

RUBY JAY'S CORNER



The New Hope Baptist Church, located at 2002 Birch Avenue, where Rev. Billy R. Moton is the proud pastor, had very good services last Sunday morning.

Services began with Sunday School at 9:30 a. m. The Supt. and teachers were at their post of duty. It was another good day in the Sunday School.

Devotion began at 10:45 a. m. with the Deacons and Deaconess in charge. There was a song, scripture and prayer.

The Senior Choir marched in singing. There was altar prayer, which was followed by a selection, "It's Mighty Nice To Be On The Lord's Side."

Scripture for the morning was read by Rev. Howard. Prayer was offered by Rev. Marshall. Another selection, "I've Been Born Again", was sung by the Senior Choir. Responsive reading was read with the congregation standing.

The morning hymn was "Guide Me Thou Great Jehovah."

Pastoral observations were given by Pastor Moton.

The sermon of the morning was entitled "The Seriousness of Christian Commitment." His scripture text was a portion of the 14th chapter of St. Luke. What a beautiful message.

The rest of the services were as usual.

The Appreciation Services for Rev. A. L. Dunn, former pastor of New Hope Baptist Church, will be held Sunday, March 21, 1993 at 3:00 p. m. Members are asked to give a \$1.00 a year for the years he served at New Hope and the community. He was pastor of New Hope from August, 1952 to December, 1981.

A Trip to the Holy Land, which will be sponsored and coordinated by the New Hope W. M. S., is open to the entire community. This request will be honored on a first come, first served basis. If you are interested, see Chairlady Thelma Brown, or President, Joan Y. Ervin, immediately. There will be a nine days departing, beginning August 5, 1993.

Please pray and visit the sick and shut-in of the community. Our only hope is in Jesus. Also remember the bereaved families of our community.

Alene Matthews lost a relative in Sanford, Texas. Remember her in our prayers. Also pray for Fulton Berry who is very ill in Dallas, Texas hospital. Pray for his family.

Mt. Olive Church News

Slaton, Texas -- Youth, Youth, Youth. Don't give in to peer pressure. Don't be persuaded by family or friends to do wrong.

Proverbs 1:10 says: Sinners entice thee, consent thou not. Young people, you have to make a choice.

1. Accept Jesus
2. Reject Jesus
Don't let Jesus loves you and he wants to be your friend. Don't be persuaded by the things of the world but by Jesus.

In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:6.

We at the Mt. Olive love you. Come visit with us.

Good things are happening at Mt. Olive Baptist Church in Slaton, Texas.

Saturday, March 6, 1993, Senior Mission Annual BBQ

Former Lubbockite In Concert

The Omaha Public Schools presented the All-City Music Festival Saturday, February 13, 1993 at the Civic Auditorium, Omaha, Nebraska. One of the invited conductors was Karen L. Walker of San Antonio, Texas who is orchestra director at Clara Driscoll Middle School.

ALL-CITY HIGH SCHOOL ORCHESTRA

Karen L. Walker-Conductor

Karen L. Walker comes to us from a family of educators. A native of Lubbock, Texas, she is currently employed with the Northeast Independent School District in San Antonio, Texas where she is orchestra director at Clara Driscoll Middle School.

Ms. Walker received her Bachelor of Music Education degree from West Texas State University in Canyon, Texas; taught three years in Amarillo Public Schools, and in 1976 was recruited to start the string program in the Midland Independent School District. Under her guidance, that program now has a full complement of teachers covering all elementary and secondary campuses with over eight hundred string students. During her tenure with the Midland Public Schools, her freshmen and high school orchestras were consistent sweepstakes winners and were selected as the "outstanding orchestra" in several national festivals. Many of her students were named to the All-Region and All-State Orchestras each year. Her present goal is to build a quality string program in the newly constructed Driscoll Middle School.

Her professional affiliations included membership in the Texas Music Educators Association, Texas Music Adjudicators Association, Texas Classroom Teachers Association, American String Teachers Association, and just recently she completed a five year commitment on the Board of Directors for the Texas Orchestra Directors for the Texas Orchestra Directors Association. She is an accomplished violinist and has served in the Lubbock, Amarillo, San Angelo, and Midland-Odessa Symphonies. Graduate studies, clinics and workshops have kept her in tune with new methods in orchestra teaching.



Lubbock Independent School District STUDENT TRANSFER REQUESTS FOR 1993-94 SCHOOL YEAR DEADLINE FOR REQUESTS: MARCH 15, 1993

All requests for student transfers and assignments for next school year, 1993-94, must be made by March 15, 1993. Requests on the appropriate forms provided by the schools will be considered, and decisions will be made in writing. Transfer requests to be considered, including the majority to minority transfers, must be filed by March 15.

FOR ADDITIONAL INFORMATION:
CONTACT SCHOOL PRINCIPALS
OR THE DIRECTOR OF STUDENT SERVICES, 766-1972



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Dinner Sale. Starting time 11:00 a. m. until. Also Saturday, March 6th, Mt. Olive Youth Department will sponsor a Fashion Show starting at 8:00 p. m. Your presence will be "Greatly" appreciated. Remember Jesus loves you! Rev. C. C. Peoples, pastor.



The supreme being in Muslim theology, Allah, is so named from "al ilah," Arabic for "the god."

MARY & MAC PRIVATE SCHOOL is open now for the school year. We are interested in your kids, ages 3, 4, & 5 years of age. Call for information, 744-4057. Or come by the school at 902 East 28th Street. Dr. L. S. Graves, Founder and Principal.



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Funeral Director



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Will be parked at

Wiley's BBQ Store
1805 Parkway Drive
March 13, 1993 8 a. m. - 3 p. m.

