VOL IV., NUMBER 6

PHONE: (806) 762-3612

ABMINEWSPAPER

510 EAST 23RD STREET LUBBOCK, TEXAS

OCTOBER 23 THRU OCTOBER 29, 1980

# Curfew For Sub Minors

In Lubbock, there is a Sub-Minors' Curfew ordinance (Article II) and many parents and guardians are apparently not aware of it. This curfew is spelled out specifically and sub-minors, under the age of 17, are expected to adhere to it.

The following is the curfew:

# Sub-Minors' Curfections Sec. 19-21. Definitions

(a) Establishment: Any privately owned place of business carried on for a profit or any place of amusement or entertainment to which the public is invited:

(b) Sub-Minors: Any person under the age of 17

(c) Operators: Any individual, firm, association, partnership or corporation operating, managing, or conducting any establishment; and whenever used in any clause prescribing a penalty, the term "operato" as applied to associations or partnerships shall include the members or partners thereof and as applied to corporations, shall include the officers thereof: (d) Parent: Any natural parent of a sub-minor, a guardian, or any adult person, 21 years of age or over, responsible for the care and custody of a sub-minor: (e) Public Place: Any public street, highway, road, alley, park, playground, wharf, dock, public building or vacant lot:

(f) Remain: To lotter, idle, wander, stroll or play in or upon, or park or cruise in or upon any vehicle. (Ord. No. 3124, 5-12-60)

#### Sec. 19-22.

#### Unlawful Conduct of Sub-Minor

(a) No sub-minor shall remain in or upon any public place or any establishment between the hours of 11 o'clock PM and 6 o'clock AM of the following day, official time, except that on Fridays and Saturdays and nights next preceding school holidays the hours shall be from 12 o'clock PM midnight to 6 o'clock AM. (b) The provisions of this section shall not apply to any sub-minor accompanied by a parent, or to a sub-minor upon an errand or other legitimate business directed by such sub-minor's parent, or to any sub-minor who is engaged in gainful lawful employment during the curtew hours. (Ord. No. 3124, 5-12-60)

#### Sec. 19-23.

#### Unlawful Conduct of Parents

(a) No parent shall knowingly permit any sub-minor to remain in or upon any establishment between the hours of 11 o'clock PM and 6 o'clock AM of the following day, official city time, except that on Fridays and Saturdays and nights next preceding school holidays the hours shall be from 12 o'clock PM Midnight to 6 o'clock AM.

(b) The provisions of this sect on shall and apply to any parent who accompanies a sub-minor or to a parent who directs a sub-minor upon an errand or other legitimate husiness or to any parent of a sub-minor engaged in gainful lawful employment during the curfew hours. (Ord. No. 3124, 5-12-60)

### Sec. 19-24

#### Unlawful Conduct of Owners or Operators of Establishments

No operator of an establishment or their agents, or employees shall knowingly permit any sub-minor to remain upon the premises of said establishment between the hours of 11 o'clock PM and 6 o'clock AM of the following day, official city time, except that on Fridays and Saturday and nights next preceeding school holidays the hours shall be from 12 o'clock PM Midnight to 5 o'clock AM. (Ord. No. 3214, 5-12-60)

#### Sec. 19-25

#### **Enforcement and Penalties**

(a) Any police officer who finds a sub-minor violating any provisions of section 19-22 shall obtain information from such sub-minor as to his name and address, age, and the name of his parent or parents. The sub-minor shall thereupon be instructed to proceed to his home forthwith. The information obtained from the sub-minor shall be forwarded to the Chief of the Juvanile division of the City Police Department, who shall cause a written notice to be mailed to the parent or parents of the sub-minor, advising of the wolation of Scation 19-22.

(b) Any parent who shall violate and provision of the control of the sub-minor, advising of the wolation of Scation 19-22.

Continue on Page 2



# "A Look Back In Time"

Pictured above are members of the Dunbar High School Parent Teachers Association (PTA) in the 1950's. How many of you remember some of those persons listed above?

This week, the former graduates and students of Dunbar High School - 1928 through 1949 - are having their first annual reunion. Activities will be held at the Hilton Inn and Old Dunbar High School, the present location of Ella Iles Elementary School. This affair should bring back many memories as well as the photo.

### R. J. Reynolds To Purchase Minority Supplies

Winston - Salem, N.
Purchases from minority suppliers by R. J.
Reynolds Industries, Inc.
and its amiliates increased
168 percent in 1979 over
reported 1978 totals, said
Carrol G. Tompson,
executive vice president
of R. J. Reynolds
Tobacco Co., at a recent
meeting of the Triad
Minority Purchasing
Council.

Last year RJR companies reported nearly \$34 million in purchases of goods and services from 357 minority vendors nationwide, R. J. Reynolds also had more than \$6 million on deposit in minority-owned banks, said Thompson, who represents RJR on the board of directors of the National Minority Supplier Development Council.

The Triad chapter of that national group serves minority suppliers

# Lamb County NAACP Chapter Set Up

"It has finally become a reality, and we have a National Association for the Advancement of Colored People (NAACP) charter," said Rev. Roy Jones, Lamb County Branch President

In special ceremonies last Saturday evening in the Littlefield Community Center, Littlefield, Texas, a national charter was presented to the county.

'This is the event of the year for Lamb County, and we will do our best to help minorities who are in trouble," said Rev. Jones, former president of the Lubbock Branch. Special guest at the



Rev. Roy Jones Lamb County NAACP President

meeting were George Scott, vice president, State NAACP; Ms. Rose Wilson, Lubbock Branch president; and Ms. Joan Y. Ervin, Lubbock Branch secretary.

# Candidate Speak Out Set Saturday The United Political People of Colored People

Action League (UPAL) and the Lubbock Branch of the National Association for the Advance

#### THIS WEEK IN THE LUBBOCK DIGETT

Business In Block	Page A
"Coping"	Pour l
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number of Colorad People (NAACP) are cosponsoring a "Candi-late Speak Out" on Saturday everling. October 25, from 6 p. m. to 8 p.m. at Mae Simmons Community Center.

All candidates have been invited to participate," said Rose Wilson, president of the NAACP.

"Vr ir presence is requested," said Vera Newsome, president of UPAL. and purchasers near Winston-Salem, Greenboro and High Point, N. C.

In addition to increasing its total purchases, R. J. Reynolds is intensifying its efforts to provide overall support to minority businesses, Thompson said.

On the corporate level,

R. J. Reynolds Industries
has one executive
responsible for overall
coordination, development and implementation of a minority
business enterprise
program, Tompson
explained. General
assistance and guidelines
are provided to each
subsidiary company of
Reynolds Industries.
But business should go

beyond just compliance with guidelines, "More pson added. important than organizational procedures and formal programs is the spirit with which they are implemented," he said. "At R. J. Reynolds we have been successful in fostering a spirit of cooperation and dedication among our managers in key decisionmaking positions.'

RJR representatives have provided managerial, technical and professional assistance to minority suppliers. "In the long run, this kind of support will benefit a minority entrepreneur just as much as giving them an order," he said.

R. J. Reynolds Indus-

tries, with headquarters in Winston-Salem, N. C., is the parent company of R. J. Reynolds Tobacco Co.; Del Monte Corp. (processed foods, beverages and fresh fruits); R. J. Reynolds Tobacco Int. national, Inc.; Aminoll DSA, Inc. energy), Sea-Land Industriess Investments, Inc. (containerized shipping); and RJR Archer, Inc. (packing).

VOTE NOV. 4

# Coronado Apartments Are In Bad Conditions!!

The Coronado Apartments remain in the same terrible condition as they were last week. Surely, the City of Lubbock is interested in seeing that something will be done about this

apartment complex.

It has become a breeding place for rodents, roaches, and other unsanitary conditions.

Vanáals are having fun breaking windows and citizens are dropping their trash and rubbish in this area.

Let us hear from you, City of Lubback about this situation.

Photos by Eddie P. Richardson, Jr.

See Pictures On Page 2

# Minority "Summer Scientists"

When 200 majority high school students from California to New York were selected to work as summer apprentices in their research laboratories of some of America's top scientists, a few suspected they might end up in a lab corner washing glass-

wear all summer.
Instead, reports coming into the National Insitutes of Health's Division of Research Resources, which administered the program, are filled with glowing comments about the excitment and growth of the students who found themselves in the middle of active biomedical research, getting lots of hands on experience and finding investigators who didn't mind answering

their many questions. "I didn't really know what to expect, but I loved it," said Gay Bryant of Tabor City, NC who worked in a pharmacology lab at the University of North Carolina at Chapel Hill. We were involved in career research, trying to purify an enzyme. You don't know all the details involved in research until you get into a lah."

involved in research until you get into a lab." Forty-five institutions in 21 states selected



Budding Scientist:
Charles Belk of
Durham, N.C. worked
this summer in an
anatomy laboratory at
the University of North
Carolina School of

apprentices from Black, Hispanic, Native American or Oriental high school students in their areas. The students worked for 8 to 12 weeks in research labs across the United States and were paid at minimum wage or the prevailing scale, whichever was greater. Some schools also provided campus housing.

Medicine at Chapel Fill.
Already interested in medicine, Charles said his summer research experience now has him looking at combined M. D./Ph. D. programs.

The young people had little time for relaxation. At Roswell Park Memorial Institute in Buffalo, NY, lectures each Wed asday were designed to expose students to different areas of research, and each student was expected to write a critique to be turned in by Friday. Each student

Continue on Page 3

# Miller Supports Minority Scholarship Fund



Tom Shropshire center, sentor vira presic nt-treasurer of Miller Brewing Company, presents a \$5,000 scholarship check to bill Doyette, president and general chairman of the newly organized Nation at United Affiliated Beverage Association and Cecille Adams, vice president and director of the organization.

NUABA represents Ball at the more than 5,000 towerns banquet.

was made at the Jund with NUABA covertion in annually represe cities in territorial and Market Share," They also hosted a sudent hospitality suite during the length of the wish to convertion and so spansored the Grand the scheme and such as a choice.

Be ette stated that the NUABA scholarship fund will be presented annually to students representing various cities in the 50 states and territories covered by the organization. Emphasis will be placed on sudents with "C" or below overages who wish to enter college and those who wish to use it e scholarships to enter trade schools of their choice.

