


## African-Americans, Diabetes and Foof Healith

## (NAPS)-Mom Koin 2 mil- lion African Americans have lion African Americans have diabetes. If youre anong them you mas be of ing them, you mag bo af increased risk for conver of serious

 corditions, iticluding footalcers. Teo alcers. Ter your krinw'-dge
about fee. oy taling th's quiz and discuss any troublesome
symptoms witi wur healih. symptoms witii your heallh-
care professinal.

1. People with diabetes are at increased risk of foot ulcers. TRUE. People with diabetes may suffer numbness in their
feel due to inaciequate supply fee due to inaciequate supply
of blood. As a resulf, 15 perof blood. As a result, 15 per-
cent of people with diabetes. will experience foot ulcers. 2. Fc $x$ ulcers are a leading
cause of amputations in peop witt diabetes. ( T or F ) TRUE. If a foot ulcer gets infected and is not successfully treated, it may lead to an amputation. According to the Association, 14 to 24 percent of people who have a diabetic foot ulcer will require an
amputation. In 1996, 86,000 amputation. In 1996, 86,000
people witl dia etes underwent one or more lowerextremity amputations. 3. There's nothing a person
with Labetes can do to preve foot ulcers. (T or F) FALSE. There are many steps
tiat a paticnt can rake to lessen the chance of getting a foot
ulcer. These include exercisin ulcer. These include exarcising
avoiding smoking and maintaining a healthy body weight.
It also includes making sure it also includes making sure
that any cut, sore. bruise, or
blister is noticed early and treated quickly.
2. People with diabetes should
examine their feet regular'y examine their, feet regular.y
even if they have not felt pain. (T or F)
M. I. K, Commembrative Council of Labbeck Itc.

Nominations
Piokeers whe has ieft their footprists in the winds Or histery in the Beack coranannity of Labhock.

Forty-Years of History
(1920-1960)
Who:
Year:
Reason:

Priut Naine
Plcase send nominations to
P.O. Box 12202

Lubbeck, 'Texns 79407
By November 11, 2002
Nominces, welected will be placed in the ML.K Mernerinl Arca located at the lop of the waterfall. Chalrpencoss Dogract Inwom

## Gardskis TONIGHT. . .

## OH YEAH!!

## - Lubbock's Greatest

CHICKEN FRIED STEAK

## MADE FROM GARDSKI'S OWN SECRET RECIPE

HAND-BREAUED CHOICE CUTET COVERED IN GARDSKI'E ROMEMADE CREAM GRAVY, SERVED
WTH TEXAS TOAST AND YOUR CHOICE OF TWO SIDE CGHVS

Wine Experi Availuble For Comment $3 n$ Recent tilt
 ted a bill to tho White House that permis. wine shipments, by vineyard vicitory is long as the wine is forpersonal use and their home state allows residents to carry in wine purchases from another 3 tate.
Tim Dodd, Ph.D., direct 3 r of the Texas Tech University Texas Wine Marketi.ng Research institute, said that the bill potentially will inpac the wine industry in a positive the wine industry in a positive
way. Dodd also said that this vay. Dodd also said that this vill open the door for new wineries and will especially enefit smaller wineries who are starting out and do not have the retail distribution to grow.
The Texas Wine Marketing Research Institute was established in the Department of Education, Nutrition and Restaurant/Hotel
Management at Texas Tech University in 1988.
The institute regularly col lects and disseminates information concerning Texas wine and wine grape produc. tion, winu sales and wine consumption in Texas; and the industry's economic impact on the Texas econo my- Specific research topics are also examined, including winery tourism, wine sales to restaurants and supermarket sales of Texas wines.
Dodd can be reached at (806) 742-3077 or tdode@hs.ttu.cdu






*** Services began las Sunday monning with Soryday
Schesl beginning at $9 \cdot 30$ a.m. with inniltagechers present
a.d on time. 3 tudents ard on time. students
received thry minutes of
instruction, and at 10.15 a.m all teachers and studetts
harched to the main auditor uarched to the main auditor
um where high points of the
mening lesson were given ... The morning devotion
Was conducted by Brother
olin Howard and Brottrar Ulysses Beaty and were
assisted by tiee Praise Team
What tin assisted by the Praise Team.
What a time in the Lord!
As it being the first
Sunday the Male Chorus marched in the processional
singing out of their hearts. AL iar piayer was offered.
After a sclection by the Chorus, the morning scripture was read by Brother Or
Matthew Brather Heery
Hiphow. High gave the morsing
prayer Ater another selec-
fiont the reoponsive reading
Was done with the congregaWas done with the conggrega
tion sianding and led by Brother Johinie Martin. The
morning hymn was "Blessed
Assurance? Assurance
Pastor Moton gave his
pastoral observations which pastoral observations which
is alvyys inspiring for the
ongregation A ter congregatiol. After the
sing ing of another selection
by the Male Chorus, the by the Male Chorus, the
moming sermon wes deliv-
ered by Rev. Floydzel Bell ered by rev. roydzel Bell.
The subject of the sermon
was "An Inside Job." The was "An Inside Job." The
scripure ext was Jeremiah
31:31-36. It was a wonderful sermon. The announcements of the
morning were read by The announcements of the
morning were read by
Brother Roy White. Brother Joe Here
visitors. *** A Women Missionary
Society project, "Christmas In Uganda, Africa, is being
planned for the chuish. All ladies are asked to get
involved by oringing blankets
or elbow macaroni. The or elbow macaron.
deadline 15 Monda,
November 25,2003 November 25, 2002, for ship-
ment soon hereafte. Sisher
loan Y Ervin is presidett. *** New Hope Baptist Church wili be guest of the
Bethel African Methodist
Episcopal Church on Sunday Bethel Arrican Methodist
Eisisopal Churchoo Sunday
afternoon, November 10. 2002 begninnember at 300 p.
Rev, Panny Poe is pastof.

