

God Bless America!

Southwest Digest

November 28 - December 4, 2002

50¢
Worth More!

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

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

National News

African Americans at Highest Risk for Hypertension

Hypertension (high blood pressure) often strikes without warning and claims millions of victims each year. It attacks people of all ages, races and backgrounds. However, it is particularly devastating for African Americans who are at a much higher risk for high blood pressure.

Definition of Blood Pressure
Blood pressure is the result of two forces, one created by the heart as it pumps blood into the arteries and the other created by arterial blood vessels as they exert resistance to the blood from the heart.

Definition of High Blood Pressure

There is no normal or "ideal" blood pressure. However there are acceptable limits for blood pressure. For most, that pressure reading is less than 140/90 mm Hg. Hypertension in adults exists when systolic or diastolic readings are greater than these numbers.

Hypertension and Disease
If left untreated, hypertension can lead to several serious health problems. Since African Americans have a higher rate of high blood pressure, they also suffer from a host of potentially fatal diseases closely associated with high blood pressure.

Stroke - This is the result of clogged arteries in the brain. When it doesn't receive the oxygen and nutrients it needs, brain tissue dies and the body loses functions controlled by that part of the brain. Stroke also occurs when too much pressure bursts vessels in the brain.

Blindness or Impaired Vision - This occurs when tiny blood vessels in the back of the eye rupture or become blocked damaging the surrounding eye tissue.

Angina - Severe chest pain is a symptom of coronary artery disease. It occurs when the heart does not receive a sufficient supply of oxygen.

Heart Attack - This occurs when arteries in the heart muscle become blocked. Part of the muscle does not receive oxygen and dies. If the patient survives, the heart is less likely to pump effectively.

Kidney Failure - Blocked tiny vessels in the kidneys cause failure. When kidneys shrink and become irregular they can no longer clean bodily waste. Kidney problems also occur when the arteries to the kidneys become narrow and restrict blood flow.

Prevention and Control
It is theorized that minor biological differences between African Americans and the non-African American population may partly explain why African Americans are more likely to suffer from hypertension. These differences include sensitivity to excess salt intake and levels of certain hormones. Things that can be done to prevent the onset of hypertension or help control it are:

continued on pg 8

Lasalle D. Leffall Jr., M.D. Chair-Elect, Board of Directors

The Susan G. Komen Breast Cancer Foundation



Dr. LaSalle D. Leffall, Jr. is the Charles R. Drew Professor of Surgery at the Howard University College of Medicine. He is a surgeon, oncologist, medical educator and leader in professional and civic organizations.

Dr. Leffall graduated summa cum laude from Florida A&M University with a B.S. degree in 1948. Four years later, he received his M.D. from Howard University College of Medicine, ranking first in his class. He continued his medical training as an intern at Homer G. Phillips Hospital, St. Louis, MO; assistant resident in surgery at Freedmen's Hospital, Washington, D.C.; assistant resident in surgery at the D.C. General Hospital, Washington, D.C.; chief resident in surgery at Freedmen's Hospital; and senior fellow in cancer surgery, Memorial Sloan-Kettering Cancer Center, New York, NY.

Dr. Leffall began his military career at the rank of Captain, M.C., serving as Chief of General Surgery, U.S. Army Hospital, Munich, Germany, 1960-61. His membership on

Howard's faculty began in 1962 as assistant professor and continued through appointments as acting dean and professor. He became chairman of the department of surgery in 1970, a position he held for 25 years.

A diplomate of the American Board of Surgery and fellow of the American College of Surgeons and American College of Gastroenterology (named an Honorary Lifetime member in 1998), Dr. Leffall has been a visiting professor and guest lecturer at more than 200 medical institutions in the U.S. and around the world. He has authored or coauthored more than 130 articles and chapters.

Dr. Leffall's professional life has been devoted to the study of cancer, especially as it relates to African Americans. In 1979, as national president of the American Cancer Society, he launched a program on the challenge of cancer in black Americans, paying special attention to the increasing incidence and mortality in this population group. His major areas of interest are soft part sarcomas and cancers of the breast, colorectum and head and neck.

Dr. Leffall will serve one year as chair-elect before beginning his two-year term as chairman of the Komen Foundation board of directors in 2002.

Buelah Winters Named One of Women of Distinction

One of the ten chosen as the 2002 Women of Distinction is Buelah Winters. She was selected by the Girl Scouts of Caprock Council Selection Committee. She will receive the Woman of Distinction Award, along with other recipients, on Thursday, December 5, 2002, at the University Medical Center McInturf Conference Center during the 2002 Women of Distinction Award Dinner.

In addition to her award, she will receive two framed photographs. One will be provided the evening of the dinner, and the second will be displayed in the Caprock Council boardroom for two years and then presented to her after that time period.

The daughter of the late Nelson and Clara Cage, she moved to Lubbock from Lorena, Texas, in the fall of 1949 where she attended and graduated from DUNBAR High School. She married Lester Winters, Jr. on November 27, 1955.

A member of Bethel African Methodist Episcopal Church, she has served on several boards. She has served as President of the Lay Organization for five years, President and Secretary of the Chancel Choir, an active member as a Class Leader, and worked with the various youth groups of Bethel. She has been leader of Junior

Troop 25 at Martin Elementary School for thirteen consecutive years, leader for Brownie Troop 104 for two years, served as a Troop Organizer, and has worked as a Day Camp staff member for several years.

In addition, she has served three years on the Council's Nominating Committee, one year on the Councils Community Development Task Group, one year on the Councils Adult Selection Committee, and has been a Council Trainer of Leaders for four years.

Mrs. Winters has served as a leader on the Cadette Heritage Trip. Mrs. Winters has worked with hundreds of girls and committee groups over the span of twenty-two years, which she has enjoyed most graciously, because she had an opportunity to teach these young girls about Girl Scouting, but they developed a relationship of friendship, respect, love and trust.

Mrs. Winters was awarded the "Thanks Badge" which is the highest award a volunteer has ever received. It is reserved for recognition of truly outstanding service. Mrs. Winters is the first recipient since 1981 to have received such an award of this type.

Out of all the awards and recognition she has received, Mrs. Winters has always expressed, "Let the work done speak for me."

Former Lady Mustang Diggs Signs With Fresno State

Amarillo High School senior guard Paige Diggs has made up her mind. She is heading for sunny California.

Diggs signed Wednesday, November 20, 2002, a NCAA national women's basketball letter of intent with Fresno State at a very unique ceremony at Johnson Chapel African Methodist Episcopal Church in Amarillo.

Diggs had been a three-sport star at Coronado High School in Lubbock the past two seasons starting in volleyball, basketball and track. She had college offers in all three sports.

"Basketball is my love," she said. "I enjoy playing volleyball and the competition involved with that, and also with track. But my love, my heart is with basketball."

Praising Diggs for her strong character and competitive nature were Coronado track coach Melvin Houston and Coronado volleyball coach Brandi Cantrell. Both Coronado coaches made the drive from Lubbock for the signing.

EEOC Files Employment Discrimination Suit Against ICON Benefit Administration, INC.

EL PASO, TEXAS-The El Paso Area Office of the U.S. Equal Employment Opportunity Commission (the "EEOC") today announced it filed an employment discrimination lawsuit against Icon Benefit Administrators, Inc. formerly known as Ted L. Parker & Associates, Inc. ("Icon"), a Lubbock company which acts as the Third Party Administrator on insurance claims. In the lawsuit, filed in the United States District Court for the Western District of Texas, El Paso Division, and given Civil Action No. EP-02-CA-0527, the EEOC alleges that Icon discriminated against two of its former employees when it fired those employees. The EEOC alleges that Icon fired one former employee because of his religious beliefs and or in retaliation for his

protests against what he reasonably believed was religious discrimination by Icon. The EEOC alleges that Icon fired the other former employee because of her religious beliefs and/or because of her gender. The EEOC filed suit after exhausting its conciliation efforts to reach a voluntary prelitigation settlement. "The EEOC is committed to ensuring that people's work opportunities are not limited by their religious beliefs," said Trial Attorney Leticia Dominguez.

The EEOC seeks backpay, reinstatement or front pay, in lieu thereof, compensatory damages, punitive damages, and an injunction prohibiting Icon from engaging in any employment practice which discriminates on the basis of religious beliefs or gender, or

which retaliates. The EEOC enforces Title VII of the Civil Rights Act of 1964, which prohibits employment discrimination based on race, color, religion, sex, or national origin, the Age Discrimination in Employment Act, the Equal Pay Act, Title I of the Americans with Disabilities Act, which prohibits employment discrimination against people with disabilities in the private sector and states and local governments; Rehabilitation Act of 1973's prohibition against discrimination affecting individuals with disabilities in the federal government, and sections of the Civil Rights Act of 1991. Further information about the EEOC is available on its web site at www.eeoc.gov.

"A Time to Give Thanks"

by Larry Combest

We should be thankful this year for the country in which we live, and take time to reflect on what is important in our lives.

The September 11, 2001 terrorist attacks changed our nation forever. We knew that we needed to make significant changes to better secure our homeland, and Congress has responded to that need. One of the most important steps the U.S. House of Representatives and the U.S. Senate have made toward that goal in the past year was establishing the Department of Homeland Defense. This bill will consolidate our nation's intelligence gathering responsibilities into one department, which will help the U.S. better protect its citizens from potential attacks. The bill establishing this department received final passage in the House of Representatives last week, and in the Senate this week.

