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Special Graduate

Margaret Cotton, the daughter of Mr. and Mrs. Dale Cotton of 1005 East 27th Street, Lubbock, will be graduating from Ballenger School at the end of the 1986 school year. Ballenger is Lubbock's special school for the trainable retarded.

Margaret attended Ballenger School for the last 10 years. She went through a vocational training program. She participated in the food service, clothing and assembly line training programs. Margaret was highly praised for work in these areas.

Margaret competed in the Texas Special Olympics Program all 10 years of her schooling at Ballenger. She won several medals in Track and Field, Basketball, and Bowling. She has been a member of the Basketball Team which won the State's Championship three times in the last four years. She has won several gold medals in the 100 meter dash. Margaret has qualified for the State Meet for the last 8 years.

Margaret has won several awards in the past. As a member of the FHA (Future Homemakers



of America), she won an honorable mention for her prize winning cookies at the South Plains Fair. As a member of the Green Thumb Jr. Garden Club, she won a Ribbon in Flower Arrangements at the South Plains Fair. She is a very productive worker. She has been named Vocational Worker of the Year for the last two years and Worker of the Week and Month on several occasions.

Margaret's teachers say that she will be greatly missed at Ballenger School and wish her the very best of luck in all that she does.

Happy Mother's Day!

A Mother's Day Greeting

*The God of Love
who through His love
created mankind*

*Decreed that women
everywhere
Might share with Him
the task
Of giving and ennobling
life—*

*That women throughout
the world
Might earn with Him
The Love
that mankind owes.*

*(from your local publisher
to all women and mothers
everywhere)*

Lubbock Head Start Recruiting Children

The Lubbock Public Schools Head Start Program is recruiting four year old children for the 1986-87 school year. The half-day program, offered from 7:30 a.m. to 11:15, Monday through Friday, will be available next fall at the following elementary

schools: Bozeman, Guadalupe, Harwell, Hunt, Iles, Martin, McWhorter, Posey, Wheatley, Wolffarth, and Wright.

Head Start is a federally funded program which provides educational, nutritional, health and family services to four year old children. In addition, parental involvement is a major focus of the program.

Children who are four years old on or before September 1, 1986, and whose family meets specified income guidelines are eligible for Head Start. Parents may apply for involvement in the program at the above mentioned schools after 3:15 p.m., Monday through Thursday. For more information contact the USD at 747-2641, extension 445.

Federation of Choirs Will Meet May 18

Due to the Commencement Exercises of the Lubbock Public Schools set for May 25, 1986, the regular meeting of the Federation of Choirs has been changed to the third Sunday, May 18, 1986 instead of Sunday, May 25.

The monthly meeting will be held at Christ Temple Church of God in Christ, 2411 Fir Avenue, beginning at 2:30 p.m. The public is invited to attend.

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MAY 8 THRU MAY 15, 1986

Special Report: Jesse Jackson Launches Rainbow Coalition

by Robert N. Taylor

(LTHS-Washington, DC) - The Rev. Jesse Jackson concluded the first convention of his National Rainbow Coalition by declaring his commitment to a liberal and progressive direction for the United States.

Jackson told the over 1,000 delegates from 40 states gathered at Washington's Convention Center, "We will not sit idly by and watch the (Democratic) party shift to the right" like the Republican Party. Jackson added that he wanted the National Rainbow Coalition to become a "permanent progressive political organization" that will be committed to "humane policies at home and human rights abroad."

And indeed with most of the nation's leading political figures apparently attempting to follow the Reagan revolution to the conservative right, Jesse Jackson appears on the verge of becoming the leading spokesman not only for Blacks but for progressive whites.

That developing status was symbolized by the presence at the

convention of representatives from organized labor, farmers, environmentalists, peace advocates, Arab-Americans and numerous critics of Reagan administration policies.

Jackson also spent more time addressing the "nuts and bolts" of grass-roots organizing. In the past he had been the subject of criticism for focusing too much attention on speeches and failing to do the type of basic organizing and administration needed to sustain a political movement.

There were workshops on everything from how to raise money and plan budgets to how to charter chapters of the National Rainbow Coalition at the state and local level.

The final platform adopted by the convention called for a more humane federal budget; arms control; an emergency farm aid policy and a non-interventionist foreign policy.

In the area of foreign policy, Jackson condemned the recent U.

S. bombings of Libya citing the large number of Libyan women and children killed during the bombings and the failure of the administration to make public its alleged information linking Libya to international terrorism.

According to Jackson: "The street corner rhetoric and 'eye-for-an-eye' and 'tooth-for-a-tooth' approach that is passing for this administration's foreign policy could leave the world blinded and toothless."

National Rainbow Coalition officials said they expect

chapters to be organized in at least 43 states. The membership fee was set at \$25.

Meanwhile, those wishing to join the National Rainbow Coalition have been urged to write the Washington, DC headquarters: 2100 M Street, NW, Washington, D.C. 20037.

For more information on the chapter in your state call: 202-955-5795.

Lubbock Vet Center Opened

The new Lubbock Vet Center opened officially during an April 26 dedication ceremony, according to Vet Center Team Leader Jill Grant. The Lubbock Vet Center, located at 3206-34th Street in Lubbock, is one of 52 new Vet Centers opened nationwide during the last year by the Veterans Administration (VA) to provide readjustment counseling for Vietnam-era veterans.

The dedication was held at 11 a.m. at the Vet Center with Lubbock's own Danny G. Lara, national Outstanding Handicapped Federal Employee of the Year and Vietnam combat veteran as keynote speaker. The Center was officially opened with a ribbon-cutting ceremony, followed by an open house with refreshments provided by several area banks and the Veterans of Foreign Wars Post No. 2486 Ladies Auxiliary. The public and Vietnam-era veterans were invited to the 12 Noon to 2 P.M. open house.

"Your new Vet Center in Lubbock will provide an informal atmosphere for Vietnam-era veterans desiring informal, low-key readjustment counseling,"

Grant said. "We're a walk-in center, and we avoid the red tape that could make it difficult for veterans and counselors to get together."

Grant said that her staff is able to counsel Vietnam-era veterans and their families on problems resulting from their military experiences. She noted that counselor David H. Holland is a Vietnam combat veteran and Office Manager Mary Stewart is a Vietnam-era veteran.

"Basically, your new Vet Center in Lubbock will provide help for a group of veterans who, for various reasons, have not been able to put their Vietnam experiences behind them. They gave and lost much in service to

our nation, and it's right that we should be here to help them help themselves," she said.

While the dedication was held on April 26, 1986, Grant noted that the Vet Center has been seeing veterans for the past few months and community response has been very positive.

Black News Briefs

Dr. King's Son To Run For Georgia State Senate

Atlanta, Ga. -- Martin Luther King III has announced his intention to run for the Georgia state senate. The 28-year-old son of slain civil rights leader Martin Luther King, Jr. will be competing against a field of three other candidates in the Democratic primary. All candidates will be vying for the seat being vacated by Julian Bond. Bond is leaving the Georgia senate in order to run for U. S. Congress. King will be aided in his campaign by Stoney Cooks, a top campaign organizer and adviser to Atlanta Mayor Andrew Young.

Chicago Mayor Gains Control Of City Council

Chicago, Ill. -- For the first time since his election three years ago, Chicago Mayor Harold Washington appears to have gained control of the city's racially divided city council. Last week two supporters of Washington won runoff elections for aldermen. Those victories mean that Blacks and Puerto Ricans who generally support Washington's policies will now occupy 25 of the council's 50 seats with Washington himself being able to cast a tie-breaking vote. For the past three years Washington has seen many of his legislation efforts blocked by a majority white city council led by alderman Edward Vrdolyak.

Minimum Wage Push Could Aid Blacks

Washington, D. C. -- Some in the U. S. Congress including Congressional Black Caucus member Augustus Hawkins of California have begun a legislative effort to raise the minimum wage. The minimum wage has not been increased in five years and currently stands \$3.35-an-hour. However, Hawkins cited figures during congressional hearing recently which showed that a person would need to earn at least \$4.48 an hour in order to support a family of four above the poverty level. Since a disproportionate number of the six million people earning the minimum wage are minorities, observers say Blacks would benefit most if the wage is increased.

NAACP Annual Convention Set For Baltimore

Baltimore, Md. -- The annual convention of the National Association for the Advancement of Colored People (NAACP) has been set for this July in Baltimore - site of the civil rights organization's new national headquarters. The actual convention dates are June 29 - July 3. Persons wishing to attend the convention have been asked to contact their local NAACP chapter or call the national organization at 301-523-7733.

FBI Appoints Highest Ranking Black

Washington, D. C. -- The Federal Bureau of Investigation (FBI) has appointed a Black man to the highest ranking position ever. Last week the FBI named 47-year-old John Glover to the position of executive assistant director.

