



Southwest Digest

January 6 thru January 12, 1994

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50¢
Worth
More!

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

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

"A Salute to Dr. Martin Luther King, Jr." Set for Lubbock



With the theme, "Now Is The Time: Hope for Healing," a five-day observance will be held January 13-17, 1994 in "A Salute to Dr. Martin Luther King, Jr." celebration will be held.

The program will begin on Thursday, January 13, at 7:00 p.m., with a pre-musical being set for the Lyons Baptist Church. The pre-musical will feature a Mass Choir under the direction of Brother Samuel Curtis. Other choirs will also be involved.

Friday, January 14th, at 7:00 p.m. is Youth Night at Alderson Junior High School in a salute to Dr. King. A Youth Mass Choir, under the direction of Sister Sheryl Snell and Sister Sara Blocker, will be featured.

A drama, "Dare to Rise," will also be presented.

Sunday evening, January 16, at 6:00 p.m., the annual worship services will be held at the Lubbock Memorial Civic Center Theatre.

Monday, January 17, at the Agape C.O.G.I.C., the Birthday Celebration will conclude at 7:00 p.m.

This year's annual celebration will be sponsored by the Quirt Avenue Name Change Committee, Interdenominational Ministers Fellowship and the Citizens of Lubbock.

Co-Chairpersons are: Joan Y. Ervin, Victor Hernandez, Dr. Jim Jackson and Rev. D.A. Smith.

Celebration Set for Quirt Avenue Name Change! "Name Change to Honor Dr. M.L. King, Jr."

A 22-member citizens committee has made special plans for a big celebration on Saturday, January 9, 1994, beginning at 11:00 a.m. at Mae Simmons Community Center, for the official name change of Quirt Avenue to Dr. Martin Luther King, Jr. Boulevard.

The committee's tri-ethnic chairpersons are: Joan Y. Ervin, Councilman Victor Hernandez, and Reverend Jim Jackson. They have announced that the celebration will feature special music presentations by youth choirs and church organizations, as well as the band members of Estacado High School.

Persons in the east Lubbock neighborhood have noticed some of the oversized Dr. Martin Luther King, Jr. Boulevard signs which have been installed by the City of Lubbock employees from the Traffic Engineering Department. Their sign preparation and installation work began several weeks ago along what is now known as Quirt Avenue. During the ceremonies, the changing of signs will be made at Yellow House Canyon Lake No. 6 as part of the special ceremonies.

Mrs. Ervin said the celebration will begin at 11:00 a.m. Saturday morning at Mae Simmons Community Center. Harold M. Chatman will give the purpose and history of the event. And featured speaker of the hour will be Elder Lemuel Thuston, pastor of Alexander Chapel C.O.G.I.C.

Special music presentations will include the Mass Youth Choir, Community Mass Choir and the First United Methodist Church Choir.

Following the program at Mae Simmons Community Center, the event will move to Canyon Lake No. 6 for the unveiling of the Dr. Martin Luther King, Jr. Boulevard signs. The procession from Mae Simmons Community Center to the Dr. Martin Luther King, Jr. Memorial Area at Canyon Lake Drive will be led by the young people on program and the Estacado High School Matador Marching Band.

"We are inviting the entire community to come and be us in this historical event," said Mrs. Ervin.

Black Male Elementary Teacher: Positive Role Model

by Candida N. Johnson



With all the talk in East Lubbock about the lack of African-American males at the elementary school level, parents at Wheatley Elementary were pleasantly surprised when on December 13, 1993, Keith W. Agnes was added to the school's teaching staff.

Agnes is one of two of the only known Black male teachers in the Lubbock Independent School District elementary level.

A native of Dallas, Mr. Agnes says he knew he wanted to be a teacher at an early age.

"From the time I was in the 4th grade, I wanted to teach but wouldn't admit it until I got in college because at the time, I didn't feel it was the manly thing for a Black man to do," said Mr. Agnes.

"Now that I've actually started teaching, I know I made the right choice. I can make a larger impact in the classroom than IBM or anywhere else. I'll tell anyone, anytime that I'm just a plain 4th grade teacher and proud of it," he continued.

Since there is such a limited number of Black males in West Texas who decide to stay in Lubbock, some people doubted his intentions. "People just couldn't believe I was actually going to stay here after graduating from Tech. They kept asking (after I applied for a job here) Are you really going to stay? After I got past that, the offers came in," said Mr. Agnes.

Knowing there was a shortage of Black male teachers in Lubbock, and his little brother from the Big Brothers program, was enough to make Mr. Agnes stay.

"I adopted a little brother in October of '92. I could see that my taking time with him was helping him to evolve into the positive person he had inside. After all that progress I just couldn't abandon him," he continued.

The energetic teacher acknowledged the need for more Black teachers in the elementary area. "Some of our little brothers have simply lost their way. As Black males ourselves, we know what these kids are going through in today's world," said Mr. Agnes.

He can tell his presence is making a difference. "Most of these kids have

never seen a Black male teacher. What I noticed with the black boys on my first day was automatic respect. They just stared at me. I know they were wondering what to expect, but still they were respectful instead of trying."

Agnes knows he is the only black male figure some of the kids will have interaction with during their elementary formative years.

"I don't give them any slack. All my students know I expect the best from them," he continued.

While student teaching here in Lubbock, Mr. Agnes walked up on a teacher and a little black male who was giving the teacher a hard time.

"I pulled him aside and broke it down to him in his language. What he didn't know was that I grew up in the projects in Dallas. I know the streets and the things he's seeing today, I've already seen," he said.

The kid started straightening up when Mr. Agnes came around.

"I'm not going to sit here and say black boys should pretend drugs and gangs aren't out there, but they must know that both street knowledge and book knowledge are needed to survive as a black male today"

—Keith W. Agnes, Wheatley teacher.

It was hard growing up in the projects on the Agnes family, which consisted of four children, two girls and two boys. "My twin brother is in the service and doing very well. We all made it. Even though we lived in the projects, we were lucky to have a father. He was always there for us; we couldn't go out and party or stay out late like all our friends. I didn't like it then but now I appreciate it," Mr. Agnes said.

His father passed away last May, but not before seeing all his children get some form of higher education.

Although some people may feel that Black boys just don't want to learn, Mr. Agnes disagrees. "They want to learn, and they always tell me they don't want to be like the drug dealer around the corner but sometimes that's all they see us doing. There are a whole lot more Black men making an honest living in Lubbock than those who aren't. They just need to come around the schools," he said. "Black boys are so smart. They know what to do in the case of a drive-by or gang fight. I simply try to get them to apply

the same knowledge and interest in school. I'm not going to sit here and say they should pretend drugs and gangs aren't out there, but they must know that both street knowledge and book knowledge are needed to survive as a black male today," Mr. Agnes continued.

As far as respect goes, Mr. Agnes respects his students, which consist of 4 girls and 12 African-American boys.

"I know baggy clothes and dummies are in style, but in my class the kids pull up their pants and tuck in their shirts. I respect them enough to wear slacks, shirt and a tie everyday; they can do the same for themselves and straighten up. They have to learn how to dress for the occasion. They don't wear baggy clothes to church, and since school is a professional learning place, they should dress the part," he added. Mr. Agnes teaches his students that being a Black man or a person, in general, is not how many kids you have or how many boyfriends or girlfriend you can get. It's about getting an education and being able to support yourself. He says that many of the boys just need structure in their lives.