Friday evening Friday evening
November 15,200 , is the
date for the Women In Red date for the Women in Red
Bancout it the Unversity
Medical Center \& Mcinturf Center, 602 Indiana Avenue,
with special gues being the
Brothorthood of New Hope Baptist Church. Guest ppeak
er will be Rev. Cheryl Saumders. The thein' is "Cleansed
by the Bfood." Let us continue to pray,
for our sick and shat citi-
Tens Among them who are zens. Among them who are
ilt this week, include
Raymond Stoval a patient North Lirte Rock Hospital
He is the father of Sister
Dorothy Stovall Sister Rosic Reddic is
also on the shutaillist. Ou
 rod is anis.
who have int fofget thrise
this week. los loved ones

## Te CHURCH DIRECTORY !




## from-the. Desk of Parson D. A: Sinith: "Belying qurfalth?

 Christ and 1 no longe, live but Christ live in me. The life I live in the body, I live b faith in the Sor of God, who loved me and gave himself for lovedme."
-Galatians 2:20 The headlines of the past week read;
$\qquad$ warned this week that those who play golf may be targets of al Qaeda snipers on golf
courses and were given tips on bow to protect themselves.

Local high schools have moved or po
many athletic events.

> many athletic events. Federal inve plan to question suspected al Qaeda detainees Guantaname Ray Cuba, and ona, and house that caught fire one elsewhere to see if any of night and a young boy was

Bethel
African Methodist Episcopal Church
2202 Southeast Drive 806-744-7552 dpoebethel@mol.om

Intercessory Prayer 8:30am Church School 9:30am Morning Worship 10:50am Evening Worship 6:00pm Weinesday Eitle Siudy
12:00 Noon and 6:00pm

"God Our Father, Christ Our Redeemer, Man Our Brother"

## HELLO USHERS!

The members of the City Wide Ushers will meet at $5: 00$ p.m. on Saturday evening, November 9, 2002, at the Greater St. James Baptist Mulberry Avenue.
Mane City Wide Ushers are invited by Pastor Ha.ris about dis time of
The the year. So let's attend and bring someone with us, because we are going to have a good time in the Lord.
Let us not forget to bring our non-perishable canned goods for the needy of our community.

If you wani to become a City Wide Usher then come and te wit You are always wel
on November 9 th

## Sister L. H $\because$ ris is president; and Sister Minnic Darthard, reporter.

It is the greatest of all mistakes to do nothing because you can do only a little.

Do what you can.
--Sydney Smith

## water wisely

 Q. How do 1 know how much Q. How do I know how much water to apply onparticular kind of grass? A. This applies during the
Q. What is water run-off? A. Water run-off is typlcally caused by over-watering, alming sprinklers in the day. Your lawn is like a paper fowel it can only absorb so much water in a given period of time. If you apply too much water tou quickly, the water that your lawn is unable to absorb will become water run-off. It is critical tha you visually observe your lown to verif your sprinklers are wutering the grass and not the sidewaik or street and to observe that you are applying the proper ampunt of water to your lawn. Also, shut off your sprinkler system on windy and
raliny days. By following these simple tips. raliny days. By following these simple tips
you will help us prevent water run-off.
$\operatorname{sac}$

forced to flee to the upper - faith to him withivit reason
porch. The fatier standing on our reason make faith a necesthe giound below with cut- sity.
stretched arms called out
his son to jump. He kners th From the eariest days of boy had to ium. He knew the the Christian charch, faith hes life. What the boy o save nis marked men a.ad women of see were the boy only could God. Out of weaknees they blackness. blackness. A s cnn be imag- natural strength and overcome ined, he ves afraid to le. go as their difficulties by faith. his father kept yelling, "Jump! Faith is always a valuable I will catch you" But the boy resource, but sometimes its prorested, "Daddy, I can't see advocates are describing an you." The father replied, "But can see you and that's all that matter.
Let me with A Holy guidance take to the task those to be waning in our present to be waning in our present
era of moral crisis. You are to keep relying on faith. You have to believe!

Augustine said, "God dees optimistic attitude or positive thinkirg that whistles away the gloom and leads to not what the Bible means by faith. Faith is an means by resorrce. but it is the object of faith that makes the differ ence. And the object of our faith that makes a difference is Jesus Christ.
ot expect us to submit our

## The Outieach Prayer Breakfast

Memiers and friends of the month of May rolled in. The Outreach Prayer Breakfast met weather was nice and God gave last Saturday monning in the you another day. Whats your home of Sister Annie McBride; thoughts about your life?
beginning at $9: 00 \mathrm{a} \cdot \mathrm{m}$. Sister June, ime jast keeps McBride is truly a great lady and a spirit filled home1
Devotion was conducted by Sister Christene Burieson and Sister S. Crawiord. The organization was favored with a solo by Sister Arnie Day, entitled
"Ey The Grace Of God I've Come A Long Way." As you may know, this lady is truly gifted by God.
Our scripture lesson for the morning was taught by Siste: Elnora Jones. She used as her scripture: Ecclesiastes 3
"A tine for everything under-
the sun. In teh book of Job; Job the sun. In teh book of Job; Job suffering, but he said, 'thou you slay me, yet will I trust."
He said, nothing will senarate me from the love of God, Daid said, yea thou I walk through the valley of th shadow of death. In this world, we wall thiough the shadow
We don't have to fear.
911 was just a shadow. The bombing of the Pentagon. The Oklahoma bombing is just a shadow. Everything has a time, and a season. Look around your rea, and you will see we are in a season of suicide, killing wars, rumours of wars, sucide strapping themselves with bombs and taking their lives and others with them. Truly, the
spirit of darkness hovers spirit of darkness hovers over this nation. It might endure for a
ni, ht, but joy comes in the night, but
morning.
We can't name the sin whith is active in our community and homes. What has happen to the home of the brave in this great country of America. Corinthians
13 says. 13 says: "Now we see through a
glass darkly, but one day we glass darkly, but one day we
will see clearly. Gcai is going to wipe all tears from our eyes. No more sorrow, heartache and pain."
If you could turn back the pages of time. January come and marched on was that your
season? February came and season? February came and
went, and what did you do to make this world a better piace. March comes in and did you put off some good deed fro the next mere you pleased when the

