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Southwest Digest

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VOL. X, NO. 7 510 East 23rd PHONE (806) 762-3612 LUBBOCK, TEXAS 79404 OCTOBER 16 THRU OCTOBER 22, 1986

Presidents Often Get Fooled!

Editor's Note: So many Blacks, women and other minorities are so upset about President Reagan's recent appointee being approved. Maybe in vain, Rehnquist himself with what he had to go through to be confirmed may have some bearing on knowing how the underdogs feel and go through. Time will tell. He may, let's pray, be the next Earl Warren. Who knows. No one would have thought he would turn out the way he (Warren) did, but he did. Don't panic; wait and see. He may put honor and integrity over politics.)

Presidents may try to pack the Supreme Court with justices that reflect their own philosophies, but they often get more than they bargain for, according to a Texas Tech University constitutional law expert.

Political science Professor Roger C. Schaefer said Ronald Reagan's nomination of William H. Rehnquist to be chief justice probably will not result in any sweeping changes in previous court decisions. "Presidents often get fooled," Schaefer said. "So often the people appointed to the supreme court, especially as chief justice, tend to be more balanced in their decisions. Rehnquist himself has defended a president's right to pack the court, but pointed out in the same journal article that it has rarely worked."

"Chief Justice Earl Warren is a good example," Schaefer said. "Given his conservative background as attorney general of California, Dwight Eisenhower, who appointed him, expected Warren to hand down law and order type conservative decisions.

But the Warren court is known for its sweeping decisions in favor of the more liberal side of issues."

Schaefer said the current administration is hoping that Rehnquist, along with Antonin Scalia, who Reagan has nominated to replace Rehnquist, will be able to form a solid conservative coalition.

"Many conservative would like to see rulings such as those affecting abortion and prayer in school overturned," Schaefer said. "But the Supreme Court tends to practice the doctrine of stare decisis or let the precedent stand. The court doesn't easily change rulings unless there are awfully strong reasons."

Schaefer said the Supreme Court is often characterized by its chief justice and that Burger would likely be remembered for his administrative improvements of the federal court system rather than his strong leadership of the court.

"It's clear that Warren Burger was not equal to many past chief justices in terms of being a task or intellectual leader of the court," Schaefer said. "As head of the federal court system, he has concentrated on as he has said 'taking the system from the cracker barrel era to the supermarket era.' That, and the fact that he is an aloof individual, may have distracted him from his role as chief justice and caused him not to be a very good leader."

Schaefer said Republicans hope that Rehnquist will continue to be a self-restraint jurist who hands down decisions based on his conservative beliefs.

"There is no doubt about Rehnquist's conservative philosophies, but unless he

becomes more willing to compromise he will be as unsuccessful in piecing together a solid conservative majority as Burger was," Schaefer said.

Scalia was appointed to the District of Columbia Court of Appeals by Reagan in 1982. Like Rehnquist, Scalia is conservative in his political philosophies, Schaefer said.

"Scalia is firm in his stand against affirmative action. He has said neither he nor his family is part of the white majority that has visited bad tidings on the minorities. Because of that, he doesn't believe he or his family or other whites should be punished for any sins that might have been committed against minorities by whites."

Schaefer said the makeup of the Supreme Court with the addition of Scalia and the elevation of Rehnquist shouldn't change too drastically. Any move toward a solid conservative majority will depend on Rehnquist's ability to compromise and move away from his strictly held conservative philosophies.

The liberal side of the court will still be made up of Justices Thurgood Marshall and William J. Brennan.

Brennan, appointed in 1956 by Dwight D. Eisenhower, and Marshall appointed in 1967 by Lyndon B. Johnson, are both judicial activists who believe in using the power of the court to right what they consider wrongs, Schaefer said.

The conservative side consists of Rehnquist, appointed by Richard Nixon in 1972 and Sandra Day O'Connor, Reagan's first appointee in 1981. Scalia should fit into this category. Schaefer said Burger was often put into this category, but was much more inclined to move to the center on many decisions.

Schaefer noted that

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Invest in your community! We are asking for everyone in Districts I & II to support the Canyon Lakes Federal Credit Union, so that we'll be able to create our own cash flow in these areas.

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NAACP Membership Committee

In July, the membership committee of the Lubbock Branch reorganized and is now actively involved in a vigorous campaign to increase its membership. Recruiting teams have been formed, with each team headed by a team captain. Area churches have also been asked to name a membership captain to represent their church.

Sunday, November 9th, has been designated as "NAACP Membership Sunday." A renewal captain and team will notify members well in advance that their membership will expire.

The Branch is also seeking to increase its number of Life Memberships through the diligent efforts of a Life Membership recruiting team and captain.

The membership

Sixteen Young Ladies Vie For Dunbar-Struggs Queen

Parade Will Be Featured



Contestants For Homecoming Queen

Sixteen senior young ladies signed up as candidates for the coveted title of Homecoming Queen at Dunbar-Struggs High School. These students were voted by the student body, with four chosen as finalist this week by the student body.

The four finalists are Mickie Bailey, Maria Mora, Ronette Toler and Melody Wilson.

Ms. Bailey, the 17 year old daughter of Mrs. Minnie Manahan, is a member of the French Club, and is a flag girl in the Panther Band. She plans to attend Bishop College.

Ms. Mora, who wants to become an under cover narcotic agent, is the 17 year old daughter of Mr. and Mrs. Pete Mora. She is head cheerleader of the Varsity Squad, president of the Foreign Language Club, and is an honor roll student.

Ms. Toler, the 17 year old daughter of Mr. and Mrs. Roy Toler, is a Variety cheerleader, a member of the Number Sense Club, Foreign Language Club, Student Council, President of the Band, Treasurer of the Senior Class, and president of the Youth Ushew Board at her church. She plans to become a pharmacist.

Ms. Wilson, the 17 year old daughter of Mr. and Mrs. Robert E. Wilson, is president of the Student Body. She is also Second Vice President of the National Honor Society, Vice President of the Band, President of the Choir, a member of the Panjammers, the Number Sense Club, listed in Who's Who Among

of Mr. and Mrs. Lee Bagley; Cecilia Davila, daughter of Mr. and Mrs. Manuel Davila; Vonda K Jones, daughter of Mr. and Mrs. David Russell; Cynthia Martinez, daughter of Mr. and Mrs. Jose Martinez; Misty McCarty, daughter of Mr. and Mrs. Darryl McCarty; Sandy Mendolla, daughter of Mrs. Esmeralda Leyva; Cassandra K. Nash, daughter of Mr. and Mrs. Arthur White.

Also, Darlie Peck, daughter of Mr. and Mrs. Stahl; Marissa Rodriguez, daughter of Mr. and Mrs. Demetrio Pena; Jasandra Sheppard, daughter of Mr. and Mrs. George E. Stevens; Debbie Soria, daughter of Mr. and Mrs. Frank Soria; and Elizabeth Stotts, daughter of Mr. and Mrs. George Stotts.

The Dunbar-Struggs Homecoming Queen will be crowned at half-time during the game between the Dunbar-Struggs Panthers and Pampa Harvesters Saturday night, October 18.

A reception is planned for today at 10 a. m. immediately following the Homecoming Assembly in the Dunbar Cafeteria.

Friday, October 17, has been set aside as Color Day, and a Pep Rally which will be held at 9:15 a. m. in the Dunbar Gym.

A new twist, this year, will be a Community Parade at 4 p. m.

The parade route will include: leave front of Dunbar-Struggs High School, north on Manhattan Drive and East 24th Street to Oak Avenue, south on Oak Avenue to East 25th Street; west on East 25th Street to Green Fair Manor Apartments; south on Weber Drive to East 28th Street; east on East 28th Street to Teak Avenue; north on Teak Avenue; then back to the front of Dunbar-Struggs High School.

"We want to create

some interest in the community," said Mrs. Mary Jo Wilson, Director of the Dunbar-Struggs Marching Band.

All alumni have been asked to visit the campus this week, and participate in the many activities.

Student Council

District Two Will Meet

City Councilman T. J. Patterson, District Two,

officers are Melody Wilson, Clarence Walker, Steve Curry, Vonda Jones, Maria Mora,

Cassandra Nash, and Ronette Toler.

Mrs. Wilson also serves as Activities Director.

has announced there will be a District Two meeting Wednesday, October 22 1986, beginning at 7:30 p. m. at Mae Simmons Community Center.