We do accept food stamps

FEATURING:

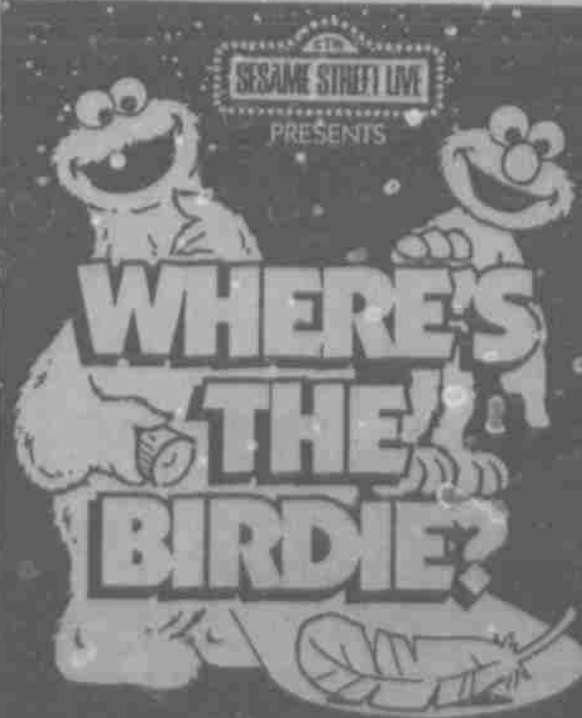
Seafood (Unbreaded & Breaded, U.S.D.A. Inspected)
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Mexican Entrees, Juice and of course our
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For Easy Usage

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Fri, March 19 - Sun, March 21
Lubbock Municipal Auditorium

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7:00 PM	10:30 AM 2:00 PM	1:00 PM 4:30 PM

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GIVEAWAY
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JOURNAL MATINEE

TICKETS: \$8.00
and \$9.00 reserved;
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\$1.50 discount on
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be combined.)
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OBSEQUIES

Mr. Ezeli Blevins

Bradenton, Florida -- Funeral services were held for Mr. Ezeli Blevins Saturday, February 13, 1993 at the Pentecostal Church with Elder Johnson officiating.

Mr. Blevins was the son of the late Essie M. Blevins and Sturlen Blevins. He was born February 7, 1928 in Waco, Texas where he attended school.

Later he moved to Lubbock, Texas where he also attended

school. Then we went into the U. S. Army. He later moved to Florida where he met Mrs. Kissie Mae, and they were united in matrimony.

He is survived by his wife, Kissie Mae Blevins; two grandchildren, three sisters: Jessie M. Carr and Katherine Roes, his twin sister, both of Lubbock, Texas and Estell Russell of Flint, Texas; nieces, nephews, cousins and friends.

not always feel sick," he said. "Medication can be expensive and change is often difficult, but it is important for people to see a physician if they feel they are at risk and take precautions to control their condition and ultimately prevent kidney failure."

African Americans Rank High In Hypertension

Houston, TX -- Practical lifestyle changes could reduce the risks of kidney damage among thousands of African-Americans with diabetes and hypertension, says a kidney specialist at Baylor College of Medicine in Houston.

"Diabetes and hypertension are the leading cause of kidney failure, particularly in blacks," said Dr. Donald Wesson, an associate professor of medicine at Baylor. "Simple changes in daily habits can make a difference in the control of both hypertension and diabetes."

Although genetics may play a role, Wesson says other factors can influence the risk of kidney damage. He recommends following the National Institutes of Health's Joint Commission for Hypertension Control lifestyle changes:

- * Cutting back on salt.
- * Limiting amounts of alcohol.
- * Eliminating tobacco use.
- * Practicing weight control.
- * Increasing exercise.
- * Knowing your family medical history.

"In particular, African-Americans seem to have a higher proportion of salt-sensitive hypertension," Wesson said. "As they eat more salt, the hypertension gets

worse, more so than in whites."

Recent studies suggest that diabetic and hypertensive African-Americans are four to five times more susceptible to developing kidney disease than are whites with the disorders.

Dietary studies have also shown that blacks in general eat foods low in potassium which may increase the risk for kidney failure. Wesson recommends eating more potassium-rich foods like red meats, fresh fruits and vegetables, and avoiding canned foods lacking potassium and preserved with salt.

Blacks should also recognize a family history of diabetes and be aware of symptoms including frequent urination, constant thirst, weight loss, muscle weakness and vision problems. Hypertension usually causes no obvious symptoms and may easily go undetected.

Wesson says individuals with diabetes and hypertension often have a difficult time making the necessary changes in their daily routines.

"Patients do not always stick to their medication or change their habits, because they do

National Youth Art Month

March 1 to March 30 is National Youth Art Month in the Lubbock Independent School District, a time to recognize, promote, and celebrate art in our schools and community. Established by the National Art Education Association in 1961, National Youth Art Month has been celebrated in LISD each March for the past 18 years.

This year's National Youth Art Month exhibit at the Lubbock Garden Arts Center, 42nd and University, will open with a reception featuring the outstanding and creative artwork of LISD students, Grades 9-12, Monday, March 1, from 7:00 p. m. until 8:30 p. m. Awards will be presented by Superintendent Mike Moses



Members of Suzanne Aker's offers many ballet classes. Lubbock class performed at the annual company dance production of the Nutcracker.

Dancers in the General School performed at Mervyn's Department for the store and the city-wide Christmas Party at the Lubbock Memorial Civic Center.

Along with this company, members and school members put on a fashion show to benefit for Ballet Lubbock.

Pictured from left to right: Top: Heather Peacher, Natalia Johnson, Jenny Haning; Bottom: Autumn Repstine Pennington, Kerry McGlone and Abi Rhoades.

at 7:30 p. m. The exhibit will be on display for the entire month of March.

Another feature of the National Youth Art Month celebration will involve displaying LISD students' work on outdoor posterboards or "billboards" for the second consecutive year. The following schools and student artists' work will be on display, from O. L. Slaton Junior High, Veronica Arzabala; Jackson Elementary, Nikki Sebesta; Coronado High School, Monty Montgomery; Hardwick El-

ementary, Brandon Walker; Matthews Junior High, Raymond

Mendez; Wilson Elementary, Erica Deahl; Atkins Junior High, Eddy Torres; William Elementary, Christina Hicalgo and Brian Chandler. Citizens are encouraged to look for these displays as they travel about the community.

The fate of civilization is like needlework. You can take it up and worry about it at odd moments.

—Frank Sullivan

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Alexander Chapel

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Lemuel F. Thuston -- M Div., Pastor

Sunday Services

Sunday School -- 9:45 a. m.
Morning Worship -- 11:00 a. m.
Evening Worship -- 7:00 p. m.

Series:

Nimrod: Gospel Truth About The Black Man.

Higher Ground Broadcast

Sundays 10:00 a. m. - 10:30 a. m.
KJAK - 92.7 FM

Wednesday Night

Bible Study - 7:00 p. m.