June, ime jast keeps rolling. does not wait, July, the weathproblem. and you still have a problem. Auzust, you may say the kids orgnaized for school. You have no time. In October, the leaves are turning all colors. The pump. kins in the world are beautiful Was this your season?
November, lias finally rolled in, and are you putting more emphasis on that turkey and ham. Thou thanking our God for the eleven months.
And the month of December will roll in here in a few days,
and will you celebrate this seaand will you celebrate this sea-
son which is Christ's birthday by putting out the Santa Claus and Rudoloph the Red Nose Reindeer? Look back over these iwelve monfis and ask what have you accomplisined taht
God will be pleased with? He God will be pleased with? He few days for another year. ew days for another year.
Speaking on school terms, just Wpendering how will God rate each of us this year. Will it be $50 \%, 75 \%$ or $100 \%$. He 99 won't one hundred percent, 99 won't do.
Let's ring out joy to this world. The Lord is coming. Mav good will to all men. Your season will come. Our God works in seasons, and when each of pur season comes. He will palce you where you need to be, Don't envy, be patience and and patience and keep believeing the word. Come and heir his great teacher of the word! God bless uach of you for reading. For those who are sick in your body, our God wants to ce you well
abundantly.
For our bereaved families Fod specializes in things which seem inipossible. He can do for you what no other earthly person can do. Read II Chronciles 7:14 and Mark 11:22-26 When you desperatly need prayer, pray
for others. -..-

Sister Dorothy Hood; presiice president; and Sister Joyer Ross; secretary.

Pess $4 \cdot$ Southwest Digent • Thun
In Remembrance...


Erncstine Downport Funerai services were held for Erncstine Davenport last Wednesday morning November 6, 2002, at the November 6, 2002, at the
Bethel African Methodist Episcopal Church with Rev. Danny Poe, pastor, officiating.

Interment was held in the Resthaven Cemetery under the direction of Ossie Curry Funeral Home.

She died here Saturday
Nevember 2, 2002.
She was born September 5,1930 , in Meridian, Texas. She married Jor Davenport in Meridip:. He passed away Fch-uary 17, 1994. A longtime resident, she was a member of Messiah Presbyterian Church and tio Booker T. Washington Post 808, American Legion auxil iacty.

She is survived by a sister, Josephine Oliver, of Meridian, Tuxas.


## Donald Griffin

El Paso, Texas --Graveside services for Donald Rickie Griffin were held Monday morning, November 4. 2 CO 2 at Fort Bliss National
Cemetery is ElPaso
Arrangements were under the direction of Resthaven Funeral Home of Lubbock Texas.
Mr . Griffin dieci Friday, November 1, 2002. Born July 31, 1946, in Flint, Michigan, he graduated from Burgess High School in EI Paso. He received a bache lor of science degree in Science of Criminal Justice from the University of Texas at E1 Paso in 1977 and an associated degree in Environmental Technology from Midland College in 2000.

He served in the U. S. Navy during the Vietnam War. He received the Vietnam Service Medal with one bronze star, Vietnam Campaign medal, Vietnam Cross of Gallantry with one the bronze star, National Defense Service niedal, the Purple Heart Medal for injuries received in Vietnam on February 27, 1968.

He married Tammy Griffin on June 13, 2000, in Las Vegas, Nevada. He moved Abernathy, Texas in 2000 and owned Grey Wolf Enterprises.
He is survived by his wife, Tammy Griffin, a stepdaughter, Kathryn Griffin of Abernathy, Texas; a step-son, Keith Griffin of A bernathy, Texas; his father, Donald Raymond Griffin of Aurora, of Colorado; three brothers: Tim of California, Kenneth of Tim of Califormia, Kenneth Seatile, Washington, and Dean of Denmark, añid a sis ter, LaDonna Mı
Flint, Michigan.


Jason Mizell
RUN DMC DISC JOCKEY SLAIN IN NFW YORK

New Mor.., N. Y. - Last week, Jarn Master, who tras pert of the pioneering rap trio Run DMC, was shot and killed Wedresday, October 30 2002.

According to the group's publicist, Tracy Miller, the 37 year-old disc jockcy, was killed and his real name was Jason Mizell.
He was shot once in the head and was dead at the scene. Another man, Urieco Rincon, was hospitalized after being shot in the leg.
Run DMC is widely credit ed with heiping bring hip-hop into music's mainstream, including lie group's smash collaboration with Aerosmith on the 1980s standard "Yalk This Way"
Mizell wis the group's disc jockey, providing iackgrornd for singers Joseph Simmons, for singers Joseph simmons, better known as DJ Run and Darryl MicDanic
He was married and had He was mar
three children.


James Young, IIf Funeral services were held for 13 yearold James McCormick Young. II last Saturday morning, November 2, 2002 at the New Hope Baptist Church with Kenneth Lawrence officiating. Rev. Bilf: R. Moton is pastor.

Arrangements were under the direction of Brock's Souin Plains Funeral Directors of Lubbock.

- Young died Sunday, October 27, 2002
He was born June 5, 1989, in Lubbock, Texas. He is survived by his father, James McCormick, Jr. father, James McCormick, of Lubbock, Texas; his guardian, Wilma Pratt of Lubbock, Texas; two brothers, Damion Draper and Bobby Jones, both of Lubbock, Texas; two sisters, Katosheya Alien and Ka'Deshia Pollard, both of Lubbock, Texas; and his grandparents, Ella Mae Powell of Amarillo, Texas and James MeCormick, Sr. of Lubbocl, Texas.


## To advertise

your business in the
Southwest
Digest, call 762-

## Kaplan Gives Grant to Two

 Area High SchooisEstacalo and Monterey Hiic I Schools are in the midde of giving a select number of students a boost for their Scholastic Anitude Tesi. or
SAT test in Decemher Kapian Test Prep organi Kapian Test Prep organizafoom the Meadow3 Foundation in Dallas to fund prep class for low socioeconomic schools acruss the state. The class is open to 25 studenis at each school who are willing to commit to 11 three-hour meetings, which are once a wcek until th
Tie course, which norm
Thie course, which normal
cost $\$ 900$ per student, is y cost $\$ 900$ per student,
ree t 25 students at free t 25 students at
Monterey and Estacad Monterey and Estacado who
meet the criteria, which states that students must be low socioecononic or minority and be in the top percentile of their class.
Amy Carpenter, senior class counseloyat Estacade, said some of the students have taken the SAr previously and are taking the course in hop to improve their scores. "Basically we are going to sce what the scores can get to
aftor the course," she said. aftur the course, she said.
The students will receive a fe waver for the actual exam a waver for
Larry Hess, senior class counselor at Monterey, said the student's meet with a loca Kaplan instructor who keups the course interesting and fun. So far, Carpenter and Hess said the comments have been positive. The students have
been very interested, I've been very impressed Hess said.

