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Southwest Digest

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Worth More!

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

Reward Yourself: Eat Right and Be Active
You can live longer and feel better.
From Special in the NSDA

(NHLBI)—There's a lot of talk about losing weight, getting more exercise, cutting fat and calories, and eating more fruits and vegetables. Sure, you've heard it, and you think you might even like to wear a smaller size.

But it's not always easy. You go on a diet, but the weight comes back. Besides, you feel OK and your honey thinks you look fine.

Sound familiar? It should. About one-third of all Americans are, by medical definition, overweight.

The percentage is even higher among African Americans—especially among black women, half of whom weigh more than is healthy. And, says Dr. Shiriki Kumanyika, a professor at Pennsylvania State University, "There are fewer [overweight] men in the black community, but that proportion may be increasing."

HEALTH RISKS

Being overweight isn't just about how you look. The meat on your bones may be nice to hug, but it can really be dangerous to your health.

Being heavy increases the chances of getting heart disease, diabetes, and certain types of cancer. It can make some conditions worse—like high blood pressure, high blood cholesterol, or diabetes. Being overweight seriously increases the likelihood of having a heart attack.

These warnings aren't just for the middle-aged. Studies show that being heavy during childhood can have health consequences in adulthood.

GOOD NEWS

Is there good news? Yes! Just a few consistent changes in your life can tremendously improve your health. Weight control has big payoffs for your physical and emotional well-being.

Physical activity is the key. But you don't have to join a gym, turn your living room into a boxing ring, or get up with the chickens to jog. Even moderate physical activity has important health benefits.

Regular physical activity helps you feel better, look better and work better. People say they have more energy, feel more alert, rest better and have more stamina and strength.

Being active not only helps burn up extra calories to help control your weight, it also helps to condition your heart and lungs.

Try to be active for at least 30 minutes on most days. Remember to build up slowly if you have been inactive for a long time. You can gradually increase your pace as you become more fit. And, unless you have a heart condition or other type of health problem, most people don't need to see a doctor before starting a gradual, sensible activity program.

JUST DO IT

But how do you get moving when you're tired at the end of the day, have chores to do, or don't feel like walking around your neighborhood? Here are some ideas.

Dance! Put on your favorite radio station or album and boogie till you sweat! Start slow—10 or 15 minutes, and work up to a half hour if you can. But start!

Involve your church group or work friends in an exercise program. Walk after services or at lunch, or use the church hall for a jazzercise class (gentle exercises done to upbeat music).

Walk every step you can! Don't take the trash out on your way to work—make a special trip. Park as far away as you can from the office, the supermarket, your church. Get off the bus or subway one stop early. If you live in a house or apartment with stairs, climb them once in a while just for the health of it.

continued on pg. 2

The Gifts of Life and Love

by Rev. Bernice Powell Jackson

A recent article in *Jet* magazine pointed out that African Americans are less likely than whites to donate their organs or those of their loved ones who have died suddenly. Yet for the thousands of African Americans waiting for organs, this would truly be the gift of life.

I remember when my own husband died suddenly and in the trauma of it all, organ donation never occurred to me, even though I knew that was what he would have wanted. No one at the hospital ever asked me if I wanted to donate his organs and it was not until I got home that I thought about it. What a missed opportunity for someone who was waiting for a kidney or liver.

But most African Americans refuse to even consider donating their organs. Sometimes it is due to superstition or the belief that you won't get into heaven without all your body parts. Sometimes it is due to distrust of the medical community and the belief that they will take an organ even if you are still alive and don't agree to it. Sometimes it is due to religious beliefs or even a fear of talking about death.

While there are over 11,000 African Americans on waiting lists for organs, in 1993 only 54 African Americans who died donated their organs. An even smaller number donated their organs while they were alive, probably mostly to family members.

Similarly, each year 30,000 new patients are diagnosed with leukemia, aplastic anemia or other life-threatening diseases which require bone marrow transplants. Seventy percent of them will not find a match within their own families. And while it's possible for an African American patient to match a donor from any racial or ethnic group, the most likely bone marrow match is from an African American donor.

Bone marrow makes blood cells and because only a small amount is taken from donors, their bodies replace the marrow

within weeks. All donor expenses are paid for by the patient and even the initial blood test is free for racial/ethnic minorities because of federal government grants.

The 9m of love is on the wish list of thousands of children of color who are in foster care or are available for adoption. The National Association of Black Social Workers (NABSW) is sponsoring a campaign called A Fist Full of Families, with the goal of having 1,000 African American children placed in adoptive families by the end of 1996.

There are 450,000 children in foster homes and institutions nationwide, about 43 percent of whom are African American. Of the 30,000 African American children who want to be adopted, only about 8,600 are legally available for adoption.

Historically, African Americans have always taken in the children of their family members, neighbors and friends, although most of these adoptions were informal. According to a National Urban League study cited by the NABSW, there are three million African American families interested in adopting children. The task of the Fist Full of Families campaign is to find those families, navigate the social services systems for them and get those children, many of whom are older and have special needs, into the homes of adoptive parents.

Think about being an organ donor. Talk with your family about it. Many states allow you to designate that on your driver's license. It will be the gift of life for someone.

Think about adopting our children. It will be the gift of love for your future.

(Note: For information on organ donation, call The Minority Organ and Tissue Transplant Education Program (MOTTEP) at 800-393-2839. For information on adopting African American children, call the National Association of Black Social Workers at 800-419-1999.)



Steve Horn, right, asst. vice president, Coca-Cola USA presents the Bayou Classic game trophy to Southern University Coach Pete Richardson after the Jaguars' stunning defeat of the Grambling State University Tigers; while Rodney Northern, left, group manager ethnic markets, Coca-Cola USA congratulates Southern University President, Dr. Delores Spikes. Also sharing in the victory is Patrick Fontenot, second right, Chairman, Southern University Board of Supervisors.

CELEBRATING 25 YEARS OF ACHIEVEMENT!



Robin Bell-Stevens, second from left, President of the New York Coalition of 100 Black Women, welcomes corporate supporters to the Coalition's 25th Anniversary Gala at the Sheraton New York Hotel and Towers. Joining her were, from left, Mark V. Monteverdi, Manager, Public Progress, Philip Morris Companies Inc.; Ann M. Fudge, Executive Vice President, Kraft Foods, Inc. and President, Maxwell House Coffee Company; and Renee V. H. Simons, Director, Media Affairs, Philip Morris USA. Ms. Bell-Stevens called on Coalition members to redouble their efforts on behalf of Black women and to support "our brothers, fathers, sons, uncles and the other men in our lives and our communities."

Burrell Expands Its Marketing Power with Acquisition of New York Agency

CHICAGO—Thomas J. Burrell, chairman and CEO of Burrell Communications Group, today announced the acquisition of New York-based DFA Communications, Inc., a general market advertising and direct marketing agency.

DFA, a multi-faceted corporation, will operate as a wholly-owned subsidiary of Burrell Communications Group. DFA consists of four vertically integrated companies: DFA Advertising, DFA Printing and Mailing, Westchester Digital Imaging and AB Graphics, each of which is being acquired by Burrell.

"This strategic move adds another important dimension to our capabilities. 'We've seen a growing demand for direct response advertising because marketers want to target specific consumers and track their response immediately,' says Burrell. Now with our direct response capability, we have another impactful means to communicate with consumers.

"We're broadening our scope and taking advantage of our combined strengths—ours in marketing to African Americans and DFA's to other key audiences," adds Burrell.

Ed Forti, founder and president of DFA Communications, Inc., started the company nine years ago after serving as a consultant in direct marketing for many years. With four employees and \$600,000 in capitalized billings in 1986, the company catapulted to \$25 million in capitalized billings by 1994 and has 35 employees. Current management will remain.

"We view this as the next stage in our evolution, one that will strengthen us and make us more competitive in the marketplace," says Forti. "Our combined expertise will allow us each to enhance our service capabilities to our respective clients."

DFA's client roster includes Citicorp/Citibank, NYCE, American Red Cross of Greater New York, Dow Jones, Pitney Bowes Credit Corporation, Fujifilm U.S.A., Scudder, Stevens & Clark, the U.S. Tennis Association and the American Association of Retired Persons (AARP).

Burrell Communications Group, headquartered in Chicago, also has an office in Atlanta. In addition to bolstering Burrell's presence in east coast markets, the acquisition adds to the agency's management and talent pool. This move brings the agency to \$415 million in capitalized billings and 144 employees.

With its niche in targeting the \$300 billion African-American consumer market, Burrell has created national marketing communications programs for a client roster that includes McDonald's, Coca-Cola USA, Procter and Gamble, The Quaker Oats Company, Kraft Foods, Nabisco, NYNEX, Prudential, Mobil Oil Corporation, L'eggs, Kmart, Polaroid, The Stroh Brewery, Bell South, The Ari Institute of Chicago and Ariel Capital Management, Inc.



Thomas J. Burrell (r), chairman and CEO of Burrell Communications Group, recently announced the agency's expansion into the direct marketing arena with the acquisition of New York-based DFA Communications, Inc. Pictured with Burrell is Ed Forti, DFA founder and president.

Sharp Says Index of Leading Texas Economic Indicators Forecasts Slower Economic Growth for Texas

AUSTIN—"The Texas economy will continue to grow in early 1996, but at a slower pace than we've seen in 1995," State Comptroller John Sharp says.

