



# Southwest Digest

January 27 thru February 2, 1994

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50¢ Worth More!

902 E. 28th Street  
Lubbock, Texas  
Phone (806) 762-3612

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

## Drug Raids are Becoming Popular Occurrence in Lubbock!

by Candida N. Johnson



Drug raids are becoming a popular occurrence in Lubbock. On Wednesday, January 19th at 6:30 p.m. South Plains Regional Narcotics Task Force and LPD raided the home of Willie Viola Brantley at 2208 20th Street. According to the LAPD Crime Report filed January 19th, police received a tip that crack cocaine was being sold at the address. Police obtained a search warrant and proceeded to raid the home.

"I heard my grandbaby yell Task Force. By that time I heard my door caved in and I was being pushed backwards by the police," said Willie Brantley. She maintains she knew nothing of drugs being sold out of the house. Three suspects, including Brantley, were arrested—two for previous warrants.

"The police went into my bedroom and came out with some bread crumbs. They ran a test on them to see if it was cocaine. The test came up negative. Everyone in the house saw it but now they say it was cocaine," Brantley continued. Her 35-year-old daughter Amberlina Brantley was hospitalized during the raid. "Amberlina was choked by the task force. They said she had drugs in her mouth and they were trying to get them out. But I heard her yelling for them to stop hurting her. Then she stopped yelling," claimed Brantley.

Chris Brantley, the 18-year-old son of the hospitalized woman, said he was surprised when the Task Force raided the home and apprehended his mother. "They called my mother a 'B' and then started choking her. I asked them not to call her that, especially in front of the other little kids in the house. They threw her down and stepped on her head. That's when she stopped yelling. They pulled me outside at that point and stomped me in

the face," he claimed, pointing to a swollen cheek bone.

Willie Kelly said he came to the residence after hearing of the raid. "When I drove up I heard Amberlina yelling. The Task Force said she had drugs in her mouth, but how could she be yelling and swallowing drugs at the same time?" said Kelly.

"My daughter was in a coma for days. Her face was beaten and I know she was fine until the Task Force came in," Brantley alleges. According to the police crime report, Amberlina was detained at the scene and transported to UMC for swallowing large amounts of tan-colored rocks. At press release time she was in satisfactory condition. During the raid the police seized a police scanner, a personal letter, a bottle of pills and a razor blade in a plastic tray. Brantley was released on \$250,000 bond for allegedly possessing a controlled substance with the intent to deliver.

### The Lubbock Independent School District Announced Five Scholarship Funds

The Lubbock Independent School District announced today the formulation of five scholarship funds to assist students graduating from the Estacado Medical Professions Magnet Program.

Methodist, St. Mary of the Plains, University Medical Center Hospitals and the Texas Tech Health Sciences, School of Allied Health each are setting up individual scholarship programs to assist Estacado Health Professional students to continue their education. Already in place is a yearly scholarship from the American G.I. Forum.

While each of the scholarships have individual criteria, the scholarship program will ultimately benefit all students of the Lubbock Independent School District who have an interest in a health profession. However, these scholarships will be available only to students who attend and graduate from the Estacado Health Professions magnet program.

The Estacado Medical Professions Program is now in its first full year of implementation. Estacado is one of only seven schools in Texas that have magnet programs for preparation in health careers. Methodist, St. Mary, University Medical Center and the Texas Tech University Health Sciences Center are also involved with the health professionals program through allowing students to observe and obtain hands-on experiences in medical care at their individual facilities.

All of the seniors from last year's Estacado Medical Professions Program are either studying for or working in a medical profession this year.

The scholarships, announced on January 18, are ongoing and represent a commitment from Methodist, St. Mary of the Plains, University Medical Center, Texas Tech Health Sciences Center and the American G.I. Forum to the students in the LISD Health Professions Program and the community of Lubbock and its health care future.

Today's announcement follows six months of negotiations between Dr. Mike Moses, superintendent of LISD, and the chief executive officers of each of the Lubbock hospitals. Dr. Moses says he feels each of the medical care facilities had an interest in being involved, and they simply needed to be convinced of the on-going need and benefits which would be derived by student, and the Lubbock health care system.

Dr. Moses also pointed out that the establishment of these long-term scholarships shows the commitment the school district has to the Medical Professions Program.

#### MEDICAL MAGNET SCHOLARSHIPS

**Methodist Hospital**—Two \$25,000 endowed scholarships for students entering the Methodist School of Nursing. This includes funding for 32 hours of courses prior to entering into the school of nursing.

**St. Mary of the Plains**—\$15,000 a year, for a three-year period, in scholarships for students entering the medical profession, nursing or a school of allied health.

**University Medical Center**—Two \$8,000 scholarships. One for a male and one for a female student entering the field of medicine. This is an ongoing commitment each year made by UMC.

**Texas Tech University Health Sciences Center**—Two \$500 endowed scholarships from the Hearst Endowment Fund for students enrolled in the School of Allied Health. This is an ongoing commitment from the Texas Tech Health Sciences Center.

**American G.I. Forum**—One \$1,000-a-year scholarship for a student entering the medical profession. This scholarship is on a yearly renewal.

Over the next three years these scholarships represent \$164,000 which will be dedicated to eligible students who graduate from the Estacado Medical Professions Magnet Program.



Roy Grimes, President Of L.I.S.D. Board Of Trustees, makes presentation. Also pictured are Contributors to the Scholarship Fund.

### National Council of Negro Women and Aunt Jemima Brands of the Quaker Oats Company Seek Community Leaders

CHICAGO—If you know a dynamic Black woman who is making a positive impact in your community, the National Council of Negro Women (NCNW) would like to know about her. Entering its third year, "Tribute to Black Women Community Leaders" is an annual competition that honors Black women and college student community leaders. From January 3, 1994 through March 25, 1994, NCNW Sections in eight participating cities—Atlanta, GA; Cleveland, OH; Chicago, IL; Charleston, S.C.; Detroit, MI; Houston, TX; Philadelphia, PA; and New Orleans, LA—will be accepting nominations. The program, presented by NCNW, is sponsored by Aunt Jemima® brands.

"We are very excited to continue our commitment to honoring black women and college students whose grassroots dedication inspires others," said Dr. Dorothy I. Height, president and CEO of NCNW. "We realize that women everywhere are uplifting our neighborhoods and serving as role models for our youth and it's only fitting that they are recognized."

From all nominations submitted, four adults and one college student between the ages of 18 and 22 will be selected NCNW's "Community Leaders of the Year" and "Student Community Leader of the Year," respectively. The winners will be selected by a national panel of judges on the basis of community service and leadership, family ideals and dedication, church activism and career development. Each winner will receive a \$3,000 cash prize and a trip to Washington, D.C. for her and a guest to attend a special Awards Ceremony introducing all of the winners.

"Aunt Jemima brands is very excited about the 1994 program and our

continuing partnership with NCNW," said Lyle Hubbard, division president, Convenience Foods Retail, The Quaker Oats Company. "Our sponsorship of the 'Tribute' program has given us the opportunity to meet many extraordinary women and we're proud to be teaming up with NCNW for another year to honor Black women across the country."

Entries must be postmarked no later than midnight, March 25, 1994. All entries become the property of Aunt Jemima brands of The Quaker Oats Company. No purchase is necessary.

If you would like information on how to nominate someone residing in one of the eight cities or where to obtain a nomination ballot, write to: "Tribute to Black Women Community Leaders," Durrell Public Relations, 20 N. Michigan Avenue, Chicago, IL 60602 or call 312/443-3716. Once your nomination is received, each contestant will receive a notification of receipt along with a complete set of contest rules.

Founded in 1935 by legendary educator and human rights activist Mary McLeod Bethune, the National Council of Negro Women is a social service organization. Under the direction of Dr. Dorothy I. Height since 1958, NCNW is recognized as the principal advocacy group for African-American women and their families with an outreach to more than four million women.

Under its Aunt Jemima brands, The Quaker Oats Company is the leading manufacturer of pancake and waffle mixes, syrups and frozen breakfast entrees for the consumer and food service industry.

### Lubbock Food Bank Wins Nabisco Award

LUBBOCK—The South Plains Food Bank in Lubbock has won a Nabisco Model Food Bank grant to provide a day care center for children of food bank volunteers. Nearly 90 percent of the food bank's work force are volunteers.

The local organization was one of 21 food banks throughout the country to receive a Nabisco grant.

The grant program was established in 1986 to foster advances and improvements in food banks belonging to Second Harvest, a nationwide network that collects and distributes food to the needy.

The Nabisco awards, ranging up to \$5,000, identify innovative, cost-effective programs developed by one food bank that can serve as models for other food banks throughout the system.

To date, Nabisco has awarded grants totaling nearly \$375,000 to 190 food banks. The company, one of the top five donors to Second Harvest, has contributed millions of pounds of food as well as vehicles and technical assistance since 1981.

Based in Parsippany, N.J., the Nabisco Foods Group is one of the world's leading food companies. Among its brands are Oreo and Chips Ahoy! cookies, Planters nuts and snacks, Stella D'oro baked goods, Fleischmann's margarine, Life Savers candies, Ritz and Premium crackers, Cream of Wheat cereals, A.1. steak sauce, Grey Poupon mustard, Ortega Mexican foods, Milk-Bone pet snacks, Care-Free and Bubble Yum gums, and New York Style bagel chips.

