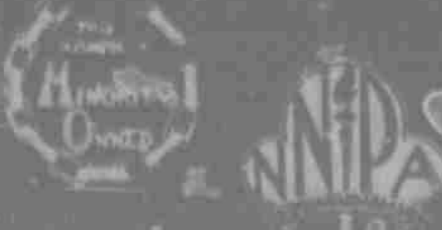


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Lubbock Digest

AN INDEPENDENT PICTORIAL NEWSPAPER FOR ALL PEOPLE BUT PRIMARILY
SERVING THE BLACK POPULATION OF LUBBOCK COUNTY
AND SURROUNDING AREA MORE THAN 37,000

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Black Press of America

VOL. III, NUMBER 45

TWELVE PAGES

ADMINISTRATIVE

510 EAST 23RD STREET LUBBOCK, TEXAS

JULY 17 THRU JULY 23, 1980

CITY COUNCIL REMAINS FIRM ON STAND, DESPITE OPPOSITION TO TRAFFIC LIGHT

With opposition coming from the Waples Platters Company, the Lubbock City Council remained firm on their recent decision to go ahead with a semi-operated traffic light at East 23rd Street and Avenue A last Thursday morning.

Harold M. Chatman, who headed the effort January, 1979 with the cooperation of the Lubbock Public Schools and local black citizens, appeared before the council and disagreed with the claim made by representatives of Waples Platter. "I differ with what these gentlemen have told you (city council) about the parking of vehicles or trucks in the area. They (trucks) block at least one line of traffic each time they park the vehicle," said Chatman. At one point, Chatman showed colored pictures of the Waples Platters

trucks as they are left unattended during the day of work on Avenue A.

Appearing for Waples Platters were Chauncey Trout, an attorney, and J. R. Laney, an officer of the company. Both showed their concern for parking with the installation of a traffic light at this intersection. "We'd like for the council to reconsider your recent decision to place such a traffic light at this intersection," said Trout.

On the other hand, Laney told the council of the anticipated growth of the company. Saying: "It is important to us, a company which did \$35 million dollars worth of business last year and is anticipating upon doing \$50 million this year, to have complete access to this area," he said. He went on to tell the council that his company had anticipated on building near their plant on East 20th Street to handle the cold storage business they do, but this would

take an additional 18 months since there would have to be some deliberation with the Santa Fe Railroad in reference to land acquisition.

Also appearing from the black community was Joan Y. Ervin who told the council of the dogmatic approach of certain truck drivers who "hog" the area when they park these vehicles. "You know, some of them can't even drive the truck," she said. She went on to remind the council that there are only three ways into this black community, and the placing of this traffic light would help getting to and from this area.

Bud Adderton, the only city councilperson to speak about the issue, told the group that the issue was of importance and would like to consider the issue to help both sides.

At least twenty black citizens from east Lubbock were present to hear the city council say it would not consider the issue, but would remain with its prior decision.

Mayor Bill McAlister requested the timetable as to when the construction of the traffic light would take. He was told that today (Thursday) bids were being taken for the purchase of the traffic light, and sometimes early fall should be ready

for use.

According to the council, this light would only operate red and green when there is per traffic in the morning and afternoon hours. The rest of the time, the light would remain green for those persons traveling north and south.

"The only thing we are concerned about is there be some security for persons driving from the black community. This is especially true for kids who travel to and from the various public schools on buses," Chatman said. "We ask you today, city council, to look at this matter from a humanistic approach."



Pictured above are photos presented to the City Council last Thursday morning by Harold M. Chatman, who has headed an effort to get a traffic light at the corner of East 23rd Street and Avenue A. The council remained firm on their present decision, despite opposition from representatives of Waples Platter. (Photos by Harold Chatman)

"We Need More Like Him" Citizens Will Pay Tribute To Officer Britt On Saturday Night



of Bethel African Methodist Episcopal Church, will offer the invocation and the Reverend Tony Williams, pastor of Community Baptist Church, will give the benediction.

Special awards will be presented by Mrs. Emma Rayford, chairperson of this program; Mrs. Marie Long, Lucky Twelve Social & Civic Club; Mrs. Rose Wilson, Magnificent Seven Social & Civic Club; Dr. Heenan Johnson, Bethel African Methodist Episcopal Church; and Mrs. Mildred Johnson, Soul Sisters Social Club.

Officer Britt is expected to give remarks after the special presentations.

Britt, who has solved numerous criminal cases in Lubbock, has received many citations for his heroic dedication to the city of Lubbock. His recent display of professionalism came in the apprehension of a church burglar who was responsible for breaking into several churches in the black community.

A member of Bethel, he is married to Mrs. Ann Britt and they are proud parents of three children.

A native of Ozark, Alabama, Officer Britt told the Digest that he is very happy to see local citizens pay tribute to what he has attempted to do in this city. "I am very



Officer William Britt honored to what is taking place this week, and I hope, with the help of God, to continue to do what I can to help curtail the criminal activity in Lubbock.

Officer Britt began his career with the Lubbock Police Department August 1, 1963. Shortly after being employed, he organized a "Britt Club," which provided recreational activities for young blacks in East Lubbock. Quincy White was president; while Oscar Jones served as secretary.

Later, he, along with Officers Fulton Berry and Floyd Price, sponsored a local radio program over KSEL. It was called "Soul Patrol." This special program, according to Britt, was to communicate with young people and educate them about their local police department. "It was, to us, a very successful

Continue on Page 2

Black Citizens Comment

"Decision Made By City Council Concerning Dr. Martin Luther King Boulevard Affair"

(Editor's Note: Black citizens of East Lubbock are disturbed about the decision made by the Lubbock City Council last Thursday when they decided not to act on the proposed Dr. Martin Luther King Boulevard as requested by the citizens. Black citizens feel as though the 3,000 signatures didn't matter to the council and very unhappy over the outcome. Here are some of those comments by local Black citizens.)

Vera Newsome, president of the United Political Action League (UPAL): "I think it was poor of them. They didn't relate to what people were about. It was a very insensitive decision. They are not really listening to what we are talking about. UPAL will be addressing this issue this week."

Oscar Jones, a member of UPAL, "It (decision) didn't really surprise me. I knew how they would vote. We need to go back and come up with an alternative proposal. I don't know what it should be. If we don't do something, it will become another acceptance of a defeated issue. You know, they (city council members) waited until noon when the chamber was cleared and voted on this issue. Really, nothing surprised me about this particular council. Minorities will be receiving very little from this city council. The traffic light granted for East 23rd Street and Avenue A was a switch. They (city council) feel as though they had to do something. There has been nothing done about the waterfall in east Lubbock. Nor has anything been said about the feasibility study for East 34th and Southeast Drive. This council doesn't really surprise me."

Joan Y. Ervin, former School Board member, "Not worth a damn! We intend to get involved about a recent decision by this council. I'm tired of this kind of a mess. We don't need to jump to any conclusion about this issue at present time. I don't feel they (city council) handled the situation as it should have been handled. They (city council) are not handling the needs of the black community. We need representation on that council! It was a chicken woy out on last Thursday."

Harold M. Chatman, local concerned citizen, "I'm very disappointed about the decision. I have no further comment about this issue."

Theron Cole, chairman of the Human Relations Commission (HRC), "I feel kind of bad about the decision. It (council's decision) was very poorly done. It was a very insensitive decision concerning the large group of people. Over 3,000 people signed the petitions concerning this issue. True, the council has done some positive things recently, but they were very insensitive about the Dr. Martin Luther King, Jr. Boulevard issue."

Continue on Page 2



Dallas Honors Miller V. P.

Miller Brewing Company Senior Vice President, Thomas B. Shropshire (right) was named an honorary citizen of Dallas, Texas, and given a key to the city by Mayor Robert S. Folsom (left) at Dallas' Committee of 100 awards dinner. Theodore M. Lawe (center), president of the Committee of 100—a group of Black professionals, businesspersons and community and civic leaders, dedicated to improving the quality of life for Blacks in Dallas—joined in the presentation.

Mr. Shropshire, a dinner keynote speaker, told the audience that tomorrow's jobs will go primarily to those with technical competence in fields such as engineering, computer science and data control. Unless Black youngsters "receive the skills they will need to compete in the world of the future," Shropshire said, "by the year 2000, half of those born in 1979 can expect to be unemployed. Half-stepping on education now will sentence our people to a lifetime of playing catch-up."

State Convocation Will Begin July 21st



Bishop J. E. Alexander

The State Convocation, National Jurisdiction will begin its annual sessions July 21 through July 26 at the Ford Memorial Church of God in Christ, 1602 Quirt Avenue, Bishop J. E. Alexander will be president.

Monday night, July 21,

at 8 p. m. will start the convocation with a pre-opening musical, featuring choir, soloist and musicians from all over the area of northwest Texas, extending from Fort Worth, Texas to El Paso, Texas.

Daily services will begin at 10 a. m., beginning Tuesday, July 22. There will be a guest speaker from out of the city and state. Tuesday night's guest will be Bishop Leroy Anderson, Buffalo, New York. He is Jurisdictional Bishop and also a member of the General Board of the Churches of God in Christ, Inc.

Wednesday night's guest speaker will be the Texas Northern Jurisdiction, Bishop J. M. Haynes of Dallas, Texas.

Thursday night, Bishop J. O. Patterson, the General Presiding Bishop of the Churches of God in Christ, Inc. National and International of Memphis, Tennessee.

Friday, July 25, is Women's Day, under the directions of the State Supervisor of the Women's Department, Mrs. B. Williams.

Saturday, July 26, is Youth Day. In charge of the day's activities will be Mrs. P. Newson of Odessa, Texas and Mrs. B. McDaniel of M. Land, Texas.

Saturday night is the Official Night of the Convocation. Bishop Alexander will be bringing the official message.

Continue on Page 2

Workshop Geared To Help College Students

High school students who plan to attend college can improve reading, study and math skills in a workshop geared to prepare students to do college level work.

The Division of Continuing Education at Texas Tech University is sponsoring the Reading, Study and Math Improvement Workshop, July 28-August 15. The workshop will meet from 9:30 a. m. to 2:30 p. m. Monday-Friday in the conference room of Building X-15, across from the Municipal Auditorium.

The workshop will help improve reading, study, notetaking, outlining, library use, basic math, algebra and geometry skills.

"This is a non-credit workshop in which students will work in small groups and individually," said Dr. Michael Mezzick, III, director of Continuing Education. Each student will be given a detailed evaluation of his or her strengths and weaknesses, as well as suggestions on how to improve or maintain skills in the various subjects.

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Republicans and Black Social Workers??

by Angela Wright

"Yea, Though I Walk Through the Valley of the Shadow of Death, I Will Fear no Evil" Psalm 23:4

As one might expect, Black social workers are not the most receptive audience when it comes to Republican overtures. As members of the National Association of Black Social Workers, meeting in Washington for their 12th annual conference, began gathering around my booth, I half-expected to be greeted by a lynch mob that would strangle me as a traitor. Black Republicans just aren't very popular.

I was an easy target for whatever knives, darts, or arrows they might decide to sling my way, my booth being the only politically oriented exhibit among the stalls of jewelry, clothing, sculptures, paintings, and books, all vying for the social workers' purses. There were philanthropical booths for sickle cell anemia, Alcoholics Anonymous, and the American Red Cross, but no Democrats.

There were some tense moments such as when Allen Coats, a member of the social workers' executive committee, tore up my humbly submitted questionaire after ranting and raving for five minutes about Republicans, and when a little lady, who looked a bit like my grandmother, rolled her eyes at me and muttered, "You ought to be ashamed of yourself."

Most people, however, were a little more polite. They only sneered, jeered, and pointed an accusing finger. "I'd hate to be in your place," said the jewelry salesman in the booth right next to mine.

Accepting the fact that I had been consigned to this formidable position for four days, I said a silent prayer, checked to make sure my smile was still in place, and dug in for what would be a barrage of tough questions and vituperative remarks. And the question came.

"Why are you a Republican?" asked a sprightly dressed young woman. "Well, I....," I said standing, trying to look as professional as I was about to sound. "What has the Republican Party ever done for Black folks?" interjected a man. "Well, for starters, the Republican Party delivered the Emancipation Proclamation." I answered politely. "Yeah, well that was a long time ago," shouted another voice. "What have they done lately?"