The latest Index of Leading Texas Economic Indicators predicts slow to moderate growth during the next six months, Sharp said.

"The Texas economy is doing better than the nation as a whole, but some sectors of the Texas economy are feeling the effects of the sluggish national economy," Sharp said.

Earlier, Sharp predicted that holiday sales across the state would increase just 3.5 percent over last year, due to the slowing of the Texas economy.

Sharp said the latest Index of Leading Texas Economic Indicators is at 124.9, an increase of 1.8 percent compared to one year ago, but a slight decrease compared to the previous month. By comparison, the U.S. Index of Leading Economic Indicators is at 100.7, down 1.6 percent compared to one year ago and 4.5 percent lower than the previous month.

The Texas Stock Index is the strongest of the economic indicators. The overall stock value of Texas-based businesses is 24.4 percent higher than October 1994, a sign of investor confidence in Texas companies.

Texas consumers remain relatively optimistic. The consumer confidence index is 4.2 percent higher than one year ago. As a result, October retail sales are up compared to the same period in 1994. However, sales are down slightly compared to the previous month.

Demand for Texas homes also remains steady. The number of new home construction permits is up 14.7 percent compared

to this time last year. While home buyers around the nation are cautious, Texans are taking advantage of relatively low mortgage interest rates.

New businesses continue to arrive in Texas. Business incorporations in October were up 3 percent compared to the same month last year.

The Texas Help Wanted Index, a measurement of job listings in Texas newspapers, is up 0.7 percent compared to one year ago. However, the index is down 1.7 percent compared to the previous month, indicating a declining demand for new workers. Unemployment claims increased by 4.7 percent compared to one year ago. The Texas unemployment rate grew by 0.2 percent in October, the first increase in unemployment in 35 months.

The average number of manufacturing hours per work week is up 0.2 percent compared to one year ago, but manufacturing hours are down 0.2 percent compared to the previous month. As the national economy cools, now demand for products and rising inventories may force Texas manufacturers to slow production in the coming months.

Texas oil was \$15.42 per barrel in October, down 1.2 percent compared to the same period last year and down 3.4 percent compared to the previous month. Mild weather means low demand for oil.

The Comptroller's Office developed the Index of Leading Texas Economic Indicators to help predict changes in the Texas economy, and to compare Texas' economic performance with the rest of the nation.

Lubbock County Charitable Bingo Players Win \$3,325,099 in Third Quarter of 1995

AUSTIN—"Bingo players continue to be big winners." Nora Linares, Executive Director of the Texas Lottery Commission, said today, "and I'm pleased to report that the total prize amounts being won statewide are on the rise."

"During the third quarter of 1995," Linares added, "players in Lubbock County collected their share of prizes playing Charitable Bingo games."

Charitable Bingo players who frequented the 25 Bingo halls in Lubbock County won \$3,325,099 in July, August and September of this year, Linares reported.

The \$3,325,099 won locally is part of the \$108 million in prizes that Bingo halls across the state paid to winners. That includes \$86.6 million for regular Bingo prizes and \$21.5 million in prizes for pull tab Bingo games.

The third-quarter figure represents a 0.75-percent increase from the April-May-June period.

Players in Dallas County Bingo halls won \$15.6 million during the third quarter, the most in the state. Tarrant County placed second with \$13.7 million, followed by Harris County, with \$11.1 million.

Local government in Lubbock County this month received \$3,325,099 in Charitable Bingo prize fees covering the third quarter of 1995, Linares said.

The payments cover prize fees collected by Charitable Bingo players in Lubbock County for July, August, and September of this year. Cities and counties that imposed the gross receipts tax on a local-option basis receive or share quarterly payments equal to 2.5 percent of the prizes won by Bingo players in their jurisdictions.

The Lottery Commission this month allocated the following prize fees among Lubbock County units of government: Lubbock County, \$43,285.56; Lubbock, \$39,900.75

The payments were part of the \$2.7 million in prize fees allocated to Texas cities and counties this week. In total, 68 county governments received \$1.4 million in prize fees, and 127 city governments received \$1.3 million.

The largest single allocation of prize fees for the second quarter was \$209,900 to Dallas County. The remainder of the top five is: Tarrant County, \$178,710; Harris County, \$160,674; City of Dallas, \$127,514; and Bexar County, \$116,933.



Ruby Jay's Corner

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where the People Really Care." Rev. Billy R. Moton is the proud pastor. Church services began the last Sunday morning of the year of 1995 with Sunday School at 9:30 a.m. and -supt. James Sterling presiding. It opened with a song and prayer. Classes marched to their various places of instruction for 30 minutes, and reassembled. High points of the lesson were given by Pastor Moton. An invitation to discipleship was extended by Pastor Moton and three came forward, including a mother and son, by way of Christian experience. The Secretary's Report—Young People—Primary Class won the Offering Banner. Adult—Class No. 1 received the Offering Banner and Class No. 4 received the Attendance Banner. There were two visitors present. Since last Sunday was the Fifth Sunday, the Women Missionary Society was in charge of the devotional service. During the morning worship hour, the Senior Choir marched in the processional. Altar prayer was offered by a member. A song, scripture and another prayer was prayed. Following the singing of another song, the

responsive reading was conducted with the congregation standing and reading in concert. The morning hymn was "Love Lifted Me." Pastoral observations were given by Pastor Moton. Another song, "Near the Cross," was sung. Pastor Moton's sermon was entitled "The Results of a Surrendered Life." His scripture text was Acts 8:26-38. It was a very powerful message for the last Sunday in 1995. Do you have anything to be thankful for? This writer really has something to be thankful for!

January 8, 1996, which is a Monday night, the Women Missionary Society's staff will hold a meeting at 7:30 p.m.

Let us remember the sick in our church and community and everywhere. It was so nice to see Prother Careace Dyer in at church last Sunday morning. His sons were here to wish him a Merry Christmas.

This writer wants to thank all of you who were so nice to me during the Christmas holiday. This includes the gifts, cards and love. Hope every nice thing will happen to you in the New Year. May God bless you!

The Joint Board will conduct the devotional period for the Prayer meeting Bible Study, from 7:00 p.m. to 7:30 p.m., this month!

Hope the New Year is filled with Happiness for all of you. HAPPY NEW YEAR!

Crime Prevention: It's No Laughing Matter
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Don't be rushed into signing a contract. Take your time to read the document and, if appropriate, seek legal advice.

REWARD YOURSELF: EAT RIGHT AND BE ACTIVE

Special from NNPA

WHAT ABOUT FOOD?

Every little change helps. Broil, bake, or steam food instead of frying it whenever you can. Cook your greens with smoked turkey for a tasty, healthy change. For that next church supper, have a low-fat cooking contest, and share the best recipes.

When you must get fast food, try salad, grilled chicken, or fish instead of burgers and fries. It may taste different, but think of it as rewarding yourself by being good to your body.

Most important: Make physical activity and new eating habits a group affair. Involve family and friends. Start slow and small, laugh if it helps, but start now. Being active and losing weight involve long-term changes, but they have great health benefits. Get all the help you can.

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Getting Good Loving

How Black Men and Women Can Make Love Work
Audrey B. Chapman

"With compassion for both genders—and a lot of common sense—Audrey Chapman leads the discussion on how black men and women can move from destructive relationships to healthy loving."

—Bebe Moore Campbell, author of *Brothers and Sisters*

"Chapman explores the root causes of common problems between black men and women without using that knowledge as an excuse for destructive behavior. *GETTING GOOD LOVING* offers a positive approach to strengthen and encourage black couples, rather than laying blame. I highly recommend this book to anyone seeking to better understand relationships between black men and women."

—Alvin F. Poussaint, M.D.

"First the bad news: The percentage of adult black women who are married has fallen from 70% in 1960 to 35% today. And in some age groups, the number of never-married black women is twice that of never-married white women." Meanwhile, the *Baltimore Sun* reports, "one in four black men says he has no intention of ever saving."

The good news is that family and relationship therapist Audrey Chapman has set out to alter all of these disturbing statistics with her groundbreaking, relationship-rescuing book, *GETTING GOOD LOVING: How Black Men and Women Can Make Love Work* (ONE WORLD/Ballantine Trade paperback; January 12, 1996; \$11.00).

As a veteran family and relationship therapist, Audrey Chapman has witnessed firsthand the increasing tensions between African American men and women. "Black women are tired of bearing the burden, emotionally and economically, for the 'ills' of the black community," says Chapman. "Black men feel dominated and overshadowed by these same women, and devise outrageous games of subterfuge to wrest control and mask their own vulnerability. Both feel bitter toward a society that thwarts the attainment of their goals while criticizing them for not doing better. The result is a vicious cycle of expectation and disappointment that poisons the ground for loving connections."

In *GETTING GOOD LOVING*, Chapman tells readers how to take responsibility for their own happiness and get what they all need and deserve—good loving. Through numerous case studies featuring intimate revelations from both men and women, Chapman reveals how certain root problems surface time and time again to prevent fulfilling, lasting relationships, such as:

- Fantasy-based expectations of the opposite sex, and how they result in continual disappointment.
- Black men's fear of female dominance and the elaborate defense systems they construct to avoid being controlled by black women.
- The parenting style employed by many in the black community that ultimately pits males and females against each other.
- Differences in education, professional status, and salaries and how they can cause rifts between black men and women.
- Sexist attitudes of black men and how these attitudes often go unchallenged by black women.
- Why many African Americans would rather switch—and pursue relationships with other races—than fight.