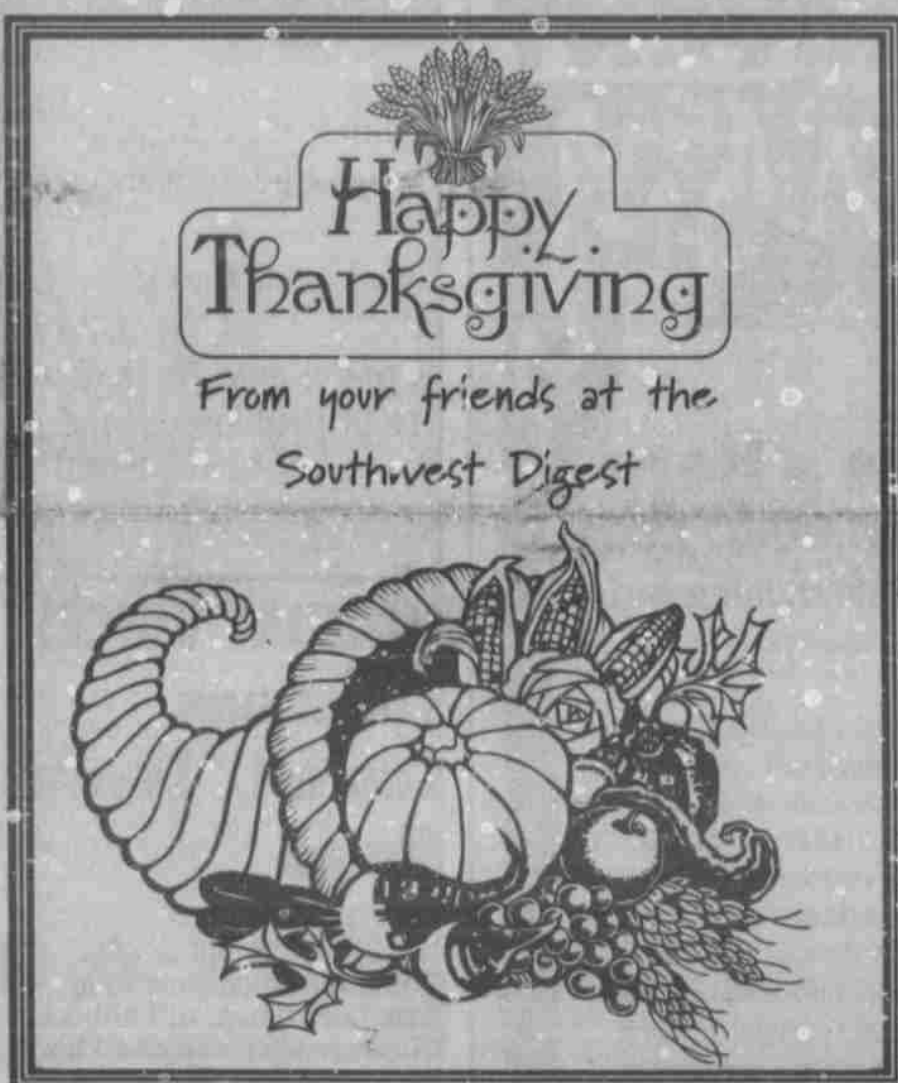
The terrorist attacks last year demonstrate that some people dislike our country because of the freedoms for which we should all be thankful. We in this country are truly blessed. We have the freedom to practice whatever religion we choose, elect our leaders, and express our opinions about government without fear of retribution. We knew, when the attacks occurred that these and other liberties needed to be better protected, but not sacrificed.

We needed to know that we would be safe when we traveled, but in a way that did not limit our ability to travel. Congress' efforts to ensure that both of these necessities are met have been successful. It took all of us time to adjust to seeing additional security at our airports and aboard our planes, but we still can travel when and to where we like.

While we were awakened to the need to better protect our citizens, our homeland, and our freedoms, Americans united in a way unparalleled in recent memory. Many people throughout West Texas began decorating shop windows and cars with American flags, and many more hung our national symbol outside their homes. Most importantly, the neighborly spirit we cherish in West Texas was seen on a national scale. People donated record amounts of assistance to help their fellow citizens, who were essentially strangers to one another, after the terrorist attacks. People associated more as Americans than as residents of their particular regions in the country. The revived American spirit also affected members of Congress, who set aside partisanship and worked together to address the serious concerns our nation faces.

We also should be thankful for those with whom we are gathering to celebrate this Thanksgiving. We have a tremendous responsibility to our families, and I believe that our spiritual beliefs and families are the most important influences in our lives. We owe our families much gratitude and appreciation.

President George Washington is said to be the first proclamation calling for a day in November of public thanksgiving and prayer in 1789. I am thankful this year that I have a very supportive family - especially my wife, Sharon - and that I live in a country where each citizen is afforded tremendous freedom and opportunities to better the lives for those in his or her family. I am thankful for the opportunity to have represented the people of the 19th District for 18 years. I hope many other West Texans share in my gratitude for our family and country this year.



Shigellosis and Thanksgiving Safety

The City of Lubbock Health Department has seen an increase in the number of shigellosis cases reported between November 11 and November 18, Nineteen (19) cases have been reported during these dates. This is a nine-fold increase over the expected 8 cases in a 30-day period. The cases range in age from 1 year to 24 years with 17 (90%) of cases in children 1 to 14 years of age, with an average age of 8. Seventeen (17) of nineteen (19) cases are laboratory confirmed. There are 2 probable cases among the household contacts of lab-confirmed cases. No common food source has been linked to these cases.

In 1997-1998, Lubbock experienced a community-wide outbreak of shigellosis with over 600 reported cases. The peak of the outbreak occurred between October and December 1997. By April 1998, the number of cases had dropped to less than 15 for that month. Because of past experience; the current cluster of shigellosis cases (19) is cause for concern and again warrants an aggressive approach to prevention of this illness.

Shigella is the bacterium that causes shigellosis, a diarrheal illness that lasts from 4-7 days. Fever, vomiting and stomach cramps may also be present. It is most commonly occurs in children under the age of 10. Once exposed, symptoms develop usually in 1-3 days (range from 1-7 days).

Shigella is shed in the stool of the person infected and is spread

person-to-person through the unwashed hands of the infected person, either by direct contact, or by food or drink handled by the person infected. Untreated, shigella can be present in the stool for as long as 4 weeks. Although shigella is easily spread, it can also be easily prevented. The key is Good Hand Washing-before and after eating, or handling food, and always after using the toilet, after infant diaper changes and frequently during the day.

Because shigella is prevalent among school age children, and with approaching Thanksgiving holidays, the Health Department urges the public to use good hygiene to reduce the spread of shigellosis within households and to encourage good hygiene and safe food habits:

- Wash hands before eating or drinking. Discourage sharing food when hand washing is not possible (such as sharing a bag of chips).
- Wash hands after all bathroom use, and diapering or toileting infants.
- Wash hands regularly with warm water and soap, especially under the fingernails.
- Keep restrooms sanitary by using antibacterial cleaning agents or bleach.
- Use disposable towels to dry hands instead of cloth towels.
- Flush all toilet paper. Do not dispose in the trash.
- Persons with symptoms: diarrhea, cramping, fever, nausea and vomiting, should contact their doctor immediately.

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Fashion Fun

by Sairle Roberson

Fashion & Finance

Ladies, you don't have to spend a lot of money on clothes to dress well.

When it comes to fashion, knowledge is of great importance. It is a necessity to be fashion conscious, you must be fashion smart.

Remember that what looks good on you is all that really matters, realizing this one thing will assist you in not becoming a victim of constant over spending. There are certain guide lines to follow when shopping...

1- Always keep your eyes open for items that will coordinate with what you already have, being able to up date is extremely wise and will save you money.

2- Stay away from fashion fads, it is only a craze, it is short term, usually just a waste of your hard earned wages.

3- Be cautious of sale merchandise, if you really can't use it, it's really not a bargain.

gain.
4- The most important thing to learn about fashion, is to get as much for your money as you can... now how to mix and match, one out fit can easily be turned into three out fits, with out the public knowing that you are wearing primarily the same out fit.

It's a good feeling to know that you made your dollars stretch to the max.

REMEMBER TO SHOP WHEN EVER YOU CAN, SHOP UNTIL YOU DROP, BUT ALWAYS SHOP SMART.

NEXT ISSUE... NOVELTY HAND BAGS, DELIGHTFULLY FRUITFUL TIP... ALWAYS WEAR A SMILE

FASHION JUST FOR THE FUN OF IT

Local Trustee Attends Program on Achieving Equity and Excellence

(HOUSTON) Lubbock ISD trustee Vernita Woods-Holmes was among 36 Texas school board members from across the state meeting in Houston, November 15-16, to discuss their role in achieving equity and excellence for their local school districts. The trustees met for the second of five training sessions as part of the Texas Association of School Board's (TASB) leadership development program. Leadership TASB, the leadership program is sponsored in part by the SBC Foundation, Wal-Mart & SAM'S CLUB Associates, H-E-B, and Lineberger Goggan Blair & Sampson, LLP.

During the Friday session, the 2003 Leadership TASB Class visited Aldine ISD. The site visit provided information on the process for achieving success in a Prekindergarten/ Headstart center, a 9th grade school, and a middle

school. Nadine Kujawa, Aldine Superintendent, presented a complete overview of the district's focus on achievement to the class.