Strengthfor Today hope totomorrow

Question: What does the Bible the support of the ministry, and
Question: What do
Answer: Tithing is a one of be methods of required giving under the Law of Moses. Throughout the Oid Testament the terms sacrifice,
tithes and offerings tithes and offerings
were used concerning were used concerning
CDW the people of God made contribudicy to His cause.

Sacrifices referred to how the worshipper gave. Tithes and offeriligs gave. Tithes and offeriligs
emphasized what the worshipper gave (Isaial 34:6). Its basic meaning was to slaughter an animal fer food. However as an act of worship its meaning has to do with the sacrificing for spiritual reasons. Sacrificial giving carried with it the act of a costly gift to God. As the animals lost h.zir lives in the act of sacrificing, those who give to God should also make sure that whatever we offer God costs us sometiing. If a gift we offer to God doesn't cost us anything, how can it have any meaning to God? Recali David's words. for I will not offer burnt offer-
ings to the Lord my God which ings to the Lord my God which cest me nothing" (2 Samuel
24:24). 24:24).
Concerning the tithes, they were commanded by God to be given as an act of worship, for
to support the needy. There are tb cop pimary texts in the Old thece plimary texts in the Old Testamient that address the topic. Leviticus 27: $30-33$ gives the specific command of the tithe of the Land and the hered or at me enrourage fluck. Numbers 18:8Let me encourage 32 has referen a to the you to give jorfuilly tithe of the sacrificia! meal that was to be eaten as an act of worship to God, a tenth of all of the produce of the land was to be brought to Jerusitam and to be eaten by the worshipand to be eaten by the worship-
per. It was a celebration to God per. It was a celebration to God and it served to make the worshipper appreciative of what
God had provided for them. God had provided for them. A
second tithe was to be given to second tithe was to be given to
the Levites as they ministered in the Levites as they ministered in the tabernacle. This was the Lord's way of taking care of the ministers. They made their living from what the worshippers gave. There wäs a third tithe give- by the worshippers. It was collected every thirč year from the peopie of God for the benefit of the orphans, widows and if of the orphans, widows and 14:28,29).

We see that the tithes were given as an act of worship, given to pernetuate the minisiry and to take care of the needy. We have the same reasons to give the tithe today even if it is not specifically commanded.

We still mast come io God io reverence and appieciation When you honor seneone and what to show them that and whire to show them that yo uink bey are special a gift i appropriate. Witkott giving much explanation we realize that the ministry must be per petuated. The hard ieality o the ministry is that it require money to get the message ou to a lost and dying world Lastly, we are always surround ed by the needy. As compas sionate saints we must be pre pared to give. Let me encourage you to give joyfully to the Lord You will neyer regh thiv ing to God


PARKWAY DRIVE CHURCH OF CHRISE:

## JAMISON FUNTHAL HOHE

1529 Eust Main Street
Weare commineat to motitig anizatas avallable in as wide a range of price categories as necessary to meet the need of all segments of the community.

## Find Comfort In Our At Need

PEACE OF MHND SEREVICE
$\$ 1,795.00 \quad \$ 2,495.00 \quad \$ 2,995.00$
$\$ 3,750.00$
What would you do if a loved one passed away fodcy? When death occurs, there are so many questions. It can be emotionally and financially difficult as well.
Because we care, we think that sveryone should be able to hove a respectable Christicn burici if they choose.

With the concept of helping others
and allowing Christ to lead us, we developed.
"PPACE OF MINV SETRVICES."
For more informaticn concerning our
"PFAACE OF MIND SEREVICYS"
or to talk about one of our
PRE-NEED PLANS
CALL US AT (806) 765-7008
Stop By and Visit Us.
Anthony Griffin, FDIC/MORTICIAN
Duke Holmes, Funeral Director-Mortician
Charlotte Jamison, Owner

You've Got To Pay To Stay Coming Back from the Brink of Foreclosure Interest rates are 3 fall- time ©rely. Many lenders have prolows, hre es sales we breaking
recorids and the dram of honie recmus and the dram of home
ownersbip is becouning a reality fer more and more Americans. But for some, that dream has prened inio e nightmara.
Almost 1 in 20 mortgage are delinquant "As interest rates drom an, the housing market co n nues so soac, people are
taking out bipger and bieger taking out oupger mind igiger
mortgages," sidid Mile Kidwel mortgages, said Mice Kicwell
vice president and co-founder of Myvesta, a financial health center. "Many people are
stretching their finances to the stretching their finances to the
limit oy purchasing more be limit by purchasing more hovs
than they can truly afford. With so much of their income going towards mortgage payments, there's no safety net with a problem comes up.: "If you are having trouble paying your mortgage or if you think, you are going to thave
trouble in the near future, the trouble in the near future, the
worst thits you can do is cut
off worst
of all contact with your
lender. $K$ idwell sid lender," Kidwell said. "Too many people panic and avoid
telling the lender about their situation, then try to bargain at the last minute when their house is areay tiorectosed
upon. By: that time ifs revaliy
too late, ${ }^{\text {in }}$,
Kidwell offers these tips if you're having trouble making jour mortgage payments:
-Contact your lender immedi-
 Contact a morigage broker y.u may be able io lower your monthly payment with a now morgage;
If you have Private Morgage
insurance (PMD) contact te insurance (PMI) contact t.e
insurance holder they may insurance holder, they may lend
you the money to becom'current;
and

- Consider borrowing money from friends and family. "A foreclosure sale is a painful and humiliating
process," Kidwell said. "We process," Kidwell said. "We thing they can to avoid it. That means recognizing the sumber one warning sign-always being ate with your payment." An audio recording of an actual Ooreclosure sale is avdilable a Myvesta.org. To help people who are gages payments or facing foreclosure, Myvesta wrote "What to Do When You Can't Pay the Mortgage." It can be downloaded online frmm
Myvesta.org or . a a printed Myvesta.org or Lis a printed
copy of the publication send copy of the publicatiou send
$\$ 5.60$ payable to Myvesta, to Can't Pay The Mortgage Publication, Myvesta, P.O. Box 8587, Gaithersburg, MD, 20898-8587.