Bustress

By Charles E. Belle



multi-billien dollar market beckons

China and America Grow Evergreen

What does communism and capitalism have in common? China!!! "You cannot ignore one-quarter of the people on the face of the earth," according to U.S. Deputy Secretary of Commerce, Luther Hodges. Speaking on board a U. S. Coast Guard ship, the Secretary sounded like two other gentlemen, earnestly interested in promoting closur commerce and cultural ties between the United States and the People's Republic of China.

Raymond Jallaow, Ph. D., Senior Vice President, United California Bank, was quoted as saying, "In my recent trips abroad, I have become ever more impressed with the increasing interdependence among the nations of the world. It is becoming evident that whenever we examine the prospects for one region or one country of the world, we must do so in light of its interactions globally."

Mr. Jallow was joined in this outlook by the leader of nearly one billion people in this country, His Excellency Chai Zemin, ambassador extraordinary and plenipotentiary to the U.S., People's Republic of

Ambassador Zemin, could not help but tie the U.S. to global events in his address "Chinese American Relations: A New Beginning," before a capacity luncheon meeting speech to the Commonwealth Club of California. Calling for closer economic and cultural ties with the U.S., along with a commitment for one Chinal His Excellency acknowledged the need for more U.S. products to be sold in China and for more Sino products to be sent here.

His Excellency Zemin and Secretary Hodges happended to be in the Shangai sister city of San Francisco to boost the start of "The 1980 Exhibition of the People's Republic of China." The show is the first ever spinsored by the PRC in this country and will also have openings in Chicago, October 25 and New York, December 6, after concluding San Francisco September 28th.

Sophiscated computers, charming toys, machine tools, tin can delicacies, magnificent antiquities from the great dynasties, clothing and 20,000 other items will be on display, including some for sale at the

Exchanging goods and services with the Sino people should reduce the cost of living for both Chinese and American consumers, Cotton! Believe it or not it is currently on the top export crop to China from U. S. Many Californians think you would find that fact interesting since it's the state's number one

American items are expected to be sold in Chinese show rooms in the near future. For a way to reach the Chinese market with any American made products contact Walter Clair Lenehan, counselor for Economic and Commerical Affairs, U. S. Fribassy Beijing, China. You heard right, there is actually aid for the business persons in Beijing, as well as, in

Walter will help you because you will need it, due to, as he puts it, "the poorly developed infrastructure" of the PRC. But before you fly direct to Beijing to begin doing business in China along with some 200 other U. S. company's consider calling Washington, D. C. Walter's counterpart in D. C. for assisting the

development of Con, herce between China and the U. S. is David Laux. Last thing a business person should pin their hopes on is a fast deal in China claims Laux, Director, People's Republic of China Affairs Division, East-West Travel, U. S. Department of Commerce.

David doesn't make any bones about it, "Don't expect too much." However, he and Walter can save Restauraní 2121 Amarillo Highway (f-27; just north of Loop 289) Lubbock, Texas 79403 Telephone: (806) 765-8591

Scallops Dijon Scallops Sauteed in But.er with Wine Sauce \$5.95

**Executive House Special** Lean ground beef topped with mushroom sauce, cheese and chives

\$3.95

Fiesta Plate Two Enchiladas, one Taco, refried beans &





Local Pick-up and Delivery 806/747-0704 or 765-8591 Located at Executive House Motel

2121 Amarillo Hwy

salespeople a lot of time, energy and effort, translated into mone. If they was make a trip or telephone their offices before attacking the Chinese.

China and the U. S. have recently reached an agreement on air and sea service between the two countries. It is expected that each country will run two round-trip flights weekly with flights stopping in Tokyo. Pan-Am and Northwest are the two U.S. airlines paying for the route.

In the event you should choose to go directly to Beijing, bypassing the trade fairs in Canton, call Walter at 522-0333. But you would be better advised to first telep one David's office in Washington 202/377:3583 before whisping away off yonder to

Ambassador Chai Zemin is confident commerce which has doubled to \$2 billion between the two countries in a year and cultural ties with the U.S. is following an "historica! trend" for the benefit for peace to all mankind. Business people should go for it!! Anyway, one billion people can't all be wrong.

Continued from Page 1 section 19-23 after having received notice of a prior violation shall be fined upon conviction pursuant to

section 1-5 of this Code. (c) Any operator of an establishment and any agent or employees of any operator who shall violate the provisions of section 19-24 shall be fined upon conviction pursuant to section 1-5 of this Code. (d) Each violation of the provisions of this article shall constitute a separate offense. (Ord. No. 3124, 5-12-60)

### Hospital Recognized For Cost Containment Program

in a savings of \$300

million to citizens of the

state, Brewer explains.

Methodist Hospital has received a 1980 certificate of participation in the Texas Voluntary Effort (TVE) citing the hospital for efforts in containing the increases of health care

"Methodist Hospital's cost containment goal is ambitious. In the face of double-digit inflation, it requires dedication and support from our board of trustees, medical staff and employees to continue the successful containment of the increases in our expenses," announced George M. Brewer, hospital president.

"We are determined to contain costs while preserving the availability and quality of the services we currently provide to the community. For our efforts to be effective, we must have the support of our community and a greater understanding of the problems hospitals face," Brewer said.

The hospital joins other Texas hospitals in participation in the TVE, a program of the Texas Hospital Association, the Texas Medical Association and the Texas Federation of Hospitals. Participants in the TVE include hospitals physicians and nurses and over 20 health, business, insurance and state government groups who have organized to effectively deal with the problem of rising health care costs.

Since 1977, cost contair.ment programs within Texas health care institutions have resulted

BMFs/Lubbock Digest

Scoop Assault on Illiteracy Workshops

The Dictionary Habit, A Crucial Tool in Developing Effective Communication

I ar Render;

The Lubbock Dipest \_\_ in a black-owned newspaper that brings you the news of our community and that reinterprets, from a black perspective, the national and internation, events of the day. We hope that our readers of all ages will keep a dicti aary handy when reading the Lubbock Digest \_\_\_\_\_ Our publisher and staff want to see black Americans in this community and in every community across the land build word power.

Why is this necessary? To a ta crucial because if we are to reach our goals that we desire for Black America, we must be able to communicate clearly and concisely with one another in Black America; and we must also be able to not only undersaid what White America is saying to us but to be able to communicate our goals, aspirations, needs, etc. to waits Americans at every level.

NBVO Executive Director's Effort Recognized President Carter

Frederick L. Jones, Executive Director of the National Black Veterana Organization, was presented a personally autographed picture of President Jimmy Carter. The photograph was that of the ceremony memorating the President's signing into law the legislation establishing a permanent memorial in our nation's capitol for those Americans who fought and died in the Vietnam War

The recognition and photograph were made in appreciation of Mr. Jones' role in helping to provide this suitable memorial. The memorial will be a symbol that as a nation we care, and that we will always remember those who bore the burden in answering the

all of their country. Jones said, "I am very proud of this recognition and humb, accept the autographed picture on behalf of all the members of NBVO."

> For Classifieds Call: 762-3612





Scenes of Coronado (By Eddie P. Richardson, Jr.)

voodrow Wilso The Great Houdini The year is 1913 and a new Bell telephone begins ringing throughout the land. Ah, those were

the days.

Now you can relive those days with Southwestern Bell's new Country Junction\* telephone - a happy blend of yesterday's spirit with today's technology.

Lovingly handcrafted in natural oak and antiqued nickel trim, the Country Junction phone is a classic that blends with period settings and makes an attractive statement with the crisp, cool lines of contemporary taste.

No matter where the telephone is placed kitchen, den, family room, living area — this is a phone that will be seen and admired. Because it has modular components, installing it is as easy as lianging a picture.

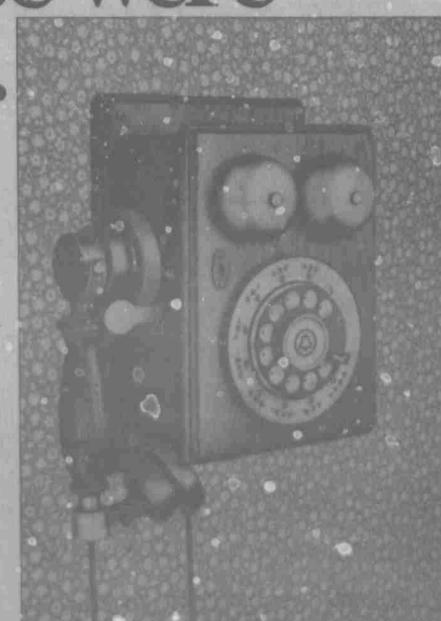
In a busy, bustling world, the Country Junction telephone is a pleasant reminder of those times when all phone conversations began with the voice that smiled.

Now on display at your neighborhood PhoneCenter Stre.



Southwestern Be"

\*Trademark of AT&T Co. Working parts remain the property of the teleplane company



Meeting

The numbers of the

Royal Ladies Club held

their usual meeting lest

Wednesday right, and

were the guest of Ms.

Mattie Hayes in the home

of Mis. Pearl Baker at

1901 East 15th Street.

served a splendid dinner

of Bar-B-Que Chicken,

Chopped Vel, Potato

Salad, Stuffed Tomatoes,

Red Beans, Fresh

Greens, Cornbread

Muffins, Marsh Mellow

Fruit Salad, and Peach

After the dinner,

business was as usual

with the reading of the

last minutes from the last

meeting and plans for

Christmas and the

slumber sleep over. After

this, the ladies just kind of

talked about different

events of the day, but the

most enventful seem to

be the reunion of the

Dunbar students from

the 20's through the 40's

where old friends will get

together and talk about

Ms. Pearl Baker; Ms. D.

C. Fair, Ms. M. L. Sparks, Ms. V. Drake,

Members: President,

old times.

Cobbler.

The gracious host

NNPA FEATURE

Dr. Charles W. Faulkner



#### You Can Do It!

Remember when you were so clumsy, you couldn't ride a bicycle? Or, when the most difficult thing that you could imagine doing was driving an automobile for the first time? Can you recall how difficult it was to commit your first poem to memory in school, or, stand up before a group of people and say a few words?

Well, look at you now. You can do all of these things and its most of them quite well. You persevered. You kept trying until you achieved success. At times you were about to guit but someone, or something within you, made you continue trying, learning and perfecting. Call it persistence, hard-headedness, stick-to-it-iveness, or perseverance. The words "can't" or "limitation" were not even in your vocabulary. Whatever it was, it worked, and you are a better, happier persons because of it.