"I give them structure in my class because I know they may not get it anywhere else. Maybe I come off as hard sometimes, but that's all I know. If my dad hadn't been hard with me, I might not still be alive."

He continued that just one hour a week with a Black male can make a world of difference. "Come to the schools—it doesn't matter if you're doctor, a janitor or a lawyer. Just the presence of a Black man who believes in making in honest living can save lives. I cannot emphasize how crucial it is, especially today, for us to come out in force to help our little brothers find their way," said Mr. Agnes.

The new teacher admits he has a lot to learn but that the community and the Wheatley teaching staff is behind him 100%. "I drive down the street and people wave and say he's the new teacher. Mrs. Randall (Principal) and the teaching staff come to my room and ask me if I need help. I really lucked out when I got a teaching position at Wheatley. The kids are great and they have such an eagerness for learning," he concluded.

Many people in the community say they are tired of hearing over and over that there aren't enough Black male elementary teachers in Lubbock. It's time to take action. Educator after educator has repeatedly said, "Black males, come to our schools, we need you." A teaching certificate is not required, just a positive attitude and a little time. Surely that's not asking too much.

GESC Offers Homeownership Program for Citizens

Guadalupe Economic Services Corporation, through a program funded by the U.S. Department of HUD (Lubbock), and in cooperation with First National Bank Lubbock, Lorenzo State Bank, Bluebonnet Savings Bank FSB, and Federal Home Loan Bank of Dallas have joined efforts to assist low-income families in the city of Lubbock to become homeowners.

The lease/purchase program administered by Guadalupe Economic Services Corp. is utilized to place homeless families in homes acquired through HUD. One of the requirements for homeownership is that the client attend a home buyer workshop. Among the topics covered in the workshop are:

Questions in revising the budget to save money.

Other topics include:

Advantages and disadvantages of buying a home

Housing rights

Closing costs

Homeowner responsibilities

After completion of homeownership counseling and proven ability to handle the obligations of owning and maintaining a home, the families are given the option to purchase the residence.

For further information regarding the lease/purchase, default counseling and other programs designed to assist low-income families, please call 744-4416 or come by 1416 1st Street.

Deltas Give Christmas Party, Plus

Delta Sigma Theta Sorority, Inc. brought Christmas cheer to thirty-six preschoolers at Mary & Mae Private School, December 9, 1993. The energetic preschoolers enjoyed refreshments, playing games, singing Christmas carols and opening presents presented to them by Eta Lambda Chapter of Texas Tech University.

Lubbock Alumnae Chapter donated cafeteria supplies, including glasses and metal teaspoons; art supplies, including crayons, glue and construction paper; and an electric pencil sharpener. Delta Sigma Theta Sorority is a Public Service Organization.

Kandace Burnett is president of Eta Lambda Chapter and Wilma W. Wright is president of Lubbock Alumnae Chapter.



Ruby Jay's Corner



The New Hope Baptist Church services were great last Sunday. Services for 1994 began with Sunday School with Supt. Thelma Brown presiding. She was all smiles at her post of duty. Devotion was led by the Primary Class, beginning with the singing of "What A Friend." A teacher, Sandra Henry, offered prayer.

It was a beautiful lesson last Sunday. The subject gave all a message to think about. It's not what we leave to our children in life. It's what we instill in their minds. The men won both banners in Sunday School. There's going to be another first Sunday.

♦♦♦♦♦

The order for the first Sunday morning service began with devotion. The song, "Jesus Is On The Main Line," was sung. The scripture was read by Sister Chase. Prayer was given by Deacon Cork. Another song, "Father Along," was sung. Scripture and prayer was given by Brother Barron. Another song, "Lord, Keep Me Day By Day," was sung.

The responsive reading was read with the help of the congregation. Due to the illness of Pastor Billy R. Moton, our pastor, God always has somebody to help. Rev. Solomon, a member of the Lyons Chapel Baptist Church, filled the members' souls with a burning message. His sermon was taken from Psalm 34:1. His subject was "I Will Bless The Lord." The remaining services were as usual.

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Our prayers go out to Pastor Moton for a speedy recovery. We would hope we would pray for all those who are ill.

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Our love, sympathy and prayers go out to Sister G.H. Davis and family as her husband, "Bull" Davis, succumbed here Friday, December 31, 1993. As we were told that Saturday, January 1, 1994 would have been his birthday. Services are pending at his writing.

♦♦♦♦♦

Sister Precious Brown's daughter, Jessie Townsend of Chicago, Illinois, surprised her mother for the Christmas Holidays. She attended church services last Sunday morning. She asked that we pray for her sick mother.

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Sister MARGARET DUNN is at the bedside of her mother in Arizona. She needs your prayers.

♦♦♦♦♦

Judith Struggs is a patient at St. Mary's Hospital again. She is doing well at this report. Remember, God is able.

♦♦♦♦♦

Let us remember Andrea Thompson.

♦♦♦♦♦

New Hope Baptist Church's theme is: "If you have faith enough to believe it, God has power enough to do it." Change our life style for 1994. God loves you!

Southwest Digest

To Subscribe, Call 762-3612

Texas Highways Meets Environmental and Aesthetic Challenge... High-Quality Photographic Reproductions on Recycled Paper

The December issue of *Texas Highways*, the official travel magazine of Texas, is printed on a new recycled paper stock which bears the fitting moniker... *Texas Highways* Gloss. Simpson Paper Company developed the premium recycled paper especially for *Texas Highways*, a monthly magazine produced by the Texas Department of Transportation.

Herman Kelly, the magazine's publisher, says, "We like the look of this new paper almost as much as we like its name! To my knowledge, *Texas Highways* is the only publication with a paper named after it. Just think, someday maybe other magazines like *Arizona Highways* or even *National Geographic* could be printed on *Texas Highways* Gloss!"

Texas Highways' staff is actively involved in recycling, maintaining bins for aluminum cans, plastics, and papers. For many years, the staff has used various forms and envelopes printed on recycled paper.

However, the dazzling four-color photographs that make *Texas Highways* a favorite with readers simply could not be achieved using the recycled papers that were

previously available. Those papers contained residues that could not be removed in the de-inking process, so they tended to appear dull or yellow.

"It's one thing to produce a grocery bag or a hamburger wrapper from recycled paper," says Kelly. "It's an entirely different challenge to reproduce stunning photographs...and it's our spectacular photographs that people love about the magazine."

But recycled papers have come a long way. "Texas Highways Gloss is bright and white," says magazine editor Jack Lowry, "and the December issue looks great! The colors are clear, and the images are sharp."

The December issue of *Texas Highways* provided the test run for the new recycled paper, which passed with flying colors...not a single reader noted any decrease in the quality of the magazine. Beginning with the March issue, all further copies of the magazine will use this new recycled-paper stock.

"This new paper meets exacting standards," says Lowry, "enabling us to produce the first-class magazine expected by our subscribers around the world...and still make a significant

contribution to the environmental concerns of our staff and our readers."

TxDOT's Travel and Information Division also produces the *Texas State Travel Guide*, a 200+ page publication distributed to over one million travelers annually. Further guides will also sport the new recycled paper, using a flat finish rather than the gloss achieved for the magazine.

"The tourist industry is vital to Texas' economy," says Travel and Information Division Director J. Don Clark, "and TxDOT plays an integral part in developing this burgeoning business. We are delighted that *Texas Highways* and the *Texas State Travel Guide*, which both reflect the essence of Texas, now also reflect the environmental conscience of the folks who love her."

