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Community Housing Resource Board Revived

The Lubbock Community Housing Resource Board (CHRB) was recently revived by the federal Housing and Urban Development (HUD) office in order to promote fair and equal housing opportunity in Lubbock. The Board is made up of representatives of neighborhood and community groups. Its purpose is to work with the West

Texas Homebuilders Association and Lubbock Board of Realtors in complying with their voluntary affirmative marketing agreements with HUD. The CHRB plans to do 3 things in the next year to carry out its purpose. First, it will do a study of obstacles to fair housing in Lubbock using census data, housing and racial patterns,

mortgage availability and other information. The study will then be used to try to pass a fair housing ordinance in Lubbock. Second, the CHRB will carry out an educational campaign on fair housing laws and equal opportunity in housing. Information will be sent out by newspapers, radio, TV, brochures, and neighborhood seminars. Third, the CHRB will work with the housing industry, through the West Texas Homebuilders and Lubbock Board of Realtors, to comply with their voluntary agreements with HUD on fair housing.

President Ronald Reagan's support in this campaign for United States Congress, Larry Combest said. "It is with great pleasure and utmost appreciation that I accept President Reagan's endorsement," said Combest.

Reagan Endorses Combest

The endorsement follows a meeting Larry Combest had with President Reagan at the White House in Washington, D. C. June 19, 1984.

Register & Vote Today!



FOR BEAUTIFUL SKIN - Mrs. Minnie Gaston, at right, the 75 year old wife of the Birmingham, AL, business legend A. G. Gaston, introduced "Minnee Skin Saver," a skin cream, to the New York area market recently as her first independent business venture. With her, at the debut of a new line of Minnee Cosmetics at New York City's fashionable Rainbow Grill, Rockefeller Center, were, from left, Gustav

Heningburg, President of Gustav Heningburg Associates (Newark, N. J.), Mrs. Elizabeth Jenkins, sister of Mrs. Gaston and President and Director of the Printing Trade School and Ms. Carol Jenkins, Correspondent for WNBC-TV, New York City. Minnee Cosmetics international headquarters is at 229 Park Avenue So. 2nd floor, New York, N. Y., 10003, (212) 473-1005.

Revival Set Here

Elder Willie C. Mitchell will be in a revival at Holy Temple Church of God in Christ, Geneva and Ivory Streets, Slaton, Texas, September 27, 28 and 29. Each service beginning at 8 p. m. Come and see what God is doing for his people. You will be amazed. Signs, Wonders! Healing and Miracles! Time is running out! Believe the Bible. Time is running out.



Elder Willie Mitchell



NAACP Knock-a-Thon Saturday Morning

The Lubbock Branch of the NAACP will be winding down its voters registration Knock-a-Thon Saturday, September 29, 1984.

Citizens interested in helping are asked to meet at Bethel African Methodist Episcopal Church on Page 2.

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

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Worth More

VOL. IX, NO. 3

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LUBBOCK, TEXAS

SEPTEMBER 27 THRU OCTOBER 3, 1984



DOUBLE AWARD - Shelia Payton (holding plaque), public relations manager for the Miller Brewing Company's Lowenbrau and Magnum brands, accepts the first of two awards presented by Urban Forcus Newspapers during a luncheon at the newspaper's second annual minority women's career conference. One award was for Miller's sponsorship

of the luncheon; and the other for Ms. Payton's career achievements. Making the presentation are Marcia Dyson (left), public relations coordinator for the conference, and Yvonne Greene (center), conference coordinator. The conference and luncheon were held at the McCormick Inn in Chicago.

Black Caucus Weekend To Focus On New Power

by
Larry A. Still
Capital News Service

Washington - CMS - Over 15,000 representatives of community, institutional and political organizations are expected to converge upon the Capitol here for the Congressional Black Caucus Foundation's (CBCF) Fourteenth Annual Legislative Weekend, September 26-29.

The sessions to be held in the Washington Hilton Hotel and the Cannon Congressional House Office Building on Capitol Hill will feature discussions on the black family, international affairs, women in business, education, affirmative action, corporate affairs, legislation, voter participation and mass communications. Most of the 21 black congresspersons will conduct

"CBC Braintrust Workshops" on these subjects and over 150 exhibits providing information for black community progress will be on display in addition to the annual awards dinner, prayer breakfast, fashion shows, luncheons, receptions and a tennis tournament. Rep. Louis Stokes (D-Cleveland), CBCF president, and Rep. William H. Gray, III (D-Philadelphia), CBCF weekend chairman, have expressed hope that participants and the media will concentrate on the political and legislative goals of the event instead of the social activities which usually attract onlookers. Reservations for most of these latter events have been sold out long ago, officials said. The annual weekend hosted by

all the black Democratic party members of the U. S. House of Representatives presently serves as the Foundation's major fund raising vehicle for conducting research and assistance in the preparation of legislation. But it also serves as the prominent gathering of the nation's most influential black leaders. And it provides a forum for the exchange of ideas, discussion of important issues and the distribution of information. According to Congressman Stokes, the weekend provides a unique opportunity for Blacks and other concerned Americans to meet, reflect, focus and plan for continued progress. For example, it was at the CBC affair last year that the idea of a black candidate

making a serious bid for the Presidency began to develop, a spokesperson stated. "This year, we saw the results of this discussion," the staff member added.

The candidate, the Rev. Jesse Jackson, will be the keynote speaker at the prayer breakfast, Saturday, September 29. Later that evening at the awards dinner, Reverend Jackson will be presented the (Rep.) Adam Clayton Powell Award for his substantial contribution to black political awareness and empowerment. The award will be made in memory of the late congressman from New York.

Singers Jean Carne and Arthur Prysock will provide music for the dinner. A cabaret concert, featuring the Pointer Sisters and the Manhattan, will be held Friday, September 28 at the Sheraton Washington Hotel for the benefit of the CBCF Endowment Fund. The CBCF Spouses will host two annual fashion shows to support the CBC Fellows Program.

Texas State Council Holds Meet

The fourth largest Black

church organization in the world is the Pentecostal Assemblies of the World, according to Ebony magazine.

This Church will hold its Texas State Council at the South Park Inn, West Western, Loop 289, South Indiana and Loop 289, October 2 through 6, 1984.

Bishop R. A. Walls is the Overseer of the Texas Diocese of the 13th Episcopal District.

Bishop Walls has over 80 churches in his Diocese, from San Antonio to Houston, from Fort Worth, Dallas and all over Texas, including West Texas.

The church in Lubbock is called the Foundation Apostolic Church, 1701 Parloway Drive, Elder Willie C. Mitchell, founder and pastor.

The council chairman is District Elder Elroy Smith of Seguin, Texas.

The public is invited to attend these nightly services, beginning at 7:30 p. m.

Lubbock Hosts First Elderly Foster Care Program in Texas

Currently in the West Texas area there is a need for an alternative form of care for the elderly. For elderly who are unable to care for themselves, there are few alternatives. Those who do not qualify for private skilled nursing or cannot afford other types of live-in or nursing home services are left without any choices. The geriatric, or Senior Citizen, population is growing rapidly due to medical advances and increased lifespans. Since 1950, the geriatric population has doubled by the year 2000, the census bureau

expects the over 65's to triple, and the over 75's to quadruple. The over 75 age group is one of the fastest growing populations in the country.