Black College Divests From South Africa

Atlanta, Ga. -- Officials at Spelman College in Atlanta have announced that they plan to sell about \$1 million in holdings the predominantly Black women's college had in companies which do business in South Africa. The fact that Spelman had such holdings came as a surprise to some. It is not known how many other Black U. S. colleges may have investments in firms that do business in racist South Africa.

Supreme Court Says Black Jurors Can't Be Excluded

Washington, D. C. -- The U. S. Supreme Court has ruled that

Mrs. Pettyjohn Retires After 31 Years As A Teacher

A retirement reception honoring Mrs. Katie Pettyjohn has been planned for May 21, 1986 from 4:00 to 5:30 p.m. in the Homemaking Living Room at Estacado High School. The public is invited.

Mrs. Pettyjohn was born in Tom Bean, Texas, and graduated from Bell High School. She received a BS in Home Economics Education from Texas Tech University in January, 1946. Her first teaching position was in the Roosevelt Independent School District where she taught for 2 years before coming to the Lubbock Independent School District. She taught at O. L. Slaton Junior High School from 1947 through 1951. She next taught at Lubbock High School, Texas Tech University, and Alderson Junior High School. In 1967, when Estacado High School first opened its doors, Mrs. Pettyjohn came to the Home Economics Department and has remained at Estacado until her retirement which will be May 31, 1986.

During Mrs. Pettyjohn's 31 year of teaching, she has been with the Lubbock Independent School District for 29 of these years.

Mrs. Pettyjohn has served on the Board of Directors of the Home Economics Teachers Association of Texas since 1974. During the years she has served as Secretary-Treasurer (1980); Vice



Mrs. Katie Pettyjohn

President (1981); President-elect (1982); and President (1983) of this association. She has also served on the Overall Home Economics Advisory Council and on the HECE Advisory Council since 1973.

Mrs. Pettyjohn introduced the Child Development program into the Lubbock schools and has worked and helped write a number of Curriculum Guides for the local homemaking programs.

Mrs. Pettyjohn feels that teaching is one of the most fulfilling and rewarding occupations that a person can be involved. The opportunities that a teacher has to work with young people and watching them grow into good, productive citizens is fulfilling and rewarding to Mrs. Pettyjohn. She stated that it is sometimes later before a teacher sees some of the rewards.

Cont on Page 9



Mike Hernandez and Joe Campos, auto-body students at Estacado High School, are shown here preparing the Black History mobile for its Sesquicentennial Tour.

The students are under the direction of Mr. Tim Benham. The van was donated to Roots by Brooks Super Market, 1807 Parkway Drive.

RUBY JAY'S CORNER



New Hope Baptist Church, where Rev. S. C. Nash is Pastor, celebrated its 60th Church Anniversary on Sunday, May 4, 1986. The celebration theme was "New Hope, New Priorities," based on Joshua 14:14-15.

Beginning with Sunday School, Sister B. Kelly of the Youth Department presided. The morning worship service began at 10:45 a.m. with devotion which was led by Deacon Swain and Bro. Charles Blue. Sister L. F. Barrow was the radio announcer. The choir sang during the service and Pastor Nash rendered the Altar Call prayer.

Before the morning message, Bro. Tim Crawford favored us with a solo, "Jesus Loves Me." It was beautiful.

Pastor Nash preached from the anniversary theme.

Mr. Lee Knighton is home from the VA hospital in Amarillo, Tx. He was at church Sunday morning.

Last Saturday, Mrs. Katie

Johnson's niece surprised her a birthday party at her home. Everyone enjoyed it. *How old are you?*

At the New Hope Church Anniversary Hour, 3:00 p.m., Mrs. Glenn Francis was master of ceremonies. Devotion was led by Deacon Swain and Deacon Jenkins. The choir sang and the guest church was Bethel A.M.E. The guest speaker was Rev. Armond Brown of Mt. Carmel Baptist Church in Dallas, Texas. He was late getting in town, but he made up for it. What a message! He spoke from Acts 4:15-20. His title was "Something Too Good To Keep."

We were favored with duets from Rev. and Mrs. Tony Williams from Community Baptist Church and a solo from Rev. D. A. Smith of Bethel A. M. E. Church.

Mrs. Ruby L. Graves is overjoyed. Her son Frankie Darnell Jordan came home on Saturday, from Washington, D. C.

Texas Sesquicentennial Wagon Train May 9-10

The Texas Sesquicentennial Wagon Train will roll into Lubbock on Friday, May 9, 1986 to give Lubbockites a glimpse of Texas past. Barring any problems, the train should arrive at the Lubbock campsite from Tahoka about 5:30 p.m. The train travels at a top speed of 4 miles per hour, unbelievably slow to those of us who are used to making the 30 miles from Tahoka in a half hour of air conditioned comfort.

The Lubbock Sesquicentennial Committee, sponsors of the local visit, urges all citizens to visit the campsite to welcome the more than 500 people traveling with the wagon train. Between 50 and

75 wagons and hundreds of horses are expected to be involved in the massive undertaking when it reaches Lubbock.

The campsite in the Yellowhouse Canyon Lakes between East Broadway and East 19th will be open to the public from 6-9 p.m. Music and entertainment will be provided at the campsite for the amusement of wagon train participants and the public. The Lubbock Restaurant Association is donating meals for Wagon Train participants. A dance will be held at Fair Park from 8:00 to 11:30 p.m. Public parking for all events will be available on the paved

areas at McKenzie State Park and at the Panhandle-South Plains

Cub Scout News

This Saturday, members of Pack 137 will join other Scouts from the South Plains Council area at the Lubbock Civic Center for their annual Scout Show. With overall theme, "Test Your Best", this event will be held from 1:00 p.m. to 5:00 p.m.

Pack 137 is using as its theme "To Mother With Love... Mother Day Crafts."

Tickets may be purchased from any Scout for \$1.00 each. There will be activities for the entire family. Any boy who is interested in the Scouting program may contact Esther Moses at 785-2632 after 6:00 p.m. for a FREE ticket for himself and another family member or friend.

Stop by our booth and test your best at making a Mother's Day Craft.

NAACP Freedom Fund Banquet

Dr. Hamilton Holmes is coming. From Atlanta, Georgia soon. He will speak to us and charm us. And we'll hear his welcome tune.

Once again, we'll have a dinner. On the seventeenth of May. It will be a time of gladness. And a very special day.

Fourteen years we've held a banquet. Years of sadness and of glee. Years of raising funds and working. For the NAACP.

We'll be looking for you, neighbor. At the banquet on that night. Come and let's join hands together. And keep fighting for the right!

Continue to pray for our sick and shut-in.

On the 3rd Sun. in May, the 18th, at 3:00 p.m., The Women's Missionary Society of New Hope is invited to Mt. Gilead Baptist Church to share in their Women's Day Program. Ladies, wear white; please try to go in large numbers. Their theme is, "The Outflow of Christian Love Through Women," based on St. Luke 7:36-50.

Support Freedom Fund Banquet, May 17, 1986

MELTON JOINS RIX FUNERAL DIRECTORS



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— NOTICE —

Effective as of April 15, 1986, due to the high cost of production, news print, ink, chemicals, inflation, etc., we can no longer print anything free except news items. Thank you's, garage sales, bake sales, or any thing that is a money making affair will entail a charge for services. This applies to churches, community organizations, etc. The charge will be the minimum charge. Businesses and individuals will continue to pay the standard rate. Your cooperation and understanding will help us to continue to serve you.

Publishers: Southwest Digest

Fairgrounds.

On Saturday, May 10, the train will break camp after an early breakfast provided by Grandy's Restaurant. They will leave the campsite around 7:00 a.m., head west on 19th to Avenue H and north on H to Broadway. A parade down Broadway to Texas Tech entrance is expected to begin about 7:45 a.m. Lubbock youth organizations have been invited to line Broadway with flags to cheer the Wagon Train on its way to Leveland. Local riding clubs and other organizations are also welcome to join the parade down Broadway.

The Wagon Train organization and the Lubbock Sesquicentennial Committee hope that all Lubbockites will have an opportunity to view the Wagon

Opportunity

Secretary II needed for South Plains Association of Governments Regional Services Department. Diversified and challenging position includes correspondence, application, report and contract typing; word processing on TI Professional computer; heavy contact with public by telephone and in office; arrange and organize workshops, hearings, and advisory committee meetings; relieve receptionist as needed; and maintain files.

Position requires responsible individual with secretarial experience and good clerical skills who can work independently with little supervision in demanding public oriented position. Starting salary \$11,866, excellent benefits, 5 day, 40 hour week. Submit applications to SPAG, 3424 Avenue H, 762-0721. Equal Opportunity/Affirmative Action Employer.

