



Southwest Digest

February 3 thru February 9, 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

Does Racism Exist In Lubbock

by Candida N. Johnson



One of the things I have learned from writing for the Southwest Digest is that if you want to know if people are reading your articles write something about the discrimination African-Americans face and the letters will pour.

The truth of the matter is some whites, Hispanics and even some

blacks are so busy trying to convince themselves that racism doesn't exist that they are becoming the racists.

For instance, if I write an article about white supremacists burning a cross in East Lubbock, at least one conservative professional would write a counter letter to the editor claiming they had a cross burned in their yard because they didn't agree with President Clinton's health care plan. Thus proving that the cross burning was not racially motivated but that it's just something that happened regardless of race (yeah right).

Why is it that every experience a black person has a white person has had a similar one? Think about it. I have yet to run into a white person who hasn't lost a job to a woman, a black or a Hispanic due to affirmative action. I find this quite strange since it has been proven that affirmative action still hasn't replaced the good ol' boy system. Could it be that these people are making up experiences in an attempt to make the point that racism is dead and gone?

Take for example an experience I had in a popular dress shop not too long ago. As soon as I stepped into the store, an elderly white salesperson rushed from the back and asked me, "Can I help you find something?" I replied, "No, I'm just looking, thank you." (By now I bet somebody's pen is going to paper. Dear Editor, Ms. Johnson is wrong in her assumption that the lady in the dress shop was being racist. She merely wanted to assist Ms.

Johnson as do all saleswomen.)

But consider this. The woman stood behind me telling me the price of each dress I pulled from the hanger. When I moved, so did she. When I showed interest in a particular jacket she immediately took it from my hands and whisked it away to the back dressing room. When I didn't follow she disgustedly came back and began telling me what would and wouldn't fit along with what I did and did not want. In other words she wanted me to get what I wanted and get the heck out of the store. I noticed other customers, white customers young and old were entering and not being asked what do you need or being followed.

I decided to leave the store and the item I had come after. But, not before asking the saleswoman if I could borrow her phone book to which she replied, "I COULD look for one."

I relayed this story in one of my classes at Tech in which I'm naturally the only African-American, and believe it or not, there were three of my white classmates who had miraculously had the same exact thing happen to them at the same exact store. (As one of them put it.) I asked them why the salespeople at that store singled out certain people to follow around. They all said they were either wearing jeans, or weren't dressed in designer clothing. Looking them all straight in the eyes I told them, "Well, I was wearing a designer outfit." And I was. I was wearing an outfit that I had worn to a pageant a few months earlier.

Still in denial, one of the students asked what size my handbag was. "Maybe they saw you with a large handbag and got nervous." Reaching into my backpack, I pulled out the purse I was carrying that day, which was the size of a small diary.

Then someone asked if I had gone into the store with a chip on my shoulder expecting to be discriminated against. To which I replied that my mother and I shopped in the store several times when I was a teenager and had had no problems. So why would I have expected them to start now?

Some of the students accepted it for the racist act it was. Others mumbled something about that's just the way all old folks are.

Attitudes such as these, in my opinion, breed racism. African-Americans make excuses for racism saying that's just how white people are. Some Hispanics choose to close their eyes to it and deal only with other Hispanics. And whites, well...most of the time they can come up with a similar experience or an experience to claim they are the victims in today's society. What they fail to realize is there are good and bad people in this world of all shapes, sizes and colors. Just because one black person may steal doesn't mean every black person will. Just because a handful of whites may be racists it's not fair to claim all whites are.

As a matter of fact the one person that touch me the most in my formative years was someone white. But just because that person embraced me and didn't care about my ebony skin doesn't mean all whites will.

When the word racism comes up in class, my professors literally get angry. Those smiling faces turn into frowns. I've noticed this even in some of my most liberal professors. It's as if they think all whites should be lumped in together. I disagree. All whites aren't all alike. What one white person does to me every white person hasn't done to me.

After the "I COULD" response I got from the saleswoman, I gave her a "you SHOULD" type look. After at least 10 minutes of bending & searching the saleswoman finally found the phone book and slapped it onto the counter. I decided by then I didn't need it any more...O.K., I didn't want it in the first place. I just figured that since she took such a delight in personally waiting on me, I'd give her something to do, especially since I wasn't giving my hard-earned dollars to a business that belittled me. Heading back to East Lubbock, I went to a store and found exactly what I was looking for. On sale. As I left with my four bags of clothes, I couldn't help but wonder if that saleswoman would wake up the next morning with a stiff back.

Supreme Court Neglects Minority Voting Rights

by Senator Rodney Ellis

Though Texas' population is incredibly diverse, our state judiciary remains virtually all white.

More than 40 percent of the people in Texas are minorities, but fewer than 15 percent of our district judges are minorities. In Harris County, more than 41 percent of the people are minorities, but fewer than 12 percent of the judges are minorities.

Last Tuesday, the United States Supreme Court, historically our country's greatest defender of civil rights, decided to leave intact the electoral system which produced these inequities.

The Supreme Court refused to review the U.S. Fifth Circuit Court's decision in the case of *LULAC v. Texas*, a decision that tears the guts out of the Voting Rights Act. By placing an impossible legal burden on minorities trying to prove voting rights violations, the Fifth Circuit has judicially tortured into submission one of Congress' greatest civil rights achievements, and has placed an enormous new obstacle on minorities' long path to political equality.

That the Supreme Court allowed this decision to stand seems to indicate that, for the present time, minorities can no longer turn to the Supreme Court to protect their civil rights. The question is: where else can they turn?

The *LULAC* case was filed because in many parts of Texas with large minority populations, judicial candidates preferred by the minority communities are unable to win election to the bench. The reason for this is simple: in countywide elections, the preferred candidates of the minority community almost always lose, because the minority community does not constitute a large enough bloc of votes to win a countywide election without a great deal of "crossover" support from Anglo voters.

This would be no injustice if countywide elections were unavoidable—if, for example, there were only one judge in the county, the judge obviously would have to be elected countywide. It is unjust, however, when Harris County elects 59 district judges, and the primary effect of electing all of them countywide is to prevent minority voters from selecting even a portion of the county's judges.

In other types of elections where multiple positions are elected from a single county, the Voting Rights Act long ago required that we subdivide the county into single-member districts so that minority communities would be allowed to select a fair share of the officeholders. Single-member districts for Congressional and state legislative seats were a direct response to the inability of minority voters to achieve representation in large, multi-member electoral districts.

In the *LULAC* case, the court was presented with factual circumstances virtually the same as those that prompted single-member legislative districts, but this time the court found no voting rights violation. To achieve a different decision in a case with similar facts, the court has invented a new way of looking at voting rights cases.

The Fifth Circuit reasoned that because Republicans win most countywide judicial elections, minorities are underrepresented in the judiciary not because they are minorities, but because they are Democrats. If minority candidates would change their ideological views and run on the Republican ticket, the court suggested, they might no longer be underrepresented on the bench.

The paradoxical suggestion that equality for minorities can be achieved by conforming their beliefs and values to those of a dominant political party is not only morally repugnant, it is legally groundless. The Voting Rights Act was never intended to ensure that minority candidates could win a fair share of public offices; it was intended to ensure that minority voters could elect a fair share of public officials. The language of the Voting Rights Act, far from guaranteeing the election of a certain quota of minority candidates, guarantees minority voters the opportunity to participate in the political process and to elect representatives of their choice.

In 1991, in the face of overwhelming evidence that minority voters are denied the opportunity to elect representatives of their choice in judicial elections, the Fifth Circuit denied that the Voting Rights Act even applies to judicial elections. The Supreme Court disposed of that novel idea in a 6-3 reversal, and demanded that the Fifth Circuit

determine whether minority voting rights are violated in Texas judicial elections.

