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Southwest Digest

FORMERLY LUBBOCK DIGEST

An Independent Pictorial Newspaper for All People
Primarily Serving the Black Population of Lubbock County and the Surrounding Area
Black Press of America

Cops
NPA
ON GUARD
For Human Rights
24 Hours A Day
50¢
Worth

VOL. X, NO. 4 510 East 23rd PHONE (806) 762-3612 LUBBOCK, TEXAS 79404 SEPTEMBER 23 THRU OCTOBER 1, 1986

EDITORIAL

Thank You, All Of You!

To our many readers and advertisers for the invaluable support you have given us over the past ten years. We are eternally grateful. We thank the people who have been the reason for our newspaper being able to celebrate ten years in business.

Without your faithful confidence, trust and believing in us, we could never have made it this far as your voice and newspaper. We as well as you know that our advertisers are supporters of our community ... spending their money where it is most needed ... making this newspaper possible and providing information and jobs, at the same time. They are not taking for granted either. Advertisement is more expensive now than ever, but they keep right on channeling their dollars into the Black Community. You know a merchant is friendly and appreciate your business when you see their advertisement on our pages. Other places, you spend your money and do not see their advertisements, why not ask them why not?

Our many readers are equally as valuable to us. Without you, there would be no advertisers ... And our readers do support our advertisers. You have recognized them as supporters and our community and have, in turn, supported them. You have seen - week after week - the businesses who respect you and who want your business. They, indeed, deserve our business.

We have had our ups and downs. We have gone through thick and thin; but we have hung on the case and we will continue to hang in there and stay on the case and one day, yes one day, our downs will turn to ups and we will have more ups than downs.

Our pledge to you is to keep bringing you, our readers, 85% of what you will not find in any other media as situations and events occur from a Black perspective. As ever, we will continue to push for economic development and parity in the Black Community. We will continue to try to focus and refocus minds of ways to make the Black Community a self sustaining viable market place. We will continue to push for leadership to come from within the Black Community itself. As our mask head reads, and we live by the creed.

It reads: "An independent newspaper serving the Lubbock, West Texas, the South Plains of Texas and Eastern New Mexico; printing the news impartially supporting what it believes to be right without opposing what it believes to be wrong without regard to party politics. Devoted to the Industrial, Educational, Social, Political and Economical Advancement of Black People."

You may be critical of somethings 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, and this, we think, is fair.

So this is 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 propoganda sheet made to chastise or vilify. This is a newspaper made to educate and not to agitate. We have only just begun to serve.

We would like to publicly thank the Sisters of the Sunshine Band of the Church of God in Christ who have taken on a project of selling the Southwest Digest. Will you help the? If so, contact Sister Lauterdale today!!



TAMISHA MOORE, the three year old daughter of Ms. Tammy Moore, 2322 7th Street, is all smiles when asked if she is going to the South Plains Fair this year. Her answer "You got

that right!"
She also wants to wish a Happy Tenth Birthday to the Southwest Digest.
(Photo by Robert O'Neal)

Digest Anniversary



CO-PUBLISHERS -- T. J. Patterson and Eddie P. Richardson are shown in a recent press conference last week at the Digest office, 510 East 23rd Street.

At press conference a list of Blacks, Hispanics and Whites were congratulated by the Digest for their contributions to Lubbock.

Named EHS Director

Gloria Jean Gaines has been named to the administrative staff of Estacado High School, under the principalship of Carroll Thomas, as Activities Director. Her primary responsibility is to coordinate all student activities within the building for the entire school year.

She brings graceful efficiency coupled with heart-felt concern to her newly appointed office. Gloria is not new to the Estacado faculty and staff, for she has served as Assistant Band Director for the past three years.

A graduate of Dunbar High School and Texas Tech University, Gloria offers the Estacado High School both quality and sensitivity in many areas.

She holds membership in many of the professional teachers organizations and band masters associations.

When asked how she felt about the appointment, she responded, "At first I was quite apprehensive and questionable of my ability, but being a person who welcomes challenge, I felt competent that I could handle the job effectively and I am equally enthusiastic enough to give it my best. I thank God for the opportunity to serve in this capacity."

Gloria and family are active members of the New Hope Baptist Church where the Reverend S. C. Nash serves as pastor. Gloria serves as pianist for the church youth ensemble, Directress of the combined choirs and a member of the church orientation committee.



Gloria Jean Gaines

On Sunday, September 28, 1986, the Southwest Digest will celebrate ten years of continuous newspaper publication, at Ford Memorial Church.

Dedicated to T. J. Patterson and Eddie P. Richardson, Editors, SOUTHWEST DIGEST:

THE SOUTHWEST DIGEST

Ten years ago it was a dream;
A vision in the mind,
Until a newspaper was born
To help to free mankind...

The Lubbock Digest was its name,
And then with work and care,
The paper grew in strength and truth,
With hope and love and prayer...

And so today we want to thank
All those who gave their best,
For now the Southwest Digest stands,
A beacon in the West!!!
Hope C. Oberhelman

God in Christ, 1602 Quirt Avenue. Rev. A. L. Patrick, pastor of Zion Missionary Baptist Church in Lubbock, will deliver the celebration message. Choirs of the city have been invited to sing jubiliations of the occasion. Bethel AME's Male Chorus will also render a couple of arrangements.

Eddie P. Richardson and T. J. Patterson, Co-publishers of the Southwest Digest, both feel that this is really a worthy occasion to celebrate and be jubilant. Mr. Richardson states, "This is our opportunity to express our thanks to

Cont on Page 2

YOUNG LUBBOCKITES



"We are behind the efforts of the LUBBOCK DIGEST, and are proud to be citizens of the City of Lubbock," says the lovely daughters of Mr. and Mrs. Edward Scott, Jr. The lovely sisters are Cessaire Shavetta Navette, age 1, and Kimmie Keenoyna Nacole, 5 months. They are the grandchildren of Mr. and Mrs. Edward Scott, Sr., 2409 Globe Avenue and Mr. and Mrs. Willie Judie, 2914 East 23rd. Mrs. Alabama Walker, 2407 Globe, is great-grandmother.

Reception For Mrs. Ruby Phenix At Carver Heights



Ruby Phenix

The Lubbock Day Care Association will be honoring Mrs. Ruby Phenix in a reception on

Friday, September 26, 1986 from 4:00 p.m. until 6:00 p.m., for 25 years of faithful service.

The reception will be held at 1706 23rd Street (on the corner of 23rd and Avenue Q).

DHS/EHS Meet Friday

The game of the season will be held at Lowrey Field Friday, September 26, 1986, beginning at 7:30 p. m. when the fighting Dunbar-Struggs Panthers will take on the Number One 4-A team in the state, the Estacado Matadors.

These young people (above) were the first to appear in our first edition ten years.

Today, they are seen at right, namely; Cessaire Shavetta Navette, age 1; and Kimmie Keenoyna Nacole, age 9.

They are the grandchildren of Rev. & Mrs.

Edwin Scott, Sr. and Mrs. & Mrs. Willie Judie.

Their paternal grandmother, Mrs. Alabama Walker, is deceased.

It goes to show that the Southwest Digest has come a mighty long ways, from typewriter to typesetter.



Cessaire Navette



Kimmie Nacole

Register
&
Vote!!

**RUBY
JAY'S
CORNER**



New Hope Baptist Church, 2002 Birch Ave., convened on yet another Sunday with the 9:30 a.m. Sunday School Program. Supt. Swain was on his post of duty. The morning worship service began with devotion at 10:45 a.m., which was led by Deacon Gwens and Deacon Jenkins. Sis. Ida Johnson acted as radio announcer and the choir sang beautifully, while Sis. Cynthia Ball made the church announcements. Altar call prayer was rendered by Rev. A. L. Dunn, while Pastor Nash delivered the morning sermon. His title was "The Believer's Agenda," taken from the scripture, St. Luke 22:31-32. It was a spiritual message. As a result, one was restored to the church, coming from the Sunday School.

It was nice to see Sister Veora Francis visiting in the Hub City this week. She worshipped with us all day Sunday.

Don't forget to visit and pray for our sick and shut-ins and the families in bereavement.

Our known bereaved families are Rosie Reddic's, Doris Renee Gilmore's and Charity Davis'. Sis. Reddic lost her sister in L. A. California. Ms Gilmore

Digest 10th Yr
Continued from Page 1

the community and the surrounding entities for their loyal support and patronage over the past ten years. Mr. Patterson agreed with Mr. Richardson and expressed his feelings, thus: "We are using this time to showcase and highlight some of the personalities of our community who are worthy of praise and who have been a tremendous support to our community. We want to let them know that we appreciate them."

Messrs. Patterson and Richardson hope that everyone will set aside the time to share with them and the Southwest Digest, time to share with them, as they represent the first Black-owned and operated newspaper in Lubbock and have been in publication, continuously, longer than any Black-operated newspaper in the past history of the city.

This writer wishes to encourage everyone to come out on Sunday, September 28 and celebrate history in the making. Bring your children in order that they too, can be a witness. On Thursday, October 2, 1986, drop by the Southwest Digest, 510 East 23rd Street and have some refreshments and 'chat and chew' with the publishers and other well-wishers, for another ten successful years.

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**United Way Kicks Off
1986 Campaign**

was funeralized on Sept. 20, 1986, Saturday at St. Matthews Baptist where Rev. R. S. Stanley is Pastor.

Mrs. Callie Cato is in Methodist Hospital. Sis. Anna Rachel Thomas is in St. Mary's Hospital. Mrs. Helen Johnson is back in St. Mary's. Pray for them that they may grow stronger.

Sis. Davis Solace, Board President, is asking all who failed to pay their \$10.00 on the special on the 3rd Sunday, to do so before the 1st Sunday in October. Several auxiliaries will be combined that day. Your presence will be greatly appreciated. Do come out!

**A Voteless
People;
Is A Hopeless
People!**

Richard M. Morrow, Chairman and chief executive officer of Amoco Corporation and a member of the board of governors of United Way of America will key the 1986 United Way kick-off, according to Marjorie Kastman, chairman of the community drive. The kick-off is scheduled for 12 noon, Monday, September 29, 1986 at the civic center exhibit hall.

Mrs. Kastman stated, "We are very excited that Mr. Morrow will be speaking at our campaign kick-off. He is not only knowledgeable about the United Way but is dedicated to its purpose."

Morrow became chief executive officer of Amoco Corporation September 7, 1983, president in October 1978, and a director beginning April 1976. He now serves as chairman of the executive committee.

Prior to being elected Amoco subsidiary engaged in the manu-

facture and sale of Chemical products.

Morrow joined Amoco Production Company, another Amoco subsidiary in 1948. During the next decade he held a number of engineering and supervisory positions at locations in the Gulf Coast area.

A native of West Virginia, he received his secondary school education in Columbus, Ohio. He attended John Carroll University in Cleveland and, following 3 1/2 years in the U. S. Navy, received a Bachelor of Science degree in mining and petroleum engineering from Ohio State University.

He has been a member of the United Way of

America board of governors for four years and is presently serving as chairman of the strategic planning committee. A director of First Chicago Corporation, Morrow is also a member of the National Petroleum Council, The Business Council, The Conference Board, and the Business Roundtable. He also serves on the board and executive and management committees of the American Petroleum Institute. He is a trustee of the University of Chicago, the American Enterprise Institute, and Rush-Presbyterian-St. Luke's Medical Center.

