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Jackson Signs Pac With 7-UP

by
Denise Kinner

Rev. Jesse Jackson, president of PUSH, signed a five-year pack last week with the Seven-UP Company that will create \$61 million in the Black

community nationwide. The agreement between PUSH and Seven-UP calls for establishing the first Black-owned Seven-UP franchise and

a \$10 million program to assist minority soft drink wholesalers. The settlement calls for a goal of 15 percent Black employment within

the corporation, including a Black vice-president and chairman of the board. The agreement also guarantees the bottler will use Black

advertising and travel agencies, insurance companies and scholarships for students at Black colleges and gifts to charitable institutions totalling

\$250,000. Jackson stressed that Black consumers pour \$145 billion annually into the U. S. economy while getting little back from white owned and operated businesses.

Push officials have also begun a meeting with top executives from the big three auto makers - Chrysler, Ford and General Motors.

Past negotiations by PUSH officials have met with great success. In March, Hueblein Inc. signed a "Moral Covenant," pledging to spend \$180 million over the next five years on a minority development program. Similar negotiations led to Coca-Cola Co. committing \$30 million last August for efforts to expand employment and other opportunities for Blacks.



Rev. Jesse Jackson
PUSH

East Lubbock Round-Up Set

The fifth annual Early Settlers Round-Up will be held Thursday, August 26, 1982, at the Booker T. Washington Post 808, American Legion, 4102 East 61st Street. Tickets are \$3.00 per person and

this includes food and entertainment. This reunion is sponsored by people who have lived in Lubbock 30 years or longer. "We enjoy this effort each year," says George Woods, one of the founders and coor-

ordinator of the annual affair.

Speaker for the occasion will be Dr. L. Keith Settler, Nuclear Medicine Division, Radiology Department, Texas Tech University Health Sciences Center and Assistant Professor of Radiology, Texas Tech School of Medicine.

According to Mr. Woods, there will be food and great entertainment. Mr. Woods serves as chairman of the committee, and other officers in-

clude: Nelda Jackson, secretary; Alberto Swain, treasurer; and Sidney Hall and Charles Serberry, food committee persons.

Tickets may be purchased at the following places: Joe & Paul Barber Shop, Sedberry's Barber Shop, Caviel's Pharmacy, Kinner & Evans Barber Shop and members of the organization.

The two oldest people in the audience will be recognized.



Dr. L. Keith
Settler Speaker

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"When you got it, you got it." That's true of Monique Davis, an 8 year-old 3rd grader at Iles Elementary school. She has the beauty, the smile and that special gift of knowing how to use the camera to bring out her inner self.

Monique is the daughter of Mr. Wayne and Mrs. Zenobie Davis of 3504 East Cornell. She was attending baseball practice at McKenzie Park where her father, the manager of "The Tigers," was supervising a routine practice in readiness for the Southwest Regional Tournament in Austin, Texas. (Photo by Ufok Etukudo)

Congratulations Tigers



Posing for the camera are the 13 year-old members of the Babe Ruth all star team that won the West Texas sectional Tournament in

Graham, Texas last Saturday. The team traveled to Austin on Friday, the 30th of July to participate in the Southwest

Regional Tournament in Austin, Texas. The team was fortunate to win \$600, to help finance their trip to Austin.

The manager of the All Star team is Mr. Wayne Davis and the coaches are Mr. Arthur Jones and Mr. Leon. (Photo by Ufok Etukudo)

Funeral Services Held For Infant

Funeral services for 17 month-old Damon Clifton Hill, III, were held Monday morning at Peaceful Gardens Memorial Park with the Rev. J. H. Ford, pastor of the Greater St. Luke Baptist Church, officiating.

The child, who was the son of Dr. and Mrs. Damon Hill, Jr., of 2412 Cedar Avenue, died from a broken neck sustained

Friday night when a large mixed-breed attacked him at his grandmother's house.

The grandmother, 65 year-old Mary Hill of 1831 Manhattan Drive is in satisfactory condition at Methodist Hospital with at least three dog bites and several cuts sustained in her effort to pull the dog from the baby.

According to Police Information Officer Bill Morgan, the infant was on the floor behind his grandmother in the den when she opened the sliding glass door to give the dog medicine.

"The dog forced its way inside and past her and went straight for the child," Morgan said.

According to Mrs. Hill, she made several efforts to pull the baby out of the dog's mouth when the

dog did let go, it attacked Mrs. Hill. The dog was killed at the residence, after the police and animal shelter personnel decided the

dog was too vicious to be handled safely. The dead animal's head has been shipped to the State Health Department in Austin to determine

whether the dog was rabid. The infant's survivors include his parents; his paternal grandmother, Mary Hill of Lubbock; his

maternal grandparents, Mr. and Mrs. C. F. Richardson of Houston, and an aunt, Ila Kay Hill of Lubbock.

Mitchell Charges SBA

In a speech delivered at the Operation PUSH Convention on July 17, 1982 in Charleston, South Carolina, Congressman Parner J. Mitchell (D-7th Md.) charged that "The Small Business Administration (SBA) has launched the most vicious attack on the minority community in recent memory."

According to Congressman Mitchell, SBA's failure to defend ade-

quately a court challenge to the award of federal contracts to certain disadvantaged firms in its 8(a) business development program is the most recent in a series of moves aimed at the minority business community. This latest action will affect 8(a) SBA's definition of a "small business concern." According to Congressman Mitchell, "If these businesses are abruptly forced out of the

8(a) program, many will be out of business in less than six months."

A recent General Accounting Office decision, which is only advisory in nature, is now being used by SBA to deny contracts to 23 minority 8(c) firms. These firms will be forced to lay-off most of their 7,500 workers, many of whom are minority.

SBA Administrator, James C. Sanders, has refused to amend its

regulations to redeline a small business for the purposes of the 8(a) program. According to Congressman Mitchell, "The inclusion of increases in employment and gross

receipts to the base on which size is measured is artificial when these increases are attributable only to the performance of 8(a) contracts which are by no means perma-

nent sources of income, as this latest maneuver demonstrates."

Mitchell stated, "I have received over 200 telegrams, letters and telephone calls in less

than 3 days protesting this unreasonable and inequitable situation. As a result of this massive community outcry, I have initiated discussions with the White House, SBA,

Members of Congress and the minority business community." To date, neither the White House nor Administrator Sanders has responded. (Continued on page 3)

A. M. E. Annual Conference

Bishop Henry W. Murph, Dallas, prelate of the Texas Area, African Methodist Episcopal Church, 2202 S. East Drive, Lubbock, August 10-15, 1982. Rev. Stephen Pierson is the pastor of Bethel, and Rev. A. J. Davis is the host presiding officer.

The Missionary Society of the Northwest Texas Conference will hold its meeting, Tuesday, August 10. Mrs. G. S. Murph is Missionary Supervisor of Texas. Mrs. Ellen Smith is president of the Missionary Society of the Northwest Texas Conference. Rev. N. H. Franklin, pastor of Johnson Chapel, Amarillo, will preach the Missionary Sermon for Night in White, Tuesday Night.

The Opening Convocation begins Wednesday morning at 10:00 o'clock, with Rev. W. O. Johnson, pastor of St. Luke, Midland, preaching the Annual Sermon. The opening business session begins at 2:00 P. M. During all the business sessions the preachers will make their annual reports to the bishop. The

Evangelistic Sermon will be preached by Rev. J. L. Woodfaulk on Men's Night, Thursday Night. The ordination service and holy communion will be Friday, noon. Friday night is Youth Night. The choir of Paul Quinn College, Waco, and Dr. Norman Handy, president of the college will appear on this night. The Laymen's Meeting

will be held Saturday. The closing Convocation will be held Sunday, at 10:00 A. M., with Bishop Murph giving his Annual Episcopal Message, after which he will give certificates to religious workers and appointments to ministers of the Northwest Texas Conference. Bishop Murph was

assigned to the Texas A. M. E. Area by the General Conference of the A. M. E. Church, which met in New Orleans, June, 1980. He is former President of the Council of A. M. E. Bishops.



Mrs. G. S. Murph



Bishop H. Murph

Social Security Tips

Your Social Security And You

by Jewel M. Love
Service Representative



REPORTING A CHANGE IN NAME

Women who change their name -- whether because of marriage, divorce, or other reasons -- should be certain to report the change to Social Security. Employers report earnings under the name by which their employees are known. If the workers' names are not listed correctly, their earnings will not be properly recorded, and they may not receive all the Social Security credit due them.

A marriage, itself, does not have to be reported. Many women today continue to use their maiden names after they marry. If this is the case, the Social Security office need not be informed of the marriage. However, women should make certain to use the same name consistently throughout their employment.

Even women who are not employed should report any name change so that their Social Security records will contain the correct name when they apply for benefits.

A name change should be reported on the "Application for a Social Security Number Card," which may be obtained from any Social Security office. Proof of identity under both the old and new names will be required.

Additional information about reporting a change in name can be obtained at the Lubbock Social Security office, located at 1205 Texas Avenue. The telephone number is 762-7381.

POST, TEXAS Pleasant Home Baptist Church

by Mrs. Annie V. Gilbert

Pleasant Home Baptist Church services were carried out in the usual manner. Beginning with Sunday School at 10:20 a. m. with Assistant Superintendent, Sister Madie A. Johnson at her post of duty.

During the 11 a. m. service, devotion was led by Deacon Willie Burleson, Deacon Jim H. Osley and Brother Alton R. Steel. Brother Steel read St. Mark 1:1-3. The choir sang praises to the honor and glory of God while at their post of duty. Altar prayer was highly prayed. Our pastor, speaker of the hour, preached from his heart. His scripture was found in St. Mark 13:1-13. His topic: If You Just Hold Out Until Tomorrow Everything Will Be All Right. It was a beautiful sermon. The Spiritual Soul Seekers and Spiritual Wonders sung to the honor and glory of God. Truly God visited and the spirit was over the top. We all had a shouting, hallelujah good time.

You that weren't here, missed a treat. This was all for the junior ushers and junior choir combined. They will also return again Saturday night, July 31st, at 8 p. m., for the senior choir's program.

program. We invite the public to come rejoice with us. Lets remember to pray for and visit the sick and shut-ins of our church and elsewhere. Among our sick are: Sister

Installation Services On Tap

The Lubbock Chapter of Young Men for Christ will hold installation services Saturday, August 21, at 10:00 a. m. at Community Baptist Church in Lubbock.

Young men for Christ is an auxiliary that was organized in the National Baptist Convention of America.

The Lubbock Chapter was formed in June. It's president is Don Edwards.

"Our Local Chapter consists of young men that have a desire to know more about God's word through fellowship. I'm praying that through this auxiliary that we will do more than have devotion, read a scripture and go home. I would like to see us visit those that are sick and shut-in, the jail and the Youth Detention Center. But it is important for us to come together because we don't want to go to those places not have been taught how to witness to those we visit," said Edwards.

Although the Local Chapter has not set any specific age requirements, Edwards says he would like to see age range for the auxiliary to be for young men between the ages of 16-35.

"The National Convention has set the age range from 24-35 years of age. But we don't want to exclude those who are 15 and 16 years old because that is a critical time for young people, especially young men. Also, we do want to get church going men to join, but at the same time we don't want to exclude that young man who doesn't know Christ, because that is part of our mission - to compel him to come to Christ."

The Lubbock Chapter of Young Men for Christ currently has 17 members, which meet every 1st and 3rd Thursday of the month. Some of the objectives of the auxiliary are: To have Bible study, to study man's role in leadership of the home and family and mission and education.

Among the officers are Paul Robinson, Leroy Green, Solomon Fields, Rev. Larry Morrison, Rev. Roger Battle, Wendel Davis, and Rev. Larry Brooks. Rev. Tony Williams and Rev. Eugene serve as advisors.

Protecting Our Health

Increased Success In Treating High Blood Pressure

High blood pressure can occur more often in minority group Americans than in whites. Fortunately, there are now more remedies available to help combat this widespread disease.

Although about 60 million Americans suffer from high blood pressure, some 17 percent of all Americans between the ages of 25 and 74 are estimated to be suffering from mild high blood pressure. Today, a new understanding of the benefits of treating high blood pressure or congestive heart failure who developed hypokalemia while being treated with other diuretics or those whom maintaining normal potassium levels is important.