To advertise your business in the Southwest Digest, call 762-3612!

## NOTICE TO.BIDDERS

The City of Lubbock, for fiestas de! Llanos, will recelive sealed
 ${ }^{13}$ th Street, Room 107 for the for

The replacemegt/repair of the roof at the old fire station ${ }^{4} 4$ building.

There will be a pre-bid meeting held on Thursday, November 7. at $10: 00$ am at the site.
The phyy ical address of fhe building is 5242 z 3 d street.


The project will be completed in conlunction with a project that will be pald til part by funding tom the communty Dovelopment tlock Crant readved fom



The agency and the city of tubbock reserve the right to reject any orail bids,
Beoginng thiday, November, zooz, plams and s.ecificalions may be obtanined
 of : Boo am and s 5:00 p.m.
conitinued for Pg 1
Adolecent
 (tobacco, allochol, dres)



 Resources: Siry Healh Depan
Cinini for ITO. TTH book Clinic for STD F, TDH book
(Resoureses for Trovidss and


es frionized Neds: (1) Hiph rates of STD (2) Behavior Probiems Violence
(3) Cronie heala p pooblems (4) Dental (3) Chromic healu problems (4) De (superised
Adurt
Current Needs/ssues: help with precriptions, rental, eye care, brecst caner screcaing, hepatins C, radiology serves, transporatition, referrat to spe-
cialy care, no rental assistarce, nutrotion education, exerciso availability,
houschold budgecting, locating a private diysician Resources: RX Neightoothood House;
Ouaker Ave. Church of Christ. PCI Duntar Climic, Caucholic Farrilly Services trionitized Niouds- (1) Dental (funding and ervices) (2) tmergency houving (3) Referals to speciaity care (4)
Prescription assistince () CHIP
extended for adults (6) Pereventive
(7) Tnusporatation

Geriatric
Current Needs/ $/$ ssues: transportation;
medication assistance, dental (denturn accite needss) vision assitance ( exam
glate ses), utility ussistance, mental plac ges), utility wssistance, mental
health Resources: Interfaith, YMCA, South
Plains Health Provider SPCA Plasins Health Providert SPCAA,
Commision for the Bilind PCI Conmission for the Bilind PCI,
Covenant, Catholic Fonily Services Covenant, Catholic Family Services
Prioritizd Needs: (1) Medication assistance (2) Utility assitance (3) Non-
medical tuansportation (4) Dental (5)
Vision

## Homeless

Current Needs/ssues: transitional
housing, emergency housing optiot
t.
housing, emergency housing option.
steret utrecach, public
education met education, mentual health, substince-
abuse, personal needs, nutrition, preabuse, personal needs, nutrition, pre-
scriptions, employment, uranportation, enrollment in benefits
child care Restild care . CHCL, MHMR, Salvation Resources. CHCL, MAMR, Salvation
Army, WPS, Interfaith Missiol_ APS, CPS, LPD, churches, TWC, LHA, CFS, Guadalupe Economic Servicess
 Mefiodist, Food Bank, Covenant Counsiling
Priorited Noedss (1) Shecter/Rersonul
 Abuse (3) Stuect Outreach (4) Puwbic
Education Awareness (5) access to Education'A


Prices Effective November 6 throingh:November 12, 2002 Earm Fresh Produce
ETres/f
. $=$


mimuminnticu



## FLORAL SHOP


Fin Editorials - Comments • Opinions a Jas


We have great ideas about all kinds of workable
plans, but we look to someone else to do them. Why one els
not us?
We
We sit, we moan, we
groan and we ask what
about us? So what about us. We go about the same citanges as mentioned
above. The problem is what do we do -bout ourselves That's the problem we just. sit aresnd and wait on other to do what we should do for ourselves. "r" has to-be us for we

6
$\therefore$
$\therefore$
$\therefore$In Cinque
by Renetta W. Howari

The Washington D. C. area feels that it can finally
feel some relief after three tedious weeks of atterapting to capture a smper or snipers who shot about thirteen people. It w It was a fearfu' time for the people in the area of the shooting as well as for people in other states. The fear
that your home area could be next was present in the mind of most rational beings. By virtue of the fact that the shooters were moving around and not being caught there
was the possibility that they might show up anywhere in the United States.
Having caught and arrested at least iwo people as the snipers, the people of the Washington, D. C. area started to get out again, feeling free to go about their dalily
routines. Are they really free?

## "What about USiME?"

By Eddie P. Richundson
else to do for what we.
mbisishould de for ourselveg. No one can saye
tGr us but us ? eve look about and sce that jairs are obout people.,
bui the nroblem is we do not as a whole have a chilidren problem. We byve a parent problem. Moet, but aot ell he childen who get into ground and their parentage. You can easily see the prob cm . Th is not in all cases, but most of them. Clack it out! All of this proves that it shows we have co do for ourselves what others will not do for us,
We sit around us and moan and groan about wha others are not doing for us, but the big question is "what are we doing for ourselves? made by Fredrick Douglas

Why should we sit around ${ }^{\text {Wh}}$ and let, othes do fro cuir- "8
selves" The, U. 5 . Covernment is not going to do it for us, We going to have to do it fur ourselves by putting our
resources finamies resources, fimantes, knowh edge, experiencer and trust in each other to make it for
us. No one is going to help us if it is nothing for them So wily don't we wake up and smell the roses For us to make it, we have to wake up and learn to trust, respect, and use each other in order to blend it. But has to be us by us for it. But has to be us by us for Now in this writers opinion, is the bottom line!
Nuff sed! Why not?
e