Now, you are older and trying to learn new things. They may also be difficult, and, sometimes, you want to stop trying. Sometimes you don't want to start trying. Unfortunately, you have learned the word limitation and have imposed it upon yourself. Now, you are reluctant, even scared, to try new things.

As a child, you were inquisitive and aggressive. As an adult you are passive and disinterested. Why? Because you have allowed yourself to lose confidence. You have "psyched" yourself it to believing that 'you can't do it " When you were young and confident, your belief was: "I can do it."

How can you recapture that confidence that motiviated you to do so well on your tests in school, that made you such a good parent, that developed those fine skills that you have, that made life worth living? Here's how!

1. Think back to the feeling of accomplishment that you had as a child.

Realize that riding a bicycle was infinitely more difficult for you as a child than the challenges that you now face as an adult.

3. Understand that you have matured. You are more intelligent stronger, more experienced than

Surely, if you could conquer the challenges as a child, you can do so more successfully, now, as an

5. Drop the word limitation from your vocabulary -replace it with the words "unlimited ability." 6 Let your mind motivate your body. Let your thoughts of success influence you to try it, to do it, to

accomplish your goal. Imagine how wonderful you will reel when you have succeeded.

8. Know that every attempt gets you closer and closer to success.

9. Make the following expression the guide to the rest of your life; "I can do it!"



James Dernam, born into slavery in Philadelphia in



History shows Africans were using iron when Europeans were still in the Stone Age

# Celebrates 9th Birthday Royal Ladies Club Holds Annual

Last Triesday, Octoer 21, Chantell Denise Jay celebrated her 9th birthday.

She a third crader at Woselock Elementary School. Her six week report card received last week revealed that she had six "A's" and two "B's". She also received a star for being a Star Student by reading ten books during her first six weeks.

Her teacher a Mrs. Joyce Weinsheimer. Her grandmother, Mrs. Ruby Jay tells her

all the time, "I love you,



Chantell Denise Jay Chantell."

# Top Counselor in Texas

Elaine Nail, counselor at Matthews Junior High. was recognized as "The Outstanding Counselor' in the state of Texas. This award is given annually to one school counselor in Texas who is chosen by the awards committee of the Texas Personnel and Guidance Association. Elaine was nominated by the West Texas Pesonnel and Guidance Associa-

The award was presented October 4 in El Paso at the annual convention of the Texas Pesonnel and Guidance Association. This marks the first time that a member of this local area association has received this award.

For the past ten yaers, Elaine has been a counselor at R. W. Matthews Junior High School in Lubbock. Earlier, she was a teacher at Burbank High School in San Antionio, and at Randal Elementary School in Brownfield. She received the Associate of Arts degree at San Angelo College, the Bachelor of Arts and Master of Education degrees at Trinity University, and has done post-graduate work at North Texas State, East Texas State, Univesity of Houston, and Texas Tech University. In the West Texas

Pesonnel and Guidance Association, Elaine has served as convention coordinator, secretarytreasurer, presidentelect, and president.

. SERVICE INCLUDED



Elaine Nail

#### Scientist Summer

Continued from Page 1

spent a half day in the library researching material concerning the experiment he or she was working on in the laboratory, and each made an oral presentation and a poster exhibit at the end of the summer.

Some of the schools plan to continue their contacts with the students during the year you'll probably find Yale Univerity School of Medicine is planning a mid-year party for the students, giving them a subscription to Scientific American Magazine, and helping them with college applications.

Strong relationships developed between some of the students and scientists. "I wish I were working in this lab forever." a student working at Mt. Sinai School of Medicine, NY commented. "The scientist took her time to explain all of the experiments to me, and I'm grateful."

The students were encouraged to ask questions, and they did. At University of Alabama in Birmingham, students were told at orientation to "watch the people you work with this summer, notice how they interactthey're always question-

ing each other." "And don't hesitate about putting your own two cents in," continued Dr. Robert Glaze, UAB vice president for research and graduate studies. "Don't hesitate to ask and don't hesitate to doubt. The only dumb questions are the ones you don't ask."

The lab experiences crossed many disciplines. At the University of Michigan, apprentices worked on research projects in biochemistry, biological sciences, chemistry, dentiscry, engineering, nursing, pharmacy and public health. "Research Day" at the University of Maryland included visitations by parents and student presemations on such topics as "The Role of Thiamine Deficiency in Sudden Infant Death Syndrome," muscular Junctions, "Purification of Hemoglobin S. on Ion Exchange Resin," and 'Computer-assisted Medical Decision Making."

A spin-off of the scientific experience during the summer was the students' social growth, since many were on university campuses away from home for the first time.

"This program preparer one for the inevitable task of living away from home," a Roswell Park opprentice said. A fellow apprentice added that it made the students 'appreciate what they have with their parents now.'

Some of the scientists voiced surprise that the high school students fits so quickly into their laboratories and would like to have them back next year.

Patraicia Roberts Harris, S. cretary of the Department of Health and Human Se. ices. feels the summer program was "a tremen-

# Know Your School Trustees



Deaton Rigsby

Another member of

is an organization focused on helping people to help themsel ves adn bringing the east Lubbock community closer together. So if you SLAPSTIX are interested in becoming a part of a growing organization in the East Lubbock community, contact Ms.

Pearl Baker, 763-9187 for

more information.

The Royal Ladies Clirk

Green.

Ms. O. Thomas, Ms. L. Brown, and Ms. Francis the Lubback School Board of Trustees is Deaton Rigsby, former member of the Labbook City Council.

Rigsby was elected to Place 3 in 1980 after completing an unexpired term.

He and his wife, Jan, have six children. He is the owner of Rigsby Insurance Co.

I'M NOT A FAILURE -I JUST STARTED AT THE BOTTOM AND LIKED IT THERE

& 1980, McNeight Synd.





morse Electrophonic

JUKE BOX **STEREO** 



Morse/Electrophonic

"Infinity" Disco Stereo System . New, Infinity Style Disco Lights Flash to the Beat of the Music

 Solid State AM, FM Stereo Receiver Advanced, 8-Track Tape Plaver . Automatic BSR Record Changer with

**Cueing Control** · Built-in Stereo Speakers · Dust Cover Included 22" Cabinet in Walnut Color Finish

2 models to choose from. Same price on both!!

Multi-Colored Disco Lights Flash to the Beat of the Music!

LAYAWAY NOW FOR CHRISTMAS

K's THRIFT CENTER is stocked now with all your winter and Christmas Fashions, Gifts, Electronics, & More!

Two !ocations in Lubbock:

Downtown - 1015 Broady ay and 3109 East 4th St.



765-7532

# EDITORIALS

Vote! The Choice Is Yours; Fail To Vote & The Choice Is ??????

by Eddie P. Richardson

Remember when you go to the polls and vote on November 4th (Tuesday), what you vote for is what you get. So forget emotions and check the issues across America. We will be electing someone for the White House as well as candidates from state, county and city hall offices throughout America. Check the candidates and check the issues. Below is an editorial written by the publisher of Black Enterprise, Earl Graves. He is talking about the importance of voting on November 4th.

This newspaper, Lubbock Digest, and especially this writer, is 100% in accord with what he has written. So here, we share this editorial with you.

## Again, Your Vote

Earl G. Graves Publisher Black Enterprises

The recent conservative drift of American politics has proven deeply harmful to the interests of black people. If we don't throw our vote in the balance against conservatism on November 4 the damage will get worse. Each of us must go to the polls, and each of us must do everything possible to get relatives and friends and all other black peopl to go, too.

Once at the polls, of course, we confront choices that may not be easy or attractive. Here at Black Enterprise, we believe that in all the races of major concern to blacks this year there is a clearcut choice. It emerges when we ask ourselves two ouesticns: What is in our interest as blacks? What is in the country's interest as we see it? It is on these criteria that we base our recommendations about who deserves the support of black voters on November 4.

First we urge the re-election of Jimmy Carter. In his appointments of blacks to administrative and judicial offices as well as in his support for black business, Carter has done more than any previous President. On other issues of importance to us, as in his employment policy and his urban policy, he has not achieved as much as we would have liked. But he has, neverheless, demonstrated his awareness of black concerns and a readiness to act on this aw the best of his judgment and ability.

Among Carter's opponents, Ronald Reagan keeps giving every indication that after November 4th he will not spend a moment of serious thought on black America. This would have its worst effect should he get to fill the three Supreme Court vacancies likely to occur over the next four years. As for John Anderson, the overriding fact is that Reagan will be the chief beneficiary of votes pulled by the Illinois Congressinan.

Our recommendations for Congress are limited to races that invovle sizable black electorates and candidates of exceptional importance to olacks, where the ourcome is in serious doubt. We are therefore not specifically listing all the members of the Congressinal Black Caucus who are up for relection. Each of them has our wholehearted endorsement, but all happen to hold essentially safe seats. We do, however, specifically mention the five candidates we hope will join the Black Caucus in January; their races are also described at greater length in this issue. For the last time this year: Be sure to vote.

P.S. Even though it is out of our area and even out of the state of Texas, but our prayers and wishes go out to one of our firery Black Publishers and activist, Gus Savage of the 2nd Congressional District in Chicago who is running for that Congressional seat. He is running against a hand picked conservative black Republican opponent. Anyway, good luck, Gus. Hope you will become a part of that prestigious organization, Congressional Black Caucus, with our own Mickey Leland of Houston. If elected, Gus would be the first Black Publisher in Congress. Again, good luck, Gus.

# VOTE NOV. 4

Nuff Sed. Why Not???

# Hubbock Digest

Dedicated to Freema .... on Equality" f. J. Patterson ..... Editor Eddie P. Richardson ...... Managing Editor Jeff Joiner ...... Distribution Manager

The "Lubbock Digest" is an independent, privatelyowned minority enterprise newspaper published every I hursday by KATHBOB and ASSOCIATES at 506 East 23rd Street, Lubbock, Texas 79404, Phone (806) 762-3612.