The once-a-day dosage regimen of Moduretic also represents a significant advance in terms of patient acceptance and compliance with therapy.

Among those patients who should not take the drug are those who are hypersensitive to it or to other sulfonamide-derived drugs, have high potassium levels, are using other potassium-conserving agents, or are on a potassium-rich diet. The use of potassium-conserving agents is often unnecessary in patients receiving diuretics for uncomplicated essential hypertension when such patients have a normal diet.

To find out if you have high blood pressure or low potassium levels, you should arrange to see a doctor soon.



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West Texas Baptist District Association

West Texas Baptist District Association is still on the move. After a very successful and inspirational B.T.U. and Sunday School Congress of Christian Education that met in Lubbock, Texas at the Lions Chapel Baptist Church pastored by Dr. F. Perry in June, we now are on our way to Mineral Wells for the District Association which will convene at the Mt. Herman Baptist Church, Mineral

Wells, Texas. Rev. A. G. Sanders will be host pastor. This session will start Monday, August 2nd with a musical on Monday evening. The session will continue each day thru Friday, August 6th. Mt. Herman and Mineral Wells are preparing for us in a big way and this is gearing up to be one of the best sessions in its 78 years with Moderator A. L. Dunn still full of spirit and leading on in a big way.

Rebecca Brewster, in her resident; Sister Elizabeth Hies, in her resident; Sister Jessie Persiph, resident at United Convalescent Home; Sister Sylvia Williams, resident at Twin Cedars Nursing Home; Sister Sirloma Steel, in her daughter's home. Please continue to pray for their speedy recovery.

morning, chaired by Mrs. P. Norris of Odessa and youth day on Tuesday, directed by Mrs. Govan of Eastland.

We are expecting a large number. This district stretches from Dallas on the east, to Pecos on the west, Lubbock on the north, to San Angelo on the south surrounded by McCamey, Kermit, Odessa, Monahans, Abilene and many other towns between. The district is growing with new churches being added.

Reporter Pearl Norris
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PUBLIC NOTICE

COMMUNITY DEVELOPMENT BLOCK 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 through Friday.

Additionally the Grantee Performance Report (GPR) is available for review at the following libraries:

- 1) George & Helen Mahon
- 2) Godeke
- 3) Texas Tech
- 4) Lubbock Christian College

The City Council will hold a hearing on Thursday, August 12, 1982 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 762-5411 ext. 2290

CITY COUNCIL CHAMBERS
Second Floor, Municipal Bldg.
106 1/2 Street & Texas Ave.

11:00 A. M. August 12, 1982

called upon the Reagan Administration to take immediate action to overcome the damaging impact of the SBA action and use its regulatory authority to permit the companies to "graduate" scheduled over the next 18 months to three years.

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Reagan Wipes Out Minority Business Gains

Washington, D.C. "Minority broads into the American Business Community during the past 10 years may be completely erased within six months."

This grim prediction was made today by Mr. Lester B. Buckner, founder of a group whose purpose is defined in its name, "Task Force to Save Minority Business." The Reagan Administration's latest program-cut victim fell prey to a well executed maneuver, accomplishing overnight that which had not been possible under the last three Presidents, he said.

"Ironically, cutting participants in the 8(a) Program does not cut Federal spending. The

minority-owned businesses simply will not get contracts to provide goods and services needed by the Federal Government. Instead, these contracts would go to the non-minority owned companies," according to Lester B. Buckner. Twenty-three minority-owned companies that depend on Government contracts will be dropped immediately, putting more than 7,000 persons out of work.

SBA acted immediately to implement the recommendation.

SBA's abrupt move against these 23 firms virtually wiped out most of the gains made by the economically and socially disadvantaged individuals who had struggled over the years attempting to attain competitive viability in the business community. Minority-owned businesses in 1980 provided less than two percent of the goods and services purchased by the Federal Government, but this SBA move would drastically reduce even that meager level of minority participation.

During FY82, some Federal Agencies have considerably reduced their contracts for goods and services with minorities. For example, the Maritime Administration and the Federal Highway Administration have contracted only five (5) percent of what they previously contracted with minorities. One Department had only contracted 50 percent, a goal of what it had set as a goal.

The Administration's cuts will probably reduce minority contracts to less than one half of one percent, a dismal and dramatic set-back among minorities who are already plagued by record high unemployment. The Task Force to save Minority Business has

Business Hints

By Luanna Blagrove

COMPETENCE

If one is competent he is also knowledgeable about his business and its product or service. This competency cannot be lost for a moment. One must continue to learn not only about his business and its product or service but he must also be aware of other businesses, products and services and the social environment that surrounds him.

Competent is defined as fitting, suitable or sufficient for purpose; adequate, properly qualified.

There are three key factors that make up the elements of competency: (1) research; (2) investigation and (3)

reevaluation. These factors should be understood without a shadow of doubt for their full value and the part that they should play in every business and the business person himself.

The definitions of research and

investigation indicate that there is more to research and investigation than what most people actually put into it. If one is looking for facts he certainly must be able to determine what is a fact and what is not a fact. In other words, investigation puts the stress on research

by telling one to examine in detail and to do so with care. Not haphazardly.

This also has the same effect with what we hear in listening and in what we see in reading books. Nothing is to be taken for granted until one fully understands only the facts.

One good thing about research and investigation, it can be done at any point in time. This means that it is never too late to find out the facts that govern your business, your product or service and oneself. Researching and investigating are also great stimuli for motivation because the more you learn about your business and its product or service the more you will want to know about it.

Being competent, ourselves alone is not enough. We must have competent professional advisors as well. There is no business in today's time that does not need professional advisors. Business laws dictates that they must play a part in our business.

There are many ways to stay competent in business and since only the strong survive we have no other choice but to learn how to be competent and stay competent.

Urban Policy Report Released

Housing and Urban Development Secretary Samuel R. Pierce, Jr., said last week that "the Reagan Administration is pledged to work jointly with State and local governments and the private sector to improve the quality of life in our cities."

In releasing the National Urban Policy Report, the HUD Secretary noted that the Administration views its urban policy as an evolving one within the context of the President's historic Federalism Initiative, which would achieve a better balance of resources and responsibilities among the Federal, state and local governments.

Secretary Pierce pointed out that the foundation for the Administration's urban policy is the Economic Recovery Program: "If cities are to prosper, our economy must be healthy and vital." Secretary Pierce cautioned that the Economic Recovery Program cannot be expected to cure all urban ills. "The Administration's evolving urban policy will focus attention of all three levels of government and the private sector on pervasive urban problems, such as crime and infrastructure needs," he said.

Quoting from the Report, Secretary Pierce said: "Our values as a free and caring people and the lessons of recent decades suggest the following basic premises to guide the development of the Administration's urban policy:

- that cities are a valuable asset;
- that our urban policy should be broad enough to encompass the diversity of our cities;
- that states and cities, properly unfettered, can manage themselves more wisely than the Federal government can;
- that the Federal, State and local governments have the responsibility to care for the needy who cannot help themselves;
- that the Administration is committed to guaranteeing civil rights, to enforcing vigorously the constitutional and statutory safeguards against discrimination, and to ensuring that no one is denied equal treatment and participation in publicly-funded programs because of race, sex, creed or national origin;
- that certain problems in cities, such as crime and infrastructure needs, requires special attention;
- that certain forms of federal aid should be directed to cities bearing the brunt of economic dislocation;
- that the private sector, both corporate and voluntary, contains important sources of strength and creativity that must be tapped for the Nation to progress; and
- that, ultimately, the key to healthy cities is a healthy economy."

Continued on page 9

Summer Tips

Summer picnics should be a time of outdoor fun, but improper food storage can provide opportunities for bacterial food poisoning to occur. Sherell Guichard-Thomas, R.S., Sanitarian in the Environmental Health Section of the Lubbock City Health Department cautioned Lubbockites to be aware of the dangers of summertime food poisoning. "Improperly prepared or stored foods create favorable conditions for bacterial growth and are often the cause of discomfort and pain," Ms. Guichard-Thomas said.

Food poisoning is a generic term applied to illnesses acquired through the consumption of contaminated food or water. "Symptoms of food poisoning and the severity of illness varies greatly depending on the causative factor but nausea, vomiting, cramps and diarrhea are common," said Ms. Guichard-Thomas.

To reduce the risks of food poisoning this summer, Ms. Guichard-Thomas offers these recommendations for the preparation, storage and service of food:

2) Keep hot foods hot and cold foods cold. Meat, cheese, and salads should be kept on ice in an ice chest.

3) Serve the food promptly. Don't let the food sit for long periods at the picnic site.

4) Persons suffering from skin, eye or respiratory infections should be excused from food handling.

5) Foods should not be allowed to stand at room temperature.

6) Beware of cross contamination. Wash hands well, after handling raw foods and before handling

cooked foods that are ready for serving. Wash cutting boards, knives and counter-tops after they come in contact with raw foods and before use with cooked foods.

7) Never thaw meat at room temperature. Thaw all food in the refrigerator.

8) Remember that improperly home canned foods can be deadly. Carefully follow approved canning instructions and use recipes from reputable sources. Always boil home-canned foods at least three minutes before serving.

Enjoy the summer in good health. Ms. Guichard-Thomas reminds you to handle picnic foods and all foods carefully. Don't let food poisoning ruin your summer fun.

For further information contact Sherell Guichard-Thomas at 762-6411, extension

SBA
 Continued from page 1 in a positive fashion.

SBA is consistently acting to deny economic parity for minority businesses. Programs for economic advancement are being sabotaged by those very persons who, by law, are directed and charged with responsibility for their proper implementation. SBA's failure to stop these kinds of abuses is testimony enough to its lack of commitment to the economic revitalization of this nation in general and the minority business community in particular," according to Congressman Mitchell.

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EDITORIALS • COMMENTS • OPINIONS

WE LOSE AGAIN

by
Eddie P. Richardson, Jr.

With the formation of the recent Lubbock County Tax Appraisal District, we lose again. But the most disgusting thing after talking to the director of the Lubbock Digest, this columnist learned that two minorities was approached to serve, one African American and one Mexican American, who declined. Sorry to say this is bad news. The most important board in the county and our own is afraid to take off from their white folks job to serve us all in a most important manner. We still have taxation without representation.

E. Jack Brown, my good friend, Judge Rod Shaw and others should have made more of an effort to find other willing Blacks and minorities that realized the value of what this board is.