In the meantime, the minority plaintiffs reached a settlement agreement with the state that would have created smaller districts for the election of judges in nine urban counties. The settlement was approved by the state Attorney General, the Governor, the Lt. Governor, and a majority of both houses of the Texas Legislature.

The Fifth Circuit ignored this settlement at the request of incumbent Texas judges who fear that a change in the way we elect judges may jeopardize their own elections. Bent on preserving the status quo at all costs, the Fifth Circuit radically reinterpreted voting rights law to fit its needs.

The resulting decision sets a precedent even more dangerous than if the Supreme Court had allowed to stand the original Fifth Circuit ruling that the Voting Rights Act does not apply to judicial elections. In order to preserve the status quo, the Fifth Circuit was forced to eviscerate the meaning and intent of the Voting Rights Act.

The new logic in voting rights law threatens to turn the clock back 30 years. By the standards established in the *LULAC* case, it is conceivable that the courts might not come to the defense of minority voting rights even if Texas were to return to countywide elections for state legislators. The Supreme Court's refusal to review this case, announced the day after the nation celebrated Martin Luther King's birthday, signals a need for civil rights advocates to take their case back to the public, for they won't get much help from the courts.

In 1896, the Supreme Court ruled that the Equal Protection Clause of the United States Constitution allowed for "separate but equal" treatment of African-American citizens. It took more than 50 years of civil rights activism to reverse the court's position on racial segregation. Recent court decisions indicate that the Voting Rights Act is falling victim to the same sort of judicial neglect that neutralized the Equal Protection Clause for the first five decades of its existence. It is time to renew our vigilance on behalf of equality for all our citizens.



Mattox Announces Lubbock County Coordinator and Steering Committee

United States Senate candidate Jim Mattox today announced Jesse Martin and Gary and Betty Condra as his Lubbock County Campaign Coordinators. Betty is a member of the State Democratic Executive Committee. The Lubbock County Steering Committee for Mattox includes Tommy R. Jones, Robin Green, Jorge Hernandez, Charles "Chuck" Alexander, Gerald Anderson, Sammie Ellis (SDEC), Dr. Thomas Bose, Emil Schattel, Bob Gibson, Gilbert Flores, Eva Garza, Cory Wilburn, Carl King, Bill Wornick and T.J. Patterson and Merida K. Condra.

"Jesse and the Steering Committee Members are joining a group of hundreds of Texans across the state who are teaming up to reclaim their communities and wage the fight for a safe, healthy and economically prosperous environment for our children and our children's children," Mattox added. Mattox already lists more than 300 local campaign coordinators in 200 Texas counties representing 95 percent of the state's population. He has also been endorsed by Texas' largest law enforcement organization, the 16,000 member Combined Law Enforcement Associations of Texas (CLEAT).

"I love people and I love Texas," Mattox said, "but as most folks know by now, I'm not one to shy away from a fight, especially when the fight is for our children, our older citizens who have already paid their dues, or our working families who pay most of the taxes that support this great country of ours and who are struggling to keep a roof over their heads and educate their kids."

Mattox is heavily leading his opponents in all three polls that have been conducted in this race including one poll done for one of his opponents.

Mattox served as Texas Attorney General from 1983-1990 where he earned national acclaim and numerous awards for his strong actions in child support enforcement; law enforcement; consumer and environmental protection; insurance reform; the rights of women, minorities and crime victims; and for turning the Office into a money-making operation for the state's taxpayers.

For three terms (1977-1982), Mattox represented Dallas County's 5th District in the U.S. Congress and also served two terms in the state legislature from 1973-1976.

Look Inside
For The Wheatly
Elementary School
Honor Roll!
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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. All Deadline is February 5, 1994





Ruby Jay's Corner

The New Hope Baptist Church, located at 2002 Birch Avenue, is the church where the people really care.

Despite inclement weather last Sunday morning, the services were still very good.

Services began with Sunday School at 9:45 a.m. It was another very good lesson.

The devotional period began at 10:45 a.m. and morning worship hour began at 11:00 a.m. with the Senior Choir marching in singing "We Got to Praise Him."

Altar prayer was offered by Sister Moton. A song, "When We All Get Together," and was led by Sister Dailey. Scripture was read by Sister Billie Caviel. Sister Helen Smith of New York City, N.Y., who is a daughter of Sister Winnie Knighten, gave a very touching prayer.

Another song, "It Will Be All Right," was led by Sister Lucille Jackson. Responsive reading was led by Sister Stokley with congregation standing.

The morning hymn was "How Great Thou Art." Pastoral observations were given by Pastor Billy R. Moton, followed by a song led by Sister Anita Henry, entitled "It's Good to Know Him." It was very touching. The Senior Choir really sang out of their soul.

Pastor Moton came forward and put the finishing touch on the services when he preached on the subject "Don't Blame Me." His text was Genesis 3:12-13. It was another burning sermon. His scripture told us where he was coming from.

The rest of the services were as usual.

Don't forget to pray for those who are on the sick list. Go by and visit with them and have prayer.

Tara Forward is home from the hospital.

Brother W.H. Stephen, who is a resident of Parkway Care Center, is home from Highland Hospital. Let us continue to pray for him.

Judith Struggs is home from the hospital, and is able to walk around a little.

Andrea Thompson is still a patient at the hospital. Whisper a prayer for her and the children. They are standing close by.

Bereaved families, you have our prayers and love and sympathy.

Among those families include Willie and Vassie Bell who lost his brother. The Chatman and Fury families who lost a mother and aunt, Mrs. Edwina Fury, who was funeralized at Mt. Gilead Baptist Church. Her body was carried to Mexia, Texas for burial.

Mr. and Mrs. Lewis Kelley lost a daughter, who was funeralized at the Greater St. Luke Baptist Church last Wednesday afternoon. Curry Funeral Home was in charge of arrangements.

Mary Ann Jones of Dallas, Texas left last week for home.

Sister Dunn is home and is doing fine. She had knee surgery. Rev. A. L. Dunn is still a patient at South Park Hospital.

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



AOIP 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. AOIP's overall objective, via this interorganizational coalition, is to begin immediately to transform the discrete communities within Black America, through pride-inspiring "togetherness," into such Shining Oases 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 opened 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. AOIP has a redemptive mission of completing the "unfinished work of Dr. Martin Luther King Jr." The information listed below about your 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 7:00 p.m. at Escarado High School.

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

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

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

Interdenominational Ministers Fellowship Alliance Every Fourth Thursday—6:30 p.m. South 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.—4:00 p.m. Green Four Manor Apartments Call either Debra, Lee or Rudy—762-8793 For additional information call: 767-2911



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

Parkway Manor Care Center News

Despite the inclement weather we are experiencing the past few weeks, we are still appreciative of those who visit the residents of the Parkway Manor Care Center. With people like you, who visit our people, we are so thankful.

We are so glad to have Rev. W.H. Stephens back home from the hospital. He has been ill, and your prayers are appreciated. He is such an inspiring gentleman for the other residents, and while he was in the hospital, he was surely missed. Keep praying for him and the other residents.

Ann Day, who works with SPAG, came last Friday to visit with the residents as well as on

last Monday. She comes and reads to them. She enjoys her work. Accompanying her was Mrs. Quigley.

Joe Shan visited Frank Williams last week. What a wonderful visit they had together.

Jennie Ann Jordan and Shimira Rogers visited Lucille Wiggins last week. They are daughter and great-granddaughter.