"What have the Democrats done for you lately?" I countered. "Well, at least Jimmy Carter has appointed a lot of Blacks to his Administration," the man offered. "Richard Nixon's Black appointments can match Carter's one for one," I came back. "Oh, I didn't know that," he said, slightly stunned.

My courage buoyed a little by his first victory, I was ready for more. "I would never vote Republican," blurted out one other man. "They don't care at all about us." "Well, since you want to talk about voting," I said, "it was the Republican Party that gave you the right to vote."

"What you talkin' 'bout, girl?" he shot back with Gary Coleman emulation.

"I'm talking about the 15th Amendment, which was submitted by President Andrew Johnson, a Republican, which prohibited the denial of the right to vote on account of race, color or previous servitude," I said. "I'm also talking about Congressional action in 1956 to pass an act to protect voting rights during which time Republicans voted 94% in favor of passage while the Democrats voted only 56% in favor. And not only that when the 1964 Civil Rights Act came before Congress, Republicans voted 81% in favor of passage while the Democrats voted only 65% in favor."

"I didn't know that," was the response. Having gained my momentum, I couldn't resist saying, "Now, you tell me which Party has been most supportive of Black people." "Well, the Republican Party is the Party of big business," argued another man. Trying to suppress my glee at having yet another opportunity to tear down another stereotypical image of Republicans, I responded calmly, "Sir, last year the average contribution to the Republican National Committee was \$26. Those contributions came from individual citizens, not big businesses."

"I didn't know that," he said and then changed the subject. "Why do you have that picture of Frederick Douglass over your booth?" he queried, this time in a more civil tone. "Because he was a Republican," I answered. "Bull---!" he said in disbelief. "Frederick Douglass was not a Republican."

I handed him a copy of Frederick Douglass' quote: "I am a Republican -- a Black Republican dyed in the wool, and I never intend to belong to any other Party than the Party of freedom and progress."

The man looked at me, looked at his friend, turned on his heels and swiftly walked away. For the remainder of the day it was much of the same, as were the following days. Except, on the third day I was uplifted by a cute little nine-year-old boy who, after confessing to being a Republican, suggested that we vote Jimmy Carter out of office, "because ever since he's been President, bad things have been happening."

On the last day, as I was tearing down my booth and preparing for my long-awaited departure, I spotted a familiar face-making his way towards me from across the room. It was the man who so rudely walked away after finding out that Frederick Douglass was a Republican. I felt my body tense in preparation for another verbal battle.

"Miss," he started slowly, "I want to apologize for the way I acted the other day. Now, I have no intentions of turning Republican, at least not yet. But, I'll tell you what, I will read your literature and I will think about what you said."

"Sire," I replied, "That's all I can ask."



Mrs. Camille Cosby Receives Master's Degree From UM

Although husband Bill's busy filming schedule prevented him from attending wife Camille's graduation, the couple's children were on hand to cheer their mom across the stage. Shown with Mrs. Cosby are four of the Cosby's children. At left: Ensa 7, Enis 12, Erinn 13, and Erika 15. Mrs. Cosby plans to continue her doctoral studies at the university in education.

"A Digest Analysis" South Africa Invades Angola

by Laura Farks

Recently armored forces and Apocalypse Now helicopter borne troops of South Africa invaded Angola from South West Africa military bases. The purpose of the invasion was to attack and destroy guerrilla bases belonging to the South West African Peoples Organization (SWAPO) led by Sam Njomo now training in Angola. SWAPO has been fighting for the independence of the former German colony once known as German South West Africa, administered by South Africa under a mandate from the League of Nations.

Under the League of Nations mandate the government of South Africa was to improve the economic, political and social life of the peoples of South West Africa and pave the road towards eventually independence. This the South African government refused to do in such a flagrant and obvious manner that the United Nations revoked the League of Nations mandate and declared that South West Africa was to be placed under the jurisdiction of the United Nations.

For this purpose, the UN established the Namibia Council. Today South Africa, under the rules of International Law, laid down by the International Court of Justice, occupies Namibia illegally.

South African military reports claim that the guerrilla base in southern Angola, located in a 25-square mile area, was destroyed. This claim is believed only by the South Africans. The United States Department of State believes the claim to be highly unlikely.

South Africa claims that the attack was undertaken to preserve the South African way of life and to keep the southern tip of Africa free from the pernicious assaults of bandits, terrorists and guerrillas, all of whom are described as communists.

Namibia is about twice the size of the State of California. Except for the border regions in the north, adjacent to Angola, Namibia is sparsely populated. SWAPO is an umbrella organization uniting all Namibians fighting against the illegal rule of South Africa. Its support and bases are located in the heavily populated north.

For many years now the South African rulers have attempted to give their occupation a semblance of legality and popular support. They did this by gathering the scattered tribal chiefs from the very thinly populated southern desert regions into a so called native self governing council. To ensure the often dubious loyalty of the chiefs for their political services. Needless to say all real authority and power rests with the South Africans.

With increasing SWAPO activity the South African government plans to give some concessions to their own puppet chieftain councils and we will hear a great deal on this in months ahead. South Africa plans to make much of this primarily for American and European consumption, where it is felt the conservative and neo-colonialists lobby will applaud the move as indicating that South

Africa is after all, moving along the right direction, towards self determination for Namibia, at some future, but indeterminate time.

The South African government is careful not to mention the fact that southern Namibia is incredibly rich in diamonds. The diamonds are located near the surface of the earth and are literally scooped up by giant excavators. Today most of the diamonds coming out of South Africa are actually of Namibian origin.

The invasion of Angola, highly publicized in the South African media, is significant in that it represents a forceful public declaration to use military might against domestic and foreign foes in the developing battle for southern Africa. The battle will be sporadic, intermittent and of long duration. At some not too distant time the South Africans will have to yield Namibia to the SWAPO forces.

At the extreme this will occur when South Africa will be forced to clash with its own domestic insurgents, a clash that is likely to last for 15-20 years, to the end of this century in fact. But the outcome is certain beyond doubt. Namibia's SWAPO leadership and Black South Africa's African National Congress leadership recognize the terms of the battle and are prepared in strategic, tactical and political ways for the hot pursuit of Africa's last enemies.

State Convention

Continued from Page 1

Each day and night will be an exciting service.

The State Choir will be in action in each service, under the direction of the Minister of Music, Rev. Avin Pope, of Fort Worth, Texas. Rev. Pope is an unique artist at the organ and piano. The Music Department will be presenting a midnight musical on Friday evening.

Everyone is cordially invited to all of these services, if you need a spiritual revival, please make your way to Ford Memorial Church of God in Christ, 1602 Quirt Avenue.

Tribute

Continued from Page 1 program, and we were able to communicate with young people all over Lubbock," said Britt. "That program helped many young people, and their parents were proud that we did!"

A local black businesswoman, Mrs. Emma Rayford, saw a need for this kind of a program to honor a man who is concerned about his community. Serving as coordinator of this program, she began this work and didn't stop. Mrs. Rayford says: "We need more like him. We, at the same time, must let him know we appreciate what he has done and is doing for all of us."

The public is invited to attend this program on Saturday evening, says Mrs. Rayford. For further information, call Mrs. Rayford at 763-2976 or 747-9874.

Citizens Comment

Continued from Page 1

Rev. Kado Lang, president of the East Lubbock Ministerial Alliance, "I don't think we got any justice out of the council. More consideration for the wishes of the people of East Lubbock is needed. More recognition of those 3,000 or more signatures is a must. After all, we thought when we got a new city council, we thought things would have been better. We just got the same old soup warmed over. We will have to regroup. There is always a way even though you may fail. We can't afford to give up now. Citizens of East Lubbock need some kind of recognition. This Martin Luther King issue was not just a dream. People are not just talking out of the sides of their mouths. Black people, today, mean what they say!"

Harry Stokley, Jr., local concerned citizen, "First of all, I ask the question was that (decision) verdict out of a work session. The council needs to respond to the needs of people. It should have been a formal response to the Human Relations Commission and the citizens of East Lubbock. At least it would have showed intestinal fortitude. Actually, we've got to use our best approach. It's very clear that people must vote in Lubbock. Whether people like it or not, we are going to get them registered. Whether people like it or not, they are going to vote. We can't continue to have these watered down decisions. There should have been more dignity given on the part of the city council."

Workshop

Continued from Page 1

Mezack said enrollment in the workshop will be limited to 30 on a first-come, first-serve basis. Interested persons should register by July 23. There is a \$60 registration fee.

For more information, contact Dr. Michael Mezack, Division of Continuing Education, Texas Tech University, Lubbock, Texas 79409, (806) 742-3797.

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PUBLIC NOTICE COMMUNITY DEVELOPMENT BLOCK GRANT PERFORMANCE HEARING

Each year the City of Lubbock prepares a Performance Report on the progress of all activities and projects funded under the Community Development Block Grant program. Any interested person may review the report and comment on any phase of any activity. The Performance Report will be available for inspection in the Community Development Office, Room 207, Municipal Building, 10th Street and Texas Avenue during regular working hours, 8AM to 5PM, Monday thru Friday.

The City Council will hold a hearing on Thursday, July 24, 1980, to allow citizens of Lubbock to comment on all aspects of the Community Development Block Grant Program. The purpose of the hearing is to assess the performance of all projects and the achievement of the objectives of the CDBG program. As a citizen of Lubbock, you are encouraged to attend and express your views on the program.

For additional information call 762-6411 extension 2290 or 2291

City Council Chambers
Second Floor, Municipal Bldg.
10th Street & Texas Ave.

11:00 A.M.

JULY 24, 1980

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**Business
in the
Black**

By Charles E. Bello



From May to September

Senator Kennedy says Hire 850,000

Senator Edward Kennedy has called for the compulsive hiring of 850,000 unemployed workers. Wouldn't it be nice if he were President at this moment? Many Black Americans today are experiencing the exasperation of the Great Depression. Youthful job seekers are searching for somewhere to sell their skills. Standing in line for labor is an historically high number of new young Black American workers. White House politics have put forth a pittance of aid in this direction.

Secretary of Labor Ray Marshall has designated 1,013 areas that will be eligible for federal procurement preference between June 1, 1980 and May 31, 1981, because of high unemployment. Big businesses located in these high unemployment areas are eligible for preference in bidding of federal procurement contracts under the Small Business Act; Defense Manpower Policy No. 4A (DMP-4A); Executive Order 12073 (Federal Procurement in Labor Surplus Areas); and Executive Order 10582 (implementing the Buy American Act.) What a pity politics only respond to possible unemployment when it reaches the Presidential level.

Senator Kennedy and the people of the State of California have sent the President a very positive message regarding more employment with their rejection of the President at the polls.

Secretary Marshall has said "the purpose of procurement preference for labor surplus areas is to funnel more of the government's dollars into areas where people are in most severe economic need - where unemployment is the highest." A point this penner has been proclaiming for the past two years.

Young Black Americans have been highly unemployed during all of the James Earl Carter, Jr. years. The U.S. Labor Department has recently listed 97 high demand occupations for young job seekers generally requiring high school or college preparation. The special edition of "Occupations in Demand" is geared to assist young job seekers who will begin looking for permanent jobs at the end of this school year.

For each occupation listed, the publication contains local areas having large numbers of openings, industries requesting such workers, pay ranges and average number of openings available. The purpose of the extra edition of "Occupations in Demand" at Job Service Offices is to help students and recent graduates make better informed career and job search decisions. Fortunately now the publication can be found at the 2,500 federal job service offices around the country.

Careful attention to the bulletin should be paid by professionals such as teachers and counselors, as well as unemployed Black American males of all ages. After allowance for inflation, a five percent increase over the year in the weekly earnings of Black American men translated into an eight percent decline in their purchasing power.

With average weekly earnings of \$239 in the first quarter of 1980, Black American men working full time earned 74 percent as much as white men, down from 77 percent a year earlier, according to (the Current Population Survey) conducted for the Bureau of Labor Statistics by the Bureau of the Census.

The consensus is as the State of California voters have done with the help of Senator Kennedy - to send an urgent message of the need for more jobs to the President currently residing in what appears to be the White House Plantation.