The Honorable Senator Eliot Shapleigh, District 29, shared his perspective on educational funding issues Friday evening. Shapleigh's discussion focused on the upcoming financial issues facing the 78th legislative session.

Carolyn J. Kostecky, Assistant Vice President, American College Testing Program (ACT), at the Saturday session provided research on students and their performance on the ACT. Policy Studies in Education's president, Henry M. Brickell, and research associate, Regina Paul, discussed the board's role in curriculum. The session closed Saturday with a focus on leadership and management skills provided by Richard Ruhe, Ph.D., a senior associate with

The Ken Blanchard Companies. Leadership TASB participants were also involved with their team projects during this two-day session. The team projects are part of the program's completion requirements for master trustee recognition. The team tackled issues relating to board presidents, parental involvement, advocacy, and communicating with a district's community.

TASB is a voluntary, nonprofit association established in 1949 to serve local Texas school districts. It includes 1,044 local school districts and county school boards, 45 junior colleges, 41 tax appraisal boards, 145 cooperatives, and the 20 Education Service Centers. School board members are the largest group of publicly elected officials in the state. Their combined annual expenditures total \$25 billion, and they employ more than 520,000 people.



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 pastor. Our doors are still open for those of you who are looking for a church home. Come and visit with us. You will be glad you did so.

Services began last Sunday morning with Sunday School beginning at 9:30 a.m. with all teachers present and in their classrooms. Students received thirty minutes of instruction. At 10:15 a.m., all teachers and students marched to the main auditorium where highlights of the morning lesson were discussed.

The morning devotion period was led by Brother Clarence Ervin and Sister Joan Y. Ervin. They were assisted by the Praise Team. God is able!

The New Hope Choir marched in the morning processional singing out of their hearts and souls. Altar prayer was offered by Rev. Jeff Brown, a minister from Dallas, Texas. A selection by the choir, the morning scripture was read by Sister Doris Dailey. Sister Joan Jones gave the morning prayer. The New Hope Choir sang another selection. The responsive reading was done with the congregation standing and led by Sister Dorothy Scales. The morning hymn was "In The Sanctuary."

Pastor Moton gave his pastoral observations. After the singing of another selection by the New Hope Choir, Pastor Moton delivered the sermon entitled "There's A Longing In The Search For God." His scripture text was Psalms 42:1-4. It was another inspiring message.

After the invitation to discipleship was extended, the morning announcements were read by Brother Clarence Hatcher. All visitors were welcomed by Sister Winnie Jackson.

Let us continue to pray for our sick and shut in citizens. Among those who are shut in include Sister Rosie Reddic and Brother Raymond Stovall, father of Sister Dorothy Stovall, who is a patient in North Little Rock Hospital.

Let us not forget those who have lost loved ones. God is able. We must continue to put your trust in Him.

A special thanks to all of you who helped! The Women In Red Banquet, "Cleansed By The Blood" was great because of you and your support. Rev. Cheryl Saunders and the Drama Staff was at their best. Hats off to them!

The Annual Church Meeting of the New Hope Baptist Church will take place on Monday evening, December 9, 2002, beginning at 7:00 p.m. Come praying for God to be glorified as the members of New Hope Baptist Church set their course for 2003.

All officers of New Hope Baptist Church are asked to turn in their slate of officers to Pastor Moton by Saturday, November 30, 2002.

Special Thanksgiving Service will be sponsored by the Churches United For Kingdom Building were held Sunday afternoon, November 24, 2002. Special guest was Rev. B. R. Daniel of Beth Eden Baptist Church of Fort Worth, Texas.

IF YOU ARE UNABLE TO ATTEND CHURCH SERVICES ON Sunday morning, you can tune in the New Hope Broadcast on Radio Station KJAK, 82.7 FM, from 11:30 a.m. until 12:30 p.m.

Communities In Schools On the South Plains, Inc.

Helping kids to help themselves

EMPLOYMENT OPPORTUNITY- YOUTH COORDINATOR

Position requires a Bachelors degree in Social Work, Psychology, Sociology, Education, or related field. Three (3) years experience in direct student services.

Duties: Case Management, plan and implement program design and other duties as assigned.

Mail resume to:
Communities In Schools on the South Plains, Inc.
1628 19th Street
Lubbock, Texas 79401

HOLIDAY VOICES Christmas Concert/ Dinner Slated

LUBBOCK, TX— November 18, 2002—The Communications and Fine Arts Department of Lubbock Christian University will host Holiday Voices Christmas concert and dinner in the Baker Conference Center on Thursday evening December 5, 2002. Tickets are \$25 and reservations must be made by December 3. If one would like to just attend the concert and have dessert tickets are \$15. Dinner will be served at 6:30 and the concert begins at 7 pm.

All proceeds will benefit music scholarships. Call 720-7726 for ticket information.

The production will feature LCU student music groups: PRAISE Choir, Chamber Singers, Chamber Ensemble, Forte, and several individual soloists.

Do You Know A Child Who Deserves To Be Recognized?

In 2002, The Avalanche-Journal And Its SPOTLIGHT ON KIDS

Each Day The A-J Will Introduce You To A Local Child Who Is Going Above And Beyond To Do Good Things, The Right Things!

If You Know Of Such A Child, We Want To Know, Too. Be It Neighbor, Pupil, Friend Or Relative, Help Us Tell The World About These Special Kids!

NOMINEE INFORMATION

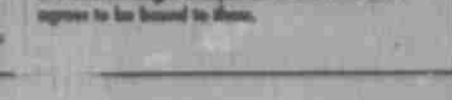
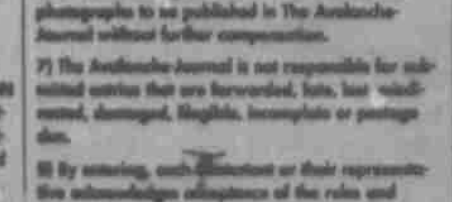
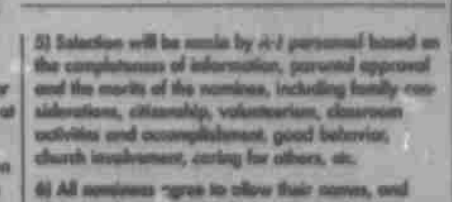
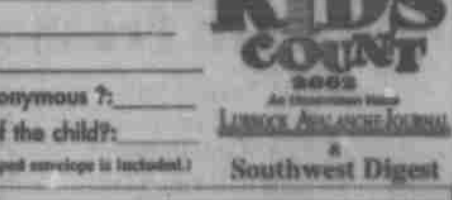
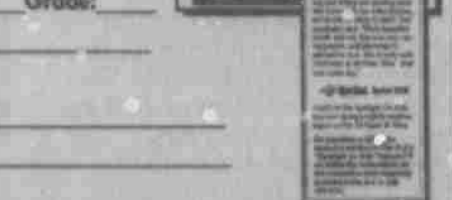
Name: _____ Grade: _____
Parents name: _____
PARENTS SIGNATURE: _____
Daytime phone (parent): _____
On a separate sheet of paper:
1) briefly tell us about your nominee and
2) list the accomplishments of your nominee.

NOMINATOR INFORMATION

Name: _____
Relationship to nominee: _____
Daytime phone: _____
Do you want your nomination to be anonymous? _____
Please include a good quality photo of the child? _____
(Photos will be returned only if a self-addressed stamped envelope is included.)

SPOTLIGHT ON KIDS RULES

- 1) No purchase necessary. Nomination forms will appear periodically throughout the year in the Avalanche-Journal and at Make Kids Count sponsor businesses around town. Forms also are available at the A-J Information Center, 710 Avenue J.
- 2) Nomination forms can be mailed to Spotlight On Kids, P.O. Box 491, Lubbock, TX 79408, or can be dropped off at the A-J Information Center, 710 Avenue J.
- 3) All information, including a reproducible photograph of the child, must be included. INFORMATION AND PICTURE WILL NOT APPEAR IN THE A-J WITHOUT VERIFICATION AND SIGNATURE FROM A PARENT OR LEGAL GUARDIAN. Photos will be returned ONLY if a self-addressed stamped envelope is included.
- 4) Only one Spotlight On Kids nominee will appear in the A-J each day.
- 5) Selection will be made by a 4-1 personnel based on the completeness of information, personal approval and the merits of the nominee, including family contributions, citizenship, volunteerism, classroom activities and accomplishments, good behavior, church involvement, caring for others, etc.
- 6) All nominees agree to allow their names, and photographs to be published in The Avalanche-Journal without further compensation.
- 7) The Avalanche-Journal is not responsible for submitted entries that are forwarded, lost, late, misdirected, damaged, illegible, incomplete or postage due.
- 8) By entering, each nominator or their representative acknowledges acceptance of the rules and agrees to be bound to them.



HELP PREVENT



YOU can be a Hero and help prevent home fires with an hour of simple training and a little of your free time.

The Lubbock Fire Department has FREE Smoke Detectors and Carbon Monoxide Detectors ready to install in the homes of many of Lubbock's citizens, but they need the manpower (or womanpower) to get the job done. Volunteers will go in teams of three to install these valuable safety devices and deliver fire safety brochures and information. This would be a great job for a couple in their retirement years. The Retired and Senior Volunteer Program (RSVP) will provide car mileage reimbursement at 35¢ per mile for this service. For more information just call

742-2423

homeland security begins at home!

A program of the Lubbock Fire Department and the Retired and Senior Volunteer Program.