Attending the kick-off, as has been tradition in the past, will be members

— Opportunity —

Receptionist: Youth agency, experience as counter sales person, work with variety of people. 745-2855, 8:30 - 4:30.



Simon Seafood

CONGRATULATIONS SOUTHWEST DIGEST on your 10th Anniversary 10% Discount on purchases of \$10.00 or more with this Ad in hand Saturday, September 27th. Parked at Eastside of McKenzie Center.

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THE PERSONNEL OFFICE IS OPEN From 8:00 a. m. until 5 p. m. Monday through Friday EQUAL EMPLOYMENT OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

— Opportunity —
South Plains College is accepting applications for a combination Men's Assistant Basketball Coach and Athletic Counselor for male and female athletes. Applicants must have an appropriate degree, Master's preferred. Applicants must demonstrate competencies in competitive coaching. Applications accepted to October 1, 1986. Send resume to Office of the Athletic Director, South Plains College, Levelland, Texas 79336. (806) 894-9611, Ext. 220. SPC is an equal opportunity/affirmative action employer.

Simon Seafood
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Saturday, September 27, 1986
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of civic clubs throughout the city. Over 14 clubs have pledged to either cancel their weekly meeting or attend the kick-off in addition to their regular civic club meeting. The presidents of each club will be seated at the head table and will be recognized for their participation.

The kick-off is open to the public and tickets for the luncheon are \$6.00. Those interested may pick up tickets at the United Way office, 2201-19th Street.

Congratulations!

May you continue to make outstanding contributions to the City of Lubbock and the South Plains of Texas as well as the world in your endeavor to print the truth to mankind. It has been a very difficult task, but the Southwest Digest has manned a very good posture. May God continue to bless each of you is our prayer.

Avis Elise Patterson Williams
Thomas James Patterson, Jr.
Shelia Renee Patterson

**Soul Sisters Social Club
16th Annual Dance**



— Baby Sitting —

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EDITORIALS • COMMENTS • OPINIONS

Editorial

Re-Segregating Lubbock's Schools! Final Editorial

We don't like that, and we don't think you ought to like it either. We don't like the School Board paying more attention to editorials in the A-J than to the students and parents in the central part of town who have been patiently asking the School Board for years to give them a fair shake and provide a decent junior high school in the central city. We don't like the U. S. Department of Justice being led around by the nose by the LISD, and meekly standing by, doing nothing, while this school system begins to re-segregate. The Department of Justice is supposed to be our advocate. Instead, the Department is behaving as though it had been frightened off by the anonymous commercial developer or developers interested in building a soon-to-be abandoned, weed-infested, vacant Lubbock shopping center on the old Thompson property. Instead of fighting, now it just writes letters.

The Lubbock School Board keeps talking about ending the Lubbock desegregation case, and obtaining an order saying that the schools in Lubbock are finally "unitary." That means they are no longer segregated into a "dual" system of white schools and minority schools. The School Board is not facing reality. What it is doing right now, in refusing to act responsibly to the needs of its students and the input from the Justice Department, will delay the ending of this case for a long time.

If the LISD goes back to a good old George Wallace "never!" as its answer to the present situation, then Lubbock's minority citizens will have no choice but to keep on seeking vindication of their right to be free from racial segregation in the schools by returning to the federal courts. That will cost all taxpayers a lot of money. It will be an unnecessary cost, and it will have been caused by the members of the Lubbock School Board.

We are not getting the representation we voted for, from our School Board Members on this matter. We need to let them know how we feel, and we need to assure them that if they won't do right on this issue, then at the next election we will vote for someone else who will.

INTERESTING PEOPLE

BIRMINGHAM'S BLACK MAYOR

DR. RICHARD ARRINGTON

SELECTED THE FIRST BLACK MAJOR OF ALABAMA'S LARGEST CITY... BIRMINGHAM, ON OCT 30 1978. A CITY COUNCILMAN FOR 2 YEARS AN EDUCATOR, HE WAS ENCOURAGED TO RUN FOR MAYOR AND WON. BORN OF SHARECROPPER PARENTS IN LIVINGSTON, ALA., HE GREW UP IN FAIRFIELD, A. A. HIS EARLY EDUCATION IN THE PUBLIC SCHOOLS. ENTERED MILES COLLEGE, GRADUATED WITH A B.A. DEGREE IN BIOLOGY. EARNED HIS MASTER'S



The eagle uses the same nest year after year, adding new material each year.

Southwest Digest

P. O. Box 2553 Lubbock, Texas 79408
\$15.00 per year - \$25.00 two years
Editors - Publishers
T. J. Patterson - Eddie P. Richardson

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

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Something Blacks Can Do Now



"I'M MORE ENCOURAGED TODAY THAN I HAVE BEEN IN A LONG TIME. DR. HAMILTON SAID HIS ENCOURAGEMENT DID NOT COME FROM THE ENLIGHTENMENT OF WHITE PEOPLE, BUT FROM THE DETERMINATION OF BLACK PEOPLE TO DO FOR THEMSELVES."
DR. CHARLES HAMILTON

TEAMWORK
SELF-HELP and
SELF-DETERMINATION

WHY ARGUE? THE FACTS ARE HERE

NNPA FEATURE

Business in the Black

By Charles E. Belle



Remedying Repairs That Just Can't Wait HOW TO DO IT WITHOUT HELP

Since I was a small boy I hated doing house work - any house work. Even repairs, which were meant for men! "Small Home Repairs Made Easy," a \$5.00 booklet by Robert L. Berko, a Consumer Education Research Center Publication (CCE), 439 Clark Street, South Orange, New Jersey 07079, did not change that feeling. However, he - bearded Berko, executive director of the non-profit national organization founded in 1969 and directed to informing and educating the consumer caught my eye, helped my pocketbook and awakened me to the waste of money for outside workmen. Would you believe you could darn near build a house from scratch by some of the suggestions in his booklet!

O. K., so you need a "lean-to" to start with, which is just about what I got. I mean my building is old. Like over 50, but fine to look at. It's just that things break down every now and then - more now than then. Table of Contents in the Berko's booklet tells me how to ready - repair toilets, leaky faucets, screen doors, door bells, walls, gutters, masonry, roofs and electrical plugs. Putting a screw cap back on a bottle is difficult for me, but not with this step by step booklet by Berko. I mean it's got pictures! Of the bottle, hole, cap and my hands!

Seriously, folks, finding termites and taking care of the little devils is done in two pages with pictures. Problems with doors such as squeaks, rattles, sticks or drags are drawn out in pictures for easy identification and cure. Perhaps, flies in the summer or leaking roofs from the rain are more pressing for you. You do not need to buy new screens, simply follow the instructions for quick repair with ready-cut screen patches to stop incoming flies. Forget calling a contract roofer, when all you need is the booklet, asphalt roofing felt and asphalt roofing cement for a few cents.

Considering I have already saved you money by your reading this far, and I still find working around the house disgusting, allow me to tell you how to fix the stopped up toilet drains. Don't drop the paper, purchase a plunger (force cup), plumber's auger (snake) and save about \$50-100 an hour each time the water just sits there smelling up the bathroom. Berko tells you with picture illustrations and plain everyday instruction how to unstop a toilet. The man's mind is not in the gutter.

In fact, other booklets available touch on an array of made easy to understand subjects, such as job hunting, social security benefits, effective public speaking, and How To Help Your Children Achieve In School. It's easy for me to recommend these booklets to you because they are easy to read and cheap.

Happy Birthday Southwest Digest! You Are Moving!!

Black News Briefs

John Lewis Upsets Julian Bond In Georgia Vote

Atlanta, Ga. - The next congressman from Georgia's 5th Congressional District will be civil rights veteran John Lewis. Lewis last week scored an upset victory over nationally known political activist Julian Bond by capturing 51% of the vote. Observers had picked Bond to win the bitter campaign which frequently saw the two veteran civil rights activists hurling angry charges at one another. The Lewis victory was termed by one Bond supporters as "white folks revenge." An analysis of the election results showed that while Bond received over 60% of the Black vote, Lewis was able to win by capturing nearly 80% of the votes casted by whites. Many whites viewed Bond as too radical.

Jesse Jackson's African Trip Wins Him Praise

Harare, Zimbabwe - The Rev. Jesse Jackson - America's leading Black political activist - last week completed a 17-day, 8-nation tour of southern Africa. Both reporters who accompanied Jackson and seasoned political veterans are labeling the trip "a surprising success." The Black leader met with heads of state, was greeted by large crowds and received a generally enthusiastic response. During his tour Jackson denounced current Reagan administration policy toward Black Africa and condemned Reagan's apparent support for the apartheid practicing white minority government in South Africa.

Black Poverty Figures Released

Washington, DC - According to the most recent Census Bureau figures, nearly one-third of all American Blacks live in poverty. The bureau found that 31.3% of Blacks earned yearly incomes below the government's official poverty level income. However, the percentage of Blacks living in poverty last year was 2.5 percentage points smaller than those living in poverty in 1984. Meanwhile, the Census Bureau revealed that the average yearly income for Black families is \$16,786 compared to \$29,152 for the average white family.

Ku Klux Klan Picks New Leader

East Windsor, Ct. - In an apparent bid to gain support outside of the South and the Midwest, the anti-Black Ku Klux Klan has elected Jim Ferrands of Shelton, Connecticut as its new head. Nearly 50 Klan members met recently on a 100-acre farm about five miles north of Hartford. The group spent two hours listening to racist speeches and burning crosses. Historically, the Klan has advocated white supremacy

and has engaged in violent, terrorist-type actions against Blacks and white supporters of Black rights.

Justice Department Denies It Will Ignore Election Bias

Washington, DC - Assistant Attorney General William Bradford Reynolds last week denied charges that the Justice Department was adopting new rules which would allow it to ignore election bias against minorities. Critics were responding to a department plan to clear election law changes without first determining if the changes will result in discrimination. Currently, under the Voting Rights Acts, nine southern states and parts of eight other states must get approval from the Justice Department before making election law changes. The regulation was imposed because those states had histories of discriminating against Blacks and other minorities. However, Reynolds said the department will go to court to change any plan which it thinks discriminates.

FREEDOM & SOCIAL JUSTICE

BY ALEXANDER R. JONES

Director of Minority and Third World Affairs for The Church of Scientology International

Children to be Guinea Pigs in Child Molester Experiment

Alexander R. Jones

In a move that stands reason on its head, the National Institute of Mental Health has granted \$832,000 for a bizarre three year psychiatric study in which children will be deliberately exposed to the danger of rape or murder by 100 known child molesters.

Fifty of these pedophiles, the technical term for child molester, will be given psychotherapy, the traditional "patient on the couch" type therapy. The other 50 will be given controversial behaviour modification treatment designed to create a feeling of physical discomfort or unpleasantness whenever the person becomes sexually aroused by children.

Once the 38 week period of therapy is over, they will only be required to send a written, daily account of their experiences to a researcher. Incredibly, these reports will be kept completely confidential; even criminal incidents will not be reported to law enforcement authorities!