Finishes Second In California



Geoffrey Crawford

Geoffrey Crawford, currently ranked second in the State of Texas in the 300 intermediate hurdles (57.0), finished second in the Golden West Invitational Meet in Sacramento, California in the 400 intermediate hurdles with 53.3 last month. Being number one for his age in the 400 intermediate hurdles in the United States, he is a 1980 honor graduate of Dunbar-Struggs High School.

He was meet champion in the following seasonal meets: Lubbock Invitational, Canyon Reef Relays (Synder), Seminole Invitational, and Lubbock City Meet. He is the son of Mrs. Joan Crawford, 1812 East 24th Street. More than ten colleges and universities have attempted to recruit the young seventeen year old track and field athlete.



Officials of Atlanta Life Insurance Company

Pictured above are officials of the Lubbock District Office of Atlanta Life Insurance Company, 504 East 23rd Street. Open house was held at the local office Sunday, June 29th, with members of the community coming by to wish the local officials and staff well.

Shown in the picture are Trina Elliott, Jr. and Mrs. Earl Elliott, and Mr. and Mrs. C. F. Cooke, II. Elliott is the manager of the Lubbock office. Cooke is state agency director.

(Photo by Eddie P. Richardson, Lubbock Digest)



By SALLY and JIM ADAMS
ENERGY LABELING

If you're in the market for a major appliance, the Federal government is about to give you some valuable help. The name of the new game is energy efficiency.

The Federal Trade Commission has mandated that beginning this April, manufacturers must attach energy labels to new refrigerators, freezers, dishwashers, water heaters, clothes washers, room air conditioners, water heaters and furnaces.

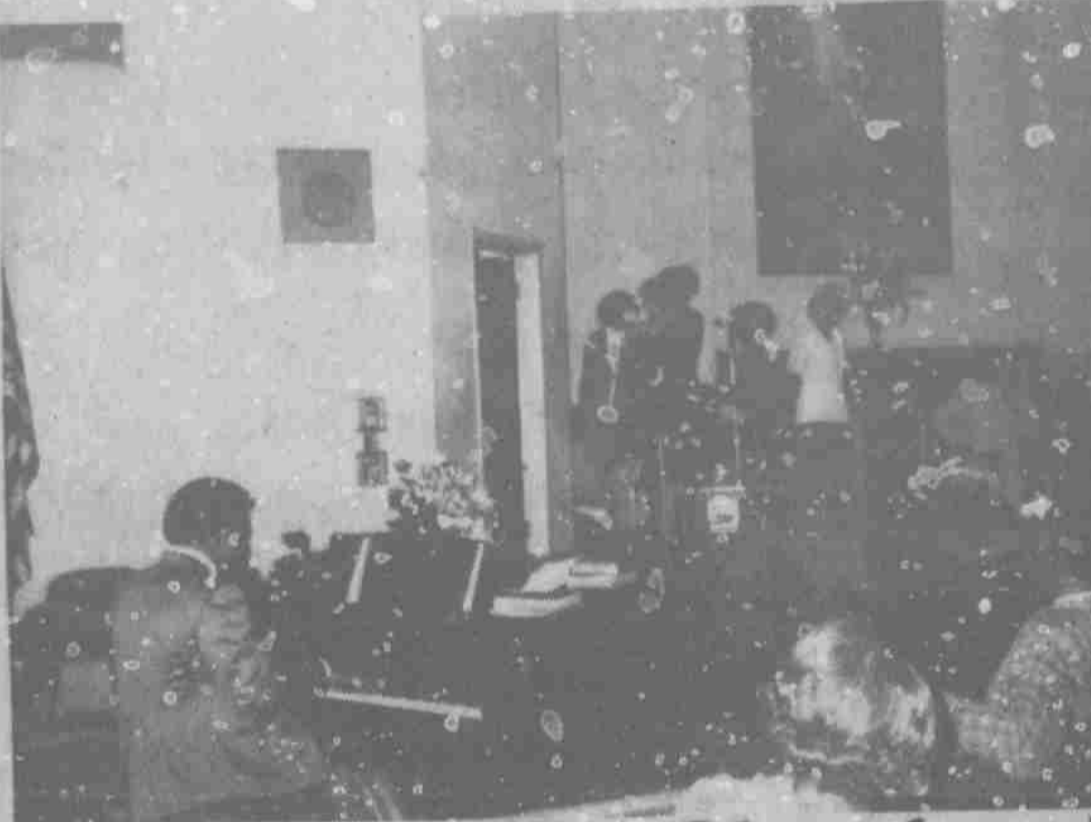
The labels will provide the following information: An estimate of the average yearly operating cost of the unit, based on the national average energy rate; a table that gives the yearly cost at various other energy rates; a chart that shows the comparable costs of other models of the same product. Thus, looking at the label, you will be able to determine the average yearly cost of operating that particular model, and the models with the lowest and highest energy costs.

The government has ordered the new labeling - accompanied by an educational program for consumers - to make it easier for you to compare shop. Looking at two competing refrigerators, for instance, you can

determine instantly which model is the more expensive to operate. At the same time the information on the label should encourage you to take into consideration the cost of the unit over its entire lifetime, rather than just its purchase price. An item with a high annual operating cost over a lifetime of 15 or 20 years may

not be a good buy, even if its original price is low.

How do you think you fared as a consumer during the 1970s? Do you have the feeling you've been let down by the state and federal governments, or do you believe some progress has been made in protecting and furthering the consumer's interests? See this space next week.



Rev. M. G. Shepherd Conducts Musical At Bethel

On Sunday afternoon, June 29th, the Reverend M. G. Shepherd, pastor of the First Progressive Baptist Church (shown above at the piano), presided over a musical at the Bethel African Methodist Episcopal Church. Also shown above are members of his church choir. Other churches and soloists of the city participated in this program.

The musical was sponsored by the East Lubbock Ministerial Alliance, Rev. Kaao Lang, president.

(Photo by Lubbock Digest Photographer)

Preconception Lecture For Prospective Parents

Every parent dreams of the child he'll have: healthy, strong, capable of coping with his world. There are things a parent can do: right now, months or years before he has a baby in the family, to help his infant grow vigorous and healthy.

Parent Education Programs announces "Blueprints for Better Babies," a lecture for anyone who plans to be a parent someday. Blueprints for Better Babies will be Thursday, July 17, 1980, at 7:30 p.m. in Room 5B-148A in Texas Tech University School of Medicine.

Harlan Giles, M.D., Professor, Associate Chairman in Obstetrics and Gynecology, and Director of Maternal-Fetal Medicine, will give information on the Prevention of Birth Defects.

Sue Morrow, M.A., Instructor, Department of Home and Family Life

at Texas Tech University, will speak on the emotional, psychological, and social preparation for children in a family. Advance registration is not necessary. The program is open to everyone. For further information, call Sue Morrow, 742-3048 or 792-9060. If parenthood is in your future, put Blueprints for Better Babies on your calendar.



By M.A. PETH, M.D.

To preserve your hearing, you should avoid prolonged, high-intensity noise. I wonder if kids who drive noisy minibikes or listen to loud music will have any hearing left.

SLAPSTIX

**PERSEVERANCE:
THE ETERNAL TRY ANGLE**

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EDITORIAL "WHY NOT?"

by
Eddie P. Richardson, Jr.

Black Leaders Need to be Critized Sometimes!!

Recently, I read in one of our nation's leading black metropolitan newspapers about a young black woman who felt angered by a story which appeared about a black group in that area. She wrote a letter about a black group in that area. She wrote a letter about the group's leader. In her letter, she sat down all the objectives she had about the publication of the story. She made quite a reasonable case for members of the black community.

But when she sought council from her elders, they all told her that she should not open this matter up to the general public and make the black group look bad.

The crux of the matter was that she wanted to air her complaint in the black press. And factually, there was no earthly reason for the letter not to be printed, even though it was critical of a black leader.

Let us examine the logic behind the reasoning of her elders to attempt to dissuade her from writing a letter in her local black press.

Since 1827 and the First Freedom's Journal, by Rev. Samuel Cornish and John Russwurm, the black newspaper has been the only visible vehicle in the community that addresses pertinent issues.

There is no reason why the black press should not take on issues which happen to be critical of other black people, and until we learn that there are no sacred cows in the black community, we will not.

In the past years, whenever a black "important person" was taken to task by a black newspaper, the ink was hardly dry on the newsprint before that "important person" took it upon him or herself to cull the publisher and complain about the reporter or editor who wrote the story.

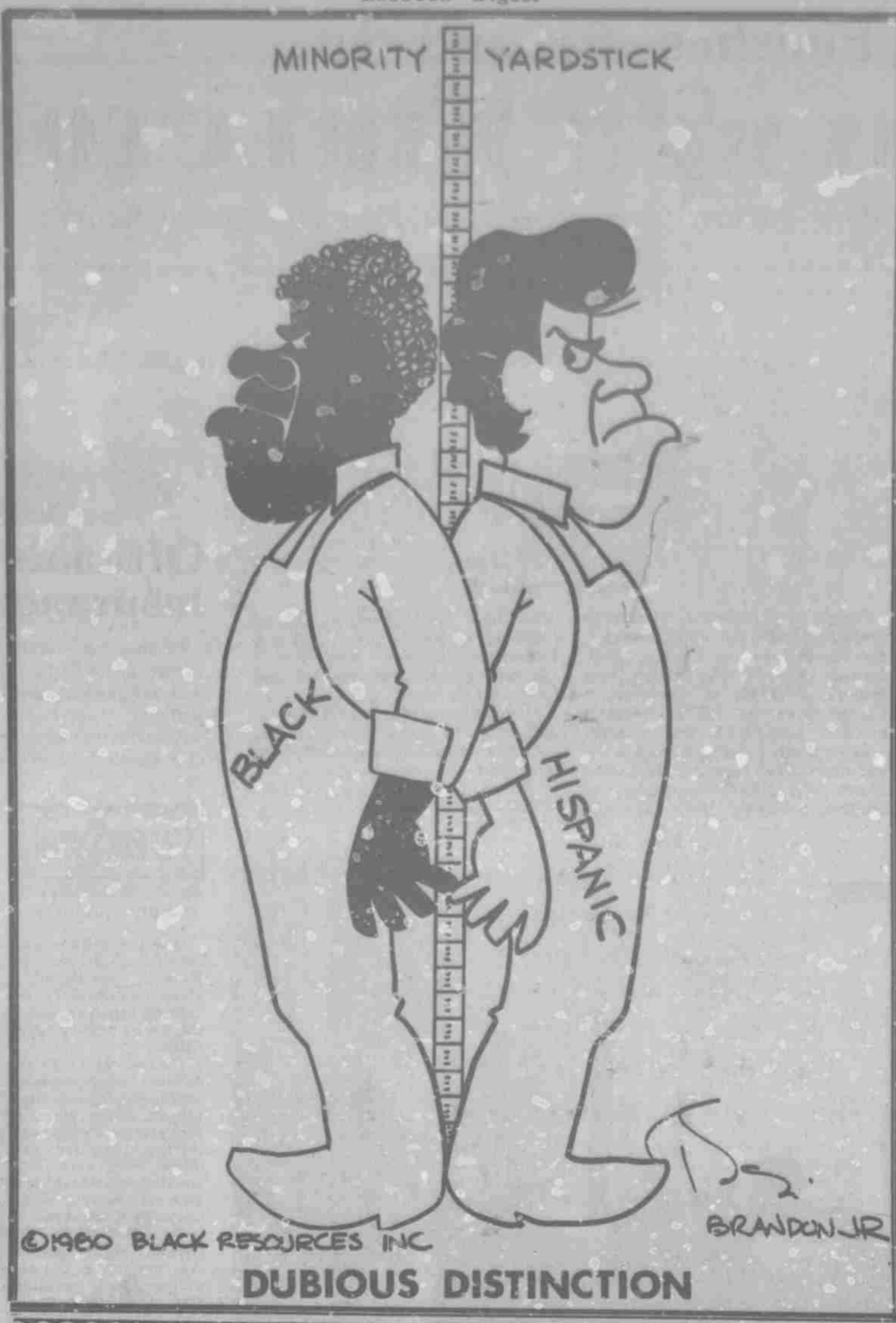
It was almost as if the person was too important to have the whole truth told about them. They considered themselves sacred cows and no one had the right to point out their shortcomings. They seemed to feel they were and are above being criticized. Nothing could be further from the truth. The black newspaper, with all its faults -- and it has many -- is the only true voice any black community has. The black newspaper must attempt to deal with just about every issue of importance to the black community, and must assume a role of leadership.