First Progressive Baptist Church had seventeen members to come last Monday evening to visit and have fellowship with the residents. What a glorious time they had together. Rev. Homer Avery is the pastor.

Esther Ferguson returned from the hospital last Tuesday, and was visited by her daughter, Gloria Brooking, and Maggie Ford.

The Suran, Queen of Shona and Rachel Crooks of the Greater St. Luke Baptist Church had six members to come last Tuesday evening for a song service.

Frances Bell visited her mother, Esther Ferguson, this week.

Donald Stubblefield visited Bessie Johnson last Friday afternoon, and had a very good time together.



HOLLYWOOD—Legendary performer Isaac Hayes and famed songstress Amanda Ambrose performed recently with Big Band leader Glenn Zottola at the Church of Scientology Celebrity Centre International's Grand Masked Ball for the benefit of the Hollywood Arts Council. Helping to "put the Hollywood back into Hollywood," the glittering fundraiser was held in the Garden Pavilion.

Wheatley Elementary School Third Six Weeks Honor Roll

The following Wheatley Tigers made the Honor Roll this past six weeks. They are to be congratulated for their efforts.

Second Grade

- *Alexander, Aiesha
- Atkins, Nywala
- *Avery, Shamika
- *Bell, Lashaka
- Bibbs, Rodneidra R.
- Bibbs, Shantavia T.
- Bills, Lakaedra S.
- *Bolton, Jessica M.
- Contreras, Michele L.
- Davis, Keithesia C.
- *Ervin, Charles R.
- *Galey, Elizabeth N.
- Garcia, Crystal M.
- *Garcia, Sarah L.
- *Hereford, K' Dondra
- *Hernandez, Christy N.
- *Herrera, Isabel
- *Jackson, Leslie D.
- *Ledbetter, Nykitia L.
- *Patterson, Syolandra Y.
- Perez, Chris A.
- *Pritchett, Clinton D.
- Skipper, Lakesha S.
- *Smith, Justin R.
- *Strong, Destiny M.
- *Thomas, Daniel D.
- *Thomas, Dedrick L.
- *Thomas, Tremekia D.
- *Wheeler, Tony L.
- Williams, Dontae L.

Third Grade

- Adame, Cristopher M.
- Avery, Homer L.
- *Barton, Paul B.
- Davis, Rushalyn D.
- Feltor, Britni
- *Hanson, Jeremy W.
- Hargers, Lakisha R.
- Howard, Gary W.
- Knights, Laina T.
- Lewis, Quintin G.
- Mack, Reginald L.

Fourth Grade

- Dotson, Arnessa S.
- Favors, Andrea S.
- Galey, Rachel D.
- Lomas, Christina J.
- *Shaw, Joe G.
- Stiggers, Billy D.
- Suong, Tizoc E.
- Tennison, Artemus

Fifth Grade

- Garza, Eric E.
- *Jackson, Scott E.
- *Jones, Marques V.
- McNeal, Regina R.
- *Moreno, Michael C.
- Page, Nicholas J.
- *Palan, Daniel C.
- Salazar, Matthew L.
- Walker, Detwaune M.
- *Walker, Jazmyne L.

Sixth Grade

- Andrews, Tony M.
- Cisneros, Michelle R.
- Cleveland, Trameka M.
- *Gambles, Jocelyn B.
- Johnson, Daquebra T.
- Manahan, Stephanie L.
- McGuire, Laquisha R.
- *Strong, Jennifer C.
- Strong, Johnathan Z.
- Vines, Janskia J.
- Williams, Erin C.
- *Williams, Ri'Chardri N.

*4.0/above

Lubbock Scholars Program

Lubbock Scholars is a program designed to encourage eighth-grade students to take a more rigorous academic curriculum that will prepare them for the work force or for higher education. The program consists of presentations to individual eighth-grade classrooms by business leaders in the community. These individuals show students how taking a fundamentally sound academic program can better prepare them to compete in an increasingly competitive global economy.

Other elements of the program include presentations to parents of these eighth-grade students and recognition and support each year

for students receiving "C" or above grades while maintaining the full academic load of the Lubbock Scholars program. Directories of young people completing the Lubbock Scholars program will be distributed to community businesses to encourage employers to recognize the benefits of hiring Lubbock Scholars for full- or part-time work.

All interested parents of 7th & 8th grade students are invited to Lubbock Scholars Parent Information Night, Feb. 8 at 7:00 p.m. in Alderson Auditorium. Both Dunbar and Alderson parents are welcome.



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EDITORIALS • COMMENTS • OPINIONS



If There Ever Was A Time, It Is Now!!!

by Eddie P. Richardson

All we hear is violence, sex, drugs, by people from across the board, from all media. Is media over-sensationalizing on the negatives, and not concentrating on the positive? Is reporting of the news over-emphasizing the violence and letting the positive lay or stay?

No matter who we blame, we have a problem, and it's getting worse daily. The problem rests with the family. No matter who or how it is reported, whether for ratings or sale of copy, the public has a right to know the positive things as well as the negative.

If the family went back to being family and the community, the media would not have all the negatives to report. Parents need to get back to the act of being parents. Start training their children in the way they should go, along with training, teaching, disciplining, communicating with and guiding them in the right direction. We need family structures, and especially our young boys need fathers. No matter how good a mother is, a boy needs a father image and a male teaching him how to become a man. A woman cannot do it, no matter how good and sincere she is. This is a lot of our

problem today.

We need to use the old African tradition—the total community is responsible for the raising of each child. To turn our bad situation around, we must go back to the basics: love, respect, trust, self and others.

For us to get ourselves out of the mess we are in we must become our brother's keeper as well as sister's too. Most important and key is we have to go back to working with our very young children, molding and fashioning their minds in a positive, creative, loving, caring manner, respecting themselves as well as others' feelings and property. Then and only then will we see a different action and reaction across the board. Then the media will have to report positive and creative things because they will overshadow the negative when our young people become involved in positive and creative activities. They will not have time for drugs, violence, teenage pregnancy, because they will not have time for it, nor will they want to.

Parents, remember your children are your children, you are responsible for them being here, their well-being, their education, their proper discipline, guidance, direction and most of all love. Remember they are our future. Do your part, have a clear conscience.

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In Cinque

by Renetta W. Howard

While it is of the utmost importance that mothers-to-be get adequate prenatal care, it is just as important that they get post-natal care and proper care for their newborn babies.

It is especially important that young mothers who breastfeed their babies eat only foods which are healthy for their babies. In addition, they should not indulge in social activities which can pollute the milk that their bodies produce for the newborn baby since certain antibodies in the mother's milk provide some immunity to certain diseases for the baby.

Mothers who do not breastfeed still need to be careful about their diets as some foods tend to give our bodies offensive odors and can cause a new baby discomfort when being held. The child will cry and be fidgety and may be thought to be sick.

Even though there are antibodies in a new mother's breast milk, all babies need immunization for communicable diseases, beginning at birth. By the time a child is old enough to attend public school, he/she should have had a basic series of immunizations and need only a booster. Let us get "in cinque" and keep our children healthy. Healthy children have the best stamina for learning in today's society.

Crazy Horse

by Stephen C. McIntyre

Many older houses in Lubbock have been painted with lead paint. Lead paint can cause brain damage, learning disabilities, mental retardation, central nervous system damage, and kidney defects. If you live in a house or apartment built before 1978 you may want to consider buying a lead paint testing kit at the local hardware store to check out the windowsill and other places where infants may decide to teethe or eat paint chips. You can get a test kit for five dollars at most hardware stores.