In Lubbock County there are 10,539 people over 65 and 6125 people over 75. These figures correspond closely to United States figures which state that 11.28% of the total population is over 65 and 4.4% are over 75. Health care officials expect this trend to continue rising.

The problem that arises is what to do with the growth of the Senior Citizen population as they become more dependent in their health care needs. With cutbacks in Medicare, alternative solutions become very costly. One solution to the problem came to Lubbock with the creation of a foster care program for the elderly. Modeled very similar to the foster care for children program, this proves to be more cost effective alternative.

Elderly persons needing assistance with their basic day to day care are placed in individual foster homes for 24 hour care or 8 hour day-care. The foster families are persons who have been specially trained in geriatric care, safety, nutrition and CPR (cardiopulmonary resuscitation). These foster families have undergone a rigorous background inspection, home inspection, and fire and safety inspection to

become eligible to care for these Senior Citizens. Clients are matched to their foster families for more compatible placement. Once placed in the foster home, the Client is visited by a Registered nurse once weekly to ensure proper care. The care can involve full time 24 hour care, or 8 hour care.

The eight hour care program serves as a very unique alternative to private duty nurses. The day care program really benefits the working family. A Senior Citizen can continue to live at home with his family, but be guaranteed quality care during the day with his foster family while his natural family is at work. Space for eight hour care can be in an individual home or in an adult day care center.

One of the most interesting facets of this program is its uniqueness. Lubbock is the first city to host a program of this kind. Senior Foster Services is the only licensed foster care program in the state of Texas. Through community support and utilization of its services, Lubbock can continue to provide an innovative solution to the growing Senior Citizen population. Generally, the program pays about half the cost of live-in and private duty.

Senior Foster Services serves Lubbock and the nine surrounding counties including Hockley, Lynn, Cochran, Terry, Lamb, Garza, Crosby, Floyd and Hale. Lubbock County was the origin of the first group of foster families trained.

Continued on Page 4

Richards, Combest Debate Party Politics

Don Richards, a Democrat, and Larry Combest, a Republican, are running for the 19th Congressional District seat presently held by Kent Hance. Party politics in the House of Representatives is a key issue between them.

Richards said the House is democratically controlled and will be for the next 10-20 years. He said a freshman Democrat would have more influence than a freshman Republican. He said, "A freshman Republican is a minority within a minority."

Combest said the democratic leadership in the House is liberal and forces freshman Democrats to vote the way they (Democrats) leaders in the House want.

Richards said that as a conservative Democrat he would be able to apply a swing-vote in Congress. The swing-vote comes when the liberal Democrats vote one way and the republican vote another, leaving conservative Democrats with the swing-vote.

Richards said George Mahon, Kent Hance and Phil Gramm bannisted from this swing-vote.

Combest said that the Democratic House leadership would try to stop any swing-vote

He said that what happened to Phil Gramm is an example. Combest said that the swing-vote is only effective if two groups always vote the same.

Richards said the chairman of the Agriculture Committee had assured him that he would be on the Agriculture Committee of the House.

The chairman of the Agriculture Committee is a Democrat because the House of Representatives is controlled by the Democratic Party.

Undocumented Aliens Have A Right To Admission To Schools

Certain school age children have been wrongfully denied admission to the Lubbock Public Schools this fall because they were "undocumented aliens."

Such denial of admission to public schools of "undocumented" or "illegal" aliens was held by the U. S. Supreme Court to be unconstitutional. Pursuant to the case of Plyler v. Doe, all school age United States citizens, legally admitted aliens, and undocumented aliens have an entitlement to a tuition-free public education if they are residents of the school district where admission is sought. If there are other families whose school-age children have been denied admission to the

Lubbock Public Schools this fall because they were "undocumented" or "illegal" aliens, they

should contact West Texas Legal Services at 763-4567 for further information.

Church's Retains Black PR Firm

Church's Fried Chicken, Inc., headquartered in San Antonio, Texas, has announced the appointment of B & C Associates, Inc. of High Point, North Carolina, as its corporate consultant on community and public relations. The appointment was announced by Richard F. Sherman, president of Church's Fried Chicken, Inc. B & C Associates is a 24-year-

old minority owned company specializing in public relations and management consulting. Robert J. Brown is the president and chief executive officer of the firm. B & C Associates, Inc. will be working directly with Kay Richardson, national director of public relations at Church's Fried Chicken, Inc. B & C Associates has been

Fall Fashion Pageant

The Women's Mission Ep. of Community Baptist Church will present a fall fashion pageant Sunday, September 30, 1984 at 5:30 p. m. The pageant will be entitled "What Shall I Wear?" It

will also feature models from the community family.

All are invited to come out and witness this spiritually enlightening event. The Mission Chapter will sing and the women will present a skit full of surprises which you will not want to miss.

The members are looking forward to seeing the residents of the community present.

Reverend Tony Williams is pastor; Sister Mae Pearl Jackson, president; and Sister Barbara Wilson, program chairman.

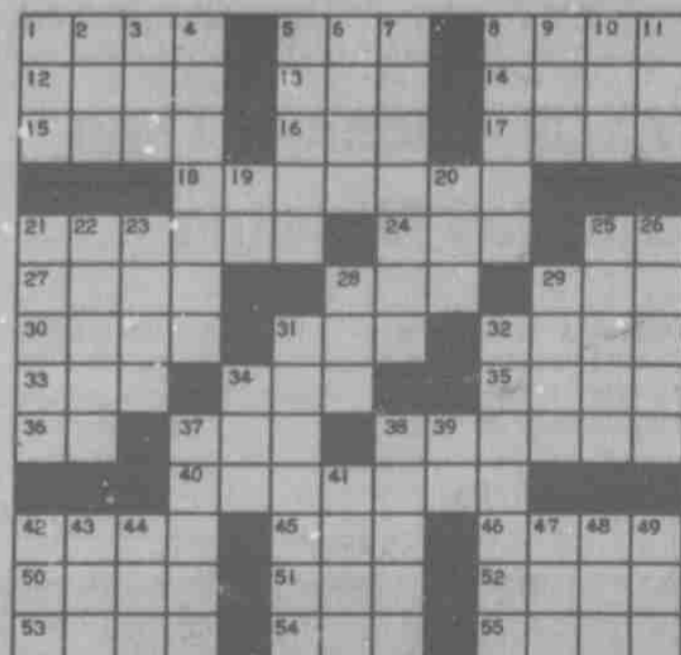
designated to provide services that will enable Church's to broaden its human resources and minority programs at local and national levels.