First of all, the researchers themselves admit that traditional psychotherapy has not proven effective in reforming child molesters, and as far as behaviour modification goes, the results have been anything but promising. Mark Chapman, the man who killed John Lennon, was the product of a behaviour modification treatment program in a mental institution in Hawaii. Charles Manson underwent behaviour modification in California prisons before he led his infamous, ritualistic murders.

This program should be stopped at once. There's only one certain thing that it will produce, and that's sexually abused children. There have been too many criminals who have been treated with behaviour modification and then have committed even more heinous crimes than before. It is madness to subject children to such horrors.

Poverty And Childbirth Deaths Linked

Chicago, Ill. - Black women are three times more likely to die during childbirth than white women. The reason, says a new study, is poverty. The study was conducted by the University of Michigan in the urban areas of Chicago and Detroit. It found that nationally there were 5.9 maternal deaths for every 100,000 births. But among Black women the maternal death rate was 18.3 per 100,000 births.

AIR FORCE ONE



The C-20A (Gulfstream III) earned that new title recently when it carried the President and Mrs. Reagan from Washington, D.C. on an official trip to New York City. This Gulfstream is one of 11 owned by the United States Air Force. In contrast to the airliner-type aircraft usually assigned to the President, the Gulfstream normally seats 14 passengers. There are 120 Gulfstreams now in the service of 30 governments around the world.

Anniversary Special

From now through October 2, 1986, we are offering, in observance of our TEN YEARS of business a ONE YEAR SUBSCRIPTION for ONLY TEN DOLLARS (\$10.00). NEW SUBSCRIBERS ONLY. NO renewals, NO bills - PAID UP FRONT - ONLY!

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THIS N THAT!

WELL HERE IT IS, HOPE YOU LIKE IT! THIS N THAT ... has just completed a VERY LONG DAY ... but YOU KNOW WHAT ... we're happy ... that is ... because ... GOD ... saw fit for us to be able to ... PUBLISH ... a special edition ... for our TENTH YEAR CELEBRATION! You know ... it has been real ... HARD ... to be able to ... PUBLISH THESE TWENTY PAGES ... but thank God ... we

did ... We would like to have had more ... but we are ... THANKFUL ... for what we were able to do ... THANKS ... to those of you ... who brought a ... PATRON ... or said ... CONGRATULATIONS ... to the ... SOUTHWEST DIGEST ... at least now ... we know where we stand ... COME & WORSHIP WITH US!! THIS N THAT ... would like to ... ENCOURAGE ... our many ... FRIENDS & READERS ... to

come and be a part of our ... RELIGIOUS SERVICES ... come this Sunday afternoon ... at the ... FORD MEMORIAL COGIC ... 1602 Quirt Avenue ... We just want to ... PRAISE GOD ... for all ... HE HAS DONE FOR US ... Will you be with us ... SUNDAY AFTERNOON ... at 4 p.m. ... that is ... immediately after the ... regular meeting of the ... Federation of Choirs ... Come and praise God ... with us!

across the fence ... have a very good way of reminding you!! Anyway ... HANG IN THERE, KENNETH!! WHO ARE THEY?!! anyone can ... write and inform ... THIS N THAT ... who those ... BLACK SISTERS ... who walks ... with sticks in hands ... between ... AVENUE A & THE EAST 24TH OVERPASS ... we'll send you a ... FREE ONE YEAR'S SUBSCRIPTION ... to the ... SOUTHWEST DIGEST ... They even ... WEAR THEIR CAPS!! WHO ARE THEY?? WHAT IS THIS?? THIS N THAT ... has met a young man ... by the name of ... GERALD F. FREEMAN ... who is a producer ... and has organized a company ... called ... ODYSSEUS MUSIC PRODUCTIONS! THIS N THAT ... is most impressed with this young ... thirty year old fellow ... with a lot on the ball! You will be hearing more about him!! WHAT'S THIS?? THIS N THAT ... learned ... as we went to press Tuesday evening that a representative of the ... KLU KLUX KLAN ... was in the ...

HUB CITY ... Now why would they want to come here ... unless they have some ... ROBED FRIENDS!! Well ... that is the way it is ... travelling in life ... BLACK FOLK ... don't let the presence of those

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FROM THE PEN OF
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D. A. Smith
Pastor
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From Good To Evil

"And he did that which was evil in the sight of the Lord, after the abominations of the heathen..." II Kings 21:2.

Several nights ago as I was driving on one of our major streets, several young women who were scantily dressed tried to get my attention. As I drove beyond them, I thought, "Perhaps at one time or another these young women had attended some Sunday School or church services." My memory replayed a story that I had read of a minister who had received a telephone call in the early morning from a young woman who was in a hospital.

The story told of how the minister rushed to the hospital to find the young woman highly upset because she thought that she was dying. After prayer, the minister talked with her and learned that during the night she had been using illicit drugs and drinking alcohol with her friends when she began to cough up blood. She told him that she was in her late twenties and had been married several times, worked as a woman of the night and that she was not ready to die. She recalled attending Sunday school faithful as a teenager and then dropping out against the wishes of her Christian parents. Sadly, she lamented the course of her life that had changed from good to evil.

Manasseh had a good father, Hezekiah, but in the 55 years Manasseh reigned, conditions in Judah went from good to evil. The life of the young woman in the story went from good to bad in a short time and perhaps those who were trying to get my attention is of the same vein. Beware! Beware! Our lives can change from good to bad by such a small thing as missing church occasionally. This allows Satan to get a hold on our lives.

Musical Set For Saturday

Alexander Chapel will have a Musical Church of God in Christ Saturday, September 27,

We Thank God For Jesus "Lord, That's Incredible" Part 2

Matthew 1:21 - And she shall bring forth a son, and thou shalt call his name Jesus; for He shall save his people from their sins.

Lord, you came to save men from their many sins. Those mean and evil spirits, that live's within.

Mark 1:39 (Jesus) He preached in their synagogues throughout all Galilee, and cast out devils.

Matthew 9:32,33 - As they went out, behold, they brought to him a dumb man possessed with a devil. And when the devil was cast out, the dumb spake: and the multitudes marvelled.

"Lord, That's Incredible"

Lord, you did, and are yet doing great works. In this land, you can even restore one's withered hand.

Luke 6:10,11 - And (Jesus) looking round about upon them all, he said unto the man, stretch forth thy hand. And he did so: and his hand was restored whole as the other. And they were filled with madness; and communed (plotted) one with another what they might do to Jesus.

"Lord, That's Incredible"

Lord, you've worked miracles for us again & again, You're the one that controls the sea and the wind.

Proverbs 30:4 - Who hath ascended up into Heaven, or descended? Who hath gathered the wind in his fists? Who hath bound the waters in a garment? Who hath established all the ends of the earth? What is his name, and what is his son's name, if thou canst tell?

John 3:13 - Jesus said, and no man hath ascended up to Heaven, but he that came down from Heaven, even the son of man which is in Heaven.

"Lord, That's Incredible"

Lord, of all the things you did and do, there are those that yet don't believe in you.

Lord, you've worked in mudslides, earthquakes & explosions, naming a few, And people have made it out O. K. & won't praise you.

John 12:37 - But though he (Jesus) had done so many miracles before them, yet they believed no him (Jesus).

"Lord That's Incredible"

Lord, I thank God for you, I was a sinner man, I was as one of the 10 lepers but I've been born again.

Luke 17:17-19 - Jesus said; were there not ten cleaned? But where are the nine? There are not found that returned to give glory to God, save this stranger, and he said unto him, "Arise, go thy way; thy faith hath made thee whole."

Lord, thanks for making me into a new creation, "Now that's incredible!" AAAAAAMANN.

God is not through with us yet. Let's pray for one another always.

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Written by Billy "B. J." Morrison, III
Your Brother in Christ: Jesus, Always

Pastor & Wife Will Be Honored For 29 Years



Bishop W. D. Haynes

Mrs. Myrta Haynes

The members of Christ Temple Church of God in Christ invite their many friends to help them celebrate their Pastor & Wife's 27th Anniversary which is being set for October 1 through October 5, 1986.

Sunday evening, October 4, 1986 the Appreciation Dinner will be held at the George Woods Community Center, North Zenith Avenue and Erskine Avenue, beginning at 6:30 p. m.

Toastmaster will be Elder W. D. Haynes, Jr. The public is asked to

come out and help in this 29th Anniversary for Bishop & Mrs. Haynes.

Safe Kid Month

September means school and for parents of young children, their child's trek to and from school each day can be a constant source of worry.

Parents should teach their children basic common sense precautions, such as not accepting candy or rides from strangers. Parents should know how long it takes their child to walk to and from school. Immediately check any delay in arrival home. Also, know the safest route to and from school and instruct your children to follow that route. Visit the school and meet your child's teachers—they may know of hazards that exist at or near that school. Tell your child to never admit being home alone, on the phone or to someone at the door, and to never open the door to a stranger.

Children should be encouraged to talk with their parents if they ever have a problem, not only with a stranger, but also

Can't on Page 9

1986 beginning at 7:30 p. m. The Musical is sponsored by the Choir and Pastor's Aide.

There will be inspirational singing by well-known performers from the Lubbock area, namely; Mozell Wilson, Miss Katie Dawson, Theola Cooper, Shirley Molett, Deacon George Lewis' Faithful Few, Curtis to name a few.

We encourage all to come share with us a night of praise and worship to God.

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The Outreach Prayer Breakfast

The Outreach Prayer Breakfast met in the beautiful home of Sis. Betty Knocks at 1:00 p. m. on Saturday, September 20, 1986. What a meeting this was. Why not join us this week?

The scripture was Mark 11:22-26 which was brought by President Juanita Sowell. The highlights and emphasis were given by Sis. Burleson and others.

(22)-Jesus answered and saith unto them. Have faith in God. (24)-Therefore I say unto you. What things so ever ye desire, when ye pray, believe that ye receive them and ye shall have them. (25)-And when ye stand praying, forgive, if ye have ought against any- that your Father also which is in heaven may forgive you your transgressions.

Verse twenty-four will only work if you work out verse 25, to the utmost. There's healing in it. If you can get rid of those oughts-you have been hanging onto for years. There's no healing in oughts; the healing is in Jesus. He said, 'Have faith in me.' He will do the job well. You get it straight with your

brother and sister. Hate is too heavy a burden for any man to carry. Be a forgiving people. May God bless you real good. **Thought for the Week** Do you think God rested on the seventh day because he was tired??? or to set an example??? Think about it, y'all.

We thank God for the Southwest Digest and the publishers, for spreading the news over our community and beyond. **We are hoping that the next ten years will be greater and more prosperous than anyone can imagine. Happy Anniversary! Southwest Digest! (III John 1:2)**

If you feel the need, call us or write Outreach Prayer Breakfast and Project Blessing; P. O. Box 1223, Lubbock, Tx. 79408; or call 762-3347 and 747-7326.

To: The Sick and Hurting "You can make it." God loves you beyond any circumstances or conditions. He wants you to be well. "Let Him."

Our guest Saturday included Linda Hall, Tory Thomas, Tricia Thomas, Louona Brown and Betty Knocks. Thank you for coming. The day was a tremendous success because of you. Love y'all.