Audrey Chapman explains how to move beyond these problems in order to create healthy, loving, and interdependent relationships. Manita Golden, author of *And Do Remember Me*, credits Chapman for helping her to open herself up in order to meet her husband. "I learned how to be friends with men, to appreciate them even if they didn't want to put a ring on my finger, and mostly how to value myself so much that I looked for a man the way I planned my career—with patience and discrimination, expecting and settling only for what I really wanted and needed."

In the book's forward, Golden implores readers, "If you're married, turn off the television and read this book with your mate. If you want to be married, well, I told you what happened to me! If you're single, and afraid singlehood is a social death sentence, prepare to dance to the music of your unique self and love every minute of it and everything you are."

ABOUT THE AUTHOR

Audrey B. Chapman is a nationally recognized expert in the area of male-female relationships, and she has a practice counseling groups, couples, and singles in the Washington, DC area. A counselor at Howard University, Ms. Chapman also hosts a popular weekly radio talk show, *All About Love*, on WFUR-FM.

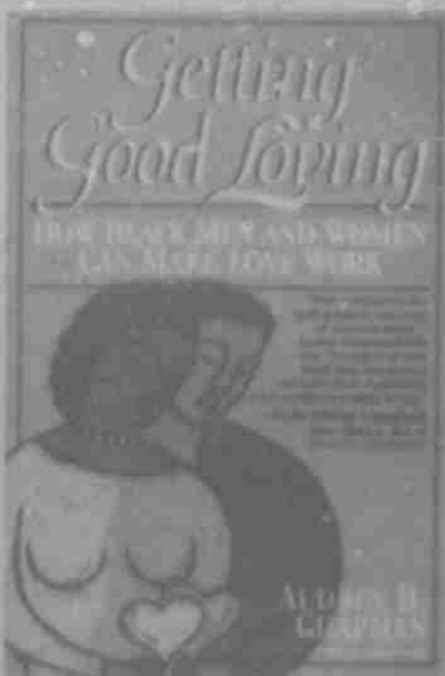
Ms. Chapman will be ON THE ROAD to the following cities in January:

- | | |
|----------------|------------------------|
| WASHINGTON, DC | Available Upon Request |
| PHILADELPHIA | Monday, January 22 |
| ATLANTA | Tuesday, January 23 |
| DALLAS | Wednesday, January 24 |
| *DENVER | Thursday, January 25 |
| *SAN FRANCISCO | Friday, January 26 |

For further information, please contact Jennifer Richards: 212/572-2392. *For West Coast cities, please call Heather Smith: 310/582-8820. For review copies, please contact Kristina White: 212/572-2389, or fax your request to: 212/572-2676.

GETTING GOOD LOVING:

How Black Men and Women Can Make Love Work
by Audrey B. Chapman
(345-40245-6/Nonfiction/\$11.00/pp. 240)
ONE WORLD/Ballantine Books; January 12, 1996



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You can claim prizes of up to \$599 wherever you see the Texas Lottery sign. Prizes over \$599 must be claimed at any of the 24 Texas Lottery Claim Centers, or by mail using a claim form available at any Texas Lottery retailer. Questions? Call our Customer Service Line at 1-800-37-LOTTO.



Overall odds of winning 1 in 4.32. Must be 18 years of age to play. ©1995 Texas Lottery

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

Funeral services were held Wednesday, December 27, 1995 for a longtime resident of Lubbock, Rev. William Henry Stephens, at the Bethel African Methodist Episcopal Church with Rev. N.H. Franklin, pastor officiating.

Interment was held in Peaceful Gardens Memorial Park under the direction of Ossie Curry Funeral Home.

A native of Clark County, Arkadelphia, Arkansas, he was born to the parents of Peter and Elizabeth McAllen. To this union, ten children were born, and six preceded him in death.

He met Christ at an early age, and united with the Spring Hill African Methodist Episcopal Church in Arkadelphia, Arkansas. He was a member of the Senior Choir and a class leader for the Bethel African Methodist Episcopal Church. He also served as a Sunday School teacher, and was a Steward.

After moving to Lubbock, he met and married the late Bennetta Stanford Spillman on July 10, 1936, who preceded him in death March 31, 1986.

Also as a member of Bethel, he served as Associate Minister.

His past employment includes the College Cafe, Texas Tech University and Hemphill-Wells until he retired June 30, 1978.

Rev. Stephens was very active in his church until his health failed, and was instrumental in organizing a Bible Study pro-

gram at the Parkway Manor Care Center where he often taught the week's lesson. He was also very active at Parkway Manor Care Center, and will be truly missed. He assisted as study residents of the center, where he was also the Assistant Director of Public Relations.

He leaves to mourn his passing six nieces and seven nephews: Myrtene Taylor of Los Angeles, California; Mary McKeel of Lubbock, Texas; Nora Bryant of Flint, Michigan; Chance Davis of El Paso, Texas; Deeda Whitfield of Los Angeles, California; Charles Herrin and Janet Middleton, both of Arkadelphia, Arkansas; Wilfred Brown of El Paso, Texas; Stephen Brown of Lubbock, Texas; John Hearn of Los Angeles, California; and George Hearn of San Diego, California; and many friends and other relatives.



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SPC Announces Spring 1996 Registration Dates

LEVELLAND—South Plains College has announced registration dates for the 1996 spring semester on the SPC Levelland and Lubbock campuses and Reese Air Force Base Extension Center, according to Bobby James, dean of admissions and records.

Spring registration dates for the SPC Levelland campus, located at 1401 S. College Avenue in Levelland, are as follows:

Jan. 10—Financial Aid Award Day for pre-registered students receiving financial aid only

Jan. 11—Spring registration, 9–11:30 a.m. and 1:30–4 p.m. in the Student Center. Students need a registration permit.

Jan. 11—Evening registration, 4–6:30 p.m. in the Student Center. Students do not need a registration permit.

Jan. 16—Classes begin

Jan. 16–19, 22—Late registration, 8:30 a.m.–3:30 p.m. and 5:30–6:30 p.m. Monday through Thursday, and 8:30 a.m.–3 p.m. Friday

Spring registration dates for the SPC Lubbock campus, located at 1302 Main in Lubbock, are as follows:

Jan. 10—Returning student registration for students enrolled in fall of 1995 only, 9–11 a.m., last name A–K, 1:30–3:30 p.m., L–Z, and

3:30–5:30 p.m. A–Z.

Jan. 11—New student registration for new students only, 9 a.m.–noon for last names A–K, 3–6 p.m. for L–Z and 6–7 p.m. for open registration

Jan. 16—Classes begin

Jan. 16–19, 22—Late registration, 8:30 a.m.–noon and 2–6 p.m. Monday through Thursday, and 8:30 a.m.–2 p.m. Friday

Reese Air Force Base Extension Center spring registration dates in the Consolidated Base Personnel Offices, room 130, are as follows:

Feb. 19—Registration for military personnel and government employees from 3–4:30 p.m. Feb. 19—Open registration from 4:30–7 p.m.

Feb. 20—Open registration from 5–7 p.m.

Feb. 21—Classes begin Feb. 21–22—Late registration, 5–7 p.m. daily

Late registration fee on all campuses is \$15, and add/drop fee is \$5.

For more information on spring registration beginning Jan. 2, 1996, contact the SPC Office of Admissions and Records in Levelland at 894-9611, ext. 2372 or 2375, SPC Lubbock Admissions and Records Office at 747-0576, ext. 4650, or SPC's Reese Air Force Base Extension Center at 885-3048.

Children Get Ulcers Too

HOUSTON—Believe it or not, children get ulcers too.

"Children, like adults, get ulcers either from infection with the bacterium *Helicobacter pylori*, through reaction to certain drugs, or from stress due to serious injury, infection or disease," said Dr. Mark Gilger, an assistant professor of pediatrics and gastroenterology at Baylor College of Medicine in Houston.

H. pylori is a spiral-shaped bacterium that is thought to be transmitted through the oral-fecal route. According to Gilger, *H. pylori* is the most common cause of ulcers in children. Studies show that family members are often carriers of the bug.

"For example, we believe that a child may be infected by drinking out of the same glass as that of an infected family member," he said.

Ulcers may also be drug-induced. Certain non-steroidal anti-inflammatory drugs used to treat chronic illnesses are a chief cause. Physical stress, not

stress caused by anxiety, is another reason for ulcers in children. The strain placed on the body by a serious respiratory disease such as asthma, for example, can bring on ulcers.

Because children aren't good at pointing to the location of their pain, Gilger recommends that parents look for symptoms:

- Abdominal pain that has occurred at least three times over a three-month period and which causes a change in the child's behavior.
- Awakening at night due to abdominal pain.
- Recurrent vomiting or vomiting with blood.

Treatment includes antacids and antibiotics. While most ulcers are treatable, work on a vaccine to *H. pylori* is in progress.

Gilger says that although children are less likely than adults to get ulcers, the pain and discomfort of the illness is just as severe and should be treated promptly.