"Conquering the Impossible Through Christ"

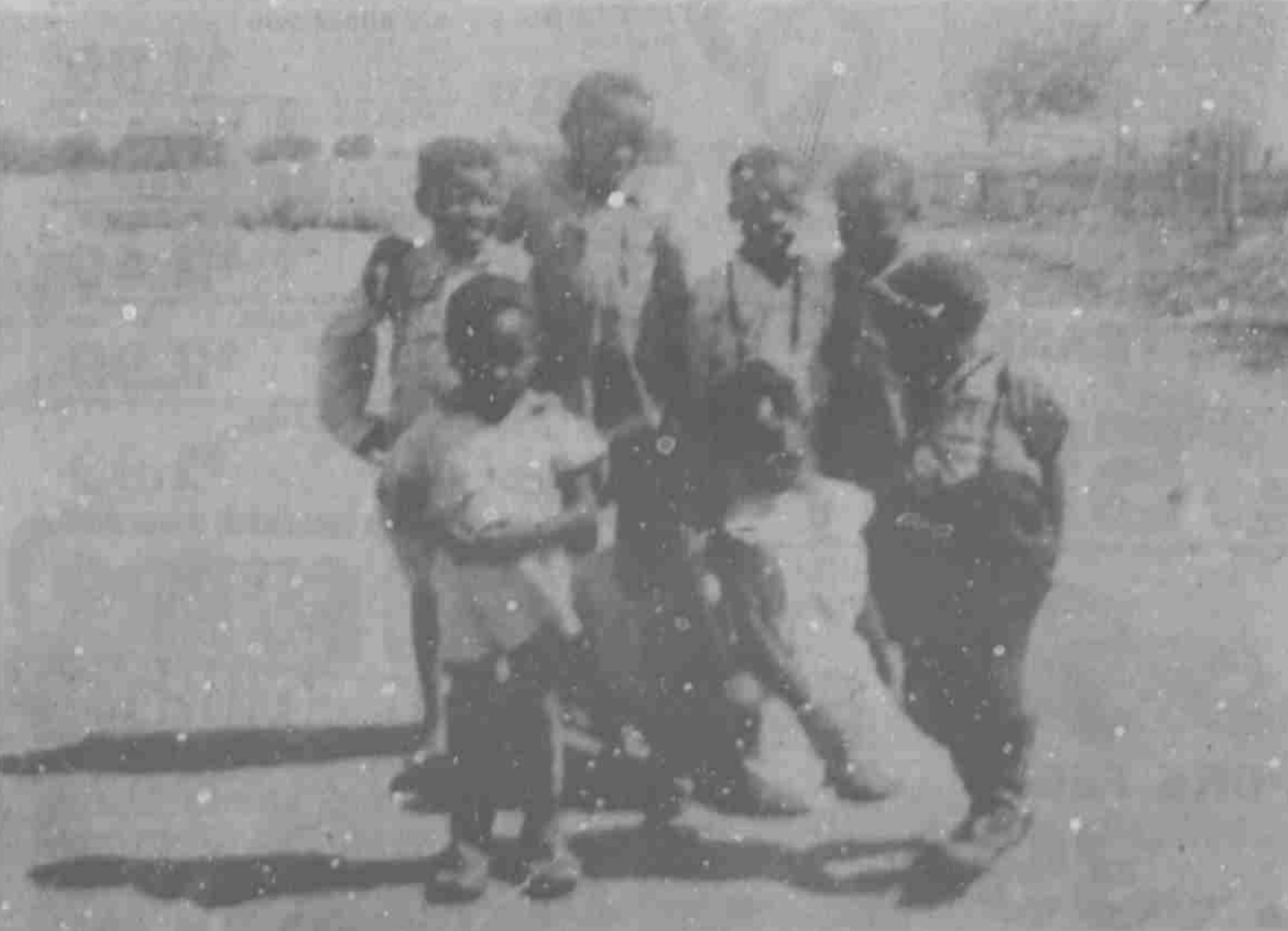


Rev. Zan Holmes

On Sunday, October 19th, Mt. Vernon United Methodist church will celebrate six one years of service to the Lubbock community. Using as its theme, "Conquering the Impossible Through Christ," the congregation, in conjunction with this year's church anniversary, will also rejoice in having a mortgage burning ceremony.

The guest speaker for this special occasion will be Rev. Zan Holmes, pastor of the St. Luke Community United Methodist Church of Dallas, Texas. Rev. Holmes is also Professor Preaching at Perkins Theological Seminary at Southern Methodist University.

The community is invited to join Mt. Vernon during their anniversary celebration. Services will begin at 5:00 p.m. The church is located at 23rd & Cedar Avenue. Rev. William M. Williams, Jr. is the pastor.



CEDAR AVENUE 48 YEARS AGO! This photo was taken in 1938 by one of our longtime citizens, Mr. Ervin Sparks, as young kids posed on Cedar Avenue. According to Mr. Sparks, the kids loved to have their pictures taken in those days. Kids shown are the Mooney and William children. Can you identify any of them? If so let us hear from you.

At left, in background, is the first church building of the Mt. Vernon United Methodist Church. Mt. Vernon will be celebrating its 61st year in the community Sunday, October 19th at 5 p. m. When you see Mr. Sparks, tell him you saw his photo in the Southwest Digest. (Photo by E. Sparks)

American High School Students, and president of the Youth Choir of her church. She plans to attend Baylor University. Other candidates were Tarsha Bagley, daughter

RUBY JAY'S CORNER



New Hope Baptist Church, 2002 Birch Ave. Rev. S. C. Nash is Pastor. Sunday was Youth Day. They had their new robes on and looked very pretty as they sang beautifully. Sis Stokley presided during the Sunday School hour. Deacons Swain and Givens lead devotion for the morning worship service. The radio announcer was

Brother Glenn Francis, who also gave the church announcements. Altar call prayer was given by Rev. Nash. His sermon was entitled "The Value of Supreme Dedication," based on the scripture, Phillipians 1:12-20. ***** Good to see Brother Wilson Campbell at church Sunday. He had surgery and has been

shut in. Mrs. Brenda Nash's brother visited with them last week from El Paso, Tx. He is stationed in service there. Rev. Nash, Mrs. B. Kelly, Mrs. Callie Mae Howard, Rev. and Mrs. A. L. Dunn, attended the B. M. E. State Convention which was held in Marshall, Tx. this week. New Hope journeyed to Plainview, Tx. Sunday afternoon to help share in the Third Appreciation Service of Rev. and Mrs. I. L. Patrick. On October 16, the choir has been asked to go and render selections at the Alexander Chapel C. O. G. I. C., at 7:30

p.m. Rev. Lemuel Thuston is pastor. On October 19th, we the New Hope Church is having a pre-anniversary musical at 6:00 p.m. Deacon Swain and workers are asking for support of the church. Our guest will consist of local choirs, groups and talent. ***** Mrs. Ethel Blake attended her sister's funeral in San Augustine, Tx. Last week she was accompanied by her son and his wife. Mr. and Mrs. (Pat) Matthew Roberts. Mary Mitchell attended her auntie's funeral in California last week. Our love, sympathy and prayers go out to all the bereaved families and especially the Cato Family. ***** Mrs. Mary Ludd from California is here at the bedside of her mother, Mrs. R. Sadler, who is in Methodist Hospital.

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Heathen's Rage

Ezekiel 31:17

Why do heathens rage, and sometimes make God's people suffer for so long? But if you do good. The heathens will rage, and make your works sin. God forbid. Just keep on doing good works. And ask God to hold the wicked.

Psalms 2:2

The wicked by their nature are evil, very evil. And God uses them sometimes to punish his disobedient servants. David knowing his end, asked God to break the enemy, or, hold his hand.

Psalms 17:13

Saint Center Church of God in Christ
East of City, State Highway
2641 and Liberty Road
Bishop T. L. Washington
Phone: (806) 763-3823



Camp Fire Free Halloween

A Camp Fire "Free" Halloween is being set for four days in Lubbock this year. It all begins Saturday, October 25, from 9 a. m. - 9 p. m.; Sunday, October 26, from 1 p. m. - 5 p. m.; Thursday, October 30, from 6 p. m. - 9 p. m.; and Friday, October 31, from 6 p. m. - 9 p. m. Free games, free prizes, free fun for you! This special effort is being held for Camp Fire boys and girls. It will be held at the Save 'N' Gain, 50th & Slide Road. By the way, kids invite your friends too! Fun for all ages.

NAACP

Continued from Page 1
committee is under the leadership and guidance of its chairperson, David H. Sowell.

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EDITORIALS • COMMENTS • OPINIONS

A Time To Go; A Time To Grow!!

by
Eddie P. Richardson

Lubbock is now standing at the crossroads of going forward and growing in a progressive manner. Lubbock has had a good past; growing slowly and constantly without being a boom town. No doubt about it, our former city fathers did a splendid job. So did the Lubbock Chamber of Commerce and others.