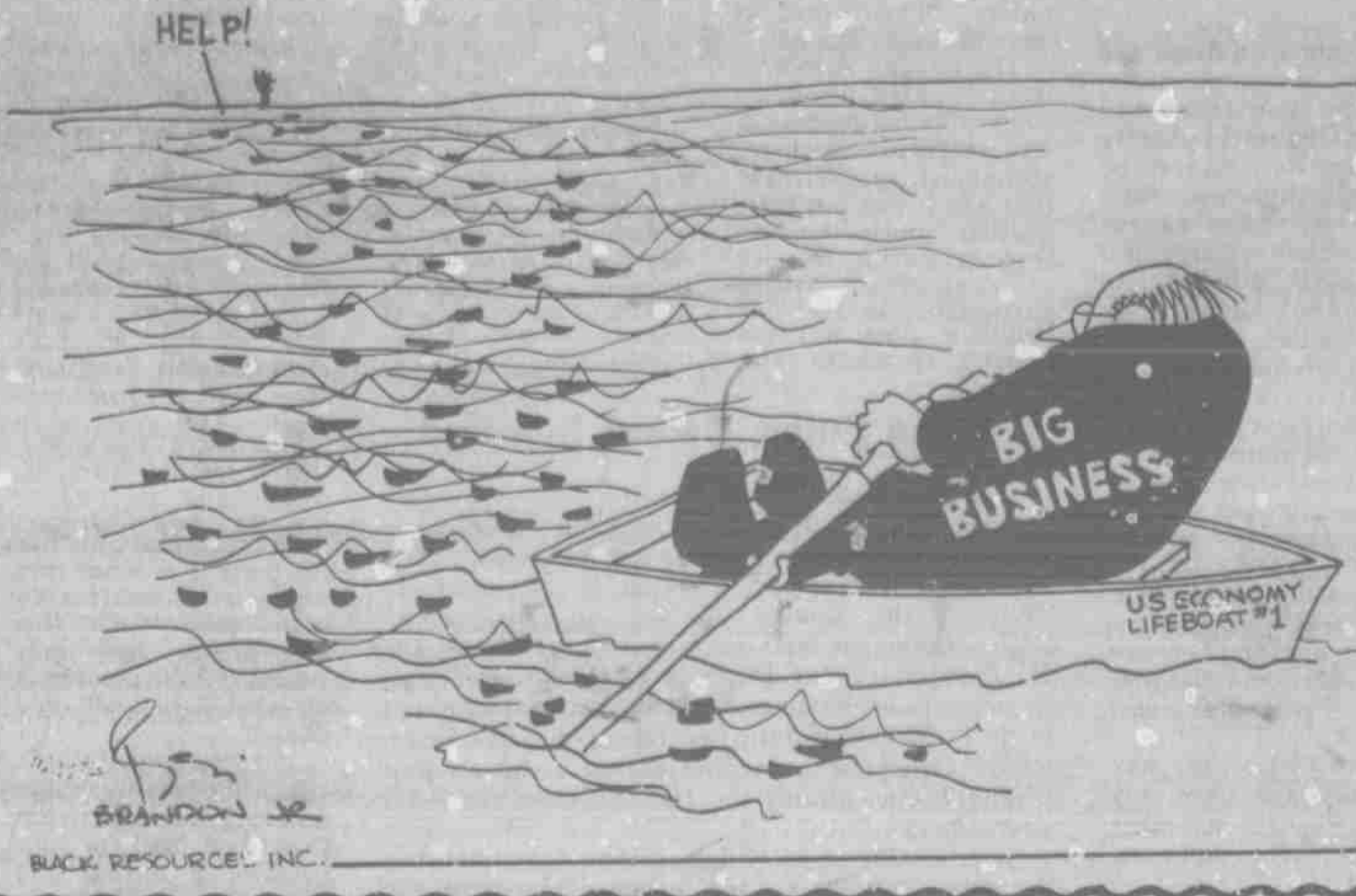
People such as T. J. Patterson, McKinley Shepherd and others that, through various experiences such as the tax equalization board, should have been approached. We got a dirty deal again as usual, not racial just as usual an oversight.

The Lubbock Digest, soon to become the Southwest Digest, is on the move. We are moving up and out since we are the only medium of our kind in over one hundred and fifty mile radius in any direction from Lubbock, we must take advantage of the situation. But with the high cost of production, paper and supplies, we will have to increase our prices to survive, be competitive and put out a quality product, our advertisement will increase from \$4.50 a column inch to \$5.00 a column. The basic subscription rate will change from \$12.00 annual and \$20.00 for two years, to \$15.00 annually and \$25.00 dollars for two years. People who pay their subscription before September will still maintain the old rate. All renewals after September will be the new rate. Renew now to maintain the old rate.

A recent example of what unity will do, we had some brave, dedicated Black sisters to confront the school system and save some of our Black educators. A word to the wise is you of us who do not have your act together and think you have it made because you think the white folks like you and you are better than the rest of us, you had better watch out, these same sisters that pushed for the other Blacks will be united to get you out. Think about it you of us who think you have arrived.

Support Black businesses whenever possible it is a must for us to support us. If we don't support us, then who will? We must also support those white businesses and institutions that support us and our communities. On the other hand, we must reserve our money and not let go to those white businesses and institutions that tend to milk our communities dry and not put anything back into the community that they drain, blood suck and leech from us. We must let them know that we do not need them, do not want them, and will withhold our dollars from them. It's really a shame when people come into our communities blood suck and do not do anything for the community that they rob. We will be checking all white owned businesses in the Black community for advertisement in your newspaper and we will give you the results. Also the Black businesses in the community.

Let's close with the famous Martin Luther King's quote from his More House days, "I have only just a minute; sixty seconds in it; forced upon me; can't refuse it; didn't choose it; but I know that I must use it; I will suffer if I lose it; pay account if I abuse it; just a tiny little minute but eternity is in it." Just a tiny little minute.



Ringing The Bell

by
Bob Tieucl

Los Angeles, California -- There can be little doubt that this city of the Angeles is making elaborate preparations to entertain the 1982 Annual Conference of the National Urban League here August 1-4. Virginia's Gov. Charles S. Robb, whose stunning election victory in 1981 is said to be largely due to the overwhelming support he received from Black voters in that state, will be one of the confab's featured speakers.

Robb's victory ended 16 years of Republican control of the state's governorship and established him as one of the newest national political figures, according to our bellringer sources here in L.A. in the campaign, Robb challenged the entrenched conservative leadership in Virginia and put together a coalition that included Blacks, Browns, White Moderates, labor and others to score his victory. The conference whose theme is "Meeting the Challenge of the New Federalism" will hear John E. Jacob, president of the NUL deliver the keynote address, his first since assuming the presidency on January 1, 1982, following resignation of Vernon Jordan.

While vacationing in L.A., we had an opportunity to visit some of the sessions of the National Education Association in a downtown city auditorium and accompanied by the Madam who spent some 50 years in the classrooms of Texas and New Mexico. Some seven thousand teachers marched through downtown on the last day of the meet, to protest Reagan administration educational policies and to drum up public support for schools.

In the last three days alone, it was reported that delegates raised some \$100,000 for the political action committee. Most of the money will go toward congressional campaigns in the November election. "It's going to be a tough year. The teachers are angry because the money has dried up, regardless of the human cost," said one teacher here.

An Era Passes: Here in L.A., hundreds gathered recently to pay their last respects to Harry Mills of the legendary Mills Brothers. Mills, a baritone was 68. He had been ill after suffering abdominal surgery last October. Until his illness, the Mills Brothers continued to perform both in the United States and abroad. Governor Edmund G. Brown, Jr. of California recently signed a 1982-83 budget to the tune of a whopping \$25.2 billion dollars for the state. The big question now is: Will Tom Bradley, black mayor of L.A., be the next governor to sign the next budget? Brown is a candidate for U.S. Senate.

A.M.E.'s Launch Big Public Relations Program -- Dr. William F. Ball, Jr., director of public relations for the African Methodist Church, has set in motion a two million dollar program to be achieved over a period of several years. More than 200 AM-FM radio stations and major network and independent television stations have been contacted. In addition, overseas (Africa) Communications Satellite Corp. Systems has been contacted for the airing of a documentary program pertaining to the A.M.E. Church.

People are still talking about the "run a round treatment given the recent sessions of the Northwest Texas Annual Conference of the C.M.E. Church held in Amarillo by the Amarillo Daily News-Globe newspapers. Staff photographers shot a number of photos but from reports, none of them appeared in various editions of the daily. We will publish a letter from executives of the paper here soon. One fairly decent writeup did appear at the close of the five day session, according to Pastor Humphrey, who hosted the confab. Perhaps this is one reason Black newspapers will continue to be published for sometimes to come, one observer put it. It is also reported that Blacks in Amarillo, Texas are generally dissatisfied with policies of their daily paper and may stage a boycott. The Odessa Daily American or the Clovis News-Journal could give the Amarillo paper some points on dealing with black and brown readers, I bet.

In Las Vegas, Nevada while on vacation in "Fun City" we had an opportunity to talk with some delegates of the National Links group that has come for their annual convention. The Links are known for their great social welfare work, especially in the field of scholarships for deserving black youth of the nation. Wonder if the gambling lords made donations to the fund. Just wondering Links. More later.

LETTERS TO THE EDITOR

Dear Sir,

Americans always assume, "It can't happen here." Well it has. The Miami Beach Police Department requires native born American citizens to obtain a police I.D. card in order to work. I was denied a police I.D. card because they said I did not have sufficient identification. Consequently, I was not permitted to go to work by the employer who already hired me. Don't let this happen in your town. I am only one woman, with a 10 year old daughter, but I intend to fight. I would rather be dead than live without freedom.

Patricia Hampshire Arcado
9040 Collins Avenue
Miami Beach, Florida 33154

Concerned Reader

(Editor's Note: Although this person didn't sign his or her name, the Lubbock Digest decided to print the letter. It did show some interest, and this is what the Black community needs now, in our opinion, that is, YE E!)

Dear Readers:

What does it take to organize and run a church? Can a list be given of people and committees or can it be done by one person? Please give an answer in the next edition of Lubbock Digest.

Need to know.
Love in Christ Jesus

Dear Need to know, love in Christ Jesus:

First of all lets set the record straight. We are publishers not church builders or pastors. Second, lets try to see if you mean a building. A building is a building but we feel a church starts from within the soul of a person. There has been many successful buildings built by various means, one person, usually a pastor, sometimes a group of people from one church that split with another church, sometimes a group of people in a community that see a need for a church, and a newly organized community, city village, or town without a church and various other methods and needs that leads people to build or form a church. But remember that in our opinion God has to be a part of the formation of any church. Not anger, spite or get even, but all of this must come from within with a strong dedication to and for God Almighty.

As previously stated, we are publishers and editors not church builders or pastors so therefore this is a laymens huble opinion.

Sincerely,
The Editor

Congratulations!

Dear Mr. Richardson
Congratulations on your decision to expand to Southwest Digest!
I live in Clovis, New Mexico and would like to know if there is a need for distributors, reporters, or any workers in this area?

Sincerely yours,
Ada E. Evans

Dear Ms. Evans:
Yes, we need reporters advertisement sales people,

VIEWPOINT



JULIAN BOND

No way out for South Africa

By Julian Bond

There are 20,000 South African troops stationed in Namibia. They are an occupying army, illegally imposing the South African system of apartheid on Namibia's black population.

There are 20,000 Cuban troops in Angola. They are there at the invitation of Angola's government, just as American troops are stationed in host countries around the world. The Cubans helped protect Angola from unceasing attacks by South Africa.

Most of the world believes that the South Africans have no business in Namibia. Yet, the South Africans have resisted attempts to make them leave for more than three decades. The South African occupation, a continuation of a League of Nations mandate granted in 1920, has long since been declared illegal.

But in a curious turn of events, dictated more by Cold War politics than by African realities, the legally invited Cubans in Angola have become the focus of Western concern, rather than the South African occupation force in Namibia. South Africa has insisted that departure of the Cuban troops must precede its own withdrawal from Namibia.

The contact group composed of the United States, France, Canada, Britain and West Germany -- whose three years of negotiations have failed to dent South African intransigence -- now has agreed to link the Cuban departure with Namibian independence.

Two months ago, President Reagan affirmed the Cuban linkage when he said, "The simultaneous withdrawal of the Cuban forces from Angola is essential to achieving Namibian independence, as well as creating long-range prospects for peace in the region."

For the Reagan administration, the Cuban troops provide proof of the Soviet Union's designs on southern Africa.

While sharing the U.S. administration's paranoia about communism, the South Africans have another reason for wanting to rid Angola of its Cuban protection: The Cubans hinder the South Africans' desire to expand their northern border: to the banks of the Cunene River, the current dividing line between independent Angola and South African-ruled Namibia.

The five Western states of the contact group have proposed a dual system of elections for Namibia. Half of the constituent assembly would be chosen by proportional representation in which each party would receive a number of seats based on its percentage of the total vote; the other half of the seats would be assigned by districts based on a winner-take-all rule.

This system -- designed to insure that whites have an influence in the Namibian government disproportionate to their numbers -- has been rejected by the Namibian independence group, SWAPO, and its African supporters.

If the South Africans force this race-based election scheme upon Namibia, they will have successfully interposed that territory between themselves and the black-ruled states to the north. That is the purpose that Namibia has served under South African control and the purpose that South Africa intends for a nominally independent Namibia to serve if and when the territory is granted its freedom.

If the South Africans prevail -- as they have in the negotiations so far -- SWAPO will continue its armed struggle against the occupiers.

In South Africa itself, where one of every three persons is a black non-citizen, the government is desperately trying to create a new constitutional system.

