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November 4 - November 10, 2004

Worth More!

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

Foster/Adoptive Parent information meeting

On Tuesday, November 9 nt 7:00 p.m. and every 2nd Theoday of cacamonth), as informational meeting will be held at the offices of the Texas Department of Parnity and Protective Services (PRS), #" Briencoft Office Park at 576 & Ave. P for anyone interested in

adopting or carrier toru foster child Contact Child Protective Services, Foster Adopt Unit (866) 762-2680 for z. are information.

When abuse and neglect occurs, and children are no longer able to rafely remain to their own homes, we are fortunate enough to have individuals willing to provide care and support to them in licensed tester homes. Foster care provides a temporary safe haven for children as Child Projective Services (CPS) caseworkers and foster parents work toward uniting children with their families. These children, through no sault of their own, were placed in abusive or neglectful situations by their biological paients. In some situations, they are not able to return home and deserve a chance for a new life with adoptive parents who can teach them that family can be a safe

There is an orgent need for more families to open their hearts and homes. by secoming foter and adoptive pareats.

Community Meetings

Lubbock Area Client Council meets on the 2nd Saturday, 1:00 pm - Mae Simmons Community Center

Hub City Kiwanis meets every Tuesday, 7:00pm, 1708 Avenue G

Dunbar Alumni Association meets 2nd Saturdays, 4:00 pm

Booker T. Washington American Legion Post 808 meets every 3rd Thursday at 7:30pm American Legion Building in Yellowhouse Canyon

Forgotten West Riders meets on the 1st & 3rd Mondays, 7:00 pm, Patterson Library

East Lubbock Chapter AARP meets every 1st Thursday at 1:00 pm, Mae Simmons Community Center

Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Merket Alumni Center

Dunbar/Manhattan Heights Neighborhood Association meets every 3rd Thursday at 6:00 pm 1303 East 24th St. (outreach center/party house)

West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturday of each month at 7:00 pm, Educational presentations and demonstrations.

Texas Juneteenth Cultural &: Historical Commission - Lubbock Affiliate meets at Patterson Branch Library every 3rd Thursday 7:00 pm

West Texas Native American Association meets 2nd Saturday each month at Groves Library, 5520 19th Street, 7:30 p.m.

West Texas Chapter of 100 Black Men meets the 3rd Monday evening at 7:00 pm at the Parkway Neighborhood Center.

The Park way Gnadalupe & Cherry-Point Neighborhood Association meets the 3rd Tuesday evening of each month at 7:30 pm at Parkway Neighborhood Center

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STATE AND LOCAL **ELECTION** RESULTS

District 19 Race Randy Neugebauer - 59,455 Charlie Stenholm - 30,552 Hichard Peterson - 1,973

City of Lubbock Special Election - Voters overwhelmingly approved an amendment to provide that an electric utility board composed of nine Lubbock citizens ar J eligible voters appointed by the city council be created to govern, mar.age and operate the city's electric utility. FOR 43,623 AGAINST 8,909

State Representative District 83 Delwin Jones 34,967 John E. Miller 9,008

State Representative District 84 Carl Isett 30,907 Freda McVay 14,480

Railroad Commissioner Victor G. Carillo 59,577 Boh Scarborough 25,764 Anthony Garcia 3,140

Supreme Court, Place 9 Scott Brister 64,247 David Van Os 22,969

Court of Criminal Appeals, Place 2 Lawrence Meyers 66,503 Quanah Parker 10,313

Court of Criminal Appeals, Place 5

Cheryl Johnson 67,924 Tom Oxford 8,516

Court of Criminal Appeals, Place 6 Michael E. Keasler 61,981 J. R. Molina 25,221

County Commissioner, Precinct 1 Bill McKay 25,767 Jerry R. Russell 2,183

County Commissioner, Precinct 3 Ysidro Gutierrez 7,206 Frank Gutierrez 5,886

Caleb Lee Clardy 524

Constable, Precinct 1 Ken Mull 24,820 Jim David Reynolds 2,445

Constable, Precinct 3 Cory Dean Lucas 5,912 Marina Carcia 7,202

Constable, Precinct 4 Carroll A. Thomas 17,436 Kelly Vinson 2,769

ie voters" give Bush four more years

lawsuits. Bush remained e had won the election ing of

ed defeat to his opponent, ending a race that was very close and unsure until the last minute.

/PRNewswire/ - After a long. George W. Bush a second term. election night, the hotly contested. The Family Research Council is Presidential election has ended. pleased with the overall outcome While many of Tuesday's election as anticipated Americans elected President Bush of to a second term and significantly

> debate and increased the margin of pro-fami ly Republicary to the United States Senate. Values issues were critical to confident that the election outcome. Even liberals were forced to recognize the impact of the values vote on On the morn- Tuesday's election. Former

war." Voters refused to hold their It became clear that "value peace in the face of judicial

Senator Bob Kerrey, in a report to

WASHINGTON, Nov. 3 voters" have given President activists and passive politicians and spoke out for marriage and family values. Early exit data indicates a signi. Teant increase in turnout over the 2000 election among church going voters. "In the crucial state of Onio, overwhelming support for Ohio's marriage amendment carried President Bush over the threshold to victory," stated FRC President, Tony Perkins

> "Clearly the supporters of traditional marriage helped President Bush down the aiale to a second term," continued Perkins.

November 3, John Kerry conced- Tom Brokaw, stated that, "we "The next four year are a (Democrats) are in a cultural prime opportunity to focu., furthe: on issues important to our constituents and to the cultural health of this great country."

"For Bush's second term FRC is eager to begin working with the Administration and with Congress to aggressively pursue a Marriage Protection Amendment to the Constitution that will prohibit judges from redefining marriage for America.'

The President, the Family Research Council and this country have a lot of work ahead but we are optimistic given the signifleant increase in faith driven parucipation in the moral future of our great nation. We are confident that we can win the culture war as we continue to engage in the political battle over the sanctity of life, preservation of marriage, human cloning and embryonic stern cell research."

Voters approve marriage protection in 11 states

WASHINGTON, Nov. 3 statement: /PRNewswire/ - Today, voters in basic institution in our society from activist juoges by approving state constitutional amendments which define marriage as the union between one man and one woman. FRC president Tony

"Today's vote reveals once 11 states voted to protect the most again the broad support for protecting marriage among the American people. We've seen reports with pussage in Ohio with 60%. Mississippi with 90%, Kentucky 72%, Michigan 67%. "The people aren't waiting for the country. Perkins released the following politicians to act to reign in

activist judges who have no regard for the rule of law. The courts gave us aportion or demand in 1973, the American people stated today that they are not going to allow the courts to do the same by imposing same-sex 'marriage" on the people of this

"Almost a dozen and a half

states have now refused to hold their peace and have spoken loudly against the effort of judges to force same-sex marriage on them. However, the next Congress must pass a Marriage Protection Amendment to ensure that today's overwhelming vote is not overturned by unelected federal

Obama defeats Keyes; Daschle defeated in S. Dakota



Barack Obama defeated late entry Alan Keyes for the

In Illinois,

popular polit-

ical newcom-

er, Democrat



year's Democratic National Convention with a rousing

Obama convention audience. He has gained visibilmaintained visibility in the Demogratic party as a clear leader during this for Illinois and a possible future candidate in other areas.

In a devastating blow to the Democratic party, Tom Daschle of South Dakota was narrowly defeated by his opponent John

an d inspirational speech to the Thune.

Presently, Daschle is Speaker of the House, but with this defeat, the Democrats lose a major voice in Congressand Republicans regain control of a leadership role in the House of Representatives.

Daschle wili likely be replaced by rlarry Reed, a soft spoken man who is unknown to most people.

Build wealth now: November's Black Enterprise highlights how to develop prosperity through entrepreneurship, investing and retirement planning

COVER In 'Connections for Business,' BLACK ENTER-PRISE bighlights its Black Wealth Initiative, 10 financial guidelines with the goal of pro-V/att, who strengthened his business through professional networking while mentoning others along the way (p.81).

