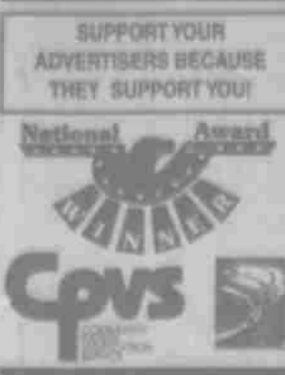


If you are a drug dealer, and you are poisoning the minds of our young people, and destroying their health and growth as well as their heritage, we (The Southwest Digest) will expose you.  
**WE ARE WATCHING YOU!**



# Southwest Digest

November 25-December 1, 1999

**50¢**  
 Worth More!  
 902 E. 28th Street  
 Lubbock, Texas  
 Phone (806) 762-3612

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

## BUSINESS EXCHANGE

### "THANKSGIVING THANKS" FOR DRUG-FREE FAMILIES

Parent Power Can Stop Alcohol, Tobacco and Illegal Drug Abuses, plus AIDS

Delray Beach, FL.....November 3, 1999.. The following Thanksgiving Thanks are dedicated to the memory of Ruth Harris-Shaw's father, Lee Harris, who died over 25 Thanksgivings ago, and her late mother, Mildred, who lived and acted in total agreement. Ruth, Founder of Family Life International and "Hugs Not Drugs", says, "Parents do have the power to shape their children's lives, for better or worse. So, accept the responsibilities and pleasures of Parent Power now."

1. Thanks for hugs and kisses for little children, grown children and grandchildren.
2. Thanks for being the person you want your child to be. You are your child's first and best role model.
3. Thanks for talking openly and frequently about the negative affects of alcohol and other illegal drugs. Knowledge is power
4. Thanks for discussing sexual protection at the appropriate age. Early is best. If you wait, are you willing to be called "Grandpa or Grandma"
5. Thanks for being available to talk with children at all times. Teens' number one complaint is they can't talk to their parents.
6. Thanks for listening to your child without judgment nor criticism. To improve your skills in this arena, take a course, or see a counselor.

7. Thanks for educating your child on how to say no to drugs, alcohol and unsafe sex. Use the Hugs Not Drugs Family Workbook activities with your child. Start at age 7.
8. Thanks for zero tolerance for smoking and alcohol for children and illegal drug use for everyone. Thanks for not smoking, or using alcohol and illegal drugs. Thanks for never inviting friends or relatives, who do, to your home.
9. Thanks for being totally responsible for your child's behavior and knowledge. If you don't educate your child early, others will do it for you sooner than later.

10. Thanks for not leaving your child's education and protection against smoking, alcohol and illegal drugs, plus AIDS prevention, up to schools, churches, Scout groups, etc. Start early. Use Parent Power to protect your child

Listen with your family to the syndicated "Ruth & Ed Shaw Show", a three-hour talk radio show, sponsored by the non-profit, Family Life International, Inc., Sundays, 12:00-3:00PM. On Sunday's call toll free, 1-888-822-TALK. Check local listings or listen at the web site, <http://www.talkamerica.com>. The show is also heard in South Florida on WAXY 790 AM, Saturdays, 5-8:00PM.

Be a Hugs Not Drugs Club Family Member. Obtain your Hugs Not Drugs Family Survival Kit from Family Life International, Inc. To order your membership by credit card, call 800-700-6697, M-F, 10:00am to 6:00pm. To send your donation, or for free details, write to: Hugs, 75 N. Federal Hwy., Suite 114, Delray Beach, FL 33483.

Available via e-mail on request. Written By: Ruth Harris-Shaw. Founder/Executive Director Hugs Not Drugs Project Family Life International Inc. 75 N. Federal Highway, Suite 114 Delray Beach, FL 33483

## McCafferty Honored Here "La Grande Affaire"



After 19 years of hard work, J. W. McCafferty was honored by the Chapel Hill Neighborhood Association recently for his hard work. "I am honored with this special honor," said McCafferty. "It has been a pleasure for me to work for the citizens of our neighborhood. I am just a worker who wants to see things happen," concluded McCafferty.

From 1980 to 1999, McCafferty has worked untiringly for the citizens of Chapel Hill Neighborhood. This special presentation was presented because of his "Outstanding Service To Chapel Hill Neighborhood Association."

## Littlefield Residents Against Drugs & Gangs



Pictured above is Mayor Pro Tem Van Ashley who is shown above leading a rally against the drugs and gangs in the City of Littlefield, Texas. The Southwest Digest appreciates his efforts to fight against the evils which hamper the lives of young people in our community.

## Michael Chatman Named "Cougar King"



Congratulations to Michael Chatman, Jr. of Lawton, Oklahoma. On October 29, Michael was selected as "Cougar King" for Central Junior High School, where he is a ninth-grade student. Michael was nominated by his teachers based on his Grade Point Average, Leadership, and Citizenship. He was then selected by popular vote among the students from nine candidates. This is only one of many achievements Michael has accomplished. Among some of his achievements are, Michael currently has a 4.33 GPA, he has been a member of the Central Academic Team for the past 2 years, a member of the National Junior High Honor Society, with 2 letters, a percussionist in the Honors Band for 2 years, he is President of the Central Junior High Chapter of the Open Doors program, an organization that encourages student

to attend college, Captain of the Central Junior High Stomp Team, better know throughout the state as the "Blue Crew", and a member of the ninth-grade basketball team. Michael has also been recognized by the National Scholastic Academy of Math, for his exceptionally high scores and will appear in its National Who's Who publication in January 2000. On October 30th, Michael became a member of the Epsilon Delta Chapter of the National Sorority of Phi Delta Kappa, Inc. Kudos. A National Sorority of Teachers, that work diligently with young black men and help prepare them for college and the world of work. One of the highlights is the organization takes these young men on annual trips visiting different university's and HBC's throughout the country and help them in obtaining scholarships. Michael is a member of Bethel Church of God in Christ, where is a member of the Choir, and the renowned Rhythmic Expression Group. A gospel group that does gospel interpretative dance to gospel music. The group has performed in several states in the Southwest and has performed in Lubbock. Michael currently plans on attending a major university, and Majoring in Microbiology.



"LaGrande Affaire" - Sony Music Entertainment Inc. once again hosted their exclusive black-tie gala during this year's 29th Congressional Black Caucus Foundation (CBCF) Annual Legislative Conference. The gala, appropriately titled, LaGrande Affaire Moroccan Nights, transformed the Meridian International Center into the Marrakech Market complete with an Andaloucian Ensemble (which flew in from Morocco), belly dancer and special guest performance by actress-comedienne, Phyllis Yvonne Stickney. Nearly 1,000 prominent dignitaries and White House officials attended the grandiose event. Pictured above (left to right) are: Dr. Charles Franklin, Alexis Herman, Secretary of Labor, LeBaron Taylor, Sr. VP, Corporate Affairs, Sony Music Entertainment Inc. and Kay Lovelace - Taylor.



"LaGrande Affaire" - Pictured above (left to right) are: actress-comedienne, Phyllis Yvonne Stickney, LeBaron Taylor, Sr. Vice President, Corporate Affairs, Sony Music Entertainment Inc. and Kay Lovelace-Taylor.

## Host Families Needed for Spring Semester, 2000

The SHARE! High School Exchange Program needs families to host high school exchange students for the Spring Semester of the 1999/2000 school year. The students will arrive in late December, 1999 or early January, 2000 and will stay with their host family until the end of the school year.

The SHARE! High School Exchange Program is sponsored by Educational Resource Development Trust (ERDT), a non-profit educational foundation that has been promoting intercultural exchange for 25 years. The students are between 15 and 18 years of age and are eager to live with a family and learn about America. They are in need of caring families to provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life with a youngster from overseas. They are carefully selected, speak English, have their own health insurance and spending money.

Families are able to review student applications and select the student they feel will best match their own interests. For more information call the ERDT Southwest Regional Office at 1-800-414-3738.

**IF YOU FIND MISTAKES**  
 IN THIS PUBLICATION PLEASE CONSIDER THAT THEY ARE THERE FOR A PURPOSE. WE PUBLISH SOMETHING FOR EVERYONE, AND SOME PEOPLE ARE ALWAYS LOOKING FOR MISTAKES!

## Shopping Wisely Will Ensure "Many Happy Returns"

Lubbock, TX, November 8, 1999 - Shopping options have never been greater. This holiday season, consumers will shop at stores in malls; place orders by mail, fax or phone; and use their computer to purchase gifts for friends and family.

"No matter their means or method of shopping, wise consumers will avoid post-holiday hassle by asking two important questions up front: what is this merchant's record in the marketplace? And, what is this merchant's refund and exchange policy? Knowing the answers ahead of time will save both time and money," said Nao Campbell, president of the Better Business Bureau of the South Plains (BBB).