Former Lubbock County Commissioner Eliseo Solis is back in El Salvador trying to do what he can to get that country ready for the upcoming elections in March. Anyone who is willing to go to that country to act as an election observer during the March elections should contact Andy Hernandez with Southwest Voter Registration and Education Project (SWVREP) in San Antonio.

- 2/1 1790 U.S. Supreme Court convened for the first time
- 1861 Texas joined the Confederacy in the Civil War
- 1960 Woolworth lunch counter sit-in, Greensboro, NC
- Four black students arrested for sitting on counter
- 1967 CIA agents meet with IRS agents in order an investigation of Ramparts magazine tax records
- 2/2 1848 Treaty of Guadalupe de Hidalgo between U.S. & Mexico
- 1954 Eisenhower officially reports the first thermonuclear explosion; it happened in 1952.
- 1978 CIA files suit to prevent publication of *Decent Interval*, a book critical of CIA operations in Viet Nam.
- 2/3 1908 Supreme Court rules that a union boycott violates the Sherman Antitrust Act.
- 1970 Federal government proposes regulations authorizing it to open first class mail from overseas without permission.
- 1970 The Guild Bookstore in Chicago is destroyed by the

Legion of Justice. The Legion of Justice works with and is supported by: the Chicago Police Red Squad, LEIU, CIA, and the Army's 113th MI Team.

2/4 1952 CIA memo reports that beryllium produces a peculiar fibrotic tumor at the site of local application and recommends continuing study of beryllium for use as a covert agent.

2/5 1917 Gen. Pershing removes U.S. troops from Mexico.

1956 Texas' heaviest snow, 33" Hale Center

2/6 1961 Sec. of Defense McNamara admits there may be no "missile gap" after all.

Pomer has it that Leadership Lubbock has invited George "Shrub" Bush to speak to them at a banquet. The Bush boy is running for governor against Ann Richards. As best that I can recall, Leadership Lubbock is a 501(c)(3) non-profit organization. If it is, it would probably be advisable for it to also invite Gov. Richards to speak to maintain the non-partisan position required by IRS.

"Shrub" Bush was one of George Bush's closest political advisors during the 1992. Was it Shrub's advice to stonewall and cover up his father's involvement in the Iran-Contra scandal from the arms shipments were discovered in 1986 through the 1992 elections? Was it Shrub's political advice to pardon Caspar Weinberger and five others on Christmas Eve and thus avoid the trial where his father's involvement would be made public? What did Shrub advise his father to do that was in violation of federal law or an attempt to hide the truth? What kind of governor will Shrub make?

"Justice is truth in action." —Benjamin Disraeli

This & That

ARE YOU INVOLVED IN YOUR COMMUNITY? THIS N THAT... becomes rather disturbed...when we see those of us...who are not involved in the community...And because of that...**OUR KIDS...** are left without any direction...nor do they know which way to go...It is important...for all of us...to get involved so that our community...can be a...**MUCH BETTER PLACE TO LIVE...** If there ever was a time...for the...**CHATMAN HILL AREA...** to move...it is now...as there are so many opportunities for us to make some things happen...which will benefit...the entire area...This area...could serve as a catalyst for a lot of things to happen in the area...The question to be asking is...**ARE YOU READY TO GET INVOLVED AND MAKE SOME THINGS HAPPEN IN THE AREA?**

D.C. KINNER THE BARBER SAYS: A LEADER... is best...when people...barely know he exists...not so good...when people obey and acclaim...him...worse when they despise him..."

CONGRATS TO THE STUDENTS OF WHEATLEY! THIS N THAT... would like to say...**CONGRATS TO THOSE STUDENTS OF WHEATLEY ELEMENTARY SCHOOL...** who made the...**HONOR ROLL...** for the past six weeks...Thanks for a...**JOB WELL DONE!**

DID YOU ATTEND! THIS N THAT... would like to know if you attended the...**SCHOOL BOARD DISTRICT TWO MEETING...** last Tuesday evening...at Mae Simmons Community Center...as this meeting was conducted by...**MRS. KATHLY ANDERSON...** Let us continue to work with...**SISTER ANDERSON...** as she is trying to do what she thinks is best for...**ALL STUDENTS OF THE LISD...** When you see her...advise her that you appreciate what she is attempting to do for the LISD...

WHAT IS YOUR OPINION ABOUT THE EFFORTS TO DEVELOP A MULTI-PURPOSE ARENA? THIS N THAT... would like to know...if you are aware of the decisions to make to construct a...**BRAND NEW MULTI-PURPOSE ARENA...** with emphasis being made to construct the new facility on the campus of...**TEXAS TECH UNIVERSITY...** The question to really ask...is...**WHAT IS IMPORTANT WITH BUILDING THE NEW FACILITY ON THE FAIR PARK GROUNDS IN EAST LUBBOCK? THIS N THAT...** would like to advise that...**BUFORD WILEY...** is a member of the...**TASK FORCE...** who will make their recommendations to the...**LUBBOCK CITY COUNCIL IN MAKCH! THIS N THAT...** advises that you speak with...**MR. WILEY...** about this proposed project...and let him know you would like to see a new one developed on the property of the...**SOUTH PLAINS FAIRGROUNDS! THIS N THAT...** suggests that this would...**ENHANCE EAST LUBBOCK...** and outcome would be more...**HOUSES & BUSINESSES IN THE AREA...** **THIS N THAT...** sees an opportunity for a...**HIGH RISE HOTEL...** say Marriott...because of this...East Lubbock could very well be the key to this project!!



From left to right, Khadijah Farrakhan, wife of Minister Louis Farrakhan, President Jerry John Rawlings of Ghana, and Minister Akbar Muhammad, Director of the Nation of Islam's African Office.

Mrs. Khadijah Farrakhan Received by President Rawlings

Mrs. Khadijah Farrakhan, wife of the Honorable Louis Farrakhan, leader of the Nation of Islam, who is currently in Ghana on a thirty-day visit with her son Joshua, was received by President Jerry John Rawlings of the Fourth Republic of Ghana. Accompanying Mrs. Farrakhan was Minister Akbar Muhammad, Director of the Nation of Islam Information Center in Ghana, and his wife Maryam Muhammad.

Mrs. Farrakhan presented a letter from Minister Farrakhan extending an invitation to President Rawlings to open the Nation of Islam's Saviour's Day Convention in October 1994 that will take place in Accra. President Rawlings gladly accepted and said that he would be honored to preside over the opening ceremonies to what he considered an important conference bringing Africans and Africans from the Diaspora together.

Minister Akbar Muhammad, Minister Farrakhan's International Representative, explained the importance of the conference and the number of brothers and sisters that they expect from around the world. According to Minister Akbar, 1,400 brothers and sisters have already signed up for travel to Ghana. He also indicated that Ghana officials feel that the maximum number of travelers should be 3,000.

President Rawlings also thanked the Nation of Islam for the generous donation of medical equipment and supplies that were officially turned over to Mrs. Margaret Clark Kwasi, Deputy Minister of Health. The medical equipment was made available by the efforts of Mosque No. 11 in Boston, Massachusetts. The medical equipment, which was valued at \$122,000, was secured during Minister Akbar's recent tour to eighteen cities in the U.S., preparing brothers and sisters for the Saviour's Day Convention in Ghana.

For additional information about the Nation of Islam's Saviour's Day Convention in Ghana, call (314) 962-2117.