That government, now totally in the hands of the white minority, wants to involve the nation's 2.5 million "coloreds" (those of mixed races) and 750,000 Asians in a coalition against the 21 million-member black majority. The coloreds and the Asians would remain voteless, but they would be represented in ethnic parliaments by representatives chosen by the white minority.

This plan is doomed to failure, as are the artificially created "homelands" for South Africa's rural blacks and the forced resettlement of urban blacks in those areas. It is like rearranging deck chairs on the Titanic, with as little chance of preventing the eventual sinking of a mortally wounded ship of state.

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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 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 charise or validity. This is a newspaper made to educate and not to agitate.

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

Member Newspaper Associated With

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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

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Rev. Robinson Speaks



THE OTHER COMFORTER

Our Lord was about to return to heaven. The disciples were troubled because the one who had been their guardian, helper, adviser, strength-giver, was now leaving them. They thought that Jesus would leave them alone. But He told them that "another comforter" would come to their aid, even the Holy Ghost. (John 14:16,17)

The word "comforter" means "to call alongside". The word "comforter" is a good translation if rightly understood. It comes from the Latin and means one who comes with strength. To comfort in the sense of consoling one, is just one of the many ministries of the Holy Ghost, to the believers the word "another" is significant. There are two words in Greek which means "another" one referring to another of a different kind and another of the same kind. Jesus spoke of another of the same as He. The Holy Ghost is a helper of the same kind as Jesus. The Holy Ghost is a divine person just like our Lord Jesus and has the same attributes and qualities.

The physical body of each of the saints is where the Holy Ghost come to take His abode. Therefore our bodies must be clean of sin in order for the Holy Ghost to dwell.

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2nd Annual Christ Temple Choir Day



Christ Temple Choir

The Christ Temple Choir will hold 2nd Annual Day, Sunday, August 8, 1982.

Theme: "Because He Lives."

These young people will express their joyfulness in songs of praise centered around

the Savior.

We can face any problems that may arise in our lives, because our Savior have faced problems and He came out with victory, and because He lives in us we too can be over comers.

If you want to enjoy an

evening that will up lift your spiritual needs, the choir and Bishop W. D. Haynes invite you to attend this service.

Other invited guest choir and soloist will be featured.

The Outreach Prayer Breakfast

The members and friends of the Outreach Prayer Breakfast met at 9 a. m. Saturday morning in the home of Mr. and Mrs. Chris Bogus. We had a nice time. President Ward presided. Vice president, Fair is still on the sick list.

Opening devotion scripture Psalms 100, participating were M. Bogus and M. Ward.

Morning scripture lesson by Rev. B. J. Morrison. He taught from Matthew 25:1-13, 14, 30. **Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps and went forth to meet the bridegroom. And five of them were wise and five were foolish.**

The man stood boldly and spoke the truths from God's word. Keep our lamps trimmed and burning. Don't let it be too late, and the hour come and catch you with no oil. **We all have talents use them**

today, reach out and touch somebody's life. Don't dig on the earth and bury your talent you will be severely punished for doing so. You may not can sing like angels nor preach like Paul, but you can tell the love of Jesus, tell the world he died for us all. This man got a message to tell and he is telling it well. Rev. Morrison, we love you!

Thought for the week: The Christians waking up and discovering who they are. "Satan in trouble." Think about it.

Breakfast served to all, if you come unexpectedly, we are prepared to feed you spiritually or physically. Isn't that nice, "come."

The guest list included: Rev. B. J. Morrison, Johnnie Vester, Mr. Chris Bogus.

All things worked together for a good

Saturday because of you. Come again.

The sick list included: Mr. and Mrs. D. C. Fair, Sr., Juanita Sowell, Bennie Marie Robinson, Hattie Henry and Beckie Mendoza. Our beloved families are: the Hill and Cage families.

Father, while we sleep **this night under thy watchful care, please lift our worrier, banish our fear and cleanse our minds and bodies of all pain and discomfort. Bring health and strength glowing unto these bodies this we ask in the name of Jesus our Lord amen. Read and believe.**

Prayer of blessing, Mrs Mildred Bogus. Project Blessing went to Juanita Sowell, 2404 East 9th. Juanita, God's word has power to heal! "Stand on it." Mark 11:22-24.

If you have a physical or spiritual problem, with God we can work it out. Write: **The Outreach Prayer Breakfast, P. O. Box 1223, Lubbock, TX 79408.**

Morning prayer, president Ward. Do you think any good can come out of Nazareth???

The next meeting will be in the home of Mr. and Mrs. Delbert Hood, 2132 East 30th. Inviting you to "come and see."

President: M. Ward, vice president: C. E. Fair, Secretary: C. E. Brown, Reporter: Dorothy Hood.

"THANK GOD FOR JESUS"

"THE SINNER'S PRAYER"

"LORD SEND ME YOUR LOVERS"

Psalms 6:2-3 Have mercy on me O Lord; for I am weak; O Lord, heal me: for my bones are vexed. My soul is also sore vexed: but thou, O Lord, how long?

Lord send me your lovers, send them I pray don't send it tomorrow, Lord I need it today Lord send me your kisses, will you send them please, my lady gave me kisses, and I've been so deceived. Lord send me your lovers, please send them my way, my love lady shot me, just today. -Micha 7:5 Trust ye not in a friend, put ye not confidence in a guide: keep doors of thy mouth from per that lieth in thy bosom.

Lord send me some true smiles, I haven't seen one in a while

Lord that is what I miss, do they yet exist??? Lord satan told me he loved me and wanted to set me free, But only if I'd join him in "a little adultery," backstabbing, cursing, fornication, jealously, killing, lying, fighting and raping."

Lord I am living in a hell hole pit, satin is so mean, Lord make him quit.

Lord send me your lovers!!! I need a helping hand, send a hand with love in it, from my brother man. (the Saint)

Lord send me your picture, send it today, Lord it's the word I need (the Bible), send it I pray Psalms 69:20 Reproach hath broken my heart; and I am full of heaviness and I look for some to take pity, but there was none; and for comforters, but I found none.

Lord send me your lovers, I am demanding them today.

Lord please send it, I can't keep living this way. Hebrews 4:6 Let us therefore come bodily unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Brothers and sisters I Thank God for Jesus who hears all sinners prayers, I thank God for when I call out for Him, the line wasn't busy that my prayer didn't get in. I Thank God! He was on the main line.

Matthew 7:7-8 Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Amen.

Directed, arranged, produced and guided by my Lord Jesus Christ. Written by Billy B. J. Morrison III your Brother in Christ Jesus. "God Is Not Through With Us Yet, Lets Pray For One Another Always "Amen."

The mother of famous educator and diplomat Mary McLeod Bethune was born in Africa.

Faith First Baptist Church
1504 E 15th at Oak
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WEEKLY SERVICES
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
B. T. T. 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 forsaking the assembling of ourselves together, as the manner of some is: but exhorting one another, and so much the more, as ye see the day approaching.
Hebrews 10:24-25

Come, Help Us Worship Christ Jesus,
Our Lord and Savior
F. B. Bell Pastor

OBSEQUIES

Mrs. Sarah Taylor

Final rites were held for Ms. Sarah Taylor at Carter Chapel C. M. E. Church last Thursday, July 29, 1982 with Rev. Raymond McKeever, Pastor officiating.

Interment was held in Peaceful Gardens Cemetery under the direction of South Plains Funeral Directors.

Sarah Taylor was born

Missionary Society Hold Program

The Northwest Conference Missionary Society of the African Methodist Episcopal Church is celebrating their "Night in White" at the Bethel A. M. E. Church, 2202 Southeast Drive, Tuesday evening, August 10, 1982, at 7:30 p. m.

All local missionaries of every denomination are invited to attend and share this experience with the A. M. E. Missionaries.

According to Rev. Stephen Pierson, pastor, this is the "kick-off" of the Northwest Texas African Methodist Episcopal Church which will convene through Sunday, August 15, 1982.

"We invite the citizens of Lubbock to come and be with us during this week as well as the program by the Missionary Society," he concluded.



March 10, 1985 in Lockhart, Texas and God blessed her to live a long and active life. She was the daughter of the late Rufus and Mattie Burris.

At an early age she was married to Romie Miller who preceded her in death. To this union was born two daughters, Julia Kuykendall of Littlefield, Texas and Cassie Middleton of Waco, Texas. She also has one grandson, Alfred Johnson, Jr. four great grandchildren and a host of friends.

Mrs. Taylor later married Rev. J. T. Taylor who also preceded her in death.

She was a member of Carter Chapel C. M. E. Church and "Church Mother" serving faithfully

Coming Soon SOUTHWEST DIGEST

First Faith Baptist Church

Services started as usual with Sunday School starting at 9:30 a. m. with Superintendent Portee at his post of duty. The lesson was "Apollos A Learning Teacher," Acts 18:24-28 and 1 Corinthians 3:5-9.

Devotion was led by Brother Edwards and Brother Portee, the choir was at their post and sang beautifully. Our pastor preached the sermon "One Way: Jesus," Luke 2. We would like to extend a welcome for our visitors to come worship with us again.

on our sick list, we have Brother Granville Wallace is home not feeling too well, and Sis Louise Lewis is home ill.

May we continue to pray for the sick and shut-ins throughout our com-

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Rev. Larry D. Slaughter, Assistant Pastor
Brother Billy Birden, Chairman

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Sunday School 10:00 a. m.
Morning Worship 11:00 a. m.
Baptist Training Union (BTU) 6:30 p. m.
Evening Worship 7:30 p. m.
— Week Activities —
Mission Monday 7:00 p. m.
Prayer Meeting Wednesday 8:00 p. m.
Usher Meeting Thursday 6:30 p. m.
Brotherhood Breakfast Saturday 7-10
Youth Program Second Sunday 3:00 p. m.
Market Program Third Sunday 8:00 p. m.
"Come Let Us Reason Together: Sath The Lord"

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Y. P. U. 4:00 P.M.
Evening Worship 7:30 P.M.
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Rev. Bruce Engle

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KLLL is now accepting applications to fill a full-time sales position. Duties include calling on new as well as established accounts. Media experience preferred. Contact Randy Roberts, Sales Manager, KLLL, 1314 50th Street, Lubbock, Texas, 763-1911.

"EOF"
Historians believe the phrase "bring home the bacon" was coined by the mother of 1910 heavyweight champion Joe Johnson who defeated the "Great White Hope" Jim Jeffries in 15 rounds at Reno, Nevada. Mrs. Johnson said of her son: "He said he'd bring home the bacon, and the honey boy has gone and done it."

