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An Independent Pictorial Newspaper for All People's Primarily Serving the Black Population of Lubbook County and the Surrounding Area - Black Press of America

Combat Aging by Seasing

Younger, Longer

Je Roberts Longer

While it is not possible to forever defy the laws of nature, it is indeed possible to live a longer, healthier and happier life by simply changing some of your behavior. William Evans, professor of applied physiology and nutrition at Pennsylvania State University, puts the art of combating the negative effects of aging this way: "Much of what we think of as aging is actually the result of a lifetime's accumulation of poor habits, rather than the march of time."

Thus, if you want to live a longer, healthier and happier life, it may be time to change your habits. However, the good news is that we are not talking about dramatic changes. Indeed, just a few of the right steps can lead to dramatic changes in your life. Here are some of those steps:

#1—Eat More Fruits And Vegetables! The evidence is overwhelming that fruits and yegetables lengthen your life by helping your body fight a wide range of diseases and ailments, including heart disease and cancer. The most beneficial appear to be dark-green leafy vegetables. There is no need to become a vegetarian but you should begin every meal with a vegetable and snack on fruit during the day.

*2—Clear Your Mind! No one has been able to clearly measure it yet. But there is a growing body of data which suggests that stress is a killer. Conversely, knowing how to handle stress can be a life saver. In this regard, it is important to keep a clear, unclustered mind and maintain a positive, there-is-always-a-solution approach to life. You must de-stress by getting plenty of rest, relaxation and enjoyment.

#3—Pump Iron! Lifting weight is not just a venity "thing" for young men. Maintaining muscle mass may be helpful in warding off ailments from diabetes to heart disease. Plus, a firm, non-sagging body looks better on both men and women. In addition, such a body will make you feel better and thus help maintain high levels of self-esteem. It may sound superficial, but it is very important to a happy, healthy life.

#4—Have A Drink! Most health experts do not like to mention this. But people who drink moderately (two or three drinks a day) live longer than heavy drinkers and people who do not drink at all. It appears that the moderate consumption of alcohol helps to clear the arteries and thus reduces a person's risk for heart disease—the number killer in America.

#5—Stav Sexually Active! Having a orgasm can actually boost your immune system and better enable you to fight disease. And Dr. Reed Moskowitz of the New York University Medical Central adds, "Sex is one of the greatest stress busters around." Plus, sex keeps one young.

#6—Exercise! I am sarry folks, but if you refuse to exercise on a regular basis, you can forget about living a long, healthy life. The body has been designed by evolution for activity. When you refuse to be active, you are going against a basic law of nature. Actobic exercise is a must. You have got to run, jog. swim or engage in some consistent activity which pumps up the heart.

#7—Know Your Family Tree!
Certain ailments and problems run in families. Your genetic inheritance plays a major role in how long you are likely to live. Know what killed members of your family, especially same sex members. This information will give you direction on both what

to do and what to avoid.

If you would like to stay abreast of the latest trends in the anti-aging movement, it may be a good idea to subscribe to the newspaper Better Life News, P.O. Box 28422. Washington, D.C. 20038. The subscription is \$39 a year.

Lubbockites Say Goodbye to William Henry Britt

Scores of Lubbockites said goodbye to the "Jackie Robinson" of Blacks on the Lubbock Police Department, Monday, December 18, 1995 at Bethel African Methodist Episcopal Church with Rev. W.H. Franklin, pastor, officiating. He was William Henry Britt.

Interment was held in the City of Lubbock Cemetery under the direction of Jamison Funeral Home.

Active pallbearers were Richard Rollison, Fulton Berry, Jr., Oree Matthews, S.L. Sanders, D.C. Kinner and Larry Moore, Also the Lubbock Police Department Honor Guard.

Honorary pallbearers were Dr. Heenan Johnson, II. Lawrence Fury. Willie Blocker, Leslie Cross, James Tucker and T.J. Patterson.

Flower bearers were members and retirees of the Lubbock Pulice Department.

A family man, churchman, and fisherman, William Henry Britt was born June 23, 1937 in Ozark, Alabama to the late Mr. and Mrs. Randle Britt. He received his education in the Dale County Public Schools and the United States Armed Forces. While in the U.S. Army, he serve in the Korean War.

Brother Britt was united in matrimony to Miss Annie L. Martin on August 26, 1950. To this union, three children were born. Known to many of his friends as "Britt," he moved to Lubbock. Texas in 1962 and united with the Bethel African Methodist Episcopal Church. He faithfully served as a member of the Steward Board where he was President pro-tem. During his service, he worked bard for the church.

Joining the Lubbock Police Department while J.T. Alley was chief, he worked hard for this position. He was hired August 1, 1963, and retired 25 years later. He also became the first African-American to retire from the Lubbock Police Department, retiring in 1988.

Special comments were given of Brother Britt by some of his friends, including Brother Fulton Berry, Jr., Brother Floyd Price, Lubbock Policeman, and Brother Louis Fury. Both Berry and Price told of their experience with Brother Britt as a member of the "Soul Patrol," which had a weekly Sunday night

radio show over the then known KSEL.

A resolution was presented by Bethel African Methodist Episcopal Church and read by Sister Bessie Cox, church secretary Brother T.J. Patterson presented a certificate from the City of Lubbock. Brother Virgil L.Johnson made positive comments about Brother Britt, "It's nice to be nice when you know you're nice."

Special music was done by Elder Gary Bunton and Sister Fredia Hritt. The Chancel Choir of Bethel also sang several specials.

Survivors include: a dedicated wife, Annie L. Britt; two sons: William T. Britt of Austin, Texas and Donald Britt of Lubbock, Texas; two daughters: Kimely Moore of Ozark, Alabama and Nina Britt of Dallas, Texas; one brother, Elder Willie F. Britt of Ozark, Alabama, eight grandchildren, one great-grandchild, a host of other relatives and numerous friends.



A Final Tribute to BRITT!

by Eddie P. Richardson

William Heary Britt, referred to by most people as Britt, a man, who will long be remembered. Our first encounter with Britt was in April. 1964, being recently honorably discharged from the Air Force, and Britt had been hired the previous year, 1963, by the Lubbock Folice Department. Being fresh out of the Air Force, we had a lot of energy and were Tooking for something. One of the most important things we encountered was a Black, unusual policeman, Britt. Young on the force, but his legacy was being formed. One could hear around the community talk about the Britt Club. Wanting to know what the Britt Club was, we approached this officer and asked him what it was about. He informed us he was working with young people. He told us about a recent incident where a kid had come up with a bicycle and the mother did not question the kid. He went and talked to the mother, because he was a family man.

The Britt Club was much different from most organizations. The Britt Club was totally financed by Britt. No grants, no assistance, no funding. This was something Britt wanted to do, the hot dogs, soft drinks, etc. were Britt's expense. Britt had a deep concern for young people from way back. He cared about children all of his career. When he picked up a kid he did not carry them to the station or call their parents. He took them to their parents and sometimes gave the parents a strong lecture. Britt not only cared about young people and children, he cared about economic development, community development,

The Britt Club caught the attention of a a community action agency worker, Paul Petterson. He worked hard to come up with sometring far more reaching. The results: The Soul Patrol—Britt, Floyd Price, and Fulton Berry Jr. The first few broadcasts were done in Floydada, paid for by the Soul Patrol. Then the Soul Patrol moved to KSEL radio in Lubbock, paid for by the Soul Patrol. As time went by, the Soul Patrol sold time to local Black businesses as sponsors to pay for the time. The show reached national acclaim. The show as a huge success. Britt's trademark was: So... nic..., to... be... nice... when... you... know... you... are... nice... The threesome used something for young, the old, the brave, and the bold. Stick with us and we will free your soul. From the there Britt went into the fast food business. He had some of the best chicken and even down home soul food. Tyee buffalo fish, plus the regulars, fries, hamburgers, etc. Those fryers looked like hens, we used to always say to him. Britt, those fryers are too big, man, you are losing money. He would say, I want to give them their money's worth. Britt was always concerned about growth and development in the community.

As time went on, Britt's concern grew, but all the time, Britt was a super policeman. He solved some major cases, he was referred to as Kojac's likeness, but we paralleled him to Beretta. He could deal with any kind, had many sources and resources, solved tough cases. Small on words, big on results. As years moved on he worked with the reincarnation of Juneteenth the first couple years, worked with us on the East Lubbock division of the Lubbock Chamber with a renowned land developer working on development plans for east Lubbock. One of the first board members of the Lubbock Black Chamber of Entrepreneurs, Britt had charisma galore. He was not an up front man, he worked in the background, giving support. We have been down many times after being whipped down by some community members; Britt was a motivator—be could and would always cheer you up with that little smile or grin with his head kind of to the side, and you would cheer up. He gave a lot and asked for little or nothing. The little he asked for was for you, not himself.