To buy just about anything on credit in America, one needs a respectable credit score, which ranges from 620 to 680 To buy anything on credit at a good price, one needs a great credit score. which is 700 and above Higher credit scores mean better interest rates and top-tier treatment from all lenders, from mortgage to credit card compenies Having excellent credit requires a great deal of discipline and fiscal responsibility In 'The Perfect Score/ BE provides the five keys to credit score success Those African Americans who have reached the highest tier are reap-

(New York, NY) - ON THE ing the financial benefits (p 133). Direct sales in 2003 totaled \$29 5 billion, according to the Direct Seiling Association In direct sales, a product manufacturer offers to pay individuals outmoting financial security, by side the company to sell its goods showcasing entrepreneur Hamet and services directly to consumers Typical products include cleaning compounds, educational tools, and home decorations However, not all direct network marketing may be legitimate Pyramid schemes, which are illegal, require sellers to invest money up front Often considered a road to riches, direct selling can lead to financial disaster without the proper research Determining how much money there is to be made and identifying the schemes can be challenging in "Network Marketing or Pyramid Scheme?" BE provides a guideline to help determine the legitimacy of a marketer's claims and whether network marketing is a wise

> When crafting an overall financial plan, long-term health

employment choice (p 102).

insurance should be a major consideration According to AARP, a consumer group that represents the interests of senior citizens, the national average cost of a nursing home is \$4,654 a month, or about \$56,000 a year The average outlay for home care services is



equally steep, averaging \$37 an hour for a licensed nurse and \$18 an hour for a home health aide In-"A Cure for Health Concerns,' BE brings the basics of long-term health insurance into focus and provides the resources to make an informed decision before coverage is purchased (p 141).

In the November business

profile, 'Anatomy of a Startup,' BE outlines how top technology executive Ken Coleman developed a novel software product and used his business network to lrunch a revolutionary enterprise in Silicon Valley (p 112).

When African Americans and the rest of the electorate go to the polls Nov 2, they will participate in making the most crucial decision of the year - one that may determine America's safety, employment stetus, and financial future To help readers make an informed decision before Election Day, BLACK ENTERPRISE interviews potential voters and examines their positions on the candidates' platforms Whether the commentary comes from red-state Republicans or blue-state Democrats, the November feature "The Black Vote: Where Should It Go?' offers valuable insight into the black vote and its potential unpact on Election 2004 (p 90).

The November issue of BLACK ENTERPRISE is available on newsstands now.

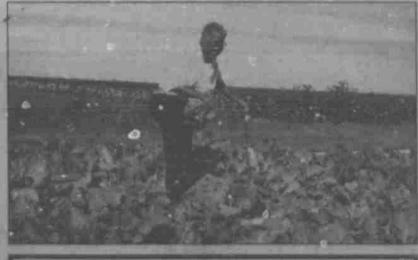
Down on the

Community people pick their greens at Jimmy Harden's green patch at the red roofed house. Even Eddie P. Richardson, copublisher of Southwest Digest got into the act.

Collards, mustard and turnip greens are \$5 per grocery bag - as many as you can put in. There are also sweet potatos to go with the greens.

Go by and get fresh greens! The farm is located 3/4 miles south of Hwy 1585 on Hwy 87.





If you find mistakes in this publicution, please remind gourself that we are all human. We publish something for everyone and we don't always get të right. Some people are always (looking for mistakes instead of looking at their own lives.

Chatma

More than 500 delegates, including pestors and lay, were in attendance of the 69th Appual Session of the African Methodist Episcopal Church. For the first time, the Northwest Texas Annual Conference was held in Lubbock, Texas with the Bethel African Methodist Episcopai Cnurch as host ch u.ch. Rev. Danny R. Poe was the host pastor. The session was under the leadership of the Rt. Rev. Gregory C. M. Ingram, presiding Prelate of the 10th Episcopal District.

Delegates were from Fort Worth, Waxabachie, Dallas, El Paso. Wichita Falls, and other cities.

Rev. B. R. Moton, pastor of the New Hope Baptist Church, delivered a dynamic sermon at the conference on Wednesday evening, October 27, 2004. The Male Chorus of New Hope sung several selections.

The 15th Appreciation Service for the Pastor and Family - Rev. and Mrs. B. R. Moton - will be held Sunday afternoon, November 7, 2004, beginning at 3:30 p. m.

Thanksgiving Services will be held at the New Hope Baptist Church on Sunday evening, November 21, 2004, beginning at 6.00 p. m. With the theme, "Thanks Be To God For His Goodness', Psalms 116:17. The guest speaker will be Reverend Charles Bond of Travelers Rest Missionary Baptist Church of Columbus, Ohio.

This special service is aponsored by the Churches fUnited For Kingdom Building.

Word has been received that one our citizens. Sister Lena Mae Sheffield, los, a loved one last week.

A son, Tyrone Ervin, of Mr. and Mrs. Clarence Ervin is reporteo ill at this report. ***

Members of the Bernel African Methodist Episcopal Church had special ervices last Sunday morning, October 31. 2004, when a well known film, "Passion Of The Christ", was shown. This was a special effort of the Board of Christian Education with the special assistance od Sister Denice Jordan. It was shown of a very large screen, courtsey of Wayland Baptist University of Plainview, every Sunday morning.

Southwest Airlines special program to send Senior Citizens "Home For The Holidays" again from New Hope Bulletin.

this year. If you are a Senior Citizen, applications will be accepted no later than Monday, November 8, 2004, at 5:00 p. m. For more information, call the Parks and Recreation Office by dialing 767-2704.

Let us continue to pray for all the sick and shut in residents. Among them is the writer ^ of this column, Clarissa Jay. She is a patient at Covenant Medical Cente on 19th Street. God is

Paster B. R. Moton delivered a powerful sermon last Sunday morning, October 31, 2004, at New Hope, his subject was "I Found The Answer." His scripture text was Psalms 73:16-

As we have always made known, if you are unable to attend church services because of reasons beyond your control, then we recommend the New Hope Broadcast over Radio Station KJAK, 92.7 FM, from 11:30 a. m. until 12:30 p. m.

Thought For Today: Let us remind you of the "Liberty is beautiful when we never us it to satisfy ourselves, but use it in the Lord." Taken

by Shirley Roberson

Designer Hats

eneat, itself, and this time boxed crowns giving the around my friend, its hats, appearance of regular stature. Beautiful, elegant, designer

weating it.

In selecting your hats, pay

irrportant. A high crown worn to hards and all church gives the illusion of addition- functions. To simplify your

It is a fact that fashion al height, as well as low-

If nothing else ladies hass, and they are making reasember. The brim of a hat such powerful statements, is the heart of a hat, and the There are no restrictions being of a hat usually makes and that's what exciting the hat. This season there are about the hats this fall. The wide brims, narrow brims, designs are relaxed, uncon- floppy brims, square brims. structive, extremely attrac- small, medium, large and sive, and the size of the bat extra large brims. You have depend totally on the woman the choice of one sided brims, ap brims, down trims, lamp shade brims and off the close attention to the small shoulder brims, simple, plain, detalls. Every hat is certainly embellished and heavily not for everyone, and out embellished brims. When it which type of hat looks best comes to hats its all about the brim. In the West Texas area The crown of a hat is very hats, are most frequently



fashion deciston, hats and suits are designed together to give you a complete matched outfit. Pantsuits and designer hats are also topping the fishion list, so hats me rapidly emerging outside of church. For the fashionista in us all, get ready, get dressed, and by ail means get a hat.

FASUION TE - ALWAYS WEAR A SMILE FASHION... JUST FOR THE FUN OF IT!

In Remembrance

Bennie Floyd Johnson



Funeral services for Bennie Floyd Johnson were held last Saturday afternoon. October 30. 2004, at Mt. Gilead

Baptist Church.

Interment was held at Peaceful Gardens Memorial Park under the direction of Brock's South Plains Funeral

He died last Wednesday, October 27, 2004, at his residence with his wife at his side.

He was born May 2, 1939, in Corsicana, Texas to the late Mr. Clyde Johnson and Mrs. Juanita Jimison. Bennie worked for Texas A&M University several years prior to moving to Lubbock in 1967, He worked for Lubbock Body Works 32 years until retirement in December 1999. Bennie liked to rebuild automobiles in his spare time. He married Tina Oliva on October 16, 1988.

He is survived by his wife, Texas.

Tina of Lubbock, Texas; three sons: Howard Johnson of College Station, Texas, Vincent Olina of Lubbock, Texas and Michael Jones of Wylie, Texas; two daughters, Bennie Faye Johnson of College Station, Texas and Brittany Nicole Johnson of Lubbock, Texas; step-children: Vivian Hollie and Clarence Ward, both of Council Bluff, Iowa, LaQuinta Hollie of College Station, Texas, and Lovie Ward of San Antonio, Texas: two brothers, T. C. Johnson of Houston, Texas and James Johnson of Amarillo,

Feed a friend - it's as easy as pie!



For the initicenth consecutive year, Labback Meals on Wheels is enlisting the help of United Supermarkets, KAMC-TV, and KLBK-TV, for the "Feed a Friend - It's as Easy as Pie" fundraiser. This year's project will take place from November 13-20. For a \$5 donation to Meals on Wheels, participants will receive a coupon for a free fresh-baked apple or pumpkin pie from any local United's in-store bakery. Lubbock Meals on Wheels hopes to raise \$35,000 with this fundraiser. Donations can be made at any local United

Supermarket or at the Meals on WHAT: "Feed a Friend-It's as Wheels' office, 2304-34th. The event kicks-off with a pie eating Local celebrities will participate in the contest as it is aired live on KAMC's and KLBK's noon newscast.