- Dairy Products -

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

- Hotels & Motels -

Executive House
MOTEL ROOMS FOR RENT
Low commercial rates from \$14.00. Day by Day - Week - Month. American Plan room with meals. Available also from \$348.00 month. Good Continental and American food. Executive House Motel & Restaurant. Restaurant open 6 a. m. until 2 p. m.; 5 p. m. to 10 p. m. 2121 Amarillo Highway - Lubbock, Texas 79403 Phone (806) 763-8591 Troy Massey, Owner

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FREE ESTIMATION/WORK GUARANTEED

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"Greeting Cards" Everyday and Seasonal
Prescription - Drugs
OPEN
7 Days Per Week
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Lots Available
Coronado Addition
Reasonably priced residential and commercial lots are available in the Coronado Addition.
Some of the best buys on residential and commercial property in Lubbock.
CONTACT:
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After August 1st, 1982, the Urban Renewal Agency will be located at 911 10th Street, 2nd Floor (Tax Building)

SPECIAL NOTICE

DEADLINES FOR NEWS ITEMS
News Items (typed)3:00 Noon Monday
Pictures12:00 Noon Monday
Display Ads12:00 Noon Tuesday
Classified Ads5:00 P.M. Monday
ALL COPY MUST BE TYPED OR READABLE
ALL PICTURES IN BLACK & WHITE, IF POSSIBLE

- This N That -

GET THIS!! If you can laugh at what you have not got, when ought to have it then you have **HUMOR**. **ALL EDUCATORS!!** No doubt about it **ALL EDUCATORS** ... including those in Lubbock ... are saying that **REAGAN TAX CREDIT** ... for those who send children to **PRIVATE SCHOOLS** ... is wrong as most of the other things he has done ... but could be reinvented to **PUBLIC EDUCATION**. **CHECK IT OUT CLOSELY!!** Let's not fall for that **BUNK** ... that **BLACK**

FAMILIES ... are falling apart ... There are more **TOGETHER NOW THAN EVER** ... but also more divorces now than ever before ... simply because there are more **BLACKS** ... than ever before ... It so happen that fact is never mentioned **OKAY!!** **SMALL LUBBOCK TALK!!** In time of great danger ... you can walk with the devil till you have crossed the bridge ... **HOW OLD** ... would **YOU** ... be if you didn't know how old you was????? **DOING SPLENDID!!** It's good to know of the **SPLENDID**

JOB ... the pastor and members of the **MOUNT OLIVE BAPTIST CHURCH** ... of Slaton, Texas ... are doing these days ... It's pastor, **REV. C. C. PEOPLES** ... is proud of their effort ... The Choir was in concert ... last Sunday ... and reported a wonderful time **NEVER" NEVER** ... NEVER ... buy a **WATCH** ... off anyone on the street ... **YOU** ... just can't help but get **TOOK!!** **CONGRATS!!** **THIS N THAT** ... would like to thank ... whoever is responsible for the cutting of the **WEEDS** ... on the

CHATMAN HOSPITAL ... property ... it looks real great ... **THANKS!!** Wish something could be done about the **WEEDS** ... at 2405 Glabe Avenue... **JAILS NOT ANSWER!!** With all the noise we hear about building new **JAILS** ... we must keep in mind that **SCHOOLS** ... at their worst are better than **JAILS AT THEIR BEST** ... Yet they are building more **JAILS THAN SCHOOLS** ... and there is no hollering about the money spent on **JAILS** ... Get this **MORE JOBS** ... better education ... less **JAILS WOULD BE NEEDED** ... Wonder why they don't see this! **WHAT WILL**

HAPPEN!! Only time will tell about the ... out come of the **JOHN T. MONTFORD** ... **HAL HENSLEY** ... left ... **MONTFORD** ... has a good base and should do well this November ... The ground work has been laid ... for those of you who are concerned ... Just follow the game plan **ANNUAL CONFERENCE!!** Hundreds of **AFRICAN METHODIST EPISCOPAL** ... members will be in Lubbock for the **ANNUAL CONFERENCE** ... which will be held at the **BETHEL A. M. E. CHURCH** ... Bishop James W. Murph ... is the presiding bishop of the **TENTH**

EPISCOPAL DISTRICT ... Everything will begin **AUGUST 10** ... thru **AUGUST 15** ... **NEARLY THERE!!** The Lubbock Digest ... soon to be named the **SOUTHWEST DIGEST** ... is approaching the magic number ... a goal set five years ago ... to have **ONE THOUSAND (1000) SUBSCRIBERS** ... through the **U. S. JAILS** ... Less than **ONE HUNDRED SUBSCRIBERS** ... are needed to meet this goal ... If you are not a **SUBSCRIBER** ... why not become one and help us ... **ONLY \$12.00** per year ... **SAD SITUATION!!** The young tot **ROBERT HERMANDEZ** ... who was

found to have been ... **SUFFERING** ... a serious head injury and multiple bruises ... cuts ... and cigarette burns ... has caused a lot of talk in our community ... It's a darn shame ... this has to happen to a little two year old ... Hope justice is seen in this case ... **NEEDS LAWNMOWER!!** The truth came out ... about the way the lawn ... **LOOKS** at the Carver Heights Day Nursery ... There is no money in the budget to keep the lawn up to par ... **BEVERLY PITTMAN** ... Executive Director of the Day Care Centers ... told ... **THIS N THAT** ... a **LAWN MOWER** ... is badly needed ... Let's pitch in and see that this can be accomplished ... Our ...

BLACK KIDS ... needs this ... **WILL YOU HELP??** If there are enough **CONCERNED MOTHERS** ... maybe we could collect some **S & H GREEN STAMPS** ... and come up with one ... Think about it! **ANOTHER TRAGEDY!!** No doubt about it ... **THIS N THAT** ... knows how the **DAMON HILL, JR. FAMILY** ... feels in the loss of their **SEVENTEEN MONTH OLD SON** ... **THIS N THAT** ... too ... and wife ... has been in this same situation ... only our son ... was not that old and we didn't know him ... as did the Hills ... Anyway ... let's all ... put our arms around the ...
Continued on Page 9

Smart Cooks Shop Brooks!

Open 7 Days
A Week For Your Shopping Convenience

Monday thru Saturday
Open 8 A.M. to 9 P.M.
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BROOKS SUPER MARKET

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Thank You For Your Business

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Prices Good August 4 thru August 11, 1982

"We Gladly Accept Food Stamps"

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<p>Spillmate TOWELS Large Roll 69¢</p>	<p>Nice-n-Soft TISSUE 6 Roll \$1.59</p>	<p>Gladiola POUCH MIXES 5 for \$1.00 Regular 3 for \$1.00</p>	<p>Gladiola FLOUR 25 Lb. \$4.29</p>
<p>Sunbeam COOKIES Reg. 3 for \$1.00 5 for \$1.00</p>	<p>White Swan BISCUITS 8 Oz. 6 for \$1.00</p>	<p>Bell FRUIT DRINK Gallon 99¢</p>	<p>Contadina TOMATO SAUCE 8 Oz. 5 for \$1.00</p>
<p>Armour Star SMOKIES \$1.49 Pkg.</p>	<p>Totino's PIZZA 12.5 Oz. 99¢</p>	<p>Swanson's Frozen CHICKEN 2 Lb. Box \$2.99</p>	<p>Q & Q VERMICELLI 5 Oz. 6 for \$1.00</p>
<p>Gooch's FRANKS 12 Oz. Pkg. 98¢</p>	<p>Rath SAUSAGE 1 Lb. Pkg. 98¢</p>	<p>Cooch Boneless 1/2 HAMS \$1.79 Lb.</p>	<p>Country Pride Chicken THIGHS 75¢ Lb.</p>
<p>BANANAS 3 Lbs. 99¢</p>	<p>Mrs. Tucker's SHORTENING 42 Oz. \$1.09</p>	<p>Borden's CHOCOLATE MILK Quart 59¢</p>	<p>SAVE</p>
<p>Santa Roca PLUMS 59¢ Lb.</p>	<p>DR. PEPPER 7 UP \$1.99</p>	<p>SOFT DRINK</p>	<p>SOFT DRINK</p>
<p>Cello CARROTS 3 for 99¢</p>	<p>32 Oz.</p>	<p>32 Oz.</p>	<p>32 Oz.</p>

ANPA FEATURE
COPING
by
Dr. Charles W. Faulstich



WE CALL THIS LOVE

A client who came to my office for counseling told me that she had had problems finding a suitable companion. She gave this example of an unsuitable companion: She was attracted to a gentleman with whom she felt she was very compatible and expressed her kind affection for him. One day when they were caressing each in a very sentimental mood, an emotional tear came to his eyes. This action caused her to lose respect for him and led to the eventual break-up of their relationship.

This example represents an ideal case of the deep down emotional need that each of us, male and female, has for an opportunity to completely release our pent-up emotions and to be understood and accepted by the mate.

The young lady in the above case did not understand this need that exists in each of us - even in herself. When we are rejected in our efforts to release our feelings; or to allow our emotional needs to emerge; or to let our feelings hang out with no restrictions or restraints.

There is within everyone a need to be caressed, to be understood and accepted as we are. In our weaker emotional moments, when we are troubled and in need of compassion, nothing is more wonderful than for one mate to say, "I understand. Don't be ashamed of your emotions." Nothing is more distressing and depressing than to have one's mate "push him or her away at that very tender moment. The very person who pushes us away is probably expressing, with this rejective behavior, a similar need for an opportunity to release those deeply ingrained feelings and an anger at not, himself/herself, having an opportunity to express similar feelings.

Unfortunately, our society tends to frown on males who are tender and emotionally expressive. Females are rejected also in certain situations. Unfortunately, most of us are so caught up in our own emotional needs that we lack the compassion, understanding or time to allow someone else to express their needs.

Yet, the need remains for an opportunity to express our emotions. The frustrations build up. The unhappiness becomes more and more of a burden. When one has had the opportunity to "let it all hang out" and is rejected in the effort, another effort may never be forth coming. The fear of being rejected may haunt us for the rest of our lives. This is the very burden that confronts practically everyone in our society even though few people will admit it.

When we realize that beneath the tough outward demeanor of everyone is a need to be needed; a need to be loved; a need for an opportunity to free our emotions, a little boy or girl who will be refreshed with "a good cry," we will be a step closer to emotional happiness and stability.

If the young lady mentioned in the first paragraph had caressed her mate and said: "I understand," she would have contributed to the emotional happiness of her mate who would, later, have reached out in a kind, sympathetic manner to her when she needed to be caressed.

We call this love.

INTERESTING PEOPLE

SUPREME COURT JUSTICE

THURGOOD MARSHALL

BORN IN BALTIMORE, MD., IN 1898. HIS FATHER A COUNTRY CLUB STEWARD AND FATHER, A SCHOOL TEACHER, HIS GRANDFATHER WAS ONCE A SLAVE. HE RECEIVED HIS HIGHER EDUCATION AT LINCOLN U. WHERE HE GRADUATED CUM LAUDE IN 1929. THEN, HOWARD'S LAW SCHOOL, GRADUATING MAGNA CUM LAUDE IN 1933. NAACP PRESIDENT ARTHUR SPINGARN ASKED HIM TO BE ASSISTANT COUNSEL TO CHARLTON W. HESTER FOR HIS CASE WINNING THE MORGAN MERRITT SCHOOL. HE BECAME SPECIAL COUNSEL WHEN HOUSTON LEFT IN 1938. THE HISTORIC SCHOOL DESEGREGATION CASE HEADED BY MARSHALL UPHELD THE NATION WHEN A FAVORABLE DECISION WAS RENDERED DOWN ON MAY 17, 1954. HE WAS APPOINTED JUDGE OF U.S. CIRCUIT COURT OF APPEALS (NO. 1) IN 1961. U.S. SOLICITOR GENERAL (NO. 1) AND U.S. SUPREME COURT JUSTICE (1967). THE FIRST BLACK MAN.

FOR CIVIL RIGHTS AS HE WAS KNOWN AS THE CHIEF COUNSEL FOR THE NAACP WAS AWARDED THE 1946 SPINGARN MEDAL... FOR HIS OUTSTANDING ACHIEVEMENTS IN THE FIELD OF CIVIL RIGHTS. ONLY 57, HE BECAME THE 51st RECIPIENT TRULY A BRILLIANT LEGAL MIND AND A GREAT AMERICAN...

FARMER COOPERATIVES:

THE PROGRESSIVE WAY

SINCE 1936
Plains Cooperative Oil Mill
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ASTRO/NUMEROLOGY AND YOU

August 4-10, 1982

By Lloyd Strayhorn

Numerology and Products Part III

Have you ever thought about the number of products found on your grocer's shelf with a number in the title some here, such as "7-Up" soda? Well, just for fun I've my local market, and this is just a partial list I've come up with for this week. You can help me by keeping an eye yourself for any products that may have a number or numbers somewhere in their title. Here's my list for the week: 7-Up soda, Formula 409 household cleaner, V-8 vegetable juice, Product 19 breakfast cereal, Colt 45 malt liquor, 612 Plus bug repellent, Clorox 2 detergent, A-1 sauce, Alberto VO-5 hair products, Sulfur 8 hair products, 666 cough syrup.

Next week, we'll continue with your list. Don't forget to keep a list of your own.

Next Week: Numerology and Products, Part IV



WHO WAS THAT LADY?

