

If you are a drug dealer, and you are poisoning the minds of our young people, and destroying their health and growth as well as their heritage, we (The Southwest Digest) will expose you.
WE ARE WATCHING YOU!



Southwest Digest

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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

BUSINESS EXCHANGE

By William Reed

Points on How to Be a Winner Each Day of Your Life

How many times have you told family and friends that you are going to do better in your personal and financial life in 1999? Was it just a lot of talk? If not, then what steps will you take toward gaining personal, and success for your family, in 1999?

There are seven basic principles you must adopt in order to guarantee yourself measurable success in 1999. Any goal you can conceive can be achieved by you if you consistently apply the following "Success Principles".

#1 - TAKE ACTION In order to achieve goals, you must initiate action. Take the offensive. Don't be afraid to struggle. Even though there are factors you cannot control, it will be your own actions more than anything else which determines your level of success in life. To win, you must be an action-oriented person with a goal.

#2 - HAVE CLEAR GOALS! Clear, specific goals give purpose and direction to life. You are able to focus and concentrate your efforts because you know exactly what you want. Sounds basic, but most people only have vague notions of what they want to accomplish. This vagueness creates a lack of focus and direction which guarantees failure. You must have clear goals, in writing with 25 words or less, containing specific deadlines. A goal without a deadline is just wishful thinking.

#3 - HARNESS ENTHUSIASM & DRIVE! Emotion is the force which drives human action. Success most frequently goes to people with the greatest drive - a burning desire which prompts consistent action. Make your emotions work for you and not against you. The way to do this is to spur specific action aimed at a specific goal.

#4 - MASTER A CRAFT! Success requires that you be good at something. There must be some skill, ability or craft at which you are one of the best. The only way to master a craft is with practice. This is the only way to become a person of excellence. Excellence reduces mistakes and greatly increases the chances for success.

#5 - IMITATE THE BEST! It is seldom necessary to re-create the wheel. In virtually every instance, someone has already achieved what you want to achieve. Learn from their successes and failures. This requires the acquisition of knowledge. Read, and don't be afraid to both ask questions and for help. It's not a sin to imitate the best. It would be foolish not to imitate successful strategies if they can be applied to your personal situation.

#6 - GET THE MOST FROM EACH DAY! It's been long established that the most effective way to get the most out of life is by endeavoring to get the most out of each day. Do not waste time. Only do things which serve constructive purposes. However, this does not mean always being "busy." Rest and relaxation are not a waste of time. They are physical necessities. Life would not be worth living if you did not reward yourself with pleasure, you must enjoy yourself. The best way to get the most from each day is to operate from a plan - a "things-to-do-list".

#7 - THINK EFFECTIVELY! What you do and the level of enthusiasm with which you do it is determined by how you feel. And how you feel at any moment is determined by what you are thinking. Thus, it is critical that you think an abundance of positive, effective thoughts. Anxiety and worry lead nowhere except to self-defeating behavior. Thinking is effective if it is aimed at finding solutions.

The above points show you how to win in 1999, and throughout life. Complete guides are available (\$7.95) from the International Exchange Network 2054 National Press Bldg. Washington, D.C. 20045. Meanwhile, structure your plans and remember: You get the most out of life by endeavoring to get the most out of each day.

More Black Americans Investing In Their Future

Findings of a recent study show black Americans are planning to start investing at higher rates than whites. Members of the African-American leadership network Project 21 are excited at future prospects of wealth and prosperity this will create for the black community.

"We have made great strides in our fight for equality, but without a strong financial base, blacks will never completely reach parity," said Project 21 member Anthony Anderson. "The fact that black Americans now realize the importance of investing gives them the strongest tool to ensure their civil rights."

According to the 1999 Black Investors Survey (BIS) commissioned by Ariel Mutual Funds and Charles Schwab & Co, 48% of black households earning over \$50,000 that do not already own stock or investments in mutual funds intend to do so in the next year, as opposed to 34% of whites. Blacks are overcoming the disadvantage of not being aware of savings and investment tools until later in life. They are now also far more likely than whites to read

books about investing, attend investment seminars and join investment clubs.

Some other BIS findings include:

- 67% of blacks surveyed participate in employer-sponsored retirement plans, and 34% have their own individual retirement accounts (IRAs).
- 48% of blacks currently invest in mutual funds, 38% in individual stocks and 26% in money market accounts.
- 73% believe the stock market is a great way to compound their savings.
- 86% of black Americans want their investment companies to benefit the local community.

Black Americans said saving and investing was their top New Year's resolution, while white Americans said their top priority was finding more time to relax.

This investing behavior puts black Americans ahead in preparing for the future. Previous studies have shown the baby boom generation is ill-prepared for the future despite its low confidence in Social Security. A January 1997 Public Agenda

survey found that 46% of all Americans have less than \$ 10,000 saved for retirement. However, the average amount of money invested or saved by black respondents in the BIS survey is \$313 a month. With Social Security's future at risk, four out of ten respondents in the BIS also believe investing retirement funds in the stock market was a good idea.

"Earning power for African-Americans is increasing steadily," said Project 21 member Sharon Hodge. "By the year 2000, our financial clout is expected to reach \$500 billion in assets. The rise in investment planning is an indication that black men and women are not just intelligent enough to earn the money. Black people clearly have developed the financial savvy to put that money to work for secure retirement years and their children's inheritance."

Project 21 has been a leading voice of the African-American community since 1992. For more information, contact David Almasi at (202) 371-1400 x106 or Project21@nationalcenter.org, or visit Project 21's web site at <http://www.project21.org>.



TV talk show host Jenny Jones shares a moment with gospel superstar Vickie Winans, who performed "Safe In His Arms" from her smash hit sequel LIVE IN DETROIT VOL. II (CGI-Platinum). The show revolved around "Compassion Day" a national day of recognition for AIDS survivors.



Detroit, MI - National President of 100 Black Men of America, Thomas Dortch, Jr., left, presents the "Corporation of the Year" award to Burger King Corporation's CEO Dennis Malamatinas during the 100 Black Men's National Convention in Detroit. "Burger King has set a standard for community involvement, diversity and inclusion for other corporations to emulate," said Dortch. Pictured left to right: Thomas Dortch, Dennis Malamatinas and Ingrid Saunders Jones, Vice President, External Affairs, Coca Cola Company.

It's All About Me!!!

(Editor's Note: This is the fourth article submitted by young ladies of New Directions, a program in the Lubbock Independent School District, with Ms. Yolanda Jeffery as their teacher. The principal is Ms. Dorothy Phea-Norville. The author this month is "O'Josephine.")