Our closing prayer was rendered by Louona Brown. We thank her for her prayers, and thank you for your prayers, donations and pledges. Keep the prayer tower before God. We are walking by faith and not by sight. Can any good come out of Nazareth???

We will meet Saturday, September 27, 1986 at 9:00 a.m. at 6508 Avenue P. Word of Truth Church. Rev. Roy P. Davjs is the pastor. "Come and see."

Juanita Sowell-President
C. Burleson-Vice-Pres.
Linda McLain-Act. Sect.
Dorothy Hood-Reporter

Singers Will

Appear Here

The St. Matthew Baptist Church presents its "Usher's Annual" October 5, 1986, beginning at 3 p. m.

Special guest will be the Wayside Travelers of Lubbock. Special guest speaker will Sister C. D. Collins.

Please come out and enjoy this day with us.

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XVII. OF CIVIL GOVERNMENT

Read: Rom. 13:1-7

I. HUMAN GOVERNMENT IS OF DIVINE ORIGIN.

A. God Himself Approves Of Nations And Civil Government.

1. He promised to make a great nation of Abraham. Gen. 12:2
2. He promised to make a great nation of Ishmael. Gen. 17:20
3. He promised to bless all the nations of the earth through Abraham. Gen. 18:18

B. God's Word Teaches Nationalism And NOT Internationalism.

1. No Scripture instructs man to set up a world government.
2. It does however, teach about many nations.
3. God stopped man's early attempt to build a one world government at Babel. Gen. 11:1-9
4. The Anti-christ will seek to establish a one world government.

C. The Authority Of Civil Government.

1. They have the authority to make laws and enforce them. (a)-1 Rom. 13:1-3; (a)-3 Ex. 18:22
2. The death penalty should be exercised by civil government. Gen. 9:6,8,12; Ex. 21:12. For more information, see Tract # B320, "Is The Death Penalty Scriptural?" by E. L. Bynum.

D. The Responsibility Of Civil Government.

1. To provide honest men to rule. (a)-1-2 II Sam. 23:3; Ex. 18:21-22
2. They are to execute judgment speedily and correctly. Ezra 7:26; Eccl. 8:11

E. The Responsibility Of Christian Citizens.

1. Rulers are to be treated with respect. (b)-1 Acts 23:5
2. Taxes are to be paid. Matt. 17:27; (b)-2 Matt. 22:21; Rom. 13:6
3. We are to obey laws and rulers. (b)-3-4-5 Titus 3:1; 1 Pet. 2:13,14; 2:17
4. We are to pray for rulers. 1 Tim. 2:1-3

II. DIVINE GOVERNMENT IS OF HIGHER ORIGIN.

A. There Are Limits To Civil Government.

1. If obeying man's law causes us to disobey God, then we are to obey God rather than man. (c)-1-2-3 Acts 5:29; 4:19-20; Dan. 3:17-18
2. This does not mean that we can disobey laws that are unjust, unliked, etc., BUT it is to be done only when to obey man would cause us to disobey God.

B. We Have No Right To Limit Divine Government.

1. We are to obey God now. (d)-1-2 Matt. 10:28; 23:10
2. One day all will obey Him. (d)-3-4-5 Rev. 19:16; Phil. 2:10-11; Psa. 72:11

We believe that civil government is (a) of divine appointment, for the interests and good order of human society; (b) that magistrates are to be prayed for, conscientiously honored and obeyed; (c) except only in things opposed to the will of our Lord Jesus Christ; (d) who is the only Lord of the conscience, and the coming Prince of the kings of the earth.

*** (a) Rom. 13:1,3. "The powers that be are ordained of God. . . . For rulers are not a terror to good works, but to the evil."

I Sam. 2:3. "The God of Israel said. . . He that ruleth over men must be just, ruling in the fear of God."

Ex. 18:21-22. "Thou shalt provide out of all the people able men, such as fear God, men of truth, hating covetousness; and place such over them, to be rulers of thousands, and rulers of hundreds, rulers of fifties, and rulers of tens: And let them judge the people at all seasons."

*** (b) Acts 23:5. "Thou shalt not speak evil of the ruler of thy people."

Matt. 22:21. "Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's."

Tim. 3:1. "Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work."

I Pet. 2:13-14. "Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king as supreme; Or unto governors, as unto them that are sent by him for the punishment of evildoers, and for the praise of them that do well."

I Pet. 2:17. "Honour all men. Love the brotherhood. Fear God. Honour the king."

*** (c) Acts 5:29. "We ought to obey God rather than men."

Acts 4:19-20. "Whether it be right in the sight of God to hearken unto you more than unto God, judge ye. For we cannot but speak the things which we have seen and heard."

Dan. 3:17-18. "Our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up."

*** (d) Matt. 10:28. "And fear not them which kill the body but are not able to kill the soul."

Matt. 23:10. "One is your Master, even Christ."

Rev. 19:16. "And he hath on his vesture and on his thigh a name written, KING OF KINGS AND LORD OF LORDS"

Phi. 2:10-11. "At the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

Psa. 72:11 "Yea, all kings shall fall down before him: all nations shall serve him."

Sunday School	9:45 a.m.
Worship Services	10:45 a.m.
Evening Worship Services	6:00 p.m.
Wednesday Evening Services	6:30 p.m.

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We don't often make rate changes in the Citibus system. But, this time it has become necessary to make a small change. So, as of October 1, the Econocard rates will undergo that small change. Citibus continues to bring you safe, economical and comfortable transportation...and the Econocard will continue to be a great convenience and value.

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City of Lubbock News

Commercial businesses and organizations will have the opportunity to display their products and services during the eight annual "Prime Time for Women" conference

in October.

The Women's Fair is a new feature of the conference and will offer businesses who market products and services to women to meet with

women of the community.

All businesses appeal to women in one way or the other, but certain enterprises may have more appeal such as day

care centers, personnel agencies, personal consultants, office equipment suppliers and the like.

Participation in the Women's Fair is open to any business and the deadline for registration is Oct. 11. The fee for a commercial exhibit is \$25, according to Louise Cummins, City of Lubbock staff liaison with the Committee for Women.

"We thought businesses in the city would welcome the opportunity to display their products and services to the 'Prime Time for Women' participants. We draw a diverse group of women to his conference. Many are professional women. We have housewives, management types, secretaries and a host of other types of women. The businesses can reach a wide range of women in the community," Cummins said.

The Prime Time conference will be held Saturday, Oct. 18 at the Texas Tech University Center. Registration begins at 8:00 that morning and displays must be erected and in place prior to registration.

Interested businesses and organizations can contact Louise Cummins at 762-6411, ext. 2282 or Helen Otken, Prime Time coordinator at 742-1526 for more information.

Safe Kid

Continued from Page 6 with a friend who can be called on any time there is trouble.

During the month of August, 403 residential burglaries were reported in Lubbock. Only 44 of these burglaries were in the 540 Neighborhood Watch areas.

Love the way you look.

Think of your face as a picture, and you'll realize just how important the frame can be.

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Frames from designers like Pierre Cardin, Bill Blass, Sophia Loren, Givenchy and others. With lenses precisely matched to your doctor's prescription. And in-store stylists to help you select the look that's best for you.

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Hang In There!! Happy 10th!!



EL EDITOR

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Eddie & T. J.
West Texas Hispanic News -
Pasatiempo

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& Family
Freddie - Waldo "Cat" & Yankee "Dog"

Congratulations
Digest
Your Friend,
Froy Salinas

Congratulations!!
T. J. & Eddie
& Staff
Ted Hogan

Congratulations!
Southwest Digest
Linda DeLeon

Congratulations!
SOUTHWEST DIGEST

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2612 Weber Drive
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Southwest Digest
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Southwest Digest!



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May Your Best Years Still Lie Ahead!
From:
The Christian Call News Service
P. O. Box 1224 Hobbs, New Mexico 88240
Bob Tieuel, Jr., Director

"The Pillar And Ground Of The Truth"
Fundamental Bible Baptist Church
Charles W. Baker, Missionary
1532 East 19th Street Lubbock, Texas
We wish to express our gratitude and eternal
praises to our Heavenly Father and Lord Jesus
Christ for His Sovereign and Providential
Leading the Southwest Digest editors in their
publishing all the articles of Faith and Schedule
of Services for the past two years.
Sunday School _____ 9:45 a. m.
Worship Services _____ 10:45 a. m.
Evening Worship Services _____ 6:00 p. m.
Wednesday Evening Services _____ 6:30 p. m.

Hang In
There!
Wish You
We!!!
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May God
Forever
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Good Luck!
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YOU'RE
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MILLION"

Congratulations on your anniversary!



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WHO'LL STAND UP FOR US?



Gerald
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for Congress

There are 435 members in the United States House of Representatives. It doesn't seem too much to ask of the one we send to Washington that he do his best to look out for our interests!

Yet, incredibly, at a time when no one in the country is suffering any worse than the oil producers and farmers right here in the 19th Congressional District, our congressman voted EIGHT SEPARATE TIMES last year AGAINST raising crop prices!

Who's looking out for OUR interests in Washington?

Gerald McCathern will
Gerald knows the oilfields of the Permian Basin. He knows agriculture from the Panhandle to the South Plains. And he knows the ropes in Washington!

Just as importantly, Gerald's not afraid to speak out. As readers of his three books and his "Agriculture Watchdog" newsletter will attest, Gerald McCathern understands what's happening to our area and the rest of rural America, and few people are more persuasive!

The 19th District needs a tough, informed representative in Congress while there are still people left in the 19th District to represent!

America first!

Not adv. pd. by McCathern for Congress Committee 801 3/11 First DL, Herald TX 79046

ACROSS THE NATION News From Home Folks

Post 808 Booker T. Washington- Cites Boy and Girl State

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 all-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.

There are many ways that we, black Americans, can help each other. The Philadelphia Spirit recently explored the creative ways blacks in Exchange Philadelphia are helping one another fight inflation through trading.

Throughout time, man has gotten many things he wanted and needed by trading what he had with someone who possessed the desired item.

People traded with each other in Biblical days. In American history, European settlers traded with the native American Indians. Even today, big and small businesses trade frequently with each other while the consumer has largely been left to float cash money for goods and services.

Well, if you're a consumer, worry no more! A group of Philadelphians, headed by a Southwest Philadelphia resident, has taken the practice of trading—or bartering as it is also called—onto another level and into another dimension...especially for consumers.

According to Leesa Gracy, director, Exchange Philadelphia (EP) is for everybody but particularly the person on the street.

There are many factors which make Exchange Philadelphia unique. Foremost is its structure and its accessibility to people at all levels of society. Unlike the business-oriented trade exchanges

which charge yearly membership and joining fees in excess of \$300, one can become a member of Exchange Philadelphia for just \$10.

Once a member, one can acquire more than 125 different goods and services without money changing hands.

Exchange Philadelphia, says Alvin Jackson, 37, a managing consultant, is "an alternative means to survival." Jackson, a Mt. Airy resident, says, "It is critical that people have an alternate way of getting things they need without spending money in this day of 'Reaganomics' (a new term meaning fiscal conservatism)."

EP public relations man Keith Green, 31, says, "We're trying to service everyone. High fees make trading exclusive, and it's important for people to find alternatives because goods and services are costing more and more and hurting low-income people the same way."