Texas Highways is available on newsstands around the state. Or, call 1-800-839-4997 (that's 1-800-TEX-HWYS) between 8:00 a.m. and 5:00 p.m. central time for subscription information. Single copies of the magazine are \$2 each. The yearly subscription rate is \$12.50 (\$20 foreign).

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IRS Sponsors Free Tax Assistance

Help in coping with the Internal Revenue Service is on the way for qualified taxpayers.

Certain taxpayers can find free tax assistance through VITA, the Volunteer Income Assistance Program sponsored by the IRS.

VITA helps lower income, elderly, handicapped and non-English speaking taxpayers fill out Form 1040EZ, Form 1040A or the Basis 1040. Volunteers will alert taxpayers to special credits and deductions for which they may be eligible, but they do not handle complicated tax matters.

Taxpayers coming to VITA site location should bring wage and earning statements (Form W-2), a copy of last year's tax return and any other relevant information concerning income and expenses.

Free tax help is available at the following time and locations or call 743-7424 for information.

The Federal Building
1205 Texas
Noon to 4:00 p.m.
Monday-Wednesday-Fridays

U.S. Post Office
4th & Avenue L
9:00 a.m. to Noon

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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 causes of all types of ills 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 Order of Hope that all therein not only will be motivated to want to learn and become productive parts of our 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. For more information about getting your announcement on this page, call Eddie Richardson at 762-3612

COMMUNITY MEETINGS

The African-American Black Coalition meets on Thursday at 7:00pm at Estacado High School.

The African-American Women Empowering meets Saturday at 12 Noon at 2812 Weber Drive, Community Center. The Lubbock Branch of the

NAACP meets every 3rd Saturday evening, beginning at 6:30pm Smith Temple Community Church, 6308 Ave. P

East Lubbock Chapter AARP Every 1st Wednesday at 1pm at Mae Simmons Community Center, Oak and 8th St.

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



The Girl Scouts of Greenfield Manor meet each Wednesday at 2812 Weber Drive at 4pm. All interested girls are asked to be present.

Parkway Manor Care Center News

Mary Lane and others from St. Patrick's Catholic Church came last Sunday with communion from their church and gave it to all the Catholic residents.

Brother Bice, Ogham and Brother Leonard—members of Hope Deliverance Church—visited the residents last Monday.

First Progressive Baptist Church had 13 members to come last Monday and conducted church services for the residents.

Katie Parks and Joe and Neide Johnson visited Lulu York on last Wednesday.

Harlan and Tiffany Bunton, who reside in Indianapolis, Indiana, visited their mother and grandmother, Esther Bunton Ferguson.

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

Ann Day, who works for H.A.C.I., visited the residents on last Thursday morning.

Susan Armstrong and Jennie Ann Jordan visited Mother Lullie Wiggins and Shirley Porter, grandmother, on last Thursday.

Mrs. Charles Perry visited Marie Emery on Thursday afternoon.

Annie and Roger Thomas, Mary Campbell, and Barber Brown visited John Brown last Friday.

Jauiska Vines visited all residents on last Friday morning.

A Happy New Year for all of us at the Parkway Manor Care Center.

Miss Norma Owens, A.D. & R.



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AARP Holds Installation Services

The AARP East Lubbock Chapter No. 3591 had installation of officers Wednesday, January 5, 1994. These services were attended by retirees and members.

This program was held at the Mae Simmons Senior Citizens.

The group meets on the first Wednesday of each month at the same place.

Chapter No. 3591 is a part of the American Association of Retired Persons.

All meetings begin at 12:30 p.m.

Mrs. Emma Lee Sanders is public relations director.



"An Evening with Luther Vandross" and Martell Cognac Provides the Perfect Blend

The finale of the Martell Cognac "Art of Harmony" Presents Luther Vandross Tour promises to soothe many souls in Oakland and Los Angeles. Joining Luther for the tour's close are songbird Oleta Adams and comedian Lewis Dix. Since September, Martell Cognac has sponsored 11 concerts in major cities where more than 120,000 Vandross enthusiasts have enjoyed the shows. Pictured with star balladeer Luther Vandross is Clyde Allen, Director of Trade Marketing for the House of Seagram.

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We would like to take this time to thank all of you for helping to make our Christmas a joyous season for the young people at Mary & Mac Private School.

Those who were a part of this were: Mrs. Wilma Wright and sisters of the Delta Sigma Theta Sorority, Inc., Lubbock Alumnae Chapter; Katanya Cathart, Kandace Barnett, Kelli Shelton, Kim Davis, Micki McDonald, Sharon Forbes, Chartice Edmondson, Adrienne Malone, Kim Wright, Natasha Foster, Tawanza Tanner, Pam Thurman, Cheryl Sinclair, Mrs. Elurd Devenport, Mrs. B. Priced, Mr. & Mrs. Carter and Mr. & Mrs. Hardin Barrow.

There are others whom we may not have their names, but we are most appreciative of what all of you have done. Thanks a bunch for caring for our kids.

May God continue to bless each of you, and may you have a Happy New Year!



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City-Wide Ushers Will Meet

The City-Wide Ushers will meet at the Faith First Baptist Church at 5 p.m. on Saturday, January 8, 1994. Rev. N.R. Garnett is host pastor.

The church is located at 1504 East 15th Street.

All who can are asked to be present.

Brother W. Walker, President; Sister Lou Harris, Vice-President; Sister Annie Sanders, Director; and Sister Minnie Darthard, Secretary/Reporter.

Monthly Prayer Vigil Set

The prayer vigil for the month of January will be held from 7:00 a.m. to 8:00 a.m. on Saturday at Faith First Baptist Church, 1504 E. 15th Street.

All are invited to come and help praise the Lord from 7 a.m. to 8 a.m. Sister Gladys Henderson, president; Rev. N.H. Garnett, host pastor.

You are invited to Quirt Avenue Name Change Celebration

to
Dr. Martin Luther King, Jr. Boulevard
"Now is the Time: Hope for Healing"



"The Citizens of Lubbock unite to look at the past and share in the future"

January 8, 1994 11:00 a.m.
Mae Simmons Community Center
23rd and Oak, Lubbock

EDITORIALS • COMMENTS • OPINIONS



1994-Time To Take Responsibility For Our Own Actions Now!

by Eddie P. Richardson

Black people, take this very...serious...because...it...is!! You can not beg...and...bargain...at...the...same...time. We have to get our act together, take full responsibility for our actions, quit shucking, jiving, foot shuffling, behind scratching, and get serious. The times are too grim, the stakes are too high, for us as a people to kid and fool ourselves, moan and groan, complain, and say that someone else is not doing their part and should be doing, when we are doing less or nothing at all. We complained about the poll tax that with the hard work of many people was eradicated; we moaned and groaned, complained, whined and cried to get the right to vote, now we sit on our behinds and fail to exercise that right, and still have the nerve to complain. After many struggles, fire hoses, guard dogs, beatings, mobs, deaths, and even legislation, we obtained the right to vote, and I'll be damned, we...are...sorry...to get...off...a...seat...and...take...our...behinds...to...the...polls...and...vote...but yet and still we set around and complain about the situation affecting every phase of our lives and we still don't have any pride or desire to better our