HOME FIRES

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HAND-BREADED CHICKEN CUTLET SERVED IN GARDSKI'S HOMEMADE CREAM GRAVY. SERVED WITH TENDERLOIN AND YOUR CHOICE OF TWO SIDE DISHES

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Hours: Monday-Thursday 11 am-10 pm, Friday-Saturday 11 am-11 pm, Sunday 11 am-10 pm



CHURCH DIRECTORY



WE THANK GOD FOR JESUS "UNTHANKFUL NEIGHBORS"

MATTHEW 22:39, JESUS SAID, THOU SHALT LOVE THY NEIGHBOUR AS THYSELF.

SIX PEOPLE WAS TRAPPED IN A MOUNTAIN CABIN; IN THE BITTER COLD, EACH HAD A LOG OF WOOD. THIS IS THE STORY I M TOLD.

THEIR FIRE WAS DYING; FOR THE NEED OF ONE'S WOOD, EACH HAD WHAT IT TOOK TO STAY ALIVE, ONLY IF HE OR SHE WOULD.

LUKE 6:38a, JESUS SAID, GIVE, AND IT SHALL BE GIVEN UNTO YOU; GOOD MEASURE, PRESSED DOWN AND SHAKEN TOGETHER, AND RUNNING OVER, SHALL MEN GIVE INTO YOUR BOSOM.

THERE WAS THIS PREACHER, WHO HELD ON TO HIS LOG OF BIRCH, HE SAID, WHY SHOULD I? THESE ARE NOT MEMBERS OF MY CHURCH!

MATTHEW 5:16, JESUS SAID, LET YOUR LIGHT SO SHINE BEFORE MEN, THAT THEY MAY SEE YOUR GOOD WORKS, AND GLORIFY YOUR FATHER WHICH IS IN HEAVEN.

THEN THERE WAS THIS BLACK MAN; HIS JAWS CLENCHED VERY VERY TIGHT, SAYING WITHIN HIMSELF, NOW IS THE TIME TO GET EVEN WITH THE WHITES.

LUKE 6:27,28, JESUS SAID, BUT I SAY UNTO YOU WHICH HEAR, LOVE YOUR ENEMIES, DO GOOD TO THEM WHICH HATE YOU, BLESS THEM THAT CURSE YOU, AND PRAY FOR THEM WHICH DESPITEFULLY USE YOU.

THEN THERE WAS A RICH MAN; HIS LOG LIKE HIS RICHES, HE DID ADORE, SAYING WITHIN HIMSELF; WHY SHOULD I WARM THE GOOD FOR NOTHING POOR.

1 TIMOTHY 6:10a, FOR THE LOVE OF MONEY IS THE ROOT OF ALL EVIL.

WHICH WHILE SOME COVETED AFTER, THEY HAZERED FROM THE FAITH.

AND THERE WAS A POOR MAN THERE; OWNING NOTHING BUT THAT HICKORY STICK, HIS HEART HARDEN; SAYING; WHY SHOULD I WARM THE MIGHTY RICH.

JOHN 15:13, JESUS SAID, GREATER LOVE HATH NO MAN THAN THIS, THAT A MAN LAY DOWN HIS LIFE FOR HIS FRIENDS.

**HAVE YOU SEEN UNTHANKFUL AMERICA YET?*

AND THERE WAS A WHITE WOMAN THERE, SHE HELD HER PRECIOUS LOG BACK, AS SHE LOOKED AT THE FACES AROUND THE FIRE, AND ONE OF THEM WAS BLACK.

1 JOHN 4:20,21, IF A MAN SAY, I LOVE GOD, AND HATEH HIS BROTHER, HE IS A LIAR; FOR HE THAT LOVETH NOT HIS BROTHER WHOM HE HATH SEEN, HOW CAN HE LOVE GOD WHOM HE HATH NOT SEEN? AND THIS COMMANDMENT HAVE WE FROM HIM (GOD), THAT HE WHO LOVETH GOD, LOVE HIS BROTHER ALSO.

AND THERE WAS A SPANISH MAN THERE; THIS IS HOW HE PLAYED THE GAME, SAYING; THEY ARE NOT MY PEOPLE, OUR LANGUAGE IS NOT THE SAME.

GALATIANS 6:10, AS WE THEREFORE OPPORTUNITY, LET US DO GOOD UNTO ALL MEN, ESPECIALLY UNTO THEM WHO ARE OF THE HOUSEHOLD OF FAITH.

AND WHEN THE MORNING CAME, IT WAS PROOF OF AMERICAN SINS, THEY DIDNT DIE FROM THE OUTSIDE COLD; BUT THE COLD HEART WITHIN.

(AMERICA! AMERICA! IF SHE OR HE IS RED OR YELLOW, BLACK OR WHITE, WE'RE ALL GOD'S CHILDREN; AND WE'RE ALL PRECIOUS IN HIS EYE SIGHT.)

COLD HEARTED AMERICA; HOW BLESSED WE COULD ALL BE, IF WE WOULD ALL SAY, HERE TAKE MY LOG; NO CHARGE, ITS FREE.

GIVE THAT HANDSHAKE, THAT HUG, THAT SMILE; THEY ARE ALL FREE, AND THE LOVE OF GOD WILL GO AROUND THE WORLD, AND BACK TO YOU AND ME.

JOHN 13:35, JESUS SAID, BY THIS SHALL ALL MEN KNOW THAT YE ARE MY DISCIPLES, IF YE HAVE LOVE ONE TO ANOTHER.

(I M JUST A NOBODY, TRYING TO TELL EVERYBODY, ABOUT THE DEATH OF HIS BODY; THAT HE DIED FOR THE LOVE HE GAVE; FOR SINS OF EVERYBODY.)

WRITTEN BY EVANGELIST BILLY B.J. MORRISON, 1st, YOUR BROTHER IN CHRIST JESUS.



from the Desk of Parson D.A. Smith "Equipped for the Task"

The events of our present time cause one to wonder how will they affect those who are living on the edge of financial disaster. Those persons who are already in the quagmire of economic doom and have to exist on government handouts that takes away one's dignity and self-esteem are going to sink further in the cesspool of economic depravity according to the latest economic forecast.

The bright minds of both the Republican and Democratic parties are still in a state of uncertainty and confusion as to what should be done and what direction should be taken to stimulate economic growth.

With what appears to be no light at the end of the tunnel for the "forgotten man at the bottom of the economic pyramid" in America, is there a ray of economic gain?

In the Gospel According to Luke 4:18, Jesus said, "The Spirit of the Lord is upon me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, . . . and recovering of sight to the blind."

For those of us who believe in the Lord Jesus Christ, we know that there is hope in these problematical times. Our security rests in Jesus, the "anointed." In the 18th verse of Luke 4, Jesus states that he had been appointed for a specific task. His responsibility included the preaching of the gospel to the poor, the comforting of broken hearts, and the restoration of sight to the blind.

By quoting a text with the word "anointed," Jesus was pointing out that He was the Anointed One, or Messiah. In the Old Testament anointing was reserved primarily for kings and priests and was the act by which God's selection and equipping of

the person were signified. Whereas the kings were anointed with oil, it is said in Acts 10:38 that "God anointed Jesus of Nazareth with the Holy Ghost and with power."

Jesus' anointing set Him apart and equipped Him for an unparalleled task. The first element of that task was to preach good news to the poor. This, of course, was not just any good news but the good news of salvation, the gospel. Whether the people referred to were poor spiritually or also materially, they needed the gospel.

Jesus' anointing also embraced reaching out to the brokenhearted. Heartache caused by various kinds of adverse circumstances, had been experienced by an untold number of people. Jesus came "that they might have life, and that they might have it more abundantly." Jesus set prisoners free. He sympathized with a grieving mother,

consoled the heart of an adulterous woman, and gave peace to the troubled heart of His disciple Peter.

Jesus' divine equipping was further manifested in His restoring the sight of the blind. Eyes that had never seen the dawn of the morning, nor the beauties of the blue sky or the golden ray of a sunset were opened by Jesus.

As Jesus was the answer of the needs of people in past generations, He continues to meet needs today for those who will place their trust in Him.

Yes, Jesus was a man of purpose, direction, and destiny. He lived on the cutting edge of human need and experience. He dealt with the most simple and the most complex questions of life. This same Jesus can deal with the problems that our global world is facing today.

I KNOW I'M SOMEBODY



cause God don't make no junk!!

The Outreach Prayer Breakfast

This week, the members of the Outreach Prayer Breakfast are praying for body and nation.

Father, in the name of Jesus, we confess your word concerning healing. As we do this, we believe and say your word will not return to you void, but will accomplish what it says it will do.

Therefore, we believe in the Name of Jesus, that all who reads will be healed, according to I Peter 2:24. It is written in your word that Jesus himself took our infirmities and bore our sickness. Therefore, with great boldness and confidence, we say on the authority of that written word that we were redeemed from the curse of sickness, and we refuse to tolerate its symptoms.

"Satan", we speak to you in the name of Jesus, and say that your principalities, powers, your spirits who rule the present darkness, and your spiritual wickedness is heavenly places are bound from operating against the people of God. In anyway, we are property of the Almighty God, and we give you no place in these. We dwell in the secret place of the most high God. We abide, remain stable and fixed under the shadow of the Almighty.

Now, Father, because we reverence and worship you, we have the assurance of your word that the angels of the Lord encompass around about us and deliver us from every evil work. No evil shall befall us. No plague or calamity shall come near our dwellings. We confess the word of God abides in us and delivers perfect soundness of mind. Wholeness in body and spirit from the

deepest parts even to the joints and the whole body.