Meals on Wheels serves hot, nutritious meals to over 550 homebound, elderly and disabled people each weekday, totaling over 120,000 meals annually. Meals on Wheels depends completely on the community for financial support, receives no governmental funding, and is not a United Way funded agency. Over 900 volunteers and ten staff members carry out the mission of Meals on Wheels.

Eusy as Pie" WHEN: November 13-20, 2004

at the United WHERE: Donations can be made Supermarkets location at 1st & at total United Supermarkets University on November 12. (through the cashier, at the customer service counter or to the Meals on Wheels' representative in the store) or at the Meals on Wheels' office, 2304-34th Street. HOW: For a \$5 donation to Meals on Wheels, donors will receive a coupon for a free freshbaked apple or pumpkin pie from any local United's in-store bakery. Coupons are redeemable at Lubbock United Supermarkets through December 31, 2004.

> Thank you very much for your continued support of Lubbock Meals on Wheels. For more information, please call

Brother Arlee Jackson receives plaque from Federation of Choirs for dedication and service



Jackson

At the monthly meeting of the Federation of Choirs last month, October 24, 2004, Brother Arlee Jackson was recognized for his outstanding service as president of this fifty year old organization which meets the fourth Sunday of each month at one of the eleven churches.

For 23 years, Brother Jackson

has served as its president, since dedicated in his honor. "We 1981. He has been a member of hope each month to dedicate a the Federation of Choirs since 1964.

A member of St. John Baptist Church, he is a retired educator from the Lubbock Independent School District where he served for 33 years. He is also the Immediate District Governor of TT2 Lions Club.

The special presentation was made at the Rising Star Baptist Church. "I have always wanted serve my community, and the Federation of Choirs was a very positive means of accomplishing this goal."

"He has worked very hard for the Federation of Choirs and will serve as president emeritus. We are just proud of him because he has been a very faithful membe." says Ms. Bennie Sims, president.

program to a community person for their untiring work in the community," said Ms. Sims.

Pastor Appreciation Service

New Hope Baptist Church will celebrate its 15th annual Pastor & Family Appreciation Service on Sunday, November 7 at 3:30pm at 2002 Birch Avenue. Pastor B.R. Moton The theme will be "Paying Tribute to the Preacher of the Gospel', based on 1 Corinthians 9:7-18. Guest preacher will be Reverend Wendell Davis from Lyons Chapel Baptist Church. The public is invited

Finding Virtue with God

Young woman shuns poor relationships after reclaiming spirituality in new book

BRYAN, Texas - Bondage can describe the restrictions placed on people by others, but it can also be caused by personal weaknesses. For a young woman stuck in a



cycle of destructive relationships, accepting God transforms her in Freedom from Bondage: Pride Versus Virtue (now available through AuthorHouse) by Tanisha Hall.

Based on Hall's own experiences, the book presents the story of a woman searching for her identity. For years, this bright individual has repeated a damaging pattern of falling for domineering, chauvinistic men. Since her high school years, she has been swept up into the games of manipulative people who were

often wolves in sheep's clothing. When yet another man breaks her heart, she finally asks herself, "Is it my job to find a man?" The Bible says, "a man that findeth a wife findeth a good thing." She wonders why she has been chasing men for years, only to stumble upon disappointment. To become a more virtuous woman, she first discovers who she is in God's ing book. eyes and what divine purpose he has given her. The damaging cycle of sadness and low selfesteem ceases when she looks to God for everlasting life.

"The road that leads to eternal life is narrow... This road is designed specifically for the true men and women of God-because they are the only ones with the survival kit. This kit contains perseverance, endurance, love, grace, mercy and long suffering. They have the antidote - the cure all

Call or send for

your order blank.

and it is marked 'Jesus Christ," Hall writes.

Freedom from Bondage illustrates the costly mistakes women make in their relationships. Christian women learn the secrets to steering away from a prideful and painful past to a triumphant devotes herself to God. Next, she and virtuous future in this inspir-

> Hall, a native of Bryan, Texas, devoted herself to God in the fall of 2000. She earned an associate's degree from Blinn College, a bachetor's degree in criminal justice corrections from Sam Houston State University and a master"s degree in counseling from Prairie View A&M University. She is a member of Delta Sigma Theta sorority. More information is available at www.tanishan;;;all.com

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Coalition for Literacy will offer a training session for volunteers from 9:00 a.m. to noon November 6th at Godeke Library, 6001 S. Quaker. Volunteers will be invited to help the coalition's clients to read, learn English or work toward their general education diploma. Dotalls available by calling 747-7323.

The Lubbock Area

The program last month was Manhattan Heights Church of Christ

763-0582 - Tyrone N. DuBose, Minister

1702 E. 26th St. (corner of E. 26th St. and Martin Luther King, Jr. Blvd.) Sunday: Bible Class - 9:00am Worship - 10:15am Evening Worship - 5:00pm Wednesday: Bible Class & Devotional - 7.00pm

God's Plan for Saving Man All have sinned - Romans 3/23 Jesus Christ died for our sine - 2 Cor. 5/21; Acts 2/30 We must do God's will and obey him to enter heaven -Matt. 7:21: Heb 5:9 How do we obey him? Hear the gospet - Romans 10:17

Bellay Jesus Christ is the son of God - Minck 16:15 Repert of your sing - Luke 13:3 Confess - Pompos 10:10 Be boptized for the forgiveness of your sine - Acts 2:38. Se faithful until death - Rev 2:10

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Intercessory Prayer 8:30am Church School 9:30am Morning Worship 10:50am Evening Worship 6:00pm Wednesday Bible Study 12:00 Noon and 6:00pm



PASTOR: DANNY R. POE

"GOD OUR FATHER, CHRIST OUR REDEEMER, MAN OUR BROTHER"



hurch News





From the Desk of Parson D.A. Smith

Stand on top of the desk

Blacks: "Going Back ward"

Several weeks age we tried to convey to the people of color of District 1 and 2 and especial-Iv the "blacks" the necessity of taking the journey of academic and moral excellence for the survival of the species. The comparison was made of how Koreans have come together in ousiness from the Ph.D. to the lowly, in brainstorming to figure out how they can rule the world while we as blacks watch DVD's (that we do not have a clue how they operate because v/e are lacking in science and mathematics) and let people coming from south of the border pimp and prostitute us and our children through illegal drugs for monetary gains because we do not equip our lives for the workforce.

This may have offended some of you. But to sanction my writing, the Associated Press release a study on October the 18, 2004 entitled: "Wealth gap widened for blacks, Latinos higher median net worth."

This report pointed out the median net worth of white households in 2002 was \$88,000. This was 14 times

greater than blacks and 11 times greater than Hispanics. Net worth as defined by government data accounts for the value of items such as a home and car, checking and saving accounts, stocks, less debts such as mortgage, car loons and credit card bials.

This report also pointed out nearty one-third of black families and 26 percent of Hispanic families were in debt or had no net assets, compared with 11 percent of white families.

What was dist eartening was after accounting for inflation, net worth for white households increased 17 percent between 1996 and 2002 and ruse for Hispanic homes by 14 percent to about \$7,900, while it DECREASE for blacks by 16 percent, to roughly \$6,000.

The reason Hispanic were better off than blacks when there was a downturn and took less of a hit was they made gains in lower-paid, lower-skilled areas such as service and construction White families continue to have sectors. Blacks were still victims eral [regardless to party affiliaof "last hired, first fired."

Another factor that made the division in wealth was whites were far more likely to own their home and got RENT! Home

ownership is one of the best ways to baild wealth. President Push has been pushing the issue and providing financial avenues for blacks and other minorities to own homes.

hi 2002 and 2003 the Census report reflected that the median income for whites was \$47, 800; Hispanics \$33,000 and blacks \$29,600. This is unacceptable for blacks. While black dreams appear to be "ships that pass in the night, 'we must anchor our ship financially so we can compete in this world. We must take the "bull by the horns" like the Koreans with the attitude that we will one day rule the world. V/a must not throw in the economic towel by letting other groups pimp us! Remember you may milk a rattlesnake of it venom, but don't forget its still a rattlesnake in every avenue of life. Blacks also need to look at the fact that a sophisticated conservative will help you make money and own property because he is going to benefit. Whereas, a libtion] will keep you in government housing, on food stamps, and driving a big automobile that you can drive to church and show off that you cannot afford.



We Thank God for Jesus

Ant that America

Written by Evangelist Billy "BJ," Morrison, III - Your prother in Christ Jesus always.