EP's design is tailor-made for low and moderate income individuals and families. Ms. Gracy designed it that way after starting the barter business in New York City years ago.

"I ran a day care center in the Bronx (her home before coming to Philadelphia) and I traded with my mothers who sometimes could not pay me. The practice went so well that it became the Bronx Mothers Exchange and I extended it to my church and to the students at my college (New York's City College)", said Ms. Gracy.

Ms. Gracy, a Washington N.C. native, now lives in Southwest Philadelphia with her sister, Margie Roberts and her two daughters, Sonja, 11 and Terri, 10.

The way EP works, members pay their fee, then are assigned a counselor who works closely with the member to effect trades whenever necessary. Said

Jackson, "Most people can afford EP if they only use it twice a year because they get their investment (\$10) back."

In addition to Gracy, Jackson, and Green, other consultants are Dr. Sandra McGruder, a physician who trades her medical services, and Joseph Crumley.

Because EP traders may be people with used household items to trade, Green says EP staff members are especially careful to monitor the quality of goods traded. Says Jackson, "We can't always insure the item is sound, but we make the trader aware of the condition of the item. If a person gets stuck, we act as arbitrators."

Ms. Gracy adds, "Every trader is required to inspect goods before he or she accepts the trade. So that way, the person knows exactly what he's getting before he gets it."

In the not-too-distant future, EP officials envision the start of an emergency barter bank. Through this bank, people would be able to get canned foods, blankets, and other items usually needed after an emergency and on short notice. EP officials say non-members will be able to receive goods and services on an emergency basis, but they will also have to agree to exchange something when asked to do so.

"People have a tendency to overlook their skills and non-visible assets", said Ms. Gracy, "and many people also have been spoiled by our system to the point where they wait something for nothing. We believe people can earn what they get even if they don't have physical items to trade they do have talents and skills to make available."

The telephone number for Exchange Philadelphia is 748-7304.

Our readers may wish to send congratulatory messages and messages of encouragement to the papers which

report happenings of interest and concern to us. Such messages may be sent to the publishers, editors or other persons by simply addressing them, using the name of The BMC Cooperative Paper, c/o Black Resources, Inc., 410 Central Park West, P.H.C., New York, New York 10025.

BUCKLE UP TEXAS

At a regular meeting of Booker T. Washington Post 808, on Tuesday evening, September 9, 1986, newly elected officers of the Legion and the Auxiliary were installed. D. Tucker of Post 438 in Slaton, Texas, installed the following officers in Booker T. Washington Post 808: Commander, Mr. Harry Bunton; First Vice President, Mr. Jimmy Walker; Second Vice President, Mr. Ralph Alexander; Financial Officer, Mr. Joe N. Davenport; Adjutant, Mr. Dan Quinney, Jr.; Sgt. at Arms, Mr. Fancy Richardson; Chaplain,

Mr. Thomas James Howard; Post Service Officer, Mr. Charles Terrell; Public Relations Officer, Mr. Alfred Cavie; Judge Advocate, Mr. Saul Williams; Historian, Mr. Roscoe Lawin Howard. Officers of the Auxiliary of Booker T. Washington Post 808 for 1986/87 were installed by Mrs. Justyne Morton of Post 808 Auxiliary. They were: President, Mrs. Georgia Richardson; Vice President, Mrs. Darlene Howard; Second Vice President, Mrs. Edna Rae Walker; Secretary, Mrs. Frances B-ll; Asst. Secretary,

Mrs. Renetta Howard; Treasurer, Mrs. Marjorie Thomas; Chaplain, Mrs. Ruby Washington; Sgt. at Arms, Mrs. Clara Lawson; Historian, Mrs. Minnie Ola Burton.

Students from the high schools of Lubbock, who were chosen on the basis of academic prowess, interest and counselor recommendations, were in attendance at this meeting along with their families as they reported on their activities at Girl State and Boy State. The students commented on their elation at being chosen to attend Boy and Girl State, related the invaluable experience

and knowledge gained about the government in Austin and expressed their thanks to the Post.

One young man stated that during his tenure in the legislature, that he introduced a new bill in which "No Pass, No Play" would be abolished.

The participants who stated that they had not been too enthusiastic about going to Boy and Girl State, told the group how the experience really gave them new insight, new friends and a different outlook on government and politics. The students who attended Girl and Boy

Cont. on Page 2

TRAVIS WARE HE WILL BE AN OUTSTANDING CRIMINAL DISTRICT ATTORNEY

A tough,
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Digest on its
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Arkansas Woman Leaves \$100,000

NASHVILLE, TN — Meharry Medical College has received a \$100,000 bequest from the estate of Addie Lee Wilson, an Arkansas woman who has also contributed towards creation of a scholarship fund at the school.

A lifelong resident of Marian, AR, Mrs. Wilson expressed interest in donating money to a medical institution following the death of her husband Fred, in 1979. Since he had died from diabetes-related causes and she herself suffered from diabetes and cancer, she wanted to donate her money where it would have some impact on the research into these diseases.

Olly Neal, Jr., Mrs. Wilson's attorney and the executor of her estate, told her of Meharry Medical College, the work being done there, and its historic mission as a leading educator of black physicians. Based on what she learned of the college, Mrs. Wilson designated in her will that Meharry receive \$100,000, and that 50 percent of the residue of

her estate be used as endowment for a scholarship fund to be named in her honor. She requested that at least part of the monies be used for research into diabetes and cancer at the college.

In accepting the bequest from Attorney Neal, Meharry President Dr. Satcher expressed his appreciation for this generous bequest from the late Mrs. Wilson, and the support shown Meharry by Mr. Neal. Support like this, from members of our community, has enabled this college to realize its important mission, and ensures we will continue in our goals. Mrs. Wilson's generous spirit will live on in the achievements of Meharry and its students."

Founded in Nashville in 1876, Meharry Medical College is a private, four-year historically-black institution dedicated to the education and training of health care professionals to serve in underserved communities. Nearly three quarters of its graduates are currently practicing the the underserved rural

and inner-city communi- ties of the U. S.

Booker T. Washington Legion

Continued from Page 1

State were: Melody Ann Wilson and Regina Wilson from Dunbar-Struggs; Drue Hicks and LaFrances Richardson from Estacado High; Lorenzo Gutierrez and Clarence Walker from Dunbar-Struggs; Michael Smith, O. T. Thomas and D. Tucker Tucker was not present to make a report.

Mrs. Frances Bell was the Girl State Chairman and she worked with the girls who attended Girl State in Seguin, Texas from June 17-27m 1986. Mr. Dan Quinney, Jr. was the Boy State Chairman, and he

worked with the boys who attended Boy State in Austin, Tx.

The meeting was highlighted with a lovely buffet dinner at the close of the business for the evening.

The next regular meeting will be held on October 14, 1986 at 8:00 p.m. The Executive Committee made up of officers, will meet at 7:30 p.m. All members and prospective members are invited to come out

and be a part of this great organization and its positives activities in our communities.

Government Affairs Report

On Thursday, August 14, 1986, The U. S. House of Representatives passed an amendment to allow a 10 percent set-aside of

monies from the total Department of Defense authorization for historically Black institutions and minority businesses.

Con't on Page 3

CONGRATULATIONS!

Southwest Digest on your Tenth Anniversary! You provide a much needed and wanted service to Lubbock and the Southwest. We at Furr's Inc. are proud to be an advertiser with you and hope the proud tradition of The Southwest Digest continues for many years to come.

Furr's Inc.

CANNON for Judge

County Court at Law No. 2

Paid for by the committee to elect Tom Cannon Judge, County Court at Law, No. 2.
Derry Meyers, Campaign Treasurer.
2022 Broadway, Lubbock, TX 79401

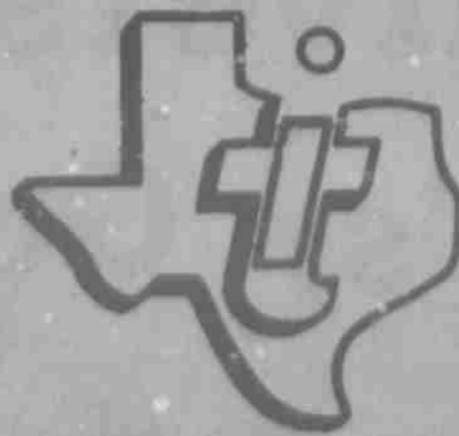


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FOR TEN YEARS

OF VALUABLE SERVICE!



TEXAS INSTRUMENTS
INCORPORATED
An Equal Opportunity Employer



The first newspaper printed on a train was the *Weekly Herald*, a single sheet, printed on both sides. It was issued by Thomas Alva Edison and the first known issue was dated Port Huron, Michigan, February 3, 1862.

Government Affairs

Continued from Page 2

Bill does not contain a set-aside provision. UNCF will be working closely with the House

The measure passed by a vote of 259 to 135. The Senate-passed Defense Authorization

Armed Service Committee at the House-Senate Conference to have this

provision included in the final bill. We will keep you

informed of further action, stated Michelle D. Stent, Director of

Government Affairs of the United Negro College Fund, Inc.

We Need Workers~

"The race needs works, not leaders,... such workers will solve the problems which race leaders talk about... and raise money to enable them to talk more and more ... When you hear a man talking, ... always inquire as to what he is doing or what he has done for humanity."

*Carter G. Woodson
Mis-education of the Negro*



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Enclose mail-in form, proof of purchase tag from four pairs of Wrangler Jeans (see drawing below) and original store-identified cash register receipt dated between July 23, 1986 and September 30, 1986. Circle the Wrangler prices on the register receipt. Receipt must be from store shown on mail-in form.

Within six to eight weeks of receipt, Wrangler Brand will send you a certificate good through December 31, 1986 for any pair of Wrangler jeans in stock at the store identified on this form. You must pay sales tax on the free jeans when you pick it up at the store.

Limitations: One certificate per form, two certificates per person, family, group or address. Offer void outside USA and where prohibited by law. You assume the risk of lost or delayed mail.

Offer expires: September 30, 1986.

IMPORTANT: All certificate requests must be postmarked by October 17, 1986. Ruster jeans do not qualify for this offer.

NAME _____

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CITY _____ STATE _____

ZIP _____ PHONE _____

(Zip code must be included)



Official Wrangler
Proof of Purchase
Symbol

GEBO'S

Thank you for shopping at Gebo's
Farm, Home & Ranch Stores
Now Open All Day Saturday

Congratulations
Eddie, T.J. and the
Staff
for 10 Years of
Serving
the Lubbock area.....



LUBBOCK
POWER
& LIGHT



GOLDEN, Colo. -- The Electrifying Anthony "Amp" Elmore, now in his fourth season of exciting bouts under the banner of Adolph Coors Company, recently won a 12-round unanimous decision in Memphis.

Elmore successfully defended his Karate International Council of Kickboxing (KICK) world heavyweight title by stopping KICK's third-ranked contender, Jeff Hollins, of Austin, Texas.

"Jeff can really take a punch," said Elmore, who bettered his record to 30-1 with this victory. "He was a tough opponent and a great competitor," he added.

Congratulating Elmore (right) after his June 28 victory are (from left) Sugar Ray Leonard, former world welterweight and junior middleweight boxing champion; and Joyce Kennedy, recording artist.

