boxer, Armstrong, the holder of three titles
38 Country of 'Toussaint L. Ouverture': blk. leader
40 See 24 down (2 wds.)
41 Egyptian serpent
42 Used by 43 down?
44 Take — —: short caution
47 Brown bread
48 Wilson —: Phila. Pol.
49 Area of 1 down
50 German female noun
51 —de, France
52 Sea shell collection: (2 wds.)
54 'The Third Rail'; Inv. by G. T. Woods, a blk., is here: (2 wds.)
55 Meredith —: blk. inv. of fume control system
56 Benj. Banneker, a blk., planned this area
57 AM-FM: abbr.
58 Part of Dawson Thomas', product: blk. builder of ships
59 W. E. B. DuBois?

DOWN

1 Land of Punt
2 Phillis Wheatley (1753-1784): 2 wds.
3 Granville T. Woods' invention: a blk.
4 — S. King: freedom fighter
5 —new
6 Invention of 3 down
7 Merges
8 — Mae Harris: blk. actress
9 —uela, Ivory Coast
10 —, Scotland: blks. resided in this land
11 J. — Johnson, wrote the music for "Black Anthem"
12 Forte of May H. Jackson: a blk.
13 Cheekbone
15 Elijah McCoy, a blk., inv. this
19 —ia, Ethiopia
23 Blk. inventor Lewis H. Latimer, worked with this inventor: initials
24 See 40 across: abbr.
29 Invention of 15 across is used here: abbr.
30 — polloi: The masses to 36 across
31 Besuregard Sq., in New Orleans, was the — — festivities for slaves
32 This blk. man introduced vaccine for smallpox (1721)
34 Recording star?
36 —wee Res., CA
37 Some drunks: phonetically
39 Lewis Temple's harpoon inv. has these
41 Noun (fem.)
43 — Pippin: famous blk. artist
44 Edward versus Edwin (3 wds.)
45 Blk. entertainer (fem.)
50 Question: (2 wds.)
52 —, Sudan, Africa
53 John Mullen's inv. is used here: (abbr.)
54 —erdo Mondlane: African freedom fighter

Calorie-Exercise Chart

How long does it take to walk off that weight you put on with snacks? To find out how long it will take to burn off those extra calories you had today, here's a chart from the American Dietetic Association.

Remember, calories not burned off are stored as *fat*. You can see why those extra sweets add extra pounds!

Food	Activity Minutes Walk	Bike	Swim
White layer cake	56	35	24
12 oz. cola drink	28	17	13
Choc. chip cookie	10	6	5
Plain doughnut	32	19	15
1 cup ice cream	50	30	24
Apple pie slice	77	49	36

What a great vacation. Good friends, perfect weather and the catch of the morning crackling on the fire along with hash browns and eggs-sunny side up. Now's the perfect time for a delicious cup of Maxwell House® Instant Coffee.

Maxwell House and mornings go together naturally, because only Maxwell House gives you that "Good to the Last Drop®" feeling that lets you begin your day just right.

So share a moment with Maxwell House® coffee, it makes the best mornings even better.

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