### Teacher Development Scholarship

Mr. Randy Neugebauer, President of Lubbock Land Company, and his wife, Diana, take an active role in the affairs of our city. They have demonstrated that commitment to our community by donating \$1,000 to a scholarship fund for a selected student who is involved in the Cooperative Teacher Experience Education Program in the Lubbock Independent School District. The Cooperative Teacher Experience Education Program employs minority students in positions as teacher aides in elementary grades K-6. This program hopefully will encourage minority youth to enter the field of education. Through Mr. and Mrs. Neugebauer's generosity, a qualifying senior student will receive \$500 per semester. The Lubbock Land Company, headed by Mr. Neugebauer, will also be making a future announcement regarding another financial gift to the Lubbock Independent School District.



### A Black History Month Celebration—"Grand Roast" for Roy W. Roberts

This event will be the biggest celebration that has occurred during Black History Month in the city of Lubbock.

The first "roasting" of an African-American in observance of Black History Month will be sponsored by the Lubbock High Black History Club on February 26, 1994, at the Holiday Inn Civic Center Ballroom, from 8:00-10:30 p.m. A dance will follow the "roasting" ceremony from 10:30 p.m.-2 a.m. Ticket prices are \$25.00 for reserved seats and \$20.00 for non-reserved.

This will be a city-wide celebration to honor (roast) a local African-American who has made contributions throughout Lubbock and the State.

Roberts was chosen to receive this honor because he has inspired lives musically and educationally. According to one of his former band members and students, "So many of his former band members and students have succeeded in life because someone (Mr. Roberts) took the time to prove to these students that they could succeed if they programmed their minds to succeed. He believed in his students and many of them have become productive in life and are still continuing to use their skills to inspire others."

Roy Roberts will receive the first "BLACK HISTORY-MAKER OF TODAY" AWARD.

Roberts is a family man, a long-time musician, leader of the Roy Roberts' Combo, former band director and principal of Dunbar Struggs High School, and a long-time educator.

A segment of the program includes "This Is Your Life, Roy." Many of his former students and friends will perform a special tribute in his honor. There will also be surprising guests.

Seats will be limited, so get your tickets early. There will be no cash or checks accepted at the door. Attire is semi-formal to formal.

... COMING SOON ...

in the February 17 South West Digest issue we will have a special section honoring Black History Month.

Those interested in advertising or contributing to this section please contact T.J. Patterson or Eddie Richardson at The South West Digest, 762-3612. Ad Deadline: February 4, 1994.



## Ruby Jay's Corner

The New Hope Baptist Church, which is located at 2992 Birch Avenue, is the Church where the people really care. Rev. Billy R. Moton is the host pastor.

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Sunday School began last Sunday morning at 9:30 a.m. Sister Thelma Brown, supt., presided over the services. The services began with the singing of "Draw Me Nearer." Prayer was conducted by Mrs. Brown. The classes passed to their respective classes. The classes spent thirty minutes in the various places and did reassemble. This was followed by a song.

High points were given by Class No. 3 with Sister Cooper making the presentation.

The Intermediate Class won the offering banner and the Junior Class retained the attendance banner. The Adult Class lost the offering banner to Class No. 2. Sister Kinner is teacher.

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The morning worship hour began at 10:45 a.m. with song and scripture by Sister Swain, with Deacon Howard offering prayer.

The processional was done with the Senior Choir marching in singing "We Got to Praise Him." Altar prayer was offered by Rev. Johnson, and the singing of "When All of God's Children Get Together." Scripture was read by Sister Joan Y. Ervin and prayer offered by Brother Tharrington. This was followed by the singing of "He Cares For Me."

Responsive reading was read with the assistance of the congregation. The morning hymn was "More Love to Thee."

Pastoral observations were given by Rev. Moton. He brought greetings from the Mid-Winter Board as he was in attendance last week in Baton Rouge, Louisiana.

Before Rev. Moton delivered his sermon of the hour, the congregation sang "Jesus, You Are the Center of My Life." Also sung was "Guide Me, O Thou Great Jehovah."

Pastor Moton brought a powerful message. His scripture was Matthew 5:13. His subject was "Are You a Regular or Dedicated Christian Discipleship."

An invitation to discipleship was extended, and one came forward for baptism.

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The first Sunday in February has been set aside as Installation of all new officers of New Hope in 1994. We wish these officers the very best.

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God is still answering prayers. Keep remembering the sick and shut-in citizens.

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Rev. A.L. Dunn, former pastor of New Hope Baptist Church, was rushed to the hospital last Sunday evening.

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Andrea Thompson is back in St. Mary Hospital. Also, Edwina Fury is still a patient in the hospital.

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Judith Struggs is home from the hospital, as is Oma McQuinney. Send a special prayer for each of them.

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The public is invited to attend an open house for the Youth Department of New Hope Baptist Church on Thursday, January 27th, at 7:00 p.m. All youth ages 1-19 and up are invited to be present. Parents as well as any other members are invited to attend and get acquainted with this department. You may contact Mrs. Margaret Moton for further information. Please try to be present as our young people need your help. They need all the help they can get. Will you be present? Pray for our youth also.

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Sister Frances Bell is asking your prayers for her mother, Mrs. Esther Buntion Ferguson, who is a patient at St. Mary Hospital, room 104.

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Let us not forget the special Black History Edition which will be published on Thursday, February 17, 1994. Keep this date on your mind.

If you would like to place something in this special issue, please advise this writer by Friday, February 4, 1994. For info call 744-4127.

### First Ever Valentine Banquet Set

The Lubbock Area Client Council will host its first ever Valentine Banquet on Friday, February 18, 1994 at 6:00 p.m. at the Parkway Neighborhood House, located on MLK Blvd.

The public is cordially invited to attend. Your support is also needed.

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### City of Los Angeles, California Selected to Host National Scholarship Pageant to Aid African-American Teens

With community involvement and participation from local, state and city government, Los Angeles was granted the opportunity to host the 9th annual Miss Junior Black America Scholarship Pageant.

Local sororities, fraternities, churches, and civic leaders have banded together to embrace the Miss Junior Black America Scholarship Pageant as it makes its first debut in Los Angeles. Previous cities hosting the event was Atlanta, Dallas, Miami, Baltimore and Oakland.

Now in its 9th year, the Miss Junior Black America Scholarship Pageant through the continued commitment of local communities, business leaders, social and civic organizations in addition to national sponsors, has become a star-studded gala. The pageant has evolved into a week-long list of festivities at the Hilton Hotel in sunny Los Angeles, California, July 27, 1994 through July 31, 1994.

Thirty-five contestants from the United States ages 16-21 years will compete for college scholarships and a host of other awards and prizes. The competition is based on talent, intelligence and scholastic achievement. Monies will be paid directly to the college selected by the winners.

All interested teens are encouraged to compete for college scholarships. For further information, please call 1-800-203-2034. The national headquarters is also accepting financial contributions towards scholarships and is seeking local pageant directors to host local pageants.

## "Thank You!"

Dear Friends in Christ,

We want to thank you for your prayers, food, visits, calls to check on me in the loss of my husband. This is what Christianity is all about.

Keep me in your prayers.  
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**General Maintenance Worker / Plumber Trainee - Mechanical aptitude required, High School or GED, Valid Driver License, Previous Plumbing or pump experience preferred. A simple skills test will be given to each applicant. Post-employment physical must be passed. Apply, Texas Tech University, Drane Hall, Room 143 by January 28, 1994. AA/EOE/ADA**

**General Maintenance Worker / Electrician Trainee - Mechanical aptitude required, High School or GED, Valid Driver License, Previous electrical experience preferred. A simple skills test will be given to each applicant. Post-employment physical must be passed. Apply, Texas Tech University, Drane Hall, Room 143 by January 28, 1994. AA/EOE/ADA**

**Operator For Heating And Cooling Plant - Boiler, turbine, and/or centrifugal chiller experience preferred. Mechanical aptitude, maintenance experience, desire to learn and willingness to work toward advancement will be considered in lieu of actual experience. Apply at Texas Tech Physical Plant, Room 101 or send resume to: W.H. Tarlton, Texas Tech University, Box 43142, Lubbock, TX 79409-3142. AA/EOE/ADA**

## WHAT IS HAPPENING LOCALLY To Complete The Unfinished Work of Dr. Martin Luther King Jr.



ADIP is a networking process for organizations engaged in an overall community-building approach to addressing the root causes of all types of ills among Black and similarly-situated minorities. ADIP's overall objective, via this interorganizational coalition, is to begin immediately to transform the disparate communities within Black America, through pride-instilling "togetherness," into such Shining Cities of Hope that all therein not only will be motivated to want to learn and become productive parts of our then-wonderful communities, but also there will be a greatly lessened desire, or "felt need," to abandon support for Black-led organizations that open economic and other doors, Black-owned businesses and professional entities, Black churches, etc. by inordinately integrating and/or invading the communities and social and other institutions developed by (and for) other ethnic groups. ADIP has a redemptive mission of completing the "unfinished work of Dr. Martin Luther King Jr." The information listed below about you, or organization should (as best possible) be focused on what your group is doing to help complete that "unfinished work."