There are two things, in our opinion, that Britt departed this life unhappy about, because they were incomplete and/or unsolved. His dream was a radio station in the community, and Mrs. Louella Scott's nurder solved. We feel when these two things happen he will truly reat in peace.

Britt leaves a legacy as a policeman, community worker and leader, and one of the few law enforcement persons who could arrest someone and they still love him.





ANHEUSER-BUSCH HONORED AS NAACP 'CORPORATION OF THE YEAR'-TOP; Ronald E. Smiley (right), corporate affairs mid-Atlantic region manager for Anheuser-Busch Companies, accepts the NAACP's "Corporation of the Year" award from national board member Julian Bond during the organization's first-ever "Pathway to Excellence Awards Gala" in Washington, D.C. The special event honored women of achievement, including such notables as jazz great Ella Fitzgerald, Dr. Johnnetta B. Cole, president, Spelman College; Marian Wright Edelman, founder, Children's Defense Fund and First Lady Hillary Rodham Clinton. Anheuser-Busch was recognized for its broad-based involvement and support of African-American causes and organizations, BOTTOM: Colin Powell (right), retired Chairman of the Joint Chiefs of Staff, offers congratulations to Ronald E. Smiley, corporate affairs mid-Atlantic region manager for Anheuser-Busch Companies, after accepting the NAACP's "Corporation of the Year" award, In addition to honoring corporate supporters and women of achievement at its "Pathway to "Excellence Awards," the NAACP also honored noted columnist Carl T. Rowan and businessman and cable TV mogul Ted Turner with the "Brothers In Support of Sisters" award. Female honorees included U.S. Rep. Eleanor Holmes Norton, Gloria Tapacott Johnson, president, Coalition of Labor Women, IUEW, and Myrlie Evers-Williams, national chair, NAACP.

NEW PRESIDENT FOR WESTERN PUBLISHERS!

Brian Townsend, right, publisher of the The Precinct Reporter of San Bernardino, CA., was elected president of the West Coast Black Publishers during the organization's 12th Annual Convention recently in Las Vegas. Congratulating him are Wanda Hopkins, center, Specialist, Public Programs, Philip Morris Companies Inc. and Bernie Foster, Publisher, The Portland Skanner. Foster is the immediate past president of the WCBPA. Philip Morris sponsored the organization's President's Awards Reception along with Reebok and Schieffelin Somerset. Originally scheduled for Los Angeles, the con-

vention was switched to Las Vegas to demonstrate the publishers' unanimous call to protest California "Gov. Pete Wilson's assault and tyranny against affirmative action."



Patrick D. Johnson Receives Masters from Texas Tech

Patrick D. Johnson, son of Ida and Virgil Johnson, graduated from Texas Tech University on Saturday, December 16th with Master of Education degree, specializing in Educational Leadership (Administration).

Patrick is a 1985 graduate of Coronado High School and a 1991 graduate of Lubbock Christian University. He has been employed with LISD for the past five years as a teacher-coach. Though he enjoys his assignment, he's looking forward to going into Educational Leadership (Administration), where he feels that he can better help young students become successful in their educa-

Patrick's honors include "Young Man of the Year" in his church in1991 and KMAC-TV "Teacher of the Week" during the 1994-95' school year. The Digest says, "CONGRATULA-TIONS!"

tional endeavors.





It is normal for parents to love their children and stand by and stand up for them any time that they are needed. Parental love should be unconditional.

By unconditional, we do not mean that parents believe everything that their children tell them about their activities and their relationships without question as some of our children are prone to twist the truth a bitabout many things.

The truth can un'angle many webs and 'ear set you free.' Our children need to be taught to TELL THE TRUTH regardless of the outcome. Arriving at a point in life where you can tell the truth and be ready to accept the consequences is called moral maturity. Children need help to grow and become morally admired children to tell the truth in ALL cases.

mature, as when they lie, 'one lie calls for another,' Furthermore, a lie remains on the conscience, in constant feer of being revealed. The muth on the other hand, ence told frees the conscience and the sub-conscience. A wholesome thereather is possible

A wholesome life is what we all want for our children. Such a life would eliminate the possibility of the kinds of tragedy that children can cause for parents who trust and believe them, and for themselves. When children know that their parents will engage in fracases based on lies that they tell them, the children often grow up to be ballir, and often end up dead at the haid of someone who could care less about their parents' attitudes or dispositions. The same tragedy could befall a parent who fails to inquire about the merits of a situation involving his/her child. For that reason, we need to get 'in cinque' and teach our loved, adored and

Lubbock Sonic Drive-In Advances to District Competition in **Super Sonic Games**

Five Local Crew Members Named Winners In Local Competition

OKLAHOMA CITY—The competition at the Dr Pepper Super Sonic Games has been fierce, and Sonic managers, employees and customers are enjoying every minute of it. Station Champions are competing to be the best and customer service is the word of the day.

The local Sonic Drive-In, located at 5720 4th Street, was recently named a Local winner in the second annual Super Sonic Games. The drive-in is one of 150 drive-ins, out of more than 1,450 total, to receive this recognition. The Lubbock Sonic Drive-In advances to District competition along with five local crew members who were named winners in individual competition.

The Super Sonic Games, which began Sept. 15, are designed to motivate employees and enhance their performance and customer service. The Games test crew members on service, quality, accuracy and speed.

The actual competition was divided into two categories: individual and drive-in. For each work station at the drivein-Fountain (drink preparation). Carhop (food delivery), and Dresser, Grill and Swamp (food preparation)-participants were required to take written tests and participate in action trials. Points were earned for every aspect of the competition. The employee at each station who scored the high-st total points was named station champion.

As crew members took part in individual competitions, the entire drive-in was mystery shopped twice by an outside organization specializing in anonymously rating Sonic's quality of customer service. The drive-in with the highest mystery shopping score, along with the six station winners from each drive-in, will now advance to compete at the District level.

At the District level, all competing stores are mystery shopped a third time. The drive-in with the best mystery shop score will continue to compete at the Regional level. Twelve regional-winning drive-ins will represent that region at the Sonic 1996 National Convention in Nashville, Tenn. on Feb. 18. In Nashville, there will be 12 Regional-level teams competing to be named National Champions.

"The Super Sonic Games are designed to help us reward employees who are recognized daily as champions by our customers, while at the same time improving their customer service abilities," said Mike Shumsky, president, Sonic Restaurants Inc. "We wish all the drive-ins the best of luck throughout the competition."

Sonic is known for its cooked to order food served by carhops who deliver food directly to customers' cars. Sonic has more than 1,450 drive-ins in 27 sunbolt states. Sonic is the nation's largest chain of drive-in restaurants and America's fifth largest hamburger chain. More than half a million people eat at Sonic Drive-Ins everyday.

The Hottest Ticket In Town

Sony Music Entertainment Inc., Sony Pictures Entertainment Inc. and Sony Electronics Inc. once again hosted their annual gala "La Grande' Affaire" during the Congressional Black Caucus Foundation Annual

Legislative Conference in Washington, D.C. This year Sony outdid them selves by holding the exclusive, invitation only, gala at the residence of His Excellency, the Ambassador of Japan and Mrs. Takakazu Kuriyama. The nation's top leaders, dignitaries and corporate officials gathered for what was surely a night to remember. Admiring the successful evening are (from left): Yvonne Taylor, LeBaron Taylor, Sr. Vice President, Corporate Affairs, Sony Music Entertainment, Harvey Lehman, Jr., Vice President, External Affairs, Sony Pictures Entertainment and His Excellency, the Ambassador of Japan.



Feeding the Hungry

by Dan Glickman, Secretary of Agriculture

When I was a boy and left food on my plate, my nation's hunger problems through creative gleaning promother would say, "Think of all the poor starving children in Asia." Those poor, starving children are right here in the United States, too.

The latest Census figures show there were 38.1 million Americans in poverty last year-hrlf of them children or senior citizens. Nearly one in four children lives in poverty, and the United States ranks 24th among all nations in its infant mortality rate. Requests for emergency food are increasing and the need cann a be met.

restraint, in times when some are trying to unravel the

social safety net. Billy Shore, founder of the anti-hunger organization than 1,000 pounds each week. Share Our Strength, said recently, "Instead of being shocking, poverty has become mind-numbingly rou-

the homeless no our streets and the poor children in our more than 183,000 hungry people every day. schools. And Congress is beginning to say we should

leave their care to the saints and the Good Samaritans. I want to emphasize that USDA's food and nutrition assistance programs, such as the food stamp and school lunch programs, are er ential for the nation's poor and hungry and must be protected. But even with federal assistance and the work of charities and nonprofit orga- Operation Food Share organizes linen service compa-

if we can learn to use it better. lost every year-in fields, commercial kitchens, markets, stores, schools and restaurants. Healthful, uneaten food is often thrown away and is not saved or recycled for future use. We have to find ways to get that surplus food into the mouths of the hungry before it goes into the mouth of the dumpster. So USDA is leading a national effort to coordinate public and private efforts to

rescue this food. The practice of gleaning-gathering after the reapers-is not new. A passage in Leviticus reads: "When you reap the harvest of your land, do not reap the corners of your field, and do not glean the fallen cars of your crop... you must leave them for the poor and the

stranger." Because it is one of my highest personal priorities as Secretary, I will host a conference this month in 720-8819). Washington on food rescue. I want to bring together government, businesses, workers, and the nonprofit that no one ever goes to bed hungry. It makes a good community to see how we can alleviate some of our . New Year's resolution.