NationsBank Opens East Lubbock ATM

NationsBank recently opened its 12th ATM (automated teller machine) in Lubbock, located inside the Fina station at the corner of Broadway and Martin Luther King Blvd. Alternative delivery methods, such as ATMs, are a strategic initiative for NationsBank to provide customers with increased options to meet their lifestyle needs.

"The East Lubbock ATM is conveniently located so customers will have access to a cash-dispensing machine right where they shop," said Geoff Greenwade, president of NationsBank in Lubbock. "We are proud to expand our presence to meet the banking needs of the people who live and work in Lubbock."

The ATM, located inside Fina, will enable customers to withdraw cash and transfer funds from one account to another. In addition to 12 ATMs, NationsBank also operates four full-service banking centers in Lubbock.

NationsBank Corporation is the fourth-largest U.S. banking company with total assets of \$182 billion at the end of the third quarter. It operates full-service banking centers in nine states and the District of Columbia. In Texas, NationsBank serves its customers through more than 275 locations in 80 communities.

A Talented Teen Silver Anniversary

New York, New York—Hal Jackson's Talented Teens International (HJTTI) celebrated its 25th anniversary with a full week of activities for young ladies from around the world between the ages of 13 and 17 with performing talents. Forty young ladies competed for the prestigious title, "Miss Hal Jackson's Talented Teen International 1995" at the world famous Apollo Theatre. The reigning queen, 18-year-old tap dancer Amanda Stanley from St. Croix, U.S. Virgin Islands gave up her crown at the Silver Anniversary event.

The competition, celebrating its silver anniversary, was started by Hal Jackson, Group Chairman of Inner City Broadcasting who owns WBLS and WLIB radio stations in New York. Mr. Jackson hosts the number one-rated Sunday Classics heard every Sunday in the New York tri-state area on 107.5 WBLS. The HJTTI scholarship competition is a non-profit tax exempt organization which provides educational cash scholarships to teens of color. Some of HJTTI winners include Jada Pinkett, Ce Ce Peniston, Tanya Blount and Sheryl Lee Ralph. Mr. Jackson is the first and only minority inducted into the National Association of Broadcasters' Hall of Fame. He has been honored by 3 presidents of the United States and is highly respected in the music industry with over 55 years in the business.

The HJTTI week of activities were co-chaired by Michael Jackson, Ms. Sylvia Rhone, CEO and President of Elektra Records and Jheri Bushy, CEO of Motown. The week kicked off Monday with a grand tour of New York City from Harlem to Battery Park where the contestants saw the Statue of Liberty for the first time that week. Monday evening everyone got "dolled up" to attend a Black Tie Dinner Dance at Tavern On The Green on Central Park. The dinner was hosted by Jewell Jackson McCabe, Chairperson of the Coalition of 100 Black Women and daughter of Talented Teens Founder Hal Jackson. Mrs. Donna Hanover Guiliani, First Lady of the City of New York brought greetings to all in attendance and presented a proclamation naming July 17, 1995 Hal Jackson's Talented Teens Day in the City of New York. The magical evening was rounded out with performances by Interscope recording artists "Pure Soul" and Columbia recording artist Regina Belle who charmed everyone with her sultry voice. Motown's own, Jason Weaver, the singing voice of Simba from "the Lion King" celebrated his birthday along with Amanda Stanley and Regina Belle when a surprise cake was rolled out with all their names on it. The week continued on Tuesday with a Fashion Show produced by Jon Haggins. Wednesday the contestants and their state and country directors went to the Broadway play "Cats" sponsored by WBLS. They then continued uptown to Sylvia's Restaurant where they were treated royally to southern Cuisine sponsored by Sylvia Woods. After the meal everyone walked over to the Apollo Theatre where they saw Amateur Night at the Apollo up close and in person sponsored by the Apollo Theatre Foundation. During the show, Jane Jackson Harley (another of Hal Jackson's daughters) was acknowledged for all of the hard work she does to bring acts to the Apollo for Amateur Night and "It's Showtime At The Apollo". She was also given an award from HJTTI for bringing international contestants to the competition. Thursday everyone was exhausted but ready for a luncheon cruise around New York Harbor hosted by Cynthia Horner, Editor of Right On! Magazine where they saw the Statue of Liberty for the second time that week.

A preliminary competition was held on Friday, July 21 where all of the contestants competed and the top 10 contestants were chosen. The top 10 contestants were Miss Minnesota, 14-year-old CherRina Chatam; Miss New York, 16-year-old Crystal Keemer; Miss Maryland 16-year-old Jamie Smith; Miss England, 16-year-old Carla Williams; Miss Nigeria, 17-year-old Chi Chi Nwoko; Miss District of Columbia, 16-year-old Yendi Yarborough; Miss New Jersey, 13-year-old Ebony Mack; Miss St. Kitts & Nevis, 16-year-old Natara Thomas Carr; Miss U.S. Virgin Islands, 15-year-old Nicole Quinn; and Miss Virginia, 14-year-old Andrea Moore.

The week's events culminated in a spectacular star-studded show Saturday July 22 at the Apollo Theatre staged and choreographed by Leslie Dockery. The show opened with all of the contestants representing their respective locations dancing to the tune "Celebrate" by Kool & The Gang with the words changed to incorporate "Hal Jackson's Talented Teens Come On—Let's Celebrate". Along with the Talented Teen future stars performing on the historic Apollo stage were MCA recording group IV Xamplé and Motown recording artists Subway. The show was hosted by Sergio Dean of WBLS and Jason Weaver of Motown. The competition which covers three segments—Appearance, Personality & Achievement, and Talent—was really stiff and the judges who included Dr. Edna Hill, Miss HJTTI 1972; Denise DuMaine Miss HJTTI 1973; Kimberly Brooks Miss HJTTI 1981; Queen Davis Miss HJTTI 1986; and Dr. Barbara Justice had a hard job. An educational cash scholarship of \$10,000 was donated by McDonald's for the top 5 winners. The winners are: 4th runner up, 14-year-old Andrea Moore a Gospel Singer from Virginia; 3rd runner up, Jamie Smith a 16-year-old Modern Dancer from Maryland; 2nd runner up, Crystal Keemer a 16-year-old Gospel Singer from New York; 1st runner up, Natara Thomas Carr, Miss St. Kitts & Nevis, a 16-year-old steel panist; and the 1995 HJTTI winner is 13-year-old Ebony Mack, a Gospel Singer from New Jersey.

Ebony has won a diamond ring and a fur jacket courtesy of Harry Kirschner and Sons. She will be flown to London on American Airlines to experience British cultures. She will also fly to Cairo, Egypt in September and take a 4 day cruise down the Nile to the Valley of the Kings. Ebony has also won a cash scholarship to further her education, and the opportunity of a lifetime.

If you are interested in running a local competition of Hal Jackson's Talented Teens International or know of a young lady between the ages of 13 and 17 with a performing talent who would be interested in competing for the 1996 international crown write to Hal Jackson's Talented Teens International, 1230 Park Avenue, New York, NY 10128 or call 212-592-0413.



The 25th annual Hal Jackson's Talented Teens International competition was held in New York City at the world famous Apollo Theatre. This annual event brought together young ladies between the ages of 13 and 17 from around the world to compete for the international crown. All of the contestants attended a black tie Dinner Dance at Tavern On The Green where Columbia Recording artist Regina Belle performed, took a grand tour of New York, boarded a yacht for a luncheon cruise around New York harbor, attended the Broadway show "Cats" and attended a Fashion Show produced by Jon Haggins. Amanda Stanley, the 1994 winner of HJTTI is shown here crowning the 1995 winner, 13-year-old Ebony Mack from New Jersey while Hal Jackson, President and Founder looks on. Ebony has won a trip to Cairo, Egypt with a 4 day cruise down the Nile and will be flown to London, England courtesy of American Airlines to experience Carnival in London. She has also won a \$5,000 educational cash scholarship donated by McDonald's, a diamond ring, a fur jacket courtesy of Harry Kirschner & Sons, and other gifts and prizes. York. If you are interested in running a local competition or know of a young lady with a performing talent who would be interested in competing for the 1996 international crown write to: Hal Jackson's Talented Teens International, 1230 Park Avenue, New York, NY 10128.



1995 is Gone, 1996 is Here, Hello 1996!

by Eddie E. Richardson

1995. All of our gripes, complaints, frustrations, heartbreaks, and what have you are over, gone, so let's forget it, that's history.

Yesterday is gone, it cannot and will not ever be recaptured and/or relived, so we must be in love with today and make the best of it in order to have a tomorrow. And remember, the only ones who can save us for us is us. 1996 should be the year of positive actions, deeds and attitudes. Let's leave the negatives in 1995 and move ahead with the positives in 1996.

1996 should be the year for Black men to emerge from their shells, get from under the Black woman's skirt and stand on our own two feet. Take the lead and become real men, proud men, not brutes, animals, out men standing tall and positive for something: freedom, justice, equality, family, and community.