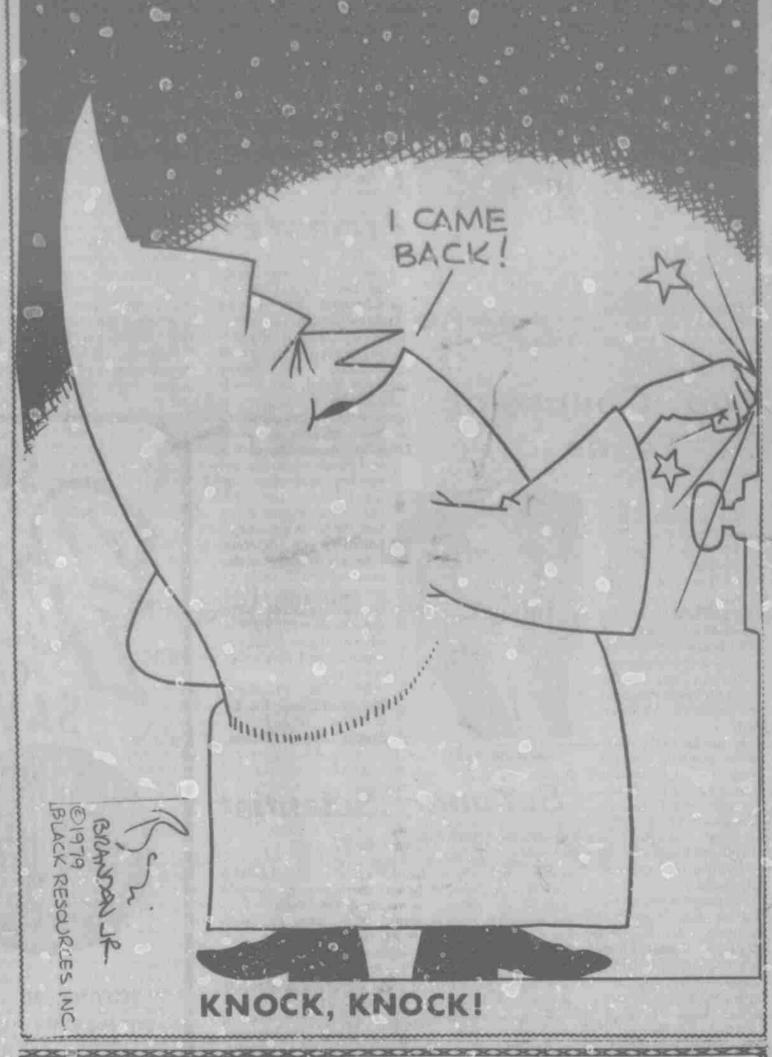
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Nat and Advertisement Representative

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A coontrative effort to increase efficiencies and reduce urb-a costs



#### 的自己特別,這個研究學 WHY ARGUE? THE FACTS ARE HERE!

# Tell It Like It Is

T. J. Patterson, Sr.

The man on East 28th Street says: "There is no friendship, no love, like that of the paren: for the \*\*\*\*\*\*

It is about time for the City of Lubbock to enforce the Sub-Minors' Curfew ordinance in this community. There are too many young people, under the age of 17, roaming the streets in the late night hours and early dawn. This could be curtailed to a certain degree if this curfew was enforced.

If this curfew was enforced, as it should be, there would not be many young people in these clubs and joints after hours. Actually, they shouldn't be there anyway, but they are.

This curfew, as printed on the front page of this issue, spells out specifically the responsibility of the parents of children under the age of 17. It also spells out the time of the night and morning this curlew is enforced. According to this curfew, if a parent or guardian let's his or her child break the curfew, that parent or guardian is subject to a fine.

The curfew also makes it clear to those persons operating public establishments that they, too, are he'd accountable if there are young people under the age of 17 in the establishment after the times mentioned in the ordinance.

Maybe this curlew won't reach all young people, but it would serve as a catalyst to keep young people off the streets if it was enforced as it should be. This writer hopes the Lubbock Police Department will get on with the business of seeing that this ordinance is

adhered to. Parents and guardians, if you love your children, 'Il use that this Sub-Minor Curlew ordinance is obeyed by your love one.

The owner of Studio 32 advised this writer last week that the Lubbock Digest was in error when it (Digest) reported that the seventeen year o'd black male was shot near this establishement. And that this was the second killing of this type near this establishment. This is true! The Lubback Digest will not retract what has been printed.

Although this businessman mentioned possible legal action against this newspaper for reporting such an incident which happened near Studio 32, we will not, under any circumstances, retract what was printed. The young fellow was killed near Studio 32 and it was the second murder to happen in this area in

less than a year. Sure, we are for clean recreational activity; but when it comes to kids hanging out on the parking lot and causing this ort of incidents, we are not for it. What this writer can't understand is why can a club.

morning while a club who purchases liquor licenses has to be closed by a certain hour. The bottom line is kids should be frome early at night. So if this offends the owner, take us to court.

We are concerned about the welfare of kids. Remember, they are not adults vet! They need our counseling and guidance from a positive prespective.

Black Pastors and Ministers, regardless of your denomination, help these young people of Lubbock. Why don't you insist that parents and guardians see that their kids obey this curfew ordinance. You talk to more people each week from the pulpit than an average citizen talks to in a year. But at times, you appear afraid to speak the truth.

Help us Pastors and Ministers! Don't be afraid to tell the truth about what is right for our kids. Since the Lubbock Police Department hasn't enforced this ordinance in the past, why don't you help us now." Praise God for your concern.

### Lubbock Black Man Receives "Thank You"

In a recent letter of "thank you", a Lubbock black man, Robert Norris, is most appreciative of the kind gesture from the Floydada woman. The letter reads as follows:

Dear Mr. Norris:

Wednesday, September 17, I was stranded on the North Loop 289 in a malfunctioning car. Your kindness in assisting us with the gas and in calling the tow truck was greatly appreciated. You made the remark that you liked to give visitors to your city a good impression. Sir, you did just that and I wanted to thank you for your kindness.

Best wishes to you and your sons and their Estacado football team."

> Sincerely, (Signer!) Mrs. Bill Hardin 1011 South 8th Street Floydada, Texas 79235



# Ringing The Bell



Bob Tieuel

Can Our Colleges Survive? From a Black Perspective - According to Charles W. Conn. he states that in recent years the warning that private church related or Christian colleges are rloomed, has burn sounded so frequently that it begins to sound like the fabiad cry of "wolf". Many people refuse to take the warning seriously. This is a dangurous attitude. On the other end of the spectrum - there is a feeling that sooner or later Christian colleges will cease to exist. Yet, Mr. Conn believes the truth lies somewhere between the two attitudes. Christian colleges are seriously threatened by numerous difficulties, but these can be solved and our colleges

In general, Christian colleges are already folding at a trightening pace. And the worse is yet to come. A recent study prefects that in the 1980s one private college per week will close its doors and that some 500 colleges will cease operation during the decade. Most of these, it is assumed, will be smaller black-oriented Christian colleges such as the six or seven now operating in Texas alone.

And according to the Oklahoma Black Eagle newspaper, Black colleges have become across the years the repository of our black culture and the source of the race's leadership. Money to support institutions of higher education usually comes from student enrollment, endovment funds, athletic programs and fund raising charismatic presidents. Black colleges are generally short on all four.

There are approximately 226,000 students in 107 black colleges around the nation. Sixty three of these are publicly supported while forty-four are privately supported by various denominations of blacks. Black colleges car not solve all of the problems which face them without a large measure of help from the nation.

Dear Bob -- Have enjoyed reading your column in this newspaper for a number of years and although I do not always agree with you, I know that you have a right to "one man's opinion." Keep up the goodwork. As a graduate of a black college and a black university, I hope to be present on Sunday, November 2, at the Odessa Holiday Inn to wave our flag. Smiles. One thing more, I believe that Ronald Reagan will get a larger proportion of black votes this time around than any other Republican nominee in recent years. What do you think? Signed Mrs. M. P. L.

Dear Mrs. P. I have to agree with you for many reasons. Headquarters for the National Black Voters for Reagan-Bush are at 901 South Highland Street in Arlington, Va. and is headed by William O. Walker, publisher of the Cleveland Call and Post newspaper of Cleveland and we have been in constant touch with them in recent weeks.

It is my conviction that Blacks should always be ready to re-examine our political behavior, to explore new alternatives, to entertain novel ideas. With the declining importance of traditional civil rights issues, tho ... Blacks whose class interests largerly coincide with the Republicans philosophy may well be attracted to that party. Thanks for your letter. Write again. Signed Bob.

According to Vernon E. Jordan, Jr. "a maj or barrier to social progress lies in the yawning gap between white perceptions and black experience. That's why the !eague's Black Pulse survey is so important. Although the interviews were made before the full impact of the present recession hit, unemployment was clearly identified as the number one problem in the black community. (Bob's note: This is not true for the most part in West Texas, Southeastern New Mexico and many areas in Oklahoma and Lousiana where black employment is well above average). The findings also reflects continuing discrimination in jobs, housing, loans, and contacts with public and private officials.

# 13/1/1

#### BIACK MEDIA IN "A Cooperative Effort For Refocusing The Minds And Actions Of Black Anverteans For The Greater Benefit Of All Americans."

A Member Newspaper Associated With

Liubback Bigest

Dedicated to Freemen, Justice and Equality"

AS PUBLISHERS of this weekly newspaper, we one 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 wil publish these articles as precisely and factually as is humanly possible. We will also give credit and respect to those who are Loing good things for the Lubbock Area and the 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 hastise or validity. This is a newspaper made to educate and not to agitate.

T. J. Patterson

Eddie P. Richardson, J.



# CHURCH DIRECTORY

Your Absence from Church is A Vote To Close its Doors



Know Your Ministers



Rev. Otis Cooks Pastor Mount Zion Baptist Church Floydada, Texas

Another young pastor in the West Texas communty is the Rev. Otis Cooks, pastor of the Mount Zion Baptist Church of Floydada, Texas.

A very active pastor in Floydada, he also has

time to work with his community in Floydada as well as Lubbock. As shown above with these young people, he is always willing to give a helping hand.

He sponsors a radio show each Sunday morning over Rudio Station KLFP.

He is often heard making the statement: "" that don't lite your fire, your woods wet.'

# \* Outreach Prayer Breakast

The members of the Outreach Prayer Breakfast met last Saturday morning at 9 a. m. in the home of Mrs. A. M. Washington. There was so much love there. It was a standing room only meeting.

Presiding over the meeting was Nirs, Mary Ward, president. Opening devotion was led by Mrs. C. Cage, Ms. D. Hood and Mrs. Ward.