I am not interested in creating major new government program bureaucracies. I am interested in developing partnerships with the private sector and nonprofit community to look for ways to facilitate food distribution at the local level.

Much is already being done in both the public and private sectors, in big cities and small towns.

Each Friday, 150 pounds of food from USDA's cafete-We must be creative and find nev ways to get food to ria goes to the OC Central Kitchen, a non-profit organipeople who need it, especially in times of budgetary zation that serves shelters and soup kitchens all over Washington. If all federal departments and agencies donate their cafeterias' leftover food, it would be more

Foodchain, a network of 130 food-rescue programs across the United States and Canada, collect's surplus prepared and perishable foods for distribution to the He's right. We have become insensitive to the sight of hungry. Last year, Foodchain programs helped feed

The Los Angeles Charitable Food Distribution Center's dock at the L.A. Wholesale Produce Market offers about 300 charities produce that is not in salable condition but is still perfectly good to eat and is donated by wholesalers at the market.

The nation's linen industry is helping feed the hungry. nizations, the needs of the poor and hungry exceed the nies, their food service customers, and local hunger agencies for food rescue. Hunger agencies supply con-However, there is one source of food already available tainers to linen services, whose food service enstoners fill the containers with unserved, excess food, which is It has been estimated that nearly one-fifth of all the labeled and frozen. Linen service sales representatives food produced for human consumption to this country is pick up full containers and leave empty ones during normal deliveries.

> And there is a need for more than food, Food rescue operations need refrigerated trucks, food storage supplies, and office equipment. UPS Foundation, for example, provides reduced-rate refrigerated trucks and lowrate maintenance on vehicles to food rescue programs.

Much is being done. But we can -and must-do

We need your ideas, your creative solutions to this problem. We want to know how we can work with local communities. We want to hear what you're doing that works and then replicate it chewhere. So let us hear from you: Office of Intergovernmental Affairs, Room 219A, U.S. Department of Agriculture, 14th and Independence SW, Washington, DC 20250 (Fix 202-

We have a special obligation in America to make sure

Deion "Prime Time" Sanders, Dalias Cowboys Superstar, is Pepsi's Newest Celebrity Sports Combatant in the Cola Wars

"Prime Time." Sanders, who recently sic aci a highly lucrative seven-year contract with the Dallas Cow-bys football team, chalked up a second coup. Stadium (home of the New England Patriots); that when he announced that he had become Pepsi-Cola U.S. Open Tennis Tournament; the PGA: the Company's latest warrior in the ongoing Cola NCAA, and NASCAR.

Under a multi-year contract with Pepsi, the 28year-old athletic phenomenon will act as a calcbrity. representative for the beverage company starring in Pepsi advertising and promotions and making personal appearances on behalf of the company.

During recent weeks, Sports Illustrated Magazine called Sanders "the best defensive back in football, among the best of all time" and The New York Times Magazine called him "the paradigm for a new kind of athlete," one who is as at home at the negotiating table as on the football field. The ever-present laptop computer he carries with him on his travels is as much an extension of his personality as is the trademark headband he wears on his head.

Sanders holds the distinction of being the first man to have played in both the World Series and in the Super Bowl, both in January, 1995.

Sanders played baseball for the Atlanta Braves and football for the Atlanta Falcons, the San Francisco 49ers and, now, the Dallas Cowboys.

He is the latest in a long line of celebrity sports figures to become a Pepsi pitch man. In the last several years, Shaquille O'Neal, Bo Jackson, and Ken Griffey Jr. have served as spokespersons for the soft drink company.

Just as Sanders's recent move from the San Francisco 49ers to the Dallas Cowboys took the sports world by surprise, Pepsi also made sports history when Cowboys owner Jerry Jones announced that Pepsi had ousted Coke as the official soft drink of Texas Stadium.

The Texas stadium announcement was just one

SOMERS, NY - Football superstar Deion of an impressive list of major sports marketing

wins that Papsi has scored this year, including. * Becoming the official soft drink of Poxboro

* Announcing product endorsement deals with teonis star Andre Agassi for Mountain Dew, and with football stars Jerry Rice and Steve Young for Pepsi's All-Sport Body Quencher sports drink.

. Launching popular new ads behind brand Pepsi and All Sport using Shaquille O'Neal and Ken Griffey, Jr., respectively.

The seemingly unstoppable Sanders made his much anticipated debut with the Cowboys in October during the team's 28-13 defeat of the Atlanta Falcons, in a game where Sanders demonstrated his versatility by playing both defense and

Born in Fort Myers, Florida, Sanders attended Florida State College, where he distinguished himself in both football and baseball. It was at Florida State that Sanders christened himself "Prime Time," a nickname that signified his belief that he was the best defensive back in the nation. From the start. Sanders envisioned himself as more than a

great sportsman, seeing himself as "something of an entertainer... (like) a Jim Carrey or an Arnold Schwarzenegger."

Sanders lives in Dallas, Texas, with his wife, Carolyn, and their two children, Diondra, 5, and Deion Luwynn Jr., 2.



AHBAI and Eckerd Donate Funds to After School Programs Schools in Five Major Cities Benefit From "Save Our Children" Promotion

The American Health and Beauty Aids Institute (AHBAI) and The Eckerd Corporation have donated a total of \$5,000 to five after school programs in major African-American communities. This was a direct result of the community purchasing selected products featuring the Proud Lady Symbol at Eckerd Drug Stores.

The after school programs which benefited from this promotion are: Bible-based Fellowship Christian Academy in Tampa; S.H.A P.E. Community Center, Inc. in Houston; Green Forest Christian Academy in Decatur, Ga.; Anita Stroud Youth Development Center in Charlotte, N.C.; and Mt. Bethel Baptist Church in Ft. Lauderdale, Fla. All of the programs will receive a \$1,000 check to help provide the community with after school sports, educational and recreational programs.

"Children at risk respond differently and need programs that promote creative thinking and decisions as an alternative to crime. With the generous donations we receive, our after school programs continue to reinforce values and make learning fun," said Tyra Skinner, Program Director, Bible-based Fellowship Christian

During the month of August, Eckerd donated 10 cents to the Fred Luster, Sr. Education Foundation for each of the selected products purchased. The Foundation selected the after school programs to benefit from the "Save Our Children" promotion and disbursed the funds accordingly.

Products from the following brands were included in the promotion: Soft Sheen Products, Inc 's Baby Love, J.M. Products, Inc.'s ISOPLUS, Luster Products, Inc.'s Pink Oil. Pro-Line Corporation's Just For Me, Summit Laboratories, Inc.'s Falmer Skin Whitener and Bronner Brothers.

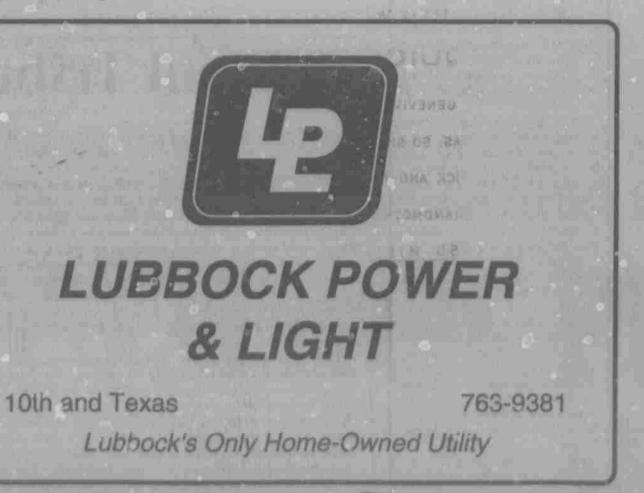
Together, AHBAI and Eckerd have donated more than \$200,000 to the United Negro College Fund to benefit college students.

"Reports have shown that crime by and against juveniles peaks at 3 p.m. and again at 6 p.m. It is important to AHBAI and Eckerd to help curb this growing problem by supporting worthwhile after school programs," said Geri Duncan Jones, AHBAI Executive Director. "The success of this program stems from the community purchasing products with the Proud Lady Symbol and recycling their dollars back into the Black community."

AHBAI is a national trade organization representing the leading Black manufacturers of ethnic health and beauty aids products featuring the Proud Lady Symbol. It is recognized worldwide as the leading authority and resource in this category.