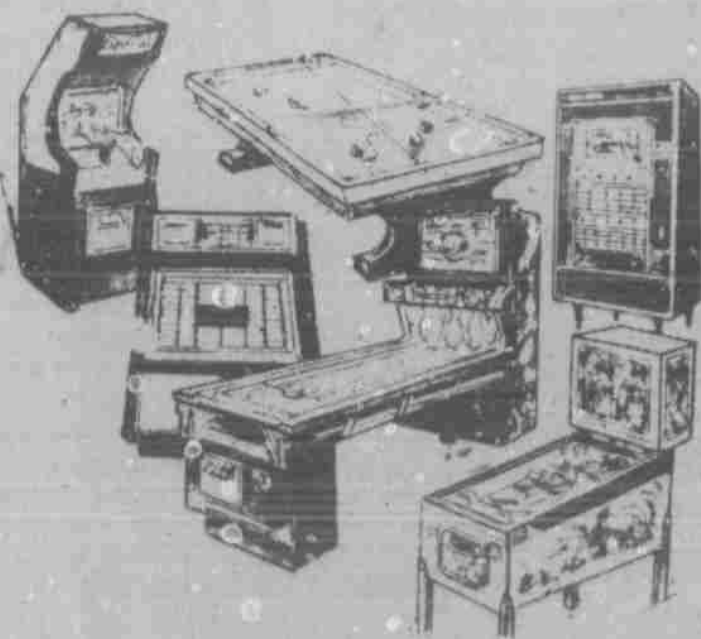
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Gerald P. Jackson



BUILDING HEALTHY FAMILIES

The basic building block of any society is the family. In order to have good communities, churches, cities and countries, we must have good families. Having said this, is there any wonder that our country, city, community and churches are in turmoil?

Dysfunctional families are ever increasing in our society. The African-American family is about to go the way of the dinosaur. If we don't come to a screeching halt and reverse the trends that are prevalent in our families we will find ourselves in the midst of complete chaos and confusion. Such instability in the family makes our community vulnerable to gang violence, drug addiction, babies making babies and feelings of worthlessness to low to measure. And no one questions the fact that these afflictions are detrimental to the well being of the family.

The question is, "What can be done about the deteriorating condition of the family?" In order to begin working on the problems in the family I will be presenting a series of twelve (12) lessons on "BUILDING HEALTHY FAMILIES." The titles for the lessons are:

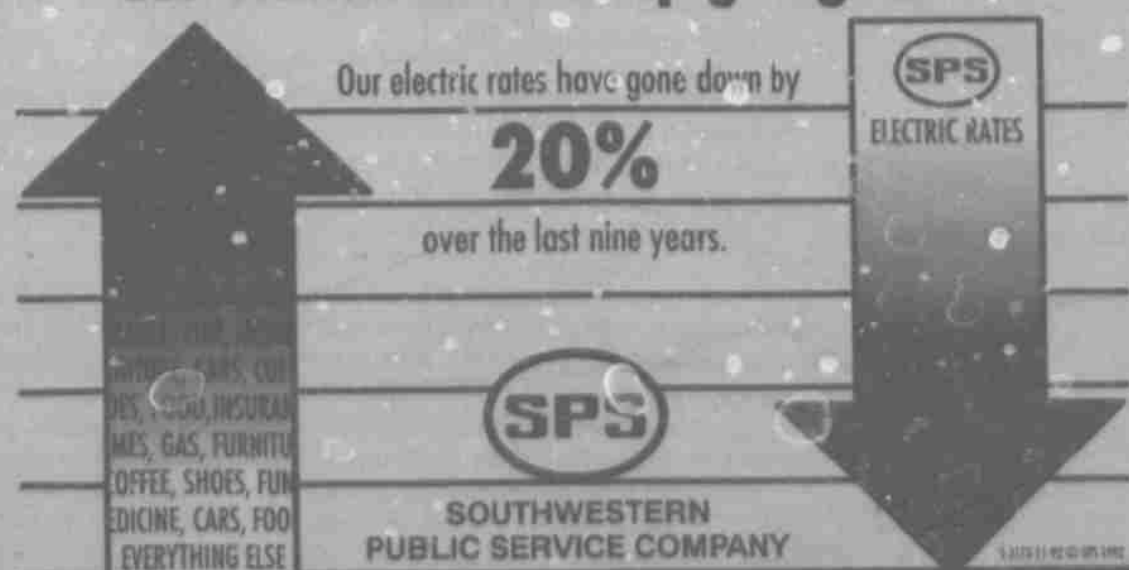
- 1+1=1, (It's Horrible Math but It's Great for a Marriage)
- Why Should I Submit to My No Good Mate?
- Learning to Live With Your Mistake/Mate and Love It
- Are You a Man or a Mouse? Squeak Up!
- Whose Kids are These Anyway and How do I Get Them Out of My House?
- Are You Woman Enough to Admit It?
- The World's Greatest Mother Is Still a Poor Example of a Father
- Grandparents Raising Grandchildren; It Ain't Suppose To Be This Way!
- Singing the Single-Parent Blues
- Children Who Make Their Mark in This World and not on Someone's Wall

Also, these lessons will be available in a six tape cassette album along with a study guide for ten (\$10.00) dollars. These will be made available at the end of the series on May 30, 1993. You may also choose to purchase individual cassettes (two lessons per tape) for \$2.00 each. If you are unable to attend but would like to order the tapes and or study guide please call 744-0020 or 741-0932.

This series will begin Sunday, March 7, 1993 at the 20th and Birch Church of Christ, 2001 Birch Ave. We want to invite everyone to come and share in a time of fellowship, worship and instruction. The times for these lessons Sunday morning at 10:00 A.M. and Sunday evening at 6:00 P.M. The morning lesson will be repeated Sunday evening for those who are not able to attend in the morning. There will also be a forum for questions and answers concerning the family after the evening service.

Grace and Peace

While everything just keeps going up,
our electric rates keep going down!



EDITORIALS • COMMENTS • OPINIONS

The Key To It All Is Attitude!

by
Eddie P. Richardson



Sometimes we try too hard without thinking, and especially thinking positive, becoming too close to the situation; without really seeing what's really there. Then it's time to back up; chill out; regroup; sometimes get away for a few days, change scenery, atmosphere, environment, relax and regroup -- then get back to the task at hand with renewed vigor.

Think about it! All the discoveries, inventions, creations, and advances that we enjoy today if someone did not have a positive mental attitude, perseverance, and not giving up, that's why we are at the point we are now.

We have to realize that leadership must transcend into partnership with a positive mental attitude collectively to make positive contributions for mankind.

For us to succeed, we must look out for each other, keep believing in God, preserve the working family structure, earn a living, to do this now we have to have an education more so as times goes by. In the past, people could get a job without an education, not anymore. The manual farm industry one did not have to have an education. Same was true for a lot of plants, factories, and other manual labor, but not in this day and time for us to make it in this day and time -- high-tech, unemployment, and underemployment. We have to become our brothers keeper and ask ourselves what am I doing? Can I do more? Forget the upper and lower system, as human beings all of us are equal collective. We must all ask what can we do?