This is a public service courtesy of the Southwest Digest. We will list your meeting date, time and place, special activities, annual meetings, etc. Anything else will be considered advertisement and will be charged as such. Such as hand-bills, brochures, promotions, etc. This is necessary, because of the inflated cost of doing business. We have to pay our expenses. There will also be a charge for photos, other than news events. For more information about getting your announcement on this page, call Eddie P. Richardson at 762-3612.

### COMMUNITY MEETINGS

The African-American Black Coalition meets on Thursday at 7:00pm at Estacado High School.

The African-American Women Empowering meets Saturday at 12 Noon at 2812 Weber Drive, Community Center.

The Lubbock Branch of the NAACP meets every 3rd Saturday evening, beginning at 6:30pm Smith Temple Community Church, 6508 Ave. P.

East Lubbock Chapter AARP Every 1st Wednesday at 1pm at Mae Strimmons Community Center, Oak and 8th St.

The Dambor International Alumni Association meets at Dunbar cafeteria as announced. More about their meetings.

Interdenominational Ministers Fellowship Alliance Every Fourth Thursday—6:30 p.m. Smith Temple Church 6508 Avenue P

Guadalupe Economic Services Corporation Issues Commodities Second Monday & Tuesdays Parkway Drive & MLK Blvd. Call 766-7363

NAACP Monthly Meeting Every Second Saturday Evening 6:30 p.m. Smith Temple Church 6508 Avenue P

Free Health Screening Tuesday, 8:30 a.m.—1:00 p.m. Green Fair Manor Apartments Call either Debra, Lee or Rudy—762-8793 For additional information call 767-2911



The Girl Scouts of Greater Lubbock meet each Wednesday at 2812 Weber Drive at 4pm. All interested girls are asked to be present.

## Parkway Manor Care Center News

The St. Patrick Catholic Church had two members come last Sunday to offer communion to the Catholic residents. They are most appreciative for this gesture.

Frances Zell visited Rev. W.H. Stephens this past week. He is reported to be doing nicely this week.

Hayward Lewis visited the residents last week, and what a wonderful time they had together.

The St. Luke Baptist Church led six members who are members of Mission No. 1: Mary, Sarah and Deborah Circles. They sang and had prayer services last Monday evening together. The spirit was present, and all had a wonderful time in the Lord.

Mc. Tillman and Annie Sanders came last Monday afternoon to visit the residents.

Donald Stubblefield came last Wednesday to visit Besie Johnson.

Joe Schina visited Frank Williams last Wednesday, and they had a wonderful time together.

Kate Shepherd, who is a member of the Hope Deliverance Temple Church, came last Wednesday to read scripture and pray with the residents.

The Parkway Baptist Church had ten members come last Wednesday evening for song, testimony and prayer.

Brother Birmingham, who is a member of the Hope Deliverance Temple Church, came last Thursday to visit with the residents. They had a wonderful time.

## Healthy Triplets Born at Lubbock Hospital

Triplets born Thursday at Lubbock's University Medical Center probably will go home early this week, according to the children's pediatrician.

Selman Welt, M.D., professor of obstetrics and gynecology at Texas Tech University Health Sciences Center and a high-risk obstetrician at UMC's Maternal Fetal Care Unit (MFCU), delivered Christopher, Colin, and Brooklyn Hendrix Thursday from 7:26 p.m. to 7:28 p.m. at UMC. Christopher weighed 5 pounds, 12 ounces, and Colin and Brooklyn each weighed 4 pounds, 5 ounces.

All three babies are in satisfactory condition, according to Douglas Klepper, M.D., pediatrician at TTUHSC.

Lisa Hendrix was 37 weeks pregnant, which is considered full term for triplets, according to Dr. Welt. He attributes her success to health at conception, early prenatal care, the availability of specialized physicians and her compliance with physicians' recommendations.

"Well cared-for, healthy women can deliver healthy triplets," said Dr. Welt, whose four deliveries of triplets all have occurred after the mothers were at least 36 weeks pregnant.

In order to be close to Dr. Welt and the MFCU, Mrs. Hendrix, a Sweetwater resident, temporarily left her husband Mike about six weeks ago to stay with a sister

in Lubbock. When she was about 33 weeks pregnant, she experienced pre-term contractions and stayed in the MFCU for 24 hours to stop the labor. Dr. Welt administered a labor suppressant, called ritodrine, and ordered bed rest.

Most mothers of triplets need bed rest much earlier, and most require longer stays in the hospital, according to Dr. Welt. In addition, triplets born earlier than the Hendrixes often must stay in the Neonatal Intensive Care Unit for weeks or even months, he said.

"Because of Mrs. Hendrix's early pre-natal care, expert medical advice and compliance with that advice, her bill will be extremely low," he said.

The Hendrixes, who last week made Lubbock their permanent home, said they were surprised when, early in the pregnancy, they found out they were going to have triplets.

"She was elated, and I went into shock," said Hendrix, who had been laid off from his job in Sweetwater shortly before he received news of the triplets.

Although Christopher, Colin and Brooklyn are the first triplets on either side of the family, they aren't the first multiple babies. Mrs. Hendrix has a twin sister; her father was a twin; and her father's grandmother was a twin.

## Reese Air Force Base Sponsors Government Property Sale

REESE AIR FORCE BASE—Major Jackie L. Lopez, contracting officer for Reese AFB's 64th Flying Training Wing, announced today that Reese is sponsoring a sealed bid sale of government property between now and Feb. 7, 1994.

The property consists of cars, trucks, jewelry, audio and video electronic equipment, computer equipment, and household goods and furniture.

Under terms of this sale, all items for sale may be viewed at the Reese AFB Youth Center on Jan. 25, 26 and 27 between the hours of 8:30 a.m. and 3 p.m.

All bids must be received by 2 p.m., Monday, Feb. 7th via personal, mail or messenger delivery at the 64th Contracting Squadron, Room 305, Suite 7, Building 800.

Full payment, in the form of cash, cashier's check, bank check, travelers check, money order or some other guaranteed form of payment not subject to stoppage or cancellation must accompany each bid.

For more information, interested bidders should contact MSgt Richard Armstead at the contracting office at (806) 885-6123.

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## Army & Air Force Hometown News

LOWRY AIR FORCE BASE, DENVER—Air Force Airman 1st Class Darrell T. Ellis has graduated from an avionics test stations and component specialist course here.

Students were taught the fundamentals and applications of electronic principles, and circuit and logic diagrams required for the inspection, maintenance, and calibration of aircraft avionics equipment. Included in the training were aircraft systems theory, common automatic test equipment, and computer operation and programming language.

Ellis is the son of Joe and Sandra Ellis of 4006 37th, Lubbock, Texas. Ellis is a 1997 graduate of Coronado High School, Lubbock.

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## Filing Deadline Nears for Senior Legislature Candidates

Candidates for the Texas Silver-Haired Legislature, an elected group of advocates for the state's elderly, may request candidacy forms and petitions at the South Plains Association of Governments offices located at 1323 58th Street, Lubbock. These forms and petitions must be turned in by February 28, 1994. There is a \$5 filing fee.

The Silver-Haired Legislature is a non-partisan body, composed of 116 members elected from 28 regions in Texas, that holds sessions during even-numbered years to discuss issues affecting Texas senior citizens. Based on these discussions, they draft proposed legislation to address the issues identified as most important.

The legislation proposed by SHL members is then

presented to sponsors in the regular Texas Legislature. The first four SHL sessions have been judged very successful, with state lawmakers responding positively to a majority of the senior group's proposals.

Prospective candidates for the SHL must be at least 60 years of age, registered to vote in Texas, and live in the district from which they are seeking election.

Candidates for the Silver-Haired Legislature will officially campaign from March 1 to April 30, with elections held May 24.

To find out more about candidacy or elections for the Silver-Haired Legislature, call the South Plains Association of Governments Aging Department toll free at (800)858-1809. In Lubbock call (806)762-8721.

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## Poems Wanted for New Contest and Anthology

Poems are now being accepted for entry in Sparrowgrass Poetry Forum's new "Awards of Poetic Excellence" poetry contest. Cash prizes totaling \$1,000 will be awarded, including a \$500 grand prize. The contest is free to enter.

Poets may enter one poem only, 20 lines or less, on any subject, in any style. Contest closes March 31, 1994, but poets are encouraged to send their work as soon as possible. Poems entered in the contest also will be considered for publication in the Fall 1994 edition of *Poetic Voices of America*, a hardcover anthology to be published in October 1994. Anthology purchase may be required to ensure publication, but is not required to enter or win the contest. Prize winners will be notified by May 30, 1994.

"Our contest is especially for new and unpublished poets and offers a public forum that enables them to share their work," says Jerome P. Welch, Publisher. "We look for originality of ideas and welcome poetry of all styles and themes. Many of our contest winners are new poets with new ideas."

Poem should be sent to Sparrowgrass Poetry Forum, Inc., Dept. C, 203 Diamond St., Sistersville, WV 26175.