My life was pretty much like a box of chocolates. I didn't know where I was going to end up. Alone with one brother and three sisters. One of my sisters died. My mother was the type that they called the work alcoholic. My big sister was left in charge to take care of us while my mother was trying to make a living for us. My dad was never in my life when I needed him the most. Day by day I wondered if my mother would get another man. One day she did, he was very abusive. Night after night he was very abusive to my mother. I prayed that my mother would leave him and go on with her life. And my prayer was answered. The Lord told me that everything would be all right. I had to be patient for my mother to come back to her old self. My big sister grew up and started doing thing with boys and finally became pregnant. That made it worse on our family because my mother was only working part time. Things got better and we moved into a bigger house. Life was better than ever. Later on down in life as I got older I got pregnant. Everyone started downing me. They were saying that I was too young. I thought that age didn't count. I was wrong. I then realize that I had to prove people wrong. I believe that what really counts is what is in your heart. I had my baby and I am not turning back. I want my child to be better than I was. I don't want him to go through what I went through. My goal is to graduate from high school and go to college. I plan on becoming a nurse. Not an LVN (License Vocational Nurse), but an RN (Registered Nurse). Whatever it takes to make a living for me and my baby, then I am going for it. I want my baby to have the things in life that I did not have. I feel that he deserves more

No Turning Back

Medication Aide Update Class On Tap At SPC

LEVELLAND — Two opportunities to update medication aide training are coming up in July at South Plains College locations in Levelland and Lubbock.

Medication Aide Update classes are scheduled July 17 at the Byron Martin Advanced Technology Center, 34th and Ave. Q in Lubbock and July 24 at SPC Levelland's Technical Arts Building, room 101, 1401 S. College Avenue in Levelland.

Classes will meet 9 a.m.-4:30 p.m. at each location.

The course is designed for medication aides currently employed in nursing homes who need to complete the

required seven hours of continuing education for medication aide annual permit renewal.

Registration deadline for the Lubbock campus class is 4 p.m. July 9. Interested persons can contact the SPC Lubbock Continuing Education/Workforce Development Office at 747-0576, ext. 4681.

Formal registration for the Levelland campus class is scheduled from 8:30-9 a.m. July 24. Students need to bring their permit numbers. To pre-register, contact the SPC Office of Continuing and Distance Education in Levelland at 806-94-9611, ext. 2341.

Ruby Jay's Corner



The New Hope Baptist Church, 2032 Birch Avenue, is the "Church Where The People Really Care," and Rev. Billy R. Moton is the proud pastor. If you are looking for a church home, then feel free to come and visit at anytime. You will be glad you came by New hope.

Sunday School began at 9:30 a. m. with Superintendent Virgil Johnson presiding. Last Sunday was Youth Day, and they were in charge. After thirty minutes of instruction, all teachers and students reassembled in the main auditorium: marching and singing "Yes, Jesus Loves Me." Prayer was given by Superintendent Johnson.

High points of the morning lesson were given by members of the youth Department. Sister Joan Jones, a member of the Adult Department, closed out the high points. She always has something beautiful to say.

Secretary's Report: Youth Department — the Junior Class lost the Attendance Banner to the Kindergarten Class as many visitors were attendance in the youth department.

Adult Department: Adult Class Men lost the Attendance Banner to Adult Class No. 2. Adult Class No. 4 received both banners as they had an offering of \$601.62. The teachers are Sisters Ervin, Sheffield and Jones.

The morning devotional period was led by members of the Youth Department.

The morning processional was led by the Youth Choir as they marched in singing "Let's Not Give Up." They sung out of their hearts. Praise God!

The morning prayer was offered by Rev. Jeff Brown. A song, "He's The One", was sung. The morning scripture was St. Luke 10th Chapter and was read by Sister Margaret Moton. Another prayer was given by Sister B. Cooper as the Lord was with her. A song, "Jesus, He's Our Help", was sung.

Responsive reading was done with the congregation standing, and led by Sister Kendra Williams. The morning hymn was "Jesus Is The Name," was sung. The pastoral observations were given by Pastor Moton. The hymn of preparation was "Yes, God Is Real." Another song, "What A Mighty God We Serve", was sung.

Sister Johnnie Walker Morton, a former member was in our city and attended services last Sunday morning, and sung the selection, "Yes, God Is Real." What a treat! Her husband was also present.

Pastor Moton's sermon was entitled "Neighbor, Do You Desire To Be Blessed?" His scripture text was St. Luke 5th chapter. He really did a wonderful job.

The 7th Annual 7-Up program at the Agape Temple Church of God in Christ was held last Sunday evening. The guest speaker was Sister Margaret Moton. Members of New Hope supported their first lady.

Let us remember our sick and shut in citizens. At this report, Sister Bernice Kelly is still a patient at St. Mary Hospital.

Robert Ponder is also a patient at St. Mary Hospital, room 216. He is the brother of Sister Mabel Biggers and Sister Clara Colquitt.

Sunday afternoon, July 18, 1999 at 3:00 p. m., the Annual Ushers Musical will be held at New Hope Baptist Church. The Ushers are counting on you.

To all our bereaved families, our prayers and sympathy are still with you. There are so many.

SPC Lubbock To Offer Alternative TASP Testing

LUBBOCK — South Plains College Lubbock is offering alternative TASP testing for students unable to take the TASP prior to fall registration.

TASP, the Texas Academic Skills Program, is a state-mandated assessment of college level skills in reading, writing and mathematics and is required of all new students who have not had three hours of college credit prior to the fall of 1989. Certain exemptions apply.

The QuickTASP, a campus-administered alternative test,

is scheduled Aug. 2, 10, 11, 17 and 18.

MAPS, an alternative test with an essay portion, is scheduled Aug. 19, 24-26, 30-31 and Sept. 1-3.

For students exempt from the TASP, the SPC Lubbock campus provides an in-house placement test called a skills survey, which will be offered beginning Aug. 16.

Students taking the tests must pre-register by contacting the SPC Lubbock campus at 747-0576, ext. 4606.

Dunbar-Manhattan Neighborhood Association

Expo

September 3, 4 & 5
South Plains Fairgrounds
Merchants Building
Fee \$100 for 3 days
No Food Vendors
For more information call:
Sandra Dailey 747-4076

Muleshoe Student Receives Cargill Scholarship

COLORADO SPRINGS, CO — Josh Morris of Muleshoe, Tex., has been named a 1999 recipient of The Cargill Scholars Program award. Morris is a graduate of Lazbuddie High School and plans to attend West Texas A&M University this fall.

Each year the Cargill Scholars Program awards \$3000 scholarships to 50 sons and daughters of individuals currently employed by Cargill and its domestic divisions and subsidiaries. Students are selected based on academic achievement, leadership and involvement in extra-curricular activities.

Junior Achievement

independently manages the scholarship program for Cargill. Junior Achievement is the world's largest and fastest-growing non-profit economic education organization.

Junior Achievement's programs reach nearly four million students annually and are taught by classroom volunteers from the business community in both the U.S. and in 106 countries worldwide.

As part of Cargill's overall commitment to education, Cargill supports four distinct scholarship programs supporting 460 scholarships totaling nearly \$600,000 for college-bound high

school seniors planning to enroll in accredited post secondary education institutions in the coming year. The programs support students from farm families, students living in or around communities where Cargill has a presence, and sons and daughters of Cargill employees.

Cargill is an international marketer, processor and distributor of agricultural food, financial and industrial products with over 80,000 employees in more than 1000 locations in 65 countries and with business activities in 130 more.

Through volunteerism,

partnerships and grantmaking, Cargill contributes more than \$14 million each year to civic and charitable organizations to help fulfill the company's vision: to raise living standards around the world by delivering increased value to producers and consumers.

Celebrated 90th Birthday

A longtime resident of Slaton, Texas, Dora Mitchell, celebrated her 90th birthday on Monday, July 5, 1999.