All was good in days gone by, but today, we face a new era and a new ballgame. So we must bury the hatchet; whether or not we approved of the Board of City Development (BCD)/Lubbock Chamber of Commerce split or disapproved. The reality is the sixty year old relationship is over. We now have two separate organizations. We must support both, and let each do the best they can for moving Lubbock forward in this highly competitive economic arena.

Let each group function in its own way, without bickering, fussing, and scrapping because who will lose -- Yes, you guessed it -- the Citizens of Lubbock.

The old egos, what usta be, and this the way it was has to go. For now is the time for all Lubbock to work together collectively for the good of all of us. Bickering, squabbling, and unrest and pettiness, and personality conflicts hurts who??? Not the ones doing these things, but the people of Lubbock.

Yesterday is gone; tomorrow is not here and not promised; so lets be in love with today and make the best of it hand and hand together.

Power brokerage was okay to a certain extent in the good old days, because it was fashionable and the power brokers got Texas boosters to their Texas sized egos as well as their oil, cattle, and cotton stuffed wallets. Today, the stakes are too high; the times are to grim so we must work and think positive collective for the good of all of us and Lubbock.

Yesterday's homerun will not win today's ballgame. So let's play the game for today. We have the B. C. D. now, but we didn't loose the Chamber. So let's support and get behind both of them, and let them function because this can only be for the good of Lubbock. Two definitely is more diverse than one fueling and bickering, and if it hits the network it will make it near impossible to recruit new industry and businesses to the great City of Lubbock. It shouldn't matter our politics, feelings or preferences; let's put Lubbock first and let what hit the network across the nation show us being together. Let's united Black, Brown, White, and Others pulling for a wholesome, progressive growing in a positive manner city on the go. It's time to grow in a planned manner, rather than a hit and miss pattern, but with the meaning and planning, let's remember when two bull elephants fight, only the grass loses; the grass being the residents of Lubbock.

Help Us Help You!

The last few weeks have been a little difficult, because of the special issue, anniversary services, open house, short staff, no staff. We are not making any excuses or complaining. This is just the reality of it all.

We need your continued support, i. e. advertisement, subscriptions, single purchases, moral support, and most of all, your prayers.

We may, possibly one day, incorporate and sell shares. Let you, our readers, have a true ownership.

We would like to have your response to this. Please help us do a better job of helping you.

Southwest Digest

P. O. Box 2553 Lubbock, Texas 79406
\$15.00 per year - \$25.00 two years
Editors - Publishers
T. J. Patterson - Eddie P. Richardson

An independent newspaper serving the Lubbock, West Texas, South Plains of Texas and Eastern New Mexico areas - 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 some things that are written, but, at least you will have the satisfaction of knowing they are truthful and to the point.

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

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

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

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What Alternative does the Black community Have?

"IF THE GOVERNMENT WILL NOT PROTECT US AND IF THE POLICE CANNOT, IT FOLLOWS THAT BLACK CITIZENS MUST PROTECT THEMSELVES."

"WE CANNOT WAIT UNTIL DISCRIMINATION ENDS BEFORE WE END OUR COMMUNITIES OF CRIME. WE CAN NO LONGER EXCUSE CRIME BECAUSE OF SOCIETY'S INEQUITIES. WE STAND MENACED BY OUR OWN KITH AND KIN. IT IS INCONCEIVABLE TO ME THAT WE WHO HAVE PREVAILED IN SPITE OF THE BARBARISM OF WHITE PEOPLE SHOULD IN THE LAST QUARTER OF THE CENTURY, STAND AS MUTE SPECTATORS TO OUR DOOM!"

DR. COOPER
N.Y. KANSAS



WHY ARGUE? THE FACTS ARE HERE!

TOWARD EMPOWERMENT

Black Youth Responsibility for Black Youth

We are all familiar with the well-known proverb which says, "Every cloud has its silver lining." We are also told, "There is never an ill wind that does not blow someone some good." In a basic sense which all of us should come to see, every experience and circumstance in life may be, and should be, used for our good, growth and gain.

So it should come to be with what is perhaps the most serious predicament faced by Black Americans in their 120-year history of freedom. The predicament relates to our youth and the inability of nearly one-half of our young people to ever hold a permanent job because of their tragic inability to read.

Not long ago, one of the officers of the national Assault On Illiteracy Program (AOIP) met Linda Johnson Robb (L.B.J.'s daughter), in an airport terminal. When the former president's daughter heard of the association with AOIP, she exclaimed: "Illiteracy! I don't know when the people in this country are going to wake up to the fact that the increasing lack of reading skills by our young people is the most serious social problem that our country faces. People

who can't read can't work in a computerized world. And we simply can't afford to feed them all!"

The national Assault On Illiteracy Program (AOIP) represents the combined effort of the leadership of over 80 national Black-led organizations with local community-based constituencies. One of AOIP's newest groups is the National Coalition of Title I, Chapter I Parents.

One of the three basic elements of AOIP is a Youth Recruitment Component in which all of our youth are identified on a block-by-block basis and then involved in some AOIP-related activity.

Our Black young people are being called upon to play a major role in recruiting other young people for activities being promoted by the 9ver 80 groups whose leadership has committed itself to AOIP as a primary approach toward ending Black youth functional illiteracy.

What is called for initially--apart from utilizing AOIP's reading motivation material in all Title I classrooms--is a block-by-block canvass of every community in which our young people live. All of our young people need to be

identified and subsequently enrolled in some activities that are a) reading-oriented, b) work-oriented, c) confidence building and d) success- and achievement-oriented.

This is no simple task. Yet it can be challenging, exhilarating and almost incomparably rewarding. Most of the youth will need to feel inspired by the door-to-door presentations, and many will need to be turned around from the deep-seated negativism toward learning and toward society itself with which they have been infected.

In other words, a hard-selling job will need to be done.

Because of the deep and serious damage done to the egos of our young (and older) people, AOIP's reading material develops interest by taking a "Who Am I?" discovery approach.

We will also need to develop other devices for sustaining interest in activities for which there are immediate rewards.

The task of locating and involving all of our Black youth in potential-building activities is one in which the Jewish community has engaged for years. The Jewish community, on a practical basis, has no endemic, or

entrenching and continuing, poverty and poor achievement. There is a conviction that the group itself must take care of its own group's basic and enabling needs.

Whatever the Jewish community has been able to do successfully with its youth, we also can do as Black adults and young people working together.

The national Assault On Illiteracy Program (AOIP) is by and large a framework for Black community cooperative initiatives aimed at dealing with Black needs. In this immediate instance, it is focused upon Black youth reading disabilities. But it can be used to relate to all of the other largely, or primarily, in-house needs which we as Black people face.

AOIP, perhaps most importantly, provides a coveted kind of framework for Black young people and adults to work in a thoroughly cooperative and reciprocal way. Once we have begun to bridge that kind of generation gap, the sky may be the limit as to what we in the Black community can do. One thing, however, is certain: our Black youth cannot be effectively recruited for AOIP, unless our Black youth lead.

Ringing The Bell

by
Bob Tieuel



Visiting the office of the Southwest Digest recently, with Mr. Richardson on the job as usual and quiet elated with the steps some of the black churches and pastors have taken in order to insure or is it assure, the continued growth of the Digest in the Black Community.

In a coming column, we shall also acquaint readers with some of our pastors and members of the United Methodist Church in the West Texas area. Look for some real interesting leaders and features. We shall visit some of these U. M. churches in such places as Denver City, Seagraves, Andrews, Seminole as well as Lovington, Jal, Eunice and Pecos, Texas. Watch for this!

Home time flies! According to a report in The Star of Zion, U. S. Black Congressman Walter E. Fauntroy of D. C. recently presented Bishop Charles H. Foggie, president of the Board of Bishops of that denomination, with an U. S. flag which has flown over the U. S. Capital Dome in Washington, D. C. Bishop Foggie was observing fifty years in the Christian ministry. We reminded Bishop Foggie several years ago of his student years in Boston University and we were flying high across the Charles river at Harvard Divinity School.

Recent great quotes: "The final figure for contributions of the C. M. E. Church to the African Relief Fund was \$145,000. This is only an indication of what our church can do when we come really concerned..... We must deal with those living daily on the cutting edges of life. We must be in the vanguard of a spiritual revolution that addresses the disintegration of the Black family, teenage pregnancy, and drug addiction on a spiritual level. The C. M. E. Church can no longer afford the luxury of silence and complacency as we look at present world conditions." From Bishop C. D. Coleman, newly elected Senior Bishop, who presides over the five conferences of Texas.