The belle of Philadelphia society, she was the daughter of a judge and a conventional young woman. Her marriage and the events of history changed all that. The wife of a famous traitor, she allowed her husband extra time to carry out his plot by attracting attention with feigned delirium and hysteria. She sent messages to the British Major Andrew and, though he was hanged for treason, she was set free. Who was that lady? - Peggy Shippen Arnold

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HOME 806-744-8037
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ANNOUNCEMENT

By popular demand, the book "NUMBERS AND YOU" by syndicated columnist Lloyd Strayhorn is now available in paperback. To order your copy of this beautiful soft-cover book on Numerology mixed with Astrology, send a money order of \$5.00 plus \$1.00 for postage and handling to: YAMA Publishing Company, Dept. R-136, Litholnton Station, New York, N.Y. 10037.

ARIES—March 21-April 20
An unexpected surprise could surface this Wednesday and Thursday. Friday may test you romantically. Saturday and Monday your financial picture should be looking very good. Someone older will prove to be of great assistance. 4 is your number. **ARIES BORN:** Blanche Callender, supervisor of Security and Safety of the Harlem State Office Building. **TAURUS—April 21-May 20**

There's a strong suggestion to be on guard of moodiness and health matters during the early part of the week. After Friday and for the next several days your affairs will begin to shift in your favor. The fun won't be until next week. Use the number 8. **TAURUS BORN:** Robert Williams, State Farms insurance claim specialist. **GEMINI—May 21-June 20**

Look for a little "off the cuff" advice from an older source to come your way. It's for your benefit. Friday should be beautiful. A secret matter may be a bit upsetting on Saturday. An important contact will come Monday. 33 is your Master Number. **GEMINI BORN:** Bernie Casey, famous actor. **CANCER—June 21-July 21**

This week, for the most part, is indicated to be free of stress and strain on your health and pocketbook. On Saturday, matters of an undisclosed nature will prove helpful. Late Sunday into Monday suggests that you avoid arguments or sharp instruments at all costs. 5 is your number. **CANCER BORN:** Lord Observer, Caribbean musical and singer. **LEO—July 22-August 20**
It would be to your advantage not to let moodiness and impulsiveness get in the way of your success, but you'll be tested Wednesday and Thursday. Next Monday will be very beneficial, so use this weekend to just rest from the stress. 9 is your number. **LEO BORN:** Pablo Guzman, radio personality for WLIP in New York. **VIRGO—August 21-September 21**
Your practical minded approach to things this week will prove much to your advantage. However, from Friday into late Saturday things might prove to be very stressful in the way of love and secrets. Just get it together over the next few days. 1 is your number. **VIRGO BORN:** Barry White, famous singer of love songs. **LIBRA—September 22-October 21**
Wednesday and Thursday may prove to be a mixed blessing with matters of health or someone out of the past. Friday the 6th will be very favorable. But the same can't be said for both Sunday and Monday, so stay on guard against fights and watch money investments. 6 is your number. **LIBRA BORN:** Hewley Steele, Guyanese psychic. **SCORPIO—October 22-November 21**
Both Wednesday and Thursday may appear to get off to a very slow start, but there's a purpose in it all, so slow down. Late Friday and into the weekend will prove more rewarding. If you want to be alone this is the best time. Use tact as you approach Tuesday. 11 is your Master Number.

DISC BRAKE SPECIAL

prices include new disc brake pads on front wheels and labor \$27.95

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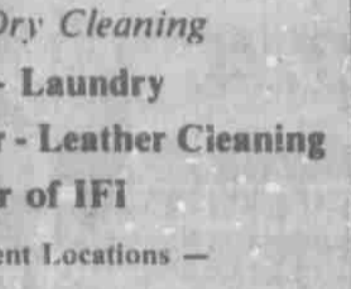
SISTER SOPHIA

HAS GOD GIVEN POWER TO HEAL. GUARANTEES TO HELP. Brothers and sisters, Sister Sophia has returned from the Holy Land with God's power to help all. Do you have bad luck? Do you have a hex on you? Do you have pains in any part of your body and doctors say there is nothing wrong? Do you suffer from lack of money? Do you want your husband, wife or sweetheart back? You can win at anything you do by getting help from Sister Sophia. Be rid of all bad luck, sickness, pains, spells that are on you. If you have sexual problems or suffer from drinking problems, call for help now. She can help in love, marriage, business, health, divorce, lawsuits, luck, happiness, money. No power on earth is greater than her power. God gave her the power to heal and protect. She solemnly swears success where others fail. You will bless the day you called. You will be helped as thousands have. Call today, 799-9124 or come by 2263 34th Street, Lubbock, Texas. NO APPOINTMENTS NECESSARY. This Sunday only, PALM READING only \$2.00. Also will give Lucky Charms or Lucky Numbers with each reading.

Don's Drive-In Cleaners & Laundry

Professional Dry Cleaning
* Cleaning - Laundry
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Picnic Time with RAINBO



Hamburgers, Sandwiches, Hot Dogs..... Rainbo Makes a Picnic Complete!

RAINDO BAKING COMPANY
Lubbock, Texas

Monday, 2 is your number. **SAGITTARIUS BORN:** Ossie Davis, famous actor and activist. **CAPRICORN—December 22-January 20**
Try to have more of a plan to what you want done, rather than doing things heater-skeiter during the first part of the week. Friday and Sunday will prove to be better days from the standpoint of love and money. Be careful of being hasty on Monday. 7 is your number. **CAPRICORN BORN:** John Amos, famous actor. **AQUARIUS—January 21-February 19**
You should be feeling your oats this week, because the planetary aspects are all in your favor. Dealings around matters of security, travel plans and public activities should prove to be enjoyable and fun. On Monday a message from afar will be important. 22 is your Master Number. **AQUARIUS BORN:** Joyce Thomas, executive secretary and key-board operator. **PISCES—February 20-March 20**
Late Wednesday into Thursday may prove to be a bit much on the nerves, but the aspects from Friday to Saturday will be very exciting and productive if you take advantage of it. Slow down a little during Monday and Tuesday. 3 is your number. **PISCES BORN:** Barbara Jordan, famous professor, lawyer and politician.

The Outer Limits
Opening Friday, July 30, 1982
Admission \$2.00 Per Person
Free Hors d'oeuvre Free Drinks
Open at 9 p. m. until
B. Y. O. B.
Next to J & J Package Store - East 19th & Canyon Road
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SISTER SOPHIA
HAS GOD GIVEN POWER TO HEAL

GUARANTEES TO HELP
Brothers and sisters, Sister Sophia has returned from the Holy Land with God's power to help all. Do you have bad luck? Do you have a hex on you? Do you have pains in any part of your body and doctors say there is nothing wrong? Do you suffer from lack of money? Do you want your husband, wife or sweetheart back? You can win at anything you do by getting help from Sister Sophia. Be rid of all bad luck, sickness, pains, spells that are on you. If you have sexual problems or suffer from drinking problems, call for help now. She can help in love, marriage, business, health, divorce, lawsuits, luck, happiness, money. No power on earth is greater than her power. God gave her the power to heal and protect. She solemnly swears success where others fail. You will bless the day you called. You will be helped as thousands have. Call today, 799-9124 or come by 2263 34th Street, Lubbock, Texas. NO APPOINTMENTS NECESSARY. This Sunday only, PALM READING only \$2.00. Also will give Lucky Charms or Lucky Numbers with each reading.

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ALL MEAT GUARANTEED 4116 Ave. Q 747-3338

HALF BEEF U.S.D.A. GOOD YIELD 2 CUT-WRAPPED FROZEN \$1.29		
25 Pound Pak 2 Lbs. Round Steak 4 Lbs. Chuck Steak 9 Lbs. Ground Beef 7 Lbs. Fryers 3 Lbs. Franks \$29.95	Chitterlings 10 Lbs. \$7.95 PIG FEET 2 Lbs. \$1.00	50 POUND PAK 10 Lbs. Chuck Roast 10 Lbs. Family Steaks 10 Lbs. Ground Beef 10 Lbs. Pork Chops 10 Lbs. Fryers \$69.95
Pork Neckbone 2 Lbs. \$1.00	OX TAILS 98c Lb.	Pork Sausage 3 Lbs. \$2.99
Smoked Sausage \$1.49 Lb.	GROUND BEEF U.S. D. A. GOOD YIELD 2 *Cut* *Wrapped* *Frozen \$1.49 Lb.	
Menudo 2 Lbs. \$2.00	ALL MEAT WEINERS 3 Lb. Pkg. \$2.99	Open Sundays 9 - 6 Monday - Saturday Accept Food Stamp.

RUBY JAY'S CORNER



Services at Now Hope Baptist Church were carried as usual last Sunday morning. It all began with Sunday School.

Morning worship service was great beginning with devotion led by Deacons Swain and Francis. The choirs were at their post of duty. The sermon of the morning was delivered by Rev. Joseph Ferguson. His scripture was Ezekiel 37:1. His subject was "Dried Up, Crossed Up, Mixed Up."

Rev. Ferguson also preached the evening message.

Several members of New Hope attended the West Texas District Association this week in Mineral Wells, Texas.

Mrs. Lucille Jackson and son, Jimmy, returned home last Tuesday from Dayton, Ohio where they had a wonderful vacation visiting her two daughters, Sandra Morgan and Elaine Lindsey. She also stopped in Chicago, Illinois and spent an hour and a half with Mrs. Precious Brown's daughter.

We still have several sick among us. Dr. R. A. Pillow is in intensive care at West Texas Hospital. Whisper a prayer for all the sick and shut-ins. Remember the bereaved families, especially the Hill family, they need our prayers. Ruby Jay's cousin was buried, Monday in Meridian, Texas. He was working on a car and it exploded and set him a fire.

Frank Pollard's oldest son plays football with A. & M. college team. He is number 38. Mrs. Bernice Kelly gives words of appreciation and thanks for a job well done at last Saturday - State Youth Encampment, under the leadership of Mrs. Vivian Peoples who is Regional State Director with B. M. E. Convention. There's nothing but praise for the workers who worked so faithfully under Mrs. Peoples to make the meeting a success. Rev. J. B. Lester was at his post as co-ordinator. The meeting was well attended by the young people.

NAACP Youth Skating Party

The NAACP youth will be having a skating party August 6, 1982 at Solar Roller, time: 8-11 p. m. 2 free memberships will be given away.

Faith First
Continued from Page 5
visitors were: Kenneth and Misty Mosely of Inglewood, California, they are the grandchildren of Sis Asizes Mosley, and Mrs. Mary Bell is visiting with us.
The 50th New Zeal District Association Annual Session will convene in Plainview, Texas August 2-6, 1982. Host Pastor Rev. Walter Griffin, Moderator, Rev. Wilson Baldwin, Rev. F. B. Bell, Pastor, Ms. Alisa Hemmerson, Reporter.

Slaton, Post, Tahoka, Texas and Rev. Adam's church, due to rainy weather in some towns, some youths were unable to attend. A wonderful message was brought by Rev. Joseph Williams from Mr. Olive Baptist Church, Slaton, Texas. The young people's theme was: "The Time is Now." Thanks to Rev. R. D. Adams and members for opening their doors and making it possible for us to have a lovely place to meet. The members of Unity Baptist Church should be proud they have a lovely place to worship. Thanks to the church for their support!

Mrs. Einora Johnson's sister-in-law was buried last week in Austin, Texas.

Classifieds
Call
762-4605



Stephanie Freeman, a senior at Oklahoma University, was in Lubbock to visit her sister, Felicia Freeman, a Physical Education and English major at Tech. Stephanie is the daughter of Mr. and Mrs. William Freeman of 2524 N. Wilson, Amarillo, Texas. Stephanie who recently elected the 1982 Miss Black Oklahoma University. While in high school, she won the 1st Mecoming Queen and the Miss Palo Duro titles respectively. Her career objective is to become a certified public accountant.

The KITCHEN BEAT

More Ribs!

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 Kitchen Beat is designed to meet some needs of the various cooks in the modern black family.

Just when you think you know all there is to know about barbecued spareribs, someone surprises you with a new and even more delicious idea. We're not complaining, we are just trying to prepare you for this week's most unusual barbecued spareribs recipes that come to us through courtesy of the Campbell Soup Company.

CRANBERRY SPARERIBS

- 1 can (10 1/2 ounces) Campbell's Condensed Beef Broth
- 1 can (about 8 ounces) jellied cranberry sauce
- 2 tablespoons cornstarch

In saucepan, combine ingredients. Cook, stirring until thickened and cranberry sauce melts. Makes about 2 1/2 cups.