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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 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 resuscitation 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 editorials 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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SPORTS

Higher than Any Super Bowl Novacek Gets a Kick out of Helping Camp Youths

by Chad Keller

Five hundred campers ages 8-18, in helmets and pads on a summer afternoon, are dispersing after an awards ceremony on closing day. Many wear T-shirts that read "I Survived the Jay Novacek Football Camp." The kids, and their parents, head to countless cars. The scene is perfect camp chaos—siblings and dirty laundry, trophies and high-fives and a few tears of goodbye. Standing in the midst of the chaos, leaning against his pickup on the campus of East Texas State University, is serene Jay Novacek, talking softly and earnestly with a father.

The boys have come to Novacek's camp for a week to learn football from Jay and his Dallas Cowboy teammates. While he's had them in what might be called a weakened state—infatuated with Troy Aikman's arm, Ken Norton's muscle, and Michael Irvin's speed—Novacek has tried to give the kids some life-advice when they weren't expecting it. "It isn't enough for pro athletes to be good role models," Novacek tells the man. "Winning the Super Bowl was a great feeling, but if we can help one kid turn his life around through my camp, it is better than winning the Super Bowl."

"The main theme behind the camp is for each player to have a great time, meet a lot of Dallas Cowboys and to learn a lot of football," Camp Director Chuck Bollweg said. "But our main goal is to instill a positive attitude through football in every camper. We instruct our coaches very heavily to make sure that no matter what the players' skill level, they will leave camp feeling good about themselves."

This June, Novacek will again head a teaching team of 50 coaches and 10 to 15 of his Dallas Cowboy teammates to teach young players football. "Jay's camp is not a figurehead camp," Bollweg says. "Jay stays at the camp 24 hours a day and the Dallas Cowboys come to camp to work with the athletes. They get right down in the dirt with the young players every practice." The campers range in ability from novices to All-American high school players, and are divided into groups according to age, size and ability. Information on the top 30 high school players is mailed to over 500 college coaches in hopes of finding them a scholarship. Anyone interested in the Novacek camp can phone 1-800-466-6888 for additional information.



Dallas Cowboy Troy Aikman works with future pro quarterbacks at the Jay Novacek Football Camp.



Dallas Cowboy Michael Irvin goes eye to eye with a young camper at the Jay Novacek Football Camp.



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When America Catches a Cold, the Black Community Gets Pneumonia

by Walter D. Broadnax, Deputy Secretary of Health and Human Services



"When America catches a cold, the Black community gets pneumonia." The kernel of truth in that old saying is magnified in the current debate about health care reform. You could say when America's health care system is due for major surgery, health care for African-Americans is in the intensive care ward.

The truth is, every major health care problem facing this nation is exacerbated in Black America. From TB to teen pregnancy. From violence to AIDS. From too many babies dying to too many senior citizens not having enough to eat.

And in the face of these exploding health problems, African-Americans are less likely to have health benefits.

Currently, over 20 percent of African-Americans have no health insurance coverage at all. And many who do are one pink slip away from disaster.

Losing or changing jobs often means losing your health insurance.

Becoming ill or having a chronic medical condition too often means losing coverage, or not being able to obtain it in the first place.

And when so many Americans have inadequate health insurance, or no coverage at all, clinics get overcrowded, and emergency rooms serve as waiting rooms of last resort for people who can't get care any other way.

Clearly, Black America has a bad case of the health care blues. And clearly, we have a vital stake in reform.

The centerpiece of President Clinton's Health Security plan is our commitment to provide health care security to every single American.

The Clinton plan says: Switch jobs or start your own business—you'll still be covered.

Lose your job—you'll still be covered.

Get sick—you'll still be covered. And you won't be penalized with skyrocketing premium increases the way it is now. In fact, you'll always know the full cost of your coverage.

Under our plan, you will receive a comprehensive benefit package that includes doctor and hospital care, as well as prescription drugs.

You'll get preventive services such as mammograms, prenatal care, immunizations, and dental care for your children.

You'll have a choice of doctors and plans, and you'll be able to switch if you're not satisfied.

For older Americans, our plan will strengthen services. We'll provide Medicare coverage for prescription drugs, and we will create a new home care program for older Americans, and for people of all ages with disabilities.

And for the poor, the Health Security plan ushers in a new era of equity. Medicaid beneficiaries will carry the same Health Security Card carried by all Americans. They will get the same benefits, and the same high-quality care. The plan contains specific language to eliminate a two-tiered system and discrimination in the delivery of care.

Of course, as Surgeon General Joycelyn Elders likes to say, "A health security card doesn't mean anything if people don't have access to quality health care."

To assure that access, we're going to provide more support for the clinics making a difference in your neighborhoods. We're going to provide more funding for school-based health services.

And, by supporting the education and practice of culturally diverse caregivers, we're going to increase the number of African-American health professionals in both urban and rural areas.

Currently, African-Americans make up only about 3.6 percent of America's doctors and dentists and only 7 percent of registered nurses, even though we comprise almost 12 percent of the population. We can do better, and we will.

Finally, the plan we've developed is based on an old-fashioned African-American value: responsibility.

The plan says to doctors: We'll start to shape up the malpractice system and cut your paperwork, but we're going to ask you to keep costs down.

It says to employers: We'll control your health care costs, but we're going to ask you to pay a portion of your workers' insurance costs.

And it says to all Americans: We'll provide you with health security and comprehensive benefits, but we're going to ask you to contribute to your health care and take more responsibility for your health.

The Health Security plan is a good deal for the country. And it is a must-do for African-Americans.



End Of Games Notice.

Cactus Cash and Fiesta, a lucky pair of instant games from the Texas Lottery, will close on February 1, 1994. That means you have until July 30, 1994 to buy the remaining tickets and redeem any winners.

Match three like dollar amounts—or two plus a "dubler"—and claim one of the 86 outstanding \$800 prizes in Fiesta. Or look for the bright orange and green, tic-tac-toe style Cactus Cash in search of the 46 unclaimed \$1,000 winners.

Between the two games, more than \$3.5 million in prizes remain to be claimed.

Claim prizes of up to \$599 at any Texas Lottery retailer. Redeem winning tickets of \$600 or more at one of the 24 regional Texas Lottery claim centers or by mail with a claim form available from any Lottery retailer.

Questions? Call the Texas Lottery Customer Service Line at 1-800-37-LOTTO.



Fiesta overall odds of winning, 1 in 491. Cactus Cash overall odds of winning, 1 in 482. Must be 18 years or older to play. ©1994 Texas Lottery.



CHURCH DIRECTORY



Bits And Pieces



**FROM THE DESK
OF PARSON
D. A. SMITH**

Congratulations are due to the Dear of the Interdenominational Ministerial Fellowship Alliance, Rev. N.H. Franklin, on being selected to bring the annual "Feather's Day" message for the Tenth Episcopal District of the African Methodist Episcopal Church on February 11, 1994.

Because of Rev. Franklin's dedicated work to the growth and development of Bethel African Methodist Episcopal Church, the Northwest Texas District, his volunteer work in the Lubbock community, he will represent our community (an audience that normally draws from two to three thousand people) at the Beaumont Hilton Hotel in Beaumont,

Texas. The Ministerial Alliance is proud to have one of its members receive such an honor.

During the "Salute to Dr. Martin Luther King, Jr.," one of the speakers made reference to the fact that the men of God (preachers) were out of har-

mony in this city with each other.

One of the words for sin in the Greek language means to be out of harmony. This word is not used in the New Testament, but it is a descriptive term fitting in very well with the three other words for sin that are used—missing the mark, walking in forbidden territory, and falling on one's face. This fourth word means to sing off key, to be out of harmony.