It would really be good to see the community as a whole step up to bat and become players and most important to see our ministers or preachers, especially the pastors, take their rightful leadership positions. Let's face it, the Black Press and Black Church have been in the forefront. Everything of any importance to the Black community came out of the Church and supported by the Black Press. Since up from slavery many of our publishers have been and still are preachers. In 1996 we should all collectively take as our personal creed, "If it is to be, it is up to me," and live by and work by it for the good of all of us. We need each other. We must all remember that no matter what the class is the cast is the same... Black... no matter... the... social class... the education... status... financial status... political status... or any other status, or class... the cast... is still... the same... Black... and on any given day as some white people see it you are still just another da... Nigger and don't you ever forget it because on any given day it comes back home to you.

So after all is said and done, have a happy and prosperous new year. We care about you, our readers.

Our recommendation for required reading and movie for race relations: (books) *Black Like Me* by John Howard Griffin of Ft. Worth, Texas, *Soul Sister*, author forgotten; (movie) *White Man's Burden* with John Travolta and Harry Belafonte.

It is all right to be Black and poor in America, just like any other race or group in America. But what is not all right is to be poor because you are black.

QUEEN NZINGHA
QUEEN NZINGHA BEGAN THE FIRST LIBERATION MOVEMENT IN ANGOLA, CENTRAL AFRICA. SHE WAS A WAR AGAINST THE PORTUGUESE SLAVE TRADERS AND DESPITE THEIR OCCUPATION OF ANGOLA, NZINGHA MAINTAINED THE RESISTANCE UNTIL HER DEATH IN 1663.

ALICE WALKER
ONE OF THE MOST IMPORTANT WRITERS OF THE EIGHTIES WAS ALICE WALKER. HER STUNNING NOVEL, "THE COLOR PURPLE," WAS MADE INTO A MAJOR MOTION PICTURE AND SHE WAS AWARDED THE PRESTIGIOUS PULITZER PRIZE FOR FICTION.

Blood Donors to be Honored

For over 50 years, Americans have been donating blood for patients who need transfusions. In the Lubbock area, 150 blood products are needed each day for patients suffering from cancer, leukemia, severe anemia, bone and joint problems, heart disease or trauma and to persons having organ transplants.

In January, United Blood Services joins President Bill Clinton and the American Association of Blood Banks in celebrating National Volunteer Blood Donor Month. During the month, individuals who regularly donate blood to save lives will be honored.

Giving blood saves lives. There are no artificial substitutes. New techniques allowing some patients to donate their own blood and receive it back during or after surgery make more efficient blood utilization possible. Other advances in medical technology are allowing even more efficient use of each unit. However, the demand today is greater than ever, and the nation's supply of banked blood needs constant replenishment. Volunteer blood donors are needed—an estimated 8 million of them this year. While more than half of Americans are eligible to give blood, less than 5 percent actually do.

United Blood Services would like to honor all donors for their generosity. We are inspired by the spirit of community shown by their efforts.

LEGAL MATTERS

BY ATTORNEY GENERAL DAN MORALES

A New Year Brings New Initiatives

As the New Year unfolds, we at the Office of the Attorney General pledge to continue to provide Texans with the best possible child support services. Through innovative initiatives, new legislation, and pilot projects, we are moving aggressively toward a new and refined system of establishing child support orders and collecting child support payments.

Re-engineering Child Support - We recently unveiled a proposal to streamline the child support enforcement program. Currently, about 95 percent of all child support cases are resolved without a contested hearing. Yet all cases must go through the courts, even if both parties agree to a solution. Common sense tells us that we should do everything we can to lighten the load on our overburdened judicial system. Under our proposal, our child support staff would handle many tasks administratively that are currently being processed by Texas courts.

Expanding Caseloads - When the child support program was established in the mid-1970s, Texas courts could easily handle the caseload. But in recent years, we have seen tremendous growth in the number of child support cases—from fewer than 180,000 cases in 1983 to more than 750,000 cases this past fiscal year. This growth more than quadrupled the number of cases having to be resolved by the judges of Texas.

And there will be no slowdown anytime soon. At the current rate, more than 17,000 new cases come into our office every month. More than 96 percent of these come to the agency with no court orders.

New Procedures Mean Faster Service - To streamline the child support enforcement process, I have made the following seven recommendations:

Paternity Testing. The child support enforcement program should have the authority to order paternity testing. Currently, the program routinely files about 1,000 paternity actions per week, resulting in about 500 paternity hearings per week. If it were handled administratively, paternity establishment would be faster and more efficiently.

Cut Needless Red Tape. There is no reason why courts have to be burdened with cases where both parents agree to sign child support orders. Why should a judge be held up by paperwork delays—often for weeks or months—simply to rubber-stamp an order already agreed to by both parties?

Find Non-Custodial Parents Faster. By simply amending the Texas Family Code, the child support program could have more authority to gather information about a non custodial parent's location, employment and ability to pay child support. With this reform, the program could go about the business of tracking down recalcitrant parents without waiting for authority from the courts.

Mandatory Mediation. As a viable alternative to costly and time-consuming litigation, mediation is fast becoming the preferred way to handle disputes. Child support enforcement is no exception.

Enforcement Authority. If the program had the authority to enforce child support orders, collections could be expedited by weeks or months. What kind of authority? Simply to initiate license suspensions, issue wage-withholding notices and file liens when necessary.

Increased Administrative Authority. By giving the program the discretion to determine which cases should be handled administratively and which should be handled by the courts, the program can operate more efficiently. Of course, due process would be preserved because either party could still appeal an administrative decision to a state district court.

Shift the Burden of Proof. If a party appeals a child support order, the burden of proof should be on that party to prove that the order is faulty. In a jury trial, for example, the party should be required to plead and prove his or her claim like any other litigant in a court of law.

The Goal: Helping Texas Children
By creating an administrative structure that compels parties to meet informally, without needlessly involving the judicial process, we can vastly improve the efficiency and effectiveness of child support enforcement. At the same time, every citizen will retain the right to appeal to a court of law in any dispute where the administrative structure fails to provide satisfaction.

To adequately meet the needs of hundreds of thousands of Texas children, we must further improve the system. Thus far, our track record has been successful. In the past five years, our office has collected more than \$2 billion for Texas children. I am extremely proud of this record-breaking total, achieved in the face of an enormous and ever-increasing caseload. But we must always strive to do better.

If we keep our eyes fixed on our ultimate goal—the well-being of our children—then I believe we can, and will, find even better ways to meet their needs.

THIS N THAT

MANY OPPORTUNITIES FOR THE CHATMAN HILL ADDITION! THIS N THAT... sees many opportunities for the... CHATMAN HILL ADDITION... as there is a major partner in the area... PLAINS COOPERATIVE OIL MILL... who will be willing to sit down and see what can be achieved by both groups... that is... the... CHATMAN HILL NEIGHBORHOOD ASSOCIATION... This is no time to... PLAY GAMES... but to sit down and see what can be put into a... POSITIVE PERSPECTIVE... for the future of this area... This area... which goes back to the... 1930s... is an area of Lubbock... which can offer much to the entire city... that is... if the residents of the... CHATMAN HILL ADDITION... would... WORK HARD TOGETHER... THIS N THAT... would like to advise that this will not be an... OVERNIGHT EFFORT... but will take much... PLANNING AND GOAL SETTING... on the part of all parties involved... In... THIS N THAT'S OPINION... THERE IS SO MUCH WHICH CAN BE DONE... AND... ALL CAN BE PROUD... Let's look for something... VERY BIG... to happen in this area of Lubbock... as it will complement what is happening on... PARKWAY DRIVE... with the new library and new grocery store...

REV. WILLIAM HENRY STEPHENS WILL BE MISSED!! THIS N THAT... will miss one of our longtime residents... REV. WILLIAM HENRY STEPHENS... who wrote the column... "PARKWAY MANOR CARE CENTER NEWS"... each week and was an important figure in the... WEEKLY BIBLE STUDY MEETINGS... each Wednesday morning at the center... which was held from 10:15 a.m. until... This was very much needed for those who are residents at the center... and we hope this column will continue by some resident at the center... As I always told... THIS N THAT... take your time when

doing something... in other words... SHOW PATIENCE... in life... and many good things will come your way...

HOPE HE WILL GET BETTER!! THIS N THAT... has a very good friend... REV. EDWIN SCOTT, Sr... who is a patient in the... ST. MARY HOSPITAL... at this report... he is listed in the... INTENSIVE CARE UNIT... THIS N THAT... hopes he will get much better as he has been a... FRIEND... to this newspaper and all of its endeavors... Our prayers go out to you... REV. EDWIN SCOTT, Sr... May God continue to bless you as you are in the hospital...

D.C. KILNER THE BARBER SAYS: SUCCESS... is getting what... YOU... want... HAPPINESS... is wanting what... YOU GOT!

WISHES YOU ALL A HAPPY NEW YEAR! THIS N THAT... would like to take this opportunity... to wish each of... YOU... a most prosperous... NEW YEAR... and may you have many opportunities to do what you would like to do in the new year... 1996... If you believe in what you are doing... there is so much you can do this new year... and as a people we can't help but to move up the economic arena for the future of our community... There are so many... OPPORTUNITIES... in Lubbock for all of us if we would just get busy and make these opportunities become a reality... So take care this new year... and may... GOD... continue to bless each of you...