Bob's Note: Bishop Coleman was educated at a C. M. E. school (M. I. College) in Mississippi and later became one of the professors there before the church elected him general secretary of the Board of Christian Education for 16 years. He was then elected the 36th bishop of the church on the first ballot in 1974. He was elected Senior Bishop and Chief Administrative Officer at the recent General Conference of the church held in Birmingham, Alabama. He is a fearless advocate of the Consultation on Church Union and union with other black Methodist bodies in U.S.

Readers Write: "Dear Bob - Thank you so much for helping keep the memory of our son, Manny Jr. Alive. Your mention of my tribute to him in your 'ringing the bell' column and the reminder of the Manny Marquez, Jr. Memorial Scholarship Fund in the letter to the editor of the Hobbs Daily News Sun was very thoughtful. Keep up the good work. You do a lot of good for our community." Signed Manny Marquez - Sports Editor - Hobbs Daily News Sun.

Bob's Note: Manny Jr. was of Hispanic origin, and a great athlete he continually reached out to help and cheer young people of every racial background during his twenty-three short years of life. He was killed in a tragic automobile accident near his home as he was preparing to enter a university in Albuquerque.

Purely Personal: For 47 years, Rev. Mitchell B. Benton, who was born in Monroe, Louisiana served in the mission fields of the C. M. E. Church, with a great portion of those years in Arizona and New Mexico. He was 90 years young when he expressed a desire to come back home to Hobbs to spend the remainder of his days, where he had pastored and had many friends and relatives. In the process of moving from Albuquerque to Hobbs, he felled suddenly. He was laid to rest in the Prairie Haven Cemetery in Hobbs.

It is always good to go back and meet old friends and members where one has pastored. We spent six challenging years in Friendship C. M. E. Church, Pecos, Texas. We hope we left some good marks in the cornerstone there. Our sympathy to Hon. Richard "Dick" Slack in the loss of his beloved mother -- Prof. Sidney Sadler, long time educator and civic leader of Pecos and our sympathy to Bro. Alton Hughes, in the loss of his beloved companion -- Amelia. Mrs. Joe Barton continues to improve and our Sunday a. m. radio broadcast still coming thru. It's KIUN at 9:45 a. m. More later.

The Black Press: Guardian Of Human Rights

NEWS OF NUTRITION

High Fiber Diet May Help Prevent Some Cancers

One of the richest--and many say tastiest--sources of dietary fiber is often overlooked. It's prunes. That humble fruit may bring a happy expression to the faces of millions of health-conscious Americans who've been looking for a good tasting, nutrient-dense high fiber food.

Americans are learning that a diet high in fiber-rich foods may protect against some types of cancer, perhaps because it helps move food quickly through the intestines and out of the body, prevents constipation and promotes a healthy digestive tract. Consider the following:

• The National Cancer Institute reports 35 percent of all cancer deaths may be related to diet.

• Recent studies have led the National Cancer Institute to recommend a diet high in fiber and low in fat to reduce cancer risk.

• Americans currently eat between ten and 15 grams of fiber a day. Authorities agree this amount should be doubled to 25 to 35 grams for maximum benefit. Besides being fiber-rich,

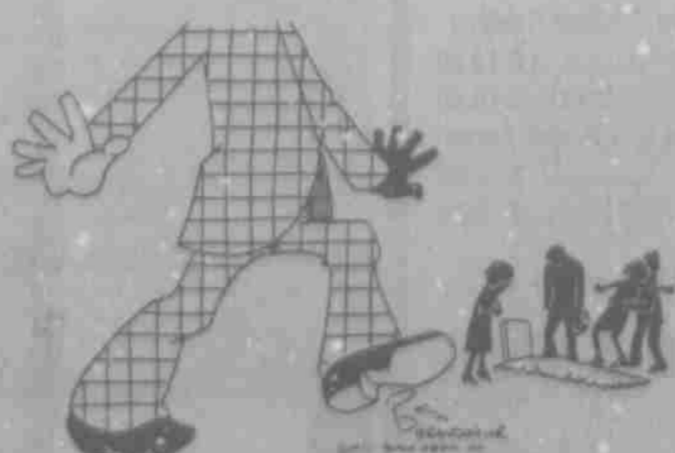


Prunes: an excellent source of fiber.

prunes are nutrient-dense with generous amounts of beta carotene (Vitamin A), which, like dietary fiber, may protect against cancer in humans, as well as potassium, iron and niacin and many other essential vitamins and minerals. Prunes have no cholesterol. They are convenient, keep well and can be purchased without pits.

You may have noticed today's prunes are different from those of yesteryear. New harvesting and drying techniques produce a delicious fruit that is moister, chewier and plumper than in the past. That makes prunes one excellent source of fiber that's especially easy to digest.

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THIS N THAT!

NEED TO BE SAID! **THIS N THAT** ... who was present at the first ... and hopefully not the last ... **BROTHERHOOD SERVICES** ... at the Carter Chapel C. M. E. Church ... last Sunday afternoon ... The cold weather ... didn't keep these brothers and sisters from ... having a good time ... The speaker of the evening ... **REV. TONY WILLIAMS** ... pastor of Community Baptist Church ... made it known that this was the ... **FIRST TIME** ... he has seen the ... **BLACK MEN** ... outnumber the ... **BLACK SISTERS** ... in a church meeting ... Well ... **REV. WILLIAMS** ... hope ...

BLACK MEN ... will continue to get back in the ... **CHURCH** ... Even our friend ... **BROTHER V. JONES** ... did a splendid job ... as did ... **BROTHER JOHNSON BROWN** ... **REV. A. L. SIMS** ... pastor ... was a very proud pastor ... **MAKING A LOT OF SENSE!! THIS N THAT** ... would urge all ... **BLACK LEADERS** ... to checking around where they have been ... since more than ... **TWENTY HISPANICS' NAMES** ... appeared on ... **BILL CLEMENTS FOR GOVERNOR COMMITTEE** ... list ... It really didn't look good for ... **GOOD CITIZENS**

... like ... **ROBERTO LUGO** ... and ... **EARNEST BARTON** ... to be seen with such a list ... **SUPPORT BCD!! THIS N THAT** ... after reading what ... our brother ... **EDDIE P. RICHARDSON** ... said in his editorial this week about the ... **BOARD OF CITY DEVELOPMENT (BCD)** ... we as a ... **BLACK PEOPLE** ... as well as others ... should get behind this effort ... Give it all the ... **SUPPORT** ... you can ... and even encourage the ... **LUBBOCK CHAMBER OF COMMERCE** ... to do a good job ... Both will ... no doubt ... **HELP** ... all of us ... We've come ... **TOO FAR** ... to start ... **BICKERING & FUSSING** ... now ... Well written ... **BROTHER RICHARDSON** ... just keep on doing it!! **WHY DO THEY DO IT!! THIS N THAT** ... hasn't understood ... **YET** ... why ... **BLACK FOLK** ... use needles for shooting up with ... **DRUGS** ... or why they use it for their body ... If you want to see some ... **EXAMPLES** ... of what will happen ... give us a

call ... It just doesn't make any sense ... **HAPPY ANNIVERSARY!! THIS N THAT** ... would like to a ... **HAPPY 61ST ANNIVERSARY** ... for the Pastor & Members of ... **MT. VERNON UNITED CHURCH** ... as you celebrate all of this ... **COME SUNDAY AFTERNOON** ... October 19, 1986 ... Really have come a m ... **MIGHTY LONG WAYS** ... and no doubt ... **EACH OF YOU** ... are thinking about further heights ... **THIS N THAT** ... knows your new pastor ... **REV. WILLIAM WILLIAMS**

... is very proud! **PEOPLE TALKING! THIS N THAT** ... has heard many comments about the ... **RECENT EFFORT** ... of the Lubbock **BRANCH NAACP** ... in their fight against the ... **SHERIFF IN GARZA COUNTY** ... More is expected on this matter ... about what has been done ... against prisoners in ... **GARZA COUNTY JAIL!** Prexy ... **ROSE WILSON** ... said she has received ... **MANY MANY CALLS** ... about others who ... are having problems ... Hang in there ... **LUBBOCK BRANCH**

... **NAACP!** **DROPPING TRASH IN FRONT OF YOUR NEWSPAPER!! THIS N THAT** ... observed a ... **BLACK BROTHER & BLACK SISTER** ... who stopped their little ... **RED OLD CAR** ... threw their ... **DIRTY TRASH** ... in the streets ... Now ... **LISTEN ... BLACK**

FOLK ... we got to quit all that mess!! **NEW IDEA!! THIS N THAT** ... would like to say ... **CONGRATS** ... to the ... **STUDENT BODY** ... of Dunbar-Struggs High School ... for their recent effort to have a ... **PARADE** ... through the community ... today ... Thursday

... afternoon at 4 p. m. Even learned there will be more than ... **TWENTY FLOATS** ... to pass through the community ... This ... hopefully ... will create some interest in the ... **COMMUNITY!** **CONGRATS!! THIS N THAT** ... would like to say ... **CONGRATS** ...