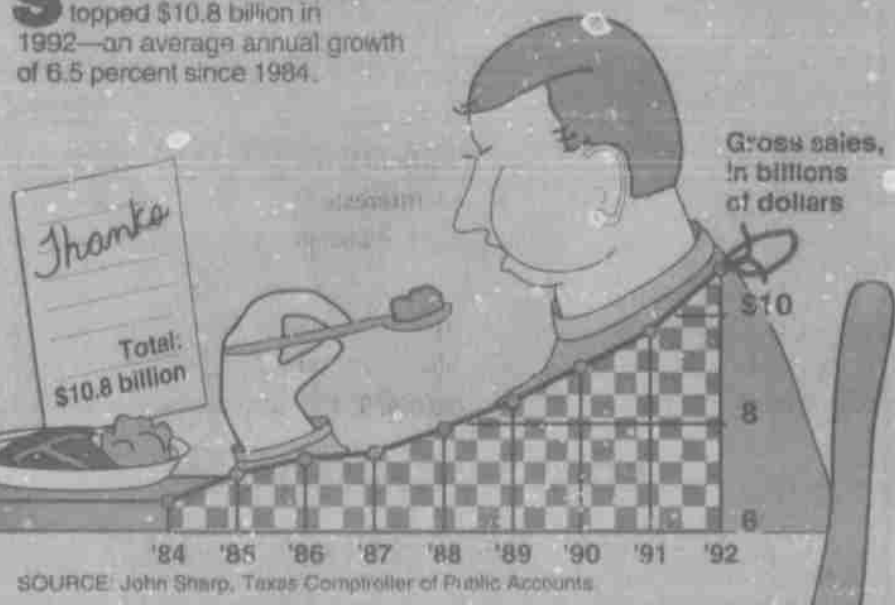
conditions socially, politically, and economically by going to the polls and voting our convictions to improve our lives and situations.

On taking responsibility for our actions, we had a recent shattering experience. Justice of the Peace Precinct 6 McKinley Shepard did a grave disservice and discredit to the Black community by holding his announcement until the 11th hour not to run, therefore depriving the Black community time to find a viable contender. We realize this is America and one has the freedom to run or not run, the only problem is the timing. Abraham Spires (Abe) even asked him his plans and he said he did not know at that time if he would or would not run. Abe was discouraged from running by Councilman T.J. Patterson and others. T.J.'s main reason, "he always swore me in." In the future it is our hope we become more responsible to ourselves and our communities.

For us to make our communities the competitive, self-sustaining market-places they should be, is for us to take the leadership and initiative to make it happen, and curb the violence, it has to be us, it's not going to come from the White House, it's got to come from your house and my house.

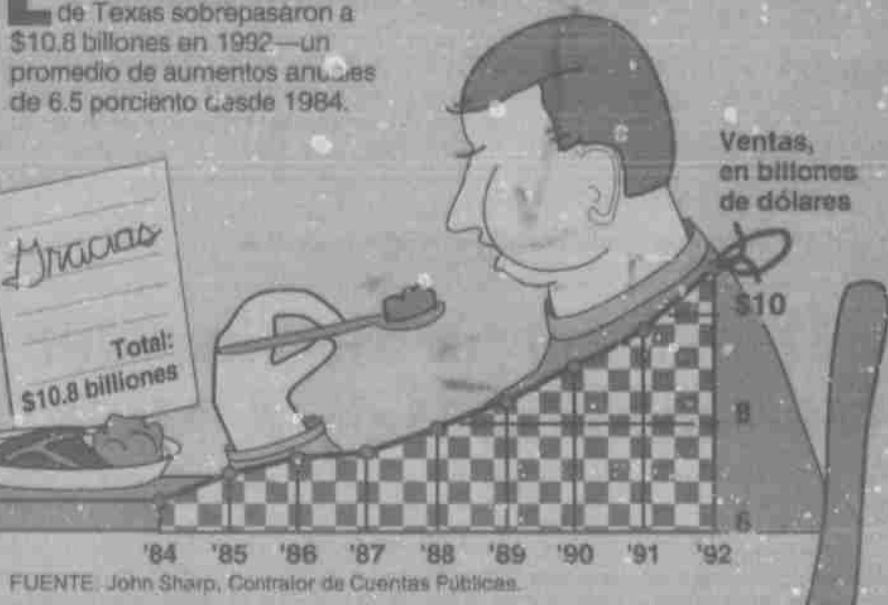
Restaurant sales show steady rise

Sales in Texas restaurants topped \$10.8 billion in 1992—an average annual growth of 6.5 percent since 1984.



Ventas en restaurantes crecen

Las ventas en los restaurantes de Texas sobrepasaron a \$10.8 billones en 1992—un promedio de aumentos anuales de 6.5 por ciento desde 1984.



Crazy Horse by Stephen C. McIntyre

The automobile has gotten us into a war in the Middle East, kills hundreds of thousands a year, pollutes our atmosphere, is the source for countless jokes about "used car salesmen" and lousy commercials, and dramatically affects our economy when they don't sell.

This invention in and of itself is not evil. Quick and efficient transportation is nice. But the private automobile has a definite controlling effect on American society and some of our policies towards the world.

What is good for GM is not necessarily good for the US or the world. The car provides personal, immediate movement. In Lubbock it also provides us the East-West Freeway in Lubbock, constant street repair and widening, increasing the pavement with its contribution to the flooding, accidents, parking headaches, increased taxes, and poisoning of the air and groundwater. Give it some thought. Read a little.

"Clean Motion," Environmental Action, 1525 New Hampshire Avenue, NW, Washington, DC 20036. Starter kit on how to organize local efforts for cleaner transportation alternatives.

"Halting Global Warming," P.M. Kelly (January 1990), Climate Research Unit, School of Environmental Sciences, University of East Anglia, Norwich NR4 7TJ, UK. Report prepared for Greenpeace International, Keizergracht 176, 1016 DW Amsterdam, The Netherlands.

"Cycling Into the Future," Marcia D. Lowe for Worldwatch Institute's "State of the World: 1990," Worldwatch Institute, 1776 Massachusetts Avenue NW, Washington, DC 20036.

"Rethinking the Role of the Automobile," Michael Renner, Worldwatch Paper 84, June 1988, Worldwatch Institute, 1776 Massachusetts Avenue NW, Washington DC 20036.

"Global Trends in Motor Vehicles and Their Use: Implications for Climate Modification," Michael P. Walsh. Report prepared for World Resources Institute, 1769 New York Avenue NW, Washington, DC 20006.

171 **** New Year's Day

1863 Emancipation Proclamation

1920 Palmer Raids: 10,000 union and socialist organizers arrested

- ed in federally-coordinated raids
- 1/3 1959 Alaska joined the Union, Texas no longer the largest state.
- 1961 Idaho Falls \$1.- nuclear reactor accident, 3 workers killed
- 1/4 1912 "Bread & Roses" textile strike, Lawrence, Mass.
- 1/6 1927 U.S. Marines invade Nicaragua
- 1937 Abraham Lincoln Brigade formed to fight Spanish fascism
- 1/7 1789 First U.S. presidential election
- 1953 President Truman announces development of H bomb
- 1983 Assistant Attorney General Rosz orders federal agencies to make it more difficult and expensive—up to \$55.00 per hour—to obtain information through the Freedom of Information Act.
- 1/8 1964 FBI memo: "A national leader could at this time be developed so as to overshadow Dr. King...it would not only be a great help to the F.B.I., but the country at large."
- 1/9 1964 U.S. troops kill 21 protesters in Panama Canal Zone
- 1/10 1961 N.Y. Times reports the training of anti-Castro troops in Guatemala with U.S. "aid" but mentions neither the CIA nor the planned Bay of Pigs invasion.
- 1966 Julian Bond is denied his seat in the Georgia legislature for opposing U.S. policy in Viet Nam.
- 1966 Chicago FBI office approves break-in on offices of the Chicago Committee to Defend the Bill of Rights, to obtain lists of financial backers.