Indoor Method: In large heavy pan, cover 4 pounds

GETTING ALONG

NOTE OF DISDAIN REGARDING BLACK PRACTICES; JUDGMENT ON SOUTHERN BLACKS TOO SWEEPING

by Dr. James P. Comer and Dr. Arvin F. Poussaint

Dear Doctors: Your response to the question about Southern Blacks who have gold teeth is totally incorrect. Having been a dental hygienist in a small community south of Houston I would like to inform you that close to 100 percent of my black patients always inquired about the cost of a gold tooth. Many insisted on crowning one of their perfectly healthy teeth as opposed to getting their decayed teeth filled. Furthermore, many not only wanted a gold tooth, but insisted on having their initial, a star or some other emblem on the crown. I strongly urge you to inform your readers of the stupidity of this practice. The majority of black patients (at least those in our community) are totally ignorant concerning oral hygiene and are very apprehensive of the whole dental environment. — L.M.P., Wharton, Texas.

Dear L.M.P.: We don't understand why you feel our comments were incorrect. We stated that the desire for gold teeth and decorations are part of the style of some Southern Blacks. We also stated that some observers believe this is an African cultural carry-over — an interest body adornments, such as earrings, rings and, in this case, gold teeth. You described the very fad and style interests were discussed. We also made the same point that you make, that there should be more emphasis on

prevention. Perhaps you object to the other — and major — points we made: that dental care was less sophisticated and available for blacks and whites in the South in the past; that discrimination closed blacks out of the general practice and the specialties of dentistry. These points put the burden of the problem on our society, rather than the undereducated people you described.

There is a tone of disdain for your patients in your letter. People can best be encouraged to change habits and focus on prevention when they receive advice from people whom they respect, and who treat them with understanding and respect. We would not be surprised if your attitude carried over into your interaction with

the patients. This might have caused them to seek care elsewhere and ignore your advice.

Dear Doctors: In a recent column, a Northern Black woman stated that Southern Blacks are different. I am white but I agree with her. When I go downtown Houston for an evening out, I frequently encounter a very pleasant, nicely dressed, cordial, apparently well-educated black. Such persons are almost always from the North. The difference between Northern Blacks and Southern Blacks is very obvious. — No Name, Houston, Texas.

Dear Reader: Your sample of number of contacts is too small to allow you to make a sweeping judgement of all Southern blacks. We have Southern black friends who live in Houston who fit the description of the Northern blacks you just happened to encounter. In fact, most of the solid black families in the North have their roots in the solid black families in the South. Prior to the 1940's 90 percent of all blacks lived in the South.

Could it be that your contact with Southern blacks is limited to the part of the black community under the greatest stress? And could that stress be related to the unfortunate conditions of the South in the past — slavery, undereducation and exclusion from better job opportunities?

Recall that four to eight times as much money (25 times as much in areas with the most blacks) was spent on the education of white children as on that of black children in the eight Southern states with 80 percent of the black population right up until the end of the 1940's. Despite this, we know that you will find pleasant, nicely dressed, cordial, well-educated blacks on the streets of Houston if you want to see them.

Successful blacks are often told that if all black people were like them there would be no racial prejudice. Yet all white people are not expected to have exemplary character and achievement. It is really a way of pretending that there is no racial prejudice, and that if blacks would do better they would experience equal opportunity, fair play and justice. Of course, if there was less racial prejudice, chances are there would be more successful blacks.

While opportunities are better today than yesterday, the effect of yesterday's conditions remain, and today's racial prejudice continues to make it difficult for some black people to perform in socially "acceptable" ways.

Send your questions to Drs. Comer and Poussaint in care of this newspaper. The volume of mail received prohibits personal replies, but questions and comments of general interest will be discussed in future columns.

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spareribs, cut in serving-size pieces, with water. Simmer 1 hour; drain. Place spareribs on broiler pan. Broil 6 inches from heat* 20 minutes, turning and brushing with sauce every 5 minutes. Heat remaining sauce; serve with spareribs. Makes 4 servings.

* For gas broiler, follow manufacturer's directions.

Outdoor Method: Precook spareribs following Indoor Method. Place spareribs on grill 6 inches above glowing coals. Cook 30 minutes, turning and brushing with sauce every 5 minutes. Heat remaining sauce; serve with spareribs.

SPICY CHEESE RIBS

- 1 can (11 ounces) Campbell's Condensed Cheddar Cheese Soup
- 1/4 cup honey
- 1/4 cup vinegar
- 1 tablespoon dry mustard
- 1/8 teaspoon ground cloves

Continued on Page 10

"Back To School Specials"

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Happiness Through Health

by
Otto McClarrin



VALIUM THE TRANQUILIZER:

Curse or Cure For All Anxiety and Tension Problems

Barbara Gordon, a CBS documentary producer, has written a book which tells a wracking story of addiction to Valium. It is a story of steadily increasing doses of the tranquilizer, of convulsions and hallucinations when she suddenly stopped taking it, of stays in mental hospitals and of final release when she learned how to live without the drug.

She blames Valium for some nightmare years of her life. Valium, for several years the most widely prescribed drug in the country, is technically a minor tranquilizer intended for treatment of mild-to-moderate anxiety and tension. It also is used as a muscle relaxant. Its generic name is diazepam. It is a member of the family of chemicals called benzodiazepines, which also includes Librium.

Barbara Gordon contends that Valium is a dangerous addictive drug in the country; it is technically a minor tranquilizer intended for treatment of mild-to-moderate anxiety and tension. It also is used as a muscle relaxant. Its generic name is diazepam. It is a member of the family of chemicals called benzodiazepines, which also includes Librium.

Barbara Gordon contends that Valium is a dangerous addictive drug. But a number of experts are more cautious in their evaluation. For example, Dr. Karl Rickels, a psychiatrist at the University of Pennsylvania who has done several studies on Valium, has been quoted as saying Gordon's experiences were "very atypical."

In one study, patients who had been taking Valium for long periods suddenly were taken off the drug. This is the same experience that Gordon blamed for convulsions, hallucinations, insomnia and other symptoms that lasted for months and led to her hospitalization.

In Rickels' study, withdrawal symptoms were seen most in patients who had been taking the tranquilizer for more than three years. In a group of 180 patients, there were no withdrawal problems for those who stopped taking Valium after four months. Of the patients who took it for a year, seven percent had withdrawal symptoms.

Rickels says the 35 percent of patients who took Valium for three to four years suffered withdrawal symptoms. But the symptoms generally peaked within five days after withdrawal and disappeared in two to four weeks.

Mitchell A. Balter of the National Institute of Mental Health, who has been in charge of extensive surveys of tranquilizer use, says that Gordon's experience was "not typical" for another reason: Surveys indicate that long-term use of Valium and related tranquilizers is not common.

In any given year, about 11 percent of Americans will take a minor tranquilizer, such as Valium or Librium, Balter's survey show. Of that group, 45 percent take a tranquilizer only a few times a year and 80 percent stop taking it within four months. About 15 percent of tranquilizer users take a drug for more than a year. Most of them are older people who tend to have serious medical conditions, such as heart disease, Balter says.

Use of Valium and other minor tranquilizers peaked in the mid-1970s and has been declining ever since, he notes. There were 61.3 million prescriptions written for Valium in 1975 and only 33.6 million in 1980. The number of pills per prescription has not increased, Balter adds.

The reduction in tranquilizer use came after warnings that the drugs were being over-prescribed. Balter said Valium is less dangerous than the drugs that once were used to treat anxiety, such as Miltown and the barbiturates; they are more addictive and more likely to cause death after an overdose, he says. But Balter notes that Valium also can cause problems. No drug is free from problems, he adds. "But where's the problem? In the person or the medication?" he asked. "There will always be addictive personalities who can't handle a medication."

Still, one physician who thinks "the dangers of Valium are being underestimated" is Dr. Sidney Wolfe, director of the Consumer Health Research Group in Washington. "There is a huge number, in the thousands of people every year who wind up in hospital emergency rooms because they get into trouble with Valium," Wolfe said. "It doesn't kill people but it's very addicting. At first it was thought to be addicting only in high doses, but now it's known to be addicting in regular doses."

This & That

Continued from Page 7

HILL FAMILY PRAYER MEETING! Could the two recent tragedies ... in less than thirty days ... in our community ... mean that we need to have a blanket prayer meeting ... It could be a warning of what is in store ... Shall we pray for one another ... **NOT LONG!!** It will not be long before the ... **TEACHERS** ... will

be back to work ... Can't you hear them ... "Boy, it was a short summer ... **KNOW THIS!! DID YOU KNOW** ... that ... **DOCTORS** ... only charge 5 bucks ... a visit on Wednesdays ... but of course ... **NONE** ... are ... **IN** ... on **WEDNESDAYS!!!!**

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ACROSS THE NATION
News From Home Folks

This feature is a news compilation from more than 100 black-owned and oriented newspapers across the nation. It deals with what blacks who are still too often little recognized are doing to promote full participation in American life by black Americans. It is thus a salute from all of our readers for unsung heroes... and is designed to be a challenge for all of us to keep on doing our very best.

The Florida Sun Review (Orlando, Fla.) recently featured an editorial that we felt should be shared with

black Americans across the nation.

Black ownership and access to the soon-approaching reality of cable TV may determine the degree of black progress in the decades ahead.

That is the conviction of Early Monroe, one of the few black communications consultants in the country with an intimate knowledge of cable and its potential.

Monroe, a veteran engineer of the Federal Communications Commission for more than 14 years, calls cable TV the most significant com-

munications outlet to any community.

Monroe estimates that in five years cable TV will be in full operation in most of the nation's major cities. In fact, in many cities, cable TV franchise licenses already have been approved. However, Monroe says nearly a dozen major markets remain that are open to investors in cable TV.

He believes the importance of tapping this new revolutionary communications mode by the black community is paramount.

Plugged into almost every home in the U.S., cable TV will shape attitudes, reinforce values, inform, educate and provide revenue to local jurisdictions, as well as create "several thousand new skilled jobs," Monroe says.

"The type of information viewed by our children determines their values and various other subjective characteristics." In addition, Monroe said special programming could be broadcast to alleviate problems such as crime.

Monroe's knowledge of cable TV and its benefits to the black community derive from his early introduction to it at the Federal Communications Commission. Named the first person to staff the new task force on cable TV, Monroe later became chief engineer of an expanded FCC cable TV Bureau. In addition to his cable experience, Monroe's consulting services also reflect his background in other broadcasting forms, including low-powered and satellite television.

More than technical familiarity with cable TV, Monroe is also cognizant of the control and influence its owners have on society.

"The owner of a cable system does not have to be concerned about programming content, but only concerned about whether or not the entities using the system pay his lease rates."

"But if blacks are in control of the system, they can originate programs, and concepts that will be more positive to the community as opposed to some that may be negative or neutral."

Affirmative action in terms of hiring would also be guaranteed by black ownership of a cable TV system. The revenues possible from cable would also create tax dollars for local governments to provide adequate social services in the cities. "Black ownership in a community would keep the income (from cable TV) in the community, instead of having it go to New York or elsewhere," Monroe stresses.

Where those opportunities still do exist, Monroe advises blacks in those communities to take the following steps.

"First, do some research on cable TV in the local library. Also, visit a community to see how cable is faring there."

Then, Monroe says, blacks interested in a cable franchise should incorporate and com-

channels."

Provisions for public access channels on a cable system can be verified by checking the city's cable TV ordinances.

Though access to cable TV is encouraged, ownership, according to Monroe, will bring blacks the most optimal results.

To make his point, Monroe likens cable TV ownership to a family who

just purchased their own home. "That family has the right to decide who can come into their home, and who cannot. Similarly, the owner of a cable TV system can determine what information can flow in and out of the home through a cable-linked TV set."

In short, Monroe says, "It's an asset to have the right-of-way into people's

homes." With black owners of cable, those assets are not just two-way, but multi-dimensional.

Kitchen

Continued from Page 9

In saucepan, combine ingredients. Bring to boil; reduce heat. Simmer 10 minutes; stir occasionally. Makes about 1 1/4 cups.