Con't on Page 7

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CONTINUING SUPPORT -- Mrs. Coretta Scott King, center, and Obrie Smith, left, director of corporate communications for Miller Brewing Company, discuss new programs under development at the Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta, Ga. Mrs. King is president of the Center which was founded in 1968 as a living memorial to Dr. Martin Luther King Jr. During the visit, Smith presented a \$10,000 check to Mrs. King, representing Miller Brewing Company's fourth installment of a \$50,000 pledge made to the Center. Joining the discussion was Carl Anderson, the Center's vice president for development.

BLACK POETRY

Babies Making Babies

Some kids are just a pain morning, night and noon
Some kids never grow up--others grow up all too soon.

With a new birth in her arms and another at her side,
They're all that she has to give her a sense of pride.

Stop this wheel of shame! Stop this wheel of pain!
Baby ain't got no name, don't know who's to blame.

Babies making babies--where do we draw the line?
Babies having babies--it's a sign of the times!

You say "when you get that feeling, you just got to do it--
But oh, let me tell you, child, in real life,
there's so much more to it!

And whether it's a lovable lad or a priceless baby girl,
This ain't no Cabbagepatch Kid you're bringing

into the world!
When it comes to life and love, tell me--
Why can't you see
That love carries with it a sense--
Of pride, and responsibility.

Hooked on the labor of love, you gave into
a feeling unknown
And after motherhood the hard way, you know--
Love don't live by sex alone!

Stop this wheel of shame!
Stop this wheel of pain!
Baby ain't got no name, don't know who's to blame.

Babies making babies--where do we draw the line?
Babies having babies--it's a sign of the times.

—Daniel R. Queen

"No one can build his security upon the nobleness of another person."
Willa Sibert Cather

Lubbock Attorney Honored By S.B.A.

Tomas Garza, senior partner in the law firm of Garza, Hernandez and Brennan, has been named Lubbock District Minority Small Business Person of the Year. The U. S. Small Business Administration (SBA) recognized and honored Garza during Minority Enterprise Development (MED) Week, October 5-11.

MED Week is proclaimed annually by President Reagan to honor the nation's more than 600,000 minority business men and women and the contributions they have made to the country and its economy. This is the fourth year the week has been proclaimed.

Garza opened his one-man law firm in 1977 and today employs seven full-time employees. Garza and his firm are noted for the training and hiring of persons from the minority community in Lubbock. The firm also uses other minority owned firms, whenever

possible for services and supplies needed by the law firm.

Garza, 42, was born in Dimmitt and is a graduate of Georgetown University's School of Law in Washington, D. C. He and his wife, Jennifer, are the parents of two boys, Diego and

Dustin.

In proclaiming MED Week, President Reagan said, "We must continue expanding opportunities to ensure strong growth for minority businesses. These businesses are adding jobs to industries that only a few years ago barely existed."

During MED Week, the U. S. Small Business Administration (SBA) and the Minority Business Development Agency (MBDA) of the

U. S. Department of Commerce will sponsor events in Washington, D. C., during October. These events will help participants locate new business opportunities, learn the latest techniques in business management and expand their network of business associates.

Garza was presented with a special plaque in ceremonies at the SBA office at 1611 - 10th Street, Suite 200, on

Thursday, October 9, at 2:00 p.m.

"MED Week is an excellent way to honor and recognize the accomplishments and contributions made by minority firms to our local economy and to the nation," said John D. Walz, Acting District Director of SBA's Lubbock office.

"All doors are open to courtesy," Thomas Fuller

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FROM THE PEN OF
PARSON D. A. SMITH

D. A. Smith
Pastor
Bethel A. M. E. Church
Lubbock, TX

To Be Great Is To Serve

There is a story told of a man who had a magnificent voice. Every Sunday morning he would sing in his church. His singing was of such that it moved those who were listening to tears; to stand and clap their hands; to shout. Certainly, there was no question as to the singer's ability to sing or his singing enhancing the worship service. But a time came when for several weeks the music director asked others to sing without asking him. The singer stopped attending services. Finally one of the members of the choir went to him and persuaded him to come back to the choir. Again he sang solos and lead parts regularly. But when someone else with lesser talent would lead a song. He felt that his talent was being ignored and he would quit coming for a while. Because of his behavior, when he would sing, his songs no longer inspired the congregation.

Harry Emerson Fosdick has said, "No horse gets anywhere until he is harnessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined." Sometimes our mediocre aspirations are nothing more than petty goals meant to benefit one person - self. One who has the attitude of Christ directs their aspirations away from self toward the good of others and the glorification of God. Their life is focused, dedicated and disciplined. "To be great is to serve."

10-14-86

We Thank God For Jesus

"Lord, We Forgot To Remember,
Not To Forget!"

Deuteronomy 6:10-12 -- When the Lord thy God shall have brought thee into the land which He swore unto thy Fathers, to Abraham, to Isaac, and to Jacob, to give thee great goodly cities, which thou buildest not, house full of all good things, which thou filledst not, vineyards and olive trees, which thou plantedst not; when thou shalt have eaten and be full, then beware lest thou forget the Lord.

Lord, I thank You for keeping your promise you made to our Fathers. But we as a whole in the U. S. A. keeping ours; we don't bother.

Lord, You brought us to this land, all we considered slaves. You gave us all good things, but we love things man hand made.

Lord, we're all like the prodigal son, everyone wants his own way, doing his own thing -- having fun.

Lord, we've left you and went after other gods. We're turned away from you -- The Only True God."

Galatians 6:7 -- Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.

Lord, we're now so corrupt -- the U. S. A. as a whole. Our gods are the ones on T. V. and they're so cold.

"Lord, we forgot to remember, not to forget."

Deuteronomy 28:14-20 -- The Lord said, thou shalt not go aside from any of the words which I command thee this day, to the right hand, or to the left, to go after other gods to serve them. But it shall come to pass, if thou wilt not harken unto the voice of the Lord thy God. To observe to do all His commandments and His statutes which I command thee this day. That all these curses shall come upon thee, and overtake thee: Cursed shalt thou be in the city, and cursed shalt thou be in the field, cursed shall be thy basket and thy store. Cursed shall be the fruit of thy body, and the fruit of thy land. The increase of thy kind, and the flocks of thy sheep. Cursed shalt thou be when thou comest in, and cursed shalt thou be when thou goest out. The Lord shall send upon thee cursing, vexation, and rebuke, in all that thou settest thine hand unto for to do. Until thou be destroyed, and until thou perish quickly, because of the wickedness of thy doings, whereby thou hast forsaken me.

Lord, we're in trouble as any fool can see. This nation is in the great fall, because you said it's to be.

Lord, we're teaching other countries and our children are without thee. It makes us look big, for all the world can see.

Luke 13:34-35 -- Jesus said, O'Jerusalem, Jerusalem (Church, Church) which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen gather her brood under her wings, and you would not! Behold, your house is left unto you desolate: and verily I say unto you, ye shall not see me, until the time comes when ye shall say, blessed is he that cometh in the name of the Lord.

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

Directed - Arranged - Produced - Guided by
Our Lord Jesus Christ!

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

OBSEQUIES

Mrs. Callie Garrett Cato



Final rites were read for Mrs. Callie Garrett Cato last Saturday morning, October 11, 1986, at the New Hope Baptist Church with Rev. S. C. Nash, pastor, officiating.

Interment was held at Peaceful Gardens Memorial Park under the directions of Jamison & Son Funeral Home.

Mrs. Cato was born in Hondo, Texas to Mr. and

Mrs. Henry Garrett in 1905. She was married to Mr. George Cato and moved to Lubbock in 1938.

Mr. and Mrs. Cato were united in holy matrimony in 1919, and seven children were born to that union.

She united with the New Hope Baptist Church under the leadership of the late

Climbing Up Ladder



Mr. Wendell D. Davis

The spirit of the Lord is upon me. Wendell D. Davis, the son of Rev. A. L. Davis who was former pastor of St. Luke Baptist Church, will climb to a higher calling of service Sunday, October 19, 1986, at 7 p. m. at the Greater Saint Luke Baptist Church, 306 East 26th Street.

Following the services, a reception will be held in Fellowship Hall.

Brother Davis will preach his first sermon, and invites you to come and hear him. Let's come and worship together.

Rev. J. H. Ford is pastor of Greater Saint Luke Baptist Church.