**CHECK ON THE BUSINESS'S RELIABILITY** - "The single best piece of advice we can offer to shoppers is to purchase from businesses and stores that you know to be reliable or whose record in the marketplace can be confirmed with a trusted organization," Campbell said. Before you do business with an unknown company, call the BBB for a report or visit our web site at [www.bbbsouthplains.org](http://www.bbbsouthplains.org)

**REFUNDS AND EXCHANGES** - For many happy returns the week after Christmas and all year long, the BBB advises consumers to obtain information about the merchant's refund and exchange policy before making a purchasing decision. It's often a misconception that a store is obligated to accept items for refund, exchange or credit. That is the case only when the item is defective or was misrepresented. It's perfectly legal for a store to have a "no return" or "final sale" policy. Consumers need to ask what that policy is.

- GET CLARIFICATION** - Before you reach for your wallet, whether it is in a shop in the mall or when you're sitting in front of your computer monitor, the BBB advises consumers to ask:
- 1) What is the store's return policy?
  - 2) May I exchange the item for another like it?
  - 3) May I return the items and buy something else?
  - 4) Will the store give me my money back if I make a return?
  - 5) Is this a "final sale" item and what does that mean?

**HOW DO I USE MY RETURN PRIVILEGES?** - Save your receipts as well as keep the packaging and tags.

**ABUSES COST EVERYBODY** - Individuals who abuse generous return policies extended by some stores are making it more difficult for all customers to return items. Returning items without a legitimate excuse may cause the cost of that merchandise to increase in the future.

**WARRANTIES OR GUARANTEES** - Warranties and guarantees are different from store refund and exchange policies. Regardless of store policy, if you have a problem with something under manufacturer's warranty or guarantee, the manufacturer should honor it. "Read the warranty or guarantee to find out whether the item may be returned to the store where purchased or any authorized dealer for repair of replacement. In some cases, warranties require consumers to mail the product to a manufacturer or other business in order to receive monetary refunds, credit or product replacement," said Campbell.

## Ruby Jay's Corner



The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People Really Care," and Rev. Billy R. Moton is the proud pastor. All are inviting you to attend if you are looking for a church home. If you attend, you will be glad you did so.

Services began last Sunday morning at 9:30 a.m. with the beginning of Sunday School with the instructional assistant superintendent presiding. After 30 minutes of instruction, teachers and students reassembled marching and singing "Joshua Fought The Battle of Jericho to the main auditorium. Brother J. C. Quigly gave the prayer.

Highpoints of the morning lesson were given by members of the Adult Class.

The Men's Class presented Sister Lena Sheffield with a lovely gift. She is always - present in Sunday School and is always helping her church. What a wonderful and lovable person she is.

Secretary's Report: Youth Department — Senior Class retained Offering Banner. The Intermediate Class retained the Attendance Banner. Adult Department: Adult Class No. 2 received the Offering Banner.

Devotional services were conducted by the Praise Team of New Hope Baptist Church, with Brother and Sister Ernest Swain conducting.

The Senior Choir marched in the processional singing out of their hearts. Altar prayer was offered by Rev. Jeff Brown. A song, "God Is Good," was sung. Scripture was read by Sister Debra Williams with prayer given by Sister F. Stokely. Another song, "God Is Holy," was sung by the Senior Choir.

The responsive reading was done with the congregation standing and led by Sister Lavern Williams. The morning was "Standing In The Need of Prayer." Pastoral observations were given by Pastor Moton. Another selection, "Tell The World I'm Blessed," was sung. The hymn of preparation was "Have Thine On Way."

Pastor Moton's sermon was entitled "Will Thou Be Made Whole." His scripture text was St. John 5:1-9. It was a wonderful message. We are so thankful to have our Pastor back in the pulpit. We can tell the world, Pastor Moton is one of God's children.

An invitation to discipleship was extended and several came for prayer. Another came for redication of their life.

We say thanks to you, DeAndre Wilbon, for moving on! She's a nurse now. She's a Registered Nurse. Praise God!

Let us continue to pray for our sick and shut in citizens in our community and other communities.

Carolyn Rollison is spending Thanksgiving with her parents, Mr. and Mrs. Richard Rollison. Carly and her twin nieces attended services at New Hope last Sunday evening.

Happy Thanksgiving to all of you!

## Patti Austin



One of pop and soul music's leading ladies, songstress Patti Austin presents an album of heart-hitting to soul-soothing performances that tell both sides of the story of love as only Patti can. In this, her first Concord Vista recording, Patti's tour-de-force interpretations combine with her considerable writing talents to produce a rhythmic, romantic and passionately rendered look into the hearts and lives of people everywhere who have ever been "In & Out Of Love."

## Blacks Outpace Whites In Dollars Spent On Computer-Based Products

Chicago — Thanks to a strong economy, African-American households enjoyed a bigger increase in income last year than white or Hispanic households. According to the newest edition of the annual report, "The Buying Power of Black America," total earned income for African-Americans grew to \$441 billion in 1998, a 12 percent increase over the previous year.

These strong earnings provided black consumers with the confidence to spend aggressively in a number of product categories. However, the most dramatic increases were in computer-based products, with expenditures last year totaling \$1.3 billion. That's an average increase of 143 percent over the amount spent in 1997. During this same period, white households increased their spending on computer-related items by an average of only 10 percent.

"There is no so-called digital divide when we talk about the rate at which African-Americans are purchasing computers and logging onto the Internet," said Ken Smikle, editor of the report and president of the Chicago-based research firm, Target Market News, which published it. "Not only do black consumers recognize the value of this technology, but they are acquiring it at an unprecedented rate."

## Women's Health Focus

Fifteen years ago I gave up cigarettes during the Great American Smokeout—an annual American Cancer Society event to encourage smokers to become ex-smokers.

It wasn't an easy thing to do. I had smoked my way through college and graduate school and kept saying I would quit "one of these days." My target dates for quitting kept getting postponed. "I'll quit when I get pregnant" or "I'll quit when I move into a new house" were reasons tied to events that seemed comfortably far away. But at age 30, without children and still living in an apartment, I heard about the Great American Smokeout.

First, I told all my friends about my decision to stop smoking. This enabled them to offer moral support and distractions. To satisfy the craving for that comforting feel of a cigarette in my mouth, I chomped on carrot and celery sticks and sucked on sugar-free candies.

Fearing the weight gain that many former smokers complain about, I started to exercise more. The weight gain is not just due to eating more; the elimination of nicotine slows down the body's metabolic rate. Staying active is the best way to compensate. I also drank lots of water to flush out the toxins that had accumulated from so many years of smoking.

Despite all these helpful

The sixth annual edition of "The Buying Power of Black America" shows that African-American households continued to outpace their white counterparts in most communication and information technology areas.

- The amount spent by African-Americans for Internet services grew 140 percent, while whites boosted their spending by 57 percent.
- The dollars African-Americans spent for computer hardware grew 196 percent, but increased on 6 percent for white households.
- Black households increased their spending on cable TV services by 14 percent, while whites increased by 9 percent.

Among the other product categories in which African-Americans significantly increases their spending were books, cars, consumer electronics, home furnishings and charitable contributions.

The number of black women who were wage-earners grew by 67 percent and continued to grow faster than number of black men in the workforce.

"The Buying Power of Black America" is published by Target Market News, the nation's most widely-quoted research firm on trends among African-American consumers. Additional information on the report can be found at [www.targetmarketnews.com](http://www.targetmarketnews.com).

techniques, the first few months were hard. It would have been so easy to give in to temptation, but I remained determined and took it one hour at a time. That turned in to one day at a time, and all of a sudden, I had been an ex-smoker for more than a decade.

This year's Great American Smokeout is Nov. 18. I urge you to take advantage of a great opportunity to make your life a lot healthier.

Lung cancer is the No. 1 cause of cancer death in women. Smoking also increases your risk of heart disease, osteoporosis and skin damage. For pregnant women, it raises the risk of having a miscarriage or a low birth weight child.

Quitting has other benefits as well: clothes that don't smell like smoke, whiter teeth, fewer wrinkles, no early-morning smoker's cough, no huddling outside in the smoker's section, and cigarette money that can be spent on rewarding yourself. You'll also be setting an example for your children, who develop behaviors by watching, not listening, to you.

I know what it's like to be in your shoes, and on Nov. 18, my thoughts and good wishes will be there for those of you who have committed to changing your life for the better.

## Gun Crime Means Hard Time

Q: I have heard something about a new program that is meant to fight gun crimes. Can you explain it?

A: The Office of the Attorney General has received a grant of \$1.6 million for a project called Texas Exile.

Exile is a zero-tolerance program to get illegal guns off the streets and out of the hands of criminals. When an armed criminal is arrested, he or she will face swift prosecution and stiff mandatory sentences and be exiled from the community.

This grant will fund eight special prosecutors whose job will be to crack down on criminals who use guns. These special prosecutors will work with all four assistant US attorneys in the state as well as several district attorneys to prosecute these criminals.

Under Texas Exile, when law enforcement officials catch a criminal using a gun while committing a crime, they will refer the case to these specialized prosecutors. These prosecutors will use federal gun statutes to seek the longest possible sentence for these criminals. Not only will criminals be put in jail, they will be in jail longer.

In many cases, convicted felons, drug dealers and persons convicted of domestic violence who are caught with a gun, will be sentenced to five years in federal prison. If convicted felons are involved in illegal acts when arrested, they will serve even longer sentences.