The black newspaper must attempt to ferret out the truth about situations that relate directly to black people and then give the black community the facts of the matter. Sometimes the black newspaper finds itself being somewhat subjective in its approach to stories. But that often happens because there is an emotional side to the story that the major papers will not deal with and when that happens, the whole story does not get told. But so called black leaders cannot handle being told that they are wrong. They would either run to the publisher and complain about the stories which showed them in a not-too-favorable light, or they would rather find themselves a soapbox and stand up front of all the world and talk about how bad the publication is.

All of this is because a story which might have been unfavorable to them happens to be printed. It is time that all the so called leaders understand that they, too, are human, and are subject to make gross errors in their judgement and when they do, and when the community is muffled by their actions and ultimately hurt, the truth needs to be told. When truth is told it does not pick out its victims. Truth falls where it will and if one of those so called leaders happens to be in the way of truth, he or she is going to get hit. God help us when we become so important and so impressed with ourselves that we cannot be criticized. We will be in a bad way. It is time that the men and women who perceive themselves as community leaders recognize they, too, like the fabled Lord Jim, have feet of clay and all too often they stumble and fall. It is the job of the black press to bring all of the facts which relate to the freedom of black people to the front. If some leaders think they are above being reproached, then perhaps the community would be better off without them. The can serve no useful purpose if they are too big and too important to have the truth told about their actions.

There is also another point of sadness herein. These same people who perceive themselves as leaders constantly seek the support of both the black press and the black community as they attempt to move up the ladder of success. If they cannot be criticized when they are near the bottom of the ladder, what will happen when black people boost them even higher? There is a sadness about all of this because many of the leaders have the ability to truly represent black people and do a whole of job, if they would but move their massive egos out of the way. It is that ego which sends them to publishers crying and to soap boxes instead of trying to find out what they did wrong, and then trying to rectify their error.

That young black woman had every right to make a valid criticism of that black leader and any other



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WHY ARGUE? THE FACTS ARE HERE!

black leader who stands in the forefront. While every black person may or may not agree with her, at least, she should have an opportunity to be heard. This article may be a little long, but reading about this young lady brought a lot to my mind that I wanted to share. After my recent NNPA and BMI meetings which dealt with the role of the black community and what it is, my views of the leadership in the black community has changed.

NUFF SED!! WHY NOT??

Letters to Editor

Dear Editor:
We are deeply involved in this project of getting CONTACT VISITS FOR OUR LOVED ONES in Texas Department of Corrections, and for ourselves. As you know, numerous requests have been made of TDC with no luck or unsuccessful results from TDC. We are assisting CURE (Citizens United for Rehabilitation of Errants) of Austin, Texas, and we gladly join them in this effort.
This effort is being sponsored by members of a group called FAMILIES OF PUBLIC OFFENDERS which meets monthly at Calder Baptist Church of Beaumont, Texas. This group has loved ones in TDC "doing time" ranging from 5 years to the death penalty. We are a non-profit organization of wives, mothers and other family members that are tired of looking at and talking with loved ones through glass and wire. We all know how you feel because we share in your feelings. Please join us in getting contact visits and ask your friends to help. They don't have to have someone in TDC, just care enough and understand our problems we face daily.
This presentation will be sent to CURE in September, 1980. The Legislature will meet in January, 1981, and we intend to have a bill prepared and ready for introduction. We must fight for what we want and through Legislature is the only way!!
We have prepared a list of suggestions, and an updated list will be sent from time to time. We welcome any ideas you might have and if you disagree please feel free to tell us. Please read the enclosed list and feel free to comment in any way. For now we are brainstorming ideas for a list of suggestions that must be well-rounded and something that the family, inmates, and TDC can live with. We won't get anywhere if the suggestions are too far out of TDC to accept. If you know of any way to contact other families or interested persons please also forward that information to us. When you make suggestions please state your reason as shown on the enclosed list. We would like to sweep the State of Texas if possible. In August you will be asked to write a letter stating your feelings about the visiting now and incorporate 12 new ideas that we as a group have compiled. All suggestions and letters should be forwarded to me at the address below. I anxiously await your correspondence.

Thanking you in advance,
Linda Hall, Chairman
(713) 835-0468
Project: Contact Visits
P. O. Box 6551
Beaumont, Texas 77705

Dear Former Band Students and Friends:
Words cannot express the sincere gratitude and the overwhelming sense of pride and happiness that I felt when I was honored June 28 by my former band students and friends. I want to thank everyone who worked to prepare the ceremonies and everyone who attended.

Undoubtedly, this was the nicest tribute that a man could have in his lifetime. I felt honored and deeply moved by the whole affair. Perhaps the most rewarding aspect of the day was seeing my former band students and hearing about the success and happiness that they have found in their lives. I was especially proud to hear the fine musical performances of these students. It brought back memories of our work together in the Dunbar band and combo.

The very special day and the banquet will remain in my memory forever. The trophy and the cup that I was given will be tangible reminders of these events that were so touching. I know that my family and I will look at them often and relive the wonderful events of June 28, 1980.
Thank you again.

Sincerely,
Roy W. Roberts
Principal
Dunbar-Striggs High School

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TELL IT LIKE IT IS

by
T. J. Patterson, Sr.

In the recent decision by the Lubbock City Council, in reference to the Dr. Martin Luther King, Jr. Boulevard, the definition of the word defeat should be as one author penned years ago: "Defeat should never be a source of discouragement but rather a fresh stimulus."

One local black citizen told this writer that the Lubbock Independent School District has made two errors in their LISD strategy. One, white flight from northeast Lubbock was caused by the federal government (this was proven wrong after investigation); and two, the closing of Thompson Junior High School (this school is the middle step between Dupree Elementary and Lubbock High School).

"Because of these errors in their LISD strategy, there will be a system wide remedy to the present problem in our community," said this citizen.

Harry Stokley, Jr., concerned citizen, reminded this writer of what Dr. Heenan Johnson, local dentist, said one evening in the early 1970's at a meeting: "Let the kids play ball so the old folks can go home." It still makes a lot of sense today, Dr. Johnson.

In this writer's opinion, until black people become registered voters and start voting, there will always be difficult times for the black community in Lubbock. We've got to quit sitting back and refusing to do what so many people died for years ago.

At the time when people had to pay \$1.75 to become a qualified voter, more blacks in Lubbock were registered voters and did participate in the voting process. Today, however, when it cost nothing but a little time to register, black people shy away from one of their basic rights. The right to register and go to the polls on election day and vote for the person or persons of your choice, regardless of the party.

As one young black sister told this writer on election day (May 3, 1980), "I don't need to vote, after all, I don't have the time. Also, I am not a registered voter." This young lady was driving a 1980 model car, dressed rather nice with new curls. She did tell this writer that her baby went to the program at Ella Illes Elementary School.

She is not the only one in the black community who want take the time to vote. There are many older ones (maybe you know some of them) who want take the time of day to go by the polls and cast their vote.

Until we as black people get up off our cans and began to register and vote, everything we get from any political subdivision will be watered down. There isn't a politician in the City of Lubbock, or Lubbock County who believes we (black people) will vote. You know, this can be changed if we get our act together and register so we can vote.

If we are ever going to establish unity in the black community, all of us will have to put aside petty jealousy. We've got to quit pulling each other down and start helping each other. If you disagree with anyone or group about anything, tell them to their face. It does no one any good to talk behind someone's back. If you don't like the way a particular organization is functioning, join that organization and have something to offer.

When we get to the point of working together, we will be able to accomplish many things together.

From time to time, this writer receives many reports about what people are saying about me. As the late Rev. O. D. Hollins told me before he passed on, "Brother Patterson, when people talk about you bad or good, that's publicity and you can't buy it."

Wouldn't it nice if all of us would get together and work for the betterment of the entire black community here in Lubbock. This can be done by supporting each other and working closely together. As black people, it is a must that we do this. We are an oppressed people, and we can't do anything but get together.

Coming up real soon, Saturday evening, July 19, 1980, at 7:30 p.m., a special program will be held in honor of Officer William H. Britz, a veteran of the Lubbock Police Department. This is a positive approach to letting a brother know you appreciate what he has done and is doing for the City of Lubbock. This writer hopes to see your face in that place on the above mentioned date. Tell others about it, so we can have a large turnout for a black man who means a lot to our community.

Race driver Janet Guthrie, on whether women have physical limitations that may hamper their driving in championship races: "The broad shoulders and the big muscles don't make a doggone bit of difference. I mean, you drive the car, you don't carry it."

Lubbock Digest
"Dedicated to Freedom, Justice and Equality"

AS PUBLISHERS of this weekly newspaper, we owe to YOU, the reading public, to be factual and fair. You may be critical of some things that are written, but, at least you will have the satisfaction of knowing they are truthful and to the point.

People will react to that which is precise, and we will publish these articles as precisely and factually as is humanly possible. We will also give credit and respect to those who are doing good things for the Lubbock Area and its people. We will be critical of those who are not doing as they have said they would do, and this, we think, is fair.

So, this our resolution to you: Feel free at anytime to call this office for information concerning this newspaper or any other matter that is of concern to you.

This is not a propaganda sheet made to chastise or vilify. This is a newspaper made to educate and not to agitate.

T. J. Patterson Eddie P. Richardson, Jr.
Editors

Lubbock Digest
"Dedicated to Freedom, Justice and Equality"

T. J. Patterson Editor
Eddie P. Richardson Managing Editor
Jeff Joiner Distribution Manager

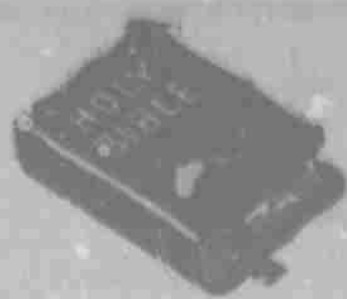
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CHURCH DIRECTORY

Your Absence from Church is A Vote To Close its Doors



City Wide Revival Will Be Held At Community Baptist Church, July 20

A City Wide Revival will be held at the Community Baptist Church, 227 Quirt Avenue, beginning Sunday morning, July 20th, through Friday night, July 25.

The guest evangelist will be the Rev. Horse Ross, pastor of the St. Paul Church of God in Christ, Los Angeles, California.

Each service, Monday through Friday evening, will begin at 7:30 p.m. Rev. Tony Williams, pastor, and members of the church invite their many friends to come out and participate in this program.

"We are going to have a time in the Lord," said Rev. Williams.

Mrs. Louise Sparks Attends Church Meet

Mrs. Louise Sparks, a member of the Mount Vernon United Methodist Church, attended the Fifteenth National Ecumenical Assembly of Church Women United U. S. A. June 26 thru 29. The meeting convened at

the University of Southern California, Los Angeles, California. The theme of the meeting was "The Spirit of the Lord is Upon Me." She reports a wonderful time in Los Angeles and much was gained from the meeting.

RUBY JAY'S CORNER

Mr. and Mrs. Joe Straws, daughter and son-in-law of Mr. and Mrs. Ervin Sparks, were guest in the "Hub City" July 4th through 7th. The Straws enjoyed visiting old acquaintances as well as their family during their visit.



Mrs. Maybelle McKinney of Los Angeles, California is visiting her mother, Mrs. Mary McKinney, and other relatives.

Mr. and Mrs. Harrison Davis attended funeral services of his cousin in Slaton, Texas last Tuesday afternoon.

Mrs. Dempsey Taylor and family were happy to have her mother, Mrs. Elnora Johnson, and aunt, Miss Channie Kyle, both of Ballinger, Texas, visit them last week. They reported a wonderful stay here, despite the weather.