Your word is medication and life to our flesh for the law of the spirit of life operates in us and makes us free from the law of sin and death.

We have on the whole armour of God, and the shield of faith protects us from all the fiery darts of the wicked. Jesus is the High Priest of our confession, and we hold fast to our confession of faith in the word. We stand immovable and fixed in full assurance that we have health and healing now in the Name of Jesus.

Once this has been prayed, believing, thank the Father that Satan is bound and continue to confess this healing and thank God for it.

References Scriptures; Isaiah 55:1; I Peter 2:24, Matthew 8:17; Galatians 3:13; Psalms 91:10; James 4:7; Ephesians 6:12; II Corinthians 10:4; Psalms 91:1; Psalms 34:7; II Timothy 1:7; Hebrews 4:12-14; Proverbs 4:22; Romans 8:2; Ephesians 6:11-16; Psalms 112:7 and Isaiah 53:5.

We eat the world, diet, but check it out. Check upon the things we are putting in our bodies which makes us sick. Our Lord will hold true to his part. Check out the scriptures.

Thank you for reading, Precious People!

Keep praying for your neighbors. They can be anyone. Be thankful as this is the Thanksgiving Season!

Sister Dorothy Hood, president; Sister Christene Burleson, vice president; and Sister Joyce Ross, secretary.

Thank You!



Ruby Jay

The family of the late Ruby Jay would like to take this opportunity and thank each of you for your thoughtfulness during the death of our loved on, Ruby Jay. We will never forget your many telephone calls, food, flowers and other kind deeds during this time.

May God continue to bless each of you. We will never forget your kindness.

Sincerely,
The Family of Ruby Jay

Bethel African Methodist Episcopal Church

2202 Southeast Drive
806-744-7552

Pastor's study 806-741-0208
dpobethel@aol.com

Intercessory Prayer 8:30am

Church School 9:30am

Morning Worship 10:50am

Evening Worship 6:00pm

Wednesday Bible Study

12:00 Noon and 6:00pm



"God Our Father, Christ Our Redeemer,
Man Our Brother"
Pastor: Danny R. Poe

In Remembrance...



Willie Howard

Funeral services for Willie Ward Howard were held Saturday afternoon, November 23, 2002, at the Mount Gilead Baptist Church with Pastor J. J. Johnson officiating.

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

Mr. Howard passed Tuesday, November 19, 2002.

He was born March 30, 1916, in DeWitt County, Texas. He married Alene Gibbs on October 2, 1948, in Lubbock. He grew up in Rockdale, Texas, and moved to Lubbock where he was a member and deacon of the Mount Gilead Baptist Church for 62 years. He worked for Economy Mills retired from the City of Lubbock in 1981.

He is survived by his wife, Alene Howard, two daughters, Patsy Woodard and Glends Jenkins, both of Houston, Texas; three sons: Gary of Hereford, Texas, Billy of Houston, Texas and Darrion of Lubbock, Texas; a sister, Delsene Clarette of Mansfield, Texas; sixteen grandchildren, and several great-grandchildren.



Lura Stephens

Funeral services were held for Lura J. Stephens of San Diego, California, at the Mount Zilead Baptist Church on Wednesday, November 20, 2002, with Kirby Thomas officiating and assisted by J. C. Clark.

Burial was held in the City of Lubbock Cemetery under the direction of Ossie Curry Funeral Home of Lubbock.

He died Tuesday, November 12, 2002.

He was born March 7, 1937, in Lubbock. He married Yoshiko Yoshino on September 16, 1960, in Japan. She passed away November 16, 1999.

He attended Ella R. lies Elementary and Dunbar High Schools. He enlisted in the U. S. Navy in 1955. He was awarded many citations and medals. He was highly decorated and recommended by the Department of Navy. He retired as Senior Chief Petty Officer in 1985.

He is survived by four sisters: Dorothy Moya, Jessie Barber and Percy Williams, all of Lubbock, Texas, and Allene Ward of San Diego, California; two brothers, L. C. Alexanders of Cerritos, California and L. J. McCallan of Lubbock, Texas.

Christmas for the Animals

Help us make this a merry "Christmas for the Animals." Lubbock Animal Services/ARK is sniffing out new "homes for the holidays" for our homeless pets. Adoption fees on adult dogs and cats have been reduced to \$10.00. Anyone 60 years old or older may adopt a new pet at no charge. "Pets for the Elderly" will pick up the tab (a picture of the new owner and pet is required).

You can also make this a "Merry Christmas" for the homeless pets by donating needed items and services:

- Dry cat or dog food
- Toys such as large balls and large rawhide chews for the dogs
- Cat toys and cat treats would be perfect for the felines.
- Blankets and towels (new or used)
- Laundry detergent and bleach
- Volunteer your time to walk or play with a pet.
- Bake treats for the pets; recipes are available at the shelter.

Donations to the Animal Fund go for direct and indirect care of animals housed in the ARK (Animal Rescue Kennels) and animals that enter the shelter as cruelty cases or injured animals.

Pets can be adopted at the shelter Monday-Friday from 11 a.m.-7 p.m. Gift certificates are available for those wanting to give a friend or family member a pet for Christmas. Help us make this a merry "Christmas for the Animals" at the ARK.

Animal Services: Ann Lang, Shelter Supervisor Phor: 806-775-2711 Fax: 806-775-2717

Congress must act on Children's Health Care

By F. Scott McCown and Anne Dunkelberg

A modern malady is the childhood ear infection — when a child's inner ear fills with fluid and becomes infected. Inner ear infections can cause severe pain. Chronic inner ear infections can delay language development and cause learning disabilities.

No child should have to suffer the excruciating pain of an earache because the child's family is too poor to afford health care. Now is it smart for our state to save the cost of treating a child's earache only to pay the greater cost of treating a child's learning disability or losing the child as a productive citizen.

Texas support health care for children in low-income families. We provide care through Medicaid and the Children's Health Insurance Program (CHIP). In this period of economic recession however, more families need help at the same time state revenue is falling, leaving us hard pressed to fund Medicaid and CHIP. Texas agencies estimate they will need over \$2 billion more from the state treasury in 2004 and 2005 for Medicaid, plus about \$76 million more for CHIP.

Congress can help. Both houses are considering so-called Medicare "Give-Back" bills. These are called "Give-Back" bills because they restore health-care cuts made earlier by Congress to force a balanced

federal budget. Three specific proposals in these bills would help Texas pay for children's health care.

• First, a proposed temporary increase in the federal share of Medicaid would bring Texas \$484 million additional federal dollars over the next two years.

• Second, a proposed restoration of CHIP cuts made earlier to balance the budget, coupled with allowing states to use unspent CHIP dollars from earlier years, would bring Texas roughly \$550 million additional federal dollars over three years. Texas needs this money to avoid major Texas CHIP shortfalls by 2007.

• Third, a proposed elimination of the five-year exclusion from Medicaid and CHIP funding for legal immigrant children — kids Texas now covers with 100 percent state dollars — would stretch our CHIP budget even further, saving Texas more than \$20 million over the next two years.

Taken together, these three proposals would yield more than \$1 billion additional federal dollars for Texas over the next three-year period.

Medicaid and CHIP may seem remote from the lives of many Texans, but they really affect all of our lives. Medicaid is the No. 1 source of federal funding for Texas, far beyond funding for education or highways, putting Texans' federal tax

dollars to work here at home. Medicaid pays part of the bill for about three-quarters of elderly Texans in nursing homes. One and one half million Texas children are covered by Medicaid today, and most of them are in working families. Another half a million children from families with only slightly higher incomes are covered by CHIP.

Medicaid pays for the birth of nearly half the children born in our state each year, and is the major source of funds for care of Texans with mental retardation. Without Medicaid and CHIP, the burden of providing health care falls directly on our local Texas public hospitals and other charity care providers, funded entirely with local property and sales tax dollars, and without the benefit of a single penny of our federal tax dollars.

More federal funding for health care for legal immigrant children is also of growing importance to our state. Texas is home to about 2 million non-U.S. citizens, roughly half of whom have legal status. An astonishing 23 percent of all Texas children — nearly one in four — have a parent who is not a U.S. citizen. Congress is responsible for immigration policy, and Congress should not leave Texas with the costs of providing care to immigrants, whether they are legal or undocumented.

We urge our influential congressional delegation to bring home some medicine along with the customary bacon. Texans want health care for children in low-income families. Unless Congress acts in our state's favor, cuts in children's health care will follow. Senator Kay Bailey Hutchison is already on record supporting proposal one — the temporary increase in federal Medicaid dollars. We applaud her leadership. It's time for all members of Congress to focus on this critical issue and help Texas and other states pay for the healthcare needs of our children.

McCown is Executive Director of the Center for Public Policy Priorities, which studies issues affecting low- and moderate-income Texans. Dunkelberg is a senior policy analyst with the center, specializing in health care.

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Strength for Today
by Gerald Jackson
hope for Tomorrow

Question: Why do some people have a stronger faith than others?

Answer: There are two answers to this question. The first answer is probably easier to accept than the second answer.

Some people have learned through their life's experiences that information and training equips them to become stronger. It is the same when you practice any discipline. With the right information and the right type of exercise you will get

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance.

stronger or better at any endeavor. The same is true when it comes to faith. When you learn the principles of faith and practice them your faith gets stronger. James says it this way, "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance" (James 1:2,3). The more you learn about faith and the more you use your faith the stronger it gets.

