

Natural Food Researchers Say

# 7,000 Year-Old Diet Is Man's Original Diet?

By Loretta Manago  
Post Staff Writer

With just two cups of "Daryl Cherry Protein Burger Mix," an average of five to eight people can be fed and from this one mix, hundreds of recipes can be prepared. The "Mix" is also free from artificial flavorings, preservatives, colorings, sugar and cholesterol, refined salt, chemicals or animal properties.

No, this is not some futuristic food concept. On the contrary, this idea of well-balanced nutritional products, according to its manufacturers, Daryl Cherry and Sheldon Shipman, is actually 7,000 years old.

"Using fruits, vegetables, herbs, grains, nuts, seeds, peas and beans which have been around since creation, we have developed new combinations to put these ingredients in. Not only do they provide delicious and natural recipes, but they are also therapeutic in delivering all the essential nutrients the body needs while cleansing and rejuvenating itself," responded the manufacturers.

The two manufacturers also contend that this "7,000 year-old diet is man's original diet." In addition to the eight years of research that both Cherry and Shipman have invested in researching the area of natural food, Shipman, while a seminary student studied the diets of every major religion and has concluded that "God intended man to have a natural nutrition." Shipman cited many Biblical figures like Daniel, Ezekiel and Moses who stressed a natural diet.

Once the research was completed, Cherry began making his food formulas. Some of his other food products include the Daryl Cherry "Mother Nature's Original Mix," "Protein Fruit Mix," "Dry Bean Mixes," and "Complete Protein Corn Meal Mix." All of the food products manufactured by Cherry



Sheldon Shipman and Daryl Cherry, executives of Cherry Shipman Industries, Inc., plan to share with the world their natural foods concept.

Shipman Industries are 100 percent pure. Revealing the purpose of Cherry Shipman Industries, Shipman stated, "Our main reason for forming this company was to manufacture and distribute nutritional products that would cover the total spectrum of nutrition, which is our effort to promote 'A better way of life and peace among all people.'"

Although Cherry and Shipman have only been marketing their natural food products for less than two years, they have been making great strides in introducing their product through seminars, lectures and conferences in the states. Last year alone they appeared on a radio talk show, "Joy Of Living," in Chicago; a Whole Life Expo - "An Exhibition for a Healthy America," sponsored by the Whole Life Times & International Health Alliance and a "Healing Ourselves In The New Age: Health Symposium and Fair," presented by leading wholistic health professionals and international authorities. More recently, Cherry and Shipman gave a natural nutrition and economics seminar during the National Council for Black Students Conference.

public is only a small fragment of Cherry and Shipman's goals. Concerned with world hunger, both men intend to present their natural food concept to institutions that mainly address the issue of world hunger such as AFRI-CARE, CARE, American Freedom From Hunger Foundation, Inc., and the World Relief Commission.

one. We (Cherry and Shipman) feel that our product is the solution. Our natural foods are economical to the organizations that would purchase them and they provide all the vitamins and nutrients that are required for a person," stressed Cherry.

Moreover, both Cherry and Shipman expect to expand their natural foods concept into other areas as well. Some of their future projects include a factory outlet-retail store, product demonstrations; a Nature Queen, ice cream parlor;

Nature King, fast food restaurants; a natural spa & juice-salad bar and a natural living health resort.

These ideas, plans and goals have not materialized overnight. As a matter of fact, they occurred years before Cherry Shipman Industries was conceived and before either young man had any notion about becoming involved commercially with natural foods. For Cherry, it was a search for a better diet. That search resulted in fasting and prayer and when the search was over, he had found his answer in natural foods. For Shipman, the desire to find a better diet came while he was a student at UNC-Charlotte. Being an athlete prevented him from pursuing the idea further; however, when he met Cherry eight years ago, all the conditions seemed right for both men to follow their dream.

Cherry Shipman Industries, Inc., of which Shipman is vice president, and Cherry is president, is located at 2818 I-85 South, Suite K. If you would like to know more about this unique product, call 598-8048.

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BOB ALSTON  
...Stresses change

## Teens In Touch Emphasizes Prevention Of Pregnancy

By Karen Parker  
Post Staff Writer

When Bob Alston accepted the position as director of the Charlotte-Mecklenburg Urban League in October, 1982, a family life education program was just a concept.

Alston noticed at that time that the local Urban League seldom ventured beyond working in the areas of education and employment training. He mentioned how he wanted to start a program similar to the one he had been affiliated with while he was in New York. That was the New York Urban League Teenage Pregnancy Outreach Program.

In 16 months, Alston has watched his idea at Charlotte-Mecklenburg materialize into a program known as Teens In Touch. It's emphasis is on preventing adolescent pregnancy. "We have counseling, workshops and field trips that build the teens' self awareness and esteem," Alston spoke.

The staff at Urban League had to be increased to accommodate the program which takes place at two public housing sites: Earle Village and Boulevard Homes. More than 260 teenagers are attending the program Monday-Friday. While it is primarily for pregnancy prevention, Alston stated no one already experiencing parenthood is turned away.

In the co-ed program, counselors and staff workers emphasize how becoming a parent while a teenager can sidetrack whatever goals the teen has set. "Many of the young people have solid ideas about what they want to do with their life," Alston stated. That's why the staff workers put an emphasis on education and careers. "We want them to be able to get jobs, rather than become locked into welfare programs," Alston sincerely spoke.

initiated by other agencies with similar goals are affecting teenagers, but there are still too many becoming parents. "Charlotte might be the 46th largest city in the nation, but it's in the top 10 percent of cities with the highest adolescent pregnancies," Alston stressed.

Along with Teens In Touch, the Charlotte-Mecklenburg Urban League has continued to serve the community in other capacities. The latest program certainly has not taken away the League's emphasis on education and job training.

For example, seven college interns work with Teens In Touch. They are students at Johnson C. Smith University and UNC-Charlotte who are majoring in urban studies, human development, and other social sciences.

"These students not only have the opportunity to gain experience in their field of study, but can also make a contribution to the community at large rather than be isolated on their campuses," Alston mentioned.

In job training, Alston and his staff at Urban League made a successful proposal to the new-to-town Marriott Hotel. The business has agreed to hire 100 people recommended by Urban League. Alston informed the employed will be placed in 38 different occupations.

The General Tire and Rubber Company has agreed to employ people recommended by Urban League for its weekend shifts. "The weekend crew will work a total of 24 hours within a weekend, with the opportunity to work 16 additional hours during the week if desired," Alston noted. This program known as Special Employment and other programs initiated by Urban League, have helped many who have been unemployed for years, finally get back into the workforce.

The Mayor's Summer Youth Employment program, sponsored by Urban League, usually employs about 400 teens for a three-month period. They are prepared for various jobs by attending a Job Readiness class taught at Central Piedmont Community College.

Comparing how he feels now to when he first arrived in Charlotte 16 months ago, Alston proclaimed, "I'm still optimistic; I'm still very high on Charlotte."

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