Have the real snipers really been accosted? Are there more 3nipers, not yet alleged snipers a part of the Al Queda program? Is this kind of terror becoming a American society? Are the American society? Are the
citizens of these United States witnessing first handed, what other countries around the world experience every day terrorism on the homeland necessary for th American people to realize nation, we need to be resp sive to each other regardless of race, religion, politics or ethnic differences? We may not pay attention to the tension brought about by our differences in our daily lives because we feel that the path
we tale is the only right one. we ta:e is the only right one.
Of course, we often fail to realize that the right path is the one where we treat each other as we would have them treat us, regardless to our difOur diff
make us stronger as a should
instead of woaker, but we are allowing them to make a difference rather than strengthen say,
${ }^{5 a y}$ "'Two wrongs don't make no right. "Tvo wrongs can, however, come together and
work out a right. Our various groups in this country must have positive dialog with that this country might heal. We are terribly sick at this time. We have too much breakdown within ou country and at the same tim
attempting to right wrongs in other places Remember, these were the characteristics present in the fall of the Roman Empire. I: would appear that statesmen in the United States and politicians would take heed
and plan with this in mind. and plan with this in mind. It
is time that we. American cit izens, get 'in cinque' and take a more sctive role in letting our elected officials know how we feel about the various situations which affect us, that they vote on. October 27, 2002

## THIS N THPAT

DID YOU VOTE ON NOVEMBEE STH? THIS N THAI ... WoLd hope that many of you did go to the polls an... TUESDAY....November Sth .... End you did dest your vote for the person
or persin you thught would he the better representativs... If you did vote ... then you have a right to let thoes elgated oficials know your feclitgs about any issue which he or she did pote on... But on the cther side of the coik ... IF YCU DIDN T VOTE ... then yor fon-t have a right to complain be unhappy with what the elecied official did do... It is a must you go to the polts aidd cast your precious vote .... and if you don't do $50, .$. then you don't have anything to say....
HOUSE FILt, ED PAR $5 W A Y$ NEIGHBORHOOD CENTRR SHOWS APPRECIATIONI THIS N THAT... was among the ... HOUSE-FILLED CITIZENS .... who came out last Sund.y atternoon
November 3,2002 to let a very dedicated persen...MS. RUBY PHENIX Novemter 3,2002 ..... to let a very dedicated persen....MS. RUBY PHENIX .... know how much
they appreciate what she has done over the past ..... FORTY YEAPS .... of working with young peothey appreciate what she has done over the past,.......
pla Beginning as a housekeeper...at the Early Learning Center....... she has helped so many young people... So Last Sunday it was her day .... and peopie showed their appreciation for a ... DEDI CATED LADY,... who cares about the welfare of young children... This.... UNITED WAY OF LUBBOCK AGENCY .... can be glad to have such a lady as .... MRS. RUBY PHENIX... who cares about young people.... Sure .... those present will teke something back to their various locations. LUBBOCK WOMEN RECEIVES HONORS IN FORT WOR CH! THIS NTHAT,... wants to say , CONGRATS.... to three women in Lubbock _...who are members of the .... BETHEL AFRICAN METHODIST EPISCOPAL CHURCH .... for being recognized at their Annual Confericice in For Worthy Texas .... last week.... JEANIE FRANKLIN ..... was named the .... LAY PERSON OF THE YEAR $2002 \ldots .$. in the Northwest Texas Annuà Conference of the African Nethodist Episcopa:
Church... Two other ladies ... ANN BRITT S BES IE COX ....were elected as delegates to the Church... Two other ladies ... ANN BRITT S BESSIE COX ....were elected as delegates to the
QUADRRENNIAL FOR MISSIONARIES ..... in Dallas, Texas .... nex: July.... Both will do well in this sefsions,..CONGRATS ... to all adies...
TEX $/ 2$ S MONTHLY NGEDS TO VISIT ESTACADO HIGH SCHOOL! THIS N THAT ...... was displeased; with the article which appeared in the .... TE $\because 4$ S MONTHLY MAGAZINE ....about, ESTACADO II IGH SCHOOL .... THIS N THAT ..... would encourage the author of the article to ... VISIT ESTACADO HIGH SCHCOL .... and get the real story.....No doubt abott it ...no matter what
they write ... ESTACADC HIGH SCHOOL ... is still a GREAT HIGH SCFiOOL .... Lets keep our heads up .... and move on down the road .... doing what is best for our young people.... Lets keep our heads up .... and move on down the road.... doing what is best for our young people....
BEUL AiI WHTERS NAMED FOR DISTINCTION! THIS n THAT .... wants to say GRATS ... to a dedicated woman .... BEUIAH WINTERS .... who was one of eight women to chosen as .. -WOMEN OF DISTINCTION-..... which is sponsored by the ..... Girl Scouts of Caprock Council 2002 ..... Ms. Winters was nominated fot this honor by her peers and community eadet, ... Who recognized tto impact she had in the lives of others..... A special program will be hel at ten University Medical Center Mcinturft Confarence Center .... Thursay .... December
2002,... PENNY HASTLINGS THE BARBER SAYS: -There are those ....who will .... COMPLAIN occause you made them realize they lack, ... HUMANITY.
GOOD ..TO VISTT UPWARD BOUND THIS NTHAT
GOOD ..TO VISTT UPWARD BOUND! THIS N THAT ...had an cpportunity to visit with the young neople ... who are enrollud in the ... UPWARD BOt IND .... program at Texas Tech University
which is in its ... 35 TH YEAR ... on the campus of Texas Tech Universify ... ERIC STRONG which is in its ... 35TH YEAR .... on the campus of Texas Tech University .... ERIC STRONG irector of the program .... does an outstanding job ... in seeing that young high school students ... from TEXAS TECH UNIVERSITY .... Keep up the gond work .... THIS N THAT hope you wilt SUPPORT THE ESTACADO MATADORS THIS WEEX1 THIS N THAT .... hope you wilh....
SUPPORT .... our Estacado High School Matadors...as this is ... HOMECOMING WEEK AT
ESTACADO ESTACADO ....Go by the school and wish them well.... THese are outstanding young people .... so lets
tell them they are ... tell them they are

## The birth of your child is priceless. <br> 

$\square$


## Take Good Care of Your Eyes

## by Larry Lucas

have glaucoma, although about
half of those people don't they have the disease. About 100,000 Americans are blind
due to glaucoma.
African Americans are four to five times more likely than the majority population to develop glancoma. People with diabetes, very near-sighted peopic, and peopie related to some-
one with glaucoma are also at high risk.
There is no cure for glaucoma, but early detection is the leading to blindness. If you have any of the above risk factors, you should start having regular exams for glaucoma at age
If not, Prevent Blindness America suggests exams at ages 35 and 40 and regularly there${ }_{\text {after. }}^{\text {If }}$ If you are diagnosed with glaucoma, treatment may
includ? surgery and/or medi tion (eye drops and or pills). Be sure to take any medications exactly as your doctor pre-
Fortunately, pharmaceutical companies are developing ten new medicines to treat glaucoma, and one new medicine was
er leading cause of blindness among older people, macular Agerelated macular degen-Age-related macular degen-
eration affects the macula, a mall spot in the central area he retina located at the back of the eye. If you have ihis disease, you may notice that:
straight lines, such straige poles, appear way-- type in books and newspapers appers blurry; or
dark or emply