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# EDITORIALS • COMMENTS • OPINIONS



## You Can, If You Will!

by Eddie P. Richardson

A person can be or do anything they want if they are willing to work for it. The key is willing to work at it. If the mind can conceive, and you are willing to work, pay the price, have faith, nothing is impossible.

We should all take and live by the creed "If it is to be, it is up to me." That is, if we are willing to get on this positive track, the first thing we have to do, most importantly, is get rid of our defeatist attitudes. After dropping that defeatist attitude and arming ourselves with "Yes, I can," we must become informed, and know what and why we are doing as well as what we are doing.

No matter how motivated we are, we must still be informed before we hit the battlefield, because it can be devastating. Without any knowledge, no matter how good our intentions are, our actions can be catastrophic. To move forward in a positive, aggressive manner, we must be armed with total information; have a full knowledge of the events, projects, programs or, at least find these answers from those who know, or involved in order to make good, sound, sensible, positive decisions.



This is old, and has been repeated for years, but, yet and still, it is the only effective way for us to cross the finish line in a competitive manner. Here it is again:

If our long-denied communities are to become the

self-sustaining, competitive marketplaces they should and must be, the leadership and initiative must come from us, for us. We can no longer set around and wait on someone else to do for us what we must do for ourselves.

Becoming competitive at the marketplace with our goods and services for our survival, we must learn to love, trust, respect and support each other. We must use each other whenever, whatever. We must realize that it is a competitive world out there. We have to perform first-class service to be competitive; give good service and understand that the stakes are too high for someone to trade with us just because we are Black. On the other hand, no one should avoid us for the same reason. We are going to take a professional and business manner if we want to survive. This writer has had some bad experiences with others. We must educate our money to go where it is wanted and appreciated. Spend our money with people, businesses, merchants, and organizations that support our communities. As for those who do not support our communities, organizations and needs, we must train our money to stay away and not go where it is not wanted.

The same principle should apply to building and rebuilding our long-denied communities. We lead and take the initiatives to work with those outside the communities who recognize our needs; using their resources, advice, cooperation, work, supplies and money to help us help ourselves get off the relief rolls and on the tax rolls by becoming producers and not just consumers; competing competitively at the marketplace with our goods and services.

## This & That

**VERY GOOD PROGRAM! THIS N THAT...** had an opportunity to be present in the...**FIRST GRADUATION**...in a Parent to Parent...Drug Prevention Workshop...last Thursday evening...at the Lubbock Housing Authority...This special program...actually...is sponsored by the...**TEXAS WAR ON DRUGS**...and had...**TWENTY-EIGHT PARENTS**...receiving a diploma...for a job well done...**THIS N THAT**...was so impressed with the first graduation...that...we wanted to...let you know who those parents were who were in the first graduation class...and what area of the Lubbock Housing Authority...they represent...Those graduates are as follows: **MARGE CASTILLO, EVELYN GEBBERS, GLADYS SHIPMAN, BARBARA GORDON, AND NETTIE THOMAS**...Behner Place...**MARY BROWN** (posthumously)...**SAMUEL CURTIS, ROSITA AUERRO, ADELITA REYNA, MARY-DELEON, DANIEL MATA, HALLIE SHEPHARD, AND OARELIA FURIEX**...36 South...**HERNIO FERNANDEZ, ANGELA ODOM AND JUANITA WILLIAM**...Community...**EARNESTINE JOHNSON, 96West; LUCILLE BLAYLOCK, HAZEL THUDSON, BRENDA JOHNSON, ALLIE MCNEAL, LUCILLE SANPERS, WILLIE J. UME, JOHNNIE HUDSON, ANAGELA JOHNSON, GLORIA LANG, JERRY MARTINDALE, JOSEPHINE SHEPHARD, MARIA VASQUEZ AND WANDA WARE**...Green Fair Manor; and **JONDA VINES**...Cherry Point...This was a good program...**THIS N THAT**... hopes it will contin-

ue...and that there will be more who will graduate from such a program...Director of the program is...**LOLA GILMORE**...while...**REV. F.B. BELL**...serves as...**COUNSELOR**...Executive director of the Housing Authority is...**OSCAR SHAPPE**...**THIS N THAT**...says...**CONGRATS!! SPECIAL BLACK HISTORY ISSUE! THIS N THAT**...would like to advise of an upcoming...**BLACK HISTORY ISSUE**...which will be published on...**THURSDAY, FEBRUARY 17TH**...If you would like to participate in this special issue...give us a call at...**762-3612 TODAY! THIS N THAT**...was looking through a...**1948 DUNBAR ANNUAL**...and saw the Dunbar Panthers...but it was real interesting to see that the...**DUNBAR PANTHERS WERE WEARING THE LUBBOCK WESTERNERS JERSEYS!**

**D.C. KINNER THE BARBER SAYS: "MAN CANNOT...really...IMPROVE HIMSELF...without...IMPROVING OTHERS!"**

**CHATMAN HILL CITIZENS INVOLVED IN THE TARGETING PROCESS! THIS N THAT**...has been glad to see all of the input on the...**UPCOMING FUNDING OF THE TARGET AREAS**...which will include the area of...**CHATMAN HILL**...where citizens said their priorities were as follows: **HOUSES, COMMERCIAL (Businesses), YOUTH ACTIVITIES**...**THIS N THAT**...hopes this kind of spirit continues...Sure...there are those who say this will not work...but don't you think it is...**HEALTHY TO SEE THAT WE ARE THE TABLE FOR ECONOMICS?**



## In Cinque by Renetta W. Howard

In the educational arena, we have gone from plain special education to "homogeneous grouping," to "mainstreaming," to "content mastery," and the current most prevalent term is "inclusion." The experts in the field of education which deals with exceptional children are constantly making "discoveries" that lead them to make revisions in their dogma and thus rename and re-define what special education is and what it is supposed to do as well as how it is supposed to be taught. Sometimes it appears to be much ado about what.

Many of the children who are classified as in need of special education would not be candidates if their mothers had gotten adequate prenatal care and been cautious of their environment and the way they took care of themselves during pregnancy.

During the first three months of gestation, the embryo changes to the

fetal state after about eight weeks, and by the end of the third month, most developmental changes have taken place and growth continues until birth. The fetal environment is pretty much determined by how the mother takes care of herself.

Abnormal situations in the fetal environment are the causes of fetal mortality. When the fetus in an abnormal situation does not die, it develops abnormally. Abnormal results often manifest themselves in mental retardation as well as physical handicaps.

One external agent which is probably responsible for most mental retardation is German measles or rubella. Vaccinations for rubella are a "must" for girls. Another agent of birth defects is infection from venereal diseases. Radiation and certain chemicals such as drugs, alcohol and tobacco used by the mother can also cause birth defects in the unborn baby. It is time to get "in cinque" and eliminate the need for "special education."

## Legal Matters by Texas Attorney General Dan Morales

### Debt Collectors Must Obey the Law, Too

When times are bad, some consumers fall behind on their bills. No one disputes that creditors have the right to collect outstanding debts. But they have to follow the rules. State and federal laws establish guidelines for proper collections procedures and prohibit the use of abusive and fraudulent collection tactics.

**If You Owe Money** - A consumer unable to pay bills on time need not despair. Most creditors will work something out, but they must be contacted before the bill goes to a collection agency. Sometimes the creditor will re-negotiate the debt or otherwise modify the agreement rather than pay a debt collector. But even if the creditor refuses to work out a deal, the debtor still retains certain rights.

**Your Rights as a Consumer** - Although debt collectors have the right to collect debts, state law prohibits them from:

- Using profane or obscene language; • Threatening violence or other criminal acts • Falsely accusing the consumer of fraud or other crimes;
- Sending documents to a debtor that falsely appear to be from a court or other official agency; • Making collect telephone calls without disclosing the true name of the caller before the charges are accepted; • Using the telephone to harass debtors by calling anonymously or by making repeated or continuous calls.

In addition, federal law prohibits debtors from harassment at work. For example, debt collectors and their attorneys may not contact a debtor at work if the debtor does not want to be called there. The debtor must notify the collector in writing that calls at work are unacceptable. Also, debtors cannot be called at home before 8 a.m. or after 9 p.m., unless the collector knows such times are more convenient for the debtor.

If you owe money to a creditor, you may be liable for extra charges in addition to the amount you originally agreed to pay. These extra charges include attorneys' fees, collectors' fees, interest, and late penalties. However, not all extra charges that collectors seek are legitimate.

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The Southwest Digest is 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 African-American People.

We 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 is our resolution to you. "Feel free at any time 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.

The opinions expressed by guest columns or editorial are not necessarily the opinions of the publishers/editors or those of the advertisers. Comments and pictures are welcome but the publishers are not responsible to return articles unless a self-addressed envelope is submitted. All notices must be paid in advance. Story deadline is 12 p.m. Monday. Advertisement deadline is Monday 5 p.m. the week of publication.

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## Crazy Horse by Stephen C. McIntyre

City workers in Lubbock who are interested in knowing what a union can do for them should call up Hank Dison with the Lubbock Public Employees Union and ask him every hard question you and your friends have ever talked about and, if he cannot satisfy your curiosity and concerns, tell him to go jump in Buffalo Lake. But if he does talk to you honestly about the benefits of standing together in a union and it makes good common sense to you then you should at least go to one union meeting to meet other folks.