Eckerd Corporation is one of America's largest retail drug chains with over \$4.5 billion in sales. The company is recognized as a Fortune 500 company and operate: approximately 1,700 Eckerd Drug Stores in 13 states and 504 Eckerd Express one-hour photo labs in nine states.

For more information on this and other AHBAI programs, contact AHBAI headquarters at 401 North Michigan Avenue, Chicago, IL 60611, 312/644-6610.







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Parkway Manor Care Center - In Memory of Rev. W.H. Stephens

space, this week, is dedicated to him for all he has done to I by Mid Coophens make this a very interesting externs such week. May God filess a

This colerus, Burkway Manor Gire Center News, his been long fillible study class at the Purkway Atmire Core Center coch without for several years by Rev. W.H. Stephers, who passed. Wodne day morning it adming at 10-15 a.m. It is not hope. away Sunday morning. December 24, 1995. Therefore, this that this week's shely will contain to remore brance of the late.

May Got files, such as year for improming this column, and





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Available at local bookstores in January 1996 SMART MONEY MOVES FOR AFRICAN AMERICANS by Kelvin Boston

From the host of the popular syndicated television program "The Color of Money" comes a straightforward financial guide offering practical advice on issues of particular concern to African Americans. With specific guidance on taxation, insurance, buying a home and starting a business, SMART MONEY MOVES FOR AFRICAN AMERICANS will become the essential money management source for all African Americans.

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the reach of everyone. This book not only defines wealth, it offers concrete steps on how to produce

it. Read is and prosper!" -Dennis Kimbro, author of Think and Grow Rich: A Black Choice

from G. P. Putnam's Sons For more information call: 212/951-8469



Beginner's Guide for Nonprofit Affordable Housing Developers Now Available from the Federal Reserve Bank of Dallas

DALLAS-The Federal Reserve Bank of Dallas has published a guide entitled Breaking Ground: A Beginner's Guide for Nonprofit Developers, which offers development and finance information to nonprofit organizations that want to become affordable housing devel-

The guide is intended to encourage an increase in the affordable housing development capacity of nonprofit organizations and to provide them with the information needed to form effective partnerships with financial institutions and government agencies. The publication discusses the different types of development roles nonprofit organizations can fulfill, essential components of a successful housing development and accessing resources to fund affordable housing development, among other topics. Also included is an Eleventh Federal Reserve District listing of local, state and national sources that can provide grants, debt and equity investments, or technical assistance.

In addition to serving as an effective resource for non-profit organizations, the guide may also be useful to fin neial institutions, government agencies and those who have an interest in affordable housing development, such as mortgage lenders new to the affordable housing process, and individuals and public or private organizations.

Copies of the guide are available free from the Public Affairs Department of the Dallas Fed. A maximum of 50 copies may be ordered. To place your order, call (800) 3334460, ext. 5254, or (214) 922-5254.





by Eddie P. Richardson

If I could wave a magic wand and make all parts of Lubbock equal to south and southwest Lebbock, I would.

If I could make all parts of Lubbock I competitive self-sustaining morketplaces, I would, but I can't. Wish I could if I could utilize land in the emacrn one-third of the city, the under-utilized land, I would also develop the undeveloped areas of the eastern one third

of the city. I would also do the same for downtown Lubbook and the Overton area as well as north and northeast Lubbock, and see the differences in the appearance, development at different points of Lubbock and try to figure out why the differences. One area where land is running out and other areas with vast amounts of vacant land. It makes one wonder why the potential is not being fulfilled equitably across the city. The extern shores of Lubbock has the prettiest natural terrain and natural oeasty. What a shame to go to waste. But life is I'ke that, These are the changes we must go through, and if you do not understand, my friends, I masso, by for you. It is really a shame when the total city cannot participate equitably on a tax-paying basis and not be able to connecte at the marketplace with its goods and services. For Lubbock to totally be Lubbock for all of its citizens, it has to be Lubbock for all of its citizens across the board with access to all of its resources for all of its citizens. We cannot play racial games for Lubbock to truly move ahead. It will have to move into the future collectively working together for the good of all of us.

The city as a whole is a body and when one part of the body is not well, the total body is not well. The depressed areas need help from the non-depressed. Help, not leadership; help such as any necessary resource, guidance, advice, support, in general. Hands not handouts. Tha 's the problem now. We need to stop addressing the symptoms and get to the causes and start rectifying them together. We can make it happen. Rich, poor, Black, Brown, White and others working together for the betterment of the total city, not part or parts, but the total city.

If I could wave a magic wand, I would wave it over Lubbock and create a perfect total city, but I can't so I'll have to do the best I can. With the help of God and concerned citizens of Lubbock, it can be accomplished. But most of all, if I could wave a magic wand I would wipe out all drugs, and want-to-be, think-I-am, would-

like-to-be gang bangers. I would put them on the superhighway and Internet and take them off the corner trying to claim turf that they never paid taxes on. Wouldn't it be grand to refocus their minds in the right direction and rechannel their

actions in a positive direction. HAVE A HAPPY AND PROSPEROUS NEW YEAR.



. THIS N THAT

COMMUNITY... There many opportunities for the would happen if BLACK MEN were seen in large area. keep in mind... that that it all began with the... REDEVELOPMENT OF THE ... CHATMAN HOS-PITAL ... SO ... BROTHERS AND SISTERS ... as we go into another year... 1996... Keep in mind that... GOD ALMIGHTY ... has something in store for all of 1996!! MAY GOD ... continue to ... BLESS EACH

D. C. KINNER THE BARBER SAYS: "THE

1996 SHOULD BE A GREAT YEAR... THIS N BEGINNING... DOESN'T . mean a... THING... it THAT ... believes ... if all of us working together in ... is the ... END ... that really counts!"

DRIVE CAREFULLY!! THIS N TLIAT ... urges ...

START YEAR OFF RIGHT, VISIT A SCHOOL!! HATTAN HEIGHTS AREA... there are signs of 1996... Just think what would happen if we would new...EOMES... to be constructed... All in all... the flood the campuses in our neighborhoods... during the way... LOOKS REAL... for the... EAST LUBBOCK the new year what would happen... Just think what numbers on the various campuses... what would happen... Think about it!!

HAVE A HAPPY NEW YEAR!! THIS N THAT ... WISHES ... EACE OF YOU ... the very best for ... OF YOU ... is our prayer!



IN CINQUE by Renetta W. Howard

they are needed. Parental love should be unconditional. By

everything that their children tell them about their bit about many things.

THE TRUTH regardless of the outcome. Arriving at a point in life where you can tell the truth and be ready to accept the consequences is called moral maturity. Children need help to grow and become another.' Furthermore, a lie remains on the con- children to tell the truth in ALL cases.

It is normal for parents to love science, in constant fear of being revealed. The their children and stand by and truth on the other hand, once told, frees the constand up for them any time that science and the sub-conscience. A wholesome thereafter is possible.

A wholesome life is what we all want for our unconditional, we do not mean that parents believe children. Such a life would eliminate the possibility of the kinds of tragedy that children can cause for activities and their relationships without question, parents who trust and believe them, and for themas some of our children are prone to twist the truth a selves. When children know that their parents will engage in fracases based on lies that they tell them, The truth can untangle many webs and 'can set the children often grow up to be butlies and often you free. Our children need to be taught to TELL end up dead at the hand of someone who could care less about their parents' attitudes or dispositions. The same tragedy could befall a parent who fails to inquire about the merits of a situation involving his/her child. For that reason, we need to get 'in morally mature, as when they lie, 'one lie calls for cinque' and teach our loved, adored and admired

Call for Submissions

tion of the first book on African-American women and travel?

Good news, Eight Mountain Press, a womanowned publishing company that specializes in travel H. traveling with children books as well as general literature has contracted with world traveler, Elaine Lee, Esq. to create an anthology on African-American women and travel. The working title is "Go Girl-A travel guide for the African-American woman."

We are looking for:

I. Articles, interview opportunities, quotes and/or poems focusing on African-American women and travel, including but not limited to:

A. destinations of special interest to African-American women (including but not limited to Africa and the Diaspora) B. travel tales

C. early African-American women travelers D. resource guide(s)—information on African American travel & sports clubs, internet services, travel products, travel tips, travel products, international fashion/shopping locales

E. pros and cons of independent international adventure travel versus guided group travel

How would you like to participate in the publica- F. business travel/careers in travel industry/courier travel

G. political/academic/educational travel opportunities, irel is and i maniformizate in bank offil

 psychological/Social/Racial/Spiritual/Wellness aspects of travel

Please let me know if you can put me in touch with any African-American women travelers who have had interesting/unusual travel experiences. Formut

Your written submission can be in the following

A. essay

B. ho.s-to C. interview

For written pieces we are requesting non-exclusive world rights, all languages, all editions. There will be a small fee paid for submissions used.