The morning devotion involved all present who spoke for two minutes. The spirit of the Lord filled the house. We are saying to all of you, we truly love you.

The scripture was taken from Gensis 1:27-

"So God created man in his own image in the image of God created he him; male and female created he them. And God saw every thing that he had made, and behold, it

was very good." Thought for the day: "What do you see in people?" Think about it.

Rev. Montgomery sung 'Amazing Grace.' We had such a crowd last Saturday, but our cooks took care of the situation. beautifully with God's help. We all left happy and full. Are you hungry? Come and share this early meal with friends.

Our very special guest was Mrs. Verdrice Burks, an evangelist from Denver City, Texas who is ministering to the people who are hurting. Other guest included: Rev. Montgomery, Mrs. C. Peoples, Mrs. Connie Smith of Denver City; Mrs. Mary Thurmond, Mrs. Daniel Bailey, Mrs. Julia Anastast, and Andy and Beili Anderson, all of Lubbock. We were so happy to

have Mrs. Tomntie Ervin back on Saturday morning after being absent for several weeks. Our rick list include: Mr. M. E. Collins, at home; Mrs. R. Clemons, a patient at West Texas Hospital; Mrs. Susie Johnson, mother of Mrs. Lautina Childers; Rev. S. R. Roberts, Mr. and Mrs. Belvins and Mrs. Iwilla Moore.

We ask them to read James 5:15.

Our bereaved families include the Byrd family and Hawkins family. God knows just how much you can bear.

Prayer request was made. If you have one, then call or come by. We love to pray together. It works faster.

Morning prayer was offered by Rev. Montgomery and Vertice Burks, Ms. Tommie Ervin blessed the tood of the hour.

Can any good come out of Nazareth? Our next meeting will he held at Mr. and Mrs. Tommy Ervin, 2905 East Baylor Avenue. Want you come and see? For more information,

call 762-3347. Mrs. Mary Ward is president; Mrs. C. E. Fair, vice president; Mrs. C. E. Brown, secretary; Mrs. Elnora Dyer, assistant secretary; and Mrs. Dorothy Hab reporter.

#### Youth Roundup Fellowship The Children of God minutes and then the classes explained what

First Annual City Wide

Outreach Ministry held its first annual City-Wide Youth Roundup Fellowship on Saturday, October 11th, at the Mount Gilead Baptist Church, 2510 Fir Avenue Host pastor was Rev. Larry Polk. Their theme was: Communicating The Gospel To The World."

The Outreach Ministry members sponsored classes for all ages and there was also a class for ministers which was taught by Rev. Polk.

The welcome was given by Bro. Darryle Green. Action songs by Bro. Don C. Edwards, Jr. There was also Primary, Junior, Intermmediate and Young Adult Team Bible Quiz and Sword Drills. Songs were sung by the Children of God Outreach Ministry. Also singing were Bro. Michael Gatewood of Greater St. Luke Baptist Church, Inspirational Singing Black Voices of Texas Tecn, and the Young Peoples Mass

Witnessing were Rev. Donald Montgomery of Lyons Chapel Bantist Church; Summation, C. E. Brown. Rev. Roy P. Davis; alternative, Rev. Larry Brooks; and Demonstration of Theme, Mrs. Mamie Dewberry of Greater St. Luke Baptist

The group sections were taught by each teacher for about 35

Church.

they had discussed to the awaiting audience. The Bro. Edwards and

the Rev. Joseph Williams, .!r. presented awards and special features. The evening speaker was Rev. F. Bell, pastor of First Faith Baptist Church.

The Outreach Ministry staff and official children were invited into the home of Ms. C. E. Brown at 2616 East 15th Street for an indoor and outdoor picnic during the 1:00 p. m. lunch break. The menu consisted of Fried Chicken, Tuna Salad, Three Bean Salad, Crackers, Cake and Homemade Ice Cream. The hildren had hot dogs, chips, cookies and pops. Everyone enjoyed the meal prepared by this gracious host.

The guest were: Rev. and Sis. Tony Williams, Sis. Vickie Edmondson, Sis. Wilma Mitchell, Bro. Darryl Green, Bro. Larry Brooks, Rev. Donald Montgcinery, Sis. Greta Laster, Sis. Gwen Robins, Bro. Don Edwards, Jr., LaGene Brocks, Roberta High-Church; Living, Sis. tower, Rev. and Mrs. Linda Craig, First Joseph Williams, and Progresive Baptist along with hostess Mrs.

> Everyone who participated in this knowledgeable learning Outreach Ministry Service was helped and blessed by this group of christian young people.

Sponsors were Bro. Don C. Edwards and the Children of God reach Ministry.

## Rev. A. L. Dunn Celebrates Anniversary

We invite you to join us in celebrating our Pastor's 28th Anniversary as Pasior of New Hope Baptist Church on November 2, 5, 6, 7 and 9th.

Rev. A. L. Dunn, pastor, is moderator of the West Texas District Association.



Rev. A. L. Dunn

# HORDS OF TIFE

Biblical Inspiration For The Week

"For with thee is the fountain of life." -Praim 36:9

1. Life has a source. When lous King Solomon in all his we forget, even for one moment, that life has a source (or from the "stream of life." We lose the motive force, the power, which-as with a our way. The ancient Greek words for life (bios) and has a source.

2. There is unending supply. the field; they neither toil nor nore it. "For with thee is the spin. Yet not even the fabu- fountain of life."

glory was decked out like one lily." We each and all have a Sourcef), we cut ourselves off Source, a fountain head, of unending supply.

3. I Ye's source itself is

ours. We must align ourselves stream-would propel us on with "the fountain of life." Whenever we separate our thinking and actions from the power (bia) suggest how welfare or the well-being of power and life, as related the universe, we distort or disterms, are interrelated. Life connect some of life from its proper source. Economists speak of this as distribution, Life has a fountain head. Life the world's greatest or central has unending supply. A beau- problem. The source is ours. share in the anniversary tiful Bible story is told which We have the choice: (1) to use says, "Consider the lilies of it; (2) to abuse it; or (3) to ig-

The great hymn writer Wil- ago when the church was liam Cowper has given us secking most earnestly to many glorious hymns. They deepen its spiritual life, While include: "God moves in a most of Cowper's hymns mysterious way," "O for a were quietly reassuring, none closer walk with God," is more deeply evangelical "Sometimes a light surpris- than "There is a fountain." es," and "Hark, my oul." Cowper wrote some 200 years Source or fountainhead.

There is a fountain filled with blood. Drawn from Immanuel's veins, And sinners, plunged beneath that flood

Lose all their guilty stains. The dying thief rejoiced to see

That fountain in his day

And there may I, though vile as he. Wash all my sins away.

It speaks of God as life's

Thou dying lamb, Thy precious blood Shall never lose its power Till all the ransomed Church of God Are saved, to sin no more.

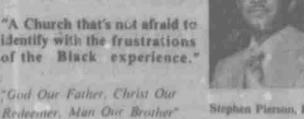
The church, it has been fountainhead from which salsaid, is the vestibule of heav- vation flows. Share faithfully en. Its people may not always in God's work in and through

be saved. But they know the your church.

### Bethel African Methodist Episcopal Church

2200 Southeast Drive (806) 744-7552 Lubbock, Texas

"A Church that's not afraid to identify with the frustrations of the Black experience."



Stephen Pierson, Pastor

Morning Worship ..........10.45 A.M. \*

**HEAR SONGS BEFORE** SERVICE SUNDAY MORNINGS 9-10 BY THE

COMMUNITY BROTHERHOOD Floydada, Texas

KFLP Radio - 900 KHZs Brother Cooks Is Your Host

### RUBY JAY'S CORNER

The members of the New Hope Baptist Church Sunday School Jegan at 9:30 a. m. last Sunday morning with the superintendent, Mrs. R. B. Thompson, at her post of duty.

During the morning worship services, the pastor, Rev. A. L. Dunn, brought a wond rful message.

The New Hope Baptist Church will be host church for the monthly meeting of the Federation of Choirs on Sunday afternoon, October 26, at 2:30 p. m. All members of the church is asked to

pay \$3.00.

Sister George Francis is asking the members of New Hope to help with a Halloween party for children at the church on Thursday, October 30, from 6 to 8 p. m. This special effort is being held so children won't have to worry about the safety in

and son, Bernard,

The Nelson sisters motored to Silverton, Texas last Sunday to



of their brother, Rev. F N. Nelson.

The brother of R. J. of Synder also attended the anniversary services. Rev. E. F. Nelson and his church of Pampa, Texas were present at the anniversary. Rev. E. F. Nelson brought the

trick or treat. Mr. James Thompson

motored to Hubbard, Texas last week to visit his sister. They had a wonderful trip.

message. How many of you

knew that Nebraska defensive back Sammy Sims is a hero in football. They call him Billy Sims. He lives by himself and got an unlisted telephone number. He takes good care of himself. He would like to be home. He is a Lubbock boy and was the same way while growing up here. His lather drives an 18wheeler with swinging beef to Florida. His mother is a registered nurse at Methodist Hospital. Her name is Louise West.

# VOTE!! November 4

From 7:00 a. m. to 7:00 p. m.

First Baptist Church Faith 1504 E 15th at Oak 747-6845 WEEKLY SERVICES

Sunday School . . . 9:30 A.M. Morning Worship . . . . . . . . . . . . . . . . . 6:00 P.M. Night Service. . . . . . 7:30 P.M. And let us consider one another to provoke unto love and to

Good works: not foresaking the assembling of ourselves together, as the menner of some is: But exhart one another; and so much the more, as we see the day approaching, Hobrews 10:24.25 Come, Help Us Worship Christ Jesus,

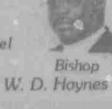
Our Lerd and Savior F. B. Bell Pastor

Christ Temple Church 2411 Fir Ave. Lubbock, Texas 79404 Phone: 806/744-5334 Haynes Memorial 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

Bishop W. D. Haynes preaches at Christ Temple - Each First and Third Sunday Worship Hour -11:30 A.M.