VOTE NOV. 6TH



★ CROSSWORD PUZZLE ★

- ACROSS**
- 1. Servant
 - 5. Harms no one
 - 8. Hair color
 - 12. One hundred sixty square rods
 - 13. Ballad
 - 14. Leaf collector
 - 15. Forest antelope
 - 16. Pasture land
 - 17. Lambs' mothers
 - 18. Make equally adjusted
 - 21. False pride
 - 24. Long ago
 - 25. Exits
 - 27. Lily plant
 - 28. Parched
 - 29. Parental gift
 - 30. Subdivision parcels
 - 31. Happiness
 - 32. Cupid's weapon
 - 33. Half of two
 - 34. Hard-shelled insect
- DOWN**
- 1. Enraged
 - 2. War flyer
 - 3. Anger
 - 4. Roller skating races
 - 5. Foolish act
 - 6. Mental thought
 - 7. Small cafe (Sl.)
 - 8. Spring color
 - 9. Chilly
 - 10. Piece out
 - 11. Word of consent
 - 19. Present
 - 20. Shy
 - 21. Courage
 - 22. Without companionship
 - 23. Musical tone
 - 25. Carried away
 - 26. Penetrate
 - 28. Collie, for one
 - 29. Dry soil
 - 31. Circus act
 - 32. Hangs loosely
 - 34. Prohibit
 - 37. Government revenue
 - 38. Removed moisture
 - 39. Off and —
 - 41. Survive
 - 42. Small insect
 - 43. Worm
 - 44. Noah's craft
 - 47. Farm grain
 - 48. Appropriate
 - 49. Plant moisture



Answers on Page 5

Southwest Airlines Names New PR Manager



NPNA FEATURE
COPING
by
Dr. Charles W. Faulkner

I always enjoy and appreciate the letters that I receive from you, and I answer most of them personally. Following are excerpts from a few of the hundreds of letters that I received last month. My responses are included. Your letters are welcomed, also.

"Dear Dr. Faulkner, Why is it that the press is always jumping on Michael Jackson? Why can't they like him like everybody else does? A.J.P., Newark, N.J."

"Dear A.J.P.: There are many thousands of people who work for radio, television, newspapers and magazines. Some of them like Michael Jackson and some do not, and some have no opinion. It is the publicity of many members of the press that has made him famous. Without the press, no one would know about Michael Jackson.

"Dear Dr. Faulkner, I am of Jewish heritage and get quite perturbed when I read about how blacks are blaming Jews for their problems. Violence by Farrakhan is no way to solve their problems. Education is the road to success. D.G., New York, N.Y."

"Dear D.G.: The majority of blacks blame racial discrimination for most of their problems—not any particular race or religion. Blacks are essentially among America's most law-abiding citizens. Minister Farrakhan has never been charged with harming anyone. Meir Kahane, on the other hand, has. Education is the beginning of the journey to success. Society must reward blacks for their education just as it does whites. You can help with understanding and accurate information.

"Dear Dr. Faulkner, Your column on sexual problems hit the spot. How can I get my husband to be more effective during intercourse? Betty, Omaha."

"Dear Betty: Communication with your husband, knowledge about sexual foreplay and sexual encounters, understanding and encouragement will get you started on the way to happiness, with your mate. If more knowledge is needed, consult your library. If professional help is required, get in touch with your family physician or with a certified psychological counselor. Don't give up and don't criticize him. (That will just make matters worse).

"Dear Dr. Faulkner: I am confused about the "male, female, male" behavior of Michael Jackson and Prince. Are they queer? How should I react to homosexuals? Jackie, LA.

"Dear Jackie: Both Michael Jackson and Prince deny that they are homosexual. I believe them since there is no evidence to the contrary. Every human being should be respected whether you agree with their philosophies or not. You may not like oil painting but that does not mean that you should not associate with oil painters. Enjoy your life and allow others to enjoy theirs.



Many cats and dogs are waiting for their owners to discover them at the City Animal Control Center, 401 North Ash, before it is too late. (By City Ordinance, untagged pets are destroyed after 3 days ... lost owners, please hurry).

Riding in the back of pickups places dogs in high risk situations. Many suffer broken bones or teeth, and bruises from being jolted against the sides, while others even die from falling out or being run over afterwards. PAWS (People for Animal Welfare) promotes responsible pet ownership and urges you to tag your cats and dogs. 762-6411, Ext. 2059.

Let Us Know Of Your Event!

The Southwest Digest would like to know of the events of your organization or club. We want the entire City of Lubbock and the South Plains of Texas know what you are planning to do this week, month or year.

It is important that you advise so we can continue to add to this new addition to this newspaper. No matter what the event is, please advise us so we can advise our many readers.

Send your information to: Event, P. O. Box 2553, Lubbock, Texas 79408.

Of course, this means any type of church related program in our community. Brenda Vincent would also like to interview you about your happening.

Help us make this a great page, and serving a purpose we all will be proud.

An Appeal

We appeal to you, my brothers and sisters, to respond in the form of year subscriptions to the *SOUTHWEST DIGEST* newspaper. We are greatly in need of at least \$15,000 to assist in the day-to-day operations of the administrative office and the cost of printing. This amount of money will have to be raised by November 1, 1984. If this amount is not reached, we will be forced to move this newspaper into another direction.

We are forced to appeal to you, Black people, since you believe as we do in securing our community against deceptive forms of communications which promote a cynical view of Black people (African-Americans). There is no need for this negative view of our people. The media and mainly the press is guilty of these types of tactics because Whites and other nationalities of people continue to benefit from these racist attitudes. These attitudes only harm us, especially the children. We began the *SOUTHWEST DIGEST* newspaper to combat this racist and negative attitude against the people, mainly *POOR PEOPLE*. This includes Blacks as well as Whites and Mexican-Americans. Whites and Mexican-Americans are now catching hell, too. It is from this promise that we receive, and anything else (rumors) that you might have heard is totally false; this is only being said to undermine what we are trying to do in America.

On the Black Press in America, these publishers will have to stop taking the middle of the road and start taking the position of leadership in our communities in America. Some, though not all, have been guilty of exploiting the aspirations of Black people only to stop short of true liberation. They have only liberated their expense accounts. They call that being a good businessman. That is a sick mind. No wonder there are no more true leaders in our communities. Their concern is what is good for business.

We greatly appreciate your past and continued support, mainly the advertisers and our supporters for standing by as we developed this source for making this community a better place to live and work.

This idea came from our, Muhammad al-Kursum — publisher of the *NEW BAYVIEW*, San Francisco, California. Thanks for the idea, Brother Muhammad al-Kursum.

Again, thanks to you for whatever you would like to do to help us in this effort.

T. J. Patterson - Eddie P. Richardson
Co-Publishers

RUBY JAY'S CORNER



Sunday School began last Sunday morning at 9:30 a. m. with Supt. Swain in charge.

Morning services began at 10:45 a. m. Devotion was conducted by Deacons R. J. Givens and Charles Blue. The choir and ushers were at their post of duty.

The sermon was delivered by Pastor S. C. Nash. His subject was "Go To Your Mountain." His scripture was St. Luke 6:12.

Two children united with the church.

