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Lubbock Digest

AN INDEPENDENT PICTORIAL NEWSPAPER FOR ALL PEOPLE BUT PRIMARILY
SERVING THE BLACK POPULATION OF LUBBOCK COUNTY
AND SURROUNDING AREA MORE THAN 3000

ON GUARD
For Human Rights
24 Hours A Day

VOL. IV, NUMBER 22 PHONE (806) 762-3612 A BMI NEWSPAPER 510 EAST 23RD STREET LUBBOCK, TEXAS 79404 DECEMBER 4 THRU DECEMBER 10, 1980

BLACK VETERANS PLAN TRAINING TO FIGHT KKK



Warren Jackson, President of Advertising Experti, receives BIM's "5th Toward Jubilee" Award from Dr. Calvin W. Rolark, chairman of the BMI Cooperative of Newspapers.

Dr. Wesley A. Hotchkiss, Chairman of the Board of Trustees and Dr. Joseph N. Gayles, Jr., President of Talladega College, Talladega, Alabama, have announced the election of Warren G. Jackson of Hartsdale, N. Y. to the Board of Trustees. Jackson is President and founder of Circulation Experti Ltd., a 12 year old communications consultant organization. The firm has two subdivisions, Advertising Experti ad agency, and Jackson's Excerpta, a bi-

monthly national newsletter that chronicles the progress of minorities. Among Circulation Experti Ltd.'s major corporate clients are: Chesabrough-Pond's, Inc.; The Seven Up Company, IIT Continental Baking Company, the Westchester County Bus Association and Gannett Westchester Newspapers where he is also a syndicated columnist. Circulation Experti Ltd. has also provided services to large metropolitan newspapers such as the Boston Globe, the Chicago Sun Times, the New York Times and the Philadelphia Bulletin.

Jackson is a member of the Board of Directors of the Jackie Robinson Foundation, the Fannon Institute and the Lee Elmer Foundation. He is a native of Westchester County, N. Y. and an alumni of Charles E. Gorton High School and Manhattan College, Riverdale, N. Y. Married to the former Christina Victor of Boston, they are the parents of three children.

(Editor's Note: Since there is so much activity and publicity about the Ku Klux Klan, the Lubbock Digest thought it was best that Black people know about other activities being used to defend against the Klan in America. Even young Black college and university students from Lubbock, who are attending these institutions of higher learning in Houston, Dallas, and other areas, ask that we do so. Information from this story, in part, comes from the November issue of "Jet" magazine.)

The Lubbock Digest learned that a group called the United States Veterans, which is located in Atlanta, Georgia, has announced "a nationwide alert to all Black veterans" to begin training to defend their families against the Ku Klux Klan.

The group has been passing out handbills that say they will "train Blacks to defend their families and property using modern weapons and military techniques." They added that these measures are needed because of reports that the Klan has begun paramilitary training in

several Southern states. "Our position is not to do battle, it is to defend," said Lonnie L. Malcolm, commander of the organization's Atlanta division. "There is cause to believe that somebody is actually trying to destroy Jewish and Black people," he said, in light of the growing number of Black children murdered in Atlanta and Blacks mutilated by a White assailant in Buffalo, New York.

Not only are Black veterans preparing, but the California Association of Black Lawyers and the Charles Houston Bar Association have called for legislation to ban Klan activity in the state. Reports reveal that the Ku Klux Klan has set up guerrilla warfare training grounds in several states.

According to the black lawyers, there is a rise in Klan membership and activity is evidence that the group is a grave danger to the safety of Black people and should be outlawed.

"No group whose purpose is to kill a race of people and who has for a century carried out that avowed purpose has a constitutional right to exist," the group contend.



"All blacks in the United States deserve a special blessing," Pope John Paul II told National Alliance of Postal and Federal Employees (NAFPE) President Robert L. White last month at St. Peter's Basilica. The highest

ranking officer of the United States' oldest and largest independent black-led labor union received a special invitation to attend an audience with the papal leader while on a stop over visit in Rome. White was returning to the U.

S. after attending the Third Congress of the Organization of African Trade Union Unity (OATUU) in Mogadishu, Somalia where he delivered a speech to the Congress' delegates.

Distribution Clerk Exam Offered Here

Elmer J. Reed, Jr., Sectional Center Manager/Postmaster, Lubbock, Texas has announced that the Distribution Machine Clerk Examination

will be open in the Lubbock Office beginning December 8 through December 19, 1980. The starting salary for these positions is \$9.05

per hour and employees are paid 10 percent extra for work performed between 6:00 p. m. and 6:00 a. m. Persons who are interested may fill out application blanks in the lobby of the Main Post Office, 1515 Avenue G., Lubbock, Texas during this period only. Applicants will be notified of date, time and place of examination and will be sent sample questions.