1/28 1898 The Curtis Act abolishes tribal courts and makes "Indian" law unenforceable in federal courts.

1/29 1889 6,600 railway workers strike for and to 18-hour day.

declared during a textile workers strike in Lawrence, Mass.

1/30 1948 Gandhi assassinated, New Delhi, India, age 78

1951 week the Nixon/Keagan/Bush Supreme Court ruled against minority voters in upholding the current system of electing judges in Texas.

The English and folks in Northern Ireland are conducting secret talks about the English getting out of the counties that make up Northern Ireland. The English invaded Ireland about 1000 years ago in their first step at world domination. It wasn't until the end of a guerrilla war that England left the southern part of Ireland in 1921 but retained control over the northern counties. The English should give Ireland back to the Irish.

Editor, SW Digest:

While I realize that the Black Coaches Association (BCA) boycott has been postponed, I have lost respect for the Texas Tech men's basketball coaches and players, especially those that are African-American, in their decisions not to participate in the boycott.

In the advent of the official celebration of the late Dr. Martin Luther King, Jr.'s birthday, one would think that people, especially Black people, would be moved to further King's dream of freedom and equality where it seems to be absent. But this was not the case for the Texas Tech men's basketball team.

The NCAA convention voted to limit the number of scholarships to men's Division I programs from 15 to 13 and then to not add a proposed 14th scholarship. The BCA contended

that this vote disproportionately affects African-Americans who may benefit academically and athletically by these scholarships. The NCAA decision was also made in light of growing concerns over the role of African-American participation in all sports and in the level of influence African-Americans play in the important decisions that are made in sports.

The business of sports still is one of the most racist and exclusionary businesses in our country today. African-Americans have been accepted as players, but rarely will one see a Black head coach, manager, or owner, positions of control and power. This is without doubt partially due to African-Americans being locked out of the higher echelons of the business. The refusal by the NCAA to place limits on Black athletic and academic talent is just another inci-

dent in a series of many to exclude African-Americans.

Dr. King would have preferred change, and he would have encouraged involvement in bringing about this change, especially by African-Americans. The BCA boycott offered an opportunity to bring about an awareness of the issue, a change, and a chance to become involved in a movement toward increased opportunity for all people. It is a shame that the Texas Tech men's basketball players and coaches cared more about the game than the fact that the sport of basketball continues to marginalize African-Americans and ideas of equality and freedom for all.

Art Alcausin Hall, Lubbock, Texas

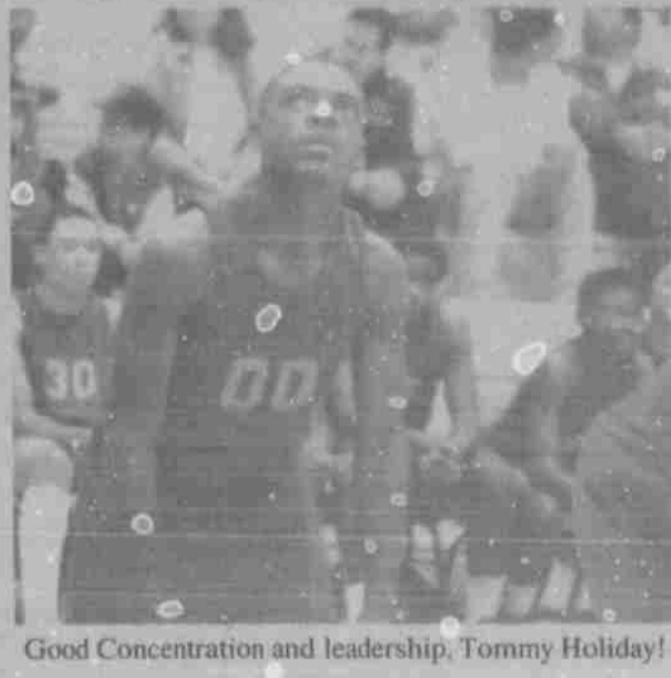
# SPORTS

## Alderson's 8th Graders Capture City Title They Defeated Hutchinson 46-45 Last Saturday

Photos By Alderson Jr. High 8th Graders



Ground Rules, Coach Walker!



Good Concentration and leadership, Tommy Holiday!



Alderson's Michael Coleman goes strong to the basket.



Great Leadership, Warren Boyd!



"Just having a good time" Our Alderson Cheerleaders: left to right, Beatrice Gutierrez, Kiesha Jordan, Stephanie Brown, Yolanda Perkins, Angela Gonzalez



Nathan Griggs, super effort!

### Smoking May Double Risk of Stroke, Major Study of Doctors Shows

A 10-year study of over 22,000 physicians indicate, the risk of stroke among cigarette smokers is approximately double the risk in non-smokers.

"Our study shows that as a risk factor for stroke, cigarette smoking is extremely important," says the study's director Charles H. Hennekens, M.D., of Boston.

"Even though only a small proportion of these physicians smoke, that small group has a significantly increased risk of stroke," notes Hennekens, who is also a professor of medicine at Harvard Medical School and chief of preventive medicine at Brigham and Women's Hospital.

Hennekens also directs the Physician's Health study, which is following 22,071 physicians who were 40 to 84 years old when the study began in 1982. At that time, the participants, all males, were free from prior heart attacks, strokes and warning signs of strokes called transient ischemic attacks, he says.

Data from the decade-long study indicate current cigarette smoking "may account for a substantial amount of stroke-associated morbidity and mortality," Hennekens' colleague, Anthony S. Robbins, M.D., reported at the American Heart Association's 66th Scientific Sessions.

The risk of stroke increased proportionally with the number of cigarettes smoked, Robbins says. Participants who smoke less than 20 cigarettes per day had about a 1.8 relative risk of stroke—that is, they had 1.8 times the risk of those who didn't smoke. Current smokers of 20 or more cigarettes per day had a 2.4 relative risk.

Even after controlling for other stroke risk factors, including alcohol consumption, cigarette smoking still approximately doubled the risk of stroke, Hennekens says.

The study shows former smokers had a statistically insignificant increase in stroke risk (relative risk: 1.15), he reports. The encouraging news is that their stroke risk will come down to that of non-smokers provides smokers with another reason to quit, the researcher says. "And this benefit of quitting begins

relatively soon after you quit, although your risk of lung cancer won't come down for a while."

Many of the physicians did quit smoking during the study. In 1982, 11 percent of the group smoked—much less than the nearly 36 percent of white males in the general population who smoked that year, according to Hennekens. Smoking rates among participants declined during the course of the study until now less than five percent of the physicians are smokers.

"Part of the decline is due to quitting and part of it is because some cigarette smokers die."

Because they are health-conscious, educated and motivated, physicians may be leading the way for the general public to quit smoking, Hennekens believes.

The Physician's Health Study began with studies of aspirin and beta carotene. The beta carotene trial continues, but the aspirin part of the study ended in 1988 when the researchers demonstrated that small doses of aspirin reduce the risk of a first heart attack by 44 percent.

The investigators also found that aspirin seemed to reduce the recurrence rate of migraine headache, and that migraine sufferers may have an increased risk of stroke.

"Next we are planning a study to see if aspirin will reduce the risk of stroke in migraine sufferers," says Hennekens. "That's one hypothesis we are going to test in the Women's Health Study, which is a randomized trial of low-dose aspirin, beta carotene and vitamin E."

Hennekens' and Robbins' other co-authors of the study of cigarette smoking and stroke in male physicians included JoAnn E. Manson, M.D.; J-Min Lee, M.B.B.S.; and Suzanne Satterfield, M.D.

Local doctor Paul Overlie, M.D., who has presented many papers, said he never misses the American Heart Association Scientific Sessions. He is actively involved in the council for critical care. He wants more West Texans to be aware that the local physicians are the leaders in cardiology as well as being very active in research of medical technology.

### SMART JOBS FUND

The SMART JOBS FUND is a new economic development program introduced by the Texas Department of Commerce in September of 1993. The fund will provide grants for local businesses to train or retrain their employees in high-skill, high-wage jobs. The SMART JOBS FUND Program, enacted by the Texas Legislature, is designed to retrain and create new jobs in Texas while building a work force for the future. Approximately \$3 million is available for grants now, with this amount projected to increase to \$50 million by 1995. Attend this informative meeting with a representative of the SMART JOBS FUND to learn how the program works and how to apply for a grant to fund your training projects.

Wednesday, January 26, 1994

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Richard Hall, Deputy Director of Policy Coordination

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For reservations, call 744-6414. If you are unable to attend, but would like additional information, call Jim Walker at 744-6424.

## "Grand Beginnings"

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# CHURCH DIRECTORY

## Reach Out And Touch



FROM THE DESK

OF PARSON

D. A. SMITH

It is said that at the Disease Control in Atlanta, Georgia, researchers struggle to conquer killer epidemics. Medical experts and assistants in the Centers' most sophisticated facility handled highly lethal diseases that have no known antidotes. These workers punch a code to open the outer shell of the lab, pass through a chemical-shower chamber, then provide another personal number to gain access to the pressurized inner sanctum. In this area, the scientists wear seamless space suits, equipped with their own air filtration systems, to work with some of the world's deadliest microbes. These workers risk their lives daily to try to find cures for killer viruses.