The Black Experience Collection of Videos

Los Angeles -- From Paul Robeson's history-making performance in *The Emperor Jones* (1933) to Howard Rollins Jr.'s Oscar-nominated role in *A Soldier's Story* (1984), Greenleaf Video's Black Classics on Video represents the best of classic black films available on video today.

Black Classic on Video offers viewers an in-depth look at the history and day-to-day experiences of blacks in America. Title selections include crowd-pleasers such as *Shaft*, *The Joe Louis Story*, and *Lady*

Sings The Blues, as well as lesser-known but equally significant and delightful works, such as *Bingo Long And The Traveling All Stars*, and *Cabin In The Sky*.

The collection was put together by Barbara Greenleaf, president of Greenleaf Video, and Richard Kahlenberg, founding archivist of the American Film Institute (A. F. I.). In determining the videos that were to be included in the collection, Mr. Kahlenberg consulted with experts at Howard University in Washington, D. C.; the

Black American Cinema Society of Los Angeles, a sub-division of the Western States Black Research Center; and published scholars of black film history.

Ms. Greenleaf is a former historian and author of two books that include aspects of the black experience: *America Fever: A History of Immigration*, and *Forward March To Freedom: The Story of A. Philip Randolph*. She feels "it is important for young people today to realize that blacks were among America's fore-

most performers well before the days of Mr. T. and Michael Jackson. Paul Robeson's brilliant performance in *The Emperor Jones* will live on forever in theatrical history. Now that these film classics are widely available at affordable prices, youngsters and adults alike will gain a fuller understanding of what it has meant to be black in America."

The Black Classics On Video series can be found in the Greenleaf Video catalog on pay 19. The catalog contains 2,000 special-interest

SECTION II
titles in the areas of sports, personal development, food & wine, exercise, adult education, travel & adventure, health, children and classic films. Few of these tapes can ever be found in neighborhood video stores, but obtaining a copy of the catalog is easy. It costs \$2.00, which is applicable towards the first purchase, plus \$1.00 for postage and handling. Catalogs and merchandise can be charged on a credit card simply by phoning the toll-free number, 1-800-ALL-HOUR (225-4687) out-

Cont on Page 8

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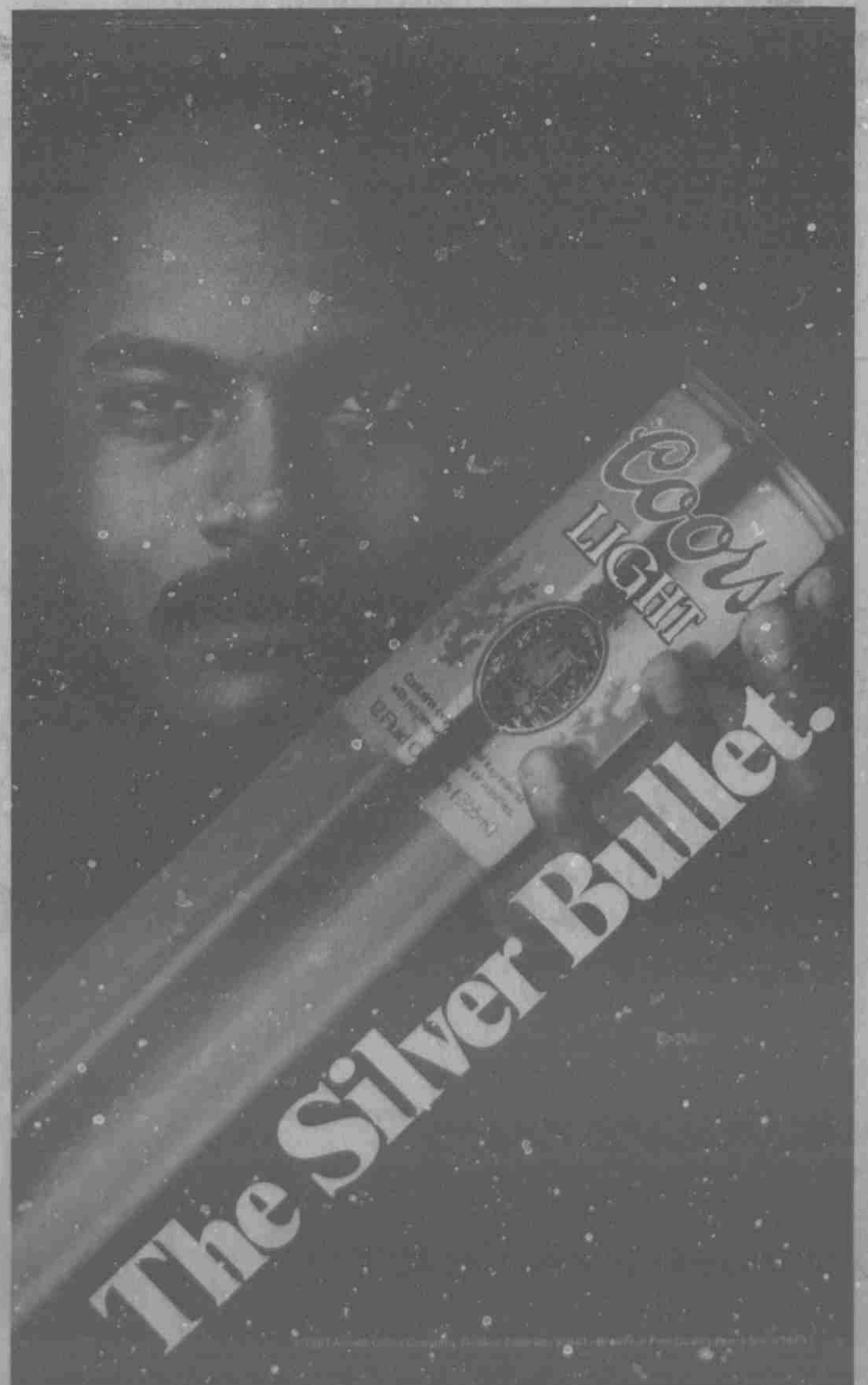
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For Ten Years Of Faithful Service!



Congratulations Southwest Digest!



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Cartoons By Black Artists

YAO

Black Cat's BEBOP FABLES

I WISH I COULD BE MORE OUTGOING!

I HATE BEING MEEK!

THE MEEK SHALL INHERIT THE EARTH!

THAT'S WHY I HATE BEING MEEK!

©1981, BLACK RESOURCES INC.

I'M BEING PUNISHED SO I HAVE TO GO STRAIGHT HOME

WHAT DID YOU DO?

Black Cat's BEBOP FABLES

I'VE GOT THE WORLD'S TOUGHEST JOB TO DO TODAY!

OH! WHAT IS THAT?

SOMETHING I PUT OFF DOING YESTERDAY...

...AND THE DAY BEFORE THAT!

©1984 BLACK RESOURCES INC.

MY FATHER GOT A NOTE FROM MY TEACHER. SHE MENTIONED THAT I HAD SAID SOMETHING DISRESPECTFUL IN CLASS

Black Cat's BEBOP FABLES

BELIEVE THE ONLY THING TO BE AFRAID OF IS FEAR!

A BELIEF IS NOT TRUE SIMPLY BECAUSE IT IS USEFUL!

©1981 BLACK RESOURCES INC.

YOU SHOULD HAVE TOLD HIM THAT THE CONSTITUTION GUARANTEES THE FREEDOM OF SPEECH!

I DID!

Black Cat's CUPBOARD

YAO

WHY ARE YOU TELLING ME ABOUT VITAMIN B6?

BECAUSE IT'S VERY IMPORTANT!

IT HELPS THE BODY USE PROTEIN TO BUILD BODY TISSUE!

IT HELPS THE BODY USE CARBOHYDRATE AND FAT... FOR ENERGY!

IT HELPS KEEP THE SKIN, DIGESTIVE AND NERVOUS SYSTEMS HEALTHY!

VITAMIN B6 CAN BE FOUND IN PORK, LIVER, HEART, BEEF...

...MILK, WHOLE GRAIN AND ENRICHED CEREALS, WHEAT GERM...

...YELLOW CORN...

...AND BANANAS!

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WOULDN'T IT BE GREAT IF INSTEAD OF FUSSING AND FIGHTING,...

HE SAID THAT I MAY HAVE THE FREEDOM OF SPEECH BUT NOTHING GUARANTEES MY FREEDOM AFTER SPEECH!

©1984 TYS

PEOPLE COULD JUST SIT DOWN AND TALK ABOUT THEIR PROBLEMS.

JOIN THE DOTS FROM 1 TO 45

Daffynitions
ELEMENT: What Ella really meant

...OVER A BAG OF POPCORN.

AND THOSE WHO HAVE BIG PROBLEMS CAN GET SOME BUTTERED POPCORN!

©1984 TYS

By Kofi Tyus

Kidney Care Club

HELP FOR TODAY, HOPE FOR TOMORROW: More than a hundred people from Idalou, Snyder, Slaton, Portales, Austin and Lubbock attended an organizational luncheon of the Kidney Care Club held in the President's Conference Room at Texas Tech University Health Sciences Center, Thursday, August 21st.

The meeting's purpose was to bring together kidney patients, families, caregivers, and professionals to initiate a support group that will address program ideas and methods to better help the patient and families to cope with kidney disease, according to Sheryl Boyd, ED, E., Assistant Chairman, Internal Medicine, Associate Professor of Hospital Organizational Management. Program participants who addressed the group were: Neil Kurtzman, M.



Mr. & Mrs. Robert Tolbert of Lubbock, Texas. Mr. Tolbert received a kidney in January, 1986.

D., Chairman/Professor, Internal Medicine, Betty Stotts, R. N., Head Nurse Southwest Kidney Institute, Suzanne Wolfenbarger, MSW, Social Worker; and George Farrell, D. D. S., Chairman Pro-tem of the Kidney Care Club. "The Southwest Kidney Institute's 4,000 square foot laboratory, funded mainly through grants, is addressing kidney problems daily.

The goal of the Institute is to provide care, teach students to become specialists in kidney nephrology and to add to the body of knowledge of kidney disease," said Dr. Kurtzman. Talking on the concepts of a support group, Betty Stotts pointed out that support groups, such as the Kidney Care Club, are a way to develop a formal mechanism for people to get together with common interests or problems and share their concerns and experiences. It brings together patients with all types of problems and treatments.

"We as health care workers can only provide so much; with this group you will be dealing with each other; have someone you can identify with or relate to, as with any chronic disease," said Betty Stotts.

Suzanne Wolfenbarger continued speaking on the concepts of support groups. "You as kidney patients are experts; you all know what it is like to be on dialysis, to have a transplant," she said. Dr. Farrell ended the

meeting by saying, "The Kidney Care Club will be a patient oriented support group. We are the ones with the problem. The group will be composed of those of us who have kidney disease, pre and post transplant patients, family members, friends and caregivers."

The next meeting of the Kidney Care Club will be September 25th at the Health Sciences Center, Room 2B152. Complimentary lunch will be served at noon. Please call 743-3539 for reservations.