In a special way this fourth word fits those of us who give our personal opinion without scientific data to prove our "sound-off" theory. Proverbs 17:9 reads: "He that repeatheth a matter separateth very friends." The Believer's Bible Commentary on the Old Testament says of this verse, "The man who refuses to remember an offense against him seeks love and friendship. The one who insists on digging up past grievances only succeeds in alienating friends...when we learn to love, we also learn to cover, to forget, and to overlook many faults in others...George Washington Carver was refused admission to a college because he was black. Years later, when asked the name of the college, he answered, 'It doesn't matter! Love has conquered.'"

Long before Jesus' day the people had been taught that everything that happens is a direct act of God. They believed that the storms, earthquakes, defeat in war, and sickness in body come at God's command. To believe that anything could happen which God did not command would be to lessen his power, they felt. On the other hand, if God is good, why would he cause his children to suffer? The only explanation they could make was

to place the blame on man. Man sins and that causes his punishment, they reasoned.

In the story of the "Healing of a man born blind" in the ninth chapter of John the disciples faced a theological problem. The disciples did not doubt that it was God's affliction because of sin that the man was born blind. Their only question was in regard to who sinned, the man or his parents. Who was out of harmony?

Jesus did not accept the theory for a moment. Quickly he said, "Neither hath this man sinned, nor his parents." He did not give the reason for the man's suffering, but he does emphatically say it was not caused by sin. And instead of talking about why a man was blind, Jesus set about to help him. To heal the man born blind, Jesus "spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, and said unto him, 'Go, wash in the pool of Siloam.'" The putting of the clay on the man's eyes was for a definite purpose. The people of that day believed that the saliva of a good man contained healing power.

The saliva on the man's eyes aroused faith and hope and the man was sent to the pool of Siloam to wash because of the need to be taught obedience.

When we are "out of harmony", we need to remember that whatever our need, Jesus stands ready and able whenever we take the two necessary steps.



We Thank God for Jesus

Part 2: The Rebels Have A Cause!!

Hosea 7:13, 14, The Lord said, Woe unto them! for they have fled from me: destruction unto them! because they have transgressed against me: though I have redeemed them, yet they have spoken lies against me. And they have not cried unto me with their heart, when they howled upon their beds: they assemble themselves for corn and wine, and they rebel against me.

LORD, when THE GOVERNMENT told the CHRISTIANS, DON'T MARCH. CLEAR THE STREET, those orders came from: THE PRESIDENT, AND WAS A DISGRACE UNTO THEE.

I Peter 2:13-16, Submit yourselves to every ordinance of man for the LORD'S sake: whether it be to the king, as supreme, Or unto governors, as unto that are sent by him for the punishment of evildoers, and for the praise of them that do well. For so is the will of God, that with well-doing ye may put to silence the ignorance of foolish men: As free, and not using your liberty for a cloak of maliciousness, but as the servants of God.

THE MOB OF CHRISTIANS, DISOBEYED THE LAW: SINGING WE SHALL OVERCOME, WE'RE NOW A NATION OF LAW-BREAKERS, THAT'S WHERE IT WAS BORN.

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

(Although THE GOVERNMENT IS NOT DOING WHAT'S RIGHT: It is needed for HUMANITY. A family NEEDS LAWS AND PENALTIES, so do the COMMUNITIES, STATE AND NATION. They are to deal with THE MOBS, to suppress THE REBELLIOUS, and to make WARS with CRIMINAL NATIONS. When the rebellious brake THE LAW, THE GOVERNMENT IS TO ENFORCE THE WRATH OF GOD UPON THEM.)

Romans 13:1, 2, Let every soul be subject unto the higher power. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation.

LORD, from THE DISOBEDIENCE LEADERS, came also THE DISOBEDIENCE CHILDREN. NOW FROM THAT LIE: I HAVE MY RIGHTS, THERE'S TROUBLE ALL OVER THIS LAND.

Proverbs 14:12, 13, THERE IS A WAY WHICH SEEMETH RIGHT UNTO A MAN, but the ends thereof are the ways of death. Even in laughter the heart is sorrowful; and the end of that mirth is heaviness.

And now THE CHILDREN WON'T OBEY THEIR PARENTS: THEY'RE REBELS DAY AND NIGHT, THEY'RE FIGHTING, STEALING, AND KILLING ONE ANOTHER; SAYING I HAVE A RIGHT.

Matthew 15:3-9, Jesus said, Why do ye also transgress the command, saying Honour thy father and mother: and He that curseth father or mother, let him die the death. But ye say, whosoever shall say to his father or his mother, It is a gift, by whatsoever thou mightest be profited by me; And honour not his father or mother, he shall be free. Thus have ye made the commandment of God of none effect by your tradition. Ye hypocrites, well did E-sai'as prophesy of you, saying, This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me. But in vain they do worship me, teaching for doctrines the commandments of men.

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. Morrison, III, Your Brother in Christ Jesus Always!!!



OBITUARY Leigh Ann Kelley

Funeral services were held for Leigh Ann Kelley Wednesday, January 26, 1994, at the Greater St. Luke Baptist Church, with Rev. J.H. Ford, pastor, officiating.

Interment was held at Peaceful Gardens Memorial Park with Curry Funeral Home directing.

Ms. Kelley, daughter of Mr. and Mrs. Louis Kelley, was born August 3, 1971 in Lubbock, Texas. She received her early education in the Lubbock Public Schools and graduated from Estacado High School. Ms. Kelley graduated from Huston-Tillotson College in June of 1993, where she received a Bachelor of Science degree. She was also a graduate of American Airline School.

She was a member of the Greater St. Luke Baptist Church and a member of the Alpha Kappa Alpha Sorority.

She leaves to cherish her memory her parents, Claudine and Louis Kelley, one brother, Louis Earl, and other relatives and many friends.

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The Outreach Prayer Breakfast

The members of the Outreach Prayer Breakfast will meet in the home of Deltert and Dorothy Hood, 2132 East 46th Street, on Saturday morning at 9:00 a.m.

February is Black History Month, and let's not forget that. Here is something to think about:
"Loving People"

We live in a secular capitalistic society that tends to love money and things more than people. Our society tends to love and protect animals more than people. It is important for African-Americans to love people more than things and money and gain. Racism teaches the only race that matters is none Black and all other races either are sub-human or don't matter. African-Americans have lived under this yoke of racism so long that many of us have started to hate each other.

Most homicides of African-Americans happen from other African-Americans. Black on Black crime occurs daily. Mainly because of our hate for each other. A slave had by one ambition. Initially, and it is not to be free, but rather to be just like the master or the oppressor, unless while he was still a slave. We give him an alternative, to be just like Jesus, a steward under God, loving, liberating, reconciling and healing broken persons of oppression. This writer doesn't know where charity ends, but we know where charity begins. Charity begins at home and spreads abroad.

African-Americans must first love one another. Our parents, siblings, relatives, in-laws, our leaders, the haves and the have-nots, those in prison and on the streets, the jobless, the homeless, the junkies and prostitutes must learn to love each other. African-Americans must learn to forgive one another.

We must tolerate each other. We must share with each other. We must shop and trade with each other. We must support and vote for one another. We must take time and teach one another's children things of truth, values and the word of God.

African-Americans, for sake of survival and a higher quality of life, we must love all mankind, even those who are unlovable.

Keep smiling, people, you can make it.

To all the sick and hurting, read II Chronicles 7:14 and Mark 11:22-26.

Write to us: Outreach Prayer Breakfast, P.O. Box 1223, Lubbock, Texas 79408.

Did any good come out of Nazareth?

Sister Dorothy Hood, president; Sister Ernestine Brazier, secretary.