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ALL COP? MUST BE TYPED OR READABLES ALL PICTURES IN BLACK & WHITE IF POSSIBLE "If 'hat don't lite your fire, your wood is wet." 3360 Hudson Street - Dencer, Colorado 80207

12:00 Noon Tuesday

12:00 Noon Monday

#### Missionary Collins Turbans

Handkerchiefs & Lounging Dresses 747-6517

Thank You

Mrs. Cassie Ross, grandmother of John

Martin and Mrs. Edith Carrington's aunt, and all

family members and friends would like to thank

everyone for your prayers, kindness and other

acts of kindness shown during our recent loss.

4301 East 62nd Street

Church Of The Living God

(Matto: C.W.F.F.) 408 N. Zenith Ave Phone: 744-6459 Where The Irue Gospel Is



Everybody is always Welcome : Rev. 1 1 1111

AND THE RESERVE OF THE PARTY OF	
Sunday School	9:45 A.M
Morning Worship	
VPPU.	4:00 P.M.
Evening Worship .	a. V. C. V. 7:30 Pales
Mid Week Services	

SPECIAL NOTICE

DEADLINES FOR NEWS ITEMS

DEADLINES FOR LUBBOCK DIGEST



ARE you TIRED of being bold, embarrasted with loose dundruff, litchy scalp. falling hai USE the oil new treatment called SPAN-ISH SUR GRO. SPANISH SUR GRO is a

natural product combined with modern research for all types of hair SPANISH SUR GRO has been known to grow the hold is inch per week. MANEY BACK QUARANTPS

Brooks Super Market - Concept - Caoling Dillards Kwik Stop - Beauty Cover Up Unlimited Or Send \$9.90 To:

Attend Church

Sunday!

The week will prove good for any odd and unusual projects

you may have in mind. A surprise in the way of money

will come after Saturday, Use

the 4 as your number. ARIES



# BLACK RAPOWER ARRIE By Dr. Nathaniel Wright, Jr.

Human Rights Activist

BLACK AMERICAN EDUCATION

girls who were working as housekeepers and soing to school during the period shortly following Emancipetion. While washing the dishes together, one girl asked the other, "Mandy, is yo' got' yo' Greek?"

The "Mandy, is yo' got yo' Greek?" story was told countless times many generations ago. The saying was designed to emphasize the inappropriate nature of much black education from the period of Emancipation until well after World War I. Black youth, who had not mastered the fundamentals of the English language, were being taught Greek. When opportunities for blacks rested largely in working with skilled hands, many schools were filling black minds with Greek and Roman philosophy and early English litera-

We may smile at the obviously ludicrous nature of such education for black youth. Still much the same spirit prevails today. Not only are black youth taught

dominantly while schools, -is that they have been schools tend to copy, unthinkingly, many of the self-

our white schools.

our people."

There is, for example, a prevailing notion inherited from the British past, that adult collegiate-type education is for the clite either primarily or alone. Hence, some of our black colleges tend to remain small prestigious islands for "the select few who will be the future leaders of

in a democratic society, every man, woman and child has a sense of what the Greeks called aristos, signifying "the best." Each one of us has the potential to be the best, to excel, at something. We must see each other for the best that each person represents. Then that potential must be encouraged and developed to the fullest possible

One of the major reasons why the Jewish people have survived in spite of thousands

but even worse, large num- taught to see and think of bers of our black-oriented timeselves as a "royal priesthood," "a chosen people"

and "a holy nation." defeating practices found in All members of the human family should see themselves and all others in this same spirit. It is especially important, however, for people

who lack freedom or who

are, in any way, disadvan-

Our black public school education and our black collegiate education should be focused upon the needs of all, then, rather than of the

This would mean that in the place of elitist islands (as most of our black and white colleges and universities at present are), we should have what some have called "universities without walls."

Our black colleges ought to gear themselves for what all of our colleges ideally ought to be doing; that is, for serving all of the unmet and overwhelming continuing education needs of the adult communities of which they are a

The white-oriented collegiate enterprise in America and elsewhere is largely inconsistent with current world needs. The academic vice president of a major northern

university went to graduate school at the University of Chicago and earned the Master of Arts and Doctor of Philosophy degrees without having had one year of an undergraduate college educa-

All of our schools should be as flexible as this and especially our black schools which have the least resources tional practices.

Indeed, precisely for this reason, black schools and

A story is told of two black real survival needs in our pre- have excelled while surviving colleges ought to be taking the lend in pointing the way for all of America's schools and colleges. Our schools and colleges have a three-fold obligation. First, they should make every cir'zen productive and continuously employable. Second, they should prepare every person to combination, at times you pursue, in the bar possible way, personal happiness, growth and fulfillment. Lastly, our educational institutions should equip us all for citizenship, enabling us to choose wisely in a democratic be having where you live may

I happened to come across your Astro/Numerology and You column 1 was born October 5, 1925. Please let me know whatever you can. I seem to be having a hard time where I live. Brooklyn, N.Y. Dear D.A.,

Born Junder your birth will be at odds with yourself between having your freedom and yet wanting a home, family and love. Like trying to have your cake and eat it too. The hard time you may society and prepare us to depend on your actions and make life for others in some the relationships you have small way better simply with others there. Neverthebecause we could make it so. less, the year for you as a

whole relates to love, marriage, separations, divorce and comance. Rut as I said New York, N.Y. 10037. before, it really depends on what you have been doing ARIES - March 21-April 20 with yourself all your. October and November will see a dramatic turning point come into your life, especially in terms of domestic life.

ASTRO/NUMEROLOGY

AND YOU

Please send us your letters with any questions or inquiries you may have. For an introductory Astro/Numerolog Chart-listing your best days, dates months and lucky numbers-send your name, birthdate and a stampeo self-addressed envelope, along with a \$5.00 money order or check, payable to cash. Please send to:

Astro/Numerologs and Yeu, 735R. 2266 Pitch Avenue.

BORN: A. Philip Randolph -tabor leader; first to organize "red caps." TAUPUS - April 21-May 20 If there is a chance for good

tuck and romance, this week is it, especially on Thursday

Continue on Page 2

Big Garage Sale Saturday, October 25th

Dishes, Cookware, Linens, Books, Etc.

8:00 a. m.

2010 Birch Avenue

Sponored by:

Pastor's Aid

New Hope Baptist Church

#### subjects relating little to their of years of persecution-and Social Security

News

Changes Become Effective In

October

Manuela Barton Claims Representative

Several important changes in the supplemental security income (SSI) program that were a part of legislation anacted in June, become effective this month, October, 1980.

Under the old law, part of a parent's income and assets were considered, or deemed, to belong to a disabled or blind child who lived at home until the child reached 18, or until 21 if the child was in school. Under the new law all deeming will stop when the child reaches 18 unless it is to the child's advantage to continue deeming.

Another change concerns the money paid to an SSI beneficiary working in a sheltered workshop. Under the old law, all but \$20 a month counted against the SSI payment. Starting this month, these payments are considered earned income. As a result, the first \$65 in a month does not count at all and only half of the amount above \$65 will count against the payment.

Before Ociober, a non-citizen of the U.S. could qualify for SSI payments 30 days after entering this country, even if he or she had a sponsor (a person who agreed to financially help the non-citizen). Now, a noncitizen is considered to have the sponsor's income and assets available for his or her support for a period of 3 years unless he or she becomes disabled or blind after entering this country. This provision does not apply to a person considered a refugee or who has been granted political asylum.

More information about these changes in the SSI program can be obtained at the Lubbock social security office. The people there will be glad to answ-r any questions. The office is located at 1205 Texas Avenue and the telephone number is 762-7381.

National Alliance of Festal and Federal Employees, 1644 11th St., N.W., Wash-ington, D.C. 20001.

You are as important as an one else in America when it comes to helping to get more jobs, more affirms. It's important for all of tive action, more govern-us to register and vote. ment programs that benefit ' ment programs that benefit us. This is particularly true tional organizations have when you vote.

the importance of Black increasing black voter par-participation in the 1980 ticipation generally through-elections: "Whether your out the country. primary concern is minority Operation Big Vote, it is business assistance, mem-hoped, will supplement exisployment, housing, food ting and local voter particieffective and available tool ment of new ones.

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LUBBOCK DIGEST.

Out-cf-Country



Blacks represent approximately ten percent of the
electorate. The U.S. Census
Bureau has projected that
roughly 16 million Blacks
will be of voting age by
No, amber 1980.

How a constant and operation on
Black Voter Participation
and Operation Big Vote,
Crusade '80. This nationwide non-partisan movement is intended to increase No. amber 1980. ment is intended to increase Says Robert L. White, black registration at least 20 national president of the precent and black voter National Alliance of Postal turn out to 75 percent in and Federal Employees, on certain key areas, as well a

costs or the nation's foreign pation programs as well as policy, the vote is the only encouraging the develop-

we have to solve the pro- If you're not registered to blems facing us. In times vote, the Board of Elections like this, there is no room can help you do so. If you for cynicism and spathy, are registered, exercise your They are luxuries we can ill right to vote. Show how important you are.

Lubbock, Texas 79404

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Jack Sheridan



Two events coming up during the next month that elicit more than average attention from those seeking entertainment in the "live" area are worthy of your attention.

The Lubbock Symphony Orchestra's founderconductor, musical director William A. Harrod will step down temporarily from his podium on Nov. 25-26 for the second pair of concerts in the 35th season when the guest director will be Richard Hayman. Hayman, a highly-respected and talented musicianconductor is the arranger for the famed Boston Pops Symphony Orchestra out of Boston, as you know.

The program has not been announced yet, but, suffice to say, it will be drawn from the vast library of Boston "Pops" material and that means classical-popular show tune mixture that is sure to please everyone in sound of hearing.

The Boston Pops founder-conductor, the muchbeloved late Arthur Fiedler, appeared several times at the helm of his own tourning orchestra as well as heading the Lubbock Symphony in this city and the mere mention of Boston Pops and anyone having an association with it evokes not only memories of a warm nature, but the guarantee of musical excellence right down the line.

Tickets reservations will be "hot" for this one and you can be sure of yours by calling the Lubbock Symphony Business Office, 762-4707 pretty quickly. The second event of importance will be the run of the

The second event of importance will be the run of the hit Broadway musical, "On a Clear Day You Can Ser Forever," which will be done by the Lubbock Theatre Centre on the stage of downtown Lindsey Center for the Peforming Arts Theatre (former Lindsey movie house) at Main and Ave. J. The run is set for Nov. 6-8 and Nov. 10-15. This is the one that I mentioned last week as starring Cathy Crist, the lovely singing lady from the Texas Tech Music Department, who was last seen as Lady Thiang in the United Methodist Church production of "The King and I." It's an unbitious project for the local group and has the earmarks of being a winner. Reservations for any of the dates can be made by calling 744-3681.