The second reason for having a stronger faith is by God's determination. In Romans 12:3 Paul gives us an insight into this principle, "For through the grace given to me I say to every man among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, in accordance

with the measure of faith God has given you." or as God has allotted each a measure of faith. By His own reasoning, God has determined to give each person a measure of faith. The Almighty is the one who gives faith out by measure, he is the one who determines the amount of faith for each individual and in which area they are to have a stronger faith.

A person may have a strong faith in one area but weak in another. I have a friend who is an

outstanding student of the Bible. He has a special gift from the Lord concerning his academic ability. His knowledge of Scripture will certainly impress you if not overwhelm you. One day in class he was struggling in an area of faith that I considered very easy to overcome. When I asked him why he was struggling with so small an issue of faith he grabbed me by the arm and dragged me over to his desk (which is not an easy thing to do). He then opened his Bible to this passage in Romans and said to me rather excitedly, "Look at this!" I then read Romans 12:3 and understood it for the first time. Although my friend had a special measure of faith concerning his academic ability, he lacked in another area of faith. Strangely enough, the area in which he was

weak I was strong and the area in which I was weak, he was strong. This point of contention between the two of us served both of us well. I was able to help my friend in an area he was weak, he was able to help me where I was weak and both of our faiths grew in the areas we were weak.

Regardless of the area of faith you are weak in you can still grow. Learn more about God's word, then put into practice what you learn. Your faith will be tested and you will get stronger. Prayerfully, you will receive strength for today and hope for tomorrow.

Grace and peace



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Our experienced, certified educators will give you the tools you need to manage your diabetes in partnership with your physician.

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"Caring for Your Emotions."

Presented by

Jim Schneider, M.Ed., LPC, Covenant Counseling Center

Knitting Education/Conference Center (atop Covenant Medical Center's West Parking Garage, 21st Street & Louisville Ave.)

No reservation required. Free to the public.



Texas Tech Begins Wastewater Project

LUBBOCK - Texas Tech University's Water Resources Center is undertaking a project to demonstrate the use of alternative on-site wastewater treatment in the Lower Rio Grande Valley.

Texas Tech students and faculty will construct a wetland in Ac Green Valley Farms subdivision, between Hadingen and Brownsville. The constructed wetland will be part of a treatment system that also will utilize traditional septic tanks and will

allow plants growing in the wetland to use nitrogen from the wastewater.

Dean Muirhead, Ph.D., research associate at Texas Tech, said the Water Resources Center determined the specifics of the project after intense study.

"During the first year of the project we learned about the water resources and environmental needs in communities along the Texas-Mexico border," said Muirhead.

"We determined that several iso-

lated communities lacked adequate wastewater treatment and decided they should be our focus."

After learning that discarded tires were also a problem in the area, researchers were able to incorporate recycled tires into their design of the wetland.

Ken Rainwater Ph.D., Texas Tech professor and director of the Texas Tech Water Resources Center designed the wastewater treatment system.

continued on pg 5

FREE
Smoke and Carbon Monoxide Detector Program

Is your home well protected?
Even if you have detectors, do you have enough for the size of your house and are they well-functioning?

The Lubbock Fire Department has FREE smoke and carbon monoxide detectors available to Lubbock homeowners. Currently, detectors are being provided to homes in specified areas of town, but your area may be next. To see if you qualify, call Captain Marlin Hamilton at

775-2642

We want to keep you safe!

COOKING CORNER

Thanksgiving Ideas

Edible Gifts For Thanksgiving

(NAPS)—Whether you're planning your own Thanksgiving get-together or you've been invited somewhere special and you're wondering what to bring, a delicious cranberry pecan pie can be the answer. This remarkable blend of two traditional favorites is a match made in heaven. Here's the recipe from the gourmet gifting experts at 1-800-FLOWERS.COM:



- 2 cups fresh or frozen cranberries
- 1 cup orange juice
- 1/4 cup honey
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1/2 teaspoon orange extract
- 1 baked 9-inch pie shell with fluted rims
- Pecan Topping (1/2 cup honey, 3 tablespoons butter or margarine, and 1 1/2 cups pecan halves)

For topping, combine honey and butter in medium saucepan. Cook and stir over medium heat 2 minutes or until mixture is smooth. Add pecan halves and stir until well coated.

For filling, combine cranberries, juice and honey in medium saucepan. Cook covered, over low heat 15 minutes if using fresh cranberries or 20 minutes if using frozen berries. Cool. Puree cranberry mixture in blender and return

Another delicious holiday dessert is this Harvest Cheesecake Sampler which makes a holiday meal even more memorable.

to saucepan. Combine cornstarch and water in cup. Stir into cranberry mixture. Bring mixture to a boil over high heat and cook until thickened. Stir in orange extract. Cook, then pour into pie shell. Spoon pecan topping evenly over cranberry mixture. Bake in preheated 350°F oven 20 minutes or until top is bubbly. Cool on wire rack. Serve at room temperature or chilled.

If you don't have time to make this dessert, you can still send a perfect finishing touch to a perfect holiday feast. Visit 1800flowers.com on the Web for delicious desserts, such as the Harvest Cheesecake Sampler, a gourmet gathering of four of the finest cheesecake flavors.

Delicious & Healthy

Savor The Flavor Of Healthful Cuisine

(NAPS)—For many people, the one thing that stands between them and eating healthier is taste. So-called "health food" has gotten a bad reputation as being devoid of flavor. Fortunately, a little creativity in the kitchen can lead to culinary creations that are good for the whole body, including the taste buds.

A good place to start is with pork chops. Naturally lean, these versatile cuts readily absorb flavor, giving cooks free rein to experiment with seasonings, sauces and glazes.

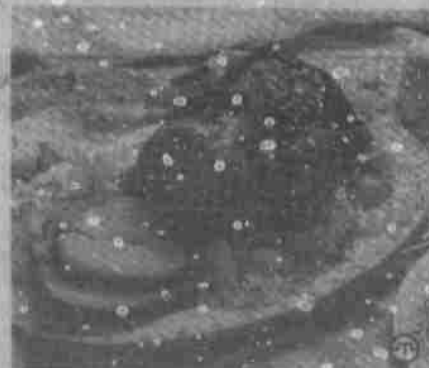
Another useful ingredient is Coca-Cola. The soft drink can be a terrific sweetener in many different kinds of cooking. Plus, it's fat-free, making it a smart complement for pork.

Both these ingredients come into play in this savory recipe, which is further highlighted by the fresh fruit flavors of apple and lemon. By trimming the pork chops before cooking, you're doing your heart a world of good without sacrificing taste.

Fruited Pork Chops

Makes 4 servings

- 4 rib, loin or shoulder pork chops or smoked pork chops, 1/2 to 3/4 inch thick
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. ground ginger
- 1 medium apple
- 1 medium lemon or orange
- 2 Tbsp. brown sugar



Healthful recipes start with naturally low-fat foods, such as pork chops.

- 1/2 cup Coca-Cola
 - 1 Tbsp. corn starch
- Trim fat from chops, then brown them on each side in ungreased skillet. Lay chops in shallow baking pan. Do not overlap. Sprinkle with salt, pepper and ginger. Core unpeeled apple, cut crosswise into 4 thick slices. Cut lemon into 4 slices, remove seeds. Lay lemon slices atop apple slices, place on each chop. Sprinkle with brown sugar. Pour Coca-Cola around chops. Cover tightly. Bake in oven at 350°F for 45 minutes. Blend corn starch with 2 Tbsp. water until smooth. Stir into meat juices. Bake, uncovered, 15 minutes longer or until meat is fork-tender. Spoon sauce over fruit chops to glaze.

For more recipes, visit the Web site at www.coca-cola.com.



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Good Day Gallon Milk Assorted Limit 2
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1.99 lb.

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Prices Effective Friday, November 29th through Sunday, December 1st at Our Participating Sherman, Denton, Denison, Abilene, Waco, Amarillo, Temple, Pampa, Lubbock, Midland, Odessa, Tyler, Longview, San Angelo, Wichita Falls and Texarkana Store Locations. Limit Rights Reserved.

continued from pg 4

The project is funded by NASA's Johnson Space Center in Houston. NASA, which developed plant-based systems to treat wastewater in the 1980s, is currently conducting research to incorporate plants to treat wastewater in space. Besides providing a source of food, plants could metabolize carbon dioxide and produce oxygen for a spacecraft's atmosphere. NASA is also interested in transferring its water reuse ideas and technology to the

general public. Texas Tech will be monitoring the performance of the system in the climate and soil conditions of Cameron County, with the assistance of local junior high school students. In addition to the on-site wastewater treatment technology, Texas Tech students and faculty are also helping to organize a community Science and Space Club for middle school children who live in the Green Valley Farms community.

Support Your Local Merchants. They Support You!