- dark or empty spaces may
block the center of your vision block the center of your vision Again, early di
treatment are key.
A new medicine for one
form of macular degeneration form of macular degeneration
was approved last year, and was approved last year, and
pharmaceutical companies are harmaceutical companies ar tional medicines.
For more information on taking care of your rision, log
onto www nreventalindness onto www.preventilindness.org
For information about mediines in development for eye diseases and other diseases, log onto www.phrma. org.
Larryl Lucas is Associate Vice President of the Phammaccuttical Research and Manufacturers of America
PhRMA). PhRMA). approved last year. Companies
are also working to tight anoth-


## Souititwest Digést

The newspaper of today with and ideals for the $90^{\prime}$ 's and beyonds' Your weekly community nswspaper winiYou, tite people, in mini
Serving you since 1977
Subscribe ioday to the southwest cigest and never miss a singie issue. Good giff for students, Miliary
or out of town relatives.
Name $\qquad$
Address
City
State $\qquad$ Zip
O One Year...... $\$ 20.00$ (Save $\$ 5.00$ ) Renewal C. Two Years... $\$ 33.00$ New Subscrition 902 E. 23th Strect, Lubbock, Texas 79404
. . . T.............................


## Handyman

LORD'S WILL $I$ WIL.L
Handyman for almost any kind of work; oo
haunteur, caryenter, yard man, clean up \&
baul, landstape, biblical plaque maicor
elding, cut lots, burglary bars feree repairing

- painting, phetography, and many more.
. Working with God's talents?!!
Mathew $25: 14-21$, "Blessed Hand
Call Billy B. J. Morrison, III
vabile 8067789-0895


## Dateview <br> 2310 Date Ave. <br> ROOMS FOR RENT

-Furnished
-All Bilts Paid.
$\$ 200$ to $\$ 220$ per month

| (860) 744-9289 |
| :--- |

Heating and Air
repatr at install
Heating \& Air Conditioning Units PLANKS
A-C \& Refrigeration
Ph: (806) 745-5456
State Hicense:
(TACL 800 1472)


Hair Style

## Complete Hair Styling For Men \& Women <br> CAT'SHAIR CORNER

manicures - complete foot care 762-1897 • 744-5050 1716 E. Broadway - Lubbock, Texas MARY
We work by appointment only Booth Rentals Available I Need Barbers


Rental Property


## Dining



Steales, Seafood, Pastas, Salods Hamburgers and other Specialties 2009 Broadway 744-2391.

Entertainment


Pharmacy
CAVIEI.S PHARWACY O Workman's Compensation Charge Accounts UPCS \& PRO-SERY
ZSENIOPCTIZENS DISCOUNT
MGEDICAD
HCCMPENSATION
PRESCRIITION PRICES
Open: 2 a.m. -7 p.m.
Monday thru Saturday Monday thru Saturday
Closed oi. Sundaysi
1719 Avenue A
765-5311 or 765-7560
STOP worrying abuut how you can't get HIV/AIDS and other sexually transmitted diseases, and find out how you can!

## Inside Out

Commanity Outreach

> 1409 23 rd Sireet Lubbock, Texas 7940 K ( $806,744.8333$

> IIV Prevention Ed cation ${ }^{(806,}$

- HIV Prevention Eece cation : Free Coniritientiop Testing - Food Pantry Aruse Counseling : Dily Support Gro
- Imani House Transitional Living Cente Hours of Operatien:
Mon-itir 10:0n a.m. $-3: 00$
Real Change Takes Place From ine Inside Out" Look for Our Ad on page 12 in Your
Southwestern Bell Yellou Pages
Automotive Service



## NOE'S AUTO

 SERVICE1018 E. 34th St. * Lubbock, TX (806)749-3036

## Food/Gas Store




Mary J. Bige maintains hee itie as Lie "Queen of He-thp Soull during a drama-free, treathiaking
pertormance at The Coca Colia Presents the 2002 Eentormancs al he cor


The legendary Luther Vandross capivates the audience with his smooth and remantic wocals the 2002 Essemce the 2002 Essence Music Festival


With a sound that soothes the ear and calms the heart, India Arie passionatily combines tiythm and blues as she entertains the crowd with her acoustio quitar at The Coca-Cole Preserts the
2002 Essenoe Music Festival.

> The Coca-Cora Prosents the 2002 Essence Music Festival, sponsorea in parn by Anheuser-Busch, makers of Budwelser; Burger King; Chevpolet Mator Division; City of New Orleans; HiO; Lustar's Pink Brand; Nokia/Cingular Wiraless; and Soutthwest Airlines, was held in How Orieans July 4-6, The seminars, rightily concorts, arts and crafts exthbits and other cultural activities. The Festival driw 223, r20 atte dees. The Coca-Cole Presents the 2003 Essence Music Festival will take place in New Orieaiss July 3-5.


Elderly, Handicapped and People of low income.
Looking for someone to trust?
Will mow. paint, tile foors and walls, tormia work, small plimbining mand eleetrial work, amustic mend steertock, concrete end carpentry. Wirl even run etrands tor youll y ou cant set otut. If there is something we forgot, Just ask. Masbe with Gods will we will howw boi to tixit.