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Administrative Procedures of West Texas Legal Services

You have a legal problem and cannot afford a private attorney? One of your alternatives may be West Texas Legal Services. West Texas Legal Services is a non-profit organization funded through the Legal Services Corporation. West Texas Legal Services provides legal services to qualified persons in certain civil matters. How does a person know if West Texas Legal Services can help? In this article, we will outline the steps a

person must take in order to obtain legal assistance from West Texas Legal Services.

All appointments are made on Mondays on a first-come, first-serve basis. In order to make sure you can get an appointment for any given week, we urge you to call as early as possible on Monday. Office hours are from 8:30 a.m. to 5:00 p.m., but the switchboard opens at 8:00 a.m. When you call on Monday you will then be given an

appointment for either Tuesday or Wednesday of that same week. All appointments are made thirty (30) minutes apart beginning at 9:00 a.m. to 11:30 a.m. and then from 1:00 to 4:30 p.m. on Tuesdays. On Wednesdays, appointments are set only until 11:30 a.m. Once all appointments are filled up, then no more appointments will be set. You will then be instructed to call back on the following Monday.

Assuming that you were able to get an appointment, you were scheduled a set time to come in to the office. Please make sure that you come in at least ten (10) minutes before your appointment time. This will allow for the filling out of your application. If you are late, you may have to sit and wait until an attorney is free or you may have to reschedule your appointment for another time. Also, when you come at your appointment time, be sure you bring any documents that you may have pertaining to your legal problem. At the time of your appointment, an application will be completed in order to determine your financial eligibility. Some of the questions you will be asked include:

- (1) Number of people living in your household;
- (2) Monthly wages of all persons living in your household;
- (3) Any other type of income or assistance being received by any person living in your household;
- (4) Any type of assets you may own (automobiles, real property, cash, or any type of account in a financial institution);
- (5) Any liabilities you may have (medical monthly expenses to doctors or hospitals, medication, child support, or child care, or other work-related expenses).

After all this information has been completed, you will then be able to speak to an attorney or other staff member regarding your legal problem.

After you have given the information regarding your legal problem to the attorney or other staff member, you will be

instructed to wait for a letter informing you if your application has been accepted. The attorneys meet on Wednesday and discuss individually all the applications that came in on that week. The attorneys have priority guidelines which they have to follow in order to determine if your application will be accepted. If your application is accepted, you will receive a letter letting you know which attorney has been assigned to your case and other necessary instructions in order to proceed with your case.

If your application has been rejected, you will be sent a Notice of Denial and Right to Appeal Letter. This letter will give you the reason why your application was rejected and information on how to appeal. If you are not satisfied with this decision, you do have the right to appeal and you must do so within ten (10) days of receipt of the letter. Simply just fill out the appeal part of the letter, write out a statement why you are appealing, and return the appeal letter and statement by mail or in person to the Administrative Secretary, Leticia A. Cuevas, who will instruct you further. After your appeal has been received by West Texas Legal Services, the Managing Attorney, Marvin Rogers, will review your application again, plus any new information you can provide. Mr. Rogers will then affirm or reverse the decision on your application.

If the decision is affirmed, you will receive a letter from Mr. Rogers explaining his decision. You will also be notified that you can further appeal his decision to the Deputy Director, Jesse Gaines, in the Fort Worth Office. If you decide you want to proceed with the appeal, then all of your material will be forwarded to Mr. Gaines for his review. You will also have an opportunity to contact Mr. Gaines directly regarding your appeal. If Mr. Gaines reverses the decision, he will return all material to Mr. Rogers,

who will in turn notify you by mail as to which attorney has been assigned to your case. If the decision is affirmed, you will be notified by letter from Mr. Gaines. If at this point you feel it necessary to proceed with your appeal, then your appeal will be submitted to the appropriate committee of the Board of West Texas Legal Services who will make the final decision regarding your application. Again, you will be notified by mail as to their decision.

Now, what happens if you were served with citation papers on Monday afternoon, or any other day, and you called West Texas Legal Services and all the appointments have already been filled? West Texas Legal Services has a "Lawyer-of-the-Week" system to handle emergency situations. A specific attorney is assigned to handle these matters daily. If you have such an emergency arise, call and give the receptionist as much information as possible. If you have been served with papers from the Sheriff's office, then be sure and pass this information along. The receptionist will then determine if you actually have an emergency situation based on the information given. If it is determined an emergency, then you will be given a set appointment to come into the office that same day to talk to an attorney. You still need to follow the application process explained above, but after you have talked to an attorney you may be instructed to wait until a determination can be made on your application. If it is a problem which we can assist you with, you will at that time

be informed as to the attorney assigned to your case. If we cannot take the case, you will be notified as soon as possible so that you can obtain private counsel if necessary.

West Texas Legal Services is located in Lubbock at 1220 Broadway Ave., Metro Tower, Suite 1601. Our phone number in Lubbock is 763-4557. We also have a Texas toll-free number for persons living in the

surrounding counties. That number is 1-800-692-4637.

If you live in any of the counties listed above and have a legal problem and cannot afford a private

Continued on Page 8



The Temple of Karnak on the Nile in central Egypt, built in 1900 B.C. has the largest columned hall ever built.

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To My Good Friends,
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On The
The 10th Anniversary
Of The Southwest
Of The
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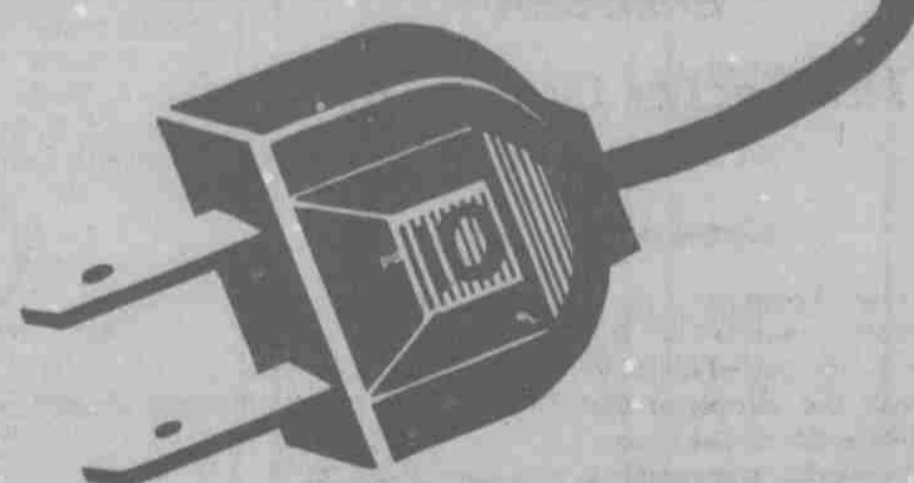




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Southwest Digest
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and
sends best wishes for
continued success

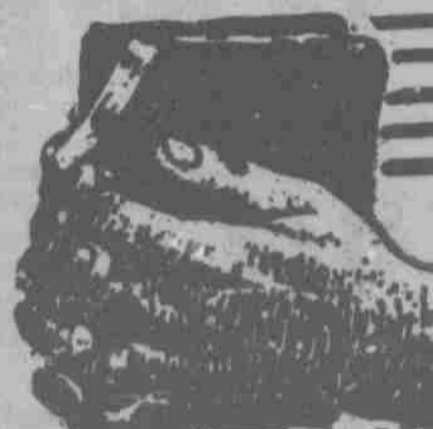
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Advertisements Not Showing Changes In Attitudes

LUBBOCK:—Advertising often serves as a somewhat fuzzy mirror reflecting the attitudes of a society, according to a Texas Tech University marketing professor.

Humberto, Valencia said that while there have been significant changes in attitudes toward sex-role stereotypes, Latin American magazine advertising is not reflecting those changes.

"Significant socioeconomic changes related to the woman's position in

Latin American society have taken place in the last decade," Valencia said. "Those changes include an increased number of women in the labor force and pursuing careers, changing family role structure, and unfavorable social attitudes toward traditional sex-role stereotypes. While the strong traditional norms of these countries are changing, it is not necessarily being reflected in their magazine

advertising."

Valencia and doctoral student Aurora Vasquez have examined the portrayal of men and women in Latin American magazine advertising and have found that as women have taken a larger economic role in society, the incidence of females in significant roles in the ads decreased.

While the changes are occurring, Valencia points out that they are happening at a much slower rate than in more economically advanced societies because of more stringent cultural, religious and ideological norms.

"The number of women working in Argentina, Brazil, Mexico and other densely populated Latin American countries ranges between 20 and 40 percent," Valencia said. "In the U. S., Canada and England, for example, that number ranges between 40 and 60 percent."

Despite gains by women, the magazines researched showed a slight decline in the role of women over the last 10 years. Valencia and Vasquez used 12 general interest magazines from Argentina, Brazil, Colombia, Mexico, Peru and Venezuela for their study.

Scholarship Application Forms Available

Scholarship application forms are now available for young men and women from the Lubbock area to apply for 1987-88 Rotary Foundation Education awards for study abroad. Each scholarship is valued at approximately \$20,000.

According to president Tom Craig of the Lubbock Rotary Club, the foundation offers educational awards in five categories. The awards include round-trip transportation,

of 21 and 50; and journalism awards for those who intend to pursue the profession of journalism and are between the ages of 21 and 35.

In 1947 the Foundation began its program of sending young adults abroad for study and since that time, the Foundation has awarded more than \$35 million for its various programs.

More than 10,000 young men and women have gone to foreign countries for a year of study through the programs.

As a non-profit organization, the Rotary Foundation is supported

by voluntary contributions from Rotarians, Rotary Clubs, and friends of Rotary in 154 different countries.

The deadline for applications is October 1, 1986.

For further information or applications contact Dr. Billy I. Ross, Department of Mass Communications, Texas Tech University, Lubbock, Texas 79409 (806) 747-3385.



Ron Hunt, an infielder who played with various National League teams, holds the record for getting hit by pitched balls: 243.

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55

- ACROSS**
1. Bant
 2. Joke; slang
 3. Dry
 4. Image
 5. Card game
 6. Ore deposit
 7. Fried cake
 8. Passageway
 9. Ally
 10. Ever; poetic
 11. Latin
 12. Be
 13. Dawn goddess
 14. Robert E.—
 15. Roofing rock
 16. Look at
 17. Leaner
 18. Nail
 19. Monkey
 20. Japanese coin
 21. Tellurium: simple
 22. Map book
 23. Clever
 24. Ocean
 25. Split
 26. Appease
 27. Pure and simple
 28. German "I"
 29. Experienced
 30. Comfort
 31. Bashful
 32. Duct
- DOWN**
1. Swing music phrase
 2. Land measure
 3. Empty
 4. Come in
 5. Flashed
 6. Hair arteries
 7. Depart
 8. Baba
 9. Evergreen shrub
 10. At rest
 11. Animal
 12. Sings in a round
 13. Public notice
 14. Printer's measure
 15. Wing
 16. Recede
 17. Over; poet.
 18. Breaks
 19. Weapons
 20. Golf mound
 21. Sea eagle
 22. Poem
 23. Showy
 24. Fasten to
 25. Article
 26. Pinnacle
 27. Appeal
 28. In
 29. Chinese weight
 30. Eskimo house
 31. Whale
 32. Service charge
 33. Lives



A vacation can be hard work. For instance climbing up the newly restored Statue of Liberty may be exhilarating, as is the view from atop, but it also taxes the limbs; and waiting on line may tax the nerves. All this can dissipate, however, if you have something soothing and refreshing to recover with, such as a glass of delicious iced tea. You can sit back in your favorite recliner, stretch out those weary limbs, and congratulate yourself for having prepared a pitcherful beforehand.