Now a quickie run-down on some of the local screen fare around the town. Goldie Hawn's personally produced, starring comedy "Private Benjamin" now at the Fox Fourplex is a some that hit and miss laugh project, with some good moments and some not so. Hawn is right in there and other names in the cast Barbara Barrie, Sam Wanamaker, Robert Webber and Eileen Brennen all work hard. Like the littel girl with the curl, when it's bad, it's just a trifle

"Coast to Coast" at Showplace 6 is all tedius. Dyan Cannon is allowed to louse up a starring role that becomes an embarrassing exhibition of non-direction, while Robert Blake managed to maintain a low-key if struggling prof ile. This is a cross-country trucker adventure that is ticked off mile after mile with each mile getting just a bit longer than 5,280 feet. Direction is poor and the overall reaction comes out "blab."

adventure that is ticked off mile after mile with each mile getting just a bit longer than 5,280 feet. Direction is poor and the overall reaction comes out "blah." "Ten or Train," the Candian made film, starring horror pic star, Jamie Lee Curtis, with mainstay Ben-Johnson again providing the sanity support, is just what is purports to be. A group of college kids on a train bent on hell-raising against the ministrations of the kindly conductor (Johnson) fall afoul of a killer who proceeds to tick them off, one by one. It's not too bad for what it is but "Terror Train" is really, just one more in the daily lengthening list of movies of this genre. It's at UA South Plains Cinema currently.

number 6 this week. SCOR-

PIO BC RN: Billy Strayhorn

-jazz composer and ghost

writer for the Duke Ellington

SAG! TTAPIUS-November

Much of the early week

22-December 20

#### Astro/Numerology

Continued from Page 6

and Friday. Take it all in...

you deserve it. The lucky 7
should be helpful. TAURUS
BORN: Kenneth Gibson—
Mayor of Newark, New Jersey since 1970.

GEMINI — May 21-June 20

SCORPIO—October 22-November 21

Be a little careful about taking trips or becoming romantically involved this week. Monday the 27th will turn things around. Use the

GEMINI — May 21-June 28 Mid-week should go the way you want it to, but expect something unusual out of the deal. Saturday and Sunday is very favorable. Use the number 1 this week. GEMINI BORN: William A. Rogers—one of the dynamic young black leaders of the Uptown Chamber of Commerce in New York City.

CANCER — June 21-July 21
An unusual setback of a minor nature can happen this week if not careful. Look for an influential woman to be of help. Number 3 will help you expand this week. CANCER BORN: Margaret Walker—outstanding spiritual poet.

LED—July 22-August 20
You can almost do no wrong

on Wednesday, but Friday that will not be the case. Avoid all domestic spats at this time. The 8 should be helpful, LEO BORN: Spottswood W. Robinson—former District Judge for Washington, D.C.

ton, D.C. VIRGO — August 21-Sepsember 71

It won't be until this week draws near that something very nice romantically should happen to you. Be careful of over-spending on Sunday. Your number this week is 2. VIRGO BORN: Constance B. Motley—Federal District Judge; a beautiful example of womanhood.

LIBRA — September 22-Oc-

There may be a big upset by Wednesday ... so don't expect much. It really won't be until next ... "aday when things will change. Your lucky number is 5. LIBRA BOKN: Walter Smith—Vice President of Big Red Newspap to fartest growing black

Lubbock Digest



CRAIG WILSON

From Hollywood

Dionne Warwick is best known as one of the most glamorous women in Hollywood, a top singing star and nightclub performer. Few people are aware that Dionne has always been a devoted mother to her two pre-teen sons, David and Damon, putting them ahead of her career. Dionne is now being beseiged by real estate brokers wanting to list and sell her three million dollar Beverly Hills estate before the singer moves to Aspen, Colorado. The move is umored to be so her sons can put sue their love of skiing and other winter sports.

Lots of southern dialects are being practiced these days since we reported that producer Charles Fries was seriously considering adapting the book, Selma, Lord, Selma, into a multi-million dollar television movie. Naturally, Selma, Lord, Selma is about the situation in that Alabama town in the early 1960s, where a major fight for civil and human rights was organized and brough. Martin Luther King, Jr., into the national spotlight as a forceful leader.



CLIFTON DAVIS CPACE JONES FREDRI PAYN

One-time bald disco artist Grace Jones is changing musical and performing directions. We hear that Grace, along with many other artists who began on the disco scene, is moving headlong into rock and pop. She became a popular disco lady with her cat-like moves and whips, with which she beat up white, muscle-bound boys.

Beautiful Vogue cover girl Beverly Johnson has filed suit against her long-time manager-husband Danny Simms in New York. At one time it appeared Danny could mold the gorgeous model into a singing sensation, but he efforts failed. Danny now manages Betty Wright and reggae king Bob Marley.

The hottest rumor in town centers around actor Clifton

should be quiet for you. However, as the weekend approaches, watch out for being deceived by money or love. 9 is your number for the week. SAGITTARIUS BORN: Frankie Crocker—program director for WBLS-FM radio...number one in the nation.

CAPRICORN — December 21-January 20

Be extra careful on Wednesday the 22nd. Afterwards, things will again begin to fall into place Number 5 will be hetpful this week. CAPRI-

CORN BORN: Juanita Krepps—one of the first black women to hold an office (Secretary of HEW) of major consequence to the

AQUINIUS — January 21February 19

The week is indicated as mixed, but more so in your favor. Over the weekend something relating to money will surprise you. Use the number 3 this week. AQUAR-IUS BORN: William Scarborough—linguist, lecturer, and scholar during the late 1880's and 1900's.

Dayls and that alleged fight in which he was engaged at a local health club. The cornerstanders say that Clifton entered the club and was attacked by another patron, following very angry words. None of the cornerstanders are willing to climit that they withersed the event.

Congratulations to our friend F. da Payne upon her reflection as "F.Is. Black Yank of 1920" by the black members of the United States military. Freda certainty deserves this and many other awards for her beauty and talent.

Our Sa Francisco spy called to report that while Plana Ross was performing in the Bay Area a strange man approached the stage, asked for a kiss and produced a meanlooking knife to reinforce his request. Diana allegedly didn't argue the point and bussed the dude on the check, whereupon he instantly fainted and was hustled off by security forces.

Few folks know that Johnny "Guitar" Watson is a selftaught masician who began recording at the ripe old age of 14 with the Federal Records Company. Johnny still credits T-Bone Walker, Clarence "Gatemouth" Moore, Lowell Fulson and Wes Montgomery among his early inspirations.

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eye of the FBI.

murderous

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by Michael Newton

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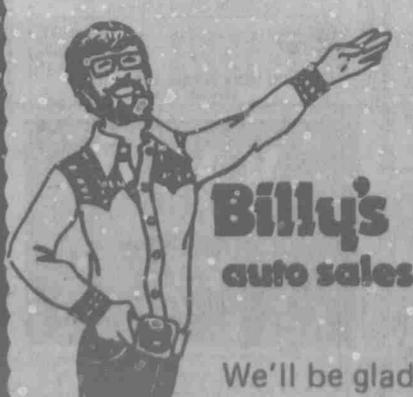
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Lubbock Dignat

# School

Elementary Lunch Monday, October 27

Hot Dog w/Chill Home Fried Pctatoes Spinoch Pears 1/2 pt. Milk

Tuesday, October 29

Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Hot Rolls -Butter Cake I/2 pt. Milk

Wednesday, October 29

Burriro w. Chili Celery Sticks Blackeved Pens Combread - Butter . allo w/Fruit 1/2 pt. Milk

Thursday, October 30

Hamburger on Bun Pickles - Mustard French Fries Shredded Lettuce Cookie 1/2 pt. Milk

Friday, Gotober 31 TSTA DAY NO SCHOOL

Secondary Choice

Monday, October 27

Fried Chicken

Coleslaw Hot Rolls - Butter

Tuesday, October 28

Quiche Tossed Salad Dress 19

Wednesday, October 29

Barbecued Franks Tossed Salad -Dressing

Thursday, October 30

Macaroni & Cheese w/Bacon Slice Hot Rolls - Butter

Breakfast

Monday, October 27

Peaches Donut

Thursday, October 30

Apple Juice Cereal Buttered Toast/Jelly 1/2 pt. Milk

Wednesday,

October 29

Orange Juice

Woffle w/Hot Syrup

Bacon

1/2 pt. Milk

Page 9



If it's Borden. it's got to be good.



#### ADAPTING FAMILY MEALS FOR DIETERS

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 at some time or another has to prepare personal meals or meals for other members of the family. The Known Beat is designed to meet some needs of the various cooks in the modern black family.

The subject of weight control is a familiar one, and it's no wonder that we're confused with the variety of quick-and-easy formulas offered to us. Though most diets are undertaken for cosmetic reasons, there is a more positive reason to shed those extra pounds-it's healthier for us!

Whatever the fashion of 21/2 pounds cut-up chicken the moment may be, the key 1/4 cup (about) water or milk words for sensible dieting are 1/4 teaspoon hot pepper moderation and control. It is difficult to confine yourself to a limited selection of foods, so learn to say "no" to that second helping. If you yearn for between-meal chicken nieces with mixture snacks, keep them low in calories, and if possible, reduce Shake off excess liquid. the portions at your next Shake 2 or 3 pieces at a time

Meals that are prepared for er in ungreased shallow bakthe family or company can ing pan. Bake at 400° for 40 and should be adapted for to 30 minutes or until tender. the dieter. A meal like the Makes about 4 servings. one shown-Chili Baked Chicken, broccoli spears, baked potatoes, celery and carrot sticks-is sure to satisfor chicken to which chili rowder has been added, will provide 60% of the dieter's daily protein need. Inis plus a potato served with one a tablespoon of sour cream, a generous serving of broccoli plus celery and carrot sticks, provides about 450 calories.

If, however, the chicken is skinned and the sour cream is omitted, 100 calories can be saved. Low calorie diets should satisfy the dieter, and moderate amounts of fat ano high levels of protein will keep the hunger pangs away.

Reducing diets needn't set the dieter apail from the rest of the group, and with a little bit of planning, family meals can satisfy everybody. For the dieter-just watch the size of the portions!