LOED SAID, I REARXENED AND HEARD, BUT THEY SPEKE NOT RIGHT: NO MAN. REPENTED HIM OF HIS WICKEDNESS, SAYING WHAT HAVE I DONE? EVERYONE 1 PETER 2:13-16, SURMIT TURNED TO HIS COURSE, AS A HORSE RUSHING INTO THE BATTLE YEA, THE STORK IN FOR THE LORD'S SAKE: THE HEAVEN KNOWS HER APPOINTED TIMES: AND THE TURTLE AND THE CRANE AND THE SVALLOW OBSERVE THE TIME OF THEIR COMING; DUT MY PEOPLE KNOW NOT THE JUDGEMENT OF THE LORD.

AMERICA WAS FOUND ON THE WORD OF GOD: IT WAS HER GUIDE LINES, THEN PEOPLE WANTED THEIR RIGHTS, LIKE ADAM: THE' WANTED TO USE THEIR OWN

JOHN 8:31,32, JESUS SAID, IF YOU CONTINUE IN MY WORD, THEIN ARE YOU MY DISCIPLES INDEED; AND YOU SHALL KNOW THE TRUTH, AND THE TRUTH SHALL MAKE YOU FREE.

BE FREE; AND LIVE THEIR WICKED, WICKED WAYS, THE DEVIL HAVE GIVEN OUT HIS RIGHTS NOW, AND THEY ARE NOW HIS SLAVES.

*** ANT THAT AMERICA*** JOHN 8:34,35, JFSUS SAID. VERILY, VEKILY, I SAY UNTO YGU, WHOSOEVER COM-MITTES SIN IS THE SERVENT OF SIN. AND THE SERVENT ABIDES NGT IN THE HOUSE FOR EVER: BUT THE SON ABE-DES FOR EVER WHEN THE ROB, KILL THE FAMILY, AND

DIDN'T OBEY THE LAW: THE POLICEMAN, THAT WAS THE BEGINNING OF ALL OF AMER-'CA'S TROUBLES, IN THIS WHOLE LANDIE

YOURSELVES TO EVERY ORIGINANCE(LAW) OF MAN WHEATHER IT BE TO THE KING(PRESIDENT), SUPREME: OR UNTO GOVER-NORS, AND UNITS THEM THAT ARE SENT(POLICEMAN) BY HIM FOR THE PUNISHMENT OF EVILDOERS (MARCHERS). AND FOR THE PRAISE OF THEM THAT DO WELL, FOR SO IS THE WILL OF GOD, THAT WITH WELL-DOINGYOU MAY PUT TO SILENCE THE IGNO-RANCE OF FOOLISHMEN.

WHEN THE CHILDREN WATCHED THE KEADERS, THE OBEY, THE CHILDREN NOW BE DISOBEDIENCE TO PAR-ENTS TODAY!!!

1 CORINTHIANS 5::6,7, AND PEOPLE WANTED TO YOUR GLORYING IS NOT GOOD, KNOW YOU NOT THAT A LLITTLE LEAVEN LEAV-ENELDS THE WHOLE LUMP? PURGE OUT THEREFORE THE OLD LEAVEN, THAT YOU MAY BE A NEW LUMP, AS YOU AARE UNLEAVENED. FOR EVEN CHRIST OUP PASSOVER IS SACRIFICED FOR US. AMAERICA IS NOW BRINGING FORTH HER FRUIT: IT IS THE SIN OF HER LABOR, MY RIGHTS THING: TO RAPE,

JEREMIAH 8:6.7: THE CHURCH MARCHED, AND IT MIGHT BE YOU A NEIGH-*** ANT THAT AMERICA***

> GALATIANS 6:7,8,B2 NOT DECFIVED (FOOLED); GOD IS NOT MOCKED(PLAYED WITH): FOR WHATSOEVER A -MAN SOWETE (PLANTS). THAT SHALL HE ALSO REAP(GET IN RETURN). FOR CIE THAT SOWETH TO HIS FLESH (RIGHTS) SHALL OF THE FLESH CORRUPTION(SIN): BUT HE THAT SCWETH TO THE SPIRIT SHALL OF THE SPIRIT REAP LIFE EVERLASTING AMELI-CA IS RAISING A NATION GF LIARS AND KILLERS; LIKE ADAM AND CAIN, AMERICA IS OVER RUNED WITH DRUGS; THE WHOLE COUNTRY IS

*** ANT THAT AMERICA*** 14:34:49:2, PROVERB POLICEMAN THEY DIDN'T RIGHTEOUSNESS EXALTES A NATION: BUT SIN IS A USE THE, ITS MY RIGHTS; TO REPORCH TO ANY PEOPLE. WHEN THE RIGHTOUS ARE IN AUTHORITY. THE PEOPLE REJGICE: BUT WHEN THE WICKED BEARETH RULE. THE PEOPLE MOURN.

GOILG INSANEIR

WE CAN SEE THE SIGNS OF TIME, GOD IS REAPING THE LAND; AND CALLING HIS RGLL EVEN THE CHUPCHES ARE IN TROUBLE: BECAUSE OF ITS LOVE NOT FOR SOULS. BUT GULDIII

*** ANT THAT AMERICA*** LUKE 19:46. JESUS SAID, IT IS WRITTEN, MY HOUSE IS THE HOUSE OF PRAYER: BUT YOU HAVE MADE IT A DEN OF

Outreach Prayer Breakfo

The members and friends of House COGIC. the Outreach Prayer Breakfast would like thank all of their guest for adending our "All Woman of Prayer" program last Saturday morning, October 30, 2004, at the Lyons Chapel Baptist Church where Rev. Wendell Davis is pastor. The spirit of the Lord was present. You could feel it in the atmoshpere,

were: Free Will Missionary Baptist Church of Slaton, Texas, Mt. Calvary Baptist Church of Tyier, Texas, Church of The Living God, Irvin's Street Baptist Church and New Jersulein Baptist Church, all of Littlefield. Texas; Agape COGIC, First Progressive Baptist Church, Lyons Chapel Baptist Church, New Hope Baptist Church, Mt. Calavary Baptist Church, Free Will Baptist Church, Greater St. Luke Baptist Church, Rising Star Baptist Church, and Prayer

Sunday morning, October 31,

2004, at the St. Matthew

Baptist Church 2020 East 14th

Street, with Sunday School

beginning at 10:00 a. m. Sister

Luella Harris, Superintendent,

lesson was taught and reviewed

by our pastor. Rev. Edward

Canady. What a wonderful les-

began at 11:15 a. m. with the

Missionary Society in charge.

The morning devotion was led

by Sister Oretha Moore and

out of their souls. The spirit was

EPMG AUDIT PENDING 10/30/04

IRCULATION

The Senior Choir again sung

Sister Barbara Johnson.

The morning worship hour

The morning Sunday School

was in charge.

son it was.

Grace Christian Fellowship, were you represented? We thank all of you from the bottom of our even as your soul prospers.

Brethern to dwell together in unity. It is like precious oil on the head running down on the beard, running down on Aaron's beard, The churches represented down upon the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessings, even life forevermore."

Our speker for the morning. Rev. Sister Ruby Doss of the Free Will Baptist Church, had a message for the world. If you were not able to have attended, we were hoping you would have made it. We want each of you to know we BBW meet the first Saturday of each month.

Let us continue to pray for our leaders in the world, saints. As

St. Matthew's Baptist Church News

had singing God's praises.

Church services begun last very high. What a time we all Minister Nina Davis back in

The morning message was

delivered by Pastor Canady, His

subject was "The Word Is Not

My Home." His scripture text

sage was well received by all in

It was wonderful to see

TRIFFIN W

was St. Luke 9:57-58. The mes-

attendance.

well as those in our churches. We love each of you out there and are praying for you to prosper

We were among the more than 133rd Psalms says: "Oh, how one hundred men, women and good and pleasant it is for young people who attended the Candle Light Prayer Vigil at the Windcrest Estacado Apartments last Saturday evening, October 30, 2004, remembering the mother andthree children whowere murdered. We are praying for Sister Faye Brown, Rev. J. J. Johnson, Brother T. J. Patterson, Brother Eddie Richardson, and others. May God continue to bless each of you as you press

In God's Army, how many more wounded soliders have to die before we go to battle? Think

about it. Sister Dorothy Hood, president; Sister Christine Burleson, vice president; and Sister Einora Jones, teacher.

Let us continue to pray for

Thought For The Week:

(806) 744-9000

Fax (806) 744-9003

Sister Lethridge. She is on our

sick and shut-in list. Pray for

"The fires of life will not

destroy you if you are watered

those who you know about.

by the River of Life."

service.

"When only memories remain, let them he beautiful ones."

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Monuments

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Director / Mortician



MORE THAN 50 WAYS TO PREVENT DIABETES

Take Your First Step Today. Talk to your health care provider.

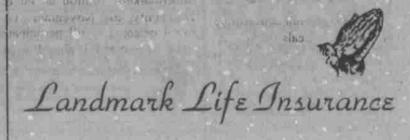
African Americans who are overweight are at high risk for developing type 2 disbetes. Losing a small amount of weight, by getting 30 minutes

of physical activity 5 days a week and eating healthy, will belp prevent diabetes.