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The Outreach Prayer Breakfast

Members of the Outreach Prayer Breakfast met in the home of President Juanita Sowell at 9 a. m. Thank God for Saturday mornings which completely prepare us for Sunday mornings. "What a double blessing," said President Sowell who presided over the meeting.

Opening scripture was St. Luke 18:17 which was read by Sister A. Johnson. After which there was a brief business discussion.

A lesson in the form of a testimonies which touched everyone's heart by Sister Adelia P. I. rick. A deep heart from childhood which was resolved on Jag! week. What a morning. "If you have something deep down inside you and have been keeping it to yourself and it's destroying you spiritually, let go and let God! OK?"

Sister Hardrick is super. We love her! Thought for the week: "There can never be a real revival as long as there are unconfessed sin."

Failures are only real when we stop hoping. Think about it, friends! Breakfast was served spiritually and physically. The only invitation you need friends, is a need to eat. OK?

Our sick list includes a lady in Monahans, Texas who is on a kidney machine twice a week. This prayer is for all kidney patients.

"Let's Pray"

Oh, God Almighty we realize your Son Jesus redeemed us from the curse of the law. Therefore, we forbid. No more problem in the bodies of your people. No more disease or germs; nor viruses to come upon these bodies, and sickness which touches these bodies dies instantly. In the name of Christ of Nazareth. We pray. AMEN. Romans 8:11; Genesis 1:31; Matthew 16:19.

We walk by faith and not by sight.

Can any good come out of Nazareth???

"He who does not know the force of words cannot know men." Confucius

Rev. Wade, where she worked very faithfully with the church as musician and director of the Youth Choir; musician for the Senior Choir also. Mrs. Cato remained faithful to her church until her impaired health caused her retirement, but her heart was always with New Hope and her church was the topic of her conversation with those who visited with her over the years.

Mr. Cato, sons -- Henry and Charlie -- and daughter, Lillie M. Booker preceded Mrs. Cato in death.

Survivors include: four daughters -- Georgia M. Griffin and Betty Jo. Griffin and Betty Jo Noble, both of Seaside, California, Pearlina Chase and Doris Cotton, both of Lubbock, Texas; three sisters -- Lottie Jenkins of San Antonio, Texas, and Ester Nelson and Sarah Garrett, both of Denver, Colorado; twenty-three grand children; fifty-four great grandchildren; devoted

son-in-laws, a host of other relatives and friends.

Mrs. Cato passed Tuesday evening, October 7, 1986 at 7 p. m.

Casket bearers were her grandsons -- Gerald Lewis, T. L. Washington, George C. Parker, Lester Leo Ward, James Jimerson and Mark Jackson.

Honorary bearers were the New Hope Baptist Church Brotherhood.

Flower bearers were the New Hope Baptist Church ushers.

Please come and see. We will be meeting at the Parkway Manor Care Center, 114 Cherry Avenue, at 10 a. m. Saturday. See you there! Our Midland, Texas trip has been postponed until a later date.

Our closing prayer was offered by Sister Hardrick.

Why not write to this dedicated group: P. O. Box 1223, Lubbock, Texas 79408. Or you may call either 747-7326 or 762-3347.

Sister Juanita Sowell, president; Sister Christine Burleson, vice president; Sister Annie M. Johnson, secretary; and Sister Dorothy Hood, reporter.



Winning the "Camera of the Year" award in Europe and the Consumers Digest Home Entertainment Merit Award in the U.S. was a snap for Minolta's MAXXUM. In fact, the camera has won praise worldwide in an unprecedented sweep of seven major awards. With power equal to 150,000 transistors, MAXXUM's sophisticated computer circuits make it the world's fastest focusing 35mm SLR--only the human eye focuses faster. Considered the simplest camera of its type to use, it makes picture taking an easy--and almost as quick--as the blink of an eye.

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 1532 East 19th Street Phone: 744-5884 Lubbock, Texas

GAMBLING

After being condemned as a social evil for years, gambling has now become an acceptable practice. State lotteries and "church bingo" have promoted and dignified gambling so as to make it appear as a harmless past-time, a respectable recreation. Pressing financial needs and the reports of multi-million dollar lottery winners have whetted the appetites of many who hope to win a fortune.

It is estimated that the yearly amount of bets in the U.S. equals one-third of the gross national product. Two-thirds of all Americans participate in gambling. One of the nations leading authorities on gambling is Washington attorney, Rufus King, who was Chairman of the American Bar Association and counsellor for the Presidents' Crime Commission. In his book "Gambling and Organized Crime," he says, "...there seems to be general agreement that the total sum spent annually by Americans in all forms of illegal gambling (the yearly 'handle'), runs in the range of \$15 to \$25 billion (that was in 1969). Some reputable estimates double those figures. But, let us say \$20 billion! If the 'take' of the gambling promoter amounts to one-third of this, (and the patron in illegal gaming assuredly gets no breaks), the income shared by those who control this form of criminal activity would be between \$6,000,000,000 and \$7,000,000,000."

He then goes on to illustrate the significance of a billion dollars by saying, "...if you piled a million dollars in new thousand dollar bill one upon another, you would have a handsome stack 8 inches high; if you did the same thing with a billion dollars, the stack would extend 111 feet above the top of the Washington Monument."

Gambling is a much more serious problem than many suspect! Based on reports from John Hopkins University, in 1980 pathological gambling was certified as a mental disorder by the American Psychiatric Association. In the mid-fifties the Gamblers Anonymous organization was established to help people deal with their gambling problems. In a recent phone conversation with their representative of the Cincinnati chapter, I was told that they get from 12 to 15 new members each week from the Cincinnati area alone!

Of course, most gamblers never seek help, nor do they consider their condition as abnormal or their actions as morally wrong. It is a "closet problem" that few people ever talk about. The highly respected magazine, "Today's Health" said, "Gambling is America's most unrecognized social cancer. It is unrecognized because most of it is done secretly and goes undetected, thus, it never becomes an awareness."

I. GAMBLING IS HARMFUL TO ONESELF

1. It defiles our character.

Henry W. Grady, in an editorial in the Atlanta Constitution on Sept. 20, 1884, said, "Never gamble. Of all the vices that enthrall men, this is the worst, the strongest, and most insidious. Outside of the morality of it, it is the poorest investment, the poorest business, the poorest fun. No man is safe who plays at all. It is easiest never to play. I never knew a gentleman and man of business who did not regret the time and money he wasted in it. A man who plays poker is unfit for every other business on earth."

Judge Michael L. McKinley, past Chief Justice of the Cook County (Ill.) Criminal Court, said, "Gambling has grown gigantically as a business which produces nothing but grafters, embezzlers, forgers, confidence men, pickpockets, burglars, and bandits." You can think what you will about gambling, but those are the facts!

Before the casinos opened in Atlantic City, there were an estimated dozen prostitutes — after only a few weeks, more than a hundred were counted. Also, the city's rescue mission had to quadruple its bed capacity. It is a well known fact that the most vile members of society participate in gambling. That alone should tell us something!

2. It destroys our compassion.

The Bible teaches us to love one another, which means that we should gladly sacrifice to meet the needs of others. But, gambling puts self-interest first. It builds resentment and makes enemies. It removes love from society and creates a spirit of unconcern for others.

3. It develops the hope of getting something for nothing.

Gambling destroys initiative. Instead of rolling up his sleeves and going to work, the gambler hopes to live off the misfortune of others. This attitude of something for nothing is destroying America.

Tom Anderson, in the publication "Straight Talk," tells of the rangers in Mount Rainer National Park who caution the visitors against feeding the animals. He says, "The ranger explains that the deer grow accustomed to visitors' handouts and lose the ability to fend for themselves. Bears, he says, come to believe that free food is their due — and become grouchy and violent if they don't get it. Chipmunks and squirrels congregate where the handouts are supplied and thus, upset the balance of nature."

The "balance" of our country is likewise being upset: The leeches are taking over." He then goes on to say, "One reason the welfare rolls grows is because it is more profitable for millions of our people to stay on welfare than to work."

"There are millions of third generation welfareers whose grandparents, parents, as well as themselves, have never found a 'suitable job.' There is no suitable job for a bum. Our government has made bums out of millions of our people."

I haven't forgotten my subject — it's gambling, not welfare. But, the fact is that they both lead to the dangerous attitude of wanting something for nothing. The welfareers consider it their right to live at the expense of others and the gambler hopes to prosper on the losses of others. By the way, gambling has put more than its share on welfare!

The Bible says, "that if any would not work, neither should he eat" (II Thess. 3:10) and "in the sweat of thy face shalt thou eat bread" (Gen. 3:19). God intends that we earn our living by honest labor.