Mrs. Earnestine Childers returned home last Saturday from a two week visit in Cooper, Texas. She attended a family reunion. She also journeyed to Denver, Colorado to visit her niece, Linda Bates, and old friends there. She reported a wonderful trip.

Mrs. Fannie Young is house guest of her sister, Mrs. Ella V. Thompson. Her daughter and family, Mr. and Mrs. Lloyd Fields, and two children, all of Dallas, are here also.

Mrs. Denise Kinner and Bertie Hall visited relatives in Fort Worth, Texas last weekend.

Continue on Page 6

"Thank You"

The hand of God is always present to support, to comfort, to strengthen, and to guide us during our most adverse times.

- We are most grateful for:
- The prayers you said;
 - The times you visited;
 - The calls you made;
 - The flowers you sent;
 - All the expressive messages you sent;
 - The comforting words you said;
 - The money you sent;
 - The food you brought;
 - And, every kind thought of your heart.

Thank you so much for everything, and, above all, "thank you" for being "you" and being our friends.

Thank you, Rev. and Mrs. A. W. Wilson and Family.

Come One! Come All!



Hear National Evangelist Virginia Anderson in Revival and Song New Light Baptist Church 3001 East 7th Street

July 14 thru 19, 1980 8 p. m. Rev. James Cananauh, Pastor

If you are tired, lonely, lowly in spirit, depressed among the many trials and tribulations of today, come and hear this woman of God in Exhortations and Songs. Your heart and spirit will be lifted.

The Outreach Prayer Breakfast

The members of the Outreach Prayer Breakfast met last Saturday morning in the beautiful home of Mr. and Mrs. J. Childers.

This meeting, which many of our friends were present, was well attended and the spirit was high. Presiding over the meeting was our vice president, Mrs. C. E. Fair.

Opening devotion was led by Mrs. B. Winters, Mrs. W. M. Washington, Mrs. D. Hood and Mrs. Fair. The scripture was taken from Psalms 1. The morning lesson was taught by Mrs. C. C. Peoples. It was found in II Timothy 2:15 and Romans 8:34.

"Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

This was a beautiful scripture demonstration. Mrs. Peoples, we were helped so much.

Thought for the day: "Anyone can count the seeds in one apple, but who can count the apples in one seed." Think about it.

A beautiful solo was sung by Mrs. Dyer. It was entitled: "May The Life I Live Speak For Me."

Beautiful remarks were given by Mrs. Fair and other visitors. The breakfast was served with that special

touch of love and it was delicious. Won't you join us in this morning meal. An appetite is all the invitation you need.

Guest ministers and wives included Mrs. C. C. Peoples, Mrs. Bettie Johnson, Mrs. Alpha Johnson. Come again! You completed our day.

If you have a prayer request, come or call. Let's pray together.

Morning prayer was offered by Mrs. Willie M. Washington.

Our sick and shut in list include: Glenda Forward, who is ill in New Port News, Virginia (granddaughter of Mrs. R. B. Thompson); Mrs. Harold States, Mrs. A. M. Washington, and Mr. M. E. Collins. God specializes in things that seem impossible.

To the bereaved families, God cares. He really does.

Let us continue to pray and visit our sick and shut in members of our city and community.

Can any good come out of Nazareth? Our answer to you is come and see.

Our next meeting will be held in the home of Mrs. Juanita Sowell, 2404 East 9th Street. See you there!

For more information, call 762-3347.

Mrs. Mary Ward is president; Mrs. C. E. Fair, vice president; Mrs. C. E. Brown, secretary; and Mrs. D. Hood, reporter.

Annual Youth Week Activities At Saint Luke

The Greater Saint Luke Baptist Church, 306 East 26th Street, will have its annual Youth Week activities July 21 through July 27.

The Revs. F. Bell, Eugene Gentry, Jim Warden, Juan Davis, and Carter Videau will present the theme, "To

Save the Youth." The program will begin each evening at 8 p.m. On Sunday, July 27, the program will begin at 3 p.m.

Refreshments will be served afterwards. The public is invited to attend this week of spiritual enrichment.

"Thanks"

We wish to "thank" our many friends, churches and organization for the beautiful cards and flowers that were sent to George Wood during his illness. He was happy to know there are so many friends in and out-of-town, thought of him. He is grateful to the City of Lubbock for their visits and prayers.

The George Woods Family

OBSEQUIES

In Memory Of

Mr. Ralph Eugene Evans, Sr.

Final rites were read Saturday morning, July 12, at the Greater Saint Luke Baptist Church for Mr. Ralph Eugene Evans, Sr. with Rev. Roy Jones officiating. Rev. A. L. Davis is pastor.

Jamison and Son Funeral Home was in charge of arrangements.

Mr. Evans was born in Taylor, Texas, Williamson County, to Mr. and Mrs. Neal Evans.

He was married to Janie William, and to that union was born six children, namely: Ralph, Jr., Gregory Lynn, Joyce Marie, Anthony LeRoy, Randy and Ronald. Mr. Evans passed away Tuesday, July 8, 1980.

He leaves to mourn his death his wife, Mrs. Janie Evans; his father and mother, Mr. and Mrs. Neal Evans; five sons, Ralph, Jr., Gregory, Anthony, Randy &



Ronald; a daughter, Joyce; four brothers, Sidney, David, Larry and John Glenn; three sisters, Carol, Chris and Joyce; two grand daughters, a host of other relatives and friends.

Active pallbearers were Bobby Anderson, Joe Roland, Bearden Russell, James Harvest and Edward Harvest.

Viola Granville



Final rites were held Wednesday morning, July 16, at 11:00 a.m. for Mrs. Viola Granville at the St. Matthews Baptist Church with Rev. R. S. Stanley, pastor, officiating.

Jamison and Son Funeral Home was in charge of arrangements.

Mrs. Granville was born in Keens, Texas, Navarro County, to Mr. and Mrs. Levi Granville.

She was the mother of a daughter, Mary Nelson.

Mrs. Granville passed

away Sunday, July 13, 1980.

She leaves to mourn her death a daughter, Mary K. Nelson; four grandchildren, Maurice A. Williams of Tulsa, Oklahoma, Patricia A. Nelson, Tulsa, Oklahoma, Erskine P. Nelson and Franklin Nelson, both of Lubbock; five great grandchildren, and a host of other relatives and friends.

Pallbearers were David White, Kenneth Taylor, Albert Wilbor, Charles Harris, Jasper Wells, and David Giddens.

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Stephen Pierson, Pastor

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Morning Worship 10:45 A.M.
Evening Worship 7:00 P.M.

Saint Center Church of God In Christ



Rev. T. L. Washington

Sunday School 10:00 A.M.
High Noon Service 11:30 A.M.
Sunday Night Services 8:00 P.M.

Church - 762-9444 Residence - 763-3823 Location: Quirt Ave. (North) to Farm Road 2641 1/2 miles East

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Christ Temple Church

2411 Fir Ave. Lubbock, Texas 79404 Phone: 806/744-5334



Bishop W. D. Hayes

Haynes Chapel Church

2830 Ross Ave. Ft. Worth, Texas 76106 Phone: 817/6249223

Church of God In Christ, Inc. P. O. Box 2411 Lubbock, Texas 79408

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Y.P.P.U. 6:00 P.M.
Evening Worship 7:30 P.M.
Mid Week Services 7:00 P.M.

Faith First Baptist Church

1504 E 15th at Oak 747-6846

WEEKLY SERVICES
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
R. I. T. 6:00 P.M.
Night Service 7:30 P.M.

And let us consider one another to provoke one another to love and in good work - not forgetting the assembling of ourselves together, as the manner of you have: But exhort one another, and so much the more, as ye see the day approaching. Hebrews 10:24-25

Cor. 2: Help Us Worship Christ Jesus, Our Lord and Savior F. B. Bell Pastor

Tree of Life Sanctuary Church of God In Christ

4117 East 2nd Street Rev. R. L. Caro, Pastor

Regular Church Services

Phone: (806) 744-5138
Wednesday - 7:30 P.M.
Friday - 8:00 P.M.

Sunday School - Sunday Morning - 9:45 A.M.

Sunday Morning Worship Services - Noon

Y.P.P.U. - Sunday Evening - 6:30 P.M.

Sunday Evening Service - 8:00 P.M.

RUBY JAY

Continue from Page 5

Mr. and Mrs. Ollie Jones returned home last week from Dallas, Texas. He lost a brother there.

Little Aaron Thompson spent a few days last week in the Reese Air Force Base Hospital. He suffers from asthma. He's home now and is doing much better. He is the son of Mr. and Mrs. Timothy Jerome Barber.

Let us continue to pray for Glenda Forward in New Port News, Virginia who was in a terrible wreck. Her other, May Emma Jackson; and twin sister, Brenda, are at her bedside. Glenda is a grandchild of Sister R. B. Thompson.

The B. M. & E. State Youth Encampment will hold its annual youth session Saturday, July 19th, at the Mount Olive Baptist Church in Slaton, Texas. Young people are asked to attend. The program will begin at 10:00 a. m. and continue until 4:00 p. m. All

churches may enroll for \$10, and personal enrollment is \$1.00. Officers are Vivian Peoples, Tommie Ervin, Mae Thomas, Phyllis Gant, Bernice Kelly, and Rev. J. J. Later.

Mrs. Ella Robinson of Median, Texas, best living aunt of the Sedberry children, was crowned "Woman of the Year" in downtown Detroit, Michigan in June at the National Second Cumberland Presbyterian Church before a large audience of delegates. After the crowning, her request was for all Texas people present to stand up and sing "Amazing Grace." The theme of the program was: "Our Roots: I'm One of the Roots." Mrs. Robinson is 94 years young and proud of it. She wishes to thank all those from the depth of her heart who helped make it possible for her to go to Detroit. God bless you, Mrs. Ella. Keep up the good works.



Mrs. Bobby Ray Hodge

Priestly & Hodge Exchanged Vows

Shelia Priestly and Bobby Ray Hodge were married in a 3:30 p. m. ceremony July 4th, in the St. Luke United Methodist Church. The Rev. Dr. Floyd Perry, Jr. officiating minister and the Rev. Nathaniel Johnson assisting minister. Best man was Tanya Priestly and maid of honor was Patricia Priestly. Ushers were Eddie Brown, Ronnie Stiggers and Keith Anderson. Organist was Debra Shaw of Austin; soloists were Michael Mathews and Avis Patterson, both of Lubbock; and Debra Shaw of Austin. Parents of the couple are Mr. and Mrs. C. H. Priestly and Mr. and Mrs. J. L. Hodge. The bride and bridegroom were graduated from Huston-Tillotson College at Austin. The couple will live in Austin after a short stay in Lubbock and a wedding trip to Miami, Florida.

Because of the tremendous response from you, our readers, we decided that over the next couple of months we will answer many of the commonly-asked questions that you have posed to us, concerning love, romance, jobs, money, lucky numbers, etc. in this column.

Interestingly enough, many of you have inquired about Numerology—an occult science that is as old as Astrology.

Here are a few tips to the letter writer:

- Always include your name and birthdate, along with those of others that you inquire about.
- Please indicate when you do not wish your name published, for whatever reason.
- In the interest of confidence, some slight change, such as a location, may be used to protect your privacy.
- Some letters will be edited for clarity and length, but the basic content will remain unchanged.

Dear Sir: I'm very interested in your weekly column. Are there any books that you could suggest? Often, after reading your column, I would do as was suggested and sure enough, much of what you wrote was true. Following is a description of my black family and their birthdates.

My husband, October 22, 1929; daughter, July 19, 1954; my three sons, August 9, 1956, February 22, 1963 and April 10, 1965.

I'm most interested in the numbers 11 and 22, and how time and again they surface in my life. For example—my birthday is the 22nd of the month. So is my husband's and my second son's. I had a major operation on the 22nd in 1975 (which adds up to 22). I'm living in Apt. 1K (K is the 11th letter of the alphabet). I lived in Queens, New York until 1972 (adds up to 22) also.

Should I change occupations (I'm a registered nurse)—or should I continue as is? Should I return to school? Continue piano lessons? These are only a few of the many questions that have in my mind. Any suggestions will be greatly appreciated.

Sylvia Thomas-Mitchell
San Francisco, Calif.