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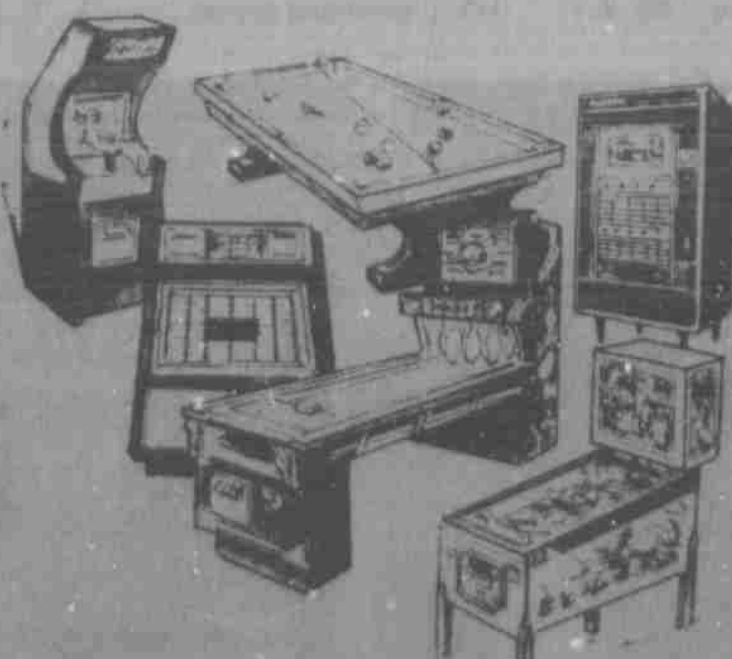
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Miracle-Gro plant food
3⁹⁹ Reg \$4.99
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Ortho Weed-B-Gone qt.
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With a one dollar mail in rebate. \$4.99. 11137-11147

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15 lb. covers 5000 sq. feet. Reg \$10.99

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EDITORIALS • COMMENTS • OPINIONS

Guest, Guest Editor

by
Eddie P. Richardson

After reading this editorial, "Challenge To Black Journalists," by Dr. Manning Marable, this writer decided to share it with the readers of the Southwest Digest.

Dr. Marable says the same thing that this writer has been saying for years in a down to earth form, Dr. Marable gives it in a more academical style. Both versions have the same meaning.

This editorial was taken from the *Mississippi Memo Digest*, dated April 30, 1986. We thought it worthy for our reader's exposure.

One of the greatest challenges confronting Black journalists today is what can be termed the "paradox of desegregation." On one hand, the popular images of Afro-Americans have become more positive overall since the demise of Jim Crow. There are Black newscasters on radio and television, and Blacks on editorial boards. Black professional in the media seem to have overcome racial barriers.

But this is more of an illusion than reality. A recent profile of American journalists was done by Indiana University Professors David H. Weaver and C. Cleveland Whitteit, which was founded by the Gannett Foundation. The study, entitled "The American Journalist," stated that Blacks, Asians and Hispanics account for roughly 4 percent of editorial workers, compared to more than 5 percent in 1971. White females, by way of contrast, have increased their margin from 1 in 5 in 1971 to 1 in 3 today. Weaver and Whitteit White, male, a "political middle-of-the-roader" who knows little about minorities or their conditions.

Such journalists have few reasons to question the retreat from racial equality, which is the foundation of Reagan's civil rights agenda. They believe in the myth of value-free journalism, which asserts that the reporter has no right to adhere to certain ideological views in their interpretation of society. They accept the position that a Black journalist is simply a journalist who happens to be Black, and he/she has no justification to engage in "advocacy" in regards to Blacks' deteriorating rights. What they fail to recognize is that their value free, middle-of-the-roadism is just a cover for failing to confront the systemic, institutional factors which preserve and perpetuate white racism in America. The white media generally refuses to admit that virtually all journalism is a form of "propaganda" in the interests of certain political, economic, and social class interests - and that Blacks' interests never surface on the agenda.

Part of the paradox of desegregation is that some Black journalists, in their desire to acquire acceptance in the mainstream media, often close their eyes to the omnipresence of racial bias and distortion. When we read *Le Monde*, does anyone doubt that we are encountering the interpretations of French journalist, with all the historical, cultural and political baggage of that tradition. When we read *Pravda* or *Izvestia*, no one doubts that the perspective of Soviet writers advance a particular view on society and politics. And when we read the *New York Times*, everything from the selection of stories to the orientation of the editorials represents a type of bias towards the white corporate establishment.

What is the social responsibility of Black journalism in the period of color blind racial discrimination? Black writers must see themselves as part of a rich historical tradition, as the latest generation in the heritage of free, democratic-oriented journalists. A brief list would include: Mary Ann Shadd Cary, editor and founder of the *Provincial Freeman* in 1853, the first newspaper published by a woman in North America; Ida B. Wells, the anti-lynching activist and editor of the *Memphis Torchlight*; abolitionist editor Frederick Douglass, publisher of the *North Star*; T. Thomas Fortune, editor of the *New York Age*; W. M. Trotter, editor of the militant *Boston Guardian*; W. E. B. DuBois, founder of the NAACP and editor of the *Crisis Magazine*; trade union leader A. Philip Randolph, editor of the *Messenger*; and human rights spokesman Paul Robeson, editor of Harlem's *Freedom* newspaper in the 1950s.

What is a Black journalist? As writers, as part of this tradition of Afro-African critical thought, we have a responsibility to comprehend that racism still exists, and that we should never apologize for taking an uncompromising attitude against racial inequality in our work. Poverty and hunger still exist, and are becoming worse. Unemployment, educational underdevelopment and political underrepresentation have not yet been overcome. And our task and challenge, as Black journalists, is to raise questions revealing these problems, and to write with a critical vision of social justice and human equality, the basic values which were embodied by the lives of previous



WHY ARGUE? THE FACTS ARE HERE!

generations of Black writers.

We hope this editorial sheds some light on the role of the Black journalist in America. Many people, Blacks, professionals, even journalists who are Black, still do not understand the true historical role of the Black press and Black journalism.

Ours is not a role of prestige, nor an opportunity for an ego trip, but a *Mission* to help people; our people secure true freedom, justice and equality.

More Black publishers and editors have been lynched, burned, hanged and just plain murdered, than in any other field of endeavor. The press has been more than a challenging endeavor for Blacks. It has never been

a game. It is our life.

The Black press and Black journalist who are truly doing their job, hold in the palm of their hands, the rise or fall, ups and downs of the Black communities across America. Black journalist, let us *save us*, not destroy us.

CHILD WATCH

By
Marion Wright Edelman

How Your State Can Help Prevent Teen Pregnancy

"Every year thousands of children are born to other children under circumstances that make their chance of success in our society a tragic improbability. If we look the other way... none of us will escape the trouble and pain. Both love and self-interest demand that we do more."

The words are those of New York Governor Mario Cuomo, in his "state of the state" address earlier this year. The challenge they express earlier this year. The challenge they express is clear: the states, led by their governors, have a crucial role to play in preventing teen pregnancy. States can and must "do more" to help our youth.

The first step any state should take is to study and understand its particular teen pregnancy problem. Of course, the problem may look very different in rural Kansas than it does in urban New Jersey. Accordingly, 16 states, including New York, have already prepared their own reports on this issue, and more are in the works.

These state reports reflect a diversity of opinion on what to do about pregnancy. But the different ideas and approaches fall into five basic areas.

First, these states are defining clear roles for themselves in preventing adolescent pregnancy. Nearly all of those that produced reports followed up by setting up a permanent state group to keep working on the issue. New Jersey is trying to line up all of its agencies that deal with the problem so they can do a better job. North Carolina, South Carolina, and the District of Columbia are looking for innovative ways to reach male teens.

Second, most of these states are calling for broader public education efforts on teen pregnancy prevention. For example, West Virginia is sending letters to legislators, school board members, nurses, and health workers, to call their attention to the teen pregnancy problem and the need to provide teens with family life education.

Third, several states are beginning to see family planning as part of broader health care for teens. Four reports call for setting up health centers in the schools—going where the young people are to provide them with needed health care, athletic exams, counseling, and family planning information.

Fourth, most state reports recognize the key role that learning, a job, hope, and a future can play in helping out teens to postpone too-early pregnancy and parenthood. Unfortunately, not enough have yet gotten down to the job of providing the kind of dropout prevention, job training, and employment programs that can send a real positive signal to more of our youth.

Finally, and encouragingly, most of the state reports are calling for more and better support services to help those teens who are already parents to get on and stay on their feet. The Pennsylvania and Oklahoma reports call for making affordable health services available to all pregnant teens, a move that would improve the odds that their babies would be born at normal weight and healthy. Several other state reports call for helping teen parents with child care, employment, and housing. These 16 states have made an important first step. To urge your state to do more to help prevent adolescent pregnancy, write your Governor. For a detailed 12 page roundup of the state reports, order "Adolescent Pregnancy: What the States Are Saying," for \$2.50 each plus \$1.50 postage from CDF, 122 G Street, N.W., 4th Floor, Washington, DC 20001.