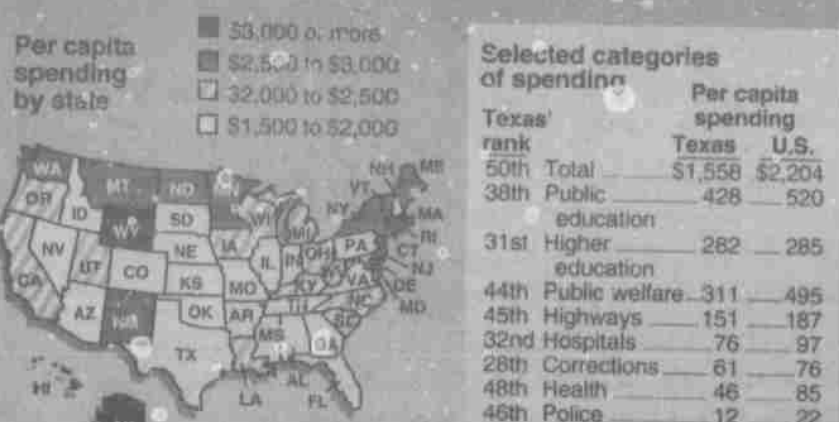
"We must use what we got!" We have come so far with no limited resources. We can, we must, we shall do greater things with the resources we now have. What is the problem?

We have the best resources on this planet earth, high-tech experts of every kind, top flight experts of every kind, top computer technicians, top education and educators, in short, the best of everything including politicians, so why? All the poverty, under-employment, welfare? Substity? Homeless, in the richest country in the world. Answer..... Political parties and politics, each group caring its own little short piece of rope in its own direction. Tie Your Ropes Together.... Establish, re-establish, and instill family values. The problem will be solved just like that with the belief and help of God.... Nuff Sed!!!

Keeping an eye on Texas

Texas last in spending per resident

Of all 50 states, Texas is last in overall per capita spending by the state government. The state spent \$1,558 per person in 1991—the national average was \$2,204 per person. Alaska was first at \$7,883 per resident.



SOURCES: U.S. Bureau of the Census and John Sharp, Texas Controller of Public Accounts.

SOUTHWEST DIGEST

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EDITORS/PUBLISHERS

T.J. PATTERSON - EDDIE P. RICHARDSON

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

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

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

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

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

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

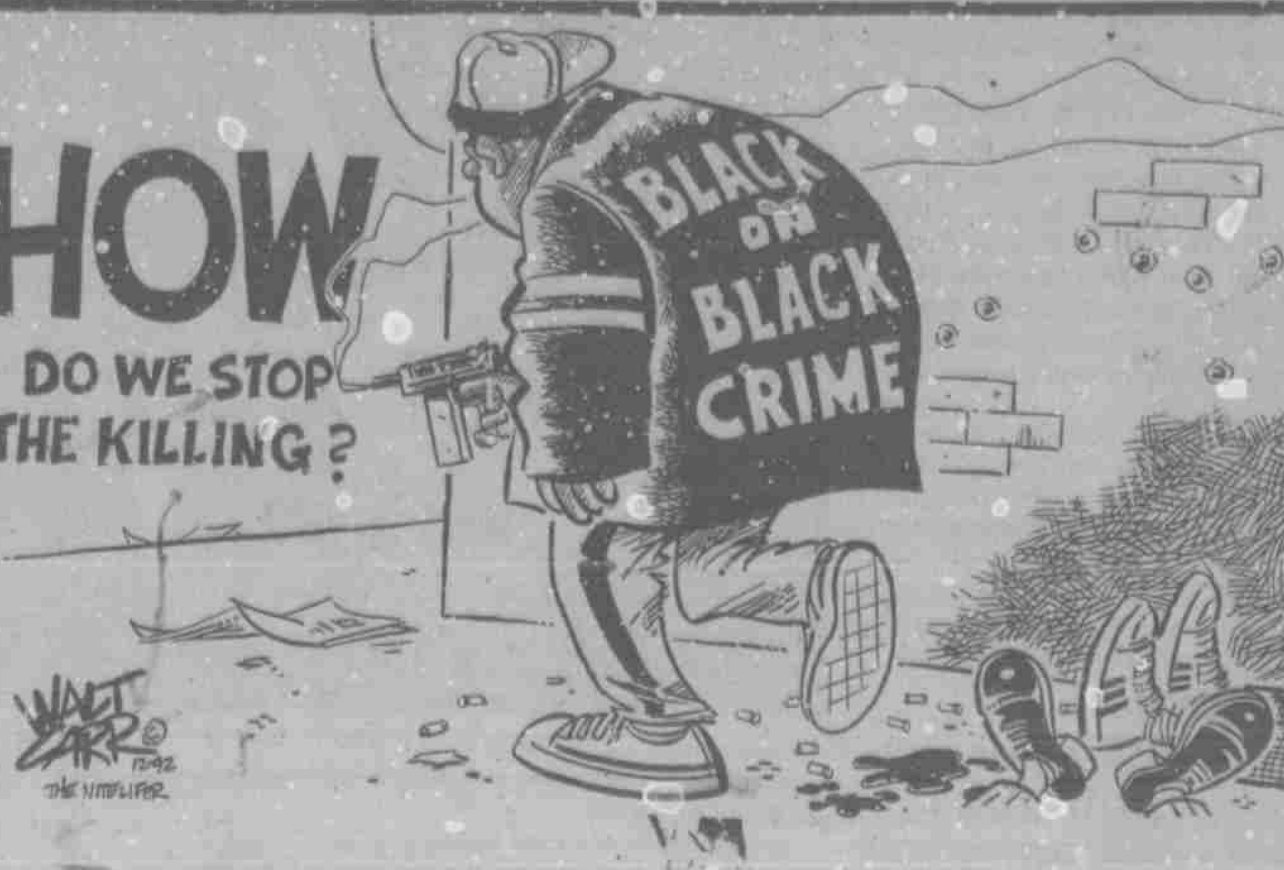
The opinions expressed by guest columns or editorials are not necessarily the opinions of the publishers/editors or those of the advertisers. Comments and pictures are welcome but are not responsible to return articles unless a self-addressed envelope is submitted. All notices must be paid in advance.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

Member A.O.I.P. (Assault on Illiteracy Program)
A Community Building Newspaper

\$20.00 per year -- \$35.00 a year



HOW DO WE STOP THE KILLING?



YO, THEY DISSED ME. Y'KNOW WHAT I'M SAYIN'?