Our Lord Jesus Christ's ministry to make people whole entailed extraordinary cost and risk to Himself. We discover this in the story of the Leper.

After giving the Sermon on the Mount, Jesus returned to Capernaum. On His way He was interrupted. "A leper came to him and knelt before him saying, 'Lord, if you will, you can make me clean'" (Matthew 8:2). Leprosy was the most dreaded disease in the ancient world. Lethargy, pain, suppu-

rated skin nodules, loss of hair, and loss of sensation were part of the disease. Disfigurement as muscles in the hands contracted, pulling tendons of the hands and turning them into misshapen claws characterized the disease. In some rare forms of the disease, the fingers, toes, and even the nose would drop off. Leprosy, like the modern disease AIDS, was literally a living death. Sometimes it took up to thirty years for a person to die.

Jewish treatment of leprosy was cruelly but concisely defined. Lepers were banished. Lepers were considered dead. The burial service was read. They were barred from all walled cities. They had to cry "Unclean, unclean," whenever anyone came near. With all of these restrictions it was surprising that the leper even approached Jesus.

Jesus did a surprising thing: "He stretched out his hand and touched him." The only thing worse than touching a leper was touching a dead body. Contact with a leper defiled the individual and made him or her unclean. Lepers were to be isolated. It was against the law to come closer than six feet to a leper. It was forbidden to even greet a person in such condi-

tion. The Rabbis would throw stones at lepers to keep them away. The squeamish crowds moved away, afraid of contamination. Yet, Jesus touched the man whom everybody considered a disgusting, hideous unclean. He touched the untouchable.

Jesus put no restrictions on His mercy. He showed concern for all kinds of persons. He had a sensitivity toward everyone. We would do well to follow Jesus' example by becoming involved with the needs of hurting people.

Mayor Langston's "Family Support Task Force" has listed eighteen probable problems that may be unique to a particular neighborhood or as a whole to the Lubbock community. Fifteen of the problems I characterized as being like to a form of leprosy: Gangs, Child Neglect, Juvenile Delinquency, Unemployment, Drugs, Alcohol Abuse, Sexually Transmitted Diseases, Vandallism, Violence, Ethnic Racism, Prostitution, Homosexuality, Child Abuse, Battered Spouses and Sexual Promiscuity. The leper is calling for our help. Let's reach out and touch someone.



## We Thank God for Jesus

### Part 1: The Rebels Have A Cause!!

Psalms 1:1, 2, Why do the heathen rage, and the people imagine a vain thing? The kings of the earth set themselves, and the rulers take counsel together, against the LORD, and against his anointed (JESUS).

Lord, we know our forefathers prayed and worshiped ONLY YOU, Because you said in your word, YOU'D BLESS THEIR SEEDS & SEE THEM THROUGH.

Psalms 7:1 O Lord my God, in thee do I put my trust: save me from all them that persecute me, and deliver me.

While in the COTTON FIELDS, THEY'D SING UNTO YOU AND PRAY, THEY KEPT YOUR PROMISES ON THEIR HEARTS AND MINDS, ALL DURING THE DAY.

Exodus 20:5, 6. The Lord said, Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the father upon the children unto the third and fourth generation of them that hate me; And showing mercy unto thousands of them that love me, and keep my commandments.

Lord, it all started IN THE '60S; THE NATION SAID: I WANNA BE FREE, IT WAS THAT NATION OF COTTON PICKERS' CHILDREN, WANTING TO LEAVE THEE.

Deuteronomy 30:19, The Lord said, I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.

It all started when one man said: I HAVE A DREAM, I HAVE A DREAM, THEN CAME THE RIGHTS OF MANKIND, NOW: THE U.S.A. IS A NIGHTMARE IT SEEMS.

Jeremiah 23:25-28, The Lord said, I have heard what the prophets said, that prophesy lies in my name, saying I have dreamed, I have dreamed. How long shall this be in the heart of the prophets that proph-

esy lies? yea, they are prophets of the deceit of their own heart; Which think to cause my people to forget my name by their dreams which they tell every man to his neighbour, as their fathers have forgotten my name for Ba'al. The prophets that hath a dream, let him tell a dream; and he that hath my word, let him speak my word faithfully. What is the chaff to the wheat? saith the Lord.

(From man's RIGHTS CAME: THE DEVIL'S RIGHTS; GAY RIGHTS, WOMAN RIGHTS, WHITE RIGHTS, CHILDREN'S RIGHTS, BLACK RIGHTS, RUNAWAY RIGHTS, ABORTION RIGHTS, NO SCHOOL PRAYER RIGHTS, DRUGS RIGHTS, SHACKING RIGHTS, NO SPANKING RIGHTS, KILL THE FAMILY RIGHTS, CUT OFF THE PENIS RIGHTS, GANG RIGHTS, & SUICIDE RIGHTS. THE ONLY RIGHTS GOD GAVE TO MAN IS: THE RIGHT TO LOVE THE LORD JESUS AND MAKE HIM THE SAVIOUR OF YOUR SOUL. NOW THAT'S EVERYONE'S RIGHT. IF YOU WANT TO.)

Lord, now there's no LAWS IN THIS COUNTRY; AND BECAUSE WE FORGOT YOUR NAME. NOW THE REBELS HAVE A CAUSE TO BE SAVAGES; SHAME, SHAME, SHAME.

Romans 1:21, 22, Because that, when they know God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools.

GOD IS NOT THROUGH WITH US YET. SO LET'S PRAY FOR ONE ANOTHER, ALWAYS. Directed\*Arranged\*Produced\*guided by our Lord Jesus Christ, Written by Billy B.J. Morrisca, III, Your Brother in Christ Jesus Always!!!

## The Outreach Prayer Breakfast

A portion met with the women on Vander Drive Saturday morning at 1 o'clock. This was a fruitful meeting. We were truly helped. We're praying that God's blessings be upon this group.

We're standing on sinking sand, let's build some bridges, we're strong, we can. Come on, Brothers & Sisters, lend a hand, oh we can, we truly can. For we're joints in this land, let's build some inspiration in the hearts of men, for we're smart, I like and proud. Brothers, we have the power, we can, truly we can.

Thought: If you're tired of being tired of the way this generation is headed, one can make a difference. Martin Luther King did, Rosa Parks did, there are others out there. II Chronicles 7:14, Mark 11:22-26. Let's shake up and stand up. Be sure God is on your side.

And you can, I can, we can, and doing all to stand, just stand anyway.

OK? Love you.

To all sick and shut-ins: Gladys Shephard, St. Mary Room #465; Johnnie Ray Hicks, St. Mary Room #316; Doris Mitchell; Sis. Janie Roberts; Sis. Nadine Smith; Corn Williams.

Speak to your problem in the name of Jesus according to the word. Those who are abusers of drugs, alcohol, crimes of all kinds, those who spray paint the property of others, do you want to be a better person? OK, ask God to change you, simply.

Write us, we truly would love to hear from you. We will truly make a difference this year through prayer and faith. God bless you. Keep smiling and loving and sharing with your brothers & sisters.

Dorothy Hood, Pres., Edwina Frasier, Sec. Write Outreach Prayer Breakfast, P.O. Box 1223, Lubbock, TX 79408.

## Mattox Endorsed by Ministers, Lawmakers

Former Texas Attorney General Jim Mattox has received the endorsement of three prominent ministers' organizations and approximately 80 percent of Texas' African-American Congressional and state legislative representatives in his race for the U.S. Senate.

Mattox was endorsed Thursday in Houston, the home of one of his opponents, by the South Texas District Missionary Baptist Association of Texas, the Northeast Harris County Ministers Alliance and the Independent General Baptist Association of Texas.

"I am extremely honored to receive the endorsement of these three esteemed organizations," Mattox said. "Their confidence in me and their support in my race will greatly assist our victory."

The ministers' endorsement came during the installation of new officers for the South Texas District Missionary Baptist Association. Following the installation by the Rev. M.L. Jackson of the Bethlehem Missionary Baptist Church, Mattox gave the charge to the new officers.

Mattox also has received the personal endorsements of numerous ministers across the state, including the Rev. S.M. Wright and the Rev. Zan Holmes, both of Dallas.

He has been personally endorsed by both of the state's African-American members of the U.S. Congress, the Honorable Eddie Bernice

Johnson of Dallas and the Honorable Craig Washington of Houston, as well as the following African-American state legislators: Senator Royce West of Dallas; Representatives Senfrontina Thompson, Ron Wilson and Harold Dutton of Houston; Al Price of Beaumont; Wilhelmina Delco of Austin; Karyne Conley Jones of San Antonio; Garfield Thompson of Fort Worth; and Samuel Hudson, Yvonne Davis, Helen Giddings and Jesse Jones of Dallas.