It/they can be sent on a IL!M formatted floppy or in written form. Mailing address: Elaine Lee at 262 Alcatraz Street Suite #169, Berkele: Ca 94705. Response Date

Submissions/pieces are needed by March 1, 1996. Any questions, feel free to call me at 510-841-0830.

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SOUTHWEST DIGEST

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EDITORS/PUBLISHERS T.J. PATTERSON-EDDIE P. RICHARDSON

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 consible. We will also give credit and respect to triose who are doing good things for the Lubback Area and the people. We will be critical of those who are not doing at 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 rawspaper or any other matter that is of concern to you."

This is not a propaganda sheet made to chastise or vility. This is a newspaper made to educate and not to aditate

The opinions expressed by guest columns or editorals are not necessarily the aphions of the publishers/editors or those afithe of a advertisers. Comments and pictures are welcome but the publishers are not responsible to return articles unless a self-addressed anvelope is submitted. All notices must be paid in advance. Story deadline is 3:00p.m. Friday. Advertisement deadline is 3:00p.m.

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Environmental Injustice at its Worst

by Rev. Bernice Powell Jackson

industry in the United States today is how to dispose of the radioactive waste generated by its nuclear power plants. The solution to that problem which many of the industry giants seem to be proposing is to place the "spent" fuel in low income communicies," many of which are communities of color and many of which are native American tribal lands. Such decisions are called environmental racism and have devastating health and economic impact on communities of color.

in Minnesota, seems to be leading the way in this environmental racism. Northern States is now embroiled in a tribal dispute on the Mescaiero Apacho territory in New Mexico, where it leads the effort to site a nuclear waste storage facility which would receive used nuclear fuel from power plants across the nation. Many of these plants are running out_of space to store the spent fuel and don't have anywhere to ship it until the year 2010, when a national disposal

for the waste may become available. Political intrigue and alleged intimidation have characterized the debate about the storage of the used nuclear fuel within the Mescalero Apache tribe. In January of this year the Mescalero Apache tribe voted to reject their Tribal Council's negotiations with a consortium of 33 utility companies to receive their used nuclear fuel. But opponents of the plan argued that the second election was "contaminated" and that people had been promised \$2,000 and housing improvements if they voted in favor of the contract. One vocal opponent was informed in May that her day care agency's funding had been cut off by the tribal administration.

At the end of June Northern States Power and the proceed with their project, including a list of 23 nuclear utilities which had signed on to the agreement. This announcement followed a tumultuous

One of the biggest problems facing the power week on the reservation, in which the tribal chief supposedly announced his resignation and then recanted it and an anti-nuclear rally of 2,000 people was held nearby, in which actor Steven Seagal spoke.

Interestingly, Northern States Power Company is already involved in another dispute with native Ame ican people on Prairie Island, Minnesota, where it is storing used nuclear fuel rods above ground, again on native American land. In that case the company did not seek the permission of the people, but went directly to the state legislature. In yet a third One of the industry giants, Northern States Power environmental racism case, Louisiana Energy Services (LES), a consortium of three U.S. power companies including Northern States Power, is trying to place a uranium enrichment plant in an area in rural Louisiana which is 98 percent African American and

The following companies were fisted by Northern States Power as participants in the Mescalero Apache waste plan: American Electric Power Service, Baltimore Gas and Electric Co., Centerior Energy Corp., Commonwealth Edison Co., Consolidated Edison Co., Dairyland Power Cooperative, Florida Light and Power Co., Florida Power Corp., GPU Nuclear Corp.; Illinois Power Co., Niagara Mohawk Power Co., Northeast Utilities, Northern States Power Co., Pacific Gas and Electric Co., PECO Energy Co., Public Service Electric and Gas Co., Southern California Edison Co., Southern Nuclear Operating Co., Union Electric Co., Wisconsin Electric Power Co., Wisconsin Public Service Corp., Wolf Creek Nuclear Operating Corp. and Yankee Atomic Electric Co. If you see your utility on this list, you can write or call them and ask if they are participating in the Mescalero waste storage plan. Then let them know you don't support environmental racism and you Mescalero Apache tribal council announced plans to don't believe they should either. Let us know how you make out: (700 Prospect Ave., Cleveland, OH

Letter to the Editor

Please encourage your readers to give their older loved ones a real gift of love this Christmas: Take the time and effort to find out what their retirement plans are. I wish I had done that for my wonderful, 77-

Without consulting family, friends, or her attorney of 50 years, my aunt left her house and hometown for the safety and security of living at a religious-affiliated, nonprofit retirement center in Texas. The center provided housing, a hospital, and nursing care for residents. The brochure clearly stated that residents could "purchase" a "previously-owned" home or "rent" a home on a month-to-month basis. If a resident purchased a home, they would also pay a monthly fee for "property taxes," in addition to paying for all

Smart, independent, and clear-headed, my aunt was no match for the retirement center's marketeers. She spent \$35,500-a third of her total assets-to purchase a small duplex so she would have a home and, if needed, skilled nursing eare in the hospital. She had confidence in her judgment because she had known this center by reputation and personal experience for twenty years;

What she actually bought was a contract for the use of-but not title to-the duplex. The ambiguous two-page contract was only a lifetime lease instead of ownership. There was nothing in the contract about voluntarily terminating the contract if she wanted or needed to move for any reason. There was no provision for a fair settlement for her untoreseen death soon after the purchase.

Nor did she get any health care services for her money. When my aunt was diagnosed with terminal cancer eight months later, none of the \$35,500 could be used to pay her \$5,500 a month out-of-pocket medical bills in the center's hospital. If she had lived more than eight months, she would have been broke from her medical expenses, and the nospital would have moved her to a ward reserved for powerty cases.

Protect your older loved ones by doing the following:

1. Help your elders plan their retirement future. If you will bear the financial consequences of their decisions, insist on helping.

Start planning early—before you are faced with hasty decisions.

Compare brochures and contracts from a variety of retirement centers.

4. Interview current residents about problems or shortcomings.

Interview relatives of deceased residents to identify estate problems. 6. Get the center's written policy on refunds in case 1) your loved one wants to terminate the contract or

2) your loved one dies within four or five years of the purchase date.

7. Find out what is included in any tump sum payment -- medical expenses? insurance? donation? investment? annuity? (There is no standard regulation of terms so marketing slogans like "Contract for Life" have no legal meaning.)

8. Contact your lawyer or your state's Attorney General if you think you might already be in a "bad deal."

9. Help change your state's regulations—contact your state or local ombudsman for the elderly, and local chapters of such activist groups as the Grey Panthers and MRP. "Sadder and Wiser in Austin, Texas"



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G.E. O'NEAL Salas Consultant

John N. Sturdivant National President of the American Federation of Government Employees

Shaping a New Vision for the Federal Workplace

Through all the Congressional debate about the one person is making sure U.S. tax dc!lars aren't wasted and that vital public services aren't lost. John of Government Employees (AFGE), which represents over 700,000 workers in some 1,200 locals throughout the U.S., its territories and the District of Columbia, is a wat hdog against government inefficiency and a champion of worker and human rights.

Sturdivant, a full partner in President Clinton's effort to reinvent government, knows Americans want their government to run more efficiently. He has made AFGE a leader in moving federal workplaces from red tape to results.

Sturdivant, who advocates less government bureaucracy, better morale and improved labor/management relations, helps combat the notion that workers are part of the problem when it comes to increasing government efficiency. Thanks to leaders

solution and AFGE members are bringing about important changes in the way the federal government operates.

During the upcoming furlough debate, Sturdivant doesn't intend to allow federal employees to be victimized by the fighting in Congress, With millions of Americans from all incomes, races, creeds and colors dependent on the many services AFGE members provide, Sturdivant wants to ensure that government employees are a part of the debate or what kind of America people want.

As a key member of the National

labor relations, improve customer service and save taxpayer's money. It is these improvements that led the editor of Quality Progress magazine to write, "I have seen the future of quality in America and it is Meany Center for Labor Studies. the government worker."

concept Sturdivant helped implement called "Total Quality Partnership." This new vision of federal labor relations is based on an equal partnership between AFGE and management, cutting through the old bureaucratic hierarchy that slowed down the delivery and execution of government services and the Board of Directors of the Occupational Health programs.

The changes Sturdivant's leadership brings to the Board of the Coalition of Black Trade Unionists. federal workplace not only give workers a greater voice on the job, but removes the roadblock which prevented them from taking part in the political helped AFGE achieve its 20-year legislative initiative with the passage of the Hatch Act Reform, legislation that allows federal employees to become politically active without undue restrictions.

Sturdivant has not only turned up the volume of role and responsibilities of the federal government, the chorus of federal workers and their issues, he has also been a new voice for America's minorities. Elected President in 1988, Sturdivant is the first N. Sturdivant, president of the American Federation black to head AFGF and first to serve as President of a major AFL-CIO union. He also serves as a vice president of the AFL-CIO.