In addition, Texas Exile will help to prevent homicides before they occur by strictly enforcing laws that prohibit convicted felons from

possessing a weapon. Persons convicted of domestic violence or subject to a family restraining order will also face tougher, mandatory sentences for weapons possession.

By using these standards, habitual offenders will be kept off the streets, and potential offenders will be discouraged from committing weapons-related crimes by the potential of long jail terms.

Texas Exile is based on Project Exile, a successful program that was started in Richmond, Virginia in 1997 to reduce gun crime.

At the time, Richmond had the second-highest murder rate in the country. Since 1997, over 300 criminals in Richmond have been sent to jail. The city's murder rate has dropped by a third and violent crime has dropped by 50 percent.

In addition to the sentencing phase of Texas Exile, the program will feature a public awareness campaign aimed at criminals. I will be taking the program's slogan, "Gun Crime Means Hard Time," to the streets through billboards, posters on public transportation and newspaper ads. This public awareness campaign tells criminals that if they commit a crime with a gun, they will spend time in jail.

The posters, billboards and ads will also include a toll-free hotline for tips on illegal weapons.

Texas Exile sends a clear message to convicted felons and drug dealers. If you carry a weapon in Texas, you'll do hard time in jail. I want to thank the Governor, federal and state prosecutors and local law enforcement officials for their support in this important effort. We will make our streets safe for the law-abiding citizens of our state.

## Teachers Can Also Win Computers

New York, November 18, 1999: [www.ALFY.com](http://www.ALFY.com), the Kids' Portal Playground, developed for young children to safely and easily surf the web, today announced its online Teach, Learn Communicate Center (TLC). The center gives teachers all the Internet resources they need, in one spot, and at no cost.

Also, the program is being launched in conjunction with ALFY's Teachers' Sweepstakes, providing teachers a chance to win a laptop computer, plus ten new desktop computers for their school's computer lab.

ALFY's team of educators has created the online, one-stop center, ALFY's TLC: Teach - strategies, activities and ideas to integrate technology, Learn - professional growth and development, and Communicate - tools to communicate, communicate technology effectively. By simply logging on to [www.ALFY.com](http://www.ALFY.com), and clicking on the Teachers icon, educators can enter the "ALFY in the Classroom" section, which is organized by curriculum-based themes. There is an Activity Center, dozens of ideas for Internet based lessons, a web-linked Activity Section, and a compilation of relevant, age-appropriate Lesson Plans, including a Lesson Planner and Lesson Template. Teachers can, in twenty short minutes, build a homepage for their class; thereby, effectively providing youngsters with invaluable computer-based training. In addition, ALFY's "Cybrarians" have done extensive research, and have pre-screened thousands of websites, providing over 2,000 links with entertainment and educationally oriented websites.

"Navigating the Internet can be frustrating enough for a Harvard grad, so imagine how daunting this task can be for a six-year-old," remarked Jeff Moss, Director of Education for ALFY.com.

"With ALFY's TLC program we are giving teachers the tools they need to help young children experience the satisfaction and thrill of the web, and our ALFY Teachers' Sweepstakes allows ALFY, Inc. to do something positive for schools."

ALFY's Teachers' Sweepstakes provides a chance for more schools to get wired by winning a laptop of the teacher, and then desktops for the school's computer lab. In fact, the more teachers from a given school that enter the sweepstakes, the greater the chances of winning. The sweepstakes is open only to licensed, full-time teachers in grades K-12, now through February 29, 2000. Limit one entry per teacher. Teachers can enter by logging onto [www.ALFY.com](http://www.ALFY.com), clicking on the "Teachers" icon, clicking on the sweepstakes icon, and then filling out the sweepstakes entry form. Entries can also be received by mailing a card to: ALFY, Inc., Teacher's Sweepstakes, P.O. Box 2297, Maple Plain, MN 55593-2291.

Founded in 1998 and based in New York City, ALFY, Inc. is a privately held Internet Media company, and web portal for kids that provides comprehensive online entertainment and educational solutions for young children. ALFY.com, The Kids' Portal Playground, features the breakthrough concept of organizing the Internet via pictures and audio instead of words and offers a safe, controlled Internet experience to children. ALFY encourages children to explore, learn and play online through its original content and unique activities. The site is produced and guided by a group of leading educators, artists and child development specialists, and is the first portal designed entirely from a kid's perspective.

## Seniors Praise Combest On Social Security

Washington, D.C. — "Thank you Representative Larry Combest, you and your colleagues did what you said you would. You put a stop to the raid on Social Security and for that monumental milestone, senior citizens are grateful to you."

Those words of praise were heaped on Combest and others recently by the president of a senior citizens organization as the first session of the 106th Congress came to a close.

60 Plus President Jim Martin stressed his group is non-partisan, honoring Members of Congress in both parties with its Guardian of Seniors Rights Award, but, Martin emphasized, "In this instance, we thank the Republicans for this historic achievement. In my 37 years of working on or around Capitol Hill it's been a little publicized fact that for more than 30 of these years, the other party has dipped into Social Security funds to pay for non-retirement programs."

Martin added, "I also personally thank Representative Combest on behalf of not only 60 Plus but my favorite senior—who's 80 plus—my mom. My wife and I also thank you on behalf of our children and eight grandchildren."

Martin called Rep. Combest "a proven fighter for seniors" and said Combest's work to "stop the raid provides one more solid reason why seniors know they can count on Rep. Combest."

"Seniors thank you from the bottom of their hearts. We believe your action effectively ends the other party's 30 year raid on the Social Security Trust Fund, making it truly a Trust Fund, not a Slush Fund. As Speaker Dennis Hastert (R-IL) has said, 'we have turned a corner by protecting the Trust Fund and we will not turn back.'"

"The days of Congress using these surpluses as their own personal piggy bank, for their favorite spending projects, are over," Martin concluded.

The 78-year-old honorary chairman of 60 Plus, former Rep. Roger Zion (R-IN), who served in Congress in 1967-75, was in town from Evansville for the occasion, and he termed stopping the raid "a major victory for seniors." Zion said he's watched Rep. Combest's career and "you can depend on Larry Combest to do the right thing for senior citizens."

## Garden and Arts Center Announces Holiday Workshops

LUBBOCK, TEXAS — The Lubbock Municipal Garden and Arts Center will host several creative workshops this holiday season for adults and children. Participants will have the opportunity to make a variety of holiday related items including wreaths, ornaments and jewelry.

On Monday and Wednesday evening, December 6th and 8th, from 6:00 - 9:00 p.m., local mixed media artist Florence Lawrence, will instruct a Copper Enameling workshop for adults. Participants will learn the art of copper enameling and will be able to make several items such as jewelry, pins, ornaments or belt buckles. The fee for this two evening workshop is \$30 and all supplies are provided by Lawrence.

Floral designer Connie Holland will instruct a wreath-making workshop on Tuesday, December 7, from 6:00 - 8:30 p.m. Participants will learn the basic elements of design while they make their own holiday wreath. This workshop costs \$15 and a supply list is available.

On Monday and Wednesday evenings, December 13th and 15th, from 6:00 - 9:00 p.m., Florence Lawrence will lead a Mosaic Tile Workshop. Participants will make their own mosaic ornaments for their tree or to give as presents. The fee for this workshop is \$30 and all supplies are provided by the instructor.

Lawrence will also teach two Creative Spirits Holiday workshops for children ages 6 - 12 years old. These workshops will take place on Saturday mornings, December 11th and 18th, from 9:30 - 11:30 a.m. Participants will create a mixed media piece of art with Holiday themes. The cost for each workshop is \$10 and all supplies are provided by Lawrence.

Please call ahead and register for all workshops. For more information about our programs or events, please call the Garden and Arts Center at 767-3724.

**Keeping an eye on Texas**

**Adoptive children find homes in Texas**

November is National Adoption Awareness Month. In 1998, Texans adopted 7,097 children. Of those, 3,434 were children adopted by relatives, and 3,663 were children adopted by non-relatives. There were 621 foreign born children adopted in Texas.

The Central Adoption Registry is part of a voluntary mutual-consent system that enables persons who are 18 yrs or older to list their name on the registry to locate other family members who are also listed. The unique registry is the only one that has the authority to request a search of sealed or confidential records to confirm a match.

For more information:  
Texas Dept. of Health—Bureau of Vital Statistics  
Central Adoption Registry  
P.O. Box 140123  
Austin, TX 78714-0123  
512-455-7388  
[www.kdr.state.tx.us/bvs](http://www.kdr.state.tx.us/bvs)



SOURCES: Connie Keaton Hylander, Texas Comptroller of Public Accounts ([www.auditor.state.tx.us](http://www.auditor.state.tx.us)), and Texas Department of Health.

## Holiday Season & Stress Contribute to Nation's Bulging Waistline

For many, the holiday season represents the most joyous of occasions, complete with festive cheer and delight. Despite this, millions suffer severe emotional despair during this otherwise spirited season. The holidays often conjure such anxiety-laden stressors as money, shopping, family, meal preparation, cleaning and traveling. In fact, a recent poll conducted by Prevention Magazine found the holiday season remarkably stressful for 41 percent of Americans.