Crazy Horse

by
Stephen C. McIntyre

Thomas Jefferson Griffith died Sunday, February 21, 1993. The last time I spent a little time with Tom was at a banquet a year or so ago. I believe his young law partner had been nominated for the NAACP George Wood for civil rights. Anyway, we were sitting around visiting about the various white city officials who walked in and the conversation turned to the American Revolution. It turned out that he and I were both students of Sam Adams and his critical role in the Revolution. Unfortunately, the banquet interfered with our discussion.

Over the years that I have lived in Lubbock I have heard bits and pieces of stories about Tom:

* He was bombed out of Mississippi for his advocacy for racial equality in the Democratic Party.

* During the prayer case where Tom represented the ACLU in eliminating mandatory prayer in the LISD he was walking down the hall outside the federal judge's office and overheard Tom Milam of crenshaw, Dupre, and Milam, loudly proclaiming the evils of the godless ACLU and the terrible things that would happen if mandatory prayer was ended. Milam was representing the school district. Tom challenged Milam to recite the Ten Commandments in order before his audience of yahoos and LISD officials. Milam grumbled and coughed. Tom offered to recite as Milam walked away. Tom was a Sunday School teacher who believed parents and the church should handle religion and not the schools.

* He was involved in representing some Texas Tech students and their underground newspaper that was critical of the Vietnam War. Tech tried to keep it off campus. Tom was a retired Marine colonel who believed he fought for the Constitution, not a politician or university president's personal point of view.

* And then there was the time that Tom

(Dan Benson was one of my professors in the law school and one of Tom Griffith's former law partners.)

PROFILE

1. Full Name: Daniel Harper Benson
2. Current Occupation: Law professor, Texas Tech University. Really, I'm a lawyer by trade, but I have had this temporary job at Tech for the last 20 years, teaching law students.
3. Hobbies and Areas of Interest: I have no hobbies. I am interested in theology from an academic standpoint, and like to read books on it. I also like steam locomotives, but they are all gone now.
4. Little Known Facts About Me: For 7 1/2 years I served on active duty as a lawyer in the U. S. Army, Judge Advocate General's Corps, before returning to Lubbock in 1970, an I liked it. I wish I had remained on active duty, instead of coming to Lubbock. My last duty station was Ft. Bliss, Texas, where I was a military judge.
5. The Four Dinner Guest at My Fantasy Dinner Would Be:
 - a. Jesus of Nazareth
 - b. Clarence Darrow
 - c. G. K. Chesterton
 - d. C. S. Lewis
6. My Grandmother's/Grandfather's Best Advice:

Grandfather: Treat other people fairly, and with kindness.

Grandmother: Marry a good woman (I did).

7. The Person I Most Admire: Mother Teresa of Calcutta.

8. My Worst Habit: Swearing unnecessarily.

9. My Best Habit: Swearing at things which require swearing.

10. I Wish I Knew How To: Fly a plane.

11. If I Could Change Places with Anyone, I Would Be: Chief Justice, U. S. Supreme Court.

12. If I Weren't Doing My Present Job, I Would Be: Lawyer in private practice.

13. My Three Favorite Musical Groups/Singers:

- a. The Roger Wagner Chorale
- b. Boston Pops Orchestra
- c. The Mormon Tabernacle Choir

14. My Most Valued Material Possession: Wedding ring given to me by my life.

15. My Best Quality: I don't hold grudges for an unreasonably long time in most instances.

16. My Favorite Sport: I dislike all sports.

17. My Three Favorite Movies:

- a. Miracle on 34th Street
- b. Casablanca
- c. Harvey

18. My Two Favorite Books:

- a. Death Comes for the Archbishop, by Wilma Cathier
- b. The Razor's Edge, by W. Somerset Maugham

COMMITTEE AD HOC
COMMITTEE Hopefully
..... something will be forth-
coming and when it does
..... THIS N THAT will
advise.....

VERY GOOD PRO-
GRAM!! THIS N THAT
would like to CON-
GRATULATE the
KAN-GOL GOLF CLUB &
THE HUMAN RELATIONS
COMMISSION for a job
well done last Saturday on
the second annual
THEODORE PHEA, JR.
SCHOLARSHIP BAN-
QUET it was a very good
program and the speaker
..... SENATOR MARC
MORIAL of Louisiana
was just a positive speaker
with a lot of truth in what he
talked about..... Even the
prexy of Kan-Gol Golf Club
..... BYRON DAVIS
had a lot to say..... It was just a
great program This must
continue..... Surely if the
late THEODORE
PHEA, JR. had to vote
on whether to keep it going
..... he would vote
YES!!

SUPPORT NAACP
YOUTH!! THIS N THAT
..... has learned that the youth
council of the Lubbock Branch
of the NAACP will be sell-
ing DINNERS this
Saturday..... Why not help
these young people as
they are working for their fare
to the regional meeting in
Louisiana and they are
..... BEGGING!! THIS N
THAT encourages all of
you to BUY AT LEAST
ONE DINNER!! YOU MAY
DO SO BY CALLING 763-
1807 OR 747-8436!!

JOHNSON CHAPEL A. .
E. CHURCH ROCKED
BETHEL!! THIS N THAT
..... was in attendance to hear
the young dynamic pastor of
Johnson Chapel A. M. E.
Church PHILIP RAN-
DEL deliver a splendid
message last Sunday after-
noon at Bethel..... This was
very inspirational service.....
This was the Black His-
tory Celebration at Bethel.....

D. C. KINNER THE
BARBER SAYS: 'HOLD
TO WHAT WE GOT
Con't on Page 8

THIS N THAT

NEED TO START

NOW!! THIS N THAT
would hope that there will be
some movement to get
MRS. CORETTA SCOTT
KING OR ONE OF HER
CHILDREN when the
dedication is made for the renam-
ing of Quirt Avenue to
..... DR. MARTIN LUTHER
KING, JR. BLVD. which
is set for JANUARY,
1994 This can be a great
event with the total
COMMUNITY INVOLVED
..... This is needed so let's
see who will take the lead in
seeing that this becomes a re-
ality Hopefully the
..... MLK CELEBRATION
COMMITTEE will be the
lead agent with the help
of the RENAMING

19. The Last Book I Have Read Completely: Silent Coup, by Len Colodny and Robert Gettlin.

20. My Best Advice to a High School Student:

Do your best to get an education above and beyond the few relatively unimportant and inadequately taught to which you will be exposed in the public schools; you will have to read widely to do this, since you can't get an education in school.

21. My Favorite Food: Almost any kind of Mexican food.

22. My Greatest Achievement:

1st: Saving the lives of 6 capital murder defendants, as a lawyer.