Wednesday night, members of New Hope will journey to Abernathy, Texas as guest of Rev. J. B. Lester and his church. This will be a mobile revival. Pastor Nash will bring the message. Thursday night, tonight, the mobile revival will be at New Hope Baptist Church. Pastor Nash is asking all members to be

present and host this glorious event.

The new church secretary of New Hope is Diana (Dikra) Thomas. She will be in the office Monday through Friday, from 1:30 p. m. until 5:30 p. m. All news to be printed in the church bulletin should be in her hands no later than 5:30 p. m. Wednesday.

Bernice Kelly visited her aunt in Honey Grove, Texas over the weekend.

The fifth Sunday Mission Day program will be held Sunday. The program will be a drama entitled "Old Ship of Zion." The presence of everyone is appreciated. Everyone is asked to pay \$5.00. Joan Y. Ervin is chairperson of the program.

KIDS' KORNER

RIDDLE FUN! WHAT KIND OF HAT DOES A LIAR USUALLY WEAR?
START COUNTING WITH THE C AND PUT EVERY THIRD LETTER IN THE BOXES BELOW AS YOU FIND IT.
CUARPFTIAB
QLKNSCMEVY
HGJZROWXD

SCRAMBLED LETTER OMELETTE
USING ALL OR ANY PART OF THESE 5 LETTERS, YOU WILL DO WELL IF YOU CAN FORM 5 WORDS. 10 WORDS — EXCELLENT!
N I S L A

Submit Your Name Today!!

It is very important that we become involved in the issues of our community. If you live in District Two, contact your City Councilman — T. J. Patterson — and let him know you want to get involved in the issues of the City of Lubbock.

Voting Is Needed Here!!

West Texas Laminating
1206 Portland
Plainview, Texas
79072
806-293-8139
Alline Tilley

Attention

Don't miss a single issue of the Southwest Digest. You can pick up your Southwest Digest at one of the following business establishments:

- * United Super Markets in Lubbock & Slaton, Texas
- * Town & Country Stores in Lubbock & Slaton, Texas
- * Cavjels - 1719 Avenue A
- * Buddy's Supermarket - 904 50th Street
- * Newburn's Meat & Grocery - 1721 Parkway Drive
- * Triway Grocery - 3461 Railroad Avenue
- * D. C. Kinner Barber Shop - 1701 Parkway Drive
- * Snappy Shine - 1110 Avenue J
- * Brooks Super Market - 1807 Parkway Drive
- * Kwik-O-Food - 1528 East Broadway
- * Joe & Paul Barber Shop - 1528 East 19th Street
- * Fina Station - 34th & Avenue A
- * Beauty Cover-Up Unlimited - 1813 Parkway Drive
- * Southwest Digest - 510 East 23rd Street

People bringing about good things for themselves and others.



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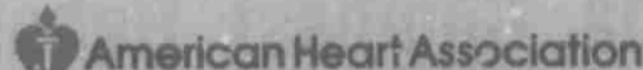
DO SOMETHING TO MAKE YOUR WIFE JUMP UP AND DOWN.



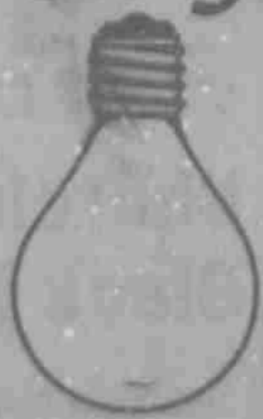
Convince her to join you in the kind of sensible, regular exercise program that can help prevent heart disease. And contact the

American Heart Association for more information on healthy habits worth encouraging in those you love.

WE'RE FIGHTING FOR YOUR LIFE



There are a lot of ways you can save on your electric bill ...



Call us today.

We want to help you conserve energy ...



SOUTHWESTERN PUBLIC SERVICE COMPANY

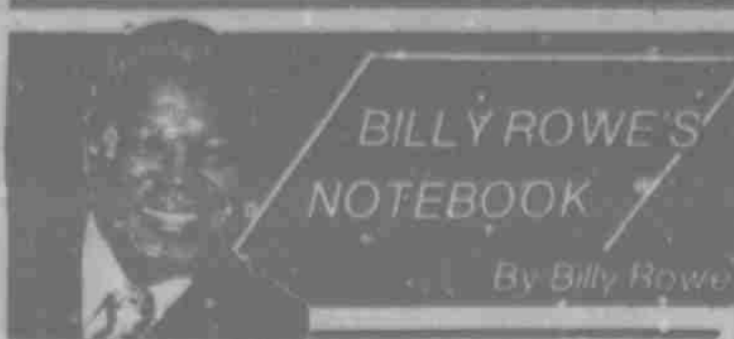
ENTERTAINMENT

DINING

THEATRE

ZOOPEP
The Ripper Sez:

SEPTEMBER 12, 1984



SOMETHINGS TO WRITE HOME ABOUT

N'Rocheville, N.Y. --The closing windows of minority opportunity, a commentary from Dwight Ellis, the minority/special service, Nat'l Ass'n of Broadcasters veeep, is worth writing home about whenever you're from. It's too long for the full write hand treatment, but you must dig what we consider his pertinent points. For openers he said: "The windows of opportunity for Black and minority participation in the communication/entertainment industries may be closing. In good faith they cannot blame the system for where we are, or not, unless we can legitimately be satisfied that we have exhausted all means of preparing ourselves for the exercise of power and participation. In '84 Black America produced 300 State Legislators, 21-members of Congress, 250-Mayors and more than 400,000 businesses. Black Americans spent more dollars in '83 than the gross national product of Canada or 140 other countries throughout the world. In spite of this laudable progress, and apparent wealth, Black Americans can lay claim to ownership of less than 1% of the prime vehicles of news, information and entertainment in the nation."

Still write on line, Ellis pointed out that according to Topper Carew, who for the past 15 years has been one of our most successful Black producers, less than 1% of TV network shows were produced by Black or other minorities. If that failed to grab you, "how about the fact that everything you view on network television is produced by no more than 15-nonminority producers. He said that he is pained by the fact that there are not more than four Blacks with adequate production skills to take advantage of the opportunities that exist. The result is that while we perpetuate generations of star-crazed youngsters reaching for the fame of the Max Robinson and Billy Dee Williams, scores of young whites are toiling in the shadows learning the less glamorous skills of scriptwriting, camera work and lighting. They are the Spellbergs, the Lucases, the Jon Peteres and Michael Douglasses of the entertainment industries whom many of us should be setting our sights to overcome. The windows of opportunity have widened to accept something new, different. So let's stop wasting our energies screaming about how we hate the Jeffersons, Benson, Gimme A Break, Diff'rent Strokes and Mr. T. The truth is we love them all. Blacks and other minorities deplore the lack of balance in the images, the representation of our existence in this nation. The issue and the challenge before us are whether we will rise to the occasion to produce our own images and some of theirs also."