Call A.J.
(806)-549-1969

969

## BUSINESS EXCHANCEMostly Flash, Litte or No Cash

by William Reed

Isn't about time that you. and
other Black A "fixin" to get ready,", and admit that you, and probabbly everyboo
you
anow, dont kncw you anow, don't kncw anything
bout lie engines that meke cap about tue engines ihat meke capi-
talism work in tis couniry? Whien o you thirk we are going to stop reter ding we kn w and actually enefit? Who ameng us is willin o ferego immediate creature comor ourselves and our own kind? While macy still wish to lay the asons for our failures out the
oorsteps of whites, whee yous ompare black wealth versus while wealth the resuls are shooking and zo beyond reasons of racism alone.
Wile inuch nas been bantered Hound about the concept of "sel asides" "normally associated with er type of "set-aside" reveals a path of tied and true wealth-building hat African Americans have, fol he most part shun. Studies show
hiat fully one-half of all white famgat fully one-haif of all white fa lose to $\$ 7,000$ as a nest egg corrnearty two-thirds of Afficanearly two-thirds of
There is no question that milial income gains in the past genertion. The Hedian income for colnen who work full-time is over nen who work full-time is over
$\$ 40,000$, but during the times of hese career and income advances lack men, and thei- familics, have
ccumuleted little wealth, In realithe truth is that if we continue with the type of wealth-building we employed in the past, history he type of wealth results we've been getting. Uniess
we change our actiois and habits nothing will ever accrue to us, or our chil-
dren. For example ren. ror example, bleck faraities moved to niddte-class incomed teve in the last 30 years during
the age of affirmative action and carn 70 ceuts foi every dollar whites we possecelass' cents for every dollar
carned by middle-class arned by middle-cla whites. In other words, white midelie-class house could suppor their stan-
RE

We
to p
W
a
a third months at $\$ 2,750$ pe month, coposed Lie typical
African-American household which could not make tit on their
as its through the end of the first assets th
monih.
In an monh. In a new book called Black
Wealtn/White Wealth. Wealin $/$ White Wealth, A New
Perspective an Perspective an Racial Inequality
authors Dr Melvin Oliver and Dr
Thomas Sten Thomas Shapiro draw a clear distinction between the concent of income versus "wealth" They
claim that winile income lias an impact on wealth, it is oaly or
faciur in the portitio of nossible Cactur in the portfolio of possible
wealth instrumeats. The zatt.jrs woint out that income . producing possts - stocks, bonds, mutual
funds, real cstate, inswance poliz funds, real cstate, inswance poli-
cies, gifts, inheritances, capital gains and residentantial squity , all comprise a more compleie picture
of what censtitutes wealth in of what constitutes wealth in
America. They caution that when America. They caution that when
determining overalf progress, it is
necessary, in a meaningail discuss necessary, in a meatingful discus-
sion econoraic covelopment issuu sion econotric cevel opment issuu
to compare wedth, not simply to compare watith not simply
income, to gauge how far African Americans have come to being on a par widh whito
Americans.
When looking al wealth Oliver
and Shapiro found something thet and Shapiro found something that
most African Americar.s knew but refuse to admit, we've got more flasis than we do cash- Blucks tend
to invest in vehicles and "consumto invest in vehicles and "consum-
able assets,'
while whites invest in income-producing assets. They point out that consumable assets make uip 73 percent of the value of
alf wealfth held by blacks, whereas liquid and income-producing assets
(sfocks, munal fuids, bank (stocks, mutual fundis, bank
deposits, etc.) constitute only

Lubbock Regional MHMR Provider Services

We provide direct services to penple with disabilities.
percent. This is in coatrast $t r$ -
whites who invest 51 percent in income-producing assets. habits, hopefully more of us will
tum to productive investments, in aurn to productive investuens.
and oustide our communities.
According to th- National Accordint to th 1 - Nationanal
A sociation of nivestors Alsociation of hivestors
Corporation (NAIC), a trad assoCurporation (NAIC), a trad asso-
ciation that helps people start
investment clubs and lear how investment clubs and learn how to invest, the number of such clubs
has grown 50 parcent in just two
years. The NIIC boasts thes years. The NAIC boasts that ther
are now some e 12,000 invesiment
clubs with are now some 12,000 invesiment
clubs with a quarter of a million
people in tutal member clubs with a quarter of a million
people in total membership. The
cerage club settine everage club setting allows mem-
bers to earn while they luarn. Mos bers to earn while they Larn. Mos
cluhs have approximaly 12 mem cluhs have approximately 12 men-
bers and a portfolie valued at ers and a portuoie valued as
$\$ 90,0100$. Members invest from $\$ .0$
to $\$ 100$ a mont to $\$ 100$ a month in the club and are
normally each given research normally each given research
assignments on stocks to buy and
sell. The NAIC cas the assignmcnts on stocks to buy and
sell. The NAIC says that investors
haws to be in for tue long baiu havs to be in for tue long haul
because most clubs lose money during the first two years.
Black men and women Black men and women con-
cerned about closing the financial cernecd about closing the financial
gap between the races, and who gap between the races, and who
seck to leave a worthwhile "inheri-
tance" tance" to their offspring, should
take the initiative and start invest. lake the initiative and start invest-
ment clubs and processes among ment ciubs and processes among
their friends and relatives and in
their communities. They can start their communities. They can start
by calling NAIC at (313) 543 .
0612 . The NAIC poviles by calling NAIC at (313) 543 .
0612.The NAIC rovides many
educational materials to sssist educational materials to assist those people ready to get off their
buts in understanding the ramge o buts in understanding the range oi
income-producing programs avail-
able and how to income-producing programs avail
able and how to make mem work
for you and your group.


NHMR Ask about our competitive pay and benefits
 Phone (806) 766-0212

For a listing of current positions, visit our website... http://www.Irl.mhmr.state, txus/Jobs/employment.htm


Veterans Day, November 11, is the time to say 'thank you' to those who bave worn a military uniform and to those who today are keeping strong the unbroken bond of service.
America is a nation at war. Just hs generations befure, the men and women of today's armed forces put therr lives on the line to combat our enemies and preserve our freedom.
The American Legion's 2.8 million members share a commion bond of service that transcends generations.
Today, we join all Americans in saluting our veterans past and present.
o

Athegtion ind This Puliaition

[^0]
## COMMUNITY MEETINGS

 - Saturday 4 pm - Booker T. Washington American Legion Post 8082 nd Tuesday- $7: 30^{\circ}$ - Forgotiten West Riders, Fins \& Third Monday, $7: 00$ pm, I. J. Panterson Librany East Labbock Chaster AARF' Every Ist Thunsday at I pm, Mae Sinenons Communiy Cetier. Oak and 8 sh 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 Diges
P.O. Box 2553

## Lubboch, Texas 79409

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


[^0]:    - 

    
    