**Stop Black on Black Crime;
With Black on Black Love!**

NNPA FEATURE Business in the Black

By Charles E. Belle



Room For All in African Nation Mozambique Marks Path For Southern Africa

Ronald "ride horse" Reagan reads Mozambique as a Marxist-communist country in darkest Africa. As so many picture stories like "Dut of Africa" are still being seen in this flagwaving nation, we need to get a clearer picture of this place which is next door to South Africa, Swaziland, Zambia, Malawi, Tanzania and Zimbabwe. Yes, it's borders are numerous, dangerous and destiny driven by white and Black African standards. Only the Indian Ocean which extends the entire length North and South along the coast of Mozambique's eastern border is neutral in the anti-apartheid wars in Southern Africa. A rare event occurred last month when in a meeting in San Francisco at the World Affairs Council of Northern California, Ambassador Valeriano Ferrao, Ambassador of Mozambique to the United States was given an opportunity to mention the truth about the state of Mozambique.

What makes the 14 million predominantly Black Southern African nation, Mozambique unique from the start in Africa and the United States is its Ambassador of Mozambique to the United States, His Excellency Valeriano Ferrao. Ambassador Ferrao, 46, a hero of the Socialist state, and member of (FRELIMO) Front for Liberation of Mozambique is not a white or Black African, but of Indian ancestry. A native born Mozambican who fought for freedom with FRELIMO against the previous punitive Portuguese rulers. Racism and sexism, two vicious problems for the people of the Southern African region and elsewhere are remedied in Mozambique in the most direct fashion. Universal adult suffrage for a nation with 50% indigenous Africans and 30% Muslim practicing their religions requires a strong commitment to equality between the sexes. Since His Excellency Ferrao commands the second most powerful post outside the country, colors within the impoverished Black nation do not fear left out of the new political system as in the past. Ambassador Ferrao is the first ever Mozambican Ambassador to the United States.

The United States is currently the largest provider of emergency food assistance to Mozambique. The U. S. S. R. supplies 50% of its oil and most of its development "soft loans." Mozambique is a staunch supporter of the African National Congress (ANC) of Nelson Mandela fighting for the liberation of South Africa. South Africa, as is the white man's custom is currently violating its treaty with Mozambique by supplying support to hired bandits who commit "crimes like cutting off ears and the breasts of women" operating inside Mozambique. The damage done by these "road bandits" in a largely agricultural and underdeveloped country is sinful.

Since the country is struggling to stay solvent with several major opportunities in underdeveloped mineral and mining resources it is to South Africa's advantage to keep Mozambique indigenous. Nevertheless, Mozambique has reduced its illiteracy rate from 93% at the time of the end of colonial rule, June 25, 1975, down to 83% today with minimal outside aid and hired murderers within its midst. Mozambique people according to Ambassador Ferrao "after ten years took the power and are not going to" give it back, but share it with (all) the people.

FREEDOM & SOCIAL JUSTICE BY ALEXANDER R. JONES

Director of Minority and Third World Affairs for
The Church of Scientology® International

Director of Black PAC Speaks Out

One of the great controversies in American black politics centers around what party Blacks should support. Traditionally this has been the Democrats, and Blacks who have spoken out against this voting pattern have been verbally and publicly attacked. But as Bill Keyes, the founder of Black PAC, points out, "This is America, and I have the right to voice my opinions, and will exercise that right."

Keyes points out that it is folly for black people to vote in a block for the Democratic party, because it simply reinforces that old political lament of being taken for granted by the Democrats and ignored by the Republicans.

"We felt, by and large," he explains, "black people are conservative. Therefore if we could simply get a greater number of black Americans to vote for the candidates who share their values and their interests we would have a greater split in the black vote."

"That split would, in fact, have greater benefit for black people than unity in voting does, because it would let candidates of all parties know that the votes of black people are negotiable and the way you win it is offering the best policies, the best programs and the best services."

Black PAC supports those candidates who are strong on economic growth, strong national defense and traditional values. The group's biggest victory to date was winning 13% of the black vote in North Carolina for Senator Jessie Helms when he last ran for reelection.

The key thing is educating black voters on what candidates ACTUALLY stand for, without viewing the politician solely through the distorted glass of local and national media, or blindly voting for a political label.

On the personal side, Keyes is a very religious man, looking to God for his counsel in life. Anger irks him to no end that the IRS wants more money from him than God. "The government wants 50% of my income, while God only wants 10%!"

When I asked him at what point in his life did he decide to take a leadership role, he explained, "I never made that decision. I only made the decision to be honest with regard to public policy." His happiest personal moment? "Getting married and having a baby."



An ancient remedy for a toothache was to eat a mouse.

Southwest Digest

P. O. Box 2553 Lubbock, Texas 79408
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Editors - Publishers
T. J. Patterson - Eddie P. Richardson

An independent newspaper serving the Lubbock, West Texas, the South Plains of Texas and Eastern New Mexico - printing the news impartially - supporting what it believes to be right without opposing what it believes to be wrong without regard to party politics. Devoted to the Industrial, Educational, Social, Political and Economical Advancement of Black People.

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

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

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

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

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NNPA FEATURE COPING by Dr. Charles W. Faulkner

Psychological Warfare Between The Sexes

The individual who is lonely and unhappy because of the inability to find a compatible mate is usually in emotional agony. This agony can create an individual who holds great antipathy.

Black and white people suffer through this agony in American society. The plight of the black individual, however, has a serious dimension not found among whites. All people suffer through some degree of personal insecurity and feelings of inferiority by virtue of living in such a highly competitive society. This is the first level of daily emotional stress - and it is experienced by whites as well as blacks.

However, the second level of emotional stress is suffered exclusively by blacks, and it makes normal stress abnormal. Many of the letters I have recently received from readers indicate a volatile antipathy between black women and men that surprised even me. Even though the letters provide "reasons" for the antipathy of women toward men and vice versa, a social "chip" appears on the shoulder of black men and women, if these letters are an accurate indicator, that suggests the existence of many, many unhappy black people. And these are black people who are in the prime of their productive years. Who wants to go to a singles club and watch the opposite sex stride Madison Avenue poses across the room - but dare you to approach? Here are excerpts from several letters:

No. 1 - "Dear Dr. Faulkner: Black women are tired of the phony macho image that black men put on. They wear an 'I'm the baddiest nigger in town' image but they can't live up to it. They want everything to be their way, and the black woman is tired of supporting the black man in this one-sided relationship. We have made sissies of them. Yours in the struggle, Denise, Miami."

No. 2 - "Dear Dr. Faulkner: The black man wastes too much time concentrating on unimportant values such as fancy cars and clothes. The cause of the problem between black men and women is the fact that their parents did not instill in them the proper values when they were growing up. This what caused the loss of self-worth in the black man and you should stop writing trash about the black woman and black man fighting each other. It is bad for fragile black minds. Dr. Roslyn, Los Angeles."

No. 3 - "Dear Dr. Faulkner: The black woman is a beautiful thing of God's creation but her head is not screwed on right. If she would just try to be herself, the problem between black men and women would go away. Tell her to express herself naturally and not in an artificial way. We love them but we are afraid sometimes to approach them. David, Philadelphia."

No. 4 - "Dear Dr. Faulkner: This is a new day and black women ought to realize that they have to reciprocate. If they want the black man to be kind to them, they are going to have to stop playing psychological games with him. Black men need their women but black women act like they do not need (or want) their men. Mr. K. L. M., Richmond, VA."

Black people cannot find the resources to attain first class stature in society if they cannot defeat the problem of inner insecurity. White society has put the black person down so severely that they must be able to fall back and lean upon a supportive mate. We cannot achieve racial independence until we have achieved personal emotional stability. We indeed need each other.



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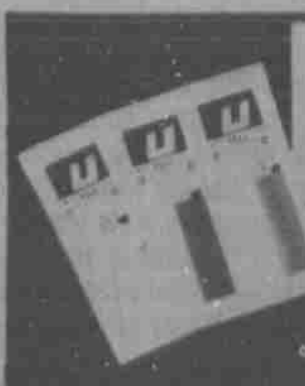
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FROM THE PEN OF
PARRON D. A. SMITH

D. A. Smith
Pastor
Bethel A. M. E. Church
Lubbock, TX

WASHED IN THE BLOOD

During my travel as a circuit preacher, I ruined a brand new white shirt. I was returning home from one of my churches in Gilmer, Texas, on a Sunday afternoon. Suddenly, the temperature gauge needle on my automobile pointed toward the "H," which meant hot. I pulled to the side of the road and stopped. I raised the hood and looked for the trouble. There was no outward appearance that anything was wrong—no broken hoses or leaks from the radiator. I slowly turned the radiator cap to release the pressure so that I could see if the radiator was low in water. I removed the cap and suddenly a stream of hot water antifreeze and rust spewed onto my new white shirt. I thought that the substances from the radiator could be removed easily when it was washed, but it couldn't. The new shirt was finished before it had a chance to be used again. Lives, likewise, are soiled by sin. But thanks be to God, they need not remain that way. Lives can be washed in the blood of the Lamb. Unlike the detergents which could do nothing for my soiled shirt, the blood of the Lamb cleanses us from all sin. "What can wash away my sins? Nothing but the blood of Jesus!"