THE WIRTE NEWS: -- The ad-pact hammered out by the NNPA's Adv. committee will gross Black media \$50-million over the 5-year life of the Coors Beer agreement. Chris Bennett, the org's aggressive prez and Bill Garth, comm. ch'person, laid the Black Press cards on the negotiating table. The other hands in the overall \$325 million boycott settlement were from the NAACP, P.U.S.H. and CAL-PAC. An \$8.8 million copy schedule is designed to move through the system within a wk. to 20-days. The accord came none too soon for Coors, where, according to reports, profits were down more than 50%. Leola Edwards is in from Texas searching the diamond arenas for the best deal to dispose of the late Cathrine Basie's jewelry. The cash will be added to the estate of "Katie's surviving daughter, Diane. The same one being legally questioned by "Lee's" daughter, Pamela Jackson. Teddy Pendergrass' new single, the first since his almost fatal Rolls mishap, "You're My Choice Tonight" has picked up sales like a bonfire after NBC-TV banned the vidclip 'cause of its alleged sexual connotations. Joe Williams however is getting nothing but ears for his latest, "Nothing But The Blues." And no wonder! The musical backdrop is that sharp with Ray Brown, Red Holloway, Jack McDuff, Phil Upchurch and Eddie Cleanhead Vinson. The NAACP is replacing the likeness of Abe Lincoln on its Life Membership Plaques with that of Roy Wilkins. If you've got an old one and would like to make the switch it can be done for 49 bucks. Michael Jackson quietly private jetted into Philly at 11 p.m. the other sundown to have his tresses dressed at Asa and Aida Webster's Beauty Salon and didn't leave until almost sun-up. The passing of Lucille Murray, Beryl and Dick Campbell's sister, and in-law and "write" hand at the Sickle Cell of Greater NY, was a community shocker. She neither smoked or enjoyed any of those vices which are supposed to cause lung cancer. Just so you get that line above straight in your mind, Pamela Jackson is questioning the legality of the will naming the trustees of the Estate left to Diane Basie, not her.

WRITE RELEVANT: -- When Willie Mays was asked whom did he think would capture the "Most Valuable Player" award in his old league he put us on hold. Ryne Sandberg, Cubs, Tony Gwynn, the Padres and Keith Hernandez, the Mets, are the Nat'l League MVP standouts... Ex Lite Heavyweight champ Mathew Saad Muhammad is a school commutator. He takes acting lessons twice a wk. in the "Big Apple" and diction course the same amount of days in the "City of Bigly Love." He's gotta be serious about his acting career. The other press seemed write shocked that over half of the Video Music Awards selected by the 1500 voters went to Black Artists. Of the 15 Michael Jackson got three and Hrbie Hancock received five. Quincy Jones was on eye love. He paid a tribute to the late Count Basie and received a special award. Tina Turner was on the scene and as expected stopped the show cold with her usual hot performance. When the Bro & Sis get big our news about them come second printing so from the other media we dug that Ben Harney Jr., the handsome talent of "Dreamgirl" and his Mrs. have named the new 9-pound arrival Ben, Jr. Ebony should have headlined it "10 Best Dressed Black Public Male Figures." I know some dudes around the corner who match threads better at less than half the cost of Assembly Speaker Brown's \$1500 hand stitched Brioni. Wondab who were the judges. However as always the mag, especially the women with clout in City gov., is worth the pride of yru eyes. *STAY LOOSE... Billy Rowe is a syndicated columnist.*

Wedding Vows Set

Wedding vows will be read for Ora Roberson and Rev. Ronnie M. Brown Saturday, September 29, 1984 at 8 p.m. at 5612 1st Street, West Wind Addition, with Bishop W. M. Watson officiating.



READING RX

Ever wonder what those Latin names and abbreviations mean on the prescription your doctor hands you? You should know, if only to make sure that the pharmacist is following the doctor's instructions exactly.

A prescription is, in effect, a legal document -- an order for a specific medication for a specific patient. The inscription describes the medication and the amount. (Always ask your physician to prescribe the generic, rather than the brand name, if possible -- it's cheaper.)

The subscription is the doctor's instruction to the pharmacist as to how much of the medication to dispense. The doctor's instruction to the patient is the signature -- often abbreviated to "Sig." or "Label" -- such as "Take one tablet three times daily." It's important that these instructions be typed clearly, in case you go to another doctor. He'll want to know exactly what medication you're taking, as some drugs cancel each other out, or react unfavorably together.

Here are the Latin abbreviations, and their English meanings, that you should know:

- b.i.d. -- twice a day
- t.i.d. -- three a day
- q.i.d. -- four a day
- h. -- hour
- h.s. -- at bedtime
- a.c. -- before meals
- p.c. -- after meals
- m. mix
- non rep. -- do not repeat
- sol. solution
- stat. -- at once
- ad lib. -- as desired

Foster

Continued from Page 1

Included in this group were two black citizens. These women are Mary Nelson and Norma "Baby" Austin. Both of these women have devoted their lives to taking care of others. Mary Nelson works taking care of Senior Citizens in their homes. Mrs. Austin is well known in East Lubbock for her work with the foster children program. Senior Foster Services looks forward to utilizing their

Con't on Page 8

THE LIST

THIS WEEK LAST WEEK

1	1
2	2
★ 3	8
4	4
5	3
★ 6	9
★ 7	14
★ 8	15
9	10
10	11
11	13
12	6
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16	16
17	19
★ 18	★
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25	27
26	29
27	★
28	30
29	18
30	31
31	32
32	33
33	34
34	35
35	★

YOU, ME & HE-MTUME-EPIC
GLAMOROUS LIFE-SHELIA E.-WARNER BROTHERS
CARIBBEAN QUEEN-BILLY OCEAN-JIVE/ARISTA
17-RICK JAMES-MOTOWN
ICE CREAM CASTLES-TIME-WARNER BROTHERS
THE LAST TIME I MADE LOVE-KENNEDY/OSBORNE-A&M
YOU KEEP ME COMING BACK-BROTHERS JOHNSON-A&M
DYNAMITE-JERMAINE JACKSON-ARISTA
STUCK ON YOU-LIONEL RICHIE-MOTOWN
BE A WINNER-YARBOROUGH & PEOPLE-TOTAL EXPERIENCE
NEED SOME MONEY-CHUCK BROWN-TTED
GHOSTBUSTERS-RAY PARKER JR.-ARISTA
WHEN DOVES CRY-PRINCE-WARNER BROTHERS
STATE OF SHOCK-JACKSONS-EPIC
30 DAYS-RUN D.M.C.-PROFILE
INTIMATE CONNECTION-KLEER-ATLANTIC
DIRTY DANCER-BARKAYS-MERCURY
LET'S GO CRAZY-PRINCE-WARNER BROTHERS
YOUR WIFE IS CHEATIN' ON US-DIMPIES FIELDS-MERCURY
I JUST CALLED YOU-STEVIE WONDER-MOTOWN
MIDNIGHT HOUR-ROGER-WARNER BROTHERS
LONELY NIGHTS-VALENTINE BROTHERS-A&M
ALL OF YOU-J. ICLESIAS/D. ROSS-COLUMBIA
YOUR LOVE'S GOT ME-LILLO THOMAS-CAPITOL
NEXT LOVE-DENIECE WILLIAMS-CBS
GET OFF-PATRICE RUSHEN-ELECTRA
SWEPT AWAY-DIANA ROSS-RCA
I'VE BEEN WATCHING YOU-RANDY HALL-MCA
WHAT'S LOVE GOT TO DO WITH IT-TINA TURNER-CAPITOL
IN THE NAME OF LOVE-RALPH MACDONALD-POLYGRAM
BEAT 16-EARONS-ISLAND
YOU GET THE BEST FROM ME-ALICIA MYERS-MCA
JUST THE WAY YOU LIKE IT-S.O.S. BAND-TABU
THE MEDICINE SONG-STEPHANIE MILLS-POLYGRAM
DON'T STAND A CHANCE-JANET JACKSON-A&M