A special party was given by her children and grandchildren at the V.F.W. Hall on Saturday, July 10th.

Allyn Evans named New Associate Dean of Continuing Education and Workforce Development

LUBBOCK — Allyn Evans has been named to head up South Plains College's continuing education and workforce development programs for its Lubbock Campus.

Evans has previously served as placement and vocational counselor, equity coordinator and an instructor at the SPC Lubbock Campus. She succeeds Roxanne Gross who resigned in May to relocate to Dallas with her family.

"We are very pleased to introduce Allyn Evans to the Lubbock business community," said Dr. Dick Walsh, provost of the SPC Lubbock Campus. "She brings a unique combination of business experiences and skills to her position with the college. Her work with local and area employers has given her an inside track on the training needs of local businesses."

Evans will direct the college's customized education and training services, workforce development programs and continuing education offerings in Lubbock. She will be working

with local business and industry to identify workforce needs and design specialized training programs to meet those needs, said Dr. Walsh.

South Plains College's continuing education program enrolls more than 3,400 students annually in non-credit short courses and specialized training programs. This past year, the workforce development program developed more than 124 contract classes for customized training to assist local business owners with employee training.

"Our goal at the Advanced Technology Center is to make technology training accessible to businesses and the community," said Evans. "We have an exceptional facility that plays a big part in helping develop a skilled workforce for the Lubbock area."

Evans has served the past year as placement and vocational counselor, working with area employers to place SPC graduates in jobs. From 1994-95, she served as equity coordinator at the college, recruiting non-

traditional students to seek education and training in non-traditional careers. She first joined SPC as a specialist in the special services program. She has taught career skills courses at the college for the past three years and has served as an adjunct instructor in marketing for Wayland Baptist University.

Prior to coming to SPC, she served as registrar and director of admissions at Frank Phillips College in Borger.

In addition to her experience in higher education, Evans has worked in the private and non-profit sectors. She has served as community development director for Women's Protective Services in Lubbock and as executive director of CASA of Grayson County, Inc., a non-profit agency. She has also worked as vice president of an independent insurance agency.

Evans holds a bachelor of arts degree in psychology from the University of Mississippi and a master of business degree with a concentration in marketing from Texas Tech University.



Los Angeles, CA May 12, 1999- It's history in the making! Internationally syndicated DJ's Sway and King Tech epitomize hip hop culture bringing together old school heroes like Kool G Rap and Kix-One along side some of today's newest talent like RZA as Bobby Digital, Pharoahe Monch, Chino XL, Eminem, Tech N9NE, Xzibit and Jayo Felony to record "The Anthem" the first single from Sway and King Tech's album This or That (Interscope Records) in stores June 15th. (l-r) King Tech, DJ Red Alert, Eminem and Sway on the set of "The Anthem" video shoot take a break to pose for the camera.

To Parkway Manor Care Center Staff:

Thank You for the loving care you gave to my mother during her illness and the love and kindness you shown to me. Your support and phone calls. I will always be grateful to you

Helen Hereford

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Ask the AG:

Tattoo Removal Available To Ex-Gang Members

Q: Can you tell me about the tattoo removal program? My son has quit his gang but is still having problems because of his tattoos. No one wants to hire him because they think he is still in a gang.

A: The tattoo removal program is designed to help former gang members who are attempting to turn their lives around. Visible gang-related tattoos can be a serious obstacle to starting a new life away from the gang culture.

Employers often hesitate to hire someone whose tattoos identify him or her as a gang member. In addition, outside of the gang community, people tend to shy away from individuals who look like gang members.

Former gang members who have relocated in an attempt to sever their gang ties sometimes find they are still connected by gang tattoos. Gang members in the new community may misidentify them as rival gang members invading their turf.

The Tattoo Removal Program was started by a police officer. In his dealings with former gang members, they often mentioned the stigma attached to having gang-related tattoos. When he asked why they did not have the tattoos removed, former gangsters pointed out the limited availability of removal programs and the high cost of the procedures.

Since the program's inception in 1997, over 300 men and women have had their gang tattoos removed. According to program administrators, over 95 percent of the participants have not returned to gang life. Removing gang-related tattoos can often be the key to former gang members successfully turning their life around.

There are some qualifications that must be met for a former gang member to participate in the program. First, the tattoo must be visible, have a potentially negative impact on employability, or potentially attract negative attention from peers or school administrators.

Participants in the free tattoo removal program must be younger than 21. There is an application process that must be completed. The application includes: a signed waiver; a written statement of why the individual wants the tattoo removed; a signed statement that the individual will not get new tattoos; a signed state-

ment that the individual will end his or her criminal activity; a statement indicating which gang the member belonged to; and in some cases, the participant's fingerprints and a photo of the tattoo.

Program sites may add additional requirements if they would like. Some programs are considering charging a nominal fee for treating individuals who, for some reason, do not meet the eligibility requirements.

A grant from the Governor's Office, to be administered by the Office of the Attorney General will pay for the cost of equipment and start-up supplies. Doctors will donate their time to perform the removals. Several state agencies participated in the development of this program, which is scheduled to begin operation in cities around the state by early fall. By that time, the following agencies should be able to give you information about the site nearest you: your county health department, county MHMR, area police department, area sheriffs department or area public school system County juvenile probation departments, TYC facilities and community supervision and corrections departments should also have information available by fall.

Lubbock Families Can Learn About Brazil By Hosting

Brazilian students with good English skills and motivation are arriving this August to experience the "American way of life." Families in Lubbock willing to open their hearts and homes to a student are invited to participate. Call today to be part of this exciting opportunity to host a

Brazilian student and learn about Brazil, its culture and language without leaving your home. Many wonderful students are eager to hear which special family in Lubbock has chosen to host them!

Academic Year in America (AYA), sponsored by the not-for-profit American Institute

Applications Being Accepted For Migrant Program

Texas Migrant Council, Inc. is accepting applications to enroll children ages 0 - 5 years old in the Migrant Head Start Program. There is no cost for the services.

The location of Migrant Head Start Centers are: Lubbock Plainview, Floydada, Hereford, Muleshoe, Pecos, Ft. Stockton. The Centers offer daytime services Monday - Saturdays.

The program emphasizes all areas of Educational Development, Disabilities, Health, Nutrition, Parental

Summer Kidstuff Programs for July 19-22

Monday, June 19 at Mahon Library, 1306 9th Street: We are having an outdoor concert! The Legends of Texas Drum and Bugle Corps will play on the east lawn of the library. Bring your lawn chairs! Call 775-2838 for more information.

Tuesday, July 20 at Godeke Branch Library, 6601 Quaker: Meteorologist and storm chaser Ken Perkins of channel 11 will talk to us about tornadoes. Call 792-6366 for more information.

Wednesday, July 21 at
Patterson Branch Library,
1836 Parkway Drive: This

Involvement, and Social Services.

Eligibility requirements: Migrant families engaged in agricultural farm work who meet income guidelines.

For more information regarding eligibility and registration location, please contact the Texas Migrant Council Panhandle Regional Office at 1-888-837-5151, free call.

Texas Migrant Council, Inc. does not discriminate because of race, color, disability, age, sex, national origin, religion, or political belief.

week's program is "Snack Time with Mrs. Wright." We will learn about snacks that kids can make by themselves, and then we will eat them! For more information, please call 767-3300.