Weight Watchers Enterprises, which operates centers throughout the Southeast and Southwest United States, recognizes the risks associated with overeating caused by holiday stress and depression. Thus, Weight Watchers centers in the Southeast and Southwest are prepared to address this trend with proactive steps to combat holiday stress and unhealthy food consumption.

A 1996 Duke University study of obese men and women found 65 percent of the subjects reported a history of emotional despair. A known food trigger, stress is the leading cause of the holiday bulge. For many, holiday meals and snacking are sought as an emotional crutch to soothe increased holiday stress. The average American gains

7 to 10 pounds between Thanksgiving and New Year's Day. Most people will consume approximately 500 extra calories every day during the holidays, which in a week's time translates into 3,500 calories or 1 pound. Easily the rich foods, cookies, candies and traditional holiday feasts have a definitive impact on weight gain.

Considering one in five adults is obese in America (as reported in a recent Journal of the American Medical Association), Weight Watchers Southeast has taken serious strides to curb food abuse this holiday season with sure-fire tips to reduce holiday stress and promote healthy eating.

"Weight Watchers programs extend far beyond meal preparation and calorie counting. We address the adverse behaviors that contribute to weight gain in an effort to modify lifestyle patterns," said Anne Churchill, spokesperson for Weight Watchers Enterprises. "As children, food was most often offered for comfort and through repeated reinforcement, these behaviors have become routine. The Weight Watchers program teaches behavior modification as we attempt to amend poor eating habits." Weight Watchers offers the following tips to help cope with

holiday stress:

- \*: Review your schedule. Each morning organize your day, allowing a greater feeling of order and control.
- \*: Delegate responsibility. List all your responsibilities that can be delegated or shared. For example, your spouse or children may clean the house or help with the shopping.
- \*: Set priorities. This means listing daily activities according to their importance. This helps ensure that the most important tasks get done.
- \*: Try different routines. Try switching some of your chores to weeknights so you can relax on the weekends, and vice versa. Experiment to see what works best.
- \*: Get physical. Physical activity can reduce the stress you feel. Incorporating physical activity can also serve as a distraction, giving you a "mental break."
- \*: Reduce stress by changing self-talk. Identify negative extreme thoughts and learn to counter them with positive thinking and affirmations.
- \*: Relax through deep breathing and visualization. Inhale slowly through your nose. Then, exhale slowly through your mouth while contracting the stomach. Visualize the tension and stress flowing out of your

body with your exhaled breath. Repeat as often as needed.

\*: Get your feelings "out in the open." Simply write down all the thoughts that are going through your mind. Just the process of expressing your feelings on paper can help you view your situation more objectively to better remedy any stressors.

When dealing with lapses while coping with stress, cravings and urges will surface. Aptly identifying these situations may be the difference between zero weight gain and 10 extra holiday pounds. Weight Watchers programs encourage the following tips to battle holiday stress-cravings:

- \*: Acknowledge the craving. Ignoring the craving may increase its intensity.
- \*: Avoid self-judgements. Remind yourself that cravings are normal and require attention.
- \*: Remain calm.
- \*: Consider the consequences. Simply ask "How will this affect my weight loss and motivation?"
- \*: Step into action. Determine whether the food craved is within guidelines. If so, eat it in the appropriate portion size. If not, seek an appropriate alternative such as pretzels instead of chips, or nonfat yogurt instead of ice cream.

## DogonVillage.com Develops Free Websites

Dedicated to "bridging the digital divide," the Benjamin E. Mays National Educational Resource Center (BEMNERC) provides free web pages, hosting, and technology training to minority organizations, churches, and businesses becoming members of the Dogon Village. Located at [www.dogonvillage.com](http://www.dogonvillage.com), the Dogon Village is an Internet community connecting users to links related to people of color across the African Diaspora. For more information on a free membership please call 404-228-6269 or email [production@dogonvillage.com](mailto:production@dogonvillage.com).

The project, underwritten by major corporations including Tri-State Design Construction Company, Inc., seeks to bridge the inequitable patterns of Internet access and usage among people of color. According to BEMNERC executive director, Felicia Davis-Gilmore, "By providing training to underprivileged youth and young adults, we hope to make a major impact in bridging this gap. Additionally, the Internet serves as an excellent vehicle for disseminating information related to jobs and education, however, we first have to make sure that everyone in our community has access to the technology, and a place on the world wide web." A visit to [www.dogonvillage.com](http://www.dogonvillage.com) connects

users to information on college entrance, scholarships, jobs, at-risk youth, the African Diaspora (Caribbean, South and Central America, Africa and the Pacific Islands), history, events, film, music, video, books, art, and a section just for kids. The training sessions are conducted in youth centers and schools with limited access to new technologies. For information on submitting content, including links to your site, articles, news, pictures, audio and video, please call (813) 6942824 or email [press@dogonvillage.com](mailto:press@dogonvillage.com).

Founded in 1982 with the blessing of Dr. Mays, the BEMNERC is a non-profit 501 C 3 organization with offices in Washington, DC and Atlanta, Georgia. Serving as a catalyst, network, and resource linking individuals and organizations dedicated to advancing educational opportunity, the Center works closely with the National Commission on African American Education and the Council of Retired HBCU Presidents to achieve program goals and objectives. The Ben E. Mays Center is aggressive in its efforts to support historically black institutions, expanded access for African American youth to all institutions of higher learning, and quality public education.

## Families can help Alzheimer's Patients Cope With Holidays

HOUSTON—(Nov. 3, 1999)—Holiday traditions and memories pose special challenges to families of people with Alzheimer's disease.

"It's unrealistic to expect holiday gatherings to be like they once were if a family member suffers from memory loss and other problems caused by Alzheimer's," said Dr. Naomi Nelson, a psychologist in the Department of Neurology at Baylor College of Medicine in Houston.

"Families are more likely to enjoy their time together if they don't expect perfection," she said.

Nelson offered the following strategies for coping with the holidays:

- If the Alzheimer's patient has

difficulty following conversations, avoid seating them in the middle of a room filled with people. "That's information overload," Nelson said. "The patient might be better able to focus on questions and comments in a corner of the room where there are fewer distractions."

• Give clues to help the Alzheimer's patient process information. When introducing family members, for example, mention the relationship, such as "This is Sally, your granddaughter."

• If the Alzheimer's patient wants to talk about past holidays but is unable to recollect them accurately, avoid correcting every little detail that is mentioned. "Even if the

memories are not described accurately, you can promote a sense of belonging and importance by including the Alzheimer's patient in social conversation," Nelson said. "People with Alzheimer's disease usually enjoy sharing their memories in a safe and respectful setting with family and friends."

• If a disturbing behavior occurs, family members should be informed that it's often the result of the patient being confused. For example, the Alzheimer's patient might forget that a relative died; when someone brings up the name of the deceased, the patient might burst into tears or anger and demand to know why no one told them about the death. If the

patient's emotions seem out of control, Nelson recommends taking the patient to another room temporarily to calm down. "Reassure the patient that he or she is loved and welcome," she said.

Nelson stresses the importance of enjoying the moments when meaningful communication occurs, however short and few they might be. "If the Alzheimer's patient can engage in coherent conversation with a grandchild for only five minutes, treasure those five minutes," Nelson said. "Any kind of connection with a loved one is worth cherishing, and sometimes we forget to appreciate those moments as they happen."

## New Flu Drug Protects Against Both Influenza A and B

Houston—(Nov. 3, 1999)—A new flu drug taken orally for six weeks can prevent both influenza A and B.

Baylor College of Medicine in Houston was one of six medical institutions in the U.S. to take part in the study, which focuses on the drug oseltamivir (ah-sell-tam-aveer). Marketed under the name Tamiflu, the drug recently received approval from the Food and Drug Administration (FDA). The findings were published in the Oct. 28 issue of the New England Journal of

Medicine.

"We found that the drug was 74 percent effective in preventing symptomatic influenza in those volunteers who received the drug once or twice a day," said Dr. Robert Atmar with Baylor's influenza Research Center and one of the study's principal investigators.

The drug differs from the drug zanamivir, also known as Relenza, which is taken by inhaler and only protects against influenza A. Researchers believe that both oseltamivir and

zanamivir can shorten the duration of flu by up to two days and have the potential to decrease the likelihood of complications from the flu such as bronchitis, sinusitis and ear infections.

While these drugs are effective in treating influenza, they should not replace an annual flu shot for flu prevention. Atmar says oseltamivir and zanamivir are for people who have not received a flu shot before flu season, for those in high risk categories such as persons over 65; persons with heart disease, diabetes, kidney fail-

ure, or AIDS; who want additional protection against influenza; and for people who are allergic to the flu vaccine.

"This finding is very exciting because it gives us another weapon in the fight against influenza," Atmar said.

Other Baylor researchers instrumental in the completion of this study include Dr. Robert Couch, director of Baylor's Influenza Research Center, and Dr. Kurt Krause, a Baylor assistant professor of medicine-infectious disease.