SIDELINES

Perhaps baseball's greatest team? Stan Musial 1b, Jackie Robinson 2b, Phil Rizzuto ss, Brooks Robinson 3b, Willie Mays of, Joe DiMaggio of, Hank Aaron of, Johnny Bench c, Walter Johnson sp, Rich Gossage rp, Ted Williams dh, Pete Rose ph, Babe Ruth ph, Billy Martin mgr. Just goes to show you that this cannot really be done since so many greats were left out.

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THIS N THAT

Let's Ask Aunt Dee Dee

Aunt Dee Dee suggests lunch at a mutually agreeable location. That way, either of you can always say the magic words, "I have to get back to the office."
Perplexed singles may write to Aunt Dee Dee
Cont on Page 6

WHO'LL WIN?? It won't be long now... before the **1984 BATTLE**... as to who will be the **10TH DISTRICT REPRESENTATIVE**... in the U.S. House of Representatives... Two young fellows... **DON RICHARDS**... a Democrat... and **LARRY COMBEST**... a Republican... are meeting each other... **HEAD ON**... as they both **TRY TO SELL THE VOTERS**... of the 19th Congressional District... that one of them is better than the other... This post is being vacated by... our friend... **KENT HANCE**... who has done a **GOOD JOB**... **COMBEST**... was endorsed by... President Ronald Reagan... many would wonder if that is **GOOD OR BAD**... On the other hand... some would wonder... why national politicians... even the President of the USA... would get involved in local matters... Some would say... it is best that he stay out of it... **RICHARDS**... who has had experience in **WASHINGTON**... is not letting that **PRESIDENTIAL ENDORSEMENT**... bother him!

WHAT ABOUT A DEBATE?? Since it has become **FASHIONABLE**... these days... why don't the two... State Rep. candidates... **FROY SALINAS**... a Democrat... and **RON DIVENS**... a Republican... have a **DEBATE??** It would be a **GOOD PROJECT**... for some concerned organization... to sponsor... it... The citizens of Lubbock... could learn much from such a debate... Anyway... it would be something different... a new twist from the **MEET THE CANDIDATES**... effort...

ANOTHER ONE! The Lubbock Branch of the **NAACP**... is sponsoring... **ANOTHER KNOCK-OUT**... beginning at 9:30 a.m. from Bethel A. M. E. Church... This branch... has set a **GOAL**... of registering **A LARGE NUMBER OF VOTERS**... for the November 8th election... Why not **GIVE THEM**... a helping hand... After all... this is for all of **US!** **A BLACK THINKING, SERIOUSLY!!** In East Lubbock... there is a **BLACK CITIZEN**... who is thinking about... running for a **LUBBOCK COUNTY OFFICE**... next time around... In a few years... this should prove to be... very interesting... Also a local **PASTOR**... has made waves about... entering the political arena... Nothing wrong with that... after all... **REV. JESSE L. JACKSON**... has proved that it can be done... It's about time for this kind of **POLITICAL RIPPLE**... to be seen in the **BLACK COMMUNITY!**

A LOT OF CHILD ABUSE! If you don't **BELIEVE IT**... there is **SOME CHILD ABUSE**... in Lubbock... The cases... **THIS N THAT**... has heard about... are sickening... Wonder why **PARENTS**... treat their children... in a brutal manner?? It's for real here...

WORKING HARD! The young **BLACK SISTERS**... who are vying for the **QUEEN**... in the **DEBUTANTE BALL**... this year... are really working hard these days... This beautiful affair

is sponsored every two years by... Eta Delta Omega Chapter of **ALPHA KAPPA ALPHA**... a hard working sorority in Lubbock and America... Wish it was held **EVERY YEAR**... But anyway... keep up the good work... **SORORIS!**

DUNBAR IS FOR REAL! No matter what you may say... if you keep up with high school football... you know by now that those **FIGHTING DUNBAR PANTHERS**... are for **REAL!** No loses so far... You had better **WATCH OUT**... Estacado Matadors... Those **PANTHERS**... are for real!

D. C. KINNER THE BARBER SAYS: "WOMEN & CHILDREN" should have their **KEYS**... in their hand... as they approach their front door... for getting into the house faster!

SURPRISED FAMILY AFFAIR! **THIS N THAT**... and family members... **DR. L. S. GRAVES**... **HANNAH LEE PATTERSON**... **NORMA FAYE TIMOTHY**... and **ZARREUS**... traveled to Wichita Falls... just for a visit... but it... turned into a **FAMILY REUNION**... with only about... one hundred relatives not there... but there were... many there... at least seventy-five... what a large tribe... **LUCKY & MARIE CLEAVER**... served as host... to the affair in their home... and **THERESA RICHIE**... an older sister to... Graves and Patterson... was totally elighted over what has happened... She had been sick... but thanks be to God... she felt better and the family... had a lovely time... For once... this family had gotten together... at least most of them... without a death... From this... **THIS N THAT**... has

learned that every family... should get together from time to time...

GOOD INPUT! So far... many people are... submitting information... as to how they would like to see the **CHATMAN HOSPITAL**... utilized... "Hope something will be done about this **HISTORICAL BUILDING**... Something can be done... about this facility... It can serve as... **CATALYST**... for all of us..."

CONGRATULATE THIS N THAT... would like to **CONGRATULATE**... our friend... **EUGENE JACKSON**... Lubbock District Manager... Universal Life Insurance Company... for being named... "DISTRICT MANAGER OF THE YEAR"... He managed a **GOOD TEAM**... according to... **A. MACE WALKER**... last year... Even... **C. F. COOKE, II**... and **EARL ELLIOTT**... both of Atlanta Life Insurance Company... congratulated **JACKSON**... last Friday night at a banquet in his honor... and his team members... What large trophies... he received and his team members... **THIS N THAT**... learned this week that he is **OFF CHARGING**... to bring the prize home again... He did have a large increase...

fact that he was on his way to the laundromat with the washing powder in a cooking pot.

DEAR AUNT DEE DEE: There are so many married Lotharios masquerading as eligible bachelors on the singles scene these days that a woman is hesitant to start up a relationship for fear that somewhere down the road an irate (or worse) wife will turn up, and not in too good a mood either. But, as you probably realize, the pickings are quite slim once you eliminate the gays, the unemployables and the other assorted riff raff. However, as it is, I am already over my quota of married men and now I know how to identify this particular species before my emotions are involved. Can you give me any clues to look for, Aunt Dee Dee?