**Thursday, July 22 at
Groves Branch Library, 5520
19th Street:** We will have an
outdoor concert by the
Legends of Texas Drum and
Bugle Corps. For more infor-
mation, please call 767-3733.

All programs start at 2 p.m.

For Foreign Study Foundation, has been bringing international students and American families together for the past 17 years. Students range in age from 15 to 18 years old and arrive from Brazil and many other countries, such as Germany, Poland, Spain, Mexico, France and the Slovak Republic. They attend the local high school for a semester or academic year and have their own medical insurance and spending money.

Both families and students benefit from the exchange experience. The host family can learn about another culture, make a special friend and earn a scholarship worth up to \$1,000 toward an AIFS College or ACIS travel-study program or AIFS Foundation's American-Youth Abroad program for high school students. The international students

have the opportunity to participate in the "American way of life," something many of them have always dreamed about.

"I wish every family would host a student, then they would realize how rewarding the experience is and how much love they receive," Laura Weir, an AYA host mother, comments. "You wouldn't trade the experiences and memories of hosting these kids for anything in the world. They come into your life as strangers and leave as a member of your family."

If you would like to volunteer to open your heart and home to one of our international students or know of someone who would, please call Andrea at 1-800-322 1678 ext. 6078. Your decision to host will benefit your family and make an international exchange student's dream come true.

Book Program Set At Patterson Library

Join us for "Share a Book with a Child," a storyhour for children ages 3-5 and their parents, at 7:00 P.M. on Tuesday, July 20 at the Patterson Branch Library, 1836

Parkway Drive. A free book will be given to each family in attendance, courtesy of the Literacy Coalition. This is a free program. For more information, call 767-3300.



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Our way of accomplishing more is giving back

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Paul Thompson



Editorials • Comments • Opinions



THIS N THAT

OUR YOUTH NEEDS OUR HELP! THIS N THAT has learned of the need to raise \$1,500.00 to help FIFTEEN YOUNG PEOPLE make the trip to Waco, Texas to participate in a STATE TRACK EVENT This TRACK TEAM is part of the MAE SIMMONS COMMUNITY CENTER which is a non-profit organization which deals with THE PREVENTION OF SUBSTANCE DRUG ABUSE GANGS AND OTHER SOCIAL AND ECONOMIC PROBLEMS facing our young people today THESE MONIES will be used for MEALS TRANSPORTATION and ROOM while in Waco This event will be held JULY 23, 24 & 25, 1999 If you want to help these young people then give LARRY ISAAC a call at 767-2700 as time is running out WILL YOU HELP THESE YOUNG PEOPLE?

CELEBRATING 78 YEARS! THIS N THAT would like to say CONGRATS to the members of the BETHEL AFRICAN METHODIST EPISCOPAL CHURCH 2202 Southeast Drive who will celebrate their 78TH CHURCH ANNIVERSARY Established in 1921 with a handful of dedicated people the church has grown and more plans are on the table to continue CONGRATS MEMBERS AND PASTOR of the BETHEL AFRICAN METHODIST EPISCOPAL CHURCH for 78 YEARS OF DEDICATED WORK

PENNY HASTINGS THE BARBER SAYS: "It is important you note THE WEAK can never forgive FORGIVENESS IS THE ATTRIBUTE of the STRONG HATRED can be overcome only by LOVE".

SOME CROWD IN MACKENZIE PARK! THIS N THAT is very pleased with the turnout of the FOURTH OF JULY CONCERT & FIREWORKS in MCKENZIE PARK last week It was announced there were more than 40,000 PEOPLE IN THE PARK and it was great! No doubt it was the first time in many a year someone of those in attendance had been to this area of the city IT JUST GOES TO SHOW you that the EASTERN PART OF LUBBOCK is also a player and there will be more ... POSITIVE THINGS HAPPENING in the very near future.

SUPPORT THE UPCOMING BOND ELECTION! THIS N THAT without hesitation asks each of you who are QUALIFIED VOTERS to VOTE YES IN THE UPCOMING BOND ELECTION which is set for SEPTEMBER 18, 1999 If we want to continue to see POSITIVE THINGS HAPPENING it is important we participate in this election VOTE YES!!

WELCOME TO LUBBOCK! THIS N THAT would like to say WELCOME TO LUBBOCK to the many DELEGATES to the ASSOCIATION OF MAYORS AND CITY COUNCILMEMBERS (AMCC) who will be in Lubbock next week that is JULY 16, 17 & 18, 1999 Also members of the TEXAS ASSOCIATION OF BLACK CITY COUNCILMEMBERS (TABCCM) will also be in the city In Texas there are more than 400 BLACK ELECTED OFFICIALS which includes at least FORTY BLACK MAYORS.

DEAR EDITOR:

Greetings:

26, 1999, East 23rd and East Lubbock Early
Oak Avenue. Time will be Settlers
6:00 P.M.

We the members of the East Lubbock Early Settlers Round-Up committee wishes to say "Thank You" for the assistance you have given us these past Twenty-Two years. Without your aid, both monetary and spiritual, our Round-Up would not have been successful.

We are now preparing for this years' Round-Up and would gratefully appreciate your assistance again. The Round-Up will be held at Mae Simmons Community Center - Thursday, August

Tickets required for each plate will be \$5.00. Fins and Hens will be caterers for this year again.

Your donations will help some Seniors, (who may not be able to purchase a ticket), be able to have a meal. After this letter is received, you will be contacted personally by a member of this committee.

FOOD - FUN- MUSIC
& SURPRISES.

Thank You,

Mr. Eddie Richardson,
Editor
Southwest Digest
902 E 28th St
Lubbock, TX 79404-1718

Dear Mr. Richardson:

Hosting is a wonderful opportunity for families in your area to experience the customs and culture of a foreign country without having to travel. AYA is a not-for-profit organization and we would greatly appreciate your time and effort to print this press release in your paper because we still have many students needing host families. Thank you in advance for your consideration.

ISSUE UPDATE

With Mac Thornberry

With The Federal Budget In Surplus, It's Easy To Forget How Big Government Really Is

It seems like there's a day set aside for everything these days.

We have Groundhog Day and Valentine's Day, Grandparent's Day and a day to pay tribute to the Earth. We've even got a day to help us remember the cost of government.

It's called - not surprisingly - Cost of Government Day. And in case you weren't aware of it, it took place last Tuesday, June 22. Cost of Government Day signifies the date of the calendar year by which the average American has earned enough money to pay for his or her share of federal, state and local government spending and regulations.

According to the group Americans for Tax Reform, the total cost of government is expected to be just over \$3.7 trillion in 1999. In terms of our pocketbooks, that means that

By Eddie P. Richardson

Each one of us should live by the creed, "If it is to be, it is up to me," and truly act the part as well as actually live the part day to day. In this part of the country, with Blacks being a minority, we have to work collectively for the good of all of us by pulling in the same direction with our priorities intact. We need to board up all these little camps and pool our efforts and resources by taking the initiative and leadership coming from within our own long-denied communities. The pace must be made by Blacks making the decisions about how our communities must be built and rebuilt. Too long we have sat around and waited for someone to do for us what we should do for ourselves. We must work with others that share our feelings of updating and upgrading our communities but we must not let them take us by the hand and lead us to a welfare mind of waiting for someone to do for us what we must do for ourselves.