Revival

Rev. Collins in Revival

A New Beginning Revival is being held nightly, throughout the month of May, 1986, at Holy Trinity Church of God in Christ, which is located at 3500 East Cornell. The theme is: "Christ is The Answer." Elder Willie Loggins is the pastor and conductor.

The Rev. C. D. Collins, Assst. Baptist of St. Matthews Baptist Church, will be in revival May 11-18, 1986, at St. Matthews. Services begin each night at 8:00 p.m. Friday night, May 17, a musical will be held at 8:00 p.m. featuring local talent.

5-3-86

We Thank God For Jesus

Lord, Blessed is That Mother!

"Happy Mother's Day"

Luke 1:28 - The angel came in unto her, and said, hail, thou that art highly favoured. The Lord is with thee; blessed art thou among women.
Lord, the Mothers have been blessed, from the beginning of time, her womb carries our most precious minds.
Lord, some carry Presidents, Kings and Queens. Some carry killers, robbers and dopeheads.
Lord, but all she carries, you sent from above. It's up to us to teach it "Hate or Love."
Psalm 127:3-4 - Children are an heritage of the Lord; and the fruit of the womb is his reward. As sorrow are in the band of a mighty man; so are children of the youth.
"Lord, Blessed is that Mother."
Proverbs 31:10 - Who can find a virtuous woman? For her price is far above rubies.
Lord, she raises her children in the eyes of God. That makes their lives easy, with the help of the Lord.
Proverbs 22:6 - Train up a child in the way he should go; and when he is old, he will not depart from it.
*** (Mothers, the Bible said "Train and Not Raise Up". We train our dogs, cats, horses, and others to obey us, why not our children??)
Matthew 25:45 - Jesus said, who is a faithful and wise servant, whom His Lord hath made ruler over his household to give them meat in due season?
"Lord, Blessed is that Mother"
Lord, she'll work all day, on a low paying job. (Humble) But her biggest pay comes from trusting in God.
Psalm 37:25 - I have been young, and now I'm old; yet have I not seen the righteous forsaken, nor his seed beggins bread.
Lord, they don't have the best food and clothes, nor shoes on their feet, but they have the love of Jesus, and that's all they need.
Psalm 4:5 - Offer the sacrifices of righteousness, and put your trust on the Lord.
"Lord, Blessed is that Mother"
Lord, she prays that her husband, and all her children be saved. She knows that all God's children, at one time strayed.
Romans 3:23 - All have sinned, and come short of the Glory of God. Lord, she prays for the world, and shares her goods with others. She knows where her mission starts.
"Lord, Blessed is that Mother."
Proverbs 31:20, 28, 30 - She stretcheth out her hand to the poor; Yes, she preacheth forth her hands to the needy. Her children arise up, and call her blessed; her husband also, and he praiseth her. Favour is deceitful, and beauty is vain; but a woman that feareth the Lord, she shall be praised. AAMANN.
God is not through with us yet. Let's pray for one another always.
Directed - Arranged - Produced - Guided By Lord Jesus Christ
Written by Billy "B. J." Morrison, III
Your Brother in Christ Jesus Always.

Obsequies

Mrs. Norma Glenn Tutt

Funeral services for Mrs. Norma Glenn Tutt were held Saturday, May 3, 1986 at Ford Memorial Church of God in Christ with Supt. C. A. Tanner officiating. He was assisted by Bishop W. H. Watson.

Interment was held in Peaceful Gardens Cemetery under the direction of Resthaven Funeral Home.

Mrs. Tutt was born to Mr. and Mrs. Lois Bass, Jr. November 7, 1905. She confessed Christ at an early age.

She was a graduate of Estacado High School and Mesa College of San Diego, California.

Mrs. Tutt passed away April 26, 1986 at Wilford Hall Medical Center in San Antonio, Texas.

She was united in Holy Matrimony to Lionel Tutt January 29, 1976, and resided in San Diego, California, Las Vegas, Nevada; Oxford, England; West Germany, and in San Antonio, Texas.

She leaves to mourn her death: a devoted husband, Lionel Tutt of San Antonio; her mother, Mrs. Minnie Bass Alexander of Lubbock; her father, Lois Bass, Jr. of New Mexico; her step-father, Mr. Miles Alexander of Lubbock; her mother-in-law, Mrs. Ruth Tutt



of Palestine, a sister, Sara F. Johnson; seven brothers - Totsy Bass of San Antonio, Anthony Bass of Austin, Rickey Bass, Timothy Bass, Thomas Bass, Jeffery Bass and Myron Bass, all of Lubbock; a host of relatives, in-laws, and friends.

Pallbearers were Curtis Lewis, Arthur Rhodes, Anthony Bass, Charles Tutt, Kenith Booker, and Gary Tutt.
Honorary pallbearers were Deacons of Ford Memorial Church of God in Christ.

Pleasant Home Baptist Church

East 14th & Avenue Post, Texas

Greetings from Pleasant Home Church where everybody is somebody. Holy greetings on another beautiful day of our Lord which has been made for us to see and behold as his children.

This past Sunday School lesson was "The Holy Spirit in Jesus' Ministry." The scriptures were Matthew 12:22-28; Luke 11:5-13. The lesson was very wonderful. Everyone was at their place of duty.

Devotion worship was led by Deacon & Sister Burleson, along with Brother Larry D. Johnson who read Psalm 34:1-6.

Everyone enjoyed in altar prayer which gave us new life as

City Wide Prayer Revival

On Wed., May 7, through Friday, May 9, 1986, The Outreach Prayer Breakfast and Project Blessing is sponsoring a City Wide Revival, at Lyons Chapel Baptist Church, 1704 E. 24th Street. All pastors, ministers, prayer groups and concerned people are invited to come! The guest speaker will be Ms. Ruth Derrickson from Knoxville, Tennessee. Come and be revived!

Fish Fry At Zion Baptist Church

The Zion Baptist Church, 1717 Idalou Road, will have a Fish Fry which is being sponsored by the Music Department, on Saturday, May 3, 1986, beginning at 12:00 noon.

For more information, please contact Mrs. H. M. Johnson at

everyone stood while Rev. Arthur Kelly prayed for all members.

The choir sang Songs of Praises in God's Holy Temple. Everyone knew and felt his presence.

Rev. Kelly's message was from the Book of St. Matthew 14:24-33. His subject was "Precious Lord, Take My Hand." Pastor Kelly truly preached a spiritual sermon. It was very informative and made the members reflect on their faith.

The sick and shut in list whom we can't forget are: Sister Ida Mae Brown, patient in Lubbock Methodist Hospital; Sister Inez Grathouse; Brother Ora D. McDaniel, and Sister Lela Mae Patterson, a patient in Twin Cedars Nursing Home.

City Wide Ushers Meet

The City Wide Ushers will meet on Saturday, May 10, 1986, at St. Luke Baptist Church, East 26th and Cedar Streets. Rev. J. H. Ford is Pastor. The meeting will begin at 5:00 p.m. All Lubbock ushers are invited to come and be a part of this movement. We are doing great things for the whole community. We met once a month on the 2nd Sat. for one hour. We need more input for this to be a citywide togetherness. Tomy Letbridge is president.

744-7557.
Rev. A. L. Patrick is Pastor; Mr. L. C. Bradley, Sr. is President, and the public is invited.

Southwest

Digest

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The Outreach Prayer Breakfast

The Special Breakfast, Saturday, May 10, 1986, was a tremendous success. Rev. Roy P. Davis and his Church were our special guests. These people are 'gifted in the Word' and this preacher is truly a teacher. They can sing God's praises like no one else can.

We love all of the other guests who attended and God truly does, too. We wish to see each of you on Wed., Thur. and Friday of this week; May 7, 8 and 9 at Lyons Chapel, O. K.?

Thought for the Day
If God has a way in, He has a way out. Think about it people.

We are walking by faith and not by sight. You can make it friend.