Editorials • Comments • Opinions



“Look To The Rainbow”

By Eddie P. Richardson

(November 12, 2002)
 NORTH/EAST LUBBOCK
 DEVELOPMENT COMMISSION
 TRIP TO SOUTH DALLAS,
 HOSTED BY JIM REID (SDDC)

1) Tour of the Bill J. Priddy Institute for Economic Development including the Small Business Development Center and the Business Incubation Center:

- Established in 1989 as a combined effort of the Dallas County Community College District and the private sector to support economic development in Dallas County;
- Business Performance Improvement Services:

- > Customized training 81 assessment services for business
- > Leadership & Organization Development
- > Job Analysis & Employee profiling

- > Career training & job placement services such as customer service, basic work skills, business computer software, foreign language, and technical skills
- Small Business Development Center:

- > Business start-up assistance
- > Small business management assistance
- > Assistance with accessing capital
- > International trade assistance
- > Government procurement help

- Business Incubation Center:
- > Office space & support services for entrepreneurs
- > Business research library with Internet access
- > Testing services

2) Tour of South Fair Project/Briefing by John Hall on South Fair Community Development Corporation (SFCDC):

- SFCDC with Bank of America and other public/private partnerships are promoting housing choices for lower-to-moderate income families in the Jeffries-Meyers Neighborhood of South Dallas near Fair Park
- Accomplishments:

- > Multi-family housing (Eban Villages) - a total of 350 units at a cost of \$18.5 M, financing from Bank of America. Fannie Mae Foundation, Federal Home Loan Bank, and Tax Credits
- > Single family homes (1 to 3 bedrooms) - targeting families earning at or below 60% AMI
- > HUD Section 202 seniors development (AYA Village) - for seniors only, consisting of 30 units at a cost of \$17 M.

- Planned Projects:
- > Laurel Estates - 19 new single-family homes for families at 80% AMI.
- > Infill housing - projected sales prices at \$70 K plus.
- > Park Row Estates - total of 30 new zero lot single-family homes. Starting sales price will be over \$100 K.
- Commercial Office Building - a 6,000 SF office building for a geriatric center for Baylor Hospital System.
- Landbanking - SFCDC is actively acquiring land for future developments.

3) Briefing at West Dallas Neighborhood Development Corporation by Snellie Bey, Executive Director, and a representative of Habitat, Inc. on the Green Leaf Project:

- Philosophy - the key to revitalizing neighborhoods is public/private partnerships promoting and developing owner-occupied single-family residences. Focus on larger developments vs. infill and priority given to building near schools.
- Green Leaf Project:

- > Public/private partnership with Habitat, KB Homes, and DHA.
- > Dallas Area Habitat will build 100 homes (1250 SF)
- > Worked with environmental issues from a lead smelting plant.

4) Tour of Jefferson Tower: See handout

5) Meeting with John Morgan with the Center for Housing Resources:

- > Revitalization of neighborhoods should begin with larger planned developments vs. infill.
- > Develop primarily owner-occupied single-family homes.
- > Main source of funding is tax credits.
- > Areas of construction include housing upgrades/remodels, infill structures, and new housing.

One of our present mayor's first projects as mayor was to establish the North & East Lubbock Development Commission to study development and re-development of these long denied and overlooked areas of the city.

The groups which is headed by Gary Lawrence, recently visited Dallas where the group visited some former depressed areas (especially south Dallas where it was once a hard core ghetto full-fledged, and it has been turned around 100 plus percent.

This was done by partnering with various groups businesses, industry, public and private sectors working together collectively together. According to Jim Reid of the Dallas SDDC, they had less to work with as we have in Lubbock.

Lubbock can do the same thing, possibly in less time, with professionalism, togetherness, inclusion, working collectively together for the good of all Lubbock. The City has to grow collectively together in order to be totally strong and healthy. If not, there will be a deformity, not a total healthy city.

It is hard to realize if the mayor realized the potential when he appointed the Commission, especially of the visit to Dallas. This writer and a group of other Lubbockites had the pleasure of visiting Charlotte some years ago for the same basically kind of venture, but we did not have the Commission. The timing of our visit was not a good one. This Commission will make recommendations to the Mayor and City Council in the near future. It will be very interesting to see the end results.

This writer wishes Gary Lawrence, chairman, and Commission members the very best of luck and much positive improvement.

Here is an outline of the meeting the North & East Lubbock Commission had in Dallas, Texas:



U.S. Plan to Attack Iraq Unwise

by Bill Fletcher Jr.

Despite the pleas of virtually the entire world, it appears that the Bush administration is poised for an invasion of Iraq. Before we take that great cavalry charge across the desert toward Baghdad, we should weigh the implications.

What's the basis for attacking Iraq? Has Iraq attacked the United States? Has the United Nations endorsed a U.S. invasion? The likelihood that Iraq may be building weapons of mass destruction has driven the war push. But that probability puts Iraq in the company of many U.S. friends and foes. Crippled by the Gulf War and left with no real air force and limited ground forces, Iraq is not well positioned to go on another escapade into Kuwait or elsewhere.

Much speculation has been made of the potential for Iraqi President Saddam Hussein to align with terrorists. But little documentation has surfaced of recent Iraqi collaboration with known terrorist groups.

And eliminating Hussein will

not eliminate the threat of terrorism. It might even exacerbate it. Militant Muslim fundamentalists, seeing the United States attack yet another Muslim nation, might be enraged enough to take action.

Already the Muslim world is a powder keg over the administration's unqualified support of Israel in its war with the Palestinians. A U.S. assault on Iraq after years of a blockade that has resulted in the deaths of an estimated 500,000 Iraqi children, according to a UNICEF study, may be just enough to ignite a firestorm.

What's more, there is virtually no international support for this proposed invasion. Many European allies are opposed, as is Saudi Arabia.

Regional consequences of invading Iraq are huge- Iraq could easily splinter to the benefit of Iran, part of the "axis of evil" identified by Bush. This could lead to relative anarchy, conflicts and, perhaps more seriously, greater anger with the United States. The environment would be ripe for rightwing Muslim extremists to gain support in destabilizing the region

and intensifying terrorist assaults.

Should it be up to the administration to declare which regimes live or die? When the United States flouts international law, it opens the door for others to follow its lead.

The Bush administration seems driven by bad motives, among them to "finish the job" that Bush's father left undone at the end of the 1991 Gulf War. But saving face for his father is no reason to take the country into war.

As the Bush administration readies the nation for war, we must dare to ask tough questions and refuse to be dissuaded by rhetoric and demagoguery.

It is a lot easier to start a war than to think through the lasting consequences of unleashing the waves of destruction that could easily ensue.

Bill Fletcher Jr. is a longtime labor activist and currently the president of TransAfrica Forum, a Washington, D.C.-based global-justice center on Africa, the Caribbean and Latin America. He can be reached at fmproj@progressive.org.

THIS N THAT

SOUTHWEST DIGEST RECOGNIZED! THIS N THAT wants to say THANK YOU to the SMITH TEMPLE COMMUNITY CHURCHtheir recognition of the SOUTHWEST DIGEST in their annual HARVEST FESTIVAL last Sunday afternoon along with other churches MOUNT VERNON UNITED METHODIST CHURCH.... CARTER CHAPEL CHRISTIAN METHODIST EPISCOPAL CHURCH, EMMANUEL UNITED METHODIST CHURCH AND KOREAN UNITED METHODIST CHURCH. This was a very positive effort ... the co-publishers T.J. PATTERSON AND EDDIE P. RICHARDSON were present and very happy over this fete.... Guest speaker for the afternoon was REV. HERMAN PHILLIPS pastor of Mt. Zion Baptist Church of Crosbyton, Texas.... He delivered a powerful sermon THE SOUTHWEST DIGEST..... is pleased with 1st Sunday afternoon....

NORTH & EAST LUBBOCK COMMISSION VISITS SOUTH DALLAS! THIS N THAT heard a very positive report from members of the NORTH & EAST LUBBOCK COMMISSIONwho visited some economic development programs in Dallas, Texas The report made a lot of sense and it shows that some things can happen with a lot of hard work and people working together collectively.... THIS N THAT will be looking for a recommendation from this commission early next year.... It has been reported that before the report is presented to the Mayor and City Council there will be a report given by the Commission to the community.... It appears as though everything is on the right track..... and Lubbock will be better because of the efforts of the North & East Lubbock Commission....

VISIT CHRISTMAS LIGHTS IN MCKENZIE PARK! THIS N THAT hopes you will visit the CHRISTMAS LIGHTS in McKenzie Park which will be shown throughout next month.... It is just good to see that SANTA LAND has been moved as well and will bring more excitement to EAST LUBBOCK during the Christmas Holidays.... It still goes to show there are more activities happening in East Lubbock....

SONIC STILL ON THE WAY! THIS N THAT still receives very good news that the SONIC DRIVE INN proposed for East 19th Street and Martin Luther King Blvd is still on its way It should happen in the near future....

PENNY HASTINGS THE BARBER SAYS: "Before you learn the meaning of what you SAY take time to speak it...."

U CAN SHARE FOOD DRIVE SET! THIS N THAT wants to remind all of you of the upcoming 19TH ANNUAL U CAN SHARE FOOD DRIVE sponsored by the SOUTH PLAINS FOOD BANK It will be held DECEMBER 2ND THRU DECEMBER 7TH!.... This is a great program which collects food and funds to help feed the hungry not only at Christmas but throughout the year.... Will you help? If you want to help then take your resources to MARKET STREET 50th Street & Indiana Avenue.... from 7:30 a.m. until 10:30 p.m. on the dates listed.... You will be glad you did so....

GENERAL MEMBERSHIP PROGRAM SET FOR IRNH ASSOCIATION! THIS N THAT advises you of the upcoming DUNBAR/MANHATTAN HEIGHTS NEIGHBORHOOD ASSOCIATION General Membership & Christmas Party set for THURSDAY EVENING December 14, 2002 at Mae Simmons Outreach Center 1303 East 24th Street.... beginning at 6:00 p.m.