We do not need leadership from outside ourselves, nor do we need aid, we need jobs, contracts, trade and charting our own courses.

One point in hand is the second time around for the single member district case in U.S. Court here is the lack of Black people's support, both moral and financial. Black people should be out front supporting this effort to the fullest extent since it affects Blacks more by their being the minority. This is just another case of taking for granted, assuming and thinking someone owes us

something for nothing. We must work our way out of this take-for-granted welfare syndrome.

We need to organize and not have so many organizations. We have so many organizations and so little organization, just too many big fish in small ponds. Instead of just fish in the mighty ocean, Blacks cannot afford to move in different directions as far as building and rebuilding our communities are concerned; we must get our priorities in order for us to reach our desired goals collectively and together for the good of us all.

We hope to learn to trust, love, respect each other, buy from, sell to, and hire each other whenever possible or feasible. We must understand no one can save us from us, for us, what we must do for ourselves. The first step toward building and rebuilding our long-denied communities is to focus and refocus our minds to program and reprogram ourselves to the theory of yes I can, instead of somebody help me. Once we get our minds focused in a positive (yes I can) attitude, things will begin to change and results will start being positive and we will start to chart our own destinies and eventually take charge of our own future and leave something tangible for generations to come to have to cling to and have pride in. Then, eventually, our communities will be known as trade areas and not Aid areas. We hope in time our communities will have aid plus trade and in less time aid with more trade and in more time all trade and no aid, just the opposite of what we have now, all aid and

no trade.

It would really be great if by next January, the birth month of Dr. Martin Luther King, Jr., Black people across America would be working together collectively to make our communities self-sustaining marketplaces. This can be done by all of us working together united, not pulling in different directions, with different courses, which is the reason for the state of our communities today.

For us to successfully reach our desired accomplishments for our communities, it takes us all working together collectively, along with others that want to help, leadership and initiative must come from us.

The time is long past when well-meaning liberals and others took leadership paternal roles in our communities. The decision-making must be made by the Black community from outside the community and the role must be supportive only, whether financed, consultation, resource or hard work, anything but leadership. We will have to get ourselves out of the hole we are in, but we have to take the first steps and be in command by cooperating and working with those outside the Black community that are concerned and want to help. The ultimate goal is to pull our Black communities up by whatever bootstraps we may have. Remember let's live by the creed, "if it is to be it is up to me."

The final prayer is that once Black communities become solvent economically, politically and socially, they can make positive contributions to the total communities across America.

THIS WAY FOR BLACK EMPOWERMENT

A Man I Love

By Dr. Lenora Fulani

If you're a regular (or even not-so-regular) reader of my column, you know that I devote many of them to issues of politics, psychology, culture and the Black community. I want to make a shift this week and tell you some things about a man I love.

Okay, hold on here. Don't go running to the National Enquirer with this story. You won't read it in the supermarket tabloids. And you won't see it on Entertainment Tonight. The man is a New York clothing designer and manufacturer who looks a lot like Alec Baldwin. And he's wealthy, too. But before you start saying—My God, has Fulani really fallen for a rich Jewish entrepreneur?—let me clarify a few things.

My love for this man—his name is Alex Garfield—isn't the romantic kind. (sorry, National Enquirer!) It's the kind that grows

and deepens over years of working together on a project that is so close to my heart—and now so close to his—that you could say, in this respect, our hearts beat as one. Alex Garfield is a major supporter of the All Stars Talent Show Network the youth anti-violence program I co-founded with Dr. Fred Newman. And Alex is someone who gives himself so entirely to this cause that his name has become virtually synonymous with the program that uses performance as a tool for development, serving over 20,000 inner city kids each year.

On June 9, the All Stars Project honored Alex Garfield at a gala dinner aptly named "Young at Heart" at Lincoln Center in New York City. More than 500 supporters from finance, fashion, media and industry were there. Among those who took the stage to pay tribute to Alex and the All Stars was Mary Wilson, one of the Supremes (actually, an original Supreme). She spoke so eloquently about her own days in Detroit and how the kids in the neighborhood housing projects loved to perform. The All Stars reminded her of all the energy and hopefulness of those days. It was a real thrill to have her!

Motown wasn't the only cultural form represented on the stage. American Ballet Theatre star dancer Susan Jaffe was there, too. Her eyes brimmed with tears as she spoke about having had a difficult childhood and finding that dance—and the opportunity to perform—literally changed her life. She identified with the kids. Susan also stopped by a rehearsal of the performance that the All Stars youth presented at the gala. It was quite something for a prima ballerina and hip-hop dancers to be mixing it up. That's the All Stars!

Dr. Ian Smith, the medical correspondent of WNBC-TV in New York, opened the evening by reading from I Know Why the Caged Bird Sings by Maya Angelou. Wall Street and Seventh



Avenue (the fashion industry) were represented on the stage, too. Douglas Reid, the Director of Banking and Finance of Soros Fund Management and John Fleming, the Senior Vice President of the Department Store Division of the Dayton-Hudson Corporation, the co-chairs of the benefit, helped host the event. Dr. Leonard Coleman, a very prominent New York surgeon and a dear friend of Alex's for 40 years, gave a moving tribute. Of course, Dr. Newman and I spoke about Alex's extraordinary contribution to the program we founded 16 years ago, as did the President of the All Stars Project, Gabrielle Kurlander.

Oh, and did I mention that the event raised over a million dollars?

Finally, the All Stars youth—who ranged in age from six to thirty-one—performed their hearts out on the stage. A special rap was written and performed as a tribute to Alex based on the great Frank Sinatra song for which the event was named. I wish you could have come.

But here's the thing. With support from Alex Garfield, who's now involved in helping to expand the All Stars from New York and New Jersey to Atlanta and San Francisco, the All Stars will be coming to you. With it comes the pride of our youth and their extraordinary capacity to perform on stage and in life. And with all of that comes a whole lot of love. Congratulations, Alex, I love you.

SOUTHWEST DIGEST

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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 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 columns 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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LOOK AT YOU, HAPPY FACE! Four-year-old Jamiyah J.A. Slaughter is the winner of the 1999 ESSENCE and McDonald's® Look at You, Happy Face! Contest. The contest, which was announced in the September 1998 issue of ESSENCE magazine, asked readers to nominate a child 3 to 7 years old who has an exceptionally happy face. Slaughter, of Plainfield, New Jersey, was declared the grand-prize winner after receiving the most votes from a panel of ESSENCE judges. The winner and a parent received a three-day, two-night trip to New York City for a special photo shoot, a gift selection of Essence Books for Children, and a year's supply of McDonald's® Happy Meals®. Slaughter will also be featured in both the August and September 1999 issues of ESSENCE. ESSENCE and McDonald's® believe children who read are happy children and are proud to sponsor a contest promoting joy and literacy in childhood. Left to right: Patricia Hinds, director, Essence Books; Slaughter; and Angela Adderley, owner/operator of McDonald's of Plainfield, New Jersey. (Photo: C. Keith Reid)

1999 ELIGIBILITY REQUIREMENTS FOR DESIGNATED MINORITY REPRESENTATIVES ON THE SPAG BOARD OF DIRECTORS

- Must be a member of a racial minority and a resident of the geographic area he/she is elected to represent
- Must be eligible to hold a public office established by the constitution of the State of Texas (citizenship, age, criminal record, etc.)
- May not be an employee of any private organization which receives funds from SPAG
- Must be able to attend regular monthly meetings of the Board of Directors on the morning of the second Tuesday each month

There are 38 seats on the SPAG Board of Directors. At least 25% (10 members) of the Board must represent racial minorities of the region. There are currently four minority elected officials on the Board who are not holding designated minority slots. There are 6 designated minority seats on the board to be selected for two year terms beginning on October 1, 1999.