CHECK OUT THE NEW SHOW! THIS N THAT... has a show on... RADIO STATION... KLF... 1420 AM... which is heard every... SATURDAY NIGHT... from... 7:00 P.M. until... 8:30 P.M.... Give it a listen... and you might enjoy what you hear... Keep in mind the show... "SPEAK OUT LUBBOCK"... and tell someone about the new effort for... 1996... TUNE IN... to... KLF... 1420 AM each Saturday morning...

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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 to the Industrial, Educational, Social, Political, and Economical Advancement of African-American People.

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

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

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

The opinions expressed by guest columns or 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 3:00 p.m. Friday. Advertisement deadline is 3:00 p.m. Friday or if carried ready, Monday at 12:00 noon. Member A.O.I.P. (Assault on Illiteracy Program).
A Community-Building Newspaper

\$20.00 per year—\$35.00 a year



GENERATION CONNECTION Panel Encourages Students to Strive for Success

For the second consecutive year, Turner Broadcasting System, Inc. and A.C. Delco will sponsor a two-hour youth forum for more than 500 Atlanta middle school and high school students on Friday, Jan. 19 at 16 a.m. (ET) at the Omni Hotel at CNN Center. The GENERATION CONNECTION will feature a diverse panel of young leaders discussing critical issues affecting today's youth.

Panel participants include Gaile Aaron, daughter of home run king Henry "Hank" Aaron; Ralph David Abernathy III, son of civil rights leaders the Rev. Dr. and Mrs. Ralph David Abernathy Sr.; Adrienne Belafonte Biesemeyer, daughter of Harry Belafonte; Ernie Johnson Jr., son of sports commentator Ernie Johnson Sr.; and Alfred Liggins, son of radio pioneer Cathy Hughes.

The GENERATION CONNECTION was conceived and organized by TBS Corporate Vice President of Urban Affairs Xermona Clayton.

"These panel members came from diverse backgrounds, but each one faced and overcame challenges growing up," says Clayton. "Through this forum, we hope to motivate, stimulate and encourage students to stay in school, prepare to make a better life for themselves and a better world for us all."

Panelist's biographical information is as follows:

Gaile Aaron—Corporate community affairs manager at America's Favorite Chicken
Ralph David Abernathy III—Georgia State Senator
Adrienne Belafonte Biesemeyer—Founder of private child/family counseling practice
Ernie Johnson Jr.—Host for TNT's coverage of the NFL and NBA
Alfred Liggins—President and General Manager of Radio One Inc.

Turner Broadcasting System, Inc. (TBS), celebrating its 25th anniversary this year, is the leading supplier of programming for the basic cable industry and a major distributor of news and entertainment product around the world.

BETTER BUSINESS BUREAU® REPORT

for December 1995 by Nan Campbell, President

Better Business Bureau® of the South Plains, Inc.

If a "help wanted" advertisement that promises thousands of dollars by locating individuals who are due refunds on Federal Housing Administration (FHA) loans catches your eye, you may want to think twice. The advertisers state that all you need to do is buy their plans and mail out letters advising people that you have found money owed to them by the Federal government. You then keep a portion of the money as your "finder's fee." In most cases, the plans you buy tell you how to contact the government to further learn how to purchase names of individuals who are due refunds from the FHA. For no cost you can contact HUD directly and learn how to purchase lists. There is no guarantee that you will be able to locate anyone on the list. Before you get involved, check them out with the BBB at 763-0439 or (800) 687-7890.

'Tis the season to be jolly and generous. In addition to exchanging gifts with family and friends, many individuals display their holiday spirit by making donations to charitable causes. The Better Business Bureau suggests that you give with your head as well as your heart. There are over 300 known local charities in the South Plains that ask for donations especially during the Christmas season. The BBB has an up-to-date listing of charities that can assist you in exercising good giving practices. Also available is the holiday edition of Give, But Give Wisely which lists national charities. Never hesitate to ask questions about the charity's governance, programs and fundraising. Legitimate charities will be glad to allow you to think about giving and will answer all your questions with facts. Give your BBB a call at 763-0439 or (800) 687-7890 for your free copies of the charity lists.

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James L. Phillips, M.D.
Baylor College of Medicine
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Ulcers highly treatable today

HEALTH FOCUS

These days, ulcers should not make you worry.

With the discovery that most ulcers are caused by the bacterium *Helicobacter pylori*, many myths about these painful gastrointestinal sores are being dispelled.

Further good news, according to Dr. David Graham, an ulcer researcher at Baylor College of Medicine in Houston, is that today, nearly 95 percent of ulcers can be treated successfully.

This is indeed good news

for African-Americans, who suffer from this common malady at rates 38 percent higher than those of whites. About a half a million people in the U.S. develop ulcers each year. Ten percent of Americans will get an ulcer at some time in their life.

Ulcers are no small matter, accounting for \$4 billion a year in medication and hospital costs.

And the pain caused by gastric ulcers can make these sores, typically smaller than an inch across, seem much larger. Ulcers can cause a burning or gnawing pain in the abdomen that can awaken you at night. Other symptoms include loss of appetite, belching, feeling bloated, weight loss, nausea and vomiting. If left untreated, about one percent of sufferers may experience life-threatening conditions

such as severe bleeding.

Ulcers are not caused by spicy food or by anxiety or stress. While *Helicobacter pylori*, a spiral-shaped bacterium that infects through the oral-fecal route, is the most common cause of ulcers, some do result from the use of aspirin or other non-steroidal anti-inflammatory drugs.

Knowledge about *Helicobacter pylori* has changed the preferred treatment from use of antacids that neutralize stomach acids, to the added use of antibiotics which kill the ulcer-causing bacterium. Treatment, which previously took six to eight weeks, takes about two weeks.

So, don't fret about ulcers. Get treated.



741-1000

What do Black men want

by Sandra West

What do black men want? It seems to be the question of the century. Alvis O. Davis answers the query in *Black Men Not Looking For Sex: Why They Commit Forever* (San Jose, California: Zevon Publications 1994) \$12.95/paper. The black women interviewed for this book responded like Moutel Williams-groupies. Or as if they had read nothing more challenging this year than Soap Opera Digest. But don't these answers sound familiar? "Black men want extraordinary amounts of sex," they retorted. Or, "money, honey." Nope. Go to the back of the class. None of the above are correct answers. As a matter of fact, you won't find the answer to "what do black men want" in any how-to book other than the Bible, according to Davis.

"Faith in God" is the surprising, but priceless answer. Why? Because faith in God is so empowering and eye-opening for the woman, first of all, that her strengthening faith will shine a blue light special in the eyes

of a man who insists upon controlling her attempts to keeping her low on his value thermometer.

Mama said there would be days like this, didn't she? Remember those words? Keep him in church, child. If you can't love yourself, no one else will love you. Don't love nobody more than you love yourself. Or, my all time favorite, "No one can ride your back 'less you back is bent." So, stand up straight, sister!

Men are so plagued with problems, according to Davis' investigations into "the way they do the things they do" and are too often problem children for themselves and others. But then, we raise them, do we not?

Seems you need a Ph.D in clinical psychology—or maybe just several readings of *Black Men Not Looking For Sex* will do the job—in order to happily spend the rest of your life with, and grow old with, a black man. Or, better yet, just listen to your Mama.

Combest Frees Texas Motorists from Federal Speed Decree



LUBBOCK—Freeing Texas motorists from the federal speed limit decrees of Washington, the author of the provision, U.S. Representative Larry Combest (R-Texas) unveiled the first of the new Texas-ordered speed limit signs along Interstate 27 Friday afternoon. Combest's provision repealed the January 20, 1974 federally-mandated 55 MPH speed limit. Combest hails the return of legal authority to states as only one of the first of many actions of the new Republican Congress returning decision-making to the people back home.

"When I proposed that the Congress put the states back into the driver's seat, I saw this as the first one of many tangible results this new Republican Congress can deliver to people at home demanding less federal interference," said Combest. "The State of Texas will continue evaluating each of the 77,000 miles of roadway for travel speeds based on their own engineering reviews, instead of having Washington dictating how Texans will travel. Clearly, the recommendations of engineers have led to posting some sections of highway below 70 miles an hour. The point here is that we have returned the right of that decision back to the experts here at home."

Combest praised the support of Governor George Bush, the Texas Legislature and particularly the Texas Department of Transportation for being at the ready to take responsibility back for setting appropriate highway speed limits for the first time in 21 years.

Under Texas law, passenger cars, vans and pickup trucks will have a maximum 70 MPH daytime speed, and a nighttime speed of 65 MPH unless there are engineering, traffic data or safety history reasons to set a limit lower than the state maximum. The state maximum for trucks will be 60 MPH daytime and 55 MPH nighttime.

The first routes will be Interstate Highways and four-lane divided highways within the State of Texas, which represent 10 percent of the road surface but carry 60 percent of the traffic in the state. By March or April, undivided highways and roadways of four lanes or more will have been evaluated.

Can't Help Lovin' Lonette

By Marc Warren
Special to the NNPA

NEW YORK—On stage at the Gershwin Theater in New York City, as the orchestra's overture begins, actress Lonette McKee rushes to get herself ready for the demanding but rewarding role of 'Julie' in the Tony award-winning revival of *Show Boat*. Once on stage, her personality exudes a special blend of sultriness and spice which makes her performance extremely unique.