II. GAMBLING IS HURTFUL TO SOCIETY

1. It destroys families.

The gambler loses, children go hungry, wives do without, bills go unpaid, tension builds, arguments increase, and eventually the family is destroyed. The gambler doesn't have time for his wife and children. He

would rather be at the race-track or the poker table than with his family. The compulsion to gamble destroys a man's compassion for his family to the point that he is willing to neglect them to satisfy his own carnal desires.

2. It divides friends.

The Bible teaches us that friendship is a precious thing that is to be carefully guarded. But gambling causes you to take advantage of others. Your friend becomes your victim. He's look upon as a villain standing between you and something you want. Even if the gambler could control his feelings toward others he cannot keep his victims from becoming bitter toward him. Our concern for others should far exceed our desire for financial gain.

3. It decreases respect for the law.

When pressed for funds people will resort to all sorts of illegal activities to finance their gambling habit. They will steal from their loved ones, write bad checks, and even commit armed robbery.

Also, those who promote and prosper from gambling will go to any lengths to protect their interest. The "Presidents' Commission on Law Enforcement and Administration of Justice" in 1967 reported that "law enforcement officials agree almost unanimously that gambling is the greatest source of revenue for organized crime...Estimates of the annual intake have varied from \$7 to \$50 billion...Analysis of organized criminal betting operations indicates that the profit is as high as one-third of the gross revenue."

Of course, some think that the answer is to legalize gambling and put it under the guidance and control of government. But, that isn't the answer. Such foolishness only further corrupts the government.

Rufus King said, "No public authority can long withstand the pressures and corrupting effects of legalized gambling enterprises...Lotteries began to emerge after the turn of the 19th century as what the Supreme Court was prompted to call a 'widespread pestilence;' corrupting the legislators and public officials who authorized and administered them and subjecting the public to a variety of increasingly out-rageous frauds and scandals...Nearly every large community had its much-publicized bankruptcy's, embezzlements and suicides attributable to profligate spending for lottery tickets..."

"Widely in the last three decades and occasionally today, the gambler-gangster has managed to hit an even higher target: instead of corrupting and capturing local police forces, he has been able to gain control of local governments..."

"When Kentucky closed out coin-machine gambling in 1966 by a new state law, the gamblers made so strong a come-back in the next session of the General Assembly (under a new Governor and with new faces in the State House in Frankfort) that only a spirited press campaign coupled with rumors that bribes had reached a choking seven figure aggregate, enabled anti-gambling forces to effect a cliff-hanger rescue of the new law."

"The Kefauver Committee exposed patterns like this in small cities such as Covington, Ky., and Pennsylvania's 'Wyndling' Valley which it chose almost as random samples."

If you think the promoters of gambling aren't serious about this matter, listen to what Mr. King says: "To attribute half the gang killings and mob violence of the forties and fifties to battles over control of this gambling empire would be a very conservative speculation."

III. GAMBLING IS HEINOUS TO GOD

1. It disobeys the commandments.

It is written in the Ten Commandments, "Thou shalt not covet..." (Ex. 20:17). Our legal desires are limited to our necessities. The Bible says, "Let your conversation be without covetousness; and be content with such things as ye have..." (Heb. 13:5).

The ambition for worldly goods has destroyed many lives and is strictly forbidden by the Lord. That doesn't mean that it is sinful to prosper. God has often blessed his people with material goods, because they gave him top priority. But, that doesn't give us the right to seek wealth. We are to serve God and then be satisfied with what He gives us.

2. It denies God's law of order.

According to the word of God, work comes before wealth, sowing before reaping. But, the gambler seeks to reap what others have sown. Of course, not wanting to do things God's way has always been a characteristic of the world. When parents teach their children to gamble, they are teaching them to ignore what God demands. And this disrespect for God then affects every other area of their lives.

3. It deadens sensitivity toward spiritual matters.

"While our precious Lord was being crucified, wicked men cast lots for His garments. Their desire for personal gain blinded them as to what was really important. When a person is consumed by self-interest, as is the gambler, he will never be sensitive to the will of God for his life."

4. It distracts from the important things of life.

Solomon said, "Treasures of wickedness profit nothing..." (Prov. 10:2). What seems to be gain is a mirage when God's law is violated. No one ever truly prospers when he disobeys God's word.

As stewards of God's property, we have no right to gamble with that which has been entrusted to our care. If we waste our time, neglect our responsibilities, offend our neighbors, and squander our goods, we cannot expect God to bless us.

Think about the number of missionaries that could be supported with the money that is spent on gambling. If 50 billion dollars annually are spent on gambling, that amount could be used to support 2 million missionary families in the amount of \$25,000 per year!

In conclusion, let me remind you that prevention is easier than cure. A world of pain and misery could be avoided if folks would steer clear of the gambling trap. Whether its matching for a coke, playing bingo, betting on a ball game, or buying a lottery ticket, we should refuse to participate. It isn't the amount of money involved, it's the principle. Don't be fooled! "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but, he that soweth to the Spirit shall of the Spirit reap life everlasting" (Gal. 6:7-8). You can be sure that following Christ is no gamble. No one is a loser who receives Christ as Saviour and follows Him as Lord.

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.

Lubbock Hispanics Mad At Clements

"It must be his secret plan," Ms. Paula Montoya said in a press conference Tuesday morning at the LULAC headquarters here.

The press conference was held because of the names of local Hispanics' names appearing in a press release by the Bill Clements for Governor Campaign.

"Eighty percent of those Hispanics listed didn't know anything about this steering committee, nor were they contacted by anyone in the Clements' camp," continued Montoya who served as spokesperson.

One of the person's names who appeared on the list, Earnest Barton said he didn't know anything about what was going on. "Even if I support Clements, and I don't, someone should have let me know what was going on. I was hurt," said Mr. Barton.

Also Roberto Lugo, who has been a resident of Lubbock since 1952 and very active in the community, said: "I didn't give no permission to anyone to use my name for the Clement effort."

According to Ms.

Montoya, "A press release is being sent throughout the state of Texas concerning the naming of this committee."

"We want a retraction on what has been done," continued Ms. Montoya.

The press release from local Hispanics included the following:

"Clements, the same person who chose to avoid controversial ground when questioned by reporters about Mexico and Mexican issues answered, 'I'm not running for Governor of Mexico.' This response quoted in the Dallas Morning News on August 28, 1978, demonstrates his callous insensitivity and blatant disregard for Hispanic issues. Although some may be flattered by Clements Campaign effort. We are disappointed that Clements did not find it necessary to contact at least 80% of Lubbock Hispanic leaders named to his steering committee."

Continuing: "We are here today to let the people of Lubbock, West Texas, and our friends throughout Texas know we resent this effort to

use our community for his political gain and furthermore, ask for a statewide retraction by the Campaign to Elect Bill Clements."

Concluding: "With the inefficiency and unaccountability demonstrated in his efforts to announce a statewide Hispanic Steering Committee, we are concerned about the future of Texas if this is any indication of what we can expect of his office if

re-elected governor.

"On September 26, 1981, when questioned about the opinion of a Latin American scholar, Clements snapped, 'He's just another Mexican with an opinion.' Today, we are publicly announcing the opinions of several Mexican leaders Clements highly regarded in the October 10, 1986 news release."

Fooled

Continued from Page 1

O'Conner has shown in several recent decisions that she also is more willing to move to the center than she has been previously.

The court moderates are Justices John Paul Stevens, appointed by Gerald Ford in 1975; Bryon White, appointed by John F. Kennedy in 1962; Harry A. Blackmun, appointed by Johnson in 1967; and the true swing man on most 5-4 court decisions, Lewis F. Powell, who was appointed by Nixon in 1972.

"Powell is truly the balancer on the court," Schaefer said. "He always weighs the interests of the individual when makes a decision and is almost always the deciding factor in close decisions."

Schaefer also noted that Blackmun has moved to the liberal side of the court, voting with Marshall and Brennan most of the time. White is considered a moderate because he tends to vote with the liberals on civil rights issues and the conservatives on law and order issues.

"Stevens is the true maverick of the court and has to be placed in the middle simply because he votes all over the place and one really has a hard time predicting which side he will go with on what issues," Schaefer said.

Schaefer said many people have expressed concern that with Rehnquist at the helm and the nomination of an equally conservative justice to replace him, many things that have been defined as basic freedoms by the court will be changed.

Schaefer said there are too many factors to be considered besides Rehnquist and Scalia conservative ideas.

"There is a socialization process that new justices and chief justices go through," Schaefer said. "They feel the pressure and the responsibility of being members of the highest court in the land, the court of last resort if you will. Hopefully, the justices rise above their own feelings whether they be liberal or conservative."