The efforts of some folks in Lubbock to do the right thing during Christmas is admirable. Buying a gift, delivering a meal, the little extra kindness that we see in the old movies and have come to expect does occur with some folks in this town. But doing it when it is expected, when it is Christmas, when you feel guilty, when the media is watching, when it is convenient because your boss will let you off, when the community decides it is socially acceptable to care about the poor, when...

It comes down to a cold day in February. It even comes down to the day after Christmas. What then? What will happen to the care and kindness when the ice storms hit the first week in March?

This & That

POPULATION GOES UP IN LUBBOCK 1.1%! THIS N THAT... would like to report that the...CITY OF LUBBOCK'S POPULATION...is growing...and if it continues...the population by the year of...2010...will have a population of...210,660...as have been predicted...At the present...population is...190,038 PERSONS...The population of...AFRICAN-AMERICANS...at this report...is...16,913...or...8.9%...as compared to the...HISPANIC COMMUNITY...with a population of 45,609...which is...24.0%...With both minority groups...the total population is...approximately...62,522 OR 32% OF THE POPULATION! THIS N THAT...predicts a growing number of people of color...before the year of...2000!

STATS OF CRIME IN LUBBOCK! THIS N THAT... learned that the first...ten months of 1993...that there were...10,366 PART ONE CRIMES...which consist of...HOMICIDE...SEXUAL ASSAULT...ROBBERY...AGGRAVATED ASSAULT...BURGLARY...THEFT...AUTO THEFT...and...ARSON, THIS N THAT...learned that this compared to the...11,420 PART ONE CRIMES...during the first ten months in 1992...while in 1991...there were...10,312 PART ONE CRIMES...which were more than in the year of 1993...THIS N THAT...advises all to be careful...

D.C. KINNER THE BARBER SAYS: IF THE WORLD...seems

cold...to you...KINDLE FIRES...to warm it..."

QUIRT AVENUE RENAME CELEBRATION SATURDAY! THIS N THAT... would like to advise of the...upcoming...QUIRT AVENUE RENAME CELEBRATION...which is being held on...SATURDAY, JANUARY 8, 1994...beginning at 11:00 a.m...and will consist of young people singing...as well as an adult mass choir...and a choir from the...First United Methodist Church...It has been advised that...ELDER JEMUEL THUSTON...pastor of the...Alexander Chapel CGIC...will be the main speaker...Should be a most...HISTORIC SETTING...as our high school band...ESTACADO HIGH SCHOOL MATAFOR BAND...will lead the parade to the...DR. MARTIN LUTHER KING, JR. MEMORIAL AREA...Let's all go out and take part in this occasion...which has taken nearly thirty years to become a reality!

SUPPORT MARY & MAC PRIVATE SCHOOL! THIS N THAT... is happy to see all of you...who have supported the efforts of the...MARY & MAC PRIVATE SCHOOL...with the many gifts and kindness during last year...and we hope this will continue...These young kids will benefit...for what you have done...and...hopefully...what you will do in the future...Now if you...would like to help this...institution...call... (806) 744-4057 TODAY!

HAVE A HAPPY NEW YEAR!



In Cinque

by Renetta W. Howard

While a lot of attention is paid to child abuse, there is another abuse which has a much more significant and permeating effect on families. It is parent abuse.

Many loving, well-meaning and attentive parents are abused every day in our society. These parents do all they can to care for their children and put them in the best-case scenarios on a daily basis. They put their best foot forward in caring for their children, but they walk lightly because they are not sure where the thin line lies which if they cross over it, will make them a bad parent, or a child abuser.

The reason for their fear lies in family codes and state laws which set limits for how families and family members care for and discipline THEIR children. Good parents are afraid to discipline their children for fear the children will call 911 or the welfare agency that investigates child abuse cases. Consequently, children are NOT disciplined and have taken control of their homes and schools and other places ordinarily run by adults. They organize into groups and gangs and then they set the rules.

Frightened parents stand by waiting and hoping that the police or some benevolent organization will do what they wished they had the power to do: make their kid mind!

Parents, get together, get "in cinque" and utilize your "god-given" rights and discipline your children. Do it now and the police will be left out later. Fail to discipline now and watch your child be disciplined by youth officers and police later. Get "in cinque" and take control of your children.

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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 the Industrial, Educational, Social, Political, and Economical 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 columnists or editorials are not necessarily the opinions of the publishers/editors or those of the advertisers. Comments and pictures are welcome but the publishers are not responsible to return articles unless a self-addressed envelope is submitted. All notices must be paid in advance. Story deadline is 12 p.m. Monday. Advertisement deadline is Monday 5 p.m. the week of publication.

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A Community-Building Newspaper

\$20.00 per year—\$35.00 a year



SPORTS



**GOOD LUCK
MATADORS!!**

EHS JV In Action!

Estacado High School Junior Varsity basketball players, Lourtney Phillips (24) and Deshone Collins (15) are shown hustling during a game in the Matador gym last week.



The Southwest Digest supports the 11-3 Estacado Matadors. Good Luck!

Harlem Globetrotters Introduce Newest Team Member: First Time Ever Mascot, Globie

HOLLYWOOD, CA / MINNEAPOLIS, MN—One of the Harlem Globetrotters' newest team members isn't a high-flying slam dunker or expert dribbler, but is a champion of laughter.

Introducing Globie, the Harlem Globetrotters' first time ever official team mascot, ready to score a world of fun with young and old alike.

Sporting the team's signature red, white and blue, Globie adds new dimension to the 1993-94 tour of the World's Greatest Basketball Show. Welcoming audiences and offering pre-game hugs and photo opportunities for kids, Globie also interacts with the crowd and players during the game and takes to center court at half time for some dancing, roller blading and ball-handling wizardry to the festive beat of "Globie's Theme Song."

Brainchild of the team's new owner Mannie Jackson, the lovable blue character is a welcome addition to the team. "We wanted a special host to the hundreds of thousands of children who attend our games," says Jackson. "Globie encourages fan participation—one of the key elements that makes the Globetrotter experience especially enjoyable and unique."

Colorful Globie merchandise such as t-shirts, activity coloring books and more, will be available for purchase at Harlem Globetrotters concession stands.

Since early childhood development initiatives such as United Way's Success By 6 are a paramount focus of the Harlem Globetrotters, Globie also offers an important message for today's youth. In addition to being an adorable court jester, Globie will make special appearances when sched-

ing permits at elementary schools, day care centers and hospitals. The Globie Lessons On Basics In Education offer entertaining and educational guidelines to help kids get a head start in life. Since Globie does not speak, an original Globie learning sing along song and pass out materials encourage interaction and drive the message home.

An advance Globie character will also be available for special appearances in cities prior to the team's arrival.