This superb actress is recreating the role that garnered her a Tony nomination in 1983. Her performance has earned her numerous praise and glowing reviews. She seduces the audience at each performance with her commanding rendition of "Bill" and "Can't Help Lovin' That Man," which is the reason that this multi-talented actress is—yet again—the toast of Broadway.

How does this extraordinary actress feel about the overwhelming raves? "I feel very blessed and very honored," she says. "It's a wonderful experience. It's always nice to be acknowledged for your work."

When McKee first stepped into the role of 'Julie' back in 1983, what she didn't realize was that she was breaking down a barrier that prevented many black actresses from portraying the dramatic role. "I didn't realize that it was ground-breaking at that time," she says. "I don't think we can afford to look at ourselves like that. That's for other people to say, not us about ourselves."

McKee made her Broadway debut on "The Great White Way" in 1981, in the musical *The First*. She was cast as Jackie Robinson's wife

opposite co-star David Alan Grier of *In Living Color* fame. *Show Boat* is the second musical in which she has performed. So far, this talented performer has found musical theater to be very demanding.

"It's a hard medium to work in," she says. "It's very difficult work physically. It takes a lot out of you."

McKee's claim to fame began at age 23, when she was cast in the popular film *Sparkle*. She shared the limelight with cast members Irene Cara, Dwan Smith, Dorian Harewood, and Philip Michael Thomas.

Her critically acclaimed performance in the movie led her to her next role in the movie *Which Way Is Up* with comedian Richard Pryor.

She later went on to delight movie audiences in such films as *Cuba*, *Round Midnight*, *Brewster's Millions*, *Gardens of Stone*, *Cotton Club*, *Jungle Fever*, and *Malcolm X*.

Over the years, many actors and actresses such as Alfre Woodard, Denzel Washington, Bette Davis, Katherine Hepburn and Sidney Poitier have been an inspiration to McKee as a performer. "Many of the great actors and actresses have inspired me," she says. "Many... of all different colors."

After her contract in "Show Boat" is over, McKee has several joint projects in the works with her fiancée, musician Bryant McNeil. Does she plan to return to the Broadway stage in the near future? "I don't know," she says. "I will have to think long and hard on that."

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The Outreach Prayer Breakfast

Lubbock, for a minute, think about the young people you know—those people in your home, those in the church, those who live down the street, those who gang up on the street corners wearing colors, even the ones who bother you because of the loud music. Think of these young people. If you don't have them in your home it doesn't matter, you will be affected by them, wherever they are. A new year—let's face this problem. Honestly, can the church win and hold these young people? For their sake, for the sake of the church, for the sake of the family, for the sake of the community or for the sake of the world.

If we are to answer to this question, we must have some positive answers. Why are young people of this generation rising up, rebelling against what they know is right, rebelling against parents? Young people are idealists, morally and religiously. Youth are always and forever dreamers of dreams, whether they ride in chariots, buggies, automobiles or airplanes. They are old enough to be aware of the problems in the world, and too young to have learned from experience how stubbornly these problems resist all human efforts to change them. But we feel the answer will be loud and clear to young and old this year, keep them lifted up before God. 1 Peter 5:8

Be careful, watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart. Stand firm when he attacks. Trust the Lord, and remember that other Christians all around the world are going through these sufferings too.

In 1996, parents, be sure to teach your children respect. First themselves, and all others, and parents, respect your children.

We will meet Saturday, Jan. 6, 1996 in the home of Mr. and Mrs. Peppers, 2428 E. 30th. Planning on seeing you there.

If you have been thinking about coming, we have a new year. Forgetting the things that are behind us, let's press forward.

Keep smiling and loving people, the enemy will stay confused. Work out these scriptures this year: II Chronicles 7:14, Mark 11:27-26. (Love you.)

D. Hood, President; Christian Rurleson, Vice President; Ernestine Frazier, Secretary.



from the Desk of Parson D.A. Smith Resolutions for African-American Males—1996

- I. I will register so that I may vote. I will go to the polls and vote whenever there is an election in 1996. I will join the NAACP.
- II. I will treat all people and especially African-American males with honor and respect. I will so live by precept and example that my life will demand respect from others. I will not violate another African-American male's space.
- III. I will mind my own business and not plant evil seeds in my community by gossiping, nor will I believe anything discouraging about another brother until I know it to be absolutely true, and even then I will not repeat it to anybody unless I mean to help that person.
- IV. I will not wear my feelings on my sleeve nor carry a whip on my shoulder nor be so sensitive as to look for personal offenses or slights or be envious and suspicious of anyone.
- V. I will wear a smile. When I am gloomy, I will go away rather than inflict the pain of myself on other African-American brothers who have troubles enough of their own.
- VI. I will be kind to others. I will not inflict injury on another's African-American brother's family through the selling of drugs, murder, stealing, or any other evils perpetrated by the Evil One that may become a bitter memory in after years.
- VII. I will not be headstrong and will remember that other people of

different ethnic groups and cultures with different ideas from mine may be right.

VIII. I will play the game of life on the square. I will not impregnate an African-American woman and leave her and the child at the mercy of a welfare system that dehumanizes and leaves them at the base of human society. I will do nothing to discourage an honest African-American male, or offend an ebony angel, or cause a child to weep or go astray.

IX. I will hold my temper even though I am considered in a majority society by many of the same to be a misfit in that which is wholesome. Each night I will ask God to forgive me as I have forgiven my neighbors.

X. I will as an African-American male face the world each morning with confidence, determined to be as true, happy, clean, and brave as I can. Believing in myself, I will not make any excuses nor take a back seat. I will not sit on my loins, but I will strive at all times to be progressive, positive, political and practical.

XI. I will be a volunteer. I will move out into some battle for a worthy cause. I will get under some load of human need and help life, realizing that my personality will break down and my soul shrivel up to dryness if I do not give of myself in some unselfish service.

XII. I will not be too proud or too sinful to pray. Realizing I cannot accomplish these resolutions in my own strength, I will talk to my pastor and make God a partner in everything I do.

PARENTING FOR EDUCATION

By Vivian W. Owens
Special to NNFA

On a busy day it is easy to ignore Cee-Cee's banging a slotted metal spoon against her brother's red wagon. You notice her absent-minded, driven repetition, but you say nothing. At six years old, Cee-Cee can be a handful, and you don't want her screams to accompany her banging should you reprimand her. Doing nothing is easier than doing something on this busy day.

Greg's mother shouted to him to hang up his jacket, but he never looked her way. He continued to handle puzzle pieces as he lay on a soft rug only a few feet away. She gasped, asking, "Don't you hear me talking to you?"

Last year before his eighth birthday, Rodney went with his father to the ophthalmologist for an eye examination. Good vision. No need for eyeglasses. Now, his father notices that Rodney still labors over reading. Frequently, the boy spells orally while he looks at a vocabulary card. Strangely, he is able to spell backward. Instead of spelling "is" as "i-s", he says, "s-i."

Children like Cee-Cee, Greg, and Rodney pass through classroom doors every morning, feeling twinges of fear. They are not sure whether they will cope with all the demands placed upon them, and they feel rising uncertainty about their own abilities. Understanding subject content dwindles and grades lower. Each of them suffers from a disability—Cee-Cee, from a behavior disorder. Greg, from a hearing loss. Rodney, from dyslexia.

Some disabilities catch our immediate attention and receive our prompt solutions. Others cause us to hesitate, because their borderline characteristics could mean something else—a possible discipli-

pline problem. Learning disabilities are often particularly difficult to pinpoint and assess.

In our parenting capacities, we become aware of our children's total needs. We seek partnerships with teachers and schools in an effort to accept their input about our child's needs, and we also seek partnerships with doctors and other medical professionals to help address concerns we have. Disabilities, whether physical, mental, or learning, can carry serious consequences in a learning environment when they are not evaluated in a realistic manner.

If you observe puzzling behaviors in your child, ask a family member or friend to observe also over a period of several days. Compare notes. Follow up with professional consultation, if you both agree that some problem interferes with your child's best performance. On the other hand, although another observer may feel your suspicions lack foundation, obtain professional advice should your concerns (and your child's behavior) continue. Through professional examination and consultation, you learn your role in providing help to a disabled child. Additionally, you will find your teamwork with teachers and schools strengthens your efforts with your child.

Vivian W. Owens is the author of Parenting For Education (\$6), Create A Math Environment (\$13.95), and Nadanda, The Wordmaker (\$16.95). Order by calling Eschar Publications, 1-800-993-7242. Or write P.O. Box 1196, Waynesboro, Va., 22980. \$2 shipping 1st book, \$1 ea. additional book.



We Thank God for Jesus The Prince of Peace!

Revelation 2:2a, 4, JESUS SAID, I know thy works, and thy labour, and thy patience and how thou canst not bear them which are EVIL. NEVERTHELESS I have somewhat against THEE, BECAUSE THOU HAST LEFT THY FIRST LOVE.

When AMERICA started: SHE WORSHIPED AND PRAISED ONLY THE LORD. But as she INCREASED WITH WISDOM AND RICHES, SHE BECAME HER OWN GOD.

Deuteronomy 31, THE LORD SAID, Then My ANGER shall be kindled AGAINST THEM, AND TROUBLES SHALL BEFALL THEM; so they shall say in that day, Are not these EVILS come upon US, BECAUSE OUR GOD IS NOT AMONG US?