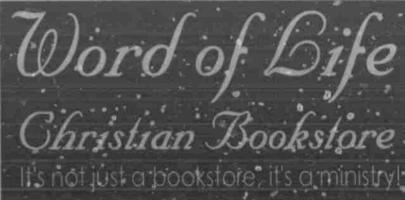


For more information about diabetes prevention, call 1-800-438-5383 and ask for "More Than 50 Ways to Prevent Diabetes"





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Postor William H. Watson, Ill, Sister Stacy Watson and the A.C. Family would fixe to extend a heartfelt welcome to come and worship with u-

Weekly order of Services:

Sunday School - 9:45 am Sunday Morning Worship - 11:00 am Sunday Evening YPWW - 6:00 pm Tuesday Young Adult Study - 7:00 pm Wednesday Night Bible Study - 7:00 pm

Bus ministry available. For college students, a meal will be provided.

Thursday Praise Team & Choir Rehearsal - 7:00 pm

Morton releases new gospel album, Seasons Change

and undeniable faith in the Lord, Bishop Paul S. Morton has new direction. It is now clear why impacted the lives of thousands of God chose me to record his CD. people across the nation through



Morton

his ministry. This spirit of optimism and recovery from even the most dismal situations in life pervades Bishop Morton's new album, SEASONS CHANGE, the follow-up to his 2003 number one Dillboard Gospe) album.

Although he had been formulating plans for SEASONS CHANGE for nearly a year, the concept for the album finalized itself only a short time ago as Bishop Morton stood on the pulpit: "A few menths ago, I preached a sermon called Don't

To all the Saints who feel like giving up, to those who feel like turning lack, to those who are discouraged and despondent in their faith, I've come to encourage you to held on."

Inspired by this sermon, Morton indeed SEASONS approached CHANGE from a different direction than his last album, enlisting cclaimed Gospel producer Sanchez Harley and the vocal talents of some of music's most anowned artists, including Aretha Franklin, Keith Wonderboy" Johnson, and Paul Porter. "Working with Aretha. Keith and Paul was great. Arotha and I go way Lack. She has a great gift and definitely is the Queen of Soul because her soul is so powerful. Keith and Paul were a lot of fun in the studio. They are down to earth guys". Bishop Morton

Blending traditional and contemporary-style tunes, SEASONS CHANGE is designed to appeal the musical tastes of Gospei music fans of all ages. Though stylistically varied, the underlying

to his people that it is time for a grounded in confidence in God and the promise of relief for the suffering of those who allow the Lord to reside in their hearts: "I wanted to make sure these songwere about everyday ministry. No matter how long or dark the days are, there is healing. It's what I preach about every day", Ba hop Norton states,

Bishop Morton has certainly built his caree, upon 'everyday ministry". Born in Windsor, Ontario, Canada to Bishop C.L. Mortor and Evangelist Natilda E. Morton, Bishop Morton absorbed the Word of God at an early ago, eventually answering a call to ministry. In 1972, ne moved to New Orleans, LA, becoming pastor of Great T St. Stephens Nissionary Baptist Church, Under Bishop Morton's leade, ship, the church experienced enormous growth, swelling from 647 r embers to a congregation of over 20,000 members. The church was later renamed Greater St. Stephen Full Gospel Baptist Church after Norton was consecrated to the office of International Presiding Bishop of the Full Cospel Bapaist Church Fellowship.

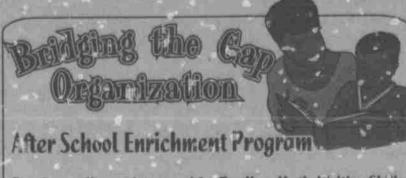
The ministry of Bishop Norton extends well beyond the

Delivering a message of hope Miss 5 Shift. God was speaking meaning of each song is the same, walls of his church, however, in : Idition to his work at Greater St. Steplem, Bishop Morton spreads the word of God daity through "Changing A Generation", heard on radio stations in several market nationwide, and television programs featured on Dream Television Network, 3ET, and the Word Network, Bishop Morton is also a test-selling author, penning Why Kingdoms Fall, It's Time For The Outpouring, and What Is The Full Gospel Baptist Church? With an impressive resume of accomplishraents, a growing ministry, and budding prusic career Bishop Morton continues his spiritual journey with SEASONS CHANGE, changing lives and remaining thankful to God with each step he takes: "I am both honored and humbi sd to be used by God on this project. I am joyful that God continues to bless me in my ministry. For dids, I am forever grateful to Him."

> West Texas Koops is organizing an AAU basketball team for girls ages 12 and under!



De-Weeders Weed Problem? It's never too late to control your weeds!



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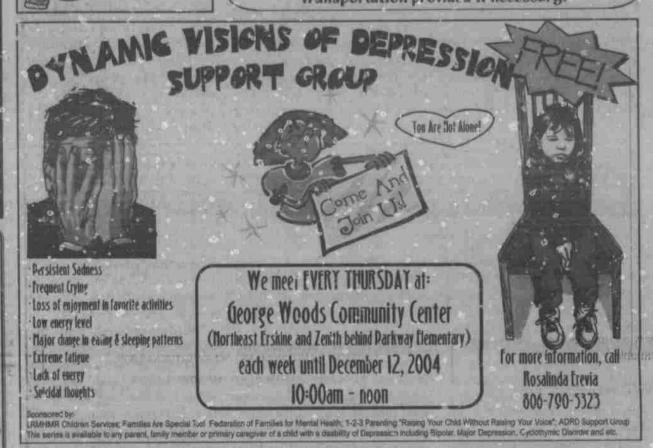
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Volunteers Are Needed!

Every Monday & Tuesday, 3:00pm-7:00pm Mt. Gilead Church, 2510 Fir Avenue 767-3401 OR 535-4869 Contact persons: J. Jerome Johnson or Byron McBride

Please call to set up an appointment for registration. There are NO fees for this program. Transportation provided if necessary.





Texas Board of Legal Specialization. Robert Hogan is licensed in Texas and NewMexico.

Quick Orange Chicken

Submitted by Deborah Materinson

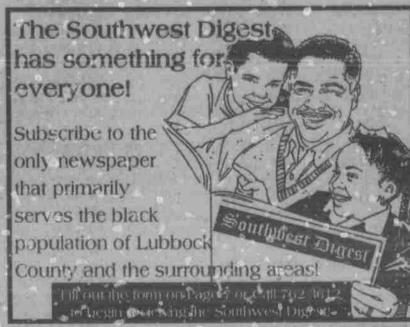
Ingredients:

2 mblespoons fro, en orange juice concentrate I tablespoon no-sugar-added orange marm tlade I teaspoon Dijon mustard 1/1 teaspoon salt 4 boneless skinless chicken breasts (about 14 sunces) 1/2 cup fresh orange sections 2 tablespoons chopped fresh parsley

1. For sauce, combine juice concentrate, marmalade, mustard and salt in 8-iach hallow round microwavable disii until juice concentrate is thawed. 2. Add chieven coating both sides with since. Arrange chicken around

edge of dish. Do not overlap. Cover with vented ptastic wrap. Microwave at HIGH 3 minutes; turn chicken over. Microwave at MEDIUM-HIGH (70%) 4 minutes, or until chicken is no longer pink in center.

3. Remove chicken to serving plate. Microwave remaining sauce at HIGH 2 to 3 minutes or until slightly thickened. 4. To serve. spoon sauce over chicken; top with orange sections and parsley. Makes 4 servings. Carbohydrates per serving - 10g.



1-2-3 Parenting Raising Your Child Without Raising Your Voice" FREE CLASS!

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********** George Woods Community Center

 September 14, - Dec 10th, 2004 (Will meet every Tuesday) 10:00 a.m. - 12:00 p.m. RSVP: Limited Space! Call Now! Rosalinda Erevia 790-5323.

Purcous, fewer parents, professionals and caregivers are all welcome. In conjunction with 1-2-3 Parenting, Federation of Familian will join us in the third Tuesday of every mouth. A certificate of pr. acquiting bottor will be given upon request.

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Covenant



In addition to our Program, we also have a Monthly Support Group.

"Getting Ready for the Holidays" Presented by: Kelli Peschell, MS, RD, LD; CDE, BC-ADM (Distiction)

When: Monday, November 8, 2004 beginning at 6:00 p.m.