"Globie isn't just a mascot," Jackson adds. "This happy character is an important component in all the fun and excitement of the Harlem Globetrotters both on and off the court."

Globie was a sensation with the sold-out crowd at the first test market appearance during the team's River Falls Wisconsin exhibition game Oct. 2. Already living up to its worldly name, Globie is currently entertaining fans with the Harlem Globetrotters in Japan.

Fans in the United States can catch Globie's charm when the Harlem Globetrotters' domestic tour gets underway Dec. 26 in Pittsburgh and Atlanta, respectively.

Known as the venerable Houdinis of the Hardcourt, the Harlem Globetrotters are celebrating their 68th season of entertaining fans throughout the world. When it comes to showcasing some of the most entertaining and competitive talents in basketball today, Globie only adds to the winning score.

Get Worldwide Airplay, Press Coverage and Distribution for Your Recording

Wishing you could get worldwide airplay, press coverage and distribution immediately without waiting for months or even years on major label record deals?

Well, if you are a recording artist or independent record label and your musical style falls within the Adult Contemporary, Urban Contemporary, Contemporary Jazz Rap or Hip-Hop formats, we have great news for you!

Anunciata Public Relations, an international public relations firm, can get your professionally-produced and mastered DAT recording or compact disc into worldwide airplay along with press coverage and distribution as well. In addition, the company consistently monitors radio and retail charts, reporting on a regular basis the status of your recording. And this process also assists you in getting that long-awaited major label record deal much sooner.

An average public relations firm charges a minimum of \$500-\$1000 per week for only a national promotional campaign combined with a six-month contract commitment. And you are required to begin payment

prior to any work being done.

Anunciata's fees are structured much differently and are well below the standard rates. As a matter of fact, the only "upfront" costs you incur are for postage and mailing and you would pay for that anyway if you were to do your own mailing.

Anunciata takes an agreed-upon percentage from your CD sales. In other words, they don't make money until you make money. This way, you know that they are continually working for you and affecting sales. In addition, this not only keeps you (the artist or independent label) in complete creative and financial decision-making control but you're also getting the same amount of exposure and distribution that a major label would give you, only much sooner. And you're making much more money! Fair enough? We certainly think so!

So, if you want to really get on the right road to recording success, fame and fortune, start out on the right foot by contacting Anunciata Public Relations today at (602) 530-8810.

Eleven African-American Organizations Schedule Meetings in Greater Miami and the Beaches

MIAMI, FLORIDA—Eleven African-American organizations at the state and national level have booked these meetings or conventions in Greater Miami and the Beaches, Mayor R. Stierheim, Greater Miami Convention & Visitors Bureau (GMCVB) President & CEO, announced today.

"We are very pleased that African-American business is returning to our market," Stierheim said. "African-American conventions and meetings are very good business for Greater Miami. The hospitality industry has re-established a good working relationship with the African-American community and we will do everything we can to foster that relationship in the future."

The groups booked Greater Miami and the Beaches after a local visit for industry boycott by African-Americans was lifted in May of this year. Since June, 1990, African-American organizations avoided Greater Miami & the Beaches in solidarity with the boycott. The boycott was organized by local African-Americans after a number of political leaders refused to welcome African National Congress leader Nelson Mandela to Greater Miami & the Beaches.

During the boycott, the GMCVB Convention Sales Division stayed in contact with all of its African-American professional colleagues and associates and kept them informed of developments. In addition, GMCVB created a non-profit organization, now known as the Visitor Industry Human Resource Development Council (VIC), to increase the economic participation of African-Americans in the visitor industry. One of the major projects of the VIC is to provide 125 scholarships to African-American men and women interested in hospitality careers. The scholarships are paid by the visitor industry and local foundations.

The boycott concluded in May, 1993, with a 20-point agreement between boycott organizers and a tri-ethnic group of business, professional and civic leaders. As a result, a new business partnership was created, the Miami Partners for Progress. The Partners agreed to "promote Greater Miami as a desirable place for all people to live, do business and visit."

This November, Stierheim headed a 10-person delegation representing Greater Miami & the Beaches at the conference, National Coalition of Black Meeting Planners, in San Antonio, Texas. "Greater Miami was well-received and the meeting planners asserted that business would be coming back to Miami," Stierheim said. "The planners have fulfilled their commitment of, once again, giving Miami due consideration once the boycott finished."

The 11 meetings booked are:

- 1993 state chapter meeting, National Association of Black Hospitality Professionals, attendance 40 for three days
- 1993 executive committee meeting, National Association for the Advancement of Colored People, attendance 70 for three days
- 1993 regional conference, Coalition of Black Trade Unionists, attendance 200 for five days
- 1993 women's leadership forum, National Minority AIDS Council, attendance 30 for four days
- 1993 leadership conference, National Conference of Black Mayors, expected attendance 78 persons for five days
- 1994 semi-annual training conference, Florida Association for Community Action, expected attendance 250 for four days
- 1994 annual convention, National Black Chamber of Commerce, expected attendance 350 for four days
- 1994 annual convention, M.W. Cypress Grand Lodge, AE & AM, expected attendance 74 for seven days
- 1995 eastern coast assembly, Ancient Arabic Order Nobles of the Mystic Shrine, expected attendance 400 for four days
- 1996 annual meeting, 100 Black Men of America, expected attendance 1,200 for five days
- 1997 annual convention, National Association of Black Accountants, expected attendance 1,000 for seven days

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CHURCH DIRECTORY



Call To Renewal-1994



**FROM THE DESK
OF PARSON
D. A. SMITH**

Philippians 3:13-14 is one decisive sentence that shows how the Christian deals with the legacy of his or her past. The apostle Paul is writing to people who have been priding themselves on the things that life has already given them. It appears that these people were thinking and speaking as if they had attained everything of value and there was nothing left for them to accomplish. This was the subtle peril of their past experience. The very greatness of their past was in

danger of robbing their future of opportunity. The apostle Paul realized that a call to renewal was an imminent necessity.

The apostle was not without his own experience. In fact, the greatness of his past experiences were of such that memory would love to have prevailed. If the Philippians were tempted to live in the past, he had even a greater reason. But he chose not. He knew that life is a race in which the tension is never relaxed, a contest in which the backward glance cannot win the prize. He does not compute it to be a wise decision to apprehend when the race is not over. "One thing I do," he says, is "forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize."

We learn from the apostle as we enter into 1994, that pressing on, one must be receptive to new inspiration. Everything worthwhile in life comes as someone feels deeply, is sensitive to, or emotionally enters into some new experience of discovering or understanding. There are those who like the Philippians

who miss the whole meaning of life because they never lose themselves in some new inspiration of truth, beauty, or meaning and enter into the joy of it.

The call to renewal reminds us that 1994 can be new for us through the creation of new attitudes. For most of us, however, a new year does not mean any appreciable change in outer circumstances or conditions. It will be the same job, the same problems, and the same self to live with. If anything is going to be new it will have to come through a new attitude. Part of the blessed hope of our faith is the knowledge that, although we cannot change our outer circumstances, we can be masters of our reaction to them. We do not need to live at the mercy of events.

This is what the apostle Paul meant when he wrote: "I have learned in whatsoever state I am therewith to be content...I know how to live when things are bad and when things are good." Of course, the apostle was not satisfied with all outer circumstances. He had hoped for better days and to that end he set about to change some things that

bothered him but which he would not let overwhelm him. Inwardly he found an attitude of heart, mind and soul that would let nothing crush his spirit. With his acceptance of things as they were, he also held the attitude which said, "In all these things we are more than conquerors through him that loved us."