Representatives to be selected are as follows:

- Bailey, Cochran, Lamb, and Yoakum counties - currently represented by Van Ashley of Littlefield
- Hale County - currently represented by Mel Gomez and Daniel Rascon of Plainview
- Hockley and Terry counties - currently represented by Rudy Dominguez of Sundown
- Lubbock County - currently represented by Virginia Alamanza and Charles Plank



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ACCENT ON HEALTH

Healthy Hints To Beat Heart Disease

The heart is an amazing muscle. For our entire lifetime, it works to pump blood to all parts of the body, carrying nutrients and taking away waste products. In 70 years, it will beat about 2 1/2 billion times.

But for almost 40 years, diseases of this powerful muscle have claimed more lives in Texas and in the nation than any other cause, including cancer. Health professionals say you can beat some of the odds, and the key is to take care of your heart by adopting a healthier lifestyle that will not only add years but improve the quality of life.

Among the risk factors that can be changed are smoking, physical inactivity, high blood cholesterol, high blood pressure and overweight. The more risk factors a person has, the greater the chance that he or she will develop heart disease. "Improving the diet can make a big difference in changing more than one risk factor for an individual. Buying heart healthy foods need not be difficult or expensive," said Dr. William R. Archer, Texas Commissioner of Health.

The Texas Department of Health (TDH) has a list of heart healthy hints for grocery shopping on a budget:

- When shopping for fresh fruits and vegetables, know which ones are in season—they will be much cheaper than those out of season.
- Frozen fruits and vegeta-

bles are usually much cheaper than fresh, and they hold just as much nutritional value. They are especially economical because they don't go bad as quickly—if you're not going to use the food all at once, just freeze it for later.

- While leaner cuts of meat are usually more expensive than regular full fat meats, don't let the price deter you from cutting saturated fat from your diet. Buy the leaner meats, but decrease your portion size to stretch your meat purchase. Make smaller hamburger patties, use less ground beef in favorite recipes such as tacos and try just one piece of steak instead of two. Make up for it by increasing the portion sizes of your favorite fruits and vegetables.

- Did you know that in the U.S., milk is the second-leading contributor of fat to the adult diet? Why not make the switch to one percent or nonfat milk instead of whole or two percent? The cost is the same, the nutritional value is the same, but the decrease in fat makes a difference.

- Canned soups are an inexpensive and timesaving way to eat heart-healthy—if you choose the right ones. Avoid cheese- and cream-based soups unless they are marked as low-fat. Stay away from those that are extremely high in sodium, too—look for those labeled "low salt" or "low sodium." Some soups packed with vegetables and fiber include lentil, navy bean, minestrone,

split pea and gumbo.

- It seems like all the low-fat snacks such as cookies and crackers cost more than their high-fat counterparts. Not necessarily! Search your supermarket's bottom shelves for the store brands—they almost always offer low-fat alternatives at a lower price.

- Olive oil is known to reduce LDL, or "bad" cholesterol levels, which makes it the smartest cooking oil choice for the heart. Unfortunately, olive oil is extremely expensive. Good substitutes that are more wallet-friendly are canola and soybean oils.

- If you think that buying

juice is just too expensive, why not try frozen juice? The taste is comparable, the nutritional value is identical, and the price is economical. Drink up—100 percent fruit juices such as orange, grapefruit, and cranberry can count towards one of your five servings of fruits and vegetables a day.

Using this list to reduce the controllable risk factors—those you can change—may prevent a heart attack in the future. Eat more fruits, vegetables and grains; cut down on the higher fat foods; and take up some form of aerobic exercise you enjoy. Not only will you live longer; your quality of life will be better as well.

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IN JESUS NAME

"THE UNTOUCHABLES!!!"

LUKE 15:1,2, THEN DREW NEAR UNTO HIM (JESUS) ALL THE PUBLICANS AND SINNERS FOR TO HEAR HIM. AND THE PHARISEES AND SCRIBES MURMURED, SAYING THIS MAN RECEIVETH SINNERS, AND EATETH WITH THEM.

MANY PEOPLE ARE LIKE THAT TODAY, AN OUTCAST LEFT ALONG, THEY HAVE NO ONE TO TURN TO; THEY'RE NOT WELCOME EVEN AT HOME!!!

MATTHEW 11:28; JESUS SAID, COME UNTO ME, ALL YE THAT LABOUR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST.

A MAN CAME TO JESUS, WITH LEPROSY(AIDS TODAY), AND ASK TO BE CLEAN, HE HAD A DISEASE THAT PEOPLE DON'T LIKE; AND WAS TREATED SO MEAN!!!

LUKE 5:12,13, AND IT CAME TO PASS, WHEN HE WAS IN A CERTAIN CITY, BEHOLD A MAN FULL OF LEPROSY: WHO SEEING JESUS FELL ON HIS FACE, AND BESOUGHT HIM, SAYING, LORD, IF THOU WILT, THOU CANST MAKE ME CLEAN. AND HE PUT FORTH HIS HAND, AND TOUCHED HIM, SAYING, I WILL: BE THOU CLEAN. AND IMMEDIATELY THE LEPROSY DEPARTED FROM HIM.

*****LORD TAKE THE LOAD OFF ME!!!!*****

THERE WAS THIS MAN WHO LIVED IN THE GRAVEYARD, HIS BED WAS A TOMB, THEY PUT HIM IN LOCKS AND CHAINS; HE'D BREAK THEM: AND HIS BODY TO WOUND!!!

MARK 5:6-8, WHEN HE SAW JESUS AFAR OFF, HE RAN AND WORSHIPPED HIM, AND CRIED WITH A LOUD VOICE, AND SAID, WHAT HAVE WITH THEE JESUS, THOU SON OF THE MOST HIGH GOD? I ADJURE THEE BY GOD, THAT THOU TORMENT ME NOT. FOR HE (JESUS) SAID UNTO HIM, COME OUT OF THE MAN, THOU UNCLEAN(DEVIL) SPIRIT.

*****LORD TAKE THE LOAD OFF ME!!!!*****

THE WOMAN'S MENSTRUAL CYCLE WOULDN'T STOP; HER LIFE LIKE A HERMIT, SHE BEING AN OUTCAST; WENT AND TOUCH THE HEM OF JESUS' GARMENT!!!

LEVITICUS 15:25, IF A WOMAN HAVE AN ISSUE OF HER BLOOD MANY DAYS OUT OF THE TIME OF HER SEPARATION (MENSTRUATION), OR IF IT RUN BEYOND THE TIME OF HER SEPARATION; ALL THE DAYS OF THE ISSUE OF HER UNCLEANNESS SHALL BE AS THE DAYS OF HER SEPARATION: SHE SHALL BE UNCLEAN.