## New Wheaties Sports Trivia Game Garners Top Award

Atlanta, GA Wheaties has something else to celebrate to go along with its celebration of 75 years of sports tradition—Intellectual Technologies Inc. ("ITI"), its Atlanta based licensee, recently was awarded GAMES Magazine Top Award for trivia games in the 1999-2000 Buyers Guide, and the company picked up a knockout endorsement from Evander Holyfield, Three Time Heavyweight Champion of the World.

Honoring great sports champions and sports achievements since 1933 the game invites players to take a fast paced ride through the sports world with questions on tennis, golf, football, hockey, auto racing, baseball, the Olympics, basketball, and a special All Champion—sports section touching on nearly every champion and sport known to and

The Wheaties sports trivia game comes in a bright orange package styled in the fashion of the classic Wheaties cereal box. The game is

recommended for sports enthusiasts ages 8 and up, and can be played by 2-6 individuals or in teams. Correct answers at the Rookie, Veteran or Sportscaster levels win players the chance to enter the Winners Circle after playing in the Conference, Division, and Playoff rounds. The preliminary rounds mimic the actual levels of play in professional sports. Success in the Winners Circle offers the ultimate reward of being named the Wheaties TM Sports Trivia Game Champion and take the Championship ring.

Earl Peck, ITI President & CEO stated that "We're glad to be in the circle of champions. We are donating a portion of the proceeds to Children's Miracle Network to help and inspire deserving kids become champions." Wheaties TM The Breakfast of Champions Sports Trivia Game can be found nationwide at Toys 'R Us and Gamekeeper stores or by calling toll-free (800) 603-2300.

## PMS isn't a disease... and it allowed our species to survive!

PMS (premenstrual syndrome) is troubling and common. It's also similar to a brain concussion states Dr. Leland Heller, a Family Physician, an expert on mental disorders and author of the new book, "Biological Unhappiness" (Dyslimbia Press, 1999).

Several areas of medicine, especially cardiology, are discovering that many diseases are actually survival systems causing problems. Congestive heart failure, heart attacks, allergies, and rheumatoid arthritis are examples.

Our ancestors had to survive very harsh conditions, and women who genetically weren't prepared for these harsh conditions didn't survive. Changes in a woman's body during pregnancy and menstruating are good examples of this phenomenon, according to Dr. Heller.

The human body is extraordinarily adaptable. Because women store extra fluids before menstruation and make more blood when pregnant, the human race had a much greater chance for survival tens of thousands of years ago.

PMS seems to be fluid retention in anticipation of losing blood. The body often stores some of the extra fluid in locations outside the blood vessels, including the extremities and brain. Since the brain cannot expand inside the skull the pressure inside the brain increases - which also happens when the brain swells after a head injury.

Dr. Heller believes that women who had a low blood and/or fluid volume would be unable to keep up with their group, feel weak, have difficulty gathering enough food due to fatigue, be

unable to survive an injury or being clawed by an animal, and have difficulty with raising babies and small children. Feeding a family, taking care of belongings, and bearing/rearing children has always been crucial and required a great deal of effort. That may be why women have much more stamina than men.

Many concussion symptoms are just like those experienced during PMS: irritability, anger, headaches, personality changes, and difficulty concentrating. Unlike most conditions causing swelling, women generally are swollen when they wake up instead of just when they've been on their feet all day. Their rings can be tight, they complain of abdominal bloating, and their shoes not fitting. The weight gain can range from one half pound to 10 pounds in just a few days!

Dr. Heller says that the most severe PMS seems to be closely related to the amount of swelling combined with underlying mental disorders such as depression, anxiety, AD(H)D, and the borderline disorder. That's why psychiatric medications like Prozac are sometimes effective. Treating all their problems (including psychiatric), and using powerful water pills to remove the extra fluid virtually always resolves PMS symptoms. PMS and the complicating diagnoses are explained at length in the book "Biological Unhappiness, which is written for the lay person.

The screening test Dr. Heller uses for his patients is available on line along with a thousand ask the doctor questions at [www.biologicalunhappiness.com](http://www.biologicalunhappiness.com)


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Editorials • Comments • Opinions

## THIS N THAT

CONGRATS, BOB CASS! THIS N THAT .....would like to take this opportunity .....and say .... CONGRATS .....to the Lubbock City Manager .....BOB CASS ....for being named as the ..... MUNICIPAL LEADER OF THE YEAR .....and will be presented in a special setting in Los Angeles, California .....next week .....before leaders of the municipal area from throughout the United States of America... THIS N THAT .... not only ..... CONGRATS ..... but .....THANKS .....for a .....JOB WELL DONE! A very good article is written on his accomplishments in the November, 1999 issue of .....AMERICAN CITY & COUNTY MAGAZINE

A LOT TO BE THANKFUL! THIS N THAT .....would like to remind each of us .....as an ..... AMERICAN .....we have a lot to be proud of .....no matter our station in life.....It appears as though we are not going to .....MAKE IT ....but when we do our .. .....VERY BEST .....things began to happen for the better.....So when we sit down .....this Thursday for a.....THANKSGIVING DAY MEAL .... just remember where we are and we can make a ... GREATER DIFFERENCE.....Let us all be .....THANKFUL.....As you may want to take note .....this will be the .....LAST THANKSGIVING HOLIDAY .....of this century So just think .....where all have come from .....but we must remember .....WE STILL .....have mighty ways to go.....But still .....BE THANKFUL!

THANKS, SPIKE DYKES! THIS N THAT ..... want to take this time and say ...THANKS ..... to one of our coaching legends .....SPIKE DYKES ..... mentor of the Texas Tech Red Raiders until last Saturday afternoon .... ..You did well .....SPIKE DYKES! Would like to see .....TEXAS TECH .....get a bowl bid .. he would have one last coaching job...

HAVE YOU VISITED A SCHOOL? THIS N THAT .....is still asking .....those who will .....and .....care .....to go by and visit our .. .....YOUNG PEOPLE .....in the various schools .....in your area..... It is just important .....ALL WHO CAN .....will do so.....So all a principal in your area .....and let him or her know you are coming by to visit our .....PRECIOUS ASSET.....our children..... ..You will feel good about it....

COMMUNITY THANKSGIVING MEAL! THIS N THAT .... wants to apprise you of the ..... FIRST ANNUAL COMMUNITY THANKSGIVING MEAL ...for those who are unfortunate.... It will take place .....Wednesday .....November 24, 1999 .....at the Mae Simmons Senior Citizens Center ...beginning at 10:00 a. m. until 3:00 p.m.....Special program is being sponsored by the ..... MERCHANTS ASSOCIATION OF EAST LUBBOCK ..... and the .....LUBBOCK HOUSING AUTHORITY.....For more info .....call .....YSABEL LUNA .....at 762-1549

PENNY HASTINGS TEH BARBER SAYS: "WHERE .....there's a WILL ...THERE'S A .....RELATIVE" ..

## This Way for Black Empowerment By Dr. Lenora Fulani Trading Partners

My endorsement last week of Pat Buchanan for the Reform Party presidential nomination set up a news cycle of incredulity over our political alliance. In some cases, the disbelief was so extreme as to make it appear that Buchanan and I are from different planets, rather than different ideological backgrounds. We are not, however, from different planets. We're from the same one. And it's facing a set of economic problems and challenges so great that the left/right differential can seem like a hill of beans in comparison.

Aha! you say. Just as I thought! She's an economic determinist. A classic socialist! In some respects I suppose I am. But Pat Buchanan? Hardly. Yet, he pointed out at our joint press conference "The great goal of social justice is not being served in America today by this economy and the way it is functioning. I don't believe we ought to take away the money or the wealth of those who have earned it legitimately. But I do believe the disparities in income in this country are becoming too great. They're becoming outrageous, and that is not healthy. They are far greater in this society than any other democracy or democratic republic on earth. That is not healthy."

Those disparities are unhealthy. Ten percent of America's households own 80% of the country's private wealth, leaving 20% of the nation's

wealth distributed among the bottom 90% of the population. But worse than unhealthy, they are intrinsic to the current course of globalization and financialization of the world economy as long as special interests control U.S. economic and trade policy. Pat Buchanan and I are not the only right/left partners to observe this.

The anti-NAFTA movement was propelled by a "strange bedfellows" coalition of conservative, centrist and progressive economic populists. So was the anti-Fast Track movement which muscled Congress into rejecting the process (authorizing the President to negotiate trade deals with only an up or down vote by Congress) along with its predatory product (trade deals that boosted the profiteering of multinational corporations at the expense of American jobs, and international labor and environmental standards).

But what exactly is the solution? Conservative economic nationalists like Buchanan believe we need "tax and trade policies that put America before the global economy." On the other end of the political spectrum progressive economists, who see the corrosive effects of globalism much in the way conservatives do, argue for a different approach. William Greider wrote in *The Nation* that globalization "has to be slowed down, not stopped, and

re-directed on a new course of development that is more moderate and progressive, that promises broader benefits to almost everyone." Greider comments on the wide disparity in wealth adding, "When rising incomes are broadly distributed, it creates mass purchasing power - fueling a virtuous cycle of growth, savings and new investment. When incomes are narrowly distributed, as they are now, the economic system feeds upon itself, eroding its own energies for expansion, burying consumers and business, even governments, in impossible accumulations of debt."