V/here: Kinipling Education Senter Located atop Covenant Medical Center's West Parking Garage (6th Floor) 21st Street & Louisville, Lubbock, Texas

No reservation required. FREE to the public

Sears Revs Up Commitment to Multicultural

Hoffman Estates, Itl. - In a deepening commitment to Hispanic. African American and Asian shoppers acros: the country. Sears, Roebuck and Co. (NYSE: S) is revamping 97 of its full-line stores this month to enhance the retail experience for diverse multicultural market segments nationwide. The store makeoveis ale part of Sears' national pilot program to add and strengthen apparel lines designed specifically for multicultural shoppers, under one roof. The move follows a two-year analysis of customer buying patterns and preferences to determine the

African American and Asian Shoppers want to buy,

changing its in-store signage and display formats to be a reflect its merappeal and at the same time, catel to the fashion-conscious, multi-ethnic audience. Sears also plans to increase the level of bilingual associates in top Hispanic communities to improve the overall customer experience for this glowing segment. If the pilots are successful. Sears expects to expand itc multicultural store con-

brinds and products that Hispanic, espeto additional morkets sometime multisethnic populations, including Al-Line - a casual to career lifestyle next year.

"Now, multicultural shoppers As part of the makeovers, Shars is can enjoy a more customized Secra experience," says Cynthia Maignan, Sears' director of multicultural merchandise offering that has crossover chandising. "From the moment the customer walks in the door, she will find up-to-the-minute modern fashions and brands that resonate with her sense of style for each season."

> The makeoveis benefit Sears stores located in communities that, according to the U.S. Ceusus Bureau, average 66 percent for multicultural makeup. Major market areas with

New York City, Miami, Los Angeles ard Chicago, will feature Sears' mal-

ticultural-focused stores. As part of the makeovers, new apparel brands and collections ale being introduced to complement existing private label women's apparel collections, which comprise Apestrophe, Covington, First Issae, Lands' End and Lucy Perada. New appare! brands in misses and special sizes include:

brand exclusive to Sears from Jones designers and brands at Sears Apparel Group

· Azucar Bella - soft day into evening

dressing for the classic woman . Curve - comfy, casual, updated active wear exclusive to Sears from Liz Claiborne, Inc.

* Pr sell Kemp - affordable, attractive career wear and separates.

Overall, the Sears' new fashion floor revamp in these multicultural stores is designed to:

· showcase popular multicultural

* introduce ...ew multicultural designers, brands and special occasion wear * amplify the prominence of career-

* feature ye e-round apparel that's bright and colorful

. and layer in additional petite and plus size apparel styles.

For a complete list of muldcultaral Sears stores, vicit www.pearsmedia.com

28th Great American Smokeout® campaign gets underway

AUSTIN-TX - On November 18, the American Cancer Society, the nation's leading voluntary health. agency, will bost the 28th Great American Smokeout and help millions of smokers kick the habit, and help youth understand the importance of never starting to smoke. The Great American Smokeour promotion is the American Carper Society's annual, nationally recognized day when we ask smokers to put down their cigarettes, cigars, spit tobecco, or any to bacco product because they all have the potential to cause cancer.

Smoking rates have dropped to 22 percent in the US, down from 40% in 1965 Approximately 70% of smokers have reported that they want to quit completely The promise of an addiction-free life has encouraged many smokers to join in and prove to

Hockey 101

introduction

to hockey

In an effort to expose the readers

of Southwest Digest to hockey, we

are presenting a sories of short arti-

cles detailing basic rules, lingo and

information about this exciting

and you can see Couon Kings hock-

ey here in Lubboock every week dur-

ing the season. Call the Cotton

Kings at 747-PUCK for ticket infor-

mation or visit them online at

www.cottonkings.com. Discounts

availables moderning collaborated

To win by scoring more goals than

By shooting a frozen rubber puck past the goalie - the average shot is

A regulation game is three 20minute periods with 15-minute

intermissions in between. If the game is tied, the game goes into a

Weighs 6 oz., is 1 inch thick and 3 inches in diameter, and made of compressed, vulcanized rubber - is

frozen to reduce the bounce of rub-

ber and to reduce friction to propel the puck to over 100 miles per hour.

If a regulation game is tied, each team is allowed five shots against

the opposing goalie by five different

players, one at a time, to break the

Players skate at an average of 30 mph - about 50% faster than humans

Hockey's excitement is due to the continuous action. Only the officials can stop the game. A whistle stops

A goalie stops a shot and holds onto

the opposing teams defensive zone and the puck travels past the red goal line but not into the goal (Icing). - A referee determines a player is

- A player catches the puck in his hand and the puck is declared dead - The puck is caught between sticks and/or skates of two opposing players and neither one can free it, the

Play does not stop if a player loses any piece of his equipment,

including sticks or gloves. He must

wait until play is stopped for one of

· The puck is shot out of the rink

· A player receives a penalty

The Object of the Game

the opposing team.

How to Score Goals

80 - 90 mph.

shootout.

The Puck

Shootout

Speed

can run.

Stoppages of Play

play when:

the puck

seriously injured

puck is called "frozen"

the above reasons.

Length of Game

The 2004-05 season has started

themselves that they can live a day and cessation materials to smokers, without cigarettes, and that they can therefore live the rest of their lives without them There are 44.7 million not just about adult smokers and cesformer smokers in the US,

An estimated 10,470 Texans will be diagnosed with lung pancer in 2004 and of those, 9,670 will die Nationwide, 173,770 will be dicgnosed and 160,440 will die.

Smolers who are ready to kick the habit can find help through the American Cancer Society's Quitline by calling toll-free, 1-877-YES-QUIT. The Quitline funded by the Texas Department of Health using Tobacco Settlement funds, offers free telephone counseling services, advice

age 13 and older.

The Great American Smokeout is sation. More than 80% of current adult smokers started before they were 18 years old. That's why the Great American Smokeout is also focusing on promotions that will communicate to our children the social disadvantages of smoking, and provide them with the tools to recognize and avoid negative social influ-

For information on the Creat American Smokeout or to download materials, visit

www.greatamencansmokeout.org

Do You Know A Child Who Deserves To Be Recognized?

In 2004, The Avalanche-Journal And Its Make Eids Count Sponsors Will Keep The

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

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



Parents name:

PARENTS SIGNATURE:

Parents Address:_

Daytime phone (parent):_

On a separate sheet of paper 1) briefly sell us about your naminee and 2) list the accomplishments of your nominee.

NOMINATOR INFORMATION

Relationship to nominee:

Daytime phone:

Do you want your nomination to be anonymous ?:_ Did you include a good quality photo of the child?:

Photos will be returned only if a self-addres SPOTLIGHT ON KIDS RULES

1) No. purchase recessing. Nomination forms will appear periodically throughout the year in the Avalorate Journal and at Make Kide Count spe businesses around town. Forms also are available at The A-J Information Counter, 710 Avenue J.

mination farms can be mailed to: Spotlight On Kiris, P.O. Box 491, Luthback, TX 79406, or can be drapped off at The A.J Information Counter, 7:10

That information, including a repredictible photograph of the shild, must be included. INFORMATION AND PICTURE WILL NOT APPEAR IN THE A-J WITHOUT VERIFICATION AND SIGNATURE FROM A PAR-ENT OR LEGAL GUARDIAN. Photos will be returned ONLY If a self-addressed stanged unvelope is include

4) Only one Spatight On Kide numbers will appear in the A-J each day.

5) Selection will be made by A-J personnel based on the completuress of information, purental approval and the merits of the namines, including family con

7) The Avalanche-Journal is not responsible for sub-mitted entries that are forwarded, late, lost, misdirect ed. demoged, illegible, incomplete or postage due.

8) By entering, each contestant or their representative







& Southwest Digest

November 5th - 6th

Assorted

Family Pack

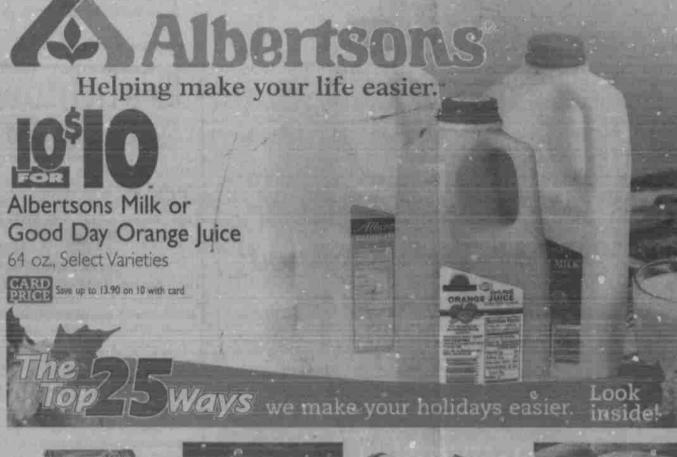
Pork Loin Chops

MARIN Same up to 1.01 fs.

Village Market Large Raw

or Cooked Shrimp







Albertsons Large Eggs When a player shoots the puck, 18-ct or Pillsbury Grands' Biscuits from behind the red center line, into

16.3-17.3 ox: Assorted Varieties

Sanderson Farms Chicken Drumsticks or Thighs Family Pack



Mrs. Baird's Extra-Thin White or Large Loaf Bread



Albertsons Russet Potatoes U.S. #1. S Ib. Bag



New York Strip Steaks

and Whapped Free!