MATTHEW 9:20-22, BEHOLD, A WOMAN, WHICH WAS DISEASED WITH AN ISSUE (MENSTRUATION) OF BLOOD TWELVE YEARS, CAME BEHIND HIM AND TOUCHED THE HEM OF HIS (JESUS') GARMENT: FOR SHE SAID WITHIN HERSELF, IF I MAY BUT TOUCH HIS GARMENT, I SHALL BE WHOLE. BUT JESUS TURNED HIM ABOUT, AND WHEN HE SAW HER, HE SAID, DAUGHTER, BE OF GOOD COMFORT; THY FAITH HAVE MADE THEE WHOLE. AND THE WOMAN WAS MADE WHOLE FROM THAT HOUR.

*****LORD TAKE THE LOAD OFF ME!!!!*****

MARY AND MARTHA HAD A BROTHER, WHO DIED: HIS COLOR WAS NO LONGER PINK, BEING IN THE GRAVE FOR FOUR DAYS; HE BEGAN TO STINK!!!

JOHN 11:25,26,39,40, JESUS SAID UNTO HER, I AM THE RESURRECTION, AND THE LIFE: HE THAT BELIEVETH IN ME, THOUGH HE WERE DEAD, YET SHALL HE LIVE. JESUS SAID, TAKE AWAY THE STONE. MARTHA, THE SISTER OF HIM THAT WAS DEAD, SAID UNTO HIM, LORD, BY THIS TIME HE STINKETH: FOR HE HATH BEEN DEAD FOUR DAYS. JESUS SAID UNTO HER, SAID I NOT UNTO THEE, THAT, IF THOU WOULDST BELIEVE, THOU SHoulDEST SEE THE GLORY OF GOD?

*****LORD TAKE THE LOAD OFF ME!!!!*****

LUKE 11:9, JESUS SAID, I SAY UNTO YOU, ASK, AND IT SHALL BE GIVEN YOU; SEEK AND YE SHALL FIND; KNOCK, AND IT SHALL BE OPENED UNTO YOU.

GOD IS NOT THROUGH WITH US YET. SO LETS PRAY FOR ONE ANOTHER ALWAYS. WRITTEN BY EVANGELIST BILLY B.J. MORRISON, III, YOUR BROTHER IN CHRIST ALWAYS!!

from the Desk of Parson D.A. Smith

Magnify The Lord

"In nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death."

Philippians 1:20

Human beings can be classified figuratively as either thermometers of thermostats. Some people, like thermometers, simply reflect the climate of their environment; others, like thermostats, control the climate of their environment. The Apostle Paul would fall into the thermostat category. He purposed to live for Christ; his objective was that "Christ...be magnified in (his) body."

In 1970 the Environmental Protection Agency (EPA) came into place to control water and air quality, industrial and commercial wastes, pesticides, noise, and radiation. In its own words, it aims to protect "the country from being degraded, and its health threatened, by a multitude of human activities initiated without regard to long-ranging effects upon the life-supporting properties, the economic uses, and the recreational value of air, land, and water."

One must realize that controlling one's environment does not mean controlling one's circumstances. When Paul was a prisoner in chains on a ship headed for Rome and the ship got caught in a storm, Paul, not the centurion in charge, gave the directions that saved every life on board. When Paul was under house arrest in Rome, he wrote, "My bonds in Christ are manifested in all the palace, and in all other places" (Philippians 1:13).

In fulfilling his objective to magnify Christ in his body, Paul did not depend on his own resources alone. He recognized his need for the supply of the Spirit of Jesus Christ.

In Philippians 1:19, Paul was anticipating deliverance. However, this deliverance could take the form either of release from house arrest—which is what happened after two years.

The opening words of Philippians 1:20—"according to my earnest expectation and my hope"—can refer either to Paul's deliverance or to the text that follows.

Paul's first response to this hope was stated negatively: "In nothing I shall be ashamed." Paul then responded positively, saying, "But that with all boldness, . . . Christ shall be magnified in my body."

Boldness stands in contrast to fear, but it is not arrogance. Peter displayed boldness on the Day of Pentecost, and Paul did on Mars' hill. Boldness can be displayed in action as well as in speech.

Paul was a practical man. He was concerned that Christ be magnified in his body. He desired that his body be like a magnifying glass through which others would see Jesus Christ made great. Paul knew that a Christian is the only Bible that some people of the world would ever read.

For the Apostle Paul, it did not make any difference how Christ was magnified in his body "whether it be by life, or by death." He had faced death for the sake of Christ many times before. The fact that at this point of imprisonment the issue of

his physical fate was in question was incidental. If he would die, Christ would be magnified; and he would join his Savior in heaven. Christ would be magnified in his earthly life and ministry. All of us who have been "born again" should display this attitude. Magnify the Lord!

The Outreach Prayer Breakfast

Members of the Outreach Prayer Breakfast met in the home of Delbert and Dorothy Hood on Saturday, July 3, 1999. The meeting opened with songs of praise. Scripture was read by Rev. Sister Christine Burleson. Prayer was offered by Sister Dorothy and Rev. Burleson. Remarks were given by all present.

How was your Fourth of July? We're hoping you had a most blessed one.

The morning scripture lesson was taught by Sister Elora Jones. Her subject was "Solving Problems God's Way."

Y2K — "A Christian responded, 'If the computer fails, will your faith? Most predictions never happen, but predictions could happen, but circumstances can change. Christians can do some planning: (1) seek Godly advice from experts who draw wisdom from God. Question is how old this prediction come about? The answer is: The world relies upon computers. Computers control everything from satellites, electricity and water to microwave ovens, wrist watches, and etc. Most computers were designed with 2 digits in their date field. (The year 1999-99. At the turn of the century, year of 2000. Many computers will read the 2000 as 00. Either shut down or assume 1900. Question is nobody knows how big or small Y2K will be or any.

Christian Response: "Don't panic." This thing has not caught God by surprise, and should not catch the Christians by surprise. Again, this could be speculation, possibilities, and predictions. During Y2K, churches can make the Y2K into a ministry.

Churches need to be prepared to help. People will be indebted to lend their ears to the gospel of Jesus Christ. Churches are now working across denominational racial lines, starting food pantries, Good Samaritan Ministry, that we should have had all along. Bottom line, Americans have experienced unbelievable prosperity over the last 50 years, really fear of loss, fear of loss leads to loss of faith. The same God that created the universe will reign forever as King of Kings and Lord of Lords.

He promised us perfect peace. John 16:33. These things I have spoken to you in this world. You will have tribulations, but take courage for I have overcome the world.

Timothy 1:7. For God has not given us the spirit of fear, but of power and love and of a sound mind.

Y2K can be a testimony to the world. God is not the author of confusion. If he decides to take economy down, he is still in control.

From a physical view point, experts are saying Y2K could cause disruptions, but not on a large scale. They are saying there may be inconveniences and disruptions that can be irritating, but fundamentally, not life threatening.

From the economic view point, most of the rest of the world isn't close to where the United States of America is today in compliance. On the other hand, the Federal Emergency Agency and Red Cross are warning Americans to store up extra food and water. Question is: If the computer fails, will your faith? Take the parable of the ant in Proverbs — "I haven't there always been economic uncertainty?"