THIS N THAT

Continued from Page 4

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Garage Sale Set

The Garage Sale in the Market benefiting The Parenting - Cottage will take place this weekend, October 17th and 18th, in the Furr's Supermarket Building in Caprock Shopping Center, 50th Street and Boston.

Hours will be from 8:00 a. m. to 5:30 p. m. both days.

Don't buy another Christmas present until you've had a chance to see our sale items including furniture, gift items, clothes, and much, much more!

All proceeds from the sale will go to operational maintenance and children's activities at The Parenting Cottage.

The Parenting Cottage is a non-profit organization which provides education and resources for parents of preschool handicapped and developmentally delayed children as well as services for the children at their 3818-50th Street location.

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Quick & Easy Meals

By Mildred
Mildred B. Griggs, Ed.D.

The back-to-school routine of filling lunch pails and brown paper bags are with us again.

Children are happy with simple things in their school lunch, and tend to be set in their ways; peanut butter and jelly on white bread, mildologna with a little sandwich spread, chips and maybe a couple of cookies thrown in.

Any parent packing a lunch for a child knows that it is futile to include anything that the child is less than wild about. Kids are going to trade away what they don't want, or just dump it in the trash. This week's column is designed to help all of you parents with lunch bag duty to pack nutritious and good tasting lunches your kids will enjoy. Until then, good cooking.

Tips for Lunch Pail Packing

- Sandwiches can be cut into different shapes, a bit of whimsy for the young child.
- Sandwiches can be frozen and packed directly from the freezer. This is an advantage when lunches are sitting in a warm hallway or locker for a few hours before lunch.
- Zucchini and banana breads are easy to make and good for the lunchbox. For added nutrition, cut back on the sugar and add 1 or 2 tablespoons of bran, wheat germ or oatmeal.
- Rice cakes are fun to eat and can be spread with peanut butter.
- If your child doesn't want fresh fruit, try dried or canned. Choose canned fruits that come packed in their own juice, more healthful than the heavy syrup.
- Pita bread can be fun bread; anything can go in the pocket, from raw vegetables to leftover meatloaf.

FRUIT COMPOTE

(A treat for the thermos)

- 1 red apple, unpeeled
- 1 1/2 cups seedless grapes
- 2 oranges, peeled
- 1/2 avocado, peeled
- 1 fresh pear, peeled
- 1/4 cup mild-flavored honey
- 2 tablespoons orange juice concentrate

Wash fruit thoroughly. Dice apple, stem grapes, section oranges, dice avocado and pear, and slice bananas. Toss lightly together to combine with honey and orange juice concentrate. Cover. Chill several hours before serving. Serves 6.

BANANA BREAD

- 1/2 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 3 bananas, mashed
- 2 cups sifted flour
- 1 teaspoon baking soda
- 1/4 to 1 cup chopped pecans

Cream butter and sugar, add eggs and beat. Sift flour and baking soda together. Fold in flour mixture and remaining ingredients, mix thoroughly. Bake in greased loaf pan at 350° for about 1 hour. (Test for doneness with a toothpick.) Great spread with peanut butter.

POTATO CHIP COOKIES

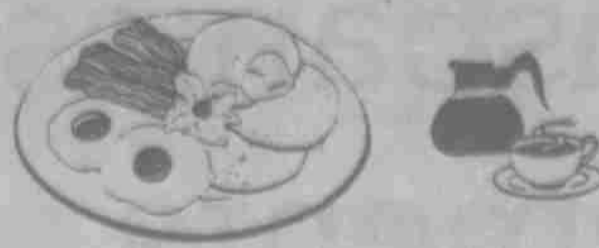
- 5 cups crushed LAY'S® brand potato chips
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1/2 cup milk
- 2 teaspoons vanilla extract
- 2 cups flour
- 3 teaspoons baking powder
- 1/2 cup pecans

Combine crushed potato chips. Add slightly beaten eggs. Stir in milk and vanilla. Add baking powder to sifted flour and blend with the above. Add pecans.

Drop by teaspoonful onto a greased baking sheet, allowing space between for spreading. Bake at 375°F for 10-15 minutes.

Dr. Griggs invites you to send your suggestions or questions to: Quick & Easy Meals by Mildred, Sage Feature News Service, 301 Martin Luther King Blvd., Dallas, Texas 75215.

The KITCHEN BEAT



Breakfast To Get-Up-And-Go!

Deluxe Nog

- 1 Tablespoon orange flavor instant breakfast drink
- 1 cup cold milk
- 1 egg
- Ground nutmeg

Combine instant breakfast drink, milk and egg. Beat with rotary beater or in an electric blender until well blended. Pour into 1 large glass or 2 small glasses. Sprinkle with nutmeg. (Makes about 1 1/4 cups* or 1 large or 2 small servings.)

*One 1 1/4 cup serving (10 fluid ounces) provides:

290 Calories; 25 grams Protein; 15 grams Carbohydrate; 15 grams fat.

Percentage of U.S. Recommended Daily Allowance (U.S. RDA): 30% Protein; 40% Vitamin A; 100% Vitamin C; 40% Calcium.

Raisin-Cereal Muffins

- 1 cup sifted all-purpose flour
- 2 Tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1/2 cup raisins
- 1/4 cup milk
- 1 egg, well beaten
- 1 1/4 cups bran flakes

Sift flour with sugar, baking powder and salt. Cut in shortening; add raisins. Combine milk and egg; add to flour mixture. Mix only enough to dampen flour. Fold in cereal. Fill greased muffin pans about two-thirds full. Bake at 400° for about 20 minutes, or until lightly browned. (Makes 8-10* muffins.)

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

Eat a good breakfast, and you benefit from the nutrition and energy needed to get you going for the day.

Understanding why breakfast is important can help to establish a regular routine designed to fit your

particular needs. When you get up in the morning, it has likely been several hours since your last meal. To supply you with the energy you need to get you going, it is recommended that you have one-fourth to one-third of your day's quota of calories and major nutrients at breakfast. The number of calories varies with your age, weight and activity level. A young woman doing light work needs fewer calories than an active teenager or a man doing heavy manual labor.

Your body also requires approximately one-fourth to one-third of its daily supply of protein at this first meal. Protein is vital for the growth, maintenance and repair of all body tissues, as well as for other body functions. Adequate protein at breakfast helps to keep the blood sugar level up for that sense of well-being that will carry you through the morning.

Since family members go in different directions, and a sit-down breakfast may not be possible for many households, there is no reason why traditional menu ideas can't be changed. For example, almost anyone can use a blender or a mixer to whip up his or her own beverage breakfast-in-a-glass. Start with a shelf-handly jar of orange flavor instant breakfast drink, add an egg and milk and you have the makings for a *Deluxe Nog*. When fresh fruits are in season, add them to your blender beverages for more good taste and nutrition.

For a very special breakfast treat, enjoy your *nog* with homemade Raisin-Cereal Muffins made with bran flakes. They can be made in advance and warmed just before serving.

This meal provides 490 calories, about one-third of an adult's daily protein need, along with a day's supply of vitamin C and significant amounts of vitamin A, calcium, thiamine, riboflavin and iron.

These recipes come to us via the courtesy of *General Foods Products*. We thank them for thinking of our readers.

Food Care Hotline

You don't have to get into a stew over food safety. Questions on meat and poultry and other food safety facts can be answered by the Department of Agriculture's toll-free Meat and Poultry Hotline: 800-535-4555.



A toll-free hotline to the Department of Agriculture can help keep your family from being among the annual two million cases of food poisoning. Call 800-535-4555.

You can also call the hotline to report problems with meat and poultry products, if you find glass or metal fragments or notice a strange look or smell. First refrigerate a sample of the product—in its own container if possible. Then tell the store where you bought it about the problem. Third, call the hotline.

The home economists on the line will also help you cope if your refrigerator or freezer fails, advise on safe cooking and storage times and temperature, tell you how to handle special foods and suggest other sources of information.

You can call the Meat and Poultry Hotline, Monday through Friday between the hours of 10 a.m. and 4 p.m. Eastern time at 800-535-4555.

"He who wears his morality but as his best garment were better naked."
Kahlil Gibran

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We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this week's recipes, you will want to use:

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The planet Neptune is temporarily the one furthest from the sun. Pluto's orbit brought it inside Neptune's in 1979. It will remain that way until 2000.



The first two books printed in Puerto Rico, in the year 1806, were two volumes of verse by the Spanish poet Juan Rodriguez Calderon



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Fruit Cup

Wednesday, October 22
Cheeseburger
Hamburger Salad
French Fries/Catsup
Chocolate Snack Cake

Thursday, October 23
Hobo Stew
Lettuce & Tomato Salad
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Friday, October 24
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