> Born in Philadelphia on June 30, 1938, Sturdivant was raised in Bridgeport, Connecticut. In 1956, he enlisted in the Air Force where he was an electronics technician until 1960. He began his civilian career in 1961 as an employee of the United States Army Interagency Communications Agency in Winchester,

An AFGE activist for over 30 years, Sturdivant rose through the leadership ranks of Local 1754 in Winchester, serving as local president from 1968 to 1976. Since his early days, Sturdivant has always focused on the vital role organizing plays in building a successful union. In 1976, he accePted a staff like him, frontline workers are now perceived as the Position with the AFGE National Office in

> Washington, D.C. Prior to his 1982 election as Executive Vice President, Sturdivant served as Director of Organization and Administrative Assistant to his two immediate predecossors.

In addition to his work on behalf of federal government employees. Sturdivant is a leader in the national AFL-CIO. He was elected Vice President on the AFL-CIO Executive Council in 1989 and serves on several important committees, including Full Participation (a committee set up to examine and improve labor's efforts to increase diversity at

Partnership Council led by Vice President Al Core, all levels of unionism), Economic Policy, Safety and Sturdivant has helped agencies like Veterans Affairs Occupational Health, Defense and Social Security. and Social Security, once plagued with adversarial He is an Executive Council member of the AFL-CIO's two largest constituency organizations, the Industrial Union Department and the Public Employee Department, and a Trustee of the George

Sturdivant's studies continued while he was work-The successful changes are in large part due to a ing on AFGE's staff. He received his Bachelor of Arts degree in 1980 from Antioch University in Labor Studies and completed two years of evening law school at George Washington University.

Sturdivant is committed to ensuring the safety of all American working men and women and sits-on Legal Rights Foundation. He also serves on the

The new political activism shared by so many AFGE members is a reflection of Sturdivant's passion for politics. He is an at-large member of the process. A familiar face on Capitol Hill, Sturdivant Democratic National Committee of the Commonwealth of Virginia. A former ten-year Democratic State Central Committee member, he is_ presently a member of the Fairfax County Democratic Comnittee.

Senate Yields to Combest's Request Funding Lake Meredith Water Improvement

WASHINGTON, D.C.-With House Senate conferces endorsing U.S. Representative Larry Combest's request for project construction funds, the House today approved \$570,000, representing the balance of the federal government's share of funding for divorting sa't sceping into the region's water supply at Lake Mereditii. The Senate's original landing version had earlier appropriated for Jess-\$100,000-than what is needed to meet scheduled construction of injection wells. The Energy and Water Appropriations legislation will be readled for presidential a custure after expected Senate approval of the is ouse funding version.

"At a time when Congress is balancing the budget, cutting low-priority projects and out-of-control envicommental programs, I am pleased to have made the case in Washington for this project as a responsible and appropriate partnership of federal and local commitments," said Combest, "Because the sait formation runs across interstate lines, the federal government's partnership is vaided. Getting the salt out of the water supply from Lake Meredith will mean better, not bitter-tasting water for a half-million folks in the Panhandle-South Plains. This desalting project is a good example of how the new Congress is operating to bring the federal budget towards balance, while still meeting obligations to the folks back home.

Since 1965, when the Lake Mcredith Reservoir began collecting water from the Canadian River, an underground salt formation at the Texas-New Mexico border has seeped brine into the river flowing into Lake Meredith. The project will involve drilling a number of wells to intercept

the salt before it reaches the river, and then disposing of the brine by deep-well One-third of the \$9 million project of wells and pumps is funded by the federal government, with two-thirds from the State of Texas and the 11 cities who

depend on the water/that flows into Lake Meredith from the Canadian River. In 1993. Combest helped secure the first \$1.4 million federal installment, then last year gained the written commitment of the Bureau of Reclamation to fund the remaining \$1.6 million. Next year, Combest will seek the remaining \$100,000 balance of the federal share for wrap-up and post construction activities. Cities depending on the Lake Meredith water supply are Amarillo, Brownfield, Lamesa, Levelland, Lubbock, Plainview, Slaton, Borger, Pampa, O'Donnell and Tahoka,



J.R. Brady Re-Elected to Board of Directors of Texas Dairy Queen Operators' Council

BEDFORD, TEXAS-J.R. Brady, a Dairy Queen owner for more than 23 years, has been elected to a second three-year term on the Board of Directors of the Texas Dairy Queen Operators' Council (TDQOC).

Brady will continue to represent operators in the Lubbock and Amarillo areas. He and his wife, Linda, own 15 stores in Texas and New Mexico, including 11 in Lubbock, two in Clovis, N.M., and one each in Tahoka and Abernathy, N.M.

Brady has served on the Lubbock and state boards of the Texas Restaurant Association. He presided as chairman of the TDQOC's Marketing Steering Committee in 1995, and served as the organization's president in 1994.

The Bradys are boosters of Texas Tech University's athletic program and restaurant management program and also support University Hospital, a Children's Miracle Network hospital. They have two children and one granddaughter. They entered the business in Waco, Texas in 1972 and purchased their first Lubbock store in 1983. Both are graduates of Washburn University in Topeka, Kansas.

The TDQOC, headquartered in Bedford, Texas, is a cooperative of more than 200 Dairy Queen owners and operators representing more than 800 Dairy Queen Restaurants in Texas. Its nine-member Board of Directors is responsible for the administration of the council's advertising fund, development of product specifications, and maintenance of quality standards.

Loca Lakes

The lake at Higinbotham Park at 1910 and Vicksburg received approximately 2,000 Rainbow trout in the first of two trout stockings in the city. Higinbotham will receive another 2,000 fish in January.

McCullough Park at 88th and Flint also received 2,000 trout. Another 2,000 will be stocked in January.

The fish stocking is in conjunction with the Fishing Improvement Program. Parks Manager Rusty Black is the coordinator and said that positive aspect come from the program.

Area fishing enthusiasts will want to note that on "The FIP allows for year-round fishing. A whole lot Friday, Dec. 15, the Texas Parks and Wildlife of people like to fish and the idea for this program is Department again brought fish to stock two lakes in to make fishing convenient and enjoyable," Black

> Black said the recreation of fishing "doesn't have an age limit, and people can go fishing without leaving town."

> Black noted that the program is regulated by the state, so people ages 17 to 64 need a Texas fishing license and a trout stamp. The daily limit is five fish. Fishing licenses can be purchased at TP&W offices at 5104 Ave. T or at sporting goods stores throughout

Gallup Study: Teenagers Know More Than Adults About STDs. But STD Knowledge Among Both Groups is Low

some aspects of sexually transmitted diseases, but both groups demonstrate little knowledge about STDs, according to a recent Gallup Organization study commissioned by the American Social Health Association.

Teenagers are more likely than adults to know that STDs are widely prevalent, that some STDs other than HIV/AIDS are incurable and that some STDs have no symptoms, the study revealed. However, fewer teens than adults were able to name ar STD other than HIV/AIDS.

According to the study, 43 percent of adults a.d 30 percent of teens know someone who has had an STD.

The study also demonstrated that schools are increasingly important as primary educators about STDs. Two-t' irds of teens first learned about STDs in school, as compared with 36 percent of adults.

According to the survey, over half of adults and over one-third of teens said their health care providers spend "no time at all" discussing STDs with thera.

"While it is encouraging that young people are somewhat more knowledgeable than adults about STDs, there is still an alarming gap between the level of knowledge and the reality of the epidemic," said ASHA president Peggy Clarke. 'The finding that almost one tecnager in three knows someone who has had an STD underscores the high risk of STD infection among sexually active teens.

Teenagers account for one-fourth of the estimated 12 million new STD infections in the U.S. each year. In teens, physiological factors such as an immatare immune system increase the likelihood of getting STDs from unprotected sex. Also, sexually active young people often choose hormonal contraceptives, which offer no STD protection, over condoms, which are highly effective against STDs.

In the ASHA study, 12 percent of teens and 4 percent of adults said STDs other than HIV/AIDS infect one in five people, approximating the number that most experts believe is the prevalence of STDs in the U.S. More adults than teens-57 percent as compared with 45 percent dramatically underestimated STD prevalence, responding that only one in 100 people, or less, are infected with STDs.

Significantly more teens than adults (83 percent and 66 percent, respectively) answered correctly that some STDs other than HIV/AIDS are incurable. Eighty-three

American teenagers know more than adults about percent of teens, as compared with 76 percent of adults, gave the correct response that some STDs have no

symptoms. Twenty-six percent of adults and 42 percent of teens could not name an STD other than HIV/AIDS. Among the STDs listed, gonorrhea was named by 51 percent of adults and 34 percent of teens, while syphilis was named by 45 percent of adults and 20 percent of teens. Relatively few in either group named genital herpes (29 percent of adults and 23 percent of teens) or human papillomavirus (5 percent of adults and 8 percent of teeus), which are the most common STDs. Chlamydia, the fastest-spreading STD, was named by only 12 percent of acults and 3 percent of teens.