Think of Y2K as another economic uncertainty. God is not going to change his plans and rules with every crisis. We must follow the biblical principles of God. He will not change his rules because of Y2K. God owns it all. This is the approach to Y2K from an economic standpoint, Zechariah 8:13 — "So I will save you and you will be a blessing. Don't be afraid, but let your hands be strong. This could be our proper role.

We love you, Sister Elora Jones. Keep teaching the word. Write to us: Outreach Prayer Breakfast, P. O. Box 1223, Lubbock, Texas 79408.

Don't forget your drive-bys and walk throughs. These prayers are needed for our city. Let's all become a lighthouse for prayer in our community.

Sister Dorothy Hood, president; Rev. Sister Burleson, vice president; Sister Ernestine Fralzer, secretary; and Sister Elora Jones, acting secretary.

Bethel African Methodist Episcopal Church Celebrates 78th Anniversary

A handful of dedicated Christian African Americans came together in 1921, in one of their homes, and established the Bethel African Methodist Episcopal Church. This story will be told on Sunday afternoon, July 18, 1999, when the 78th Church Anniversary will be celebrated. The program is scheduled to begin at 3:00 p.m.

Guest-minister for the afternoon services will be a young man who grew up in this church, Rev. Ralph McCormick, who serves as Youth Minister of the Mt. Sinai Baptist Church in Austin, Texas. The theme of this year's services will be: "Back To

The Basics For The March Forward." Jeremiah 33:6-9.

Bethel African Methodist Episcopal Church has been located at its present address, 2202 Southeast Drive — formerly Railroad Avenue — since the mid-1950's when the late Rev. A. W. Wilson was pastor.

The entire community is invited to come and help the members of Bethel African Methodist Episcopal Church celebrate its 78th Church Anniversary.

Rev. Elliott C. Lambert is pastor. Sister Elora Kerr, chairperson; Sister Bessie Cox, program chairperson; and the Steward Board, sponsoring auxiliary.

Junior Women Auxiliary Annual Day

The Greater St. Luke Missionary Baptist Church's Junior Women Missionary Auxiliary will be celebrating their Annual Day on Sunday afternoon, July 18, 1999, beginning at 3:00 p.m.

Prior to that date, Saturday, July 17, 1999, there will be a Diabetes Workshop from 9:00 a. m. until noon at the church.

Everyone is asked to come and help them celebrate this Great Day in the Lord. Their theme is: "The Body: A Holy Temple." Scripture is I Corinthians 3:16-17.

Come and be blessed! Sister Rhonda Waritay, president; Rev. J. H. Ford, pastor.

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The Year 2000, Your Bank And You

With everyone scrambling to get ready for the Y2K computer glitch, it's easy to get caught up in the excitement especially when it comes to your money. But what's for real and what's just hype?

Get the latest on being protected against possible financial hitches with The Year 2000, Your Bank and You from the Federal Deposit Insurance

Corporation. A useful question and answer section fills you in on who is monitoring your bank's Y2K efforts and how you can tell if your bank has taken steps to prepare for Y2K. An 8-point checklist gives you specific tips on what you can do to protect yourself. To order your free copy, call 1 (888) 8-PUEBLO Monday through Friday between 9 a.m.

and 8 p.m. eastern and ask for Item 613F. That's 1 (888) 878-3256. Or send your name and address to Consumer Information Center, Dept. 613F, Pueblo, CO 81009.

The Y2K glitch is caused by a shortcut used in many computers that records the year using two numbers instead of four. So, the year 2000 is read as the year 1900.

This could cause some equipment to give incorrect data or crash. Banks are at risk because many of their transactions are date-sensitive.

A good first step in protecting yourself is to read everything your banking institutions give you regarding Y2K and what they are doing to prepare for it. Most institutions know that their customers have questions, so they are trying their best to keep you up-to-date on their Y2K efforts.

Your normal banking routine shouldn't be disrupted. But to be on the safe side, keep copies of all your bank records for the last six months of 1999 and the first few months of 2000. Compare your records to your statements. If there are any discrepancies, report them to your institution immediately.

Beware of offers selling products guaranteed to fix or protect against the Y2K problem. Odds are, these are only con-artists trying to cash in on popular fears. These services are often unnecessary, overpriced, or just scams. Your best bet is to work with your bank and follow the 8-step plan in The Year 2000, Your Bank and You.

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Drug Tested To Control Parkinson's Disease Progression

HOUSTON — A drug for Lou Gehrig's disease/ALS is being studied as a possible treatment to slow or stop the progression of Parkinson's disease.

"Current Parkinson's drugs treat only the symptoms," said Dr. Joseph Jankovic, director of the Parkinson's Disease Center and Movement Disorders Clinic at Baylor College of Medicine in Houston. "This drug, riluzole, might offer a way to block a brain chemical contributing to nerve cell death."

Parkinson's disease, a progressive neurodegenerative disorder, affects movement and is characterized by tremor, slowness of movement, rigid muscles and balance problems. It is caused by deterioration of the brain's nerve cells that release dopamine, a chemical necessary for normal

movements.

"Parkinson's patients have increased activity in a brain region called the subthalamic nucleus," said Jankovic, a staff neurologist at The Methodist Hospital. "This overactive area produces too much glutamate, a brain chemical that in excess can overstimulate nerve cells and cause them to die."

Researchers hope that blocking the release of glutamate will slow or stop Parkinson's-related nerve cell death. Riluzole is known to prevent the release of glutamate.

"In studies of animals with experimentally-induced Parkinson's disease, the blocking of glutamate has lessened the disease," Jankovic said.

In a pilot study at Baylor, riluzole appeared to be well tolerated by Parkinson's patients. However, the study was too small to determine if the drug was able to slow progression.

The current multi-center study will involve approximately 1,050 patients in 11 countries. Forty-three U.S. centers are participating.

"Each center will enroll patients with early-stage

Parkinson's disease who have not been treated with the standard Parkinson's medication, L-dopa, or with other dopamine-related drugs," Jankovic said. "Symptoms of resting tremor, rigidity or slowness must have been present less than three years."

Early-stage patients taking L-dopa or other Parkinson's drugs can be considered for the study if they stop their medication one month prior to entering the study.

Participants will receive either riluzole or an inactive medication for two years and will have several clinical evaluations. A subset of the patients will have brain images, called PET scans, taken at the beginning and end of the study. The imaging will allow researchers to see the condition of the nerve terminals in the brain that release dopamine.

"Since Parkinson's patients normally lose these nerve terminals, we hope to see that patients on riluzole have greater preservation of those areas in the brain," Jankovic said.

Patients wanting study information can call 1-800-220-8610.

Second Annual Founders Day Set

The Center of Blessings Ministries will present its Second Annual Founders Day on Sunday afternoon, July 18, 1999 at the Lubbock Inn, 3901 19th Street. This program is in special appreciation of their pastor, Sister Ruby Tanner.

The program will feature Rev. Ricky Hannah of Oakland, California, who is a man of God, and has something to say as God

uses him to bless his people. Rev. Hannah, not only is a singer and preacher, but also healed himself on the operating table after having brain surgery. Doctors said he would die and not live. But he heard God call him by his name where he got up dancing and praising God.

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