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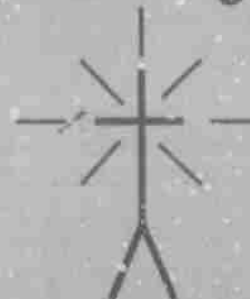
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# FOOD

cooking

## SNACKS TO SEND

the microwave way

(DM)—“We miss you.” “For a study-break snack attack!” “For you—just because...” Whatever the reason, a snack package, delivered in person or sent through the mail, is one of the nicest ways to show how much you care for a special friend or family member.

Popcorn is always a favorite snack because it's easy to fix, especially with the microwave varieties available today. It also stores and travels well. With microwave recipes like Golden Caramel Corn and Jazzy Flavored Popcorn, an extra-special treat is simple and quick to prepare. Whirlpool Corporation home economists recommend sending it in an airtight food storage bag. Or choose a decorator tin that fits the occasion or season. Then you can send frequent refills!

### GOLDEN CARAMEL CORN (3 quarts)

- 1 bag (3 to 3½ oz.) microwave popcorn, popped (2½ to 3 quarts)
  - ½ cup dry roasted peanuts
  - ¾ cup firmly packed brown sugar
  - 6 tablespoons margarine or butter
  - 3 tablespoons light corn syrup
  - ¼ teaspoon baking soda
  - ½ teaspoon vanilla flavoring
1. Combine popped corn, discarding unpopped kernels, and peanuts in large (4 quart) glass mixing bowl. Set aside.
2. Combine sugar, margarine and corn syrup in 1-quart glass measuring cup. Microwave at HIGH (100%) until margarine melts (about 1 minute).



Stir. Microwave uncovered at HIGH just until mixture comes to full boil (about 1 minute); then microwave at HIGH 1½ minutes longer.

3. Stir in soda and vanilla until mixture is foamy. Pour over popped corn and peanuts, mixing until evenly coated.

4. Microwave, uncovered, at HIGH for 4 minutes, stirring twice. Spread mixture on buttered jelly roll pan to cool. Store tightly covered.

NOTE: Mixture is very hot. Use hot pads.

### JAZZY FLAVORED POPCORN

- 2 bags (3 to 3½ oz. each) microwave popcorn
  - 1 package (1¼ oz.) dry cheese sauce mix
  - OR
  - 1 package (1½ oz.) dry mild taco seasoning mix
- Pop corn. Pour into large bowl. Sprinkle with cheese sauce mix or taco seasoning mix. Toss and enjoy. Cool before storing in airtight container.

### Whirlpool Micro-Tip

**USING HOT PADS:** It is important to remember that while microwaves do not heat glass or other microwaveable cookware, they can still become hot. The container often becomes heated by the food being cooked. Use hot pads.

## Don't Ignore Chest Pain

Do you sometimes get a burning or aching in the chest? You may think it's indigestion, but don't bet on it. Your heart could be sending you an early warning signal.

Dr. Raymond Bahr, director of the Paul D. White Coronary Care System at St. Agnes Hospital in Baltimore, Maryland, says that many people who need immediate medical attention delay seeking help, even though they may have tell-tale symptoms hours, days or even weeks before they get into serious trouble. They simply deny their symptoms or believe that their discomfort is brought on by a harmless condition, such as indigestion.

Dr. Bahr's comments are included in a series of videotapes produced, in part, with a grant from Marion Merrell Dow Inc. Consumers first learned about the availability of the tapes from a recent issue of

*CardiSense*, a quarterly health care newsletter published by Marion Merrell Dow.

In his videotape series, Dr. Bahr gives advice to viewers on when to seek medical help and answers some of the most commonly asked questions about heart disease. The tapes are available for rental free of charge at participating video rental stores.

The newsletter *CardiSense* is available free to patients currently taking the prescription drugs Cardizem® CD (diltiazem HCl) capsules, Cardizem® SR (diltiazem HCl) sustained release capsules, or Cardizem® (diltiazem HCl) tablets. If you take one of these products and would like to receive *CardiSense*, write to Subscription Service Department, *CardiSense*®, P.O. Box 549158, Miami, FL 33054-9375; or call 1-800-235-LIFE.

## At Cooking Competitions, A Little Effort Can Pay Off Big

It takes more than luck to be a winner in a national cooking competition. Winning hinges on careful observation of contest rules and current culinary trends, as well as being able to prepare a great-tasting recipe.

Here's a summary of competition entry tips compiled by judges of the National Beef Cook-Off®, which food experts recognize as one of the nation's premiere cooking competitions:

- ✓ Read and re-read the competition entry form, to understand all rules. Even veteran competitors tend to skim this step, which provides critical information about contest categories, judging criteria and changes from previous years.
- ✓ Type or clearly print a detailed version of your recipe, with instructions for all steps. Detail even the most obvious directions, such as specific equipment to use and how to test for doneness.
- ✓ Create a catchy, descriptive recipe title to attract judges' attention.
- ✓ Be sure your recipe showcases the competition's main ingredient, such as beef. Use flavors and cooking methods that complement this product.
- ✓ List all recipe ingredients in order of their use; indicate how many it serves.
- ✓ Follow your own recipe, as written, several

times to be sure it includes all steps and ingredients.

✓ Ask a friend to prepare your recipe at home. See if it comes out as well from another kitchen.

✓ Keep today's cooking trends in mind, such as interest in convenient, nutritious and/or ethnic-style meals. But be realistic. Use basic preparation methods and common ingredients that are readily available and suitable for amateur cooks.

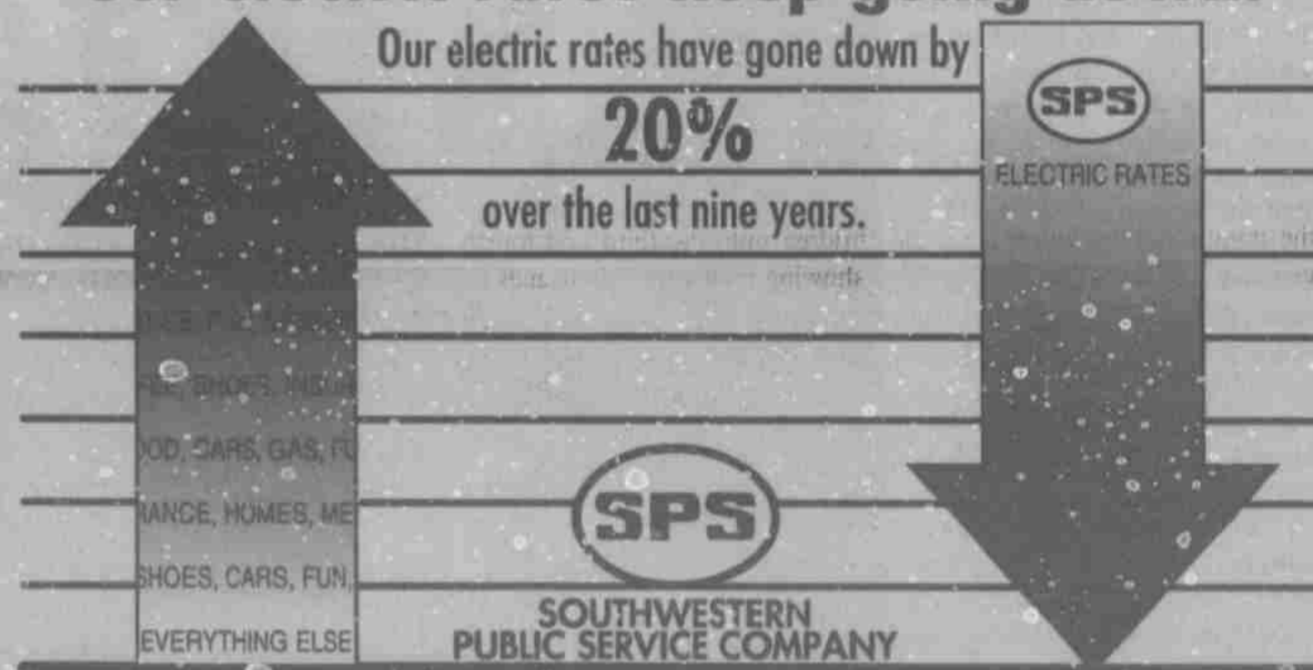
✓ Use simple garnishes to enhance your recipe's final appearance and be sure it can withstand at least 30 minutes at room temperature (that's generally how long recipes wait to be judged).

✓ Keep trying. Winning has a lot to do with practice. Many finalists in previous National Beef Cook-Offs entered several times before their breakthroughs.

Finalists in the 1995 National Beef Cook-Off will prepare their dishes at the National Beef Cook-Off Final, to be held Sept. 21-23, 1995, in Little Rock, Arkansas. Finalists will compete for an all-time high \$45,000 in cash prizes, including a \$25,000 grand prize. Entries are due June 1, 1994.

For more information or an entry form, contact your state beef council or write to National Beef Cook-Off Entries, P.O. Box 3240, Chicago, IL, 60654, or call 1-800-621-7011.

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## Health Emphasis: Memory

1. Sensory input of information, recognition, comparison, and evaluation; these are the first steps toward encoding information.

2. Immediate recall, short term memory, and long term memory are the types of memory. Apparently everything experienced is encoded as if by a giant movie camera, but only selected items are designated for recall.