"Hear the other side."
St. Augustine

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Dr. Martin Luther King, Jr.

Side One:

- The Richard Allen Story
- "Battle Hymn Of The Republic" (Wilberforce University Choir)
- Dr. Martin Luther King, Jr. (Speech)
- "We Shall Overcome" (Morehouse College Glee Club) Arr. by Dr. Wendell Whalum

SIDE TWO:

- Dr. Martin Luther King (Speech)
- "Trampling" (Morehouse College Glee Club) Arr. by Uzee Brown, Jr.; Baritone solo Lee Mitchell
- Roy Wilkins (Speech)
- "I'm Building Me A Home" (Morehouse Glee Club) Arr. by Dr. Wendell Whalum, Tenor solo, Henry Goodgame
- "A Big Little Boy Was He" (The Casher Philharmonic Choir) Written & Arr. by A. Leon Casher, Solo by Larry Nobles
- "O Come Let Us Sing Unto The Lord" (The Eleventh Hour Singers) Write and Arr. by Betty L. Scott

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While men and women appeared equally in about one-fourth of the advertisements sampled, Valencia said there was a difference in the roles of those characters.

Females were half as likely as men to be portrayed in a work situation and twice as likely to be found in a decorative role or a family scenario," he said.

Substantial evidence of female sex appeal was found in the research, Valencia said. While there was very little nudity, females were 10 times as likely as men to appear nude. Females were also twice as likely as males to appear as sexy and seductive.

When the occupational status of the characters was apparent, females were significantly more likely to appear as professional endorsers such as models, entertainers or athletes rather than holding business or office jobs.

Valencia said the advertising was studied over a 10-year period because culture and society evolve over time.

"We found that while the number of persons featured in advertisements remained about the same, there was a slight increase in the number of males, while female numbers declined," he said. "Also, the incidence of males in significant roles increased while the number of females in similar roles decreased. Both of these trends are contrary to expectations about social change."

West Texas Legal
Continued from Page 7
attorney, then contact our office and set up an appointment to see if you qualify for our services.

Black Experience

Continued from Page 4

side CA, or sending a check or money order to Greenleaf Video, Inc., 3230 Nebraska Avenue, Santa Monica, CA 90404. (213) 557-2043.

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Quick & Easy Meals

by Mildred
Mildred B. Griggs, Ed.D.

Whip Up A Breakfast, Quick

When your morning schedule is hectic, you can still whip up a special breakfast for your family or guests. Try Shrimp and Cheddar Omelet or a simple Fluffy Omelet, and you'll have a delightful meal in a matter of minutes. These recipes are excellent for brunch or even a late night supper.

If your family likes Mexican foods, you should certainly try Breakfast Burritos. To make them, fill four tortillas with cooked sausage, eggs, and grated potatoes. Shredded cheddar cheese and Picante sauce add extra color and flavor to this easy morning main dish.

Next week we will continue with Breakfast and Brunch recipes, until then, good cooking.

SHRIMP AND CHEDDAR OMELET

- 1/4 pound unpeeled small fresh shrimp
- 2 green onions, finely chopped
- 1 tablespoon butter or margarine, melted
- 6 eggs
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1 tablespoon butter or margarine
- 1/2 cup (2 ounces) shredded Cheddar cheese

Peel and devein shrimp. Sauté shrimp and green onions in 1 tablespoon butter or margarine in heavy skillet until the shrimp turn pink; set aside, reserve 2 shrimp for garnish, if desired. Combine eggs, milk, salt, and pepper; beat well. Heat a 10-inch omelet pan or heavy skillet until it is hot enough to sizzle a drop of water. Add 1 tablespoon butter or margarine; rotate pan to coat bottom. Pour egg mixture into pan. As mixture starts to cook, gently lift edges of omelet with a spatula and tilt pan so uncooked portion flows underneath. Spoon shrimp and cheese over half of omelet when eggs are set and top is still moist and creamy. Loosen omelet with a spatula and fold uncooked side over filling; remove from heat. Cover and let stand 1 or 2 minutes or until cheese melts. Gently slide omelet onto a serving plate; garnish with reserved shrimp, if desired. Serve omelet immediately.

Makes 3 servings

FLUFFY OMELET

- 4 eggs, separated
- 2 tablespoons water
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- CHEESE SAUCE (recipe follows)

Beat egg whites (at room temperature) until foamy; add water and salt. Beat until stiff peaks form. Beat egg yolks in a medium bowl until thick and lemon color. Fold whites into yolks. Heat in an ovenproof 10-inch omelet pan or heavy skillet over medium heat until hot enough to sizzle a drop of water. Add butter or margarine; rotate pan to coat bottom. Spread egg mixture in pan leaving sides slightly high. Cover, reduce heat, and cook 8 to 10 minutes or until puffed and set. Bake at 325° for 10 minutes or until a knife inserted in center comes out clean. Loosen omelet with spatula; fold omelet in half. Gently slide omelet onto a serving plate; spoon cheese sauce over top.

Makes 2 servings.

CHEESE SAUCE

- 1 tablespoon butter or margarine
- 1 tablespoon all-purpose flour
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/2 cup (2 ounces) shredded sharp Cheddar cheese

Melt butter in a heavy saucepan over low heat; add flour and cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Add salt and cheese; stir until cheese melts.

Yield: 1/2 cup.

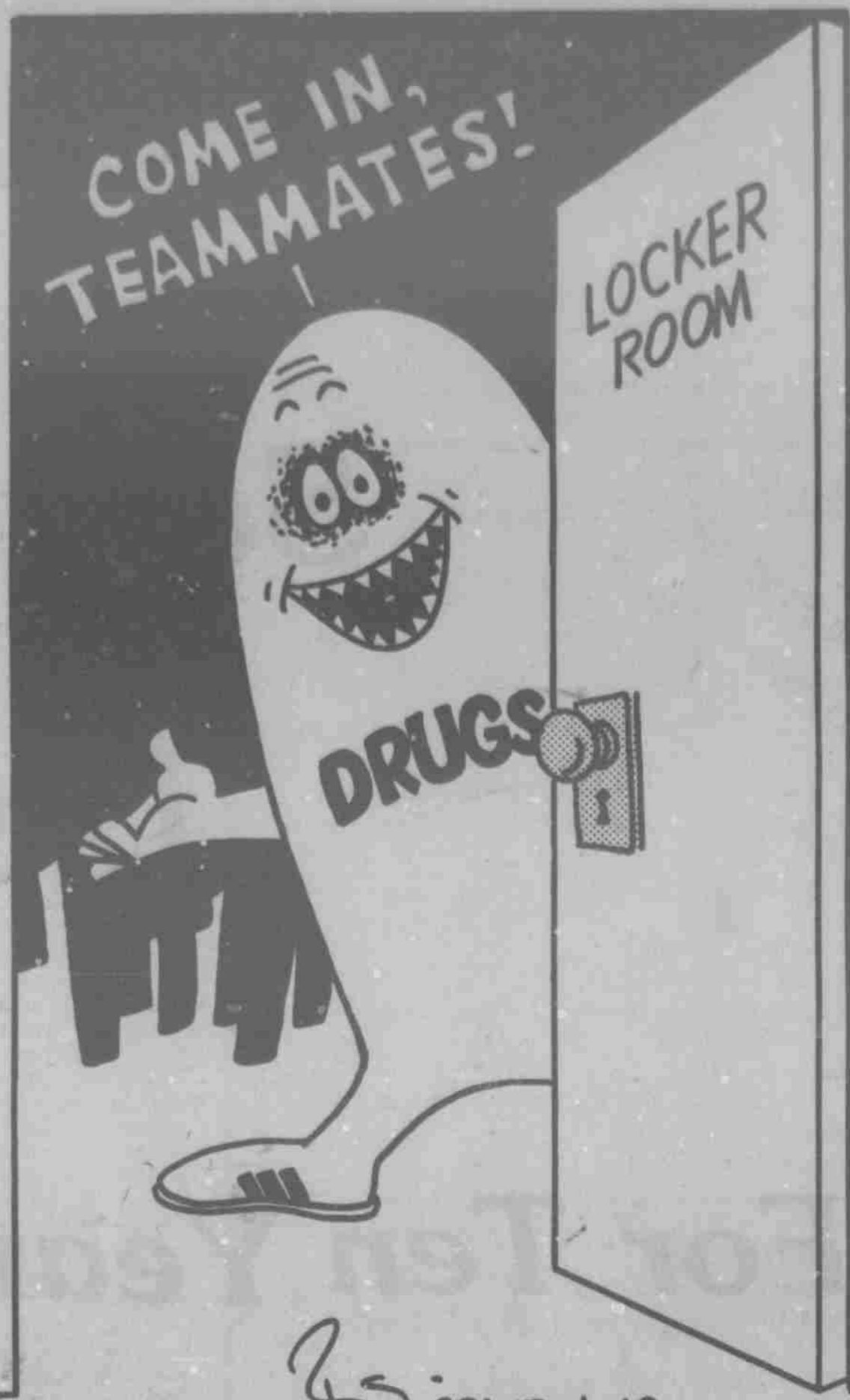
BREAKFAST BURRITOS

- 1/2 pound bulk pork sausage
- 2 large potatoes, peeled and grated
- 1 medium-size green pepper, chopped
- 1/2 cup chopped onion
- 8 eggs, beaten
- 8 (8-inch) flour tortillas
- 1/4 cup butter or margarine, melted
- 2 1/2 cups (10 ounces) shredded Cheddar cheese
- Tostitos® brand Picante sauce

Cook sausage until browned; drain, reserving drippings in skillet. Set sausage aside. Add vegetables to skillet, and cook until potatoes are browned. Add eggs; cook, stirring occasionally, until eggs are firm but still moist. Wrap tortillas tightly in foil; bake at 350° for 15 minutes. Spoon an equal amount of egg mixture in center of each tortilla; roll up. Place filled tortillas in a lightly greased 13- x 9- x 2-inch baking dish; brush with butter, and cover with foil. Bake at 375° for 10 minutes; sprinkle burritos with cheese. Cover and bake 5 minutes or until cheese melts. Serve with Picante sauce.

Yield: 4 servings.

Dr. Griggs invites you to send your suggestions or questions to: Quick & Easy Meals by Mildred, Sage Feature News Service, 3101 Martin Luther King Blvd., Dallas, Texas 75215.



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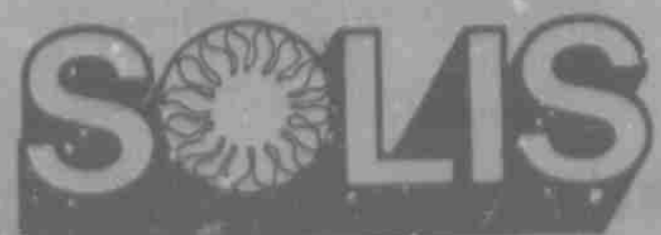


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And The

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