PERPLEXED SINGLE: Have you ever thought about the direct approach? Aunt Dee Dee has had great success with "Are you current on your child support?" Just think how interesting a conversation that would start!

However, if boldness is not your style, you might try paying close attention to obvious clues. The refusal to give you a home phone number is a classic one. So is the unavailability for weekend dates - especially Sunday morning brunch. Don't overlook the gold wedding band as a dear friend once did, while paying attention to the

gentlemen, since I just knew he would be swamped with response better than mine.

The gentleman telephoned just last night. We spent some time in conversation, and he seemed pleasant enough. We had quite a few things in common, it appeared, but he insisted that I take a cab to his apartment right then, if I wanted to meet him. Naturally I declined his invitation, but this morning I began to have second thoughts. Did I do the right thing, Aunt Dee Dee, or is there a protocol when "meeting through the ads"? I must know, so that I don't commit a faux pas the next time.

PERPLEXED SINGLE: Aunt Dee Dee wonders why you had second thoughts: You reacted quite properly, and it's men like that one who have given personal ads a bad name.

Yes, there is a protocol when "meeting through the ads". Always meet in a public place where YOU are known. No lonely street corners late at night, no deserted offices in buildings where the switchboard has closed down for the night, and definitely no one's home, apartment, condo or motel room.

DEAR AUNT DEE DEE: Recently I threw caution to the winds and answered a personal ad in a singles publication. It was the first time I had ever done anything so reckless, but I decided that since I wasn't getting any younger and no longer cared what my friends thought (they weren't fixing me up with any eligible bachelors anyway), I really didn't have anything to lose.

I put a lot of time and thought into my answer, but I really didn't expect to hear from the

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CITY: _____ STATE: _____ ZIP: _____

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-Charles Kingsley

Public Notice
Persons interested in statewide procurement opportunities should check the bulletin board in the Economic Development Department of the South Plains Association of Governments offices at 3424 Avenue H, Lubbock, Texas. The SPAG offices are open from 8 AM to 5 PM, Monday through Friday.

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Please send this information to the following address:
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Lubbock, Texas 79410

In 1974, playing for the St. Louis Cardinals, Lou Brock stole a record 118 bases.

ASTRO/NUMEROLOGY AND YOU

September 26-October 2, 1984 By LLOYD STRAYHORN

DREAMS—An Interview With An Expert

Part III of Four Parts

Is there an emotional relationship between relatives and dreams? Is there a way of being warned in advance of health problems through dreams? These answers and more were revealed in an intriguing radio interview with dream expert Dr. Gerald Epstein. We continue that interview from last week.

Strayhorn: Is there a relationship to dreams and health problems or changes? Dr. Epstein: Illnesses often-times show up in dreams, particularly through colors...vivid colors. The dreams may show the different organs affected as well. But certainly the dream does show you physical illnesses that's about to come...giving you some time to do something about it in advance. Thus you're using your mind to direct your body towards something that may help prevent some illness or future problem.

Strayhorn: Is there an emotional relationship with dreams between relatives or spouses? Dr. Epstein: People who are very emotionally connected with each other will many times dream similarly. For instance, we have all heard, or known first-hand, of people dreaming about something that is going to happen to a other person some distance away, like thousands of miles, only to find out later that something indeed had happened to that person. This would best be described as a parapsychological dream between emotionally connected persons.

Next Week: Part IV

ANNOUNCEMENT

We are proud to announce the premiere issue of our "NUMBERS AND YOU" newsletter. This bi-monthly publication is designed to be informal, educational as well as add to your personal growth and self-development. Each issue will feature your very own personal monthly forecast relating to career, relations, health and the like.

NUMBERS AND YOU will be published 6 times a year and will sell for \$7.50 at newsstand price. However, for a limited time only, you can subscribe at 20% off the subscription price. Just send a money order for \$6.00 to: YAMA Publishing Company, Dept. N-136, Lincoln Station, New York, NY 10037.

ARIES—March 21-April 20
From now 'til Friday evening suggests nothing spectacular. Saturday, however, presents opportunities from members of the opposite sex and money matters. Monday the 1st may find you rubbing shoulders the wrong way with higher-ups if not tactful with your Aries nature. 356 is this week's number.

TAURUS—April 21-

May 20

The middle part of this week is heavily laid with traps around contracts or bringing situations to a head. Monday into Tuesday of the new month will find conditions much better for such matters. Your number is 049.

GEMINI—May 21-June 20
Not to dampen the spirit, Gemini, but this coming Friday and Saturday, as you close out the new month, seriously warns against misguided words and possible deception through the opposite sex. Remember, this does not have to be—it's only what the cosmic indicators suggest. Make 570 your choice.

CANCER—June 21-July 21
Push to make all your past, long-term dreams into some form of reality this Thursday and Friday. The signs are there, the time is ripe...it's just a matter of getting on the case and making moves. There is a warning during Monday and Tuesday for you to keep a very low profile. Use 413.

LEO—July 22-August 20
There is a small hint that suggests you try and keep ego and impulsiveness under control—especially going towards the weekend. By the time you've gotten into next week (the new month), things will begin to pay off...especially if you've been keeping personal situations under control. 793 was selected for you.

VIRGO—August 21-September 21
This is an excellent period to express the mental side of your nature more...especially in the way of literary things such as writing, public speaking, etc. Monday is the start of the new month, and it suggests new things for you as well...smile. 802 is yours.

LIBRA—September 22-October 21
You still should be at the crest of things at the time of this reading. However, like in all good things, that must come to an end. And by Monday the 1st, you may come down with "the blues". But take heart—life gets better. Use 404.

SCORPIO—October 21-November 21
Both Wednesday and Thursday should find you holding a full deck as far as getting what you want accomplished is concerned. You can equally look forward to starting the new

month, Monday, in a positive and forceful way. Use 116.

CAPRICORN—December 22-January 20
Whatever special long term or important project you may have had on the back burners, get ready to bring it up front. Starting Sunday and for the next two days, it will seem as if you have mystical charms or a cosmic spell going about assisting you. The strange part of it is...there is! 191 has been selected for you.

AQUARIUS—January 21-February 19
Stress relating to limited money, or the entire lack of it, may knock at your door

this period. Just try and not be pushy or too demanding to get through this time frame. All important schedules and appointments should be shelved, if possible, until after Tuesday—when the tide of things return in your favor. 362 is your number.

PISCES—February 20-March 20

Thursday should be a day of small but important promise...however, this won't be so for Saturday into Sunday. Fear not...like in all good things, the planetary aspects are at your back during Monday and Tuesday. 937 is this week's choice.

What Black Americans Should Know About Cancer

These questions and answers about cancer were supplied by the National Cancer Institute to help correct some myths about cancer and give Americans the basic facts about this disease.