Whole Boneless Cut into Steaks

Coke, Dr Pepper or Dasani Water



Fresh Pecan Halves TOE Package

In Our Produce Department



see Back Page for more 2 days ONLY values!





Prego Pasta Sauce

25-26 oz or American Beauty Parts

24 oz. Ausorted Vir.elles

Frito Lay Rellitos Chips 775 oz. Pringles 5.12-6 oz. or

Albertsons Chigh 1/ 62



Party Pizza or Pizza Rolls

25-115 bz or Creen Gunt

Sav-on Osco **Firelog**



Substitutions of Players Can substitute players at any time, also called "changing on the fly"





Think About It! THIS IN Oh no! Not Texas!

by Eddie P. Richardson

Many things happen and are happening in the Black community of Lubbock. The most drastic thing is the rash of murders lately, beginning with the shooting of a young man around the car wash on East Broadway Avenue and Martin Luther King, Blvd. Then the young boy at an apartment complex. There is also the family of four rihe killed brutally at another apartment complex, then a

shooting followed it. 2004 when Ms. Mary "Candy Lady" Davis was murdered in her home at 2622 Globe Avenue, Plus, there are many drug dealers selling drugs and other petty crimes.

are all in our comfort zone, and if it does not pertain to me personally, why should I care? Those who say it does not concern you, you need to take another look at the matter, because it does and will hurt drug dealers and other undesirour community and it will ables know they are not wantbecome an epidemic.

tired of hearing residents say "they", "someone", "You'll" and "the police" should do scare good citizens, even something about our prob- intimidate them and claim that

lems." No! As a resident, you area as their turf. should do semething about your own problem. Even the Air Force, Army, Navy, Marines and BE Coast Guard cannot do for you what you have to do for yourself. The leadership and initiative must come from within. Each one of us should take as our personal creed: "If it is to be, it is up to me." We need to live by it.

A good example of this kind of action has happened in Dallas, Texas in crinse ridden Let us go back to January, area. The neighbors took over thing, but get singled out. But and controlled the activity. With the community taking control and unning drug dealers and undesirables out of the area. A lady by the name of Mrs. Wilson, and others Why should we let all these patrolled their neighborhood things happen? Could it be we and when a bad' actor showed up, there were about 38 people calling the Dallas Police Department to report the activity. Believe me, the Dallaz Police did respond.

With that kind of action, ed or welcomed. So they stay This writer gets so sick and away as they don't want that kind of action. They want to go to an area where they can

Let me tell you something, there is no way in hell a few punks should claim turf in front of good citizens' homes, corners, and claim the area where they pay no taxes. Some of these undesirables do not even own a Social Security card, but they are attempting to claim some territory.

The whole neighborhood should be on their behinds collectively. It works! The person in a neighborhood can't do a together, the neighborhood collectively can take back their neighborhoods. But it takes the neighborhood. whole Preachers need to come from behind those pulpits and come to the streets. The so-called elite must come from behind those closed doors, and comfort zones, because in the long run, this thing affects everyone. In the end, the ones trying to disassociate themselves have the most to lose. Remember it takes a village to clean up the village, and keep it clean

Thought of the Week: "Don't let the punks win. Show them collectively who owns the community."

Nuf Sed! Why Not?

VERY WELL ATTENDED VIGILA THIS N THAT - plus more than 150 concerned citizens - participated in the ... CANDLE-LIGHT PRAYER VIGIL, which was in memory of the family of four who were murdered last week in their apartment dwelling at the Windcrest Estacado Apartments. Those killed were the mother TAMMY COOPER. and children KADIECE ALLEN & KASHEIM ALLEN - both third graders, and MAHOGANY JASMINE ALLEN - a sixth grader. All three were students at ALDERSON ACADEMY. They were well liked by their classmates. THIS N THAT is praying that the person or persons ... responsible for this terrible crime will be caught and a fair trial vill be heid. THIS N THAT was glad only creates more problems for to see so many YOUNG PEOPLE in the vigil, and it was just good to be able to walk with these young people. It was a good effort and we me most appreciative of the BARBER SAYS: "PAIN is teminitiative of FAYE BROWN whose organization "EACH ONE, RFACH ONE" was the sponsor of the vigil. Along with REV. J. JOHNSON, SISTER DOROTHY HOOD & EDDIE RICHARDSON ... and others this a very good effort. THIS N THAT hopes this kind of community involvement will continue. We thank God for the ... LUE-BOCK FOLICE DEPARTMENT - as they were there last Saturday night. THANKS A BUNCH for all of those who participated... As mentioned, THIS N THAT - who

and a young stu ent ... Wish we

knew her pame. Thanks a banch! NEED TO FIND WHO KILLED MARY DAVIS! THIS N THAT would hope comeone will come forward with information ... as who was responsible for the muder of a good citizen ... MARY DAVIS ... who was murdered January, 2004... Lubbock Folice has interviewed several petential suspects, and with your help ... we can find out who was responsible for this murder. Will you help find out who killed "The Candy Lady?" Remember, we all have a responsibility in keeping our community safe for all of our citizens. By allowing this person or persons roam the streets, it others. So., why not help find out who killed "THE CANDY LADY!"

PENNY HASTINGS THE porary ... but PRIDE last forever."

THANKS. BROTHER ARLEE JACKSON! THIS N THAT says CONGRATS to the outgoing president of the FED-ERATION OF CHOIRS. BROTHER ARLEE JACKSON has been a member of the organization since 1964. A retire 'educator, BROTHER JACKSON will tell you its great to give back is to the community, and he chose working with the FEDERATION OF CHOIRS. Thanks for a job well down

FIRST WOMAN PREXY!

was able to walk - was assisted by THIS N THAT wants to salute the a good friend FRANK JONES FEDERATION OF CHOIRS for electing a woman to fill the posicon of PRESIDENT of the Federation of Choirs. She is SIS-TER BENNIE SIMS who has been at a leadership position for several years, and now she will preside over this 50 YEAR OLD INSTITUTION, which meets the fourth Sunday of each month. THIS N THAT wishes her the very best and want to app; aid her for a proposed initiative ... where the Federation of Choirs will recognize local citizens for their contribetions to the City of Lubbock. Sounds very positive...

> ESTACADO MATADORS, WE'RE STILL BEHFID YOU! THIS N THAT wants the football players of the FSTACADO HIGH SCHOOL MATADOPS to know we are still PULLING FOR YOU no matter how difficult it may appear at this time. Remember ... A SYINGING DOOR on'y goes so far and it will come back one day. Just keep your HEADS UP and still know you will make it one day. PLEASE DO NOT GIVE UP! THIS N THAT WILL always be with you no matter how difficult it will get.

HOPE YOU VOTED! THIS N THAT hopes all of you did vote, and if you didn't VOTE you have nothing to say about the political process. Just think, if you didn't vote, it will be FOUR MORE YEARS before we elect another PRESIDENT OF THE UNITED STATES OF AMERI-

In Cinque by Renetta Howard

tial election, the daily newspa- ter and it has low or no cholespers have the result of a poll on the presidential candidates. Following the debates, the polls

showed that Kerry won all

three debates and he was leading in the polls. The most recent polls show that Bush is

ahead a few percents over Kerry. All of this can be confusing to the electorate.

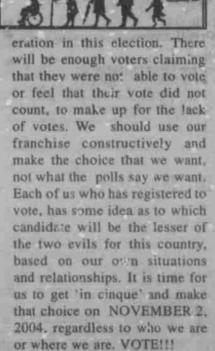
reflect whatever someone wants them to reflect depending on the sample they take and use. We do not have to be concerned about the election polls to see how social polls work. We can look at the results over a period of time for instance about the advantages for butter or mar- the polls showing Bush as a

all of the positive aspects of eating butter over that of eating margarine; it is a natural product which the body can easily digest with no long term side effects to your health, though we know that it is loaded with calories and it tastes good. On the other hand, margarine lacks all of the ingredients of butter.

On the evel of this presiden- It is difficult to tell it from butterol and very few calories compared to butter. The fact that margarine has substances in it which are not really digestible, is not mentioned. So, we switch from butter to margarine and then back to butter and finally decide if we want the natural extra calories of butter or the less fattening mar-

The difference in our choice-making between butter and margarine is not as difficult as making the choice for president because we can only Polls as we know them, can make one choice there, whereas with butter or margarine, we may decide to use both. We are being prompted as to which choice to make regarding Bush or Kerry and if we are not careful, the polls will be a deciding factor in the vote which we cast.