Dear Sylvia: Thank you for taking your valuable time to sit down and

write to us. There are a number of books available today on Numerology and Astrology, and they are available in most occult book stores. A couple of good books for beginners and buffs are *Modern Numerology* by Morris Goodman and *Your Days Are Numbered* by Florence Campbell. We have also just become aware of a fine new book, written by a young black brother, entitled *Numbers and You—A Basic Numerology Guide to Everyday Living*. It should be available on the national market by early September, and we will tell you more about it before then.

We will continue our Question and Answer segment in our next column.

In the meantime, we encourage you to send your letters. For your Personal Astro/Numerology Profile Chart, send us your name, birth date and time of birth (if you know), with a \$15.00 money order or check, payable to CASH. Send your letters to You, Your Stars and Your Numbers, Box 753R, 2266 Fifth Avenue,

New York, N.Y. 10037. Please allow three (3) to four (4) weeks for delivery.

ARIES — March 21-April 20
This week in general is not at all favorable to you, especially from the point of romance, money and travel plans. It is perhaps best that you count your blessings and relax.

ARIES Born: Duke Ellington—jazz musician.

TAURUS — April 21-May 20
The first part of the week is a good time to get those little

things out of the way. As you approach the weekend, it is best that you double-check everything before moving ahead.

TAURUS Born: Fats Waller—jazz/blues musician.

GEMINI — May 21-June 20
The midweek may bring a series of minor setbacks in the home or in your romantic life—so don't expect too much, in that way. However, as the week progresses, so does your situation—

the better, GEMINI Born: Matthew Henson—explorer.

CANCER — June 21-July 21
This week will prove to be very beneficial from the standpoint of love and companionship, if you want it. If anything, you may find it hard to get a moment to yourself.

CANCER Born: Louis Armstrong—musician extraordinaire, U.S. Ambassador of Jazz, author of "Louis."

LEO — July 22-August 20
This week is the most restful one you will have this month. By Friday the 18th, you will experience a wonderful awakening. Over the weekend, you will feel a quiet sense of purpose.

LEO Born: Robert Nix—black Congressman from Pennsylvania—recognized as one of the most brilliant men in Congress.

VIRGO — August 21-September 21
This week looks like an excellent time to tidy up the home or to get romantically involved with someone. Don't be shy. As the week goes on, you will find you have accomplished much.

VIRGO Born: James Baldwin—author of "Nobody Knows My Name," "If Beale St. Could Talk," "The Fire Next Time," and many of his

other renowned books.

LIBRA — September 22-October 21
This week indicated as being an extremely favorable time, as far as money, trips and changes in the home are concerned. By displaying a quiet and low-key approach to things, you can't miss!

LIBRA Born: Donny Hathaway—popular musician.

SCORPIO — October 22-November 21
Starting Wednesday the 16th and throughout the rest of the week things are indicated to be very much in your favor. Faraway trips or the meeting of important persons is a strong possibility.

SCORPIO Born: Dr. Daniel Hale—

the doctor who performed the world's first organ-heart surgery under very unusual circumstances.

SAGITTARIUS — November 22-December 20
The midweek may be a little upsetting to your plans, especially from the standpoint of communicating with others. However, the balance of this week will end pleasantly.

SAGITTARIUS Born: Ossie Davis—actor, writer, advocator of the black man's freedom.

CAPRICORN — December 21-January 20
Again, this week may give you a "see-saw" effect of ups and downs. Up, in the sense of change and travel. Down, in the sense of jumping to conclusions too quickly.

CAPRICORN Born: James Farmer—politician, civil rights leader, founder of Congress of Racial Equality, major architect and founder

of the Southern Christian Leadership Conference.

AQUARIUS — January 21-February 18
This week is a good time to get those little things out of the way. As you approach the weekend, it is best that you double-check everything before moving ahead.

AQUARIUS Born: Duke Ellington—jazz musician.

PISCES — February 19-March 20
The first part of the week is a good time to get those little

things out of the way. As you approach the weekend, it is best that you double-check everything before moving ahead.

PISCES Born: Duke Ellington—jazz musician.

Continue on Page 8

Visits Grand Parents

Little Miss DeWonia Pashel Mitchell, one month old, was here last week visiting her grand parents, Mr. and Mrs. Edward Nickerson, Jr., 2109 Elm. Little Miss DeWonia is from Waco, Texas.



DeWonia Pashel Mitchell

She is the daughter of Mr. and Mrs. DeWayne Mitchell. Her mother's maiden name is Patsy Ruth Nickerson, a former 1974 graduate of Dunbar High School.

The East Lubbock Investment Company (E. L. I. C.)

Will be in session at Mae Simmons Community Center at 8 p.m. Wednesday, July 23, 1980. All interested citizens of East Lubbock are invited to attend this important session, and get into the positive action. There is no more time for talking, but for doing something about our conditions in East Lubbock Community. This is what it is all about. You, Mr., Mrs. or Miss East Lubbockite, have given us your name, now come forward. Here are some pearls which are instore for you and East Lubbock.

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For more information, call these phone numbers, (Work) 792-7161 or 765-8679.

Thanks, David H. Sowell President

Lubbock Parks Sponsors Annual Arts And Crafts Display

The Lubbock Parks and Recreation Department will be having its annual Arts and Crafts display at the South Plains Mall, July 18 and 19. Art projects completed by Lubbock children

on playgrounds and community centers will be judged and ribbons awarded in 5 age groups. For more information, call Ginger Napier 762-6411, ext. 2679.

Laugh Out

"You look kind of weather-beaten this morning, John."

"That's exactly what I am. I bot ten dollars it would rain yesterday, and it didn't!"

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Legal Notice
 The South Plains of Governments (SPAG) announces that it is submitting a grant application, in the form of a Comprehensive Employment and Training Plan (CETP), to the U. S. Department of Labor (DOL) for funding under Titles II, IV, VI, and VII of the Comprehensive Employment and Training Act of 1978 (CETA). The total amount of new funds being requested under these titles for Fiscal Year 1981 is \$2,356,006. These funds will be utilized to provide a variety of employment and training services to economically disadvantaged, unemployed adults and youth in the city of Lubbock and Hale and Garza counties. A copy of the CETP and additional information on the performance of SPAG's programs during the first three quarters of Fiscal Year 1980 will be available for review and comment on July 15, 1980. These items may be examined at the offices of the South Plains Association of Governments, 1709 26th Street, Lubbock, Texas, 79411, (806) 762-8721, between the hours of 8 a. m. and 5 p. m., Monday through Friday. Persons who wish to comment on the CETP should do so in writing by 5:00 p. m., Friday, August 15, 1980. Comments should be addressed to Juanita Forbes, Project Director, at the above address.

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ENTERTAINMENT

Sheridan's Ride

By Jack Sheridan



I don't know really if this week's particular column belongs on the Entertainment page, but every now and then I have a number of "odds and ends" items in the back of my little head (or, big one, as some people would say) and I like to clean house, so to speak.

One of the items comes first and, certainly, it falls into the "Entertainment" category. That is, the selections last weekend of lovely Terri Lynn Eoff, this year's current "Miss Lubbock," who was named "Miss Texas" thereby opening the gates for her participation in the Atlantic City Miss America competition later this year.

Now, nobody could be prouder and happier for Terri than I. With the prime exception of course of her parents and her mentors and sponsors Jack and Janis Griggs.

But I, too, have some priority in all this. You see, I have virtually know Terri since she was a little girl. Her mother, Bea, has always been an active member of the Lubbock amateur theater, from the time it was the Lubbock Little Theatre, down through the years as the Lubbock Theatre Centre to its grandiose new title (with new downtown playhouse) the Lubbock Theatre Centre of the Performing Arts.

With that background, it was natural that little Terri became involved with the LTC adjunct, the Children's Theatre, and so she did. And, as time and years went along and Terri began to race toward teenage and her present glory, she became an adult performer, as singer, dancer, actress, with the Lubbock Theatre Centre and the Texas Tech University Theatre until she captured the Miss Lubbock title and now the greater Miss Texas and heading toward that ultimate prize of all, Miss America.

So, you see, it comes as no surprise to me that Terri won the Texas competition by dramatic monologue from her favorite play, "The House of Blue Flowers." It will come as no surprise to me if she walks away with the Miss America title. The young lady has everything going for her. In her case, everything is coming up roses, as the song says.

And, do you know. With all this heady excitement and recognition, Terri remains an untouched, warm, gentle and giving person. She not only has beauty, but as the show business axiom has it, she has "heart." I couldn't be happier for her and I certainly have all my money (what little there is of it) squarely on her.

Do you oldsters remember an English comedian-actor, a suave gent named Reginald Gardiner? He appeared in the 1930-40's films a lot and did a lot of stage musicals, too. Well, sad to report, recently, Gardiner died in England (his native land) at the age of 77. He's remembered.

Just to point out that patience wins out. I lost my television service last weekend on Friday night and so, on Monday this week, I started to try and get hold of the service department at Lubbock Cable TV to come and adjust my set. Well, sir, at 8:30 a. m. the line at Cable TV was busy. Then began the game. Each 10 minutes there after I placed a call. On the seventeenth call, at 11:10 a.m., I scored a breakthrough (!) I got 'em and that afternoon they set everything to rights.

So, the moral is, if you don't succeed, try, try, try and try again! Now, I am going to get off the "entertainment" point and get some purely personal things off my chest. Most of these items deal with the situation I run into as a walking resident of the city of Lubbock (haven't had a car for some years) and my extreme annoyances suffered each day as the "walker."

Did you know that even in downtown Lubbock its adjacent neighborhood where I live that the sidewalks are so badly in disrepair that you can catch your toe and break your neck, if you don't watch out? Or, there are no sidewalks at all and you can detour to the street to walk, taking a chance of the mad man or woman behind the wheel?

Did you know that, despite the constant talk about enforcing the leash or keep your dog licensed or restrained there is one block five streets south of downtown Broadway where they are, by count, nine untagged, free-wheeling mutts that come racing at you, the walker, to snap at your heels?

And, how about those dwellers who are too lazy or inconsiderate to pull all the way into their drives and park across the sidewalks, forcing the hapless pedestrian to veer out into that treacherous street to get around the barrier?

And, how about, when one is crossing on foot with the "Walk" sign, the left-handturn driver comes up fast behind you and never pauses to let you get to the other side? Or, the straight away driver who has to see you caught in front of him trying to reach safety and doesn't slow down or turn to one side, just aims at you and, I guess, hopes you get the devil out of the way?

Or, the residents of your apartment house feel free to utilize the steel fire escape for their comings and goings all hours of day and night, those stairs supposedly for emergency use only? Or, anti-noise be damned, the stereo players who blast through the walls and those hunkheads who let their dogs bark all night and to heck with the neighborhood?

That's enough griping for this time. But -- I've got some more, so watch out!

Next week some words about "Airplane" and "The Shining," two movies that people are talking about.

Quizzes

Minnesota Manager Gene Mauch on why he let starting pitcher Pete Redfern struggle for more than four innings before yanking him: "I was afraid I might strangle him if I had him in the dugout."

HOW LARGE ARE HUMMINGBIRDS AT BIRTH?

TOM WEST

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THEY HATCH OUT INTO TINY CREATURES THAT LOOK MORE LIKE BUGS THAN BIRDS! THE MOTHER LOVINGLY FEEDS THEM UP TO 60 MILLS A DAY!

The Outspoken CRAIG WILSON

From Hollywood

History does repeat itself, even in show biz. Too often we have seen groups which are just about to make it to the top of the heap when somebody decides to take. This time our San Francisco spy reports that hefty Izora Armstead of the Two Tons O'Fun is off on a success space trip and has left Martha Walsh to become a single "iron of fun." Izora's departure comes just when the "Tons" first album is going big time. The same thing happened a couple of years back when LaBelle was just about to become the biggest group in the business. They broke off into three little parts that were never able to get back together again.

Speaking of LaBelle, Patti LaBelle has them standing in line up the block and around the corner for hard to get tickets to her big Winter Garden week in New York while here in Tinseltown the lady is booked into the tiny Roxy.

It sure wasn't a good season for blacks and the Oscars. Dionne Warwick, who chirped one of the nominated tunes, almost fell off that shaky staircase set before the camera zeroed in on her lovely face and form.