HAPPY THANKSGIVING! THIS N THAT wants to take this time and wish each of you a BLESSED THANKSGIVING HOLIDAY! Be thankful for what you have in life and if you have an opportunity SHARE SOME OF YOUR BLESSINGS with others who do not have what you may have.... Although we live in a land of plenty there are those among us who are less fortunate.... THIS N THAT says BE THANKFUL WITH WHAT YOU HAVE!



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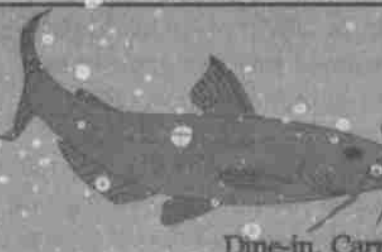
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Black Republicans Make History in Maryland, Ohio, and Texas

Bradley, Steels first in statewide office; Jefferson, Wainwright first in TX Supreme Court

WASHINGTON - For the first time in history, Black Republicans will hold the Lieutenant Governor position in two states at the same time. Jeannette Bradley will become the first African American female to serve as Ohio's Lieutenant Governor. In Maryland, Lieutenant Governor-elect Michael Steele will become the first African American to hold statewide office. Judges Wallace Jefferson and Dale Wainwright are the first African Americans elected to the Texas Supreme Court.

"These Americans are thoughtful and talented leaders, who represent the great diversity and strength of the Republican Party," said RNC Chairman Marc Racicot. "We are proud to count them among the growing number of Black Republican leaders, and look forward to working with them to advance the Presidents

agenda for a secure and economically sound America." Before elected, Bradley was serving her third term on the Columbus City Council where she chaired three influential committees. In Maryland, Steele is Chairman of Governor-elect Bob Ehrlich's transition team, Chairman of the Maryland Republican Party, and a member of the RNC Executive Committee.

"We are encouraged by the election of over a dozen African American candidates across the country. We hope that they will serve as a role model for other Black Americans to become more involved in the political process of our country, whether it is at the grassroots level or running for office in the future," said Pamela Mantis, RNC Deputy Press Secretary. Other African American

candidates elected to office under the Republican banner include:

- Kenneth Blackwell, OH Secretary of State
- Dianne Jones, Dallas County Criminal Court 11
- Cynthia Calhoun, Dallas County Clerk
- Ed Jones, CO State Senate District 11
- Linda Douglas, Guadalupe County (TX) Treasurer
- Sheiman Parker, MO State Rep., District 12
- George Hanks, Jr., TX District Judge 157
- Jane Powdrell-Culbert, NM State House, District 44
- Bill Hardicanan, MI State Senate, District 29
- Michael Williams, TX Railroad Commission Chair
- Lisa Hemby, Dallas County Treasurer
- Jackie Winter, OR State Senate, District 10

Habitat for Humanity Dedication Fact Sheet

Houses:

- The houses at 2114 & 2107 Emory were built from Cornerstone Partnership Grant participants
- Cornerstone grant allow faith communities to match funds with a donor and build a whole house for \$17,500 or half a house for \$8,750.
- This year's Cornerstone Partnerships were made by Westmont Christian Church (2114 Emory) and Cumberland Presbyterian Church (2107 Emory).
- No government funds are used for house construction
- The average price of a Lubbock Habitat home is between \$35-40,000
- Mortgage length varies from 15 to 25 years
- Habitat houses in the United States generally are built using wood frame constructions with gypsum board interior walls, vinyl siding and asphalt shingle roofs
- U.S. Habitat houses are modestly sized by North American standards — for example, a 3-bedroom Habitat house may have no more than 1,050 square feet of living space according to FHFI guidelines

Families:

- Families invest a minimum of 500 hours of their time towards working on their own homes,

others homes and/or the Habitat office

- A family selection committee chooses homeowners based on their level of need, their willingness to become partners in the program and their ability to repay the no-interest loan
- Families selected as Habitat homebuyers purchase the houses with a 20 year no profit, no interest mortgage, to make the payments affordable
- Home owners pay a down payment and monthly mortgages of \$300-\$350 towards their home
- The money home owners pay goes toward the building of additional houses
- New home owner Owen Conwright
- New home owner Juanita Amaya and her two grandchildren
- New home owner Cipriana Davila and her nineteen year old son

Lubbock Habitat for Humanity:

- Lubbock Habitat has over 60 homebuyer families that are involved in the program
- Lubbock will have eighty completed homes by the end of the year
- Lubbock Habitat for Humanity staff:

- o John Mallory, Executive Director
- o Robin Buckner, Director of Development

o Jeannette Buckemper, Volunteer Coordinator

Habitat for Humanity International.

- Habitat for Humanity is a non-profit, ecumenical Christian Organization dedicated to the idea that all people deserve a safe and decent house in which to live
- Habitat is building in more than 75 foreign countries and over 1600 cities in the U.S. and Canada
- Habitat has built more than 125,000 houses around the world, providing more than 625,000 people in more than 3,000 communities with safe, decent, affordable shelter
- There are more than 1,900 active affiliates in 83 countries, including all 50 states of the United States, the District of Columbia, Guam and Puerto Rico
- Habitat for Humanity was founded in 1976 by Millard Fuller along with his wife Linda
- Habitat is the 15th largest home builder in the nation
- Habitat is a world wide effort to build simple, decent homes
- The cost of houses varies from as little as \$800 in some developing countries to an average of \$46,600 in the United States

Pay for Tomorrow's College at Today's Prices

Rylander Opens New Enrollment Period for Texas Guaranteed Tuition Plan

(AUSTIN)— Parents can take some of the uncertainty out of saving for college by enrolling their children in the Texas Guaranteed Tuition Plan from the Texas Tomorrow Funds. Texas Comptroller Carole Keeton Rylander said,

Rylander said a new enrollment period has begun, and will continue until May 23, 2003.

With the Texas Guaranteed Tuition Plan, families can lock down their children's college tuition and required fees at today's prices, and pay those expenses in affordable installments before the children are ready for college.

"No matter how much tuition and fees increase, the state guarantees to cover the cost," Rylander said.

The Texas Guaranteed Tuition Plan may be used at public or private colleges in Texas or out-of-state. For newborns, contract prices start as low as \$40 per month for one year of tuition and fees at a Texas public college or university. Four years of public university tuition and fees can be prepaid for as little as \$152 per month for a newborn.

"By the time today's newborn is ready for college, tuition and

fees are expected to quadruple," Rylander said. "Families can avoid those cost increases by enrolling their children in the Texas Guaranteed Tuition Plan - and the younger the better."

For more information, visit the

Texas Tomorrow Funds Web site at www.texastomorrow-funds.org or call 1-800-445-GRAD(4723). The Texas Guaranteed Tuition Plan offers quick, convenient online enrollment.

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The Next Stage

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continued from pg 1

- Lower Salt Intake - Recent studies point out African Americans excrete salt from the kidneys at a slower pace than non-African Americans. African Americans also consume more salty foods. Substitute herbs and other spices for salt in meals and add more fresh fruits and vegetables to daily meals. This will cut down the amount of salt in the system and reduce the risk of heart disease.

- Lose Weight - Eating a well-balanced diet that includes fresh fruits and vegetables as well as cutting down on foods high in saturated fats and cholesterol will help one lose weight and lower risk for heart disease.


- Exercise - Aerobic exercise such as swimming, cycling and walking strengthens the heart muscle and helps the circulatory process. Thirty minutes of aerobic exercise three times a week is recommended.

Medication

In addition to life-style changes, proper medication helps control hypertension. High blood pressure does not present painful or uncomfortable symptoms that a person can feel and describe to a doctor. Proper diagnosis of hypertension requires a reading on a sphygmomanometer.

Compliance

Once it's diagnosed, hypertension can be treated successfully. If daily medication is required, it's important to follow doctor's directions and take it as prescribed. If medication causes side effects, the doctor should be consulted immediately. A doctor can adjust dosage or prescribe a different medication.







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Mackenzie Park

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AOIP is an organization engaged in an overall community-building approach to addressing the root cause of all ills among Black and similarly-situated minorities. AOIP's overall objective, via this interorganization coalition, is to begin immediately to transform the discrete communities within Black America, through pride-installing "togetherness" into a Shining Oasis of hope that all therein will not only be motivated to learn and become productive parts of our wonderful communities, but also there will be less desire to abandon support for Black-led organizations that have opened economic and other doors for Black-owned businesses, professional entities, Black churches, etc.

By inordinately integrating the communities and social and other institutions developed by (and for) other ethnic groups, AOIP has a redemptive mission of completing the "unfinished" work of Dr. Martin Luther King Jr. The information listed below about your organization should, as best possible, be focused on what your group is doing to help completed that "unfinished work."

COMMUNITY MEETINGS

Lubbock Area Client Council Second Saturday • 1:00 pm • Mae Simmons Community Center • Hub City Kiwanis, Every Tuesday Night, 7:00pm, 1708 Avenue G. • Dunbar Alumni Association 2nd Saturday 4pm • Booker T. Washington American Legion Post 808 2nd Tuesday - 7:30 • Forgotten West Riders, First & Third Monday, 7:00 pm, T.J. Patterson Library East Lubbock Chapter AARP, Every 1st Thursday at 1 pm, Mae Simmons Community Center, Oak and 8th St.

We would like to publish your monthly meetings. If you would like for an announcement to appear in this column, please get it to us in writing by mailing it to:

Community Meetings C/O: Southwest Digest
P.O. Box 2553
Lubbock, Texas 79408

or bring it by the Southwest Digest office at 902 East 23rd Street