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F O O D

The Last Minute Cook From-the-Garden Recipes

Summer is the season to reap the long awaited benefits of fresh fruit and vegetable gardens that gardeners and farmers have prepared, planted and pruned throughout the year. Crisply pungent peppers and sweet cherry tomatoes are at their peak waiting to be included in an afternoon picnic or family reunion dinner celebration.

The Last Minute Cook offers a few fruit and "veggie" delights using the gardener's finest that allow more time to indulge in the many outdoor activities summer offers.

"There are so many delicious dishes that can be made from the season's more popular ingredients — and some are just outside the back door," says George Bay, vice president of Bays Corporation, a Cordon Bleu chef and a last minute cook himself. "One way I have enjoyed my garden's bounty is to make a variation of Pannino or Italian bread salad, using sliced carrots, cucumbers, celery and tomatoes."

Try some of these Last Minute Cook from-the-garden recipes to add a little summer freshness to any meal:

Crunchy Apple Cole Slaw Serves 4

Start with: 1 lb. deli creamy cole slaw
Add: 1 small Golden Delicious apple, cored and chopped;
4 slices crisp, cooked bacon, crumbled

Stir to combine. Chill to blend flavors, about 1 hour.

Bays Muffin Salad Italiano Serves 4

Start with: a selection of chopped carrots, sliced cucumber, sliced celery, sliced red onion and cherry tomatoes to make 1 pound.

Add: 1/4 cup bottled oil and vinegar or vinaigrette dressing;
2 tablespoons chopped fresh basil; 2 Bays English Muffins, split, toasted and cut in 1/2" pieces

Toss all ingredients and refrigerate 30 minutes until muffins have absorbed liquid.

When you have a bit more time, try this quick-to-prepare turkey delight,

using fresh plump tomatoes and avocados:

Sonoma Smoked Turkey Sandwiches Serves 4-6

1/3 cup regular or reduced fat mayonnaise
1 1/2 tablespoons honey mustard
4 Bays English Muffins, split, toasted
2 small avocados, peeled, pitted, sliced
16 ounces thinly sliced smoked turkey breast
4 Italian plum tomatoes, sliced lengthwise
8 ounces sliced hot pepper Monterey Jack cheese
Combine mayonnaise and mustard. Spread about 1/2 tablespoon on each muffin half. Top each half with several slices avocado, 2 ounces turkey, tomato slices and cheese. Broil until cheese is melted. Serve immediately.



Cooking Corner

Tips To Help You

Warm And Satisfying, Lower In Fat

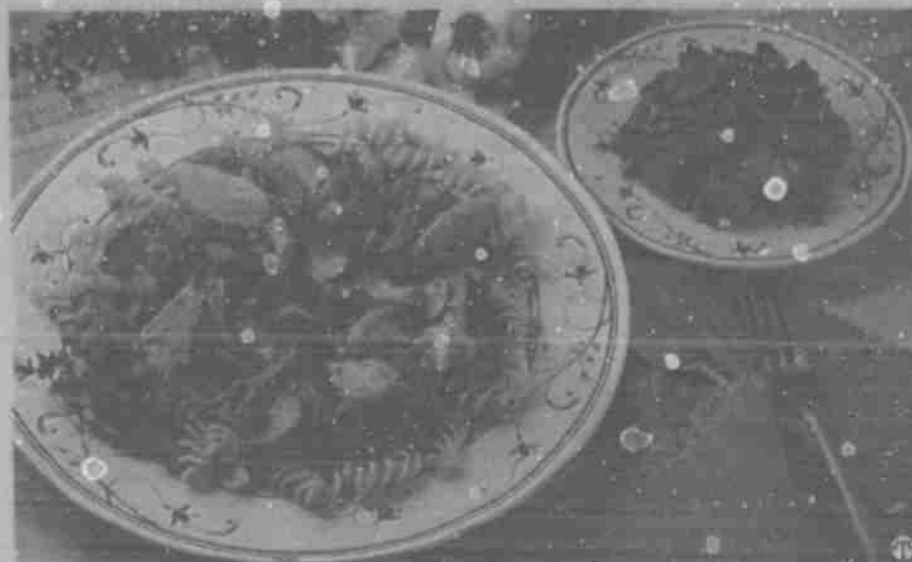
(NAPS)—Yes, you can keep that New Year's resolution to lose weight without sacrificing those warm and satisfying meals you most enjoy.

For instance, you can prepare a marvelous, rich pasta dish with cream sauce and then treat yourself to a tasty bread pudding for dessert—and still smile when you step on the scale.

Such dishes don't have to be heavy or high in fat when they're made with Carnation Evaporated Skimmed or Lowfat Evaporated Milk, experts say.

Creamy Pasta Primavera is an easy, yet satisfying lower calorie entree that is a twist on traditional Pasta Primavera. The evaporated skimmed milk makes it creamy and the chicken makes it more of a meal than a side dish. Total preparation and cooking time: just 30 minutes.

Pecan Bread Pudding is a dessert to warm up to on a cold evening. Made with skimmed evaporated milk, it's lower in fat and calories. It's quick and easy to make, and ready in under an hour.



Creamy pasta primavera is an easy, yet satisfying, lower calorie entree.

1 1/2 cups (12-ounce can) undiluted CARNATION Evaporated Skimmed Milk or Lowfat Evaporated Milk
2 tablespoons cornstarch
3/4 pound dry spiral pasta, cooked
Parmesan cheese (optional)

SAUTÉ chicken, onion and garlic in one tablespoon oil in large skillet over medium-high heat until chicken is no longer pink. Remove chicken mixture from pan; keep warm. Add remaining oil, bell peppers and zucchini; cook for 2 to 4 minutes. Add mushrooms; cook for an additional 5 minutes.

ADD diced tomatoes, Italian herb seasoning, salt, red pepper flakes and black pepper; mix well. Mix a small amount of evaporated skimmed milk with cornstarch until smooth; pour into pan. Stir in remaining evaporated skimmed milk and cook over medium heat until mixture just comes to a boil and thickens. Return chicken mixture to pan. Serve over pasta; garnish with Parmesan cheese.

Per Serving when prepared using Evaporated Skimmed Milk: Calories 300; Fat 6 grams; Percent of calories from fat—14%.

PECAN BREAD PUDDING (Makes 6 servings)
4 cups (approximately 1/3 to 1/2 loaf) French bread cubes
1/4 cup chopped pecans
1 1/2 cups (12-ounce can) undiluted CARNATION Evaporated Skimmed Milk or Lowfat Evaporated Milk
2 eggs
1/3 cup granulated sugar
1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt

COMBINE bread cubes and pecans in large bowl; add evaporated skimmed milk. Stir until most of liquid is absorbed.

COMBINE eggs, sugar, vanilla, cinnamon, nutmeg and salt in medium bowl; stir into bread mixture.

POUR into well-greased 1-quart baking dish. Place dish in larger baking dish; fill outer dish with water to 1 inch depth.

BAKE in preheated 350°F. oven for 45 to 50 minutes or until golden brown and set.

Per Serving when prepared using Evaporated Skimmed Milk: Calories 200; Fat 6 grams; Percent of calories from fat—27%.