PATTI LABELLE DIONNE WARWICK LEVAR BURTON

Will nudism become the big thing among blacks this year? That question has been popping up at parties ever since a team of medical men made the claim that nudists have a much lower rate of high blood pressure (long a major killer among blacks) than non-nudists. The word may soon be "shake that naked body."

Chaka Kahn and her estranged husband Richard Holland just can't seem to pull it all together again. Once more the famous couple is on the verge of divorce and this time there isn't another person -- just those long-standing personal differences.

Dolores Robinson has to be one of the hardest working managers in the business. Dolores put in lots of overtime during the filming of that depressing television epic, *Guyana Tragedy: The Story of Rev. Jim Jones*. Both of the major stars, Powers Boothe (who played Jones) and LeVar Burton, are her clients. The film is slated to become a major feature in the overseas markets, so Powers and LeVar should get more royalty checks thanks to Dolores.

Disco super-star Donna Summer couldn't finish her stint in Las Vegas due to a throat ailment and has now taken a few months off to relax, travel and enjoy the fruits of her labors.

That piano playing vocalist better stop rushing around and start taking a little better care of her business, since she is having trouble buying hats big enough for her newly expanded head size. Many old helpmates are complaining that she is now totally unreachable after only one album.

Actress Lillian Leishman called to say that she is heavy into recording contract talks and will leave the acting to others if all goes well.

STARS

Continued from Page 6 of Soul City, North Carolina. AQUARIUS -- January 21-February 19

This week, use discretion and tact to get what you want -- for nothing is really opposing you at this time. If anything, be careful on Monday of "looking before you leap." AQUARIUS Born: Leontyne Price -- opera singer extraordinaire. PISCES -- February 20-March 20

The midweek doesn't start off too well, as indicated by your planet. After Thursday, the uncertainty that you've been experiencing will pass away. Just be patient this week. PISCES Born: Floyd B. McKissick -- civil rights leader, believer in black self-development.

Would You Believe...

Among some American Indian tribes, a wife could end her marriage by throwing his belongings outside the lodge.

Don't try climbing a tree to escape a bear since almost all bears can climb trees.

One of the most widely read authors in history is Louis L'Amour. His 77 novels have sold more than 100 million copies in 19 languages.

The first Presidential primary was held in Florida in 1904.

The average American eats 204.6 pounds of meat a year, according to the U.S. Dept. of Agriculture.

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FICTION ... A Texas hitch-hiker fights off a white bitch and a junkie musician makes a deal with the devil.

RUTH BROWN ... Blacklisted! An exclusive interview with the hottest r&b singer of her time. She gives the inside details of the banishment that made her life hell.

NEW FEATURE ... The great Donald Goines' book, *Daddy Cool*, is now rendered in a four-page cartoon adapted from the original story.

AND THE LOVELY LADIES ... Mary Hopkins of the Love Machine makes a red, white and blue splash on the cover while Sandy, Demetria and Kelli light up the inner pages with enough fireworks for all.

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NNPA FEATURE

COPING
by

Dr. Charles W. Faulkner



The Invisible Race Riot - Part II

The effects of the continuous strain of being treated as an inferior individual is devastating for the black person. The effects are numerous:

1. A constant, life-long feeling of stress and tension that is always just below the surface. This feeling is so general that one cannot quite put his finger on it or even describe it. It is "just there." The black person recognizes the subtle emotional antagonism that exists deep down inside of him almost always when he is in the company of white people but occurring only infrequently in the company of other black people.
2. An almost automatic silent inner voice says: "I hate you, you S. O. B." to almost all whites.
3. A feeling of anxiety and discomfort occurs in the company of whites.
4. The most devastating effect is an unexplainable yet deeply ingrained feeling of inferiority that turns into a dislike for other blacks, and ultimately, a feeling of self-hatred.

These feelings are conditioned in the subconscious mind after a period of many years; over a lifetime of racial abuse and discourtesies both subtle and overt. The lifelong racial abuse slowly destroys its victim emotionally, making it difficult for him to function successfully in his daily endeavors.

The white person has a deeply ingrained feeling of superiority that is expressed in, sometimes, very subtle forms such as:

1. The cashier who drops the black person's change on the counter instead of in his hand.
2. The sales person who ignores the black person and waits on the white person even though the black person was there first.
3. The white person refers to other whites as "Sir" or "Ms" but never refers to blacks in the same manner.
4. The whites who stare at blacks as if they are intent upon stealing when they enter a retail establishment.

These are but a few of the behavioral responses of whites to blacks that result in hypertension, constant stress and anxiety for the black person and serves as a stress outlet for whites. These situations reflect very clearly the fact that the outward physical violence of a race riot is secondary to the invisible race riot that regularly takes place in the imaginations of both blacks and whites.

Many Americans have visualized themselves fighting on the front lines of a race riot even though they have never participated previously in one and have little idea of the implications of such an activity.

A riot of even minor proportions is a vicious, violent and horrible activity in which most participants vent their long-held and deeply-ingrained hatred and frustrations in an almost uncontrollable, irrational manner. Riots are escalating pits of venom during which even the normally placid individual involves himself.

It is this type of activity that utilizes the conditioned, subconscious antagonism built up over the years which put one race against the other. It is this activity which allows one to physically harm the person whom he has hated for years and whom he feels hates him. This is the activity that puts black against white in a destructive and self-destructive emotional societal outlet.

Your Social Security Marriage And Social Security

by
Manuela Barton
Claims Representative
Continued from last week

Under a relatively new rule, however, benefits to a widow or widower who remarries at age 60 or older can continue without any reduction in the amount.

Also, if a widow or widower remarries a person who is also receiving benefits as a widower or widow, parent, or adult disabled in childhood, the benefits of both parties may continue.

If a higher social security check is possible on the work record of a new spouse, the person may elect to take social security benefit as a wife or husband.

If you have any questions about how to complete marriage will affect your social security protection, please give us a call. We can generally answer your question over the phone. Our number is 762-7381.

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I'm 16 and have been getting benefits since my father died. I am seriously considering marriage. Would my benefits stop? Would it affect my mother's benefits?

Answer:

Yes, your benefits as a minor child would stop once you marry. Your mother is receiving "mother's" benefits as the parent of a minor child and her benefits would end also, unless there are other minor children of the deceased worker in her care.

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Answer:
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The KITCHEN BEAT

In today's black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family shares the responsibility of preparing personal meals for other members of the family. The Kitchen Beat is designed to meet some needs of the various cooks in the modern black family.

EAT WELL, WITH ECONOMY IN MIND

If you're like most people today, one look at the cost of food can really be frightening! Still, if you're in charge of fixing the meals for your family, then you know you've got to do the best you can—you've got to provide the family with meals that are low in cost, nourishing and enjoyable. So, how can you do this?

Well, first it's a good idea to plan your meals. Try jotting down at least an outline of the kinds of foods you'll be fixing before you go to the store. Then—and this is the important part—buy only those foods you'll need. Naturally, you'll want to take advantage of the "specials," but make sure what goes with the specials doesn't use up the savings.

Another thing that will help you is to learn a little about how to choose the right foods so that your family will be getting well-balanced, nutritious meals, the kinds of foods that make up the right amount to meet the Recommended Daily Allowances. That's a fancy way of saying the right kinds and amounts of foods to keep the body healthy and fit. Actually this isn't as complicated as it sounds. All you have to do is choose foods from each of

four basic groups:
 * **Milk and milk products**—have at least two servings daily.
 * **Meat or an alternate** such as poultry, fish and eggs, 4-6 ounces daily.
 * **Fruits and vegetables**—4 or more servings daily should include one dark green or yellow vegetable and a source of vitamin C, such as citrus fruits, broccoli, green pepper, brussels sprouts, strawberries, tomatoes.

* **Enriched whole grain breads and cereals**—have 4 or more servings daily.
 Now, you've got the "plan" and the know-how, and dinner is the best meal to put it to work because it is the big meal of the day for most families. If you've been clipping economical casserole recipes from your local newspapers, try them. You'll find that they're great to plan around. Usually they combine

ingredients that most family members like, they're full of nutrients and they're easy on the budget.

Don't forget the vegetables in your meal plan because they usually provide vitamins and minerals, such as vitamins A and C and iron. Peas are a good choice—and most non-vegetable eaters will take to them. They also supply B-vitamins which help to maintain a healthy, functioning system.

While the casserole is in the oven, cut up some fresh spinach greens, add your favorite salad dressing and top with orange slices. What have you got—good taste and some more iron as well as vitamins A and C!

Keeping up with food costs is a challenge to the heartiest of us. Only with an organized menu and shopping plan, and some nutrition know-how, can you feel sure that you are doing the best you can for your family's eating needs.

Tuna-Rice Casserole
Recipe Courtesy of

General Foods
 (Brands Suggested by
 Kitchen Beat)

- 1 can (10 1/2 oz.) Campbell's condensed cream of mushroom soup
- 1/2 cup milk
- 1/2 cup Kraft® grated cheddar cheese
- 1 1/2 cups Minute Rice® can (16 oz.) Del Monte's stewed tomatoes
- 1 cup water
- 1/2 teaspoon McCormick oregano (optional)
- 1 Dash of pepper
- 1 can (9 1/2 oz.) Star-Kist tuna, drained and flaked
- 1 cup Post Grape-Nuts® flakes, lightly crushed

Combine soup, milk and cheese in saucepan; heat until cheese is melted, stirring occasionally. Combine rice, tomatoes, water, oregano and pepper in greased 1 1/2-quart shallow baking dish. Top with tuna; pour on the

soup mixture and sprinkle with cereal. Bake at 375° for 20 to 25 minutes. Makes about 6 cups or 6 servings.

And because you can never have too much of a good thing, here is another delicious and nutritious tuna

Tuna-Peas-and-Rice Casserole

- 1/2 cup milk
- 1 cup water
- 1 can (10 1/2 oz.) Campbell's condensed cream of mushroom soup
- 1 can (7 oz.) Star-Kist tuna, drained and flaked
- 1/2 cup Kraft's® grated cheddar cheese
- 1/2 teaspoon McCormick's dry mustard
- 1/2 teaspoon Morton salt
- 1 1/2 cups Minute rice
- 1 package (10 oz.) Birds Eye® 5 minute sweet green peas, thawed
- 1/4 cup dry bread crumbs or crushed potato chips
- 2 tablespoons butter or margarine, melted

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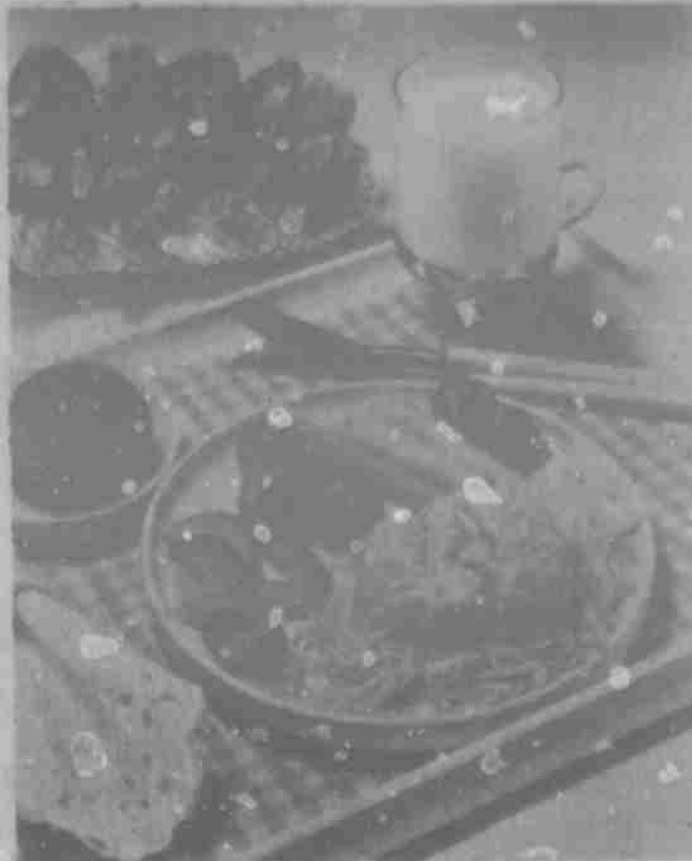
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*Or use 1 package (9 oz.) Birds Eye 5 minute cut green beans.
Blend milk and water into soup in greased 1 1/2-quart casserole. Stir in tuna, cheese, dry mustard, salt, and vegetable. Combine

bread crumbs and butter. Sprinkle over vegetable mixture. Bake at 400° for 25 minutes. Makes 5 cups or servings.
Note: Vegetables may be omitted, if desired; makes about 4 cups.