2nd: Serving as one of several co-counsel and winning the Lubbock City Council election, Jones v. City of Lubbock, by which the Lubbock city election system was changed to Single-Member District.

23. My Most Embarrassing Moment: Being told by Judge Pat Moore, in a packed courtroom while trying a jury case: "Slow down! You talk faster than a machine gun shoots, Dan Benson, I can't follow you." (She should have listened faster.)

24. What I Least Like About Lubbock: I have to list two things:

1. Lubbock's political leaders and office-holders in general, and over the last 23 years, with some very, very limited exceptions.

2. The Lubbock Avianche-Journal.

25. What I Like Best About Lubbock: The time may come when I eventually leave Lubbock; that is what I like best about it: that it may not be able to imprison me for the rest of my life (what's left of it). I'm a Lubbock native, born here in 1936, but Lubbock and I just don't get along well, and I've been much happier living in other places.

26. My Mother's/Father's Best Advice:

Father: Tell the truth, that way you don't have to try too hard to remember what you have said.

Mother: Finish what you start.

27. My Advice to President Bill Clinton:

Just let Hillary run things, since it's clear that she is smarter and tougher than you are.

I will miss Tom Griffith. And I will miss Dan Benson if he decides he has to move on to a more civilized town. All thinking and fair-minded people in Lubbock should reflect upon what this town would be like today without Tom and Dan. And, with that thought in mind, drop a line to Tom's family and give Dan a call.

The hope of the world is still in dedicated minorities. The trail-blazer in human, academic, scientific, and religious freedom have always been in the minority. That creative minority of whites absolutely committed to civil rights can make it clear to the larger society that vacillation and procrastination on the question of racial justice can no longer be tolerated. It will take such a small committed minority to work unrelentingly to win the uncommitted majority. Such a grasp may well transform America's greatest dilemma into her most glorious opportunity.

Martin Luther King, Jr.

How To Start A Coupon Club Maximize Your Savings and Fun

Coupon clipping and trading has been a part of most of American society for years. However, African Americans have rarely participated in this pastime; not because they don't use coupons, but because they didn't have access to coupons to trade. The majority of African Americans don't receive the Sunday edition of their local mass-marketed newspaper which has been the traditional vehicle for distributing manufacturers' coupons. The majority of African Americans prefer to get their news from the Black Press which they feel is a more trustworthy news vehicle. However, until just recently, Black-owned newspapers have been ignored by major product manufacturers.

But thanks to a Black-owned company called MPI Coupon Distribution, Black-owned newspapers around the country will be receiving the same manufacturers' coupons as the mass-marketed newspapers. You can use those coupons to save significantly on your grocery bills.

One of the ways you can maximize the coupons' benefits is to start a coupon savers' club. Let's face it, you'll rarely have a need to use all the coupons you'll be receiving in the Southwest Digest. For example, if you don't have children, you wouldn't have a need for coupons for diapers. But by joining with others who collect coupons you can trade those coupons for those that you have more of a need for.

Here are some hints on how to start a club:

1) Contact those friends you enjoy meeting with and pick a suitable time and place to meet. You can tie the meeting to other events or activities you enjoy -- after church for

example.

2) Make the meeting a social event that members will look forward to attending. You could serve snacks and beverages or rotate the meeting place.

3) Make a game of trading the coupons. You can establish rules if you like but bartering can be just as fun without rules.

4) If at the end of the meeting you have coupons that no one needs at that time, you can form a club "kitty" for members to look through at a later date.

These are just some suggestions. The key is to have fun while you save on your shopping bill.

The Parkway Drive Baptist Church had thirteen members come on Wednesday evening to visit and hold services for the residents.

Ann Day, who works for S-AG, came Thursday morn-

AARM Will Meet Friday

The African-American Real Men (AARM) will meet Friday, March 5, 1993 at the Mae Simmons Community Center at 7:00 p. m.

All members and prospective members are asked to be in attendance.

Lighter Recall

Philip Morris U.S.A. and Polyflame Concepts USA, Inc., have issued a voluntary nationwide recall of a promotional cigarette lighter called the "Party Lighter" or "Night Lighter." The lighter, which the companies have stressed is not defective or dangerous when used as intended, is made of transparent plastic and contains light-emitting diodes that flash when the lighting mechanism is depressed.

The recall, which was announced Dec. 22, 1992, was in response to concerns raised by Connecticut Commissioner of Consumer Protection Gloria Schaffer, who believes the lighter could be attractive to children and, therefore, poses a safety risk. Consumers who have the lighter should call 1-800-241-9005 to receive postage-paid packing material appropriate for sending the lighter through the mail. Individuals who call the 800 number and return the lighter will receive a \$5 check. 

© 1993, PM Editorial Services

Parway Manor Care Center News

Sara Blocker visited her grandmother, Sarah Crawford, last Saturday.

T. J. and Bobbie Patterson and Asya visited with Sarah Crawford and Rev. W. H. Stephens on Sunday.

Parkway Church of Christ had fifteen members come Sunday for singing and prayer.

Shirley Shed visited on Sunday with Rev. W. H. Stephens.

Fay Williams and Ruth Johnson, who are members of the Rising Star Baptist Church, came on Monday to visit one-on-one and read to the residents.

Ester Curry visited with Albert Curry, Sr. this week.

Rev. Curtis Hayes, pastor of Mt. Vernon United Methodist Church, visited with Lewis Walton, Ezell Sanders, and Rev. W. H. Stephens on Monday.

Jennifer Hughes came Monday to visit the residents and help with handiwork.

Bro. Birmingham, Bro. Leonard and Tammie Witherspoon visited with the residents and played the piano on Monday.

Juanita Rockmore visited her aunt, Luveni Meekins, on Tuesday. Mrs. Meekins' brother also visited her.

The Sarah, Rachel, and Queen of Sheba Chorus of the Greater St. Luke Baptist Church came on Tuesday evening for visiting, singing, and Bible study. They had five members present. Rev. Johnny Barnes assisted them.

Mary Drones was visited on Wednesday by her son.

Linda, Jessica, Mary, Ramon and Chris visited Lois Ramos on Wednesday.

Frances Bell visited her mother, Esther Ferguson, on Wednesday.

ing to visit and read to the residents.

McDonald's hosted the monthly Birthday party. Robin was assisted by Wilma Ruggles. Those with birthdays in February were: Minnie Ker-ton, 2-2; Christine Lea, 2-7; Ezell Sanders, 2-14; Louis Clif-

ton, 2-22; George Sklat, 2-26; Geneva Walker, 2-28; and Lucile Lewis, 2-29.

Marla & Tina Lara visited with Lois Ramon on Thursday.