How to address what Greider calls this "pathological" state of the U.S. economy and what Buchanan calls the "betrayal" of the American worker? Progressives argue for shifting the tax burden from labor to capital, restructuring trade terms to balance the flow of commerce, raising wages at the low end of the pay scale, forgiving the bad debts of poorer nations, reforming the mission of central banks to support growth rather than "thwarting" it and refocusing national priorities on creating jobs and improving wages - rather than on multi-national competitiveness as the key to prosperity. Greider, in particular, appeals to the liberal notion that government must act responsibly to cure the pathology.

### SOUTHWEST DIGEST

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The Southwest Digest is an independent newspaper serving the Lubbock, West Texas, South Plains of Texas and Eastern New Mexico areas printing the news impartially supporting what it believes to be right without opposing what it believes to be wrong without regard to party politics.

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

We may be critical of some things that are written, but, at least you will have the satisfaction of knowing they are truthful and to the point.

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

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

This is not a propaganda sheet made to chest/te or vilify. This is a newspaper made to educate and not to agitate.

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

Member A.O.I.P. (Assault on Illiteracy Program)  
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## Letter To The Editor

Walter Payton's death from liver cancer was a tragic loss, but it has left us with a ray of hope. We will always remember his achievements on the football field. But it is his work off the field, especially his support of organ donation, that may be his greatest legacy.

As with many people, Payton did not realize the dire shortage of donated organs, especially in the minority community, until he needed a life saving transplant. The facts are stark. There are 55,000 people on the United Network for Organ Sharing's transplant waiting list, more than 40 percent of them are minorities. Unfortunately, there are not enough donated organs to go around. In 1998, nearly 5,000 patients died waiting for an organ transplant - that's 13 men, women and children of every color dying each day.

Once he learned of the situation, Payton went to work to help raise awareness for organ donation. Through public appearances, statements to the media and monetary support, Payton spread the message - organ donation saves lives. Unfortunately, liver cancer ruled out his chance of receiving a transplant, but Payton knew others could benefit from his work.

The essence of organ donation is making something good happen out of a tragic situation. Payton's death was a great loss, but we can help fulfill his legacy by becoming organ donors. It's easy to do, just tell your family your wish to be an organ donor. It's that simple.

Clive O. Callender, M.D., F.A.C.S. is a liver transplant surgeon at Howard University. He is also founder of the Minority Organ Tissue Transplant Education Program and chairman of United Network for Organ Sharing's Minority Affairs Committee.

Contact phone: (804) 327-1432

## END OF GAME NOTICE

HURRY AND  
SCRATCH 'EM.  
BEFORE WE DO.



Come December 31, 1999 three Texas Lottery instant games will close - Weekly Grand, Hearts Are Wild and Lucky Lady Bug. You have until June 24, 2000 to redeem any winning tickets for these games. You can win up to \$1,000 per week playing Weekly Grand, win up to \$1,000 playing Hearts Are Wild and win up to \$3,000 playing Lucky Lady Bug. You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 24 Texas Lottery claim centers or by mail. Questions? Just call the Texas Lottery Customer Service Line at 1-800-374-LOTTO (1-800-375-6886).



Check odds of winning Weekly Grand 1 to 420. Check odds of winning Hearts Are Wild 1 to 440. Check odds of winning Lucky Lady Bug 1 to 800. Must be 18 years or older to purchase a ticket. © 1999 Texas Lottery.

The people to worry about are not those who openly disagree with you, but those who disagree with you and are too cowardly to let you know.





# CHURCH DIRECTORY



## IN JESUS NAME "UN-THANKFUL AMERICA!!!"

Isaiah 58:1 — The Lord said, cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression.

Jeremiah 8:7 — The Lord said, yea, the stork in the heaven knoweth her appointed times; and the turtle and crane and the swallow observe the time of their coming; but my people know not the judgement of the Lord.

Lord, I thank you for keeping your promise, to us and our father's. "But we the U.S.A. as a whole on keeping ours: we didn't even bother."

Micha 6:3 — The Lord said, O' my people, what have I done unto thee? And wherein have I worried thee? Testify against me.

Lord, we've now messed up this great land, the whole U.S.A. "The watchmen are off the walls; sin came in from everyway."

Psalms 103:17-18 — But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; to such as keep his covenant, and to those that remember his commandments to do them.

\*\*\*\* Will A Man Rob God??? \*\*\*\*

Lord, we've follow a man who said: "I have a dream, I have a dream. The leaders fell for the devil's move;" and sin is everywhere it seems."

Isiah 56:10-11 — The Lord said, his watchmen are blind: they are all ignorant, they are dumb dogs, they cannot bark; sleeping, lying down, loving to slumber. Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own why, everyone for his gain from his quarter (anniversary).

(The Devil's Rights, White Rights, Gay Rights, Abortion Rights, Black Rights, Killing The Family Rights, No Spanking Rights, No School Prayer Rights, Shaking Rights, Cussing Rights, Runaway Rights, and the Drug Lite Beer Rights.)

"Lord, we now overcome with rights, it's now a sin sick world." "The Mothers and Fathers are killing their own: little boys and girls."

And we want to teach other countries: "Lord, and ours are with thee." We think it makes us look "Big for all the world to see."

(Take the three middle letters out of Jerusalem: what will you get? U.S.A.)

Luke 13:34 — Jesus said, O'Jerusalem, Jerusalem which killeth the prophets, and stoneth them that are sent unto thee; how often would I have gathered thy children together. As a hen gathered her brood under her wings, and ye would not.

"Lord, the devil has fooled the Christian, saying: this a Christian nation. "Even those of your 10 commandments we could keep, we forsaken "even the top leaders are lying; saying read my lips, and they haven't repented of it, and many, many more have slipped.

\*\*\* The sins of America started in the out house, and now in the White House! \*\*\*

Jonah 3:6, 7b & 8 — For the word came unto the king of Nin'even, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. Saying, let neither man nor beast, heard nor flock, taste anything; let them not feed, nor drink water: but let man and beast be covered with sackcloth, and cry mightily unto God. Yea, let them turn everyone from his evil ways, and from the violence that's in their hands.

God is not through with us yet! Let's pray for one another always. AMEN  
Directed-Arranged-Produced-Guided By Our Lord Jesus Christ; Written by Rev. Billy "B.J." Morrison, III; Your Brother in Christ Jesus Always!!

Come! join us as we sing for joy to the Lord; help us shout aloud to the rock of our salvation.

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Bible Study: Wednesday's at 12:00 noon & 7:00 p.m.

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Reverend Renee Phillips, Pastor



## from the Desk of Parson D.A. Smith "Inevitable Judgement"

"Just as man is destined to die once, and after that to face judgment, so Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him."—Hebrews 9:27-28, NIV

Solomon, who is often seen as an example of wisdom, can also be seen as the epitome of foolishness. Who in Israel's history had so many advantages, and yet managed them all so poorly? After knowing God's special favor, he blew it all by disregarding God's will and marrying many foreign women. This led to unbelievable compromises with pagan religions. By the end of his life, Solomon had violated all of the moral and theological principles that should have made him great.

The administrative structure of Solomon's government lacked adequate checks and balances to guard against abuses and of centralized power. The officials, both in Jerusalem and the provinces, were so strong that it was exceeding difficult for the voice of the people to be heard.

## The Outreach Prayer Breakfast

The members and friends of the Outreach Prayer Breakfast were in fellowship with the precious people at the Parkway Care Center, 114 Cherry Avenue, last Saturday morning. There were songs of praise sung. Sister Elnora Jones brought the scripture message, "In Everything Give Thanks." Her lesson scripture were I Chronicles 16:34 and I Thessolians 5:18. Also, Psalms 100, Psalms 150:6 and Psalms 92.

"O' give thanks to the Lord, for he is good. His love and his kindness go on forever."

I Thess. 5:18 — "No - matter what happens, always give thanks, for this is God's will for you, who belongs to Christ Jesus.

150 Psalm — "Let everything that hath breath praise the lord — Praise ye the Lord!"

92 Psalm — "It is good to say: 'thank you' to the Lord, to sing praises to the God who is above all gods."

100 Psalm — "Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with Thanksgiving, and into his courts with praise, be Thankful unto him, and bless his

No doubt about it, this teacher said, "Praise and Thanks are very important. Thank him fro the small favors. Those that we so often overlook. You might not have a twenty

room home with five baths. If you have a three room home with one bath, thank him. He's not concerned about how much stuff we have, but is your heart fixed and your mind made up??? If not, do it today! And thank him in advance for saving your soul.

Thanks, Sister Jones for this lesson. May God continue to bless you is our prayer.

Thought for the Week: "We can't hang with eagles and talk like a chicken or talk like a chicken, and continue to hang with eagles. You will become one or the other." Think about it!

If God has given you a vision for ministry, you don't have to have a title or leadership position to pursue it, just believe it. Please write if you feel the need to do so. You may write:

Outreach Prayer Breakfast  
P. O. Box 1223  
Lubbock, Texas 79408

Let us pray together. Don't forget your drive by and walk through prayers for our family, our city, and the world. Make your home a "Light House of Prayer."

Let's take back our city, our schools, our children and our world!