CREAMY PASTA PRIMAVERA (Makes 6 servings)

3/4 pound (about 4) boneless, skinless chicken breast halves, cut into 1/2-inch strips
1/2 cup sliced green onions
1 clove garlic, minced
2 to 3 tablespoons olive oil, divided
1/2 cup each sliced green and yellow bell peppers
1/2 cup sliced zucchini
4 ounces fresh mushrooms, sliced
1 1/2 cups (14.5-ounce can) CONTADINA Recipe Ready Diced Tomatoes, drained
1 1/4 teaspoons Italian herb seasoning
1/2 teaspoon salt
1/4 to 1/2 teaspoon dried red pepper flakes
1/4 teaspoon ground black pepper



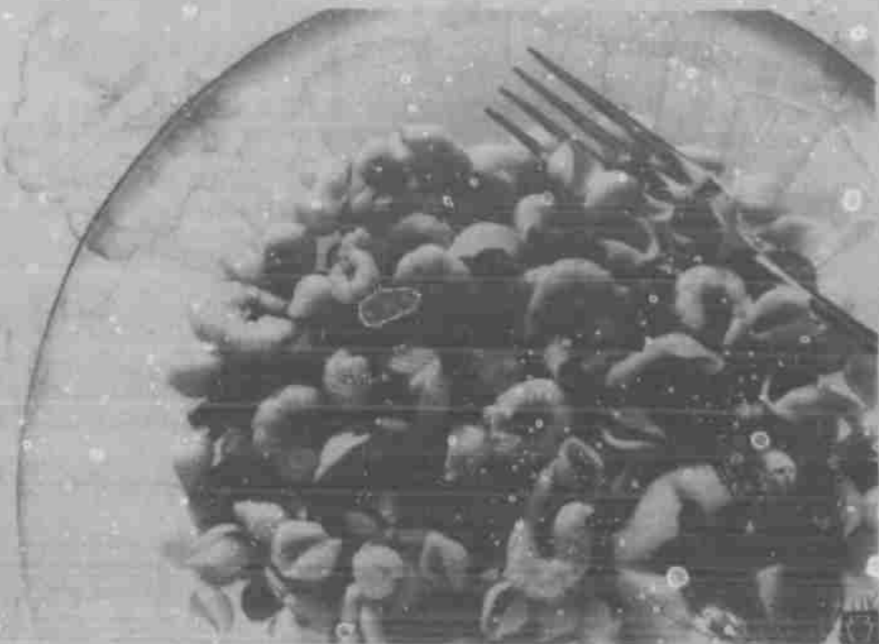
BACK TO BASICS COOKING

Dine away the summer food doldrums with "Bayside Pasta Salad." This colorful and delicious entree features small shell macaroni combined with tiny bay shrimp and tender peas and carrots. The secret to this salad's lively flavor is the dressing of snappy pineapple and lemon juices, grated ginger and Kikkoman Lite Soy Sauce. While low in sodium, lite soy sauce retains all of its flavor-enhancing qualities because the salt is extracted following the natural brewing process. In this recipe, it unites the zesty juices to perfectly accent the salad ingredients. Low in calories, fat and sodium, this healthful salad can't be beat for its great taste or ease of preparation.

Bayside Pasta Salad

2 cups uncooked small shell macaroni
1 package (10 oz.) frozen peas and carrots, thawed and drained
3 ounces cooked bay shrimp, rinsed and drained
1/3 cup unsweetened pineapple juice
3 tablespoons Kikkoman Lite Soy Sauce
1 tablespoon fresh lemon juice
1 tablespoon vegetable oil
1/2 teaspoon sugar
1/2 teaspoon grated fresh ginger root
1/8 teaspoon white pepper

Cook macaroni according to package directions, omitting salt; drain, rinse and drain well. Combine macaroni with peas and carrots and shrimp in large bowl; set aside. Blend pineapple juice, lite soy sauce, lemon juice, oil, sugar, ginger and pepper; pour over macaroni mixture. Toss to coat all ingredients well. Cover and refrigerate 1 to 2 hours for flavors to blend, tossing occasionally.



Quick & Easy Meals

by Mildred B. Griggs, Ed.D.

For pizza lovers everywhere, this week's recipe features a wonderfully different way to prepare an all-time favorite dish. The crust of this delightful Fix-A-Pizza is made of corn chips topped with slices of mozzarella cheese. The combination of toppings add a special savory flavor that the most skilled pizza chef will envy.

To go along with your pizza, toss together the Great Green Salad. Add your favorite salad dressings and ring the dinner bell. You can bet your pizza-loving family will come running.

Fix-A-Pizza!

4 cups Fritos® brand Corn Chips
1/2 pound mozzarella cheese, sliced thin
1 pound ground beef
1 clove garlic, minced
1 (12 oz.) can tomato paste
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon oregano
1 (small) can mushrooms, drained and sliced
3 eggs, well beaten
1 (small) can tomatoes, drained and cut into pieces
1 (2 oz.) can anchovies
1/2 cup grated cheddar cheese
1/4 cup grated parmesan cheese

Arrange corn chips in a 12-inch pizza pan. Cover with mozzarella cheese slices. Sauté ground beef with garlic until light brown. Add tomato paste, salt, pepper, oregano, mushrooms and eggs. Mix well. Spread mixture over cheese. Sprinkle with tomato pieces, anchovies, and cheddar cheese. Top with parmesan cheese. Bake at 375°F for 20 minutes.

Makes one 12-inch pizza.

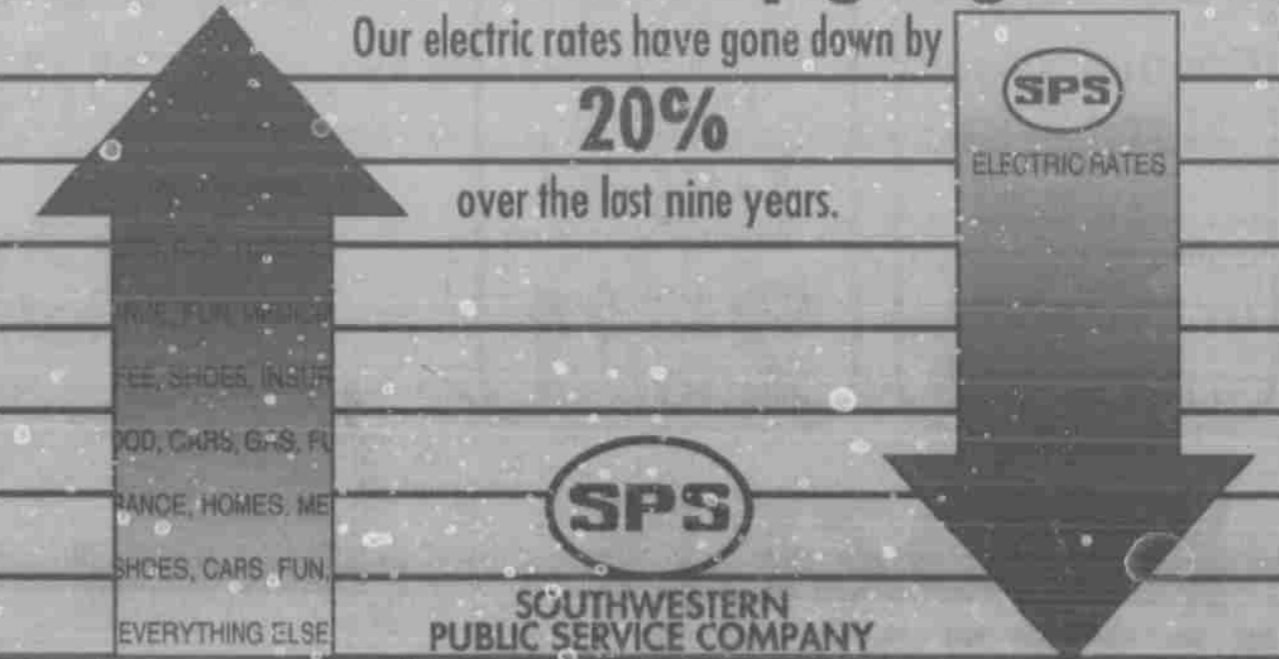


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