Q. Just what does cause cancer?
A. Scientists do not fully understand why some people get cancer while others do not. Most experts believe that cancer comes from repeated contact with substances called carcinogens. These materials seem to cause the disorderly cell division that results in a tumor. They include tobacco smoke, sunlight, X-rays, and certain chemicals that may be found in air, water, food, drugs, and at work. Scientists also suspect that some people are more likely than others to get cancer. Other causes, as yet unknown, may play a part as well.

Q. Does cigarette smoking really cause cancer?
A. Yes. In the United States, cigarette smoking is associated with one out of every five cancer deaths. It has been linked to cancers of the mouth, throat, esophagus, pancreas, and bladder. But lung cancer is where cigarettes take their greatest toll.

Men who smoke die from cancer ten times more often than those who don't smoke. And since more and more women have been smoking cigarettes, lung cancer is no longer only a man's disease.

The risk of getting lung cancer increases with the number you smoke, how long you have been smoking, and how deeply you inhale.

The risk of getting lung cancer from cigarettes increases with the number you smoke, how long you have been smoking, and how deeply you inhale. High-tar cigarettes—such as those without filters—are more dangerous than low-tar cigarettes. That is, unless you misuse the low-tar cigarettes by smoking more of them, inhaling them more deeply, or smoking them down to the butt. But don't kid yourself. Switching to a low-tar cigarette won't prevent cancer or the other health problems, such as heart disease and high blood pressure, associated with smoking. It will only delay the damage a bit—and maybe not at all. You are not safe until you quit smoking altogether.

An interesting booklet called, "What Black Americans Should Know About Cancer," is available free by writing to: National Cancer Institute, Building 31, Room 10A18, Bethesda, Maryland 20205, or calling the Cancer Information Service at 1-800-4-CANCER.

Foster

Continued from Page 4 experienced care in serving Lubbock.

Currently, 15 families have trained in the foster care program. Space is available for 24 h our or 8 hour care. For more information, contact 750-1223 or this newspaper (Southwest Digest) for an address.

MASH

28
12

Summit Health Ltd. has assumed ownership of two more facilities in the Lubbock area and is ready to offer the finest quality of health care available in the South Plains. For further information regarding employment opportunities at any of our three facilities, please call or come by in person:

Community Hospital of Lubbock
5301 University Avenue
Lubbock, Texas 79412
795-8301

South Park Medical Center
8810 Quaker Avenue
Lubbock, Texas 79413
782-7112

Cook Memorial Hospital
1009 College Avenue
Lubbock, Texas 79409
864-4023 or 782-1C71



Woman Beats Arthritis and Flies a Plane -- at 72!

The new-rising pain from rheumatoid arthritis was so bad that she was forced to go down stairs backwards in her home. Her knees just wouldn't bend, and her back was gnawed with excruciating painful knots. Thoughts of suicide entered her mind.

Sorber consumed 16 aspirins a day and a variety of other pills to counteract pain.

"My legs were so swollen that my ankles 'ung over my shoes," she stated. She couldn't do her own homework. She felt useless.

Now, 15 years later, she flies a Cessna Skyhawk II and, at 72, is believed to be the oldest person in

the United States to receive a private pilot's license. "I had no problem with the physical at all," she declared. "When I told the doctors that I had arthritis, they didn't believe it."

A former Nebraska schoolteacher, Sorber moved with her husband to California and Wisconsin and now operates a mail-order business in Minneapolis.

"When I got my license from Crystal Airport in Minnesota, everyone had a party for me and they announced it over the loudspeaker," she beamed.

Sorber first became interested in flying when she served as an observer in the Civil Air Patrol (CAP). CAP is a search and rescue group which sends in ground teams to save people," she explained. "They also transport blood and live organs. They try to help whenever they can."

Wearing her CAP uniform, Sorber said she joined the Air Force auxiliary group after learning about it from her son Jim, a CAP squad commander. Training to observe from an aircraft was thrilling enough, but one day she read about a pilot who had been shot at. She decided to learn to fly in case of emergency.

"Your heart has to be good, your reflexes must be quick and you must be mentally alert," she remarked. This could not have been possible without Dianetics," she added.

While her arthritis had been getting worse, her husband brought her L. Ron Hubbard's self-help guide, "Dianetics: The Modern Science of Mental Health." "I was out of it," she admitted, "so Francis had to read it to me. I got interested in what it had to say, and pretty soon I was reading passages." She then went for Dianetics counseling at the Church of Scientology.

Sorber said she could feel her

affliction easing during the counseling. In about three years she was freed of arthritis, which she accomplished without drugs.

"I learned something in my reactive mind was causing my arthritis," she explained. "I'd be pushing up the daisies if I hadn't read the book." Dianetics counselling enables a person to free himself from such effects caused unknowingly by his own mind.

When her health recovered, Sorber joined CAP and now travels about inspiring others. "I want to help other people," she affirmed. "That's why I travel around telling my story. As long as people want to hear it, I'll tell it."

She has not taken over an aspirin for ten years.

Her advice to older people is simple: "It is never too late. Whatever you are interested in, go full-speed ahead. Don't stop or let anyone else stop you."

Outreach

Continued from Page 6

is to get us prayed up for the three nights of prayer in April, 1985. Don't miss these meetings. You'll be glad you came. God loves you, and we do to.

"We will walk by faith, and not by sight."

Thanks to all of you for the donations and prayers. We need both. If you need to contact this group for any reason, please write Outreach Prayer Breakfast & Project Blessing, P. O. Box 1223, Lubbock, Texas 79408. Or, you may call 747-7326 or 782-3347.

Closing prayer was offered by Mrs. C. C. Peoples. The next meeting will be held in the home of Mrs. Annie Sanders, 2401 Elm Avenue. See you there! Do more in '84. Mrs. Juanita Sowell, president; Mrs. Christine Hysom, vice president; Mrs. Mildred Bogus, secretary; and Mrs. Dorothy Hood, reporter.

BLACK POETRY

Is America Listening?

Someone has to lead the way, and keep our solemn vow.

America says "life, liberty and pursuit of happiness"

Meanwhile I see too much grief and sadness

Energy, inflation, and unemployment lines

Riots in schools, no food left on the vines

Income taxes going higher and higher

Children's homes being destroyed by fire

America why don't we rise above the muck

and mire?

Little is being done to right these wrongs
Individuals of wealth often care less about the
hungering throngs
Start to get involved
and raise a fuss
Till America cares about

the rest of us
Everyone let's raise our voice to speak
No more turning of the other cheek
Individuals united cannot be weak

Now is the time to take our stand. We've got to make America a better land.

Daffynitions

STRAWBERRY: A brie cheese made of straw

LAFFS



"So you invented an alphabet! Can you read?"

Minority Contractors Wanted

If you are a Minority Contractor of any kind, we need your Name, Address, Telephone Number, and the kind of work you do, i. e. Electrician, Plumber, Carpenter, Concrete, Black Top, Asphalt, Brick Layer, or whatever. We desperately need you to help us compile a Minority Business Roster. Fill out the following coupon below and mail or bring by the Southwest Digest, 510 East 23rd Street, Lubbock, Texas 79404.

NAME

ADDRESS

TELEPHONE NUMBER

TYPE OF WORK

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