The ASHA study also explored sources of STD information. Asked how much time health care providers spend discussing STDs with them, 54 percent of adults and 35 percent of teens said "no time at all." Health care providers spend "very little time" talking about STDs according to 25 percent of adults and 21 percent of teens. Seventeen percent of adulys and 34 percent of teens said doctors spend "some time" or "a lot of time" discussing STDs.

The survey found that the younger generation is more likely to have first learned about STDs in school. Sixty-seven percent of terms and 36 percent of adults said they learned about STDs in school, Books, magnzines . TV were the initial sources of STD information among adults (28 percent) more often than among tocas (1) percent). Only 8 percent of adults and 12 percent of teens learned about STDs from family members. Only 7 percent of adults and 3 percent of teens learned about STDs from health care providers.

The survey also asked about current sources of STD information. Fifty-two percent of teens and four percent of adults get information in school. While only 25 percent of teens get information from books, magazines or TV, 68 percent of adults get information from these sources. Only one percent of adults and 11 percent of teens get information from family members. Only 11 percent of adults and 5 percent of teems get information from health care providers:

The study was supported by an educational grant from SmithKline Beecham Pharmaceuticals.

Founded in 1914, ASHA is a nonprofit organization dedicated to stopping STDs. Among its programs is the National STD Hotline; 800/227-8922

Today Was a Good Day!

by Doris Hutchison

Today was a day I can explain as if I planned it myself, it was a good day. ... When I stepped outside it seemed as if the warmth in the air was pulling me to the heavens. It seemed as if there was, or never will be wrong in this tired old world again. The children were playing outside like old people reincarnated

and couldn't wait to be children again. Everyone waved and smiled as they drove by as if you were their best friend.

And the smile I gave back was of shock and glee!

The flowers glowed like bars of gold

And the leaves on the trees swayed as if playing with the birds.

The gang members seemed to be having a family reunion and laughing and using their head rags to wipe tears from their eyes,

tears of joy and peace. Neighbors were going from house to house

exchanging funny little tall tales purely out of fun. There was no pain, terror or death in this strange day,

I must say, if only my phone had not rung and brought me out of this day dream

I would say, "Today was a good day."



HRCHIDIRECTOR



The Outreach Prayer Breakfast

Our prayer scripture for the past twenty at more years; Il Chronicles 7:14. If my people, which are called by my name, would hamler themselves and prov. seek my face and from from their wicked ways, then will I hear from heaven and will forgive their aim and heal their bacd." 000000

The only real region you have to look down on anyone, is to try to pick them

You can make a mourtain, but it will take God to move it.

Some folks grumble because roses have thoras, but we're glad that thoras

There is no exercise quite as good as stretching the mind. When you see a brother not acting right, pray for him. That's flesh out of control.

You cannot kill now without injuring eternity.

We wolk by faith, not by sight.

Let's pray:

Prayer of Guidance

000000

Heaven'y Father, who maketh all things new: a new day has dawned, and with it a new year. Please, Father, give us this morning a picture of what life may be if we would live it with Thee. Guide all of us in fellowship so that each day's close may fird us braver and wiser, more humble and yet more full of faith for having shared the road with thee. This do we ask for all mankind in the name of Jesus. (Amen.)

Have a faith-filled, God-blessed Christ day all year:

Keep smiling and loving those unloveables.

Write us: Outreach Prayer Breakfast, P.O. Box 1223, Lub' book, TX 79408. D. Hood President, Christine Burleson, Vice President, Ernestine Frazier, Secretary.



We Thank God for Jesus A New Year Revival Prayer!

Matthew 5:16, Jesus said: Let your LIGHT so shine before MEN, that they may SEE your GOOD WORKS, and GLORIFY YOUR FATHER WHICH IS IN HEAVEN.

I'M PRAYING: for THE PREACHERS, that they'll not BE AFTER THE GOLD, BUT BE AFTER GOD'S BUSINESS; THE WINNING OF LOST SOULS.

Mark 11:17, Jesus said, Is it not written, MY HOUSE should be called of all nations THE HOUSE OF PRAYER? BUT YE HAVE MADE IT A DEN OF THIEVES.

♦♦♦♦♦ WILL A PREACHER ROB GOD? ♦♦♦♦♦

I'M PRAYING FOR THE DEACONS, that have been setting in THE CHURCH TOO LONG, AND WON'T SPEAK ON GOD'S WORD; WHEN THEY SEE THE CHURCH GOING WRONG.

Matthew 23: 25, 26, Jesus said, Woe (CURSED) unto you, Scribes and Pharisees, HYPOCRITES! for ye make clean the outside of the cup and platter, but within they are full of EXTORTION (STEALING) and excess. Thou BLIND Pharisees, CLEANSE FIRST that which is within the cup and platter (THE CHURCH), that the outside of them may be clean ALSO.

♦♦♦♦♦♦ WILL A DEACON ROB GOD? ♦♦♦♦♦

I'M PRAYING FOR THE MISSIONARY, that's ALWAYS THINKING FOREIGN LANDS, BUT HAVEN'T DONE THEIR FIRST WORKS AT HOME; THAT'S WHERE CHARITY BEGINS.

Matthew 23:15, Jesus said, Woe (CURSED) unto you, scribes and Pharisees, HYPOCRITES! for ye COMPASS (NAVIGATE) SEA AND LAND TO MAKE ONE PROSELYTE (CONVERT), and when he is MADE, YE MAKE HIM TWOFOLD (TWICE) MORE THE CHILD OF HELL THAN YOURSELVES.

♦♦♦♦♦ WILL A MISSIONARY ROB GOD? ♦♦♦♦♦

(Let's ALL PRAY; that GOD'S WISDOM will be in THE LEADERS OF THE CHURCHES. That when someone gets SAVED; BEING IN CHURCH ON SUNDAY IS NOT IMPORTANT, but the First COMMANDMENT IS. THOU SHALT LOVE THE LORD WITH ALL THY HEART. If one c n't get to CHURCH ON SUNDAY: GO SUNDAY NIGHT. WEDNESDAY OR FRIDAY. I BILLY B.J. WORSHIP THE LORD 7 DAYS A WEEK; ALL DAY LONG. You that have a JOB, GOD KNEW WHEN HE GAVE IT TO YOU, YOU WOULD WORK ON SUNDAY; and if you QUIT THAT JOD TO GO TO CHURCH; ASK THE CHURCH TO PAY YOUR BILLS. QUES-TION: DO YOU LOVE THE LORD?)

John 4:24, JESUS SAID: GOD IS A SPIRIT: AND THEY THAT WOR-SHIP HIM MUST WORSHIP HIM IN SPIRIT AND IN TRUTH.

I'M PRAYING FOR THE CHURCH MEMBERS; TRYING TO PAY FOR HIS SINS WITH GOLD, PAY TITHES AND OFFERINGS; BUT IS NOT CONCERNED ABOUT HIS LOST SOUL.

Micah 6:8, He hath shewed thee, C MAN, WHAT IS GOOD; and what doth THE LORD REQUIRE OF THEE, but to DO JUSTLY, AND TO LOVE MERCY, AND TO WALK HUMBLY WITH THY GOD?

♦♦♦♦♦ WILL A CHURCH MEMBER ROB GOD? ♦♦♦♦ >♦ I'M PRAYING FOR THE CHOIR MEMBERS; SATURDAY NIGHTS THEY SING SOUL, AND ON SUNDAY MORNINGS; THEY SING ZION SCNGS, IN THE CHOIR ROBES.

Matthew 23:13b, JESUS said, HYPOCRITES! for ye shut up THE KING-DOM OF HEAVEN AGAINST MEN: for ye-neither go in YOURSELVES, NEITHER SUFFER YE THEM THAT ARE ENTERING TO GO IN.

♦♦♦♦♦ WILL A CHOIR MEMBER ROB GOD? ♦♦♦♦♦ Galatians 4:16, AM I THEREFORE BECOME YOUR ENEMY, BECAUSE I TELL YOU THE TRUTH?

I Peter 4:17, 18, For the TIME IS COME THAT JUDGMENT MUST BEGIN AT THE HOUSE OF GOD: and if it FIRST BEGIN WITH US, what shall the end be of them that OBEY NOT THE GOSPEL OF GOD? And if THE RIGHTEOUS SCARCELY BE SAVED. WHERE SHALL THE UNgodly AND THE SINNER APPEAR?