The call to renewal reminds the citizens of Lubbock and especially those in leadership positions that we can have a new year as we join our lives to some cause greater than ourselves. Something bigger than ourselves helps us push back the horizon, starts us growing in new endeavor, thought, and action, and life's limited vista begins to offer breathtaking possibilities.

This was the method of the Lord Jesus Christ. In a defeated day he linked the lives of his followers to the kingdom of God. Immediately their little worlds gave way to the infinite possibilities of God's vastness and man's potential in the image of God. So people who were quite ordinary in their little lives became great individuals through a new love and cause and left their mark on humanity.

First Progressive Baptist Church 4th Annual Musicians Appreciation Service.
You are cordially invited to our musicians 4th Annual Appreciation Service.

Where: First Progressive Baptist Church
When: Sunday, January 9th, 1994
At: 3:00P.M.

We will be looking for you.
Rev. Homer L. Avery Sr., Pastor
Thank You In Advance For Your Support.
Cecil J. Harris, Senior Choir President

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"Free at Last; So I Can Sin!!!"

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 that thou hast forgotten the law of thy God, I will also forget thy children.

The Lord did BLESS this USA country. It started out on PRAYER, FAITH & LOVE. But the DEVIL has given EVERYONE THEIR RIGHTS; NOW IT'S THE LAND OF BLOOD.

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

And the BAD thing about SOWING, You will always REAP: MUCH, MUCH MORE THAN YOU'VE SOWN. You can take a gallon of corn and plant it. You can take it to the field in a gallon bucket but when you REAP IT YOU'LL NEED A PICKUP TO BRING IT IN. YOU ALWAYS REAP MORE THAN YOU'VE SOWN.)

It started in the 60's when THE CHRISTIANS MARCHED FOR EVERYONE'S RIGHTS, DISOBEYING THE LAWS OF THE LAND, NOW THE CHILDREN DISOBEY THEM DAY & NIGHT.

I Peter 2:13-16, Submit yourselves to every ordinance of man for the Lord's sake; whether it be to the king, as supreme; Or unto governors, as unto them that are sent by him for the punishment of evildoers, and for the praise of them that do well. For so is the will of God, that with well-doing ye may put to silence the ignorance of foolish men: As free, and not using your liberty for a cloak of maliciousness, but as the servants of God.

The CHRISTIANS followed the man's DREAM; and not THE WORD OF GOD. NOW THE WHOLE COUNTRY HAS GONE MAD; AND HAS NOT RETURNED UNTO THE LORD.

♦♦♦♦♦WILL A PEOPLE ROB GOD?♦♦♦♦♦

Jeremiah 23:25-27, The Lord said, I have heard what the prophets said, that prophesy lies in my name, saying, I have dreamed. How long shall this be in the heart of the prophets that prophesy lies? yea, they are prophets of deceit of their own heart; Which think to cause my people to

forget my name by their dreams which they tell every man to his neighbour, as their fathers have forgotten my name for Ba'al.

Then the RIGHTS OF ONE WOMAN; SAYING THERE'LL BE NO PRAYER IN SCHOOLS, NOW AFTER 30 YEARS, CHRISTIANS WANT PRAYER BACK, WITH THE DRUGS & GUNS. WHO'S THE FOOL?

Romans 1:21, 22, Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imagination, and their foolish heart was darkened. Professing themselves to be wise, they became fools.

Even giving children their RIGHTS, so that he could have HIS FUN, NOW THE CHILDREN ARE MURDERS; AT A VERY YOUNG AGE, THEY'RE CARRYING GUNS.

Isaiah 1:5-7, Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment. Your country is desolated, your cities are burned with fire: your land, strangers devour it in your presence, and it is desolate, as overthrown by strangers.

And even today THE CHRISTIANS CLOSE CHURCH, TO CELEBRATE A MAN'S NAME, THEY'RE WORSHIPPING A DEAD MAN, AND THAT'S SIN; SHAME, SHAME, SHAME.

Mark 7:6-9, Jesus said, well hath E-sai'as prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. Howbeit in vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandments of God, ye hold the tradition of men, as the washing of pots and cups: and many of such things ye do. And he said unto them, full well ye reject the commandment of God, that ye may keep your own tradition.

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, our Brother in Christ Jesus Always!!!

The Outreach Prayer Breakfast

"Happy New Year!"

"Beloved, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God." 1 John 4:7.

The members and supporters of the Outreach Prayer Breakfast would like to wish each of you a most prosperous new year!

As God has sustained each of us, let us be reminded that he (God) loves each of us, and we should love each other.

Perhaps we may not like what some may do, we are advised to love each other.

Therefore, brothers and sisters, we have an opportunity to do much better towards each other.

So as we enter another year, let us do more toward helping and loving each other. With God, we can overcome any obstacle in our path.

Our Prayer

Lord, as we enter into a new year, help us to work together.

We pray that we will do a much better job than we did last year. Continue to open our eyes so what we must be doing to help each other.

Father, we need you! Without you, nothing is possible.

Be with us, Father, is our prayer. Amen.

Can any good come out of Nazareth? Come and see! Be with us in 1994! Okay?

Remember our sick & shut-in as well as our bereaved families.

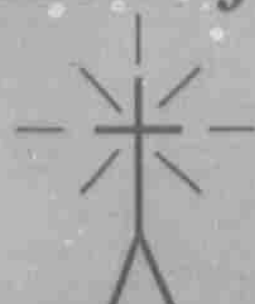
Sister Dorothy Hood, President; Sister Ardella Hardrick, Vice President.

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Sunday Morning Worship - 11:00 a.m.

Sunday Evening Worship - 6:00 p.m.

Wednesday Midweek Services - 7:00 p.m.

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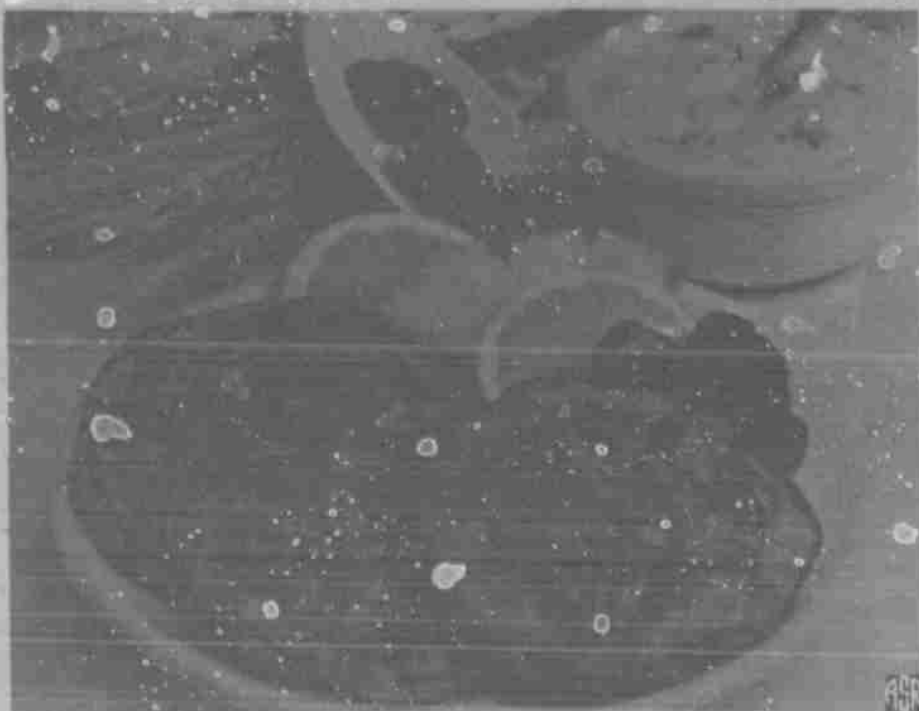
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FOOD