"Let's Pray"

God of mercy, we thank you now for those people who are hurting for all reasons, this week. We pray that the hurting will stop, needs be met, problems solved, and health regained, as it is written in your Word, Mark 11:22-24. We are lifting up these three nights to you; May 7, 8 and

Also Sisters Lizzie Milo and Sirloma Steel; Brothers Harry Trueblood and Nathaniel Wilson, who are patients in Golden Plains Care Center.

Let us pray they will have a speedy recovery. Pray ye one another always.

"Get Your Fix In Eighty-Six." Keep smiling!!!!

Reverend Arthur Kelly, pastor; Sister Annie Bates Gilbert, reporter.

I know you are blessing, even now. Thanks. In Your Name, Jesus, we pray. Amen.

If you have been saying in the past, "I'm going to that revival and haven't, you can come now."

Juanita Wowell-President
C. Burleson-V-President
Mildred Bogus-Secretary
Annie Johnson-Act. Secretary
Dorothy Hood-Reporter

June 19th Activities

People wishing to participate in the Lubbock 19th of June Celebration activities, by displaying their abilities and talents in the area of arts and craft items, or display, or for sale are encouraged to contact the Mae Simmons Community Center as soon as possible to reserve individual areas.

All areas of arts and crafts are encouraged to participate and to

display their items.

Persons having antique items for sale or display are also encouraged to participate.

These items will be displayed June 21st at Mae Simmons Community Center from 10 a. m. until 6 p. m. The center is located at East 23rd Street & Oak Avenue, and is open from 9 a. m.-until 8 p. m. daily. Saturday hours are from 1 p. m. until 8 p. m. Deadline for reservations will be June 16, 1986 at 8 p. m.

The center number is 762-8411, ext. 2700.

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JUSTIFICATION

The universal need of justification was recognized by Job. Job 9:2; 25:4

I. THE MEANING OF JUSTIFICATION.

1. It DOES NOT mean making righteous or imparting of righteousness.
2. By justification we mean that act of God by which, on account of Christ, to whom the sinner is united by faith, He declares that sinner to be no longer under condemnation, but to have a standing of righteousness before Him.
3. The Scriptures teach that justify or justification means to "declare righteous" and "free from guilt and punishment." Ex. 23:7; Deut. 25:1; Psa. 143:2; Prov. 17:15; Isa. 5:22,23; 53:11

II. THE SCOPE OF JUSTIFICATION.

Justification begins with the present and extends to the past and the future, dealing with the sin and guilt of both and establishes him as eternally righteous before God.

1. It involves the remission of sins, including the removal of their guilt and penalty. Acts 13:38,39; Rom. 8:1,33,34; Num. 23:21
2. The reckoning of Christ's righteousness and the restoration of God's favor. II Cor. 5:21; Phil. 3:9; James 2:23; Rom. 3:20-24

III. THE METHOD OF JUSTIFICATION.

We cannot be justified by our moral character or by the works of the Law. Luke 16:15; Rom. 3:20; Gal. 2:16; 5:4

1. It is a judicial act of God. Rom. 8:33
2. It is caused by His grace. Rom. 3:24. "Freely" is the Greek "DORIAN", and is translated "Without a cause" in John 15:25 and in other places.
3. It was made possible by His meritorious substitutionary death. Rom. 5:9; 3:24
4. It is manifestly declared in His resurrection. Rom. 4:25. Notice "for our" used twice in this verse and means "because of". His resurrection is God's seal and guarantee that Christ's death settled the sin question and accomplished our justification.
5. Justification is mediated by faith. Rom. 5:1; 4:5; 3:23-26. Faith is not the cause of justification, nor can it be regarded as its ground or basis. It is only a mediating function, through which justification is received. It is a prerequisite, but not the cause of justification.
6. Justification is evidenced by works. James 2:14,24. Here there is a contrast between a say so or dead faith and true saving faith.

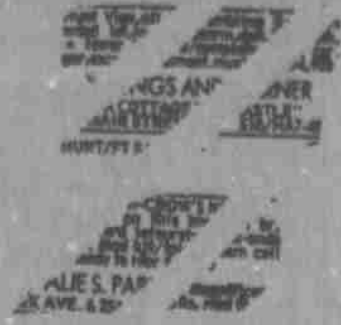
IV. THE RESULTS OF JUSTIFICATION.

1. Freedom from condemnation. Rom. 8:1,33,34
2. Peace with God. Rom. 5:1
3. Assurance and realization of future glorification. Titus 3:7; Rom. 8:30

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THIS N THAT!

DOES A GOOD JOB MYRA A. MC DANIEL, Secretary of State, does a good job in aligning herself with top-notch PEOPLE to mandate this office. The ELECTIONS DIVISION is just one small part of the SECRETARY OF STATE'S OFFICE as the largest is perhaps in the CORPORATE DIVISION where her office COLLECTS \$36 MILLION a year for Texas.

WHAT ABOUT THIS THIS N THAT heard a NEW CONCEPT in radio broadcasting last week in Austin. The station, AUSTIN COMMUNITY RADIO STATION KAZI 88.7 FM, does a good job in advising AUSTIN LISTENERS of much knowledge which is welcomed there. Wouldn't such a RADIO STATION work

here... OFFICER WILLIAM H. BRITT?? since we only need some SPONSORS. This kind of a STATION would be an asset to the BLACK COMMUNITY of Lubbock and West Texas. It's worth checking out!

D. C. KIMMER THE BARREN CONTINUES TO SAY: "Let's GET INVOLVED so we can help MAKE LUBBOCK a much better place to live."

HAPPY MOTHER'S DAY THIS N THAT would like to take this time and SAY HAPPY MOTHER'S DAY to all MOTHERS. Without YOU MOM we wouldn't be here. THANK YOU, MOM. WON'T BE LONG NOW! THIS N THAT has learned that it won't be long before THE BIRDSON CUTTING CEREMONY of the EAST

34TH & QUINT AVE. SWEETPASS. REV. KARD LANG serving as chairman of this committee for the CEREMONY are busy making final plans for this effort. Surely many will come out to this evening ceremony. More on this date later.

WILL MEET THIS MONTH THIS N THAT has learned that BILLIE CAVIEL, District 2 School Board Member, and T. J. PATTERSON, District 2 City Commissioner, will hold a JOINT MEETING this month. More on it later!

LET'S WORK IT OUT THIS N THAT has received some COMPLAINTS about the EARLY CLOSING of Max Simmons Community Center because of BUDGET CUTBACKS. THIS N THAT is busy finding a means to overcome this PROBLEM. Say opening the center LATER on schedule meeting days. More later!

THOUGHT THRILLER WAS CLOSED THIS N THAT thought the well known THRILLER on East Broadway Avenue had been CLOSED FOR GOOD. Seems as though this is not the CASE as a young BLACK WOMAN who recently had an INFANT was KILLED last weekend. Surely if this PLACE is supposed to be CLOSED then it should remain closed!

WHAT HAPPENED TO GARDEN THIS N THAT would like to know what happened to the GARDEN planted on CHERRY AVENUE late last fall. Wouldn't it be NICE if there were some of this kind of

activity throughout EAST LUBBOCK??

THANKS, GOD TIEUELI THIS N THAT would like to THANK our friend GOD TIEUELI for his efforts to help get the SOUTHWEST DIGEST around the country. His effort, no doubt will CREATE some ripple from CITIZENS in West Texas and New Mexico.

DIDJAKHOW?? THIS N THAT has learned that nearly TEN BLACK TEACHERS & PRINCIPALS are RETIRING from the Lubbock Public Schools come this year. Among them include Principals JONSON, PRIESTLY and SAMPLES. How what are we going to do to get additional BLACK TEACHERS?? Something for

our new SCHOOL BOARD MEMBER SISTER BILLIE CAVIEL to look into. It will HARD but our BLACK KIDS must have some

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Former Dunbar Band Members Wanted!

We are looking for former members of the Dunbar Band. If you were in the band between 1952 through 1970, please contact Mr. Roy Roberts at 762-5303 or Mrs. Mary-Joe (Henderson) Wilson at 763-5984, ext. 50.

The Reunion will be held July 19, 1986. The price is \$25.00 for singles and \$50.00 per couple. This price includes the banquet and entertainment. The deadline for paying is May 31, 1986. A big day is planned for everyone.

If you know of anyone who has not been contacted, please pass the word on and have them contact Mr. Roberts or Mrs. Wilson. We don't want to overlook anyone, so will you please help?

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Quick & Easy Meals

by Mildred TM
Mildred B. Griggs, Ed.D.

One-dish meals are the perfect way to save time in the kitchen while still offering your family a well-balanced and nutritious dinner.

This week's column features 2 one-dish meals that are sure to save you time and energy. Both recipes use convenience foods in fresh, innovative ways. They're perfect for family dinners or spur-of-the-moment get-togethers. And they taste terrific.

If you're looking for meals that are Quick & Easy to prepare, be sure to try this week's recipes. Until next time, good cooking.