GOD is not through with US YET. SO LET'S PRAY FOR ONE ANOTH-ER ALWAYS. Directed * Arranged * Produced * Guided BY OUR LORD JESUS CHRIST Written by Evangelist Billy B.J. Morrison, III. Your Brother IN CHRIST JESUS ALWAYS!



from the Desk of Parson D.A. Smith An After Christmas Lift

God for all the things that they had beard and seen, as it was told unto them (Larke 2:26).

A lot of people have a let-down after Christmas. Maybe it's because Christmas has given us such an uplift. There's something magical about it a Christmas season, sometimes even to the point of being artificial. Our attitudes and ways usually change for the better at Christmas. We like what 've see and wish we could keep it. We hate to see it end.

We are no different than those who experienced that first Christmas. Jesus was born. The star shone in the east. The wise men arrived. The shepherds came. The most unique event in history had occurred. The wonder and the majesty of God's incarnation had happened, but those witnessed all that could not remain in Bethlehem forever. Like the shepherds, we must return to work, to school, to the customary, to the

I've found like many others that the road back from significant the holiday season? events is not always an easy one. It is much easier to go forward with

And the shepherds returned, glorifying and praising eager anticipation and excitement than to look backward at some important happening. Eventually that for which we wait comes. When we reach the peak, we must go down the other side of the mountain. The shepherds returned, so do we.

The shepherds on their way back took with them some of the joy of their experience. Luobockites, what more can we do, we who are on our way back to our various relds and pastures of endeavor? We have witnessed Christmas. We have experienced its excitement and joy.

On our way back from Christmas we can glorify and praise God for all we have heard and seen, for all we have experienced this Christmas. Did not we experience children's sparkling and excited eyes, giving and receiving from family and friends, the attitude of peace and goodwill even if it was momentary, the warmth and love we have shared, the music and songs.

What could be more appropriate on our way back from Christmas than to glorify and praise God for all we have seen, felt, and heard in

How 'Us vs Them' Becomes We the People'



(NU) - Can you imagine how difficult it was for the founding fathers of the United States to draw up a Constitution that satisfied the local beliefs and prejudices of all the 13 colonies?

It required a meeting of the minds among some of history's most courageous and visionary leaders, who argued and politicked with great passion.

A similar process is now taking place in my African nation of Nigeria. A draft constitution has been written by delegates from all of the Nigerian Federation's 30 states. If course there has been hot dispute and

fierce debate among delegates who must bridge the gaps among 300 different religions. But contrary to early predictions, the constitutional conference has actually hammered out a draft constitution. It was submitted in June to Gen. Sani Abacha, an army general who is head of state.

Ancient African fears of domination and bigger grievances going back centuries has to be faced and overcome. People who hope to sabotage the conference spread rumors that Nigeria's three major religious groups could never agree on anything.

In truth, the Christians, Muslims and animists overcame whatever deep animosities exist among them. More conflict exists among the various ethnic groups. The three major groups are the Hausa-Fulanis in the north, the Ibos tin the southwest. Then there are the small ethnic groups which, when added together, outnumber the major ones.

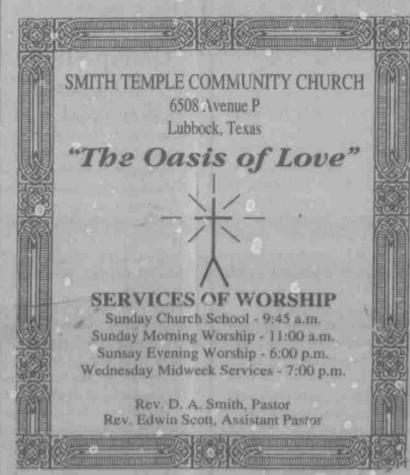
This makes for a volatile mixture of peoples, yet their mostly elected delegates managed to produce a draft constitution by using an essential component of democracy: the solution of problems through accommodation and compromise.

In a national made up of previously isolated peoples, de nocracy is an idea that is both new and puzzling to many of our citizens. It's not always easy for politicians who aspire to national positions to break the old "us and them" frames of mind. It is a new experience for our people's representatives to travel outside their home territories and to make friends and appreciate the problems and concerns of "strangers".

These feelings of Nigerian national cohesion ar just a few generations old. They take time to get stronger, and there are people in Nigeria whose designs for the nation do not include unity and constitutional democracy. They are convinced that the democratization process can be derailed by violent civil unrest and guerrilla warfare, and so they sponsor

Despite them, Nigerians are learning the culture of democracy, and we will achieve it, as American say, the old fashioned way. We will earn it.

Mr. Kazaure is ambassador from Nigeria to the United States.



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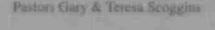
God has made you to be." Eph. 2:10

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SPC'S OUTSTANDING NURSING STUDENTS

Four South Plains College associate degree nursing graduates received awards during Thursday evening's (Dec. 14) pinning curemony. From left are Christy Escandon from Ropesville, outstanding student in maternal/child nursing; Rebecka Spivey from Lubbock, medical-surgical; Lisa Morgan from Lubbock, psycho-social nursing, and Gretta Kitten from Slaton, outstanding overall nursing student (SPC Fhoto)



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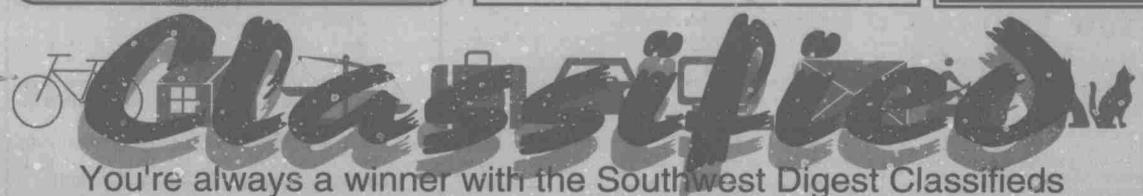
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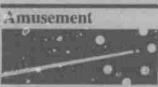


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Chicken With Cherry Sauce



(DM)-Cherries and chicken make a spectacular duo! This quick and easy convection oven recipe from the home economists at KitchenAid is sure to bring raves from kids and adults alike. Look for dried cherries near the raisins or in the produce section of your supermarket. Convection cooking uses a fan to circulate air throughout the oven, saving energy by lowering cooking times and temperatures, while providing more evenly cooked dishes.

CHICKEN WITH CHERRY SAUCE

- 4 skinless, boneless chicken breast halves (about I pound
- Ground nutmeg Salt and pepper

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- 2 teaspoons cornstarch 1 teaspoon brown sugar
- Dash pepper 1/2 cup unsweetened pincapple
- 1/3 cup chicken broth 14 cup dried cherries or golden raisins, coarsely chopped

Preheat on Convection Broil at 450°F for 5 minutes. (Or, preheat standard broiler.) Meanwhile, rinse chicken; pat dry with paper towels. Sprinkle lightly with nutmeg, salt, and pepper.

Place chicken, boned side up, on the unheated broiler pan.

Convection Broil for 7 to 10 minutes or until chicken is tender and no longer plak, turning once. (Or, standard broil 4 to 5 inches from the heat for 12 to 15 minutes, turning once.)

Meanwhile, in a small saucepan combine cornstarch, brown sugar, and pep-per; stir in pineapple juice and chicken broth. Cook and stir over medium heat until thickened and bubbly.

Stir in cherries. Cook and stir 2 minutes more. Serve sauce over chicken.

Year-Round Allergy Management Calendar Gives Sneezeless Solutions to Allergy Sufferers

Free calendar provides more than 50 tips for all seasons WHAT: The Tavist Year-Round Allergy Management Calendar, a pocket-size calendar provided free by the American Lung Association and the makers of Tavist-I and Tavist-D.

Allergy sufferers can receive their free copy of The Tavist Year-Round Allergy Management Calendar by calling toll-free (800) 828-1783.

CALENDAR BENEFITS: For more than 72 million Americans suffering from year-round allergies, each season brings its own unique form of misery. From ragweed in the fall and dust mites in the winter to a wide range of grass and tree pollens in the spring and summer, allergies make Americans miserable throughout the year.

"Information is the most effective cure for allergies," said Dr. Linda Ford, an American Lung Association asthma and allergy specialist. "The Allergy Management Calendar is a useful tool allergy sufferers can use to enjoy everyday activities and control sinus and allergy problems."

The Allergy Management Calendar has more than 50 useful tips on how allergy sufferers can control their allergy problems year-round, both indoors and outdoors. Some of the calendar's monthly tips include: January/February

Controlling Indoor Allergens-Keep temperatures as low as tolerable—dust mites prefer temperatures of over 70°F.

March/April Gardening/Yardwork-After working in the yard. shower and wash your hair Pollen clings to your hair and triggers allergies later.

May/June Outdoor Exercise/Recreation-Warm up inside before exercising. This will minimize your exposure to allergens outside. July/August Vacationing-Plan vacations at the beach. The ocean's onshore breezes can clear away pollen.

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