Fruity Flapjacks Take the Chill Out of Winter Mornings



Celebrate National Prune Breakfast Month this January and every month with a meal that's both familiar and comforting. Buttermilk Flapjacks with Prune-Yogurt Topping give a new twist to a timeless favorite. Sweet California prunes add chewy texture and fruity flavor to these moist and cakey flapjacks. The combination of bran, whole wheat flour and plump, nutritious prunes also provides a generous 9 grams of fiber per serving. As a lowfat and delicious alternative to the usual butter and syrup, serve these flapjacks with easy-to-make Prune-Yogurt Topping.

If time is an issue during the frantic work week, simply prepare extra flapjacks in advance, wrap individually and freeze. When you're ready to eat them, pop a few in the toaster-oven or microwave and you're ready to warm your morning with a fast, tasty meal.

Buttermilk Flapjacks with Prune-Yogurt Topping

- 1 cup all-purpose flour
- 1/2 cup each whole-wheat flour and unprocessed bran
- 2 teaspoons baking soda
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 cups buttermilk
- 2 eggs, lightly beaten
- 2 tablespoons melted butter or margarine
- 1 cup (about 6 ounces) chopped pitted prunes
- Prune-Yogurt Topping (recipe follows)

In bowl combine flours, bran, soda, sugar and salt. Stir in buttermilk, eggs, butter and prunes; mix with fork just to blend. Coat a large nonstick skillet with vegetable cooking spray and place over medium heat. Drop batter by scant 1/4 cup measure into skillet and cook about 5 minutes until golden brown, turning once. Serve hot, with Prune-Yogurt Topping.

Makes 1 dozen 4-inch flapjacks.

Prune-Yogurt Topping:

In container of electric blender or food processor combine 1 carton (8 ounces) plain nonfat yogurt and 1/3 cup (about 2 ounces) pitted prunes. Blend to coarsely chop prunes. Sweeten with 1 to 2 teaspoons honey, if desired.

Nutritional Information per three flapjacks with 1/3 cup topping:
470 calories; 10 g fat; 130 mg cholesterol; 1429 mg sodium; 80 g carbohydrate; 9 g fiber; 18 g protein.

HEALTH EMPHASIS INFORMANT

JANUARY	February 24 - How To Treat A Cold
MENTAL HEALTH	March 2 - Special Diet For Use In Allergies & Food Sensitivities
January 5 - Depression	
January 12 - Perception	
January 19 - Memory	
January 26 - Sleep	MARCH - DIGESTIVE HEALTH
FEBRUARY - ALLERGIES & FOOD SENSITIVITIES	March 10 - Constipation
February 3 - Hyperactive Child	March 17 - Causes Of Gas
February 10 - Effect Of Alcohol Consumption	March 24 - Weight Control
February 17 - Instructions On Eating	March 31 - Things Over Weight People Have In Common

Favorite Family Recipes Can Be Prize-Winning Meals

Good cooks often add their own twists to traditional meals, creating new recipes that are delicious and convenient. Whether designed for family dinners or special entertaining, those are just the types of recipes that could win big at the 1995 National Beef Cook-Off.

Entries are now being accepted for the National Beef Cook-Off, which food experts recognize as one of America's foremost cooking competitions. Qualifying recipes must be original creations of amateur cooks, ready in an hour or less and contain no more than eight ingredients. Winners of the 1995 Cook-Off will share an all-time high \$45,000 in cash prizes, including a \$25,000 grand prize.

One recipe, entered in the 1993 Beef Cook-Off on its merit for entertaining, is "Sesame Beef Salad," winner of a \$2,000 honorable mention prize. Created by a Missouri career woman, the light, flavorful recipe features thin-sliced boneless beef top sirloin steak with Asian seasonings, served over rice noodles (or pasta) with crisp-tender vegetables.

Sesame Beef Salad

Total preparation and cooking time: 30 minutes

- 1 pound boneless beef top sirloin steak, cut 1 inch thick
- 8 ounces fresh pea pods, cut diagonally in half if large
- 4 to 8 ounces uncooked thin rice noodles or vermicelli
- Water
- 1 tablespoon dark sesame oil
- 1 large red or yellow bell pepper, cut into julienne strips
- 1 tablespoon sesame seeds
- 1 small head Boston or Bibb lettuce
- 1 small head radicchio
- 1 tablespoon sesame seeds
- Marinade:**
- 3 tablespoons peanut oil
- 3 tablespoons rice vinegar
- 5 teaspoons soy sauce or tamari
- 1/2 to 1 teaspoon hot chili oil (preferably with garlic)



"Sesame Beef Salad is a prize-winning Asian-style combination of lean, boneless beef, rice noodles and vegetables."

- Heat large heavy skillet over medium-high heat until hot. Place beef steak in skillet and cook 9 to 12 minutes for rare to medium doneness, turning once.
- Trim fat from steak. Carve steak into thin slices. In medium bowl, combine marinade ingredients. Add steak slices; toss to coat. Cover and set aside in refrigerator.
- In large pot, bring water to a boil. Add pea pods, cook 1 to 2 minutes until crisp-tender. Remove from water; immediately rinse pea pods with cold water. Drain; set aside.
- In same boiling water, add noodles. Stir; cook 3 to 5 minutes or until tender. Drain; rinse with cold water. Using large spoon, press noodles against strainer to remove excess water. Drizzle noodles with sesame oil; toss to coat.

- In large bowl, combine reserved beef, pea pods, bell pepper and 1 tablespoon sesame seeds. To serve, arrange lettuce and radicchio leaves on serving platter. Top with noodles. Arrange beef mixture over noodles. Garnish with 1 tablespoon sesame seeds.

Makes 4 servings (serving size: 1/4 of recipe).

Finalists in the 1995 National Beef Cook-Off will prepare their dishes at the National Beef Cook-Off Final, to be held Sept. 21-23, 1995, in Little Rock, Arkansas. Entries are due June 1, 1994.

For more information or an entry form, contact your state beef council or write to National Beef Cook-Off Entries, P.O. Box 3240, Chicago, Ill., 60654, or call 1-800-621-7011.

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If You Haven't Made Your First Million Yet, Why Not Try For January 27th.



Some people hope to make their first million by age 30. Some, by age 50. Others, on January 27. Because that's the date of the Texas Lottery's last scheduled Million Dollar Grand Prize Drawing. The game is about to end for good, so hurry up and scratch off a Lucky Lone Star (it's on a red, blue or gold Lone Star Millionaire ticket) and send it in to the Texas Lottery. If your ticket is received by 5:00pm on Friday, January 14, then you are eligible for the Million Dollar Grand Prize Drawing. Now that's something worth trying for.



Official odds of winning 1 in 4,000,000. Must be 18 years or older. 10 plays. © 1994 Texas Lottery.



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