BAKED PORK CHOPS

- 1 pkg. (6 or 8 ounce) cornbread stuffing mix
- 2 tablespoons butter or margarine
- 8 (1/2-inch thick) boneless center-cut pork chops or 1 pound pork loin, cut into 1/2-inch slices
- 3 cups water
- 1 pkg. (1.9 ounce) French onion soup mix
- 1 pkg. frozen broccoli, cauliflower and carrots
- 1/2 cup milk
- 1 tablespoon all-purpose flour

In a 13x9x2 inch oval baking dish or 2 1/2 to 3 quart shallow casserole, sprinkle dry stuffing mix on bottom. (If using 6-ounce package, toss stuffing with seasoning packet.) In skillet, over medium high heat, melt butter. Saute pork until browned, about 3 minutes on each side. Remove pork; drain on paper towels. Pre-heat oven to 350 F. Add water, onion soup mix and frozen vegetables to same skillet; cover; bring just to boiling. With slotted spoon, remove vegetables; arrange around edge of baking dish. Remove 1 1/2 cups liquid from skillet; pour over vegetables and stuffing. Overlap browned pork on top of stuffing.

CHEESY BEEF CASSEROLE

- 1 1/2 lbs. ground beef
- 1 onion, chopped fine
- 4 green onions, sliced
- 1 clove garlic, chopped fine
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups thin dry egg noodles
- 1 cup chopped celery
- 1 (10 oz. package frozen green peas
- 1 (10 oz.) can tomato sauce with tomato bits
- 1/2 cup water
- 1/2-3/4 cup crushed (measure after crushing) Fritos Brand Corn Chips
- 1 can Frito-Lay's® brand Mild Cheddar Cheese Dip

In a heavy skillet, brown beef, onions and garlic. Add remaining ingredients. Cover skillet and cook on high until skillet begins to steam. Lower heat and cook for 30 minutes. Remove lid and cook 8-10 minutes until hot and bubbly. Makes 6 servings.

Dr. Griggs is a professor at the University of Illinois and is a past president of the American Home Economics Association. She is also a consultant to Frito-Lay, Inc. Dr. Griggs invites you to send your suggestions or questions to: Quick & Easy Meals by Mildred, Sage Feature News Service, 3101 Martin Luther King Blvd., Dallas, Texas 75215.

Mrs. Pettyjohn Retires

Continued from Page 1
She and her husband, Richard, plan to travel and to visit their two daughters. One daughter, Sue Dougal, resides in Columbia, South Carolina, where her

husband, Dr. Dougal, is an Electrical Engineering professor at the University of South Carolina. Sue also holds a Home Economic degree and is a housewife. Their other daughter, Linda Palit, teaches Social

Freedom Fund Banquet Set Here

The Lubbock Branch NAACP Freedom Fund Banquet will be held on Saturday evening, May 17, 1986, at The Texas Tech University Center in the Coronado Room. The citizens of Lubbock are urged to come out and enjoy the evening and the dynamic speech of Dr. Hamilton E. Holmes.

This the 14th Annual Freedom Fund Banquet, is sponsored by the Lubbock Branch of the NAACP. All NAACP members have tickets and will be happy to see to you getting yours. Come out and support your local civil rights organization.



Pretty and colorful—perfect for a holiday buffet.

RASPBERRY CROWN

- 1 can (8 oz.) Dole Crushed Pineapple in Juice
- 1 cup frozen raspberries, thawed
- 2 packages (3 oz. each) raspberry gelatin
- 2 cups boiling water
- 1/2 cup dairy sour cream
- Parsley garnish

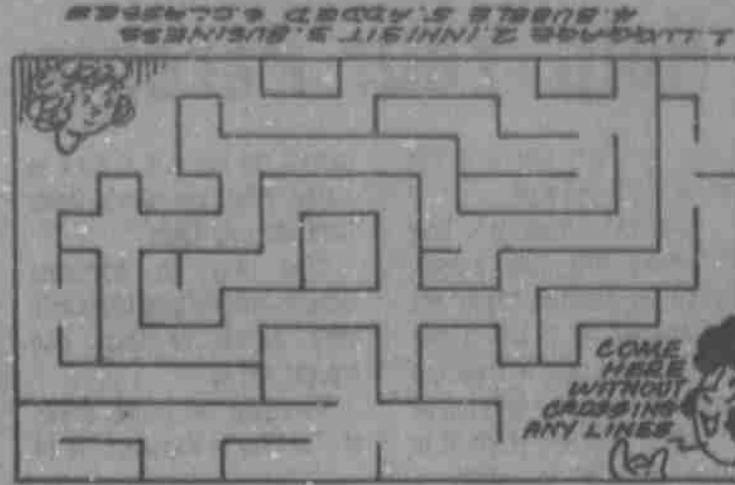
Drain pineapple, reserving juice. Drain raspberries, reserving juice. Combine juices with cold water to make 1 cup liquid. Dissolve gelatin in 2 cups boiling water. Stir in juice mixture. Pour 1 cup gelatin mixture into 4-cup mold. Fold in raspberries; chill. Chill remaining gelatin until slightly thickened. Fold in pineapple and sour cream. Pour over chilled raspberry mixture. Chill until set. Unmold onto serving plate. Garnish with parsley to serve. Makes 6 servings.

For more terrific pineapple recipes, write to Dole Pineapple, Dept. P5, P.O. Box 7758, San Francisco, CA 94120. Courtesy Dole.

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Sciences at Lee High School in San Antonio, Texas. In August, the Pettyjohns plan to travel in their motorhome to Oregon for pleasure.

Mr. Carrol Thomas, Principal at Estacado High School, feels there has never been a teacher more devoted to encouraging and insisting that her students became responsible, productive citizens. To that goal she worked endlessly. She will certainly be missed in our school system and particularly at Estacado High School.



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FIBER...WHAT'S IN IT FOR YOU?

Concerned about fat? Calories? Fiber? Today, eating a good diet can be difficult. What you don't eat is sometimes just as important as what you do eat. According to the National Cancer Institute, eating a high fiber, lowfat diet may reduce the risk of certain types of lower digestive tract cancers. This may sound straightforward, but how does this translate to daily food selection and meal planning?

High fiber ready-to-eat cereal is an easy way to boost your daily fiber intake. Fruits, vegetables and other whole grain products are also good sources of fiber. The National Cancer Institute recommends that we eat a combination of foods that provides 25 to 35 grams of dietary fiber each day. Are you the average American? If so, your daily fiber intake may be falling short at only 10 to 20 grams of dietary fiber. Reaching your goal of 25 to 35 grams is simple—eat whole grain breads and cereals and liberal amounts of fruits and vegetables daily.

And, to lower your fat intake, start by substituting lowfat or skim milk for whole milk on your breakfast cereal. When possible, choose lowfat dairy products like lowfat cheeses, yogurt and milk. Also choosing leaner meats, fish and poultry can reduce fat in your diet. Beans combined with grain products are also lowfat protein alternatives to higher fat meats.

Here's a sample menu that demonstrates how fiber-rich lowfat foods can easily fit into your daily fare.

Meal	Dietary Fiber (grams)	Approximate Calories
Breakfast		
1 ounce Post natural bran flakes*	5.0	90
1 cup strawberries	3.0	45
2 slices whole wheat toast	4.0	130
1 pat butter or margarine**	0	35
1 cup skim milk	0	85
Coffee	0	0
Lunch		
Sandwich		
2 slices whole wheat bread	4.0	130
2 ounces sliced turkey	0	90
1 teaspoon mayonnaise**	0	35
2 lettuce leaves	4	5
1 medium orange	2.6	60
1 oatmeal cookie	2	65
1 cup skim milk	0	85
Dinner		
4 ounces baked fish	0	110
1 medium baked potato with skin	3.0	130
1 pat butter or margarine**	0	35
1 stalk cooked broccoli	5.8	50
1 cup lettuce and tomato salad	2	20
1 baked fresh apple	2.6	80
Coffee or tea	0	0
Evening Snack		
4 whole wheat crackers	1	30
1 tablespoon peanut butter	1.2	95

Total Dietary Fiber 32.1
Total Calories 1405

*Post Fruit & Fibre cereal provides 3 grams dietary fiber per serving. Natural raisin bran provides 4 grams dietary fiber.

**Butter or margarine, mayonnaise and salad dressing do not contribute fiber to the diet. As key sources of dietary fat and calories, these foods should be eaten in moderation.



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Tax Reform Is Serious!

by
NNPA

Over the past several years, there have been a number of attempts to develop legislation to create broadly based, fair and revenue-neutral tax reform for the American people. Most of these attempts have called for a "level playing field" for consumers and business alike.

Now the Senate Finance Committee is considering a measure that would have the exact opposite effect and would tip the playing field even more sharply than it is today.