Read II Chronicles 7:14 and Mark 11:22-26. Sister Dorothy Hood, president; Sister Christine Burleson, vice president; Sister Ernestine Fraizer, secretary; and Sister Elnora Jone, acting secretary.

Solomon's government was so regimented that it not only destroyed individual freedom but fuel discrimination. Israel's minority group, the Canaanites, was reduced to a form of slavery, condemned to the labor gangs, but the Israelites were virtually untouched, except in emergency. This provided fertile soil for discontent and revolt.

Because Solomon was untrue to his God, he fell under God's wrath and judgment. In a very real sense, it is not God who determines what judgment will be; it is man. God has given the universal moral and spiritual criteria for judgment and so when He judges us, He applies these criteria to our conduct. Judgment only makes explicit what is implicit in the choices we make.

The judgment of God can be an awesome and terrifying reality. However, the grace of God delivers those whose faith in Him moves them to repentance. No human can stand in God's presence as a sinless person; all have sinned. However, we can stand in His presence "forgiven" sinners.

## Rick Trevino Band Members to Headline Thursday Nite Live

LEVELLAND — Rodney Pyeatt and members of the Rick Trevino Band will be the guest artists Dec. 2 for the season wrap-up of Thursday Nite Live, South Plains College's live monthly musical variety television show.

The show is set for 7:30 p.m. in the Tom T. Hall Production Studio in SPC's Creative Arts Building. Admission is free, and a studio audience is needed. The show will be broadcast live on SPC-TV cable channel 10 (The Learning Channel) to North Texas Cablecom viewers in Levelland, Littlefield, Brownfield and Morton.

Pyeatt was lead guitarist and vocalist for the late Tejano star, Selena. He is currently lead guitarist and back-up vocalist for Columbia recording artist Rick Trevino and the pop/Latin group Los Aztex. He has also played guitar this year for the Grammy award-winning band Los Super Seven.

This year, Pyeatt also played for country legend Buck Owens and has recently completed a tour with Los Lobos.

The band, dubbed Lost in West Texas for its TNL appearance, includes Milton Walters, road manager and keyboards for Rick Trevino; Stephen Cargill, bassist for Capitol Record's Ty England, and Eric Raines, drummer for Trevino and England. Raines, a syndicated radio personality, can be heard on Lubbock's country radio station KQBR, "The Bear," 99.5 FM.

The band will perform a variety of music featuring Pyeatt's original music, rhythm and blues, country and rock selections.

Pyeatt's wife is the former Paula Peterson form Levelland, and his stepdaughter, Amanda Brown, is a member of the TNL cast.

Pyeatt and Walters will also conduct informal music workshops for several classes during the day.

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Cox offers a competitive wage based on experience and provides an excellent flexible benefits package for you and your family upon hire. In addition, Cox offers paid vacations, holidays, and sick time. Interested candidates, should complete an application in person at 6710 Hartford Ave.

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Cox Communications is currently seeking Motivated individuals who enjoy both working with the public and learning/using their technical abilities to apply for our current open position - **Cable Installer**.

As an Installer, you will be responsible for installs/disconnects of cable tv within a subscriber's home, and you will learn and apply troubleshooting techniques as well as quality control procedures. Other responsibilities include customer relations, sales, and documentation. Interested individuals must be able to drive a vehicle, have a valid Tx driver's license and be insurable. Strong interpersonal, organizational, troubleshooting and sales skills are a must! Some electronic Background or courses a plus. Must be able to lift 85 lbs regularly. Must be able to ascend and descend utility poles to a height of 40 ft. with appropriate equipment. Must be able to work any 40hr/week shift, Monday-Sunday.

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Cox Communications offers a competitive salary commensurate with experience, an excellent flexible benefits package, and a team working environment. Interested candidates should complete an application in person at: Cox Communications, 6710 Hartford Ave., 79413.

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## Holiday Spending On The Rise In 1999

Rockville, Md. - Sixty-four percent of Americans will spend as much or more than they spent last year on holiday gifts, according to a survey by Debt Counselors of America. The telephone survey of 1,000 people found that holiday shoppers will spend an average of \$841 on gifts this year.

"If you charge the \$841 on a credit card and pay only the minimum payment, it will take as long as 13 years to payoff this year's holiday gifts," said Steve Rhode, president and co-founder of Debt Counselors. The calculation uses a conservative 14 percent interest rate with a 2 percent minimum payment.

"Instead of trying to find ways to pay down their debts, this is the time of year that people are adding to their debt load," Rhode said. "The holidays bring out our eagerness to buy gifts for family and friends, but that holiday spirit tends to knock many people out of their

good spending habits."

The survey found that 34 percent of shoppers spent more when they are using a credit card. "Credit cards offer great convenience, but they also provide a false sense of available cash. Don't charge more than you can afford to payoff in a couple of months," Rhode advises.

Debt Counselors of America offers the following tips for a happy holiday season:

- Avoid "buy now and pay later" offers, which encourage you to spend money you don't have;
- Use a low-rate, major credit card instead of high-rate department store cards;
- Carry only two cards when shopping. Use one with a zero balance for purchases you will pay off in full. Use the other, low-interest-rate card, for purchases you will pay off over time;
- Record all of your credit card purchases in your checkbook register. Subtract the amount of the purchase

from your available balance. That way, when the bill arrives, the money will be set aside in your checking account so you can pay the bill in full; and

• Avoid "skip payment" offers that will ultimately cause you to pay more interest and face larger bills.

"When you're thinking about holiday gifts, remember that the personal investment - not the cost - is what people remember," Rhode added. Debt Counselors is holding its annual Savviest Scrooge Contest during November to gather thrifty gift ideas. More details available at GetOutOfDebt.org. People should submit their unique thrifty gift ideas, along with their address and daytime phone number, to: scrooge@dca.org or by mail to: Savviest Scrooge, Debt Counselors of America, P.O. Box 8587, Gaithersburg, MD 20898-8587. The winners get cash and prizes, and will be announced in early December.

## More Children Are Falling Victim To Diabetes, Related Health Problems

Lauren Trinka is like most other youngsters. She likes tennis and socializing with other kids her age. But unlike many of her friends, Lauren must check her blood sugar level four times a day because she has diabetes. "You have to eat different stuff like carbohydrates and you have to take insulin shots," she commented. "But the shots don't really hurt very much."

Lauren has Type 1 diabetes which occurs when the body does not produce insulin, a hormone that allows blood sugar to enter the cells of the body and be used for energy. To control Type 1 diabetes, insulin must be regularly injected. Type 2 diabetes occurs when the body does not effectively use or produce enough insulin and can often be controlled with diet and exercise. Most diabetics have Type 2 diabetes; only 5 to 10 percent of diabetics have Type 1.

Diabetes is often silent and can be deadly. Of about 1.6 million Texans - 12 percent of the population - who have diabetes, 680,000 have the disease and don't know it. Diabetes was the sixth leading cause of death in Texas and contributed to the deaths of at least 12,299 Texans in 1996.

In recent years, doctors have noted an alarming trend. As more youngsters have become less physically active and gained weight, the number of children with Type 2 diabetes has increased. Type 2 is linked to obesity and usually occurs in those age 45 and older, but a study of schoolchildren in Cincinnati showed that over a 12 year period, the number of children who had Type 2 increased by 12 percent. Most children developed diabetes between the ages of 10 and 14, researchers said. Other studies have found similar trends in other cities.

Overweight youngsters are more likely to develop Type 2 diabetes, and doctors are concerned about the increase in the number of children with weight problems over the past two decades. "Only about 4 percent of the kids back in the late '60s - early '70s were considered obese," said Dr. Phil Huang, chief of the Texas Department of Health's Bureau of Disease and Injury Prevention. "Some studies now show that it's up to 10 percent. More kids watch more television, sit in front of the computer and eat more fast food."

This lack of physical activity and poor diet play a big role in causing preventable illnesses such as diabetes. Exercising regularly, eating healthy meals and maintaining a healthy body weight go a long way in preventing a host of major diseases.

Diabetes can lead to severely debilitating or fatal complications, such as blindness, kidney and heart disease, stroke and amputations of toes or other parts of the feet or legs. But with proper care and medication, diabetes can be managed. Getting an early and correct diagnosis is key in preventing severe complications or even death. If you are extremely thirsty, urinate frequently or have unexplained weight loss, call your doctor for a diabetes checkup.

Those who may be at risk for diabetes may have some or all of these risk factors:

- African American, Hispanic, Native American, Asian American
- Family history of diabetes
- High or low blood sugar
- Overweight (more than 20 percent ideal weight)

- Limited physical exercise
- Age 45 or older
- Previous diabetes with pregnancy or you've had a baby weighing more than 9 pounds at birth.

Regular checkups, physical activity, a healthy diet and controlled blood sugar levels can help prevent or delay complications from diabetes. If you have diabetes, keys to controlling the disease and staying healthy include:

- Eat healthy meals and snacks
- Take medication as prescribed
- Monitor blood sugar levels and keep a daily log
- Exercise for 20 minutes most days of the week
- Live a healthy lifestyle (reduce stress, get adequate sleep, avoid smoking and excessive alcohol)
- Lose weight if overweight
- Maintain recommended weight
- Reduce/control high blood pressure
- Adjust meal plans and physical activity to keep blood sugar levels in the desired range
- Check and take special care of feet and skin every day
- Make and keep follow-up appointments with doctors.