Manhattan Church of Christ had four members to come sing and hold services Thurs-

Thursday, March 4, 1993, Southwest Digest, Page 5 day evening.

Beverly Halpain visited Rev. W. H. Stephens on Thursday.

Bradley Cloudy visited the residents on Thursday.

"Prayer"
Dear God, give me the

serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. AMEN.

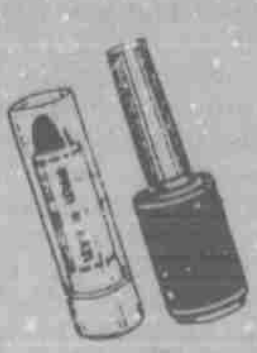
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WHAT IS HAPPENING LOCALLY

To Complete The Unfinished Work of Dr. Martin Luther King Jr.

AOIP is a networking process for organizations engaged in an overall community-building approach to addressing the root cause of all types of life among Black and similarly-situated minorities. AOIP's overall objective, via this interorganizational coalition, is to begin immediately to transform the discrete communities within Black America, through pride-instilling "togetherness," into such *Shining Cities of Hope* that all therein not only will be motivated to want to learn and become productive parts of our own then-wonderful communities, but also there will be a greatly lessened desire, or "felt need," to abandon support for Black-led organizations that opened economic and other doors, Black-owned businesses and professional entities, Black churches, etc. by inordinately integrating and/or invading the communities and social and other institutions developed by (and for) other ethnic groups.

AOIP has a redemptive mission of completing the unfinished work of Dr. Martin Luther King Jr. The information listed below about your organization should (as best possible) be focused on what your group is doing to help complete that unfinished work.

This is a public service courtesy of the Southwest Digest. We will list your meeting date, time and place; special activities, annual meetings, etc. Anything else will be considered advertisement and will be charged as such. Such as hand-bills, brochures,

promotions, etc. This is necessary, because of the inflated cost of doing business. We have to pay our expenses. There will also be a charge for photos, other than news events.

Community Meetings

The African-American Black Business Coalition meets on Thursday at 7:30 p. m. at Estacado High School.

The African-American Women Empowering meets Saturdays at 12 Noon at 2812 Weber Drive, Community Center.

The Lubbock Branch of the NAACP meets every third Saturday evening, beginning at 6:30 p. m. at the Mae Sim-

mons Community Center.

Federation of Choirs meets the fourth Sunday at the church to be announced. Services began at 2:30 p. m. The annual meeting of the Federation of Choirs will be held this year, at the Greater St. Luke Baptist Church on Sunday, March 28, 1993.

Rehearsal for the annual event will begin on Friday night of this week. Call Brother

Ailee Jackson, president, for more information. His tele-

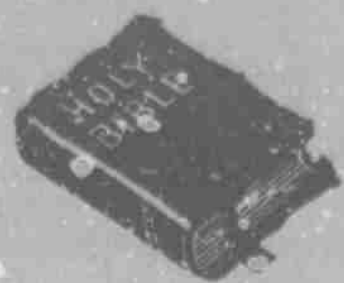
phone number is 765-6892.

The Dunbar International Alumni Association meets in the Dunbar cafeteria as announced. More about their meetings.

Local meeting times and places of meeting is FREE for publication. Everything else will be considered an advertisement and charged as such.

For more information about getting your announcement on this page, call Eddie P. Richardson at 762-3612.





CHURCH DIRECTORY

Your Absence from Church is A Vote To Close its Doors



The Outreach Prayer Breakfast

The Outreach Prayer Breakfast will meet in the home of Delbert and Dorothy Hood, 2132 East 30th Street, on Saturday morning at 9:00 a. m. Members will be looking for you to be in attendance. Dear Friends, it's getting to the point now. Have you read where it says every knee must bow. Ok, the pressure of this world is beginning to feel the need to bow and call on the Lord God Almighty.

This writer wishes we could declare this Black History Year, because have you thought about it. We are cut short by this being the shortest month in the year. We as a Black race need to continue to educate our people and our children. Dear Black Brothers and Sisters, until we learn to live together as a race; don't look to be accepted by others. Our prayers are that we get together. This have been said

time and time again, but this needs to start inside out.

Black people, love your neighbor, don't ask me why. Read Matthew 19:19; Leviticus 19:16-18.

We will have to love our Lord First. This doesn't necessary mean more religious programs or more time trying to look like a Christian. But we need to really love the Lord, and your Brothers and Sisters. Don't spend any more time trying to look like a Christian. It's simple. Just be one, inside and out. In the mean while keep smiling. Stop getting so angry at others. Anger weakens the heart. Hate stops up the vowels. Love is a good heart medication. Take your medication. If one two or three pills a day. Go out and love that many new people a day. Call them on the phone. If you take two pills. Call two

Con't on Page 8



FROM THE OF
PARSON D. A. SMITH

In the 8th chapter of Luke we meet a woman with "an issue of blood." For twelve years the woman had suffered from this condition. It had been pronounced incurable. She "had spent all her living upon physicians, neither could be healed of any."

The woman believed that Jesus could heal her. She felt that if she could touch a part of His clothing, she would be healed; so she set out to do this. She believed that she could have that new life by a touch.

There are many who would touch Jesus Christ in various ways. There is the unbeliever's "touch," like the impious touch of the unholy hands of the soldiers who nailed Jesus to the cross of Calvary. There is the cold touch of the faultfinder. He is not secular nor is he irreverent; he is simply captious. There is one way in which a large number of persons seem to touch Him without receiving any help. It is the "touch" of indifference. But this woman believed that she could have a new lease on life by a touch.

Immediately after she touched Jesus, she was made well; but what she did was not hidden from Jesus. He knew that divine power had gone from Him. So that God would receive His rightful praise, Jesus would not allow the incident to go unnoticed.

How many times do we give testimony to others of what Jesus has done for us? When God has answered a prayer or done a great thing for us, how often do we glorify God and give Him the praise?

The disciples thought Jesus' question, "Who touched me?" was strange, since many people were pressing against Him in the crowd. Their vision was limited to the external surroundings. Jesus, on the other hand, saw events with divine insight.

The woman according to Hebrew law was impure, and made all she touched unclean. But her venture with Jesus was different. Instead, of making Jesus unclean by her touch, He makes her clean and well.

So when Jesus ask "Who touched me?" the woman came to Him trembling. She fell down before Him and told Him before the people that by touching Him, she had been healed. It was not the clothing she touched that healed her, nor was it her courage. Jesus said, "Thy faith hath made thee whole; go in peace" (Luke 8:48). Her faith in Christ was rewarded.