3. Memory retrieval is by a delicate, niche system, which can be injured by using wrong circuits for action, such as lying, carelessness with promises, make-believe, doing that known to injure one, and excessive talkativeness. Many of these processes occur at a cellular level, not at the conscious level. Physical habits and diet strongly influence the outcome.

Before learning, pyrimidine particles are scattered at random. During REM sleep memory particles are attached to the niche system in a permanent pattern.

4. The following are ways to improve the memory:

- a. Observe strict regularity in all things.
- b. Never lie down after a meal. This promotes early senility.
- c. Do not crowd too many things into a small amount of time. On the other hand, do not allow time to pass without profitably using it.
- d. Country living with strict simplicity is most favorable to learning, as well as to easy recall.
- e. Keep all things orderly in your surroundings. Do not keep in your home more things than you are able to keep in perfect order. Do not have something on every desk, table or bookcase. Have much open space on walls, floors, yards, etc.; avoid clutter.
- f. Eat nothing between meals or within several hours of going to bed. Intestinal fermentation produces toxins that injure and dull the mind. Use little fluids or liquid foods at meals. Use few dishes or varieties of foods at a meal. Especially avoid harmful combinations such as milk-sugar-egg mixtures, or fruit-vegetable mixtures. Never overeat. Excess nutrients such as potassium cause mental confusion. Excess sodium suppresses norepinephrine production resulting in lack of alertness. With the electroencephalogram (brain wave), we can get an indication of states of alertness. Brain waves are slower after large meals, faster during prayer and in fasting states. Fats of all kinds contribute to mental foginess.
- g. Keep a program of study of new things constantly going. The stretching of the mind to understand the Bible and to memorize portions of it represents the best single mental exercise.
- h. Avoid excesses in all pleasurable pursuits. Overstimulation of sensory nerves sets up a condition causing forgetfulness.
- i. Avoid smoking. Smokers have been shown to have poorer memories.
- j. Train the mind to dwell on heavenly themes. It is a law of the mind that it assumes the level of those things which occupy it.

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### Veterans Administration Shows Why Government Should Stay Out of the Health-Care Business

by J. Elliott Williams, Immediate Past-President, Congressional Medal of Honor Society

As a patriotic duty to my country, I am urging every American to get involved in the fight against government-run health care as envisioned by President Clinton's health-care proposal.

From a veteran's perspective, the lesson is simple: Government-run health care hasn't worked. Ask any veteran what they think of the Veterans Administration and the health care it provides to more than 2.5 million vets, and the answer will be the same almost anywhere in the country: It is government at its worst.

Waiting periods of 60-90 days to see specialists such as cardiologists. Incredible amounts of paperwork. Average three-hour waits whenever you try to see a doctor. Hospitals that are physically falling apart. Government acting not as healers, but as roadblocks to understanding problems such as Agent Orange and the current Gulf War Syndrome.

That's what we deal with every day. Hopefully, other Americans will never have to endure the same difficulties and hardships as we do in getting basic health care. In fact, if anything, the Veterans Administration should serve as the Number One example of how NOT to run a health-care system.

That's why I'm so amazed that so many of our national politicians, including President Clinton, would advocate a LARGER role for government in providing health care instead of a SMALLER one. Because, based on our experience, the government just isn't up to the job. The proof is in the numbers: Of 26.7 million veterans eligible for VA health care, less than 10% actually seek VA assistance.

In one of the most perverse outcomes imaginable, what was supposed to be an extraordinary privilege for veterans—medical care guaranteed and run by the government—has turned out to be a nightmare. While everyone else in the country has access to the finest technology, the most skilled surgeons and physicians, and the finest hospital facilities in the world, VA users are confined to a system that isn't even mediocre. And they're trapped. There's no way out, because most of the 2.5 million veterans who use the VA don't have any alternatives.

So when I hear that government is going to have a monopoly on health care through these regional health alliances, I shudder. When I hear that a new national health board is going to set standards for the rest of the country to follow, I think of the way VA standards have been allowed to deteriorate.

When I think of the second-rate care that veterans are consigned to receiving, I just can't sit still and let the rest of the country go down the same path.

Don't let government run your health care into the ground. Don't let them take it over. The entire history of the 20th century shows that once government gets its hands on something it never lets go. There have to be ways to improve health care without having government run it, as President Clinton is currently proposing. His plan takes us down precisely the wrong direction, and everyone—veterans and non-veterans alike—need to let our elected officials know that this is the wrong way to go.

It may not seem like a big deal now. But 10 years from now, when you're overwhelmed with paperwork and waiting three hours to see a doctor or 90 days to see a heart specialist, it will be much more important to you. We have to ensure that this scenario never happens.

*J. Elliott Williams served 20 years in the U.S. Navy. He was awarded the Medal of Honor for his service in Vietnam. He is the Immediate Past-President of the Congressional Medal of Honor Society. The views expressed in this article are his own and do not represent the views of the Society. He is 63 years old, and can be reached at 904-445-9481 (Florida) or 803-651-4183 (South Carolina).*

## Education Crashing in Computer Generation

by Tom Armstrong

While the Bill Gates of the world push the computer envelope to the limit, educators can't seem to pull out of a power dive about to crash. From ADD (attention deficit disorder), a surviving 1980s buzz phrase meaning a kid who can't sit still) to drugs in schools, kids and teachers alike find piloting through the '90s extremely hazardous.

Microchips and the programs run through them haven't helped. In desperation, teachers and school administrators leaned heavily on entrepreneurial psychiatrists who made a bid for the 6-to-14-year-old problems student niche and served up Ritalin (a speed-like drug) and similar diet to solve the education problems. It cost dearly in terms of wasted millions of education programs, not to mention millions either awarded to or tied up in court by angry parents who wonder why their Dick or Jane seemed more like Doonesbury's Zonker.

Aside from creating suicidal and addicted kids the only problem was that the escalation of educationally-deficient students kept on (and keeps on) multiplying. Last September the results from the National Center for Education Statistics came out revealing nearly half of American adults couldn't figure out how to navigate through a bus schedule, much less fill out a social security form or write a letter to their credit card company to correct a billing error.

Applied Scholastics, an international education reform group 21 years old and based

in Los Angeles, has been ringing school bells around the world and forming consultancy offices to solve a story problem of magnitude. If 1890s eighth graders were more literate than 1990s college grade, then how many year-2000 PhDs will it take to screw in a light bulb?

But Applied Scholastics sees a solution. A growing number of educators—over 24,000 at last count—around the world agree. Using a breakthrough method of learning developed by American author and educator L. Ron Hubbard called simply "Study Technology," the group goes back to basics. More basic than reading, writing and arithmetic, Hubbard tackled how people learn and apply what they have learned, working on the problem intensively in the 1960s, before the national illiteracy epidemic became widely acknowledged.

"...If we examine study a little bit further," Hubbard said in a 1964 lecture, "the main complaint about study is that it does not immediately and at once result in good, clean, clear application. This is one of the primary scolds about modern education...you educate an engineer and you don't dare send him out to build a bridge."

Applied Scholastics president, Ian Lyons, said, "We have descended below the point where students can't apply what they have learned. They can't get to first base and study in order to apply. The major problem

facing us to find our way back to literacy is meeting the deadline imposed upon us. It is increasingly clear that as the current state of affairs progresses, there will be fewer who will be able to understand the simple message that they can survive. Then there's the point of going beyond mere survival and enhancing their ability to create a better life to live."

Lyons' fears appear well founded. Since 1950, America's literacy level has dropped 18 places among United Nations member nations. Fifty per cent of Americans cannot read 8th-grade level books. Illiteracy costs American businesses \$20 billion a year. The U.S. high school drop out rate is over five times that of Japan and over 10 times that of Russia.

They don't make 'em like they used to. Who would have thought that in the slide rule-to-CPU generation we would set new world speed records in creating an illiterate citizenry?

Applied Scholastics' solution, however, gets results. Their 1992 literacy project, following the Los Angeles riots, raised levels of South Central LA students' comprehension. The project netted one year, eight months average grade level gain after 20 hours of instruction. An LA private school under Applied Scholastics consultancy umbrella turned out kindergartners comparable to the national norm for second graders and tenth graders comparable to the

national norm for second graders and tenth graders comparable to high school graduates based on California Achievement Test results (reading and math skills as well as the combined scores). A 1986 project conducted in a California high school produced two years grade level gain after 40 hours of classroom instruction, based again on California Achievement Test results.

In a study of an Applied Scholastics school in England, one student group training on the Study Technology gained 1.3 years reading level while the group without the training lost .03 years. South African improvements were more comparable to California's with an increase of 1.8 years.

One U.S. high schooler who learned how to study commented, "I know what to do now when I don't understand something. I've learned a lot that is helping me in other classes."

Maybe there is a chance for education to catch up with the computer revolution before today's machines break down and there is no one to fix them.

For more information on Applied Scholastics and its program, please call 1-800-424-5397 or write to 7060 Hollywood Blvd., Suite 200, Los Angeles, CA 90028.

*Tom Armstrong writes in Los Angeles, specializing in social reform issues, and donated his time for this article based on his concern over the decline of education standards.*

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