If you have diabetes, one other simple precaution can save your life: get a flu shot. People with diabetes are six times more likely to go to the hospital with the flu and almost three times more likely to die from influenza or pneumonia.

## 1999 Madrigal Dinner Celebration Rings in the Holiday Season

The beginning of the holiday season brings the return of the Texas Tech School of Music and University Center's Madrigal Dinner. Beginning Dec. 2, the Red Raider Ballroom of the University Center will once again be transformed into the great hall of a 16th-century castle for Tech's 22nd presentation of Madrigal Dinner.

Madrigal Dinner will be offered at 7:00pm on Dec. 2 and Dec. 4-7 in ticket sales are by mail only, and all orders may not be postmarked, or have an express mail date earlier than Nov. 3. Beginning Nov. 12, if tickets are still available, they may be reserved by telephone or in person at the Texas Tech University Center Ticket Booth. Those interested in attending should purchase tickets early, however, as the event sells out each year soon after tickets become available.

Madrigal Dinner includes a full meal as well as performances by Tech's Madrigal Singers and entertainment throughout the evening. The

menu for dinner includes center-cut pork chop with raspberry sauce, apple-walnut dressing, fresh green beans, holiday hominy, fruit salad with whipped cream and nuts, bread made with fine flour, holiday cake with cranberries, and the traditional holiday beverage, wassail.

Candles light tables covered with pine boughs, and banners representing the great families of Europe are hung around the perimeter of the hall. Entertainment before dinner includes trombones, and during dinner, festivities will include travelling vocal quartets, magicians and jugglers.

Under Tech's director of choral activities, Dr. Kenneth Davis, the Madrigal Singers are chosen by competitive audition. 1999 Madrigal Singers include Ben L. Bransford III, Jeremy Brown, Marcy Clayton, Casey Elliott, Nikki Hagen, Jeffrey Scott Larson, Amanda Christine Laws, Jodi Miller, Lori McMillian, Aubin Speer, Stephen Stroope, Thomas Max Triplett, Stephen Vano,

and J.T. Williams. This year's King and Queen have yet to be chosen. Stephen Vano will play the part of Lord Chamberlain. Harpsichordist/Madrigal accompanist is John Russell Ford. Mike Marcades will serve as artistic director.

The program is divided into two segments, presented before and after the meal. The first segment includes traditional Christmas carols and the second is composed of authentic 16th-century madrigals. During the course of the program the audience will also participate in the singing of carols.

Reserved seat tickets for Madrigal Dinner are priced at \$22.50 for Tech students, \$32.50 for the general public and \$67.50 for Scholarship Benefit tables. The scholarship seat price includes a \$35 contribution to the vocal scholarship fund at Texas Tech's School of Music. Call 742-3610 or e-mail uticketbooth@ttu.edu for ticket order flyers or more information.

## Cuomo Awards \$261 Million In Grants To Fight Drugs And Crime In Public And Assisted Housing Around Nation

WASHINGTON - Housing and Urban Development Secretary Andrew Cuomo today awarded \$261 million in grants to fight drug abuse and other crime in public housing and privately owned housing subsidized by HUD across the country.

"These grants will protect some of the poorest and most vulnerable American families from being terrorized by drug dealers and gangs, and will save lives," Cuomo said. "The grants will give young people new opportunities to avoid drug abuse, to grow up healthy and safe, and to build better futures."

Here's how the grants will be distributed:

- \$226.6 million in Drug Elimination Program Grants to 891 public housing authorities located in 47 states, plus the U.S. Virgin Islands, Guam, Puerto Rico and Washington, DC to fight crime and drug abuse in

public housing developments.

- \$18.6 million to 84 privately owned HUD-subsidized housing developments in 26 states and Puerto Rico for a similar drug elimination program called the New Approach And-Drug Program (formerly known as the Safe Neighborhood Grant Program). These grants are awarded to fight drug abuse and drug-related crime in and around the neighborhoods of these developments.
- \$16.2 million to 124 privately owned HUD-subsidized apartment developments in 38 states, Puerto Rico, and Washington, DC from the Multifamily Drug Elimination Program to fight drug abuse and drug-related crime in the immediate surroundings of the developments.

Activities funded by HUD grants awarded today include:

- Reimbursing law enforcement agencies for assigning extra police

officers to patrol housing developments.

- Hiring private security guards and investigators to assist police in keeping developments safe.
- Funding resident anti-crime patrols that work in partnership with law enforcement officers.
- Physical improvements to housing developments to enhance security - such as fencing, lighting and improved locks.
- Drug prevention, education, counseling and treatment programs. These include programs to provide educational, job training and recreational activities to young people as alternatives to drug abuse and crime.

HUD has awarded more than \$1.9 billion in Drug Elimination Grants since 1989, including the grants being awarded this year.

## Lucky Texas Recycler Will Win Trip To Costa Rica

The Texas Natural Resource Conservation Commission (TNRCC) and its partners from business and civic organizations are offering two new prizes, a \$5,000 trip to Costa Rica and a trip for two to Sea World San Antonio, as incentives for the sixth annual Texas Recycles Day (November 15).

One lucky recycler who fills out a pledge (a written promise to improve their recycling habits by being better recyclers or consciously purchasing recycled-content products) will win a customized vacation to Costa Rica. The winner will be given a \$5,000 budget and allowed to design their own trip - from the number of travelers and activities to the accommodations and length of stay. The trip is being donated by two members of the Texas Recycles Day Steering Committee: H-E-B and the Steel Recycling Institute.

"Nowhere else in the world can you see the wonders of Mother Nature like you can in Costa Rica. Not even here in Texas," explained Texas Recycles Day Campaign Co-Chair Linda Smith of H-E-B. "This trip affords one Texan who is making a commitment to the environment an opportunity to get a real appreciation for what their pledge means to the earth."

Costa Rica, which is less than one-fifth the size of Texas, is home to more than 6% of all known species in the world.

The other prize being offered is a trip for two to Sea World San Antonio that includes airline tickets from any Texas city served by Southwest Airlines to San Antonio, two nights in a hotel, car rental, and passes to Sea World. Some event organizers may also offer local prizes to participants.

These prizes are available to any Texan who makes a pledge to shop for recycled-content products or to improve their recycling habits. While the pledges involve no money, they do ask for citizens to make a personal commitment to do their share to help the environment. "Submitting a pledge for Texas Recycles Day is an excellent way to demonstrate your personal commitment to helping make recycling and buying recycled-content products a part of your everyday routine," explained Helen Lowman, Manager of Clean Texas 2000.

The emphasis for this year's campaign is on the importance of buying recycled products and the slogan is "For our children's future... buy recycled today." Making a conscious effort to buy recycled-content products helps to close the recycling loop and ensures

that there is an actual demand for the items taken to the recycling center or set out at the curb.

"Without a demand for recycled-content products, recycling won't work. This year's slogan helps emphasize the personal responsibility we all need to take to ensure that the next generation of Texans will also have an opportunity to visit a place like Costa Rica instead of just reading about it in a history book," explained Campaign Co-Chair Ben Walker of the Steel Recycling Institute.

Pledge cards are available at Texas Recycles Day events. Organizers throughout the state are planning special activities that will help increase public knowledge about how recycling works and what Texans can do to help. To find out about local events, call 1-800-CLEAN-UP or visit www.texasrecyclesday.org. The web site also accepts on-line pledges or you can mail a pledge on a piece of scrap paper to: Texas Recycles Day, MC 113, P.O. Box 13087, Austin, TX 78711-3087. All pledges should include name, address, phone, age, and what you pledge to do to help keep recycling working. One entry per person for 1999 - entries must be received by November 30. A complete list of rules is available at the web site.

FESTIVAL UPDATE

# CHURCH LEADERS SEMINARS


## NOVEMBER 30- DECEMBER 2, 1999

DO NOT MISS THIS OPPORTUNITY!

This two-hour seminar is for the Pastor, Congregational, Mobilization, Youth, Children's, Love-In-Action, and Counseling & Follow-Up Leaders of each church. Important material and information will be given to help further understand the ministry opportunities of the Festival.

SEMINAR SCHEDULE - ATTEND ONE LOCATION

<p><b>Tuesday, November 30 • 7:00 PM</b></p> <p>Highland Baptist Church 4316 34<sup>th</sup> St. 806-795-6453</p>	<p>First Foursquare Church 10701 Indiana Ave. 806-745-4593</p>
<p><b>Wednesday, December 1 • 10:00 AM</b></p> <p>First Presbyterian 1500 14<sup>th</sup> St. 806-763-0401</p>	<p>Iglesia Templo Bautista 4810 Ave. P 806-744-9986</p>
<p><b>Thursday, December 2 • 7:00 PM</b></p> <p>Alexander Chapel 46<sup>th</sup> &amp; Ave. P 806-747-0465</p>	<p>First Church of the Nazarene 6110 Chicago Ave. 806-794-1675</p>



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