Now, whatever our sins may have been, we can hardly be farther from hope than this woman. And however faintly we may turn to Christ, however ignorantly, we can do no less than the woman who hid herself in the darkness and the crowd, and laid her trembling fingers on the edge of Jesus' clothing. We ought to touch Jesus in faith!

The soul of conversation is sympathy.
—William Hazlitt

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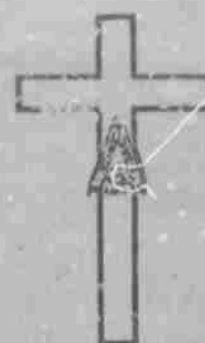
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3-4-93

We Thank God For Jesus "Lord, Look At The School's Sick 6 P's!"

Proverbs 3:1-2 -- My son, forget not my law, but let thine heart keep my commandments; for length of days, and long life, and peace, shall they add to thee.

Lord, look what has happen, to this sick nation, and it's leading 6 sick P's. "They've took your commandments so lightly; and our children have been deceived."

Hosea 4:6 -- The Lord said, my people are destroyed for lack of knowledge; because thou has rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

"It started with the 1st P ** And it was good for all the children; it's called prayer. But Satan told the 2nd P *** A parent in school he didn't want it there."

Isaiah 9:16 -- For the leaders of this people cause them to err; and they that are led of them are destroyed. Therefore, the Lord shall no joy in their young men. Neither shall have mercy on their fatherless and widows: for everyone is an hypocrite and an evildoer, and every mouth speaketh folly. For all this his anger is not turned away, but his hand is stretched out still.

Lord, prayer was good for me in school, and good for my Mother & Father. "But Satan told the 3rd P *** The principal, it's no good; so don't bother."

Luke 6:39 -- Jesus said, can the blind lead the blind? Shall they not both fall into the ditch.

*** Ask yourself: Can the Blind Lead The Blind ***

Then the 4th P *** The President, said: Go ahead take prayer out of school. It's OK. "But now we've got schools with: Drugs, Guns, Sex, and Right to Kill A Classmate."

Mark 12:17 -- Jesus said, render to Caesar (The President) the things that are Caesar's, and to God the things that are God's.

** Who's Children Are Those ** Will A Man Rob God??? *****

Matthew 23:37 -- Jesus said, O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee. How often would I have gathered thy children together. Even as a hen gathereth her chickens under her wings, and ye would not.

Lord, then the 5th P *** The Prescher: said go ahead, it's none of my business. "I've got my money collections to make: that's more of my seriousness."

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

"Lord, and that 6th P *** The Paddle, it has always done so much, much good. But the 2nd P, 3rd P & 5th P: told the 4th P -- remove the 6th P. I: he could."

Proverbs A whip for the horse, a bridle for the ass (donkey), and a rod for the fool's back.

Lord, so many of the children are angry now! Robbing, killing, and beating. "They're running wild in the streets now, just like heathens."

Galatians 6:7 -- Be not deceived; God is not mocked. For whatsoever a man soweth, that shall he also reap.

God is not through with us yet. So let's pray for one another always.

* Directed * Arranged * Produced * Guided
By Our Lord Jesus Christ

Written by Billy "B. J." Morrison, III
Your Minister In Christ Jesus Always!!!

17th Annual Choir Program

Community Baptist Church presents their 17th Annual Choir program with a pre-opening Musical on Saturday, March 6, 1993, at 7:00 p. m. with local artists and special.

Special guest will be Daria Herdon and Kevin Dixon of Denver, Colorado.

The annual program will be held Sunday afternoon, March 7th, at 2:30 p. m. with Alexander Chapel Church of God in Christ, along with special guest Daria Herdon and Kevin Dixon.

The public is asked to come and join the members of Community Baptist Church on Saturday night and Sunday afternoon.

Community Baptist Church is located at 220 Quirt Avenue. Rev. Larry Brooks is the proud pastor.

FREE THINGS TO SEND FOR

(NAPS) For a free brochure about eco-tourism in Queensland, Australia, call 1-800-333-6060.

For a free brochure called "The Fight Against VZV Infections: Shingles & Related Diseases," send a stamped, self-addressed business-size envelope to: Brochure-N, the VZV Research Foundation, 40 East 72nd St., New York, NY 10021.

For a free copy of the video "Scientists and the Alaska Oil Spill," write: Exxon Company, U.S.A., Valdez Video Requests, P.O. Box 2180, Houston, Texas 77252-2180.

For a free brochure on the Foster Grandparent Program, write: ACTION, 1100 Vermont Avenue, N.W., Washington, DC 20515.

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—Miguel de Unamuno

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LOOKING TOWARD THE FUTURE -- The Somali mother and child are among the many displaced people now living in a relief camp who will soon return to their villages. CARE, the world's largest private relief and development organization is providing seeds and tools, starter livestock herds and health clinics to help people return to their villages and begin farming and herding again.

CARE PHOTO BY CAROLYN SYNDER

Outreach Prayer

Breakfast

Continued from Page 6

people and say I love you. It's good medicine.

To all sick in anyway. Readd II Chronicles 7:14; Mark 11:22-26.

Keep smiling at those who

carry a friend. You might light up their life. We love all of you out there.

Write us. We can pray to-

gether. Can't we. Write: P. O. Box 1223, Lubbock, Texas 79408.

Dorothy Hood, president, Aredella Hardrick, vice president.

THIS N THAT

Continued from Page 5

and work for other things to BRING TO THE TABLE!"

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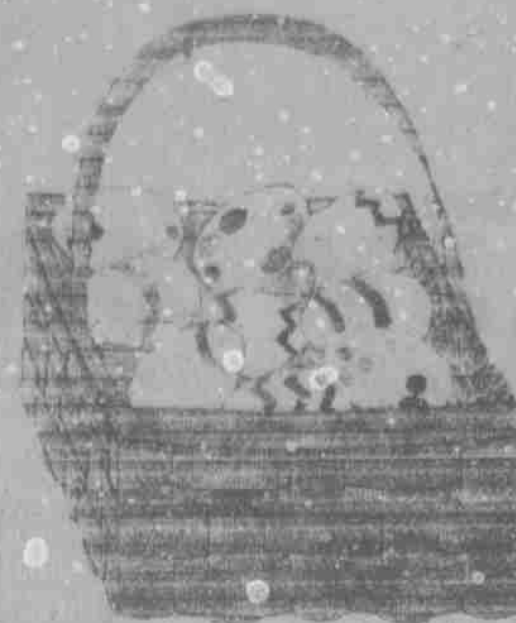
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