Low Calorie Tuna Salad

Now that you have learned to use the food groups as a guide, invite yourself to enjoy this low calorie lunch on a tray. A glass of skim milk with 90 calories provides protein, calcium, essential minerals and vitamins; three and one-half ounces of water-packed tuna has about 120 calories, and it's made with a tablespoon of prepared Good Seasons low calorie Italian salad dressing that has only 8 calories. This is quite a difference from most high calorie dressings made with oil that count up to 80 calories per tablespoon. There are fresh tomatoes, radishes, celery lettuce from the fruit-vegetable group for additional vitamins and few calories; and the whole grain roll fulfills an item from the bread-cereal group, supplying about 70 calories.

Knowing you have a goal in mind will also help you to handle those between meal "hunger pangs." Have that extra glass of skim milk; enjoy a "delayed" piece of

fruit or in the lunch for late-afternoon snacking; nibble on chilled raw vegetables. Once you've reached your own weight goal, don't be surprised at how easy it will be to continue these good eating habits.

Low Calorie Tuna Salad
Recipe Courtesy of General Foods (Brands Suggested by The Kitchen Aids)

- 1 can (3 1/2 oz.) Star-Kist water-packed tuna, drained
- 1/2 cup firmly packed shredded lettuce
- 1 tablespoon prepared Good Seasons low calorie Italian salad dressing

Place tuna in one piece on lettuce-lined salad plate and top with salad dressing. Garnish with celery sticks, cherry tomatoes or tomato wedges, radish roses and cucumber slices, if desired. Makes 1 serving.

Refresh with cold cocoa avalanche!

There's nothing like a climbing thermometer to bring the family to the kitchen for something cold and thirst-quenching.

This summer, you can make these quests end in a mug full of refreshment that's as wholesome as it is easy to make by using that wintertime staple, cocoa!

Just by blending Swiss Miss Hot Cocoa Mix with frozen ingredients such as orange sherbet, you can quickly create an alpine-inspired "Avalanche" of cool refreshment for family and friends.

With its classic flavor combination of chocolate and orange, the "Avalanche" is sure to go over big both between meals and as a surprise ending to the patio suppers and backyard picnics that make summer eating so much fun.

For another cool-as-an-Alp refresher, make "Fleidi's De-

light," substituting coffee ice cream for the orange sherbet and topping the frothy mug with whipped cream. They'll yodel for more of this healthy treat!

THE SWISS MISS AVALANCHE

- 2 envelopes or 6 tablespoons of Swiss Miss Hot Cocoa Mix
- 1 pint orange sherbet
- 1 teaspoon rum flavoring
- 1/2 cup water
- Orange slices

In blender jar, blend Swiss Miss Hot Cocoa Mix, orange sherbet, rum flavoring and water until smooth—10 to 15 seconds.

(In the absence of a blender combine in medium mixing bowl and beat at medium speed until smooth.)

Serve in glass mugs or tall glasses and garnish with orange slices. Makes 2-3 servings.

PLAN PORTIONS FOR WEIGHT CONTROL

If variety is the spice of life, how do you manage to enjoy it when you want to keep those extra pounds from adding up? There are many magic formulas offered to us, but the most sensible one is still based on a tried-and-true formula—consume fewer calories and get more exercise. Of course, it is wise to seek professional advice if you have special problems, but if you are really serious about losing extra pounds, set yourself a goal—and set out to reach it.

Cutting down on calories doesn't have to mean cutting down on nutrition. The idea

is to lose weight and still maintain good health by choosing foods that combine maximum nutrients and minimum calories. The trick is—portion control. Arrange smaller portions of a variety of foods attractively. Don't eat on the run. Sit down and enjoy your meals.

While your goal is weight reduction, the first step is to work out a diet which will fulfill your daily nutritional needs based on the basic four food groups. A general guide for your daily diet should include two glasses of skim milk from the milk group; one vitamin C-rich vegetable or fruit from the vegetable-fruit group, as well as three or more fruits or vegetables.

and four servings of whole grain or enriched bread or cereal.

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BLACK EMPOWERMENT

By Dr. Nathaniel Wright, Jr.
Human Rights Activist

MORE ENJOYMENT FOR THOSE WHO SMOKE

Among the growing numbers of "social rejects" or of the nation's—and the world's—"oppressed people"—are unhappily and tragically the special breed of "we-do-our-own-things" people who prefer either regularly or occasionally to smoke.

Smoking in our American culture especially, has been seen by many people through the years as a kind of "ancient and honorable art." It has been practiced by the daring and by the avant garde among us for centuries now. Smoking has been cultivated by some among us as a sign of sophistication and of good taste. It has been pictured as the "reward of achievement" and as an appropriate respite from the wear and weariness of an all-too-impersonal and far-too stress-filled world.

Then, all of a sudden—called to what have been thanks by some the "joy killers" of an environmental bent, in cooperation with the "consumerists" and a select group of government bureaucrats—we are told as a nation that the "fine and famous art" and the "venerable pursuit" of smoking is, of all things, "an anti-social act!"

Despite no less than heroic efforts on the part of the nation's presently beleaguered tobacco industry, federal regulations have taken effect requiring signs on tobacco goods warning that the Surgeon General of

the United States notes that smoking may be hazardous to your health.

The American public, however, represents a most peculiar breed. After years of dire warnings and conjectures regarding the potential hazards to one's health from smoking, the number of smokers nationwide remains relatively unchanged. What seems to emerge clearly is the feeling—and possibly the fact—that in our nerily stress-filled world, smoking may play in some ways an unparalleled and a priceless life-enhancing role.

Smoking unmistakably has a uniquely calmative (and perhaps also a mental health-preserving) effect upon many or most of its devotees who are its arch-defenders. The wholly rational argument or plea of this tremendously courageous and seemingly intractable group comes at us in a double-barrelled fashion. It suggests that we should all have a free choice as to the quality of our own lives, as—for example—the extent to which the remainder of our days will be spent either in a state of stress or in a condition of inner quiet.

The smokers have apparently made their own heroic choice. They have decided that life's qualities of quietness and peace (which they seem to derive from smoking) may be better than some conjecturally extended life span which is diminished

daily by unrelieved anxiety and by unbridled stress.

Few there are among us who can effectively counter an argument like that! In a democratic and pluralistic world, all must be as free as possible to choose the patterns of our lives, at least to the extent that our choices do not infringe upon the capacity of others to choose freely for their own lives. It is at this crucial point that those who would defend to the very end their right to smoke must take on a crucial responsibility which they have not thus far assumed.

If smokers want to enjoy their fullest freedom, then they must take the initiative in preserving or securing the fullest possible freedom for those who do not smoke. The alternative is to remain—as smokers have been of late—the subject of a public assault themselves.

What is it, then, that those among us who would enjoy their smoking in the fullest or most unfettered ways must do? Here are several suggestions as to how they might begin.

1. *Stake Out A Claim!* Choose one basic place to

smoke—your own "special sanctuary" at home and at work—where you may smoke at your own pace and to your heart's content, without ever possibly interfering in the slightest degree with the rights of others.

2. *Be Courteous!* According to well-publicized government reports—whether these reports are accurate or not—whenever we smoke, we may be greatly inconveniencing and possibly doing irreparable injury to the health of others. Also ask others who are nearby whether it is agreeable for you to smoke. To ever offer anything less than this basic gesture of respect for others may reasonably be seen as rude.

3. *Filter the Air!* Smoke filled air is neither necessary for nor conducive to smoking enjoyment. Indeed, it curtails the rewards of smoking. A simple and economic electronic air filter might be plugged in whenever we have chosen to smoke. Short of this, we may turn on an exhaust fan or burn a candle. We should always clean the air.

4. *Be A Winner!* Thoughtful people who are always

considerate of and winsome toward others are always winners.

This age-old rule or attitude toward others—which has its basis in the Scriptures—will help smokers to win and secure their rights to smoke. But perhaps of far greater and more enduring importance, it will make that very special breed among us who choose to smoke into peerless and persistent winners in a host of other ways as well.

Media Reviews:

BLACK MUSIC MAKERS

(For jazz buffs and students of black music)

A review of *The Making of Jazz: A Comprehensive History*, by James Lincoln Collier, Houghton Mifflin Co., Boston, 543 pages, Hard Cover, \$20.00.

Of all the books on jazz which have appeared in the past decade and more, this book ranks high as a comprehensive overview of this most unique of American instrumental art forms.

It was Anton Dvorak who sought in vain to make the American artistic world aware of the fact that authentic cultural art forms arise from the peasantry or the worker classes among a

people or a nation. Because of the peculiar connotations implicit in the racial apartheid of and the stigmas attached to our working class people, the American public has remained largely unappreciative of American jazz. Yet, jazz speaks of white America as well as of black America, albeit the white

America of jazz is the image and spirit seen, felt and portrayed in a black musical form.

Collier approaches this present work as no stranger, having published two earlier books and written a number of articles on jazz. A musician himself, and the author of a standard text, *Practical*

Music Theory, Collier brings technical and artistic perspectives to his work. The book is written as history. Younger and older readers thus will find a survey from jazz "roots" to its deserved place of increasing importance among us today.

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Your Social Security Earnings Test Under Social Security

by
Manuela Barton
Claims Representative

One of the social security's more controversial features is the "earnings test." Under this provision, beneficiaries whose annual earnings exceed a specified amount cannot receive full social security benefits. The earnings test does not apply to persons 72 and older (age 70 beginning in 1982).

The reason for this provision relates to the purpose of the program. Social security is a system of social insurance under which people are protected against loss of income from work because of retirement, disability, or death. The earnings test is used to measure whether such a loss of income has occurred. A different test applies to people getting benefits because of disability.

For this purpose, earnings are defined as income from a job or self-employment. Other forms of income—as for, example, from stock dividends, bank interest, and pensions—generally have no effect on social security benefits.

The social security law has always had an earnings test. Originally it was applied on a monthly basis to beneficiaries of all ages; since 1950, however, it has changed from a strictly monthly test to what is essentially an annual test and has incorporated the idea that beneficiaries should not be subject to the earnings test after a specified age.

Under present law, a person can receive his or her full benefit if earnings do not exceed the annual exempt amount. For 1980 this limit is \$5,000 for people who are at least 65 by the end of the year, and \$3,720 for those under 65. If earnings exceed this annual exempt amount, \$1 in benefits is withheld for each \$2 for earnings above the limit.

A monthly test can be used in the first year a person has one or more months he or she not earn over the monthly limit in a job or work much in self-employment. The 1980 monthly limit is \$417 for people 65 or over and \$310 for people under 65.

Self-employed people may not know whether they will have a profit or loss until the end of the year. The primary consideration in deciding whether self-employed persons are retired is if they are performing "substantial services" in their business or profession. This decision is based on the amount of time devoted to the business or profession, the kind of work performed, and how their work compares with what they did in the past.

I have outlined only a few of the provisions dealing with the earnings test. If you would like more detailed information, your social security office has a publication entitled, "If you work after you retire," which you should find helpful. The people there will also be glad to answer any questions you may have.

QUESTION:

I am 66 and receiving social security retirement benefits while working part time. Will the amount I am permitted to earn and still get full benefits be increased next year?

ANSWER:

The annual exempt amount for people 65 or over, which is \$5,000 this year, will increase to \$5,500 in 1981, and to \$6,720 in 1982. After that it will rise automatically as average covered wages increase.

QUESTION:

In January of this year I was paid wages for work done in December of the previous year. For which year will his payment be counted in determining my annual earnings?

ANSWER:

Wages are allocated to the year the work was done, regardless of when the wages actually were paid.

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