Indoor Method: In large heavy pan, cover 4 pounds spareribs, cut in serving-size pieces, with water. Simmer 1 hour; drain. Place spareribs on broiler pan. Broil 6 inches from heat 20 minutes, turning and brushing with sauce every 5 minutes. Heat remaining sauce; serve with spareribs. Makes 4 servings.

Business in the Black

By Charles E. Belle



Another Perspective

Kennedy and Kruschev Concerned Nuclear Negligence Negates Gains

"It is a grave and fearful thing that I do to lead this great nation into war," had the speaker forseen nuclear war he would have winced even more. As it turned out the atomic bomb was used against mankind in that World War II man made hell. Hope has sprung eternal that the world would be safe from nuclear holocaust since the end of World War II. Now each of us "red and yellow, black and white" must decide if further detonation of nuclear weapons is wise.

Well, I don't know about you, but I for one am not yet ready to end all living life on this earth. Every individual will of course have to decide his/her fate and that of all further generations in the near future. Failure to sign a nuclear weapons test ban treaty by both super powers allows other more irresponsible nations to develop nuclear capability to be used against any country, fighting for your life and all other life is the issue. Nuclear war once started knows no boundaries or favorite persons.

Finding fault with the peaceful development of nuclear reactors for the production of low cost electricity should not cloud the real issue of nuclear proliferation in preparation for the last world war. "First strike" thinking is dumb. Both sides of a Soviet-U.S. conflict can retaliate by killing at least 40 percent of the others entire population. Pollution, inevitable in even a limited clash, of the atmosphere will absorb the death of untold billions after an exchange of nuclear bombs. Both crop and water contamination will close the books on earth as everyone knows it today.

Dr. Glenn T. Seaburg, former chairman Atomic Energy Commission, currently Professor of Chemistry, University of California, Berkeley, before a solemn Commonwealth Club of California audience, admitted "the hour is late. Let us hope not too late," to prevent proliferation of nuclear weapons. A personal witness to the first limited Test Ban Treaty in August 1963, Dr. Seaburg saw John F. Kennedy and Kikita Kruschev as concerned citizens for the safety of all human society. Signatures for a test ban treaty took place after the Cuban Missile crises created the "conscious courage" to cut off atmospheric nuclear bomb test. Unfortunately, as Dr. Seaburg reflects, this removal of one of the greatest fears of mankind surrounding nuclear explosion releasing deadly radioactivity into the atmosphere, is today not an immediate concern of enough countries. Coming to a conclusion on a total nuclear test ban would be quicker if the danger was being demonstrated daily.

Death by nuclear explosion is most likely today that yesterday. You, however, may not be counting the days until calamity. Consider nevertheless, that it will be swift or very slow and painful, as there can be no plans for medical assistance after the start of this final war. Nuclear weapons wreck hospitals and kills the help. Have a nice day.

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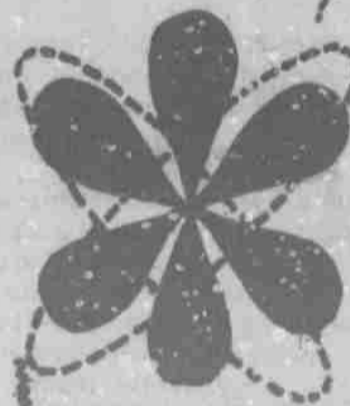
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\$2,000	38	113,158 to 1	8,703 to 1	4,352 to 1
\$1,000	76	56,579 to 1	4,352 to 1	2,176 to 1
\$500	76	56,579 to 1	4,352 to 1	2,176 to 1
\$100	400	10,759 to 1	827 to 1	414 to 1
\$50	750	5,733 to 1	441 to 1	221 to 1
\$10	2,173	1,979 to 1	152 to 1	76 to 1
\$5	4,347	989 to 1	76 to 1	38 to 1
\$1 Instant	89,025	48 to 1	3.7 to 1	1.9 to 1
5 Stamp Books	1,413	3,043 to 1	234 to 1	117 to 1
3 Stamp Books	2,914	1,476 to 1	115 to 1	57 to 1
2 Stamp Books	4,370	984 to 1	76 to 1	38 to 1
1 Stamp Book	17,120	251 to 1	19 to 1	9.7 to 1
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FROM CAPITOL HILL

By A. Madison

Voting Rights Survive Diehard Racist Opposition

After a hard fought battle by Senate anti-black justice factions to weaken the House-passed Voting Rights Act, the Senate Judiciary Committee voted out a ten-year extension of the Voting Rights Act, which maintains the major strength of the House bill with some minor changes. While the House bill placed no limit on the bailout period, the Dole Compromise places a twenty-five year cap on preclearance and requires Congress to review the need for preclearance after fifteen years.

The Senate opponents want the aggrieved parties to prove that localities are guilty of voting rights violations by intent of purpose, rather than rely on the results test. Opposition, including the Reagan Administration, insisted that test results, instead of intent would lead to proportional election of minorities. The Dole Compromise retains the result standard. However, it clarifies the standard that has been used, which was the controlling precedent, before the *Mobile vs. Bolden* decision in which the United States Supreme Court said intent must be proved. Justice Stewart wrote the Court's opinion, in which Chief Justice Burger and Justices Powell and Rehnquist fully concurred. Justice Blackman filed a separate opinion which

concurred with the majority opinion but by reason of the results. Justice Stevens' opinion also concurred but by reason of the Court's judgment. Justices Marshall, White and Brennan filed dissenting opinions. The Dole Compromise clarifies the result standard by stating that the focus of voting rights suits should be on access to the political process. It states that a court can consider the extent to which minorities have been elected under the challenged voting rights procedure as "one circumstance" but explicitly provides that the section does not establish proportional representation. This compromise was worked out by Senators Kennedy and Mathias, who were sponsors of S. 1992 (the House version); Senator Dole and Civil Rights leaders.

For two days the committee hearing was stopped because of Jesse Helms' invoking of a very seldom-used parliamentary procedure which states that any Senator can object to a committee meeting of more than two hours after the Senate convenes. Usually, committees meet all day and when there is a vote on the floor, they recess for a few minutes to allow the Senators to vote and then resume committee business. Helms used this method in the hope of causing the time

from providing assistance also. Other East amendments called for: extending preclearance nationwide, including women and different religious groups in the minority Voting Rights Act and allowing preclearance procedures to be presented to local federal judges, rather than to District of Columbia courts. All of these were rejected. On almost all of the East amendments, Senators Thurmond and Denton voted in the affirmative. East stated that the compromise will prove as disastrous to the South as busing has.

Senator Jeremiah Denton of Alabama, who certainly seems to have inherited the mantle of ex-Senator Bill Scott of

Virginia, said the South is being punished because it inherited slavery. He doesn't know that the first blacks were sold by a Dutchman to whites at Jamestown, Virginia in 1619. This was the first importation of slave. Then, of course it became big profitable business through out Dixie. He stated that after the Civil War, his grandmother's slaves remained with her for two decades because she was good to them. He offered this as proof that there is no need for the Voting Rights Act's provision, since the South has changed. His mother now lives in an integrated neighborhood and some of her best friends are black. To show his concern for

was agreed to, but Helms, realizing the possibility of defeat, gave up in that area.

Senator East, Helms' handpicked North Carolina Senator, like his senior colleague, would like to return the country back to the pre-Civil War days. He stated that the '65 Voting Rights Act was a temporary measure. He said the South has had a long and checked history of the Justice Department's interference; that North Carolina is unable to hold an election this year because districts are forced to be redrawn.

East introduced ten amendments and all were rejected but one, which black justice and right, he said that when he was a

young boy he was beaten because he objected to whites throwing rocks at blacks in their white uniforms. His statements showed that he still sees blacks as the servant class that needs and appreciates white paternalism.

Senator Orrin Hatch, who will become the Voting Rights Act floor manager, was cast in his usual role of anti-black rights. He read most people to sleep with his long essay on the dangers of the compromise. He predicted as did East that it will lead to percentages and proportional representation. He said Congress was trying to overturn the Supreme Court's all-large decision.

Mr. Hatch is forgetting the fact that he voted for Congress to overturn the Supreme Court's busing decision and he is on record as being for reintituting prayers in public schools, which is against a Supreme Court decision.

A staff member of the Judiciary Committee said that since the full committee report, which had only one dissenting vote by East, must be completed within ten days, he expects the Voting Rights Act will reach the Senate floor in about two weeks. With sixty-seven co-sponsors, it is felt that it will quickly pass, largely intact.

Lubbock Digest
Call 762-3612

By Kofi Tyus



The KITCHEN BEAT



Beef Short Ribs Go Western in Flavor For Family Barbecue

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 Kitchen Beat* is designed to meet some needs of the various cooks in the modern black family.

- 2 ribs
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 can (8 ounces) tomato sauce
- 1/4 cup catsup
- 1/4 cup brown sugar
- 1/4 cup vinegar
- 2 tablespoons prepared mustard
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon chili powder

Place short ribs in covered frying-pan on grill and cook at low to moderate temperature for 1 1/2 hours, turning occasionally. Pour off drippings. Season with salt and pepper; add 1/4 cup water and cook, covered, 30 minutes or until tender. Combine tomato sauce, catsup, brown sugar, vinegar, mustard, onion, garlic and chili powder in small saucepan and simmer 5 minutes, stirring to blend. Remove each short rib from pan, dip in sauce to coat and place on grill. Cook at moderate temperature 15 to 20 minutes or until done, brushing with sauce and turning, 4 servings.

- Morton salt
- McCormick's pepper
- Heinz tomato sauce,
- catsup and vinegar
- French's mustard

Lone Star Short Ribs
3 to 4 pounds beef short

WORDS OF LIFE

Biblical Inspiration

For The Week

"He put a new song in my mouth."
—Psalm 40:3

1. Do you sing as often, or as continuously, as you should? God expects us to sing. He expects us to sing c-j songs; and he loves the new ones, too. That's why, when we keep on plugging away at our singing, suddenly (so we often discover) God has put a whole new song into our mouth.

"New occasions teach new duties." This is what one poet has suggested to us. If so, then we shall find ourselves having new things to

sing and shout and praise God for. This is the way that God enables us to sing "new songs."
2. Sometimes we get the wrong tune. We sometimes even sing the wrong song. We talk about weariness rather than the strength which even enables us to say that we feel weary. We talk about despair rather than the tremendously imaginative powers that enable us to even envisage despair. Let God, then, put a new song into your mouth.

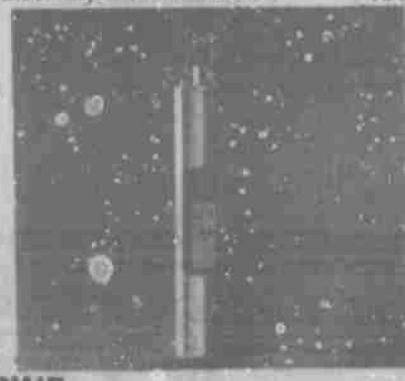
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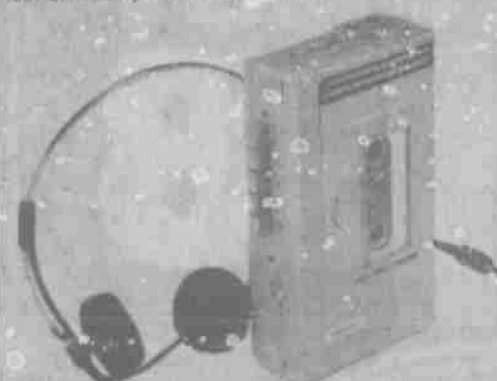
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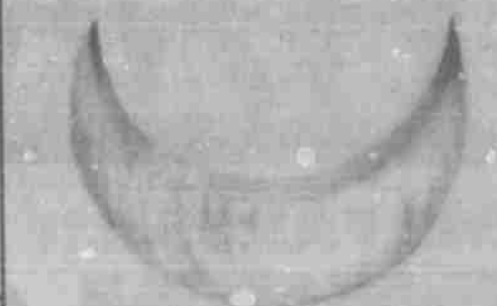
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AD46 HB AD46 AD29

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