Some people who look at leader in election choices may The poll for butter reflects - decide not to vote at all because if they would choose Bush, will feel that he will be elected anyway, so why bother to vote. On the other side of the coin, voters who would vote for Kerry, may feel that he will not win anyway, so why bother to vote. We do not need to let any poll sway our decision to vote or not vote. Apathy should not be a consid-





New Appointment

It is with great pleasure that I am announcing my recent appointment to the PlainsCapital Bank Lybbock Advisory Board. PlainsCapital Bank has been a long-time supporter of the Lubbock community and I look forward to serving on this new

As you know, PlainsCapital Corporation was founded in Lubbock in 1987 by Chairman and CEO Alan B. White. The bank was founded in Lubbock in 1988 and has since expanded into Amarillo, Canyon, Dallas, Austin, Fort Worth and San Antonio for a total of 23 locations statewide. In addition, there are now 10 subsidiaries that make up the PlainsCapital Corporation family of compa-

bank in Texas with more than \$2.3 billion in assets. PlainsCapital Bank Lubbock has played a tremendous role in PlainsCapital's success and will continue to do so in the future.

The PlainsCapital Bank Lubbock Advisory Board, headed by PlainsCapital Bank Lubbock President John Owens, is excited to assist the bank in building on that success by identifying new business opportunities within the Lubbock market.

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Today, PlainsCapital Bank is take time to drive by the second largest independent PlainsCapital Bank's main bank at 50th and University to see Lebbock's first-ever building wrap. This mammoth banner was unveiled during a recent event introducing the new Lubbock Advisory Board. PlainsCapital Bank is bringing Financial Thunder to Lubbock and I'm excited to be a part of this initiative. As always, if I can be of any service to you, please don't hesitate to call.

Carolyn Thompson-Conwright

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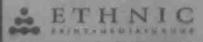
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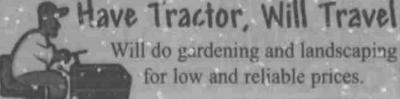
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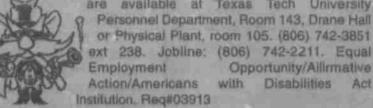
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Additional information or questions regarding the Request For Qualifications should be addressed to the Texas Tech University Systema Project Manager: Debbie Griffin. Contact via phone (806) 742-2116, Fax 806-742-2241 or e-mail:

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THE TEXAS TECH UNIVERSITY SYSTEM IS AN EQUAL PROTUNITY EMPLOYER A 40 ENCOURAGES ALL HISTORI CALLY UNDERUTILIZED BUSINESSES TO PARTICIPATE.

Big dreams come true after hard work by SPC student

girl with big dreams.

Torres, daughter of Pidencio and Mary Torres of Kress, dreamed of the Plainsman Press.



enjoyed writing from an early age; that was the way I expressed myself," she recalled. However, her high school

did not have a journalism program. But South Plains College did. Torres graduated from Kress High School in May, 2001 and enrolled at SPC that fall.

Torres didn't realize that her saint at SPC would be a launching and for a summer internship with the Veterans Administration in Washington, D.C. and a successful career as a journalism major at Angelo State University in Sau Angelo.

She is among a growing number of Hispanic students who find successful starts at two-year community colleges. "Sometimes it takes firstgeneration college students, like Connie, longer to become incorporated into the whole college climate when they start out at a university," explained Gracie Quinonez, coordinator of multicultural services and diversity counselor. "SPC is smaller and more personalized and easier for first-generation Hispanic students to become immersed in the whole college environment."

Torres agreed. "It (SPC) was not own too far away, and I knew I wanted to start with a community college," explained Torres, now 21 and a student at ASU. She plunged into cam-

high school students, was a shy young newsyaper and the Hispanic Student Organization. She quickly got a tasto of journalissa as a features reporter for

She wrote stories erout drama students, are art major who had won some awards and wrote a review of the college musical production,

"It was definitely a good experience. Hearned that was what I wanted to go into." Her first story was borne out of her own idea. She had story on professors who had turned explained. from university jobs to work at comsor had coine from UT at Austin. I was really curious why he joined a community college. He said he enjoyed the diversity of students. Many students here have just finished high school while others have been out of school for 15 years." However, the number one reason why he switched over was because of the small classes. He liked the one-onone interaction with the students," Torres recalled.

The personal involvement in student organizations and the campus newspaper made the transition smoeth from a small rural nigh school to a community college for Torres. "It was more laid back and I had fun meeting all serts of people and writing feature stories," she said.

Her journalistic experience, coupled with being away from home for the first time, also helped her social acclimation to college life. "Being away from home was a good experience. It was a chance for me to be my

person. In high school, I had stuck with the same people. At SPC, everything was new to me. It gove me time to work on my social skills. When i

me to improve that. I had to approach people and make them talk to me and in making friends. It was a really get out of my shell."

She wants to write effective stories. "My ultimate gool as a writer has been to spotlight students and events in a way that revealed their strengths and talents. This experience has impacted me today in that when I meet people, I don't look for what they can't do, but instead what they come up with the idea of writing a can or are capable of doing," she

Being involved in campus organimunity colleges. "My English profes- zations also had a positive impact on her life. Torres joined the Hispanic Student Organization and volunteered for a food drive for a Lubback food bank. "Being a part of HSO was a great experience," said Torres. "I enjoyed being around so many people with the same values and back grounds as myself. Being in that atmosphere really gave mera greater appreciation and a sense of pride for my culture," she noted.

She maintained a 3.5 grade point average at SPC, was a member of Phi Theta Kappe, international honor organization for students in two-year colleges and was mamed to the President's Honor List her first semester and the Dean's Honor List each semester after that. She also received a publications scholarship each semoster she served on the student newspaper.

She also served as an English tutor for the STAR Center, a federally-funded program to help first generation college students and others. Torres transferred to Angelo State University in the fall of 2003. Her experience at SPC helped prepare her for university life. She was named to Phi Theta Keppa, Alpha Mu Gamma, Mother/Daughter program mentor

She has been named to the Dean's good experience for me to learn, to List, Who's Who Among College Students and the National Dean's Lich. She is also the recipient of the Carr, Cattleo and Long Memorial scholarships She is currently a tencher's assistant at Travis Elementary for the Even Start Community Center in San Angelo, a program which offers CED and ESL classes for adults with young children.

Torres also interned this past summer for the Voterans Affairs Central Office in D.C. through the Hispanic Association of Colleges and Universities (HACU). She found the program on the internet and then laterheard about it from a student at Angelo State. She applied and was accepted. She worked under the Administration's Veteran Environmental Agents Service and helped produce the EAS nowsletter, proofreading, analyzing articles and writing a couple of articles for the publication

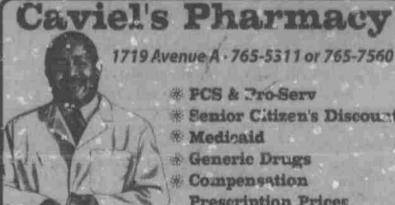
"Being in D.C. was an amazing experience. I not only learned more about writing but also about veterans. I have a much greater respect for veterans because of the many things I learned working with the V.A. On a personal note, going away from home made me realize all the things that T am able to accomplish on my own," said Torres.

"Connie get involved at SPC, took advantage of the opportunities for student leadership," explained Quinonez. "Connie told me about now good an opportunity it was to go to South Plains. It was a neat thing to see her grow, to get involved in HSO and the student newspaper as well as her studies. I am really proud of her," said Quinonez. She learned how to

Connie Torres, typical of many pus life at SPC, joining the carapus worked on the newspaper it helped the Cultural Committee, Association access SPC's services, and shy grew better prepared for life at a universiof Mexican American Students and a as a student leader. SPC's experiences built her up, and she was much



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PMS, and many other health problems magnesium result in a better accumulation and maintenance of bone density when compared to a diet emphasizing calcium alone. Diets high in magnesium, potassium, fruits, and vegetables, with adequate protein and limited amounts of junk foods show a better accumulation and maintenance of bone

Examples of bone healthy food etables or bone meal? How much calci- choices: CALCIUM SOURCES: Leafy um do we need each day to keep our greens, Cheese, Salmon, Tofu, Yogurt www.bonehealth101.com and Sardines CALCIUM AND MAG-NESIUM: Soy Beans, Almonds, Sesame seeds, Okra, Hazeluuts, Broccoli, Lima, Dates, Beans, Chickpeas, Figs, Artichoke and Molasses MAGNESIUM SOURCES: Quinoa. Black Beans, Brown Rice. Cashews. Whole Wheat, Bananas, Sunflower Seeds, Punn on Seeds and

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asking all classmates to please step up and We, the Alumni, are past due for this event to take placel so please get involved and come to the meetings. Your input is impor-

tant and will be valued. We will be meeting the 1st and 3rd Sunday of each month at the Patterson Branch Library at 7:00pm... PLEASE COME!

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