CHILI BAKED CHICKEN Recipe Courtesy General

Foods Brands suggested by Kitchen

- en elope seasoned coating mix for chicken,
- teaspoons chili powder

Empty seasoned coating mix into the plastic shaker bag; add chili powder. Moisten of water and pepper sauce. in the bag until evenly coated. Arrange chicken in single lay-

We believe that our readers will want to support those advertisers who support the fy everyone. Two pieces of press of Black America. We the chicken, made with Shake are sure, therefore, that when 'n Bake seasoned coating mix you select the ingredients for this delicious recipe that you will want to use:

General Foods Shake n' Bake seasoned coating mix for chicken McCormick Seasonings

Tobasco Brand hot pep-

By Mrs. Douglas

BREAST OF CHICKEN STUFFED WITH CRAB

Crab meat is synony-mous with elegant diring. Beat the cost of this delicacy by serving it as a luxurious gournet accent. Bernaise sauce is marvelous with this dish. l'o serve six you'll need: 1 6-oz. package Alaska Snow crabmeat

6 boneless chicken breaste, skin removed 14 cup butter We cup fresh mushrooms.

- shallots, diced
- 1 the chopped chives 1 the chopped parally 14 tap papper 14 cup brandy I cup flour
- 'z cup oil Preheat oven to 350°. Thaw and drain crabmest Meanwhile.

melt butter in large skillet. Saute mushrooms and shallots until soft. Add chives, parsley and pepper. Stir in crabmeat and brandy. Ignite and allow alcohol to burn off. Set aside to cool. Pound chicken breasts between sheets of waxed paper un-til dcubled in size. Divide crab mixture evenly bet-ween breasts. Fold chicken around filling and secure with toothpicks. Dredge breasts in flour and brown quickly in oil. Arrange in baking dish and bake for 15 minutes, or until chicken is no longer pink in center. A delicious accompaniment delicious accompaniment would be cliend water

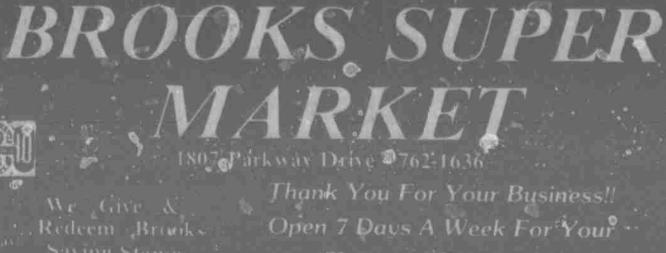
tips sauteed in butter.



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#### Put your food and fitness knowledge to the test

Attention filmest-conscious rounds out in diet with fais Ameries as! If you're entering a (30-35 percent) and proteins (15 mogram of exercise, your esting ha its have a new signifi-

To test your knowledge of food and fitness, Chiquita Brands, Ire. (Chiquita® is a registered trademark of United Brands Co.) has prepared the quiz that tollows. Take it and make sure your diet's up to the physical hu fles it may en-

counter on the road to fitness. I If you're in an exercise. program, you should eat lots of protein and relatively little carbohydraie and fat.

True or false? False. When we exercise, we need carbohydrates and fats to fuel our body. Protein is not a source of body fuel, and eating excessive quantities of this nutrient can also tax the kidneys.

Nucritionists suggest that the general population-including non-professional athletes-get most of its calories from carbohydrates (50-55 percent) and

2. Both simple and complex carbohydrates are equally good

for the eithless True or false? False, Simple carbohydrates are foods such as sugars, which our body uses almost immediately. Some athletes cat them for quick energy, but then encounter a 'drop-off' when the calories

have been burned. Complex carbohydrates, horveyer, are used more slowly by the body, so they're a good, steady energy source. Athletes should est more complex carbohydrates: fruits such as bananas, vegetables, whole grain breads and cereal products, and nuts.

careful to get enough water and to choose the right snacks.

True or false? True, Accordphysician of the Chiquita Cup



3. Athletes should be extra IT'S TRUE that blender breakfasts are perfect for active Americans who need energy to start the day but have no time to cook. Chiquita Brands, Inc. suggests a "jogger's breakfast" of bananas, pineapple juice, yogurt and brewer's yeasting to Dr. Irving Glick, official blended until ingredients are smooth and creamy.

International Young Masters Tennis Championships held re-cently in New York, athletes

should take special care to get thy ingredients to make quick; enough water and to choose nutritious reakfasts in your smack foods wisely.

He novises those who exercise to drink lots of water and start to my day-or sports activpieces, and to pick smacks for ity. their energy and nutritional

also provides the body with Brands, Inc. potass um end magnesiurotwo minerals which help main-

fluid, too. morning, easing breakfast be- 10020. forehand will hinder your per-

formance. True or False? False. The body is like an automobile; it won't run properly without fuel. Skipping breakfast can be detrimental not only to athletic performance, but ultimately to your long-range health and

well-being. Experiment with using heal-

blender, the reci; e below, "Jogger's Breakfast," is a good

This, plus offer recipes and notritional information are con-A banana, he notes, gives a trined in "Esting For Firmess," steady supply or energy, and a booklet published by Chiquita

To receive a free copy, sendyour request and a sufftain the body's chemical bal- addressed, stamped #10 enance. Being 75 percent water, velope to "Enting For Fitbanamas are a good source of ness," Criquita Brands, Inc., Dept. M. 1271 Avenue of the 4. If you exercise in the Americas, New York, NY

JOGGER'S BREAKFAST

I Chiquita banana, peeled 15 cup unsweetened pineapple Juice

I cup low fat you urt 4 tablespoons brewer's yeast

Pince ingredients in blender.

Time change



IMPORTANT REMINDER: Eastern Strodard Time starts at 2 A.M., Sunday, October 26, and the official timekeepers at Seiko remind you to be sure to turn your clock back one have, before you go to bed, as this young man is doing with his Seiko clock. He's looking forward to the approaching winter weather reclaiming the extra hour of sleep he lost last April.



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# Tips on how to look great at any age!

Some women manage to look their by at at any ago. The right genes help, of course, but some clock stopping" savvy can certainly work wooden too. Start new to rethink your whole boauty approach from head to toe, beginning with these special tips. The results should be wall worth the effort!

DO . . . apply make-up the "tace lift" way. Keep blusher high on cheekbones, from under mid-eyes to temple. Lift lip corners slightly with lip pencil to offset a disoping mouth.

Lightly feather in sparse brows with little upward stroke: Always stay with softer make-up shades and cosmetics with a fresh, dewy finish-skip the very bright colors, the matte

finishes and the heavy frosts.
DO . . . moisturize 24 hours a day to combat moisture loss that helps cause premature lines and dull, old-looking skin. Proteinrich RainTree is ideal-light.

in under make-up all day.

smooth skin all night. DC . . . color gray hair -- but always go a bit lighter than your original shade for a softer look.

Bonus; you'll need touch-ups less often Avoid the "one color" look If you tint halt. Natural hair contains a variety of shades.

DO... choose soft, flattering hairstyles. Those stiff or very curly do's are hard to wear, hard to maintain. Styles with straight downward lines tend to be a

drag on your looks. Hair that's chin length or shorter is super flattering. Give it wave and fullness with a light body perm.

DON'T . , slump, Poor posture adds inches to your waistline and years to your overall look.

As a reminder to stand tall with stomach held in, tie a rib-

whenever you slump. DON'T ... forgo exercise. Try to get some at least three times a week. A long, brisk



walk will give muscles a workout, rev up heart and hings. You should also have a regu-

lar program of "stretch" exercise to help maintain muscle tone and firmness. DO . . . stay with a sensible

diet, neither overeating nor over-reducing. You must count your calories every day if you're counting on a slim, lithe figure,

And, since skin is less elastic as you grow older, fast weight loss may slim you down but leave you flabby. Slow and steady is the reducing rule.

acreen. Over-exposure is a major cause of skin looking older than it should-dry, lined, leathery. And, once the damage s done, it's irreversible.

Even if , ou observe the sensible tanning "regulations" by building color slowly and not going too dark, you should moisturize to keep skin soft, discourage finking and give your skin a soft glow. RainTree helps smooth away dryness, adds instant polish to your tan.

DON'T... forget your hands. They can give away your age even before your face! To keep them soft and young-looking. smooth them trequently with

#### Hearty and Delicious Baked Apples

What better tasty dessert DON'T ... ever stay out in or partytime snack for the cool season coming up but apples, hot from the oven! Here's a great recipe for baked apples in wine:

4 large baking apples 34 cup packed brown

prime age giveaway, at the same

Want more great tips on looking young, plus a free RainTree Serve warm. If desired, top sample? RainTree's new bookeach with a dollop of sour let is loaded with how-to's.

14. teaspoon ground

number 4 tenspoons butter or

margarine CUP TOSE

1/2 cup dairy sour cream

Core apples; pare strip from top of each. Place apples in 8x8x2 in th baking dish. Stir together brown sugar and ground nutmeg; spoon into apple centers. Top each with I teaspoon of the butter or margarine; pour wine into baking dish. Bake, uncovered, in 350° oven for I hour, basting with wine occasionally. each with a dollop of sour

Red Delicious apple provers | source and have long been famight one day save space, time v red by Red growers to meet and money using crab apples

Crab apples good pollen

source for real apples

instead of Ooklen Delicious ap-

ples as a pollen source for their

A preliminary U.S. Depart-

ment of Agriculture study indi-

small fruit varieties, not the va-

as Golden Delicious apples.

Also, because of their tiny

size, crab apples, unlike

Goldens, are easily distin-

guished from Reds by pickers

and can be planted in the same

Red Delicious is the most

popular of all apple varieties

among consumers, but is not

rows as Red

pollinizing needs. Currently, two rows of Goldens are used as a polica source for four rows of Reds. Separate rows must be main-

tained to ensure that apple cates that crab apples -- the pickers won't mix the two varicties together in the same bin. rieties used to make crab apple Maintaining separate rows of jelly—are as good a pollen source for Red Delicious apples Goldens as a pollen source is time-consuming, expensive and a less than best possible

dollar-return use of valuable agricultural land. investigating crab apples as a better alternative to Goldens for pollinizing Reds is Edward A. Stahly, Wenatchee, Wash., a plant physiologist with

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