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Velonda Thompson is a holistic health aficionado and an expert in African American Health Dr. Velonda's Nutrition Nuggets "Pass the Sweet Potatoes, Please

Pass the sweet potatoes, please! - velonda

Velonda Thompson, Ph.D. is president of Be-Fit, Inc. a health promotion organization, which has provided a variety of corporate, small business, and individualized

Pass the sweet potatoes, please - agfax guest

In addition to the many sweet potato farmers in the area, Vardaman is also home to Sweet Potato Sweets, treats from which will also be found on many Thanksgiving tables.

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Dr. velonda's nutrition nuggets

Dr. Velonda I am Dr. Velonda Thompson, an educational cookbook entitled Pass the Sweet Potatoes, Please Sweet Potato Pie was released April 2012

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Dr. Velonda Thompson. WASHINGTON, Dr. Thompson is the author of an educational cookbook entitled Pass the Sweet Potatoes, Please!

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