Simply put, the proposal by Sen. Robert Packwood (R-Ore), the committee chairman, would not allow businesses to deduct from their income taxes the excise taxes on things like gasoline, alcohol, cigarettes, telephone service, airline tickets and many others. The excise tax is usually included in the product's price, and consumers pay the tax when they buy the product. The maker of the product acts as a tax collector -- receiving the tax from consumers and handing it over to the federal treasury.

Sen Packwood's proposal would tax businesses on the excise taxes they are merely collecting for the government. The senator says this is just an increase in corporate income taxes, and that it won't hurt consumers. But according to the Citizens for Tax Justice, a labor-sponsored research group, Packwood's proposal will have the effect of increasing excise taxes by 50 percent. And those increases will flow straight to the consumer in the form of higher prices.

Gasoline prices would rise by four or five cents per gallon. The tax on distilled spirits would jump from \$2.50 to \$3.50 a fifth. Cigarettes would cost between nine and twenty cents more per pack. The eight percent airline ticket tax would increase to about 12 percent, and phone service taxes would go from three to about five percent.

Other prices would be affected indirectly. Higher excise taxes on the trucking and other shipping industries would increase the prices of virtually everything that is transported on the U. S. highways -- from potatoes to color TVs.

Not only will Sen. Packwood's proposal increase the prices consumers pay for everyday goods, it will fall disproportionately hard on low-income families because excise taxes take a greater percentage of their income.

The Packwood proposal also ignores the effect of higher prices and distribution costs on business and jobs. When the price of a product increases dramatically, sales drop. When sales drop, businesses lay off employees, close plants, work shorter and fewer shifts and generally cut back to make ends meet. The Distilled Spirits Council of the United States, a trade association, estimates that 23,000 jobs would be lost and up to 10,000 small businesses would close in that industry alone if the Packwood plan becomes law.

Under Packwood's proposal, the consumer loses. Business loses. And the government may not gain as much as it thinks. Higher taxes on products don't bring in much if the products are priced out of the reach of millions of consumers.

Tax reform is serious business. And Sen. Packwood's plan is seriously flawed. It should not become law.

Honor and Help Your Parents

While headlines scream shocking news of child abuse, rising criminality and ineffective legal and education systems, a slim volume is passing from hand to hand across the world to promote safer, happier living through common-sense values. This booklet -- entitled "The Way To Happiness" -- gives sound reasons for practicing such everyday virtues as "Take Care of Yourself," "Be Worthy of Trust," "Do not Steal" and "Do Not Murder."

With Mother's Day at hand, chapter 5 -- entitled "Honor and Help Your Parents" is an apt selection for parents to read and discuss with their children. The chapter is reprinted here in its entirety.

"From a child's point of view, parents are sometimes hard to understand."

"There are differences between generations. But truthfully, this is no barrier. When one is weak, it is a temptation to take refuge in

Wagon Train

Continued from Page 2

Train as it passes through Lubbock on its 3,000 mile journey around the state. Many wagons have traveled with train continuously since it left Sulphur Springs on January 2, and will continue with it until it reaches Billy Bob's in Fort Worth on July 3.

Other Sesquicentennial events planned for the Wagon Train weekend include A Run for Texas in Mackenzie State Park sponsored by the Lubbock Parks and Recreation Department and Borden's Dairy.

subterfuges and lies; it is this which builds the wall.

"Children reconcile their differences with their parents. Before any shouting begins, one can at least try to talk it over quietly. If the child is frank and honest, there cannot help but be an appeal that will reach. It is often possible to attain a compromise where both sides now understand and can agree. It is not always easy to get along with others but one should try."

"One cannot overlook the fact that almost always, parents are acting from a very strong desire to do what they believe to be best for the child."

"Children are indebted to their parents for their upbringing -- if the parents did so. While some parents are so fiercely independent that they will accept no return on the obligation, it is nevertheless true that there often comes a time when it is the turn of the younger generation to care for their parents."

"In spite of all, one must remember that they are the only

parents one has. And as such, no matter what, one should honor them and help them.

"The way to happiness includes being on good terms with one's parents or those who brought one up."

More than ten million copies of "The Way to Happiness" in 14

languages have been distributed around the world. Information on how you can receive your own copy of the booklet can be

obtained by writing the Way to Happiness Foundation, 3540 Wilshire Blvd., suite 320, Los

Angeles, CA. 90010 or by phoning them at 1-800-782-6767 (1-800-382-6767 in California).

Black News Briefs

Continued from Page 1

Blacks can not be excluded from juries simply because of their race. In the past, a prosecutor could at his discretion exclude Blacks as jurors in criminal cases if the defendant was also Black. However, last week's court ruling outlawed such racially based exclusions. The decision grew out of an appeal to a Louisville, Kentucky case in which a prosecutor excluded four Blacks from the jury hearing charges against a Black robbery defendant. The Black man was later convicted by an all white jury.

Thank You!

For Your Trust And Vote In The
May Primary Election!

FROY SALINAS

Democratic Candidate
State Representative
District 83

Paid for by Froy Salinas Campaign Fund, Gerald Anderson, Treasurer
P. O. Box 5768, Lubbock, TX 79417

50th Anniversary

On June 28th, the South Plains Funeral Home will be celebrating the 50th Anniversary of during business. A banquet will be held and lots of food will be served to the public. Also a Commemorative Souvenir will be given to all. Friends may come by the office and sign the patron list which is \$2.00 per person or family. Businesses may purchase Ads at a reasonable cost.

Thanks,

Roscoe G. Adams, Mortician

TEST YOUR BEST



1986 SCOUT SHOW

Saturday, May 10
Lubbock Civic Center
1:00 - 5:00pm
South Plains Council
Boy Scouts of America

TICKETS \$1.00 - AVAILABLE FROM ANY BOY SCOUT

Hear ye!! Seniors

Graduates see our fine selection of graduation announcements and accessories!

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ONE-WEEK PROCESSING
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Southwest Digest
510 East 23rd Street
Lubbock, Texas 79404

DID YOU KNOW?

Although 90 per cent of the animals used each year in medical research are rodents, such as rats and mice, other animal species have special qualities that help us learn more about certain human and animal health problems.



Some interesting examples:
• Deer and other mammals with antlers are capable of extraordinarily rapid bone growth. What starts and stops this process is of interest to orthopedists and endocrinologists who treat human growth problems.

• Pig: are ideal subjects for heart and skin research. Because their circulation is like that of humans, pigs have been used in the development of heart valves. Drugs and treatments for skin disease, including therapy for severe burns, have also resulted from experiments with pigs, whose hairless abdominal skin has a texture similar to human skin.

• Chinchillas and human beings hear exactly the same range of tones. Research with these animals is uncovering more information about human hearing, including the potential effects of loud noise on behavior and hearing.

• Sheep have contributed to the development of surgical techniques to correct certain defects in human babies before birth.

• Armadillos, the only mammals besides humans which can contract leprosy, are invaluable in the study of this disease. Its incidence has been increasing in the United States in recent years.

Let's
Change
East
Lubbock
Image!



THANK YOU!!

For Electing Me Your
School Board Trustee
District 2!

I Will Do My Best To Serve You!
BILLIE CAVIEL

Pd. for by Committee to Elect Billie Caviel, School Board, District 2, Mrs. Stephanie Hill, Treasurer, Lubbock, Texas.



GET ONE TODAY! For your personal photo of the late great Dr. Martin Luther King, Jr. -- one of America's greatest heroes, contact the Southwest Digest office, by calling 762-3612 or 762-4605 today! Dr. King's birthday will soon be a national holiday.

For a personal copy of Dr. King's photo, send \$3.50 to 510 East 23rd Street, Lubbock, Texas 79404.

Get your copy today, before they are all gone. Call or come by today!

ORDER TODAY!!

Pioneers in Protest
Dr. Martin Luther King, Jr.

Side One:

The Richard Allen Story

"Battle Hymn Of The Republic"
(Wilberforce University Choir)

Dr. Martin Luther King, Jr. (Speech)

"We Shall Overcome"
(Morehouse College Glee Club)
Arr. by Dr. Wendell Whalum

SIDE TWO:

Dr. Martin Luther King (Speech)

"Tramping"
(Morehouse College Glee Club)
Arr. by Uzee Brown, Jr.; Baritone solo Lee Mitchell

Roy Wilkins (Speech)

"I'm Building Me A Home"
(Morehouse Glee Club)
Arr. by Dr. Wendell Whalum, Tenor solo, Henry Goodgame

"A Big Little Boy Was He"
(The Casher Philharmonic Choir)
Written & Arr. by A. Leon Casher, Solo by Larry Nobles

"O Come Let Us Sing Unto The Lord"
(The Eleventh Hour Singers)
Write and Arr. by Betty L. Scott

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