AMERICA IS IN TROUBLE; AND EVEN THE BLIND MAN CAN SEE, SHE'S WALKED AND RUN TO GET AWAY FROM GOD; NOW LOOK AT HER MISERIES.

Revelation 3:17, JESUS SAID, Because thou sayest, I am RICH, AND INCREASED WITH GOODS AND HAVE NEED OF NOTHING; AND KNOWEST NOT THAT THOU ART WRETCHED, AND MISERABLE, AND POOR, AND BLIND AND NAKED.

America can do: HEART, EAR, NOSE, KIDNEY, LUNG, TRANSPLANTS, AND SAY SHE'S WISE. THAT'S WHAT THE BIBLE CALLS A FOOL; WHEN HE IS GREAT IN HIS OWN EYES.

Proverbs 12:15, THE WAY OF A FOOL IS RIGHT IN HIS OWN EYES; but he that HEARKENETH (LISTENS) UNTO COUNSEL IS WISE.

OUR TROUBLES STARTED: like when GOD TOLL ADAM, NOT TO EAT OF THE TREE, TODAY: THAT'S CIVIL RIGHTS, AND WE SHALL OVERCOME, HAS PUT US IN MISERIES.

(AMERICA'S RIGHTS ARE WRONG. Woman RIGHTS, Gay RIGHTS, NO SPANKING RIGHTS, Run away RIGHTS, ABORTION RIGHTS, White RIGHTS, SKIN HEAD RIGHTS, BLACK RIGHTS, KKK RIGHTS, NO PRAYER RIGHTS, DRUGS IN SCHOOL RIGHTS, CUT OFF THE PENIS RIGHTS, SHACKING RIGHTS, DRIVE-BY SHOOTING RIGHTS, CHILD MOLESTATION RIGHTS, CONDOMS OR RUBBERS IN KINDERGARTEN RIGHTS, KILL ABORTION DOCTORS RIGHTS, KILL THE FAMILY RIGHTS, DRUG CORNER RIGHTS, SUICIDE RIGHTS, FEDERAL BUILDING BOMBING RIGHTS.)

♦♦♦♦♦
WILL YOUR RIGHTS ROB GOD?
♦♦♦♦♦

The only RIGHT GOD GAVE TO PEOPLE IS: THE RIGHT TO WORSHIP HIM, THAT'S WHY JESUS WENT TO THE CROSS; SO MAN'S SINS CAN BE FORGIVEN THEM.

John 3:17, JESUS SAID, For GOD sent not his SON (JESUS) into the world to CONDEMN the world; but that the WORLD THROUGH HIM (JESUS) MIGHT BE SAVED.

NOW THAT THERE'S TROUBLE EVERYWHERE; IT'S ALL OVER THE LAND, THE GOVERNMENT IS IN TROUBLE; IT WALKED OFF ITS JOB, OF THEIR COUNTRYMAN.

Hebrews 13:5b, 6, For he (JESUS) HATH SAID, I WILL NEVER LEAVE THEE, NOR FORSAKE THEE. So that we may boldly say, THE LORD IS MY HELPER, AND I WILL NOT FEAR WHAT MAN SHALL DO UNTO ME.

And to SOLVE THE NATION'S PROBLEMS; IT WILL TAKE MORE THAN MERE MAN, ONLY GOD HAS THE POWER TO FIX IT; PRAY; AND PUT IT IN HIS HANDS.

2 Chronicles 7:14, GOD SAID, IF MY PEOPLE, which are called by MY NAME, shall HUMBLE THEMSELVES, AND PRAY, and seek MY FACE, and TURN (REPENT) FROM THEIR WICKED WAYS; then will I HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SIN, AND WILL HEAL THEIR LAND.

With all the TROUBLE IN THE LAND, AND IT ALL SURROUNDS YOU AND ME, BUT MY MIND AND SOUL IS AT PEACE; BECAUSE OF MAN CALLED: PRINCE OF PEACE.

John 14:27, JESUS SAID, PEACE I LEAVE WITH YOU, MY PEACE I GIVE UNTO YOU; NOT AS THE WORLD GIVETH, GIVE I UNTO YOU, LET NOT YOUR HEART BE TROUBLED, NEITHER LET IT BE AFRAID.

♦♦♦♦♦
I'M JUST A NOBODY, TRYING TO TELL EVERYBODY, ABOUT SOMEBODY, WHO CAN GIVE PEACE TO ANYBODY.
♦♦♦♦♦

Matthew 11:28, JESUS SAID, COME UNTO ME, ALL YE THAT LABOUR (WORRIED) and I WILL GIVE YOU REST.

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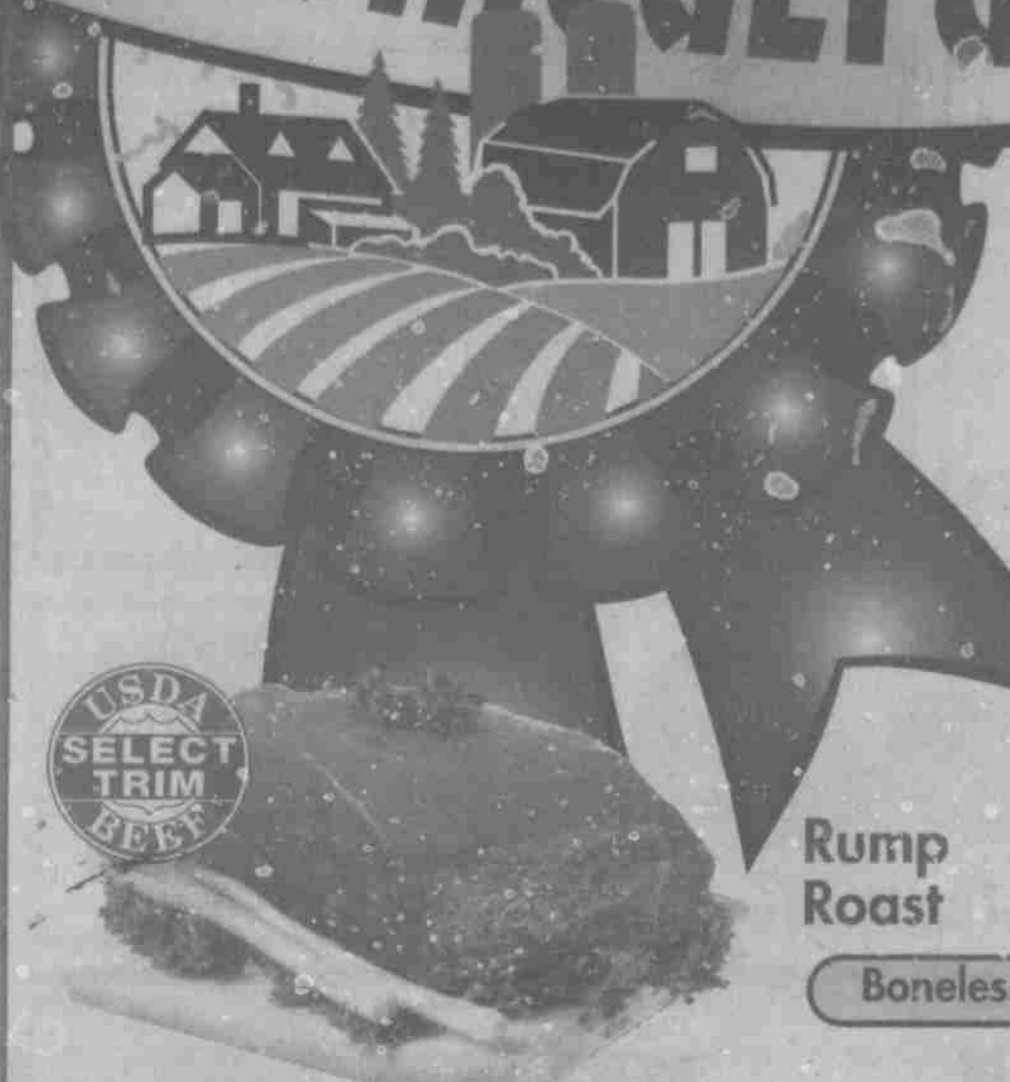
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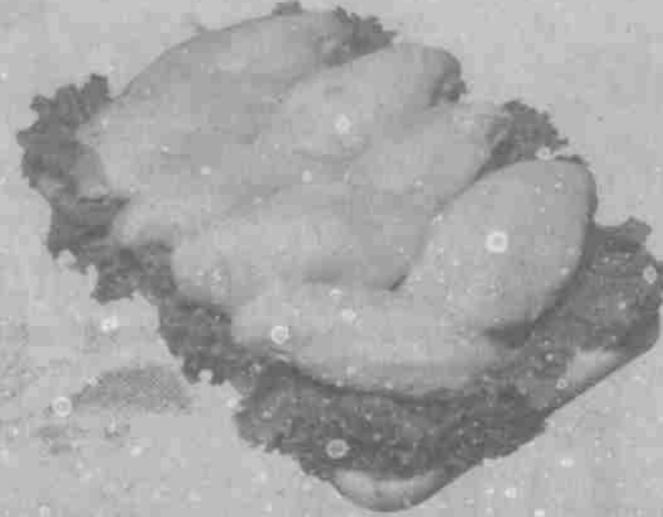
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