Blacks Develop Firist Chiropractic Law

Dr. Carl Alkebu, President of the National Association of Black Chiropractors and Community Development Volunteers, appealed to DC Mayor Marion Berry and Council Members to establish a Chiropractic law so that

residents in DC could have access to Chiropractic health care. He noted that the District was the only area in the U. S. where Chiropractors could not receive a license to practice.

Alkebu and the Mayor's staff developed a Chiropractic law which gives the consumer representation two members out of five on the Chiropractic Board. Blacks developed this law in the Nation's Capital for all citizens, it expresses our concern and support for Chiropractic care, announced Deborah Matthews-Evans, consumer representative.

Short Says: "Need Not Have Mixed Emotions"

"We need not have mixed emotions about the future of tomorrow as long as we have 4-H leaders like the ones here tonight," stated Senator E. L. Short, principal speaker at the 23rd annual 4-H Gold Star Banquet, in Lubbock last week.

The annual affair, honoring forty outstanding young people from

twenty counties throughout the South Plains, is sponsored by Rural Electric Cooperatives serving the area.

Short noted that, "We can take great pride in 4-H leaders who are playing major roles in not only recognizing problems, but in providing the vibrant leadership to do something about them." He reminded his audience

THIS WEEK IN THE LUBBOCK DIGEST

"Subscribe Today!"

Amarillo News Page 2
Business in Black Page 3
Editorials Page 4
Church Interest Page 5
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Kitchen Beat Page 7
"Good Food" Page 8 & 9
Across the Nation Page 10
(Featuring Eddie P. Richardson)

Open Letter To Black Community

Dear Editor:

Please be advised that the plaintiff's Freddie Anderson, Maurice Vester, Donald Wayne Reed, Charles Reynolds, Mack D. Johnson, Emmitt Earl Jefferson and Karl Davenport have presented the following complaints in a handwritten, pro se pleadings by which they contend that:

- (1) When Jimmy L. Brown was returned to the Lubbock County Jail from the Texas Department of Corrections he had in his possession 2 ladies hand bags, two ladies clutch purses, and other aggregated property valued at \$190.00 which is now missing;
- (2) The defendant fix prices at the commissary operated at the jail;
- (3) The defendant charges sales taxes on the items purchased by the inmates from the jail commissary;
- (4) The defendant defrauds, inmates on purchases from the commissary;
- (5) The visiting hours at the jail are too restrictive;
- (6) Although there are medical facilities available to the inmate, no doctors ever visit them. There is no available medication, and the doctors do not provide dental assistance;
- (7) The inmate are denied equal protection and opportunity in housing because they are segregated by race in the tanks;
- (8) The inmates are given only one half pint of milk each week; and
- (9) The plaintiff's are denied access to hall point pens, carbon paper and typewriters.

The plaintiff's named in this action without finding that any of the conventions are cognizable under the Civil Rights Act, 42 U. S. C. 1983. The defendant have been instructed by the courts judge, the Honorable B. H. Berman.

The plaintiff's have requested that your paper cover this action in the Federal Court, in the interest of the public. Thanks for your consideration.

Yours truly,
Jimmy L. Brown
P. O. Box 10636
Lubbock, Texas 79408



BOTH AIDING UNCF - Hugh Cullman, Chairman and Chief Executive Officer of Philip Morris U. S. A., greets tennis superstar Arthur Ashe at the Sixth Annual United Negro College Fund/Arthur Ashe Tennis Benefit, held November 5, at Madison Square Garden in New York.

Mr. Cullman is General Chairman of the Fund's Greater New York Campaign. More than 3,000 spectators watched celebrities from the fields of sport, entertainment, and politics compete with rising black tennis amateurs and professionals. The UNCF paid special tribute to Mr. Ashe at the Benefit to mark his retirement from tennis. All proceeds from the event will go to the UNCF to support "predominantly black colleges and universities throughout the United States."

better way of establishing the ultimate in Chiropractic health care in black communities than to plan seriously and work for the creation of a Chiropractic College. Statistics from the U. S. Department of Education Civil Rights Office investigation of Chiropractic Colleges for discrimination show almost zero present black enrollment. Therefore our plan and priority is to educate our folk about chiropractic health care and practice. Equally important, we shall work with wisdom and resources to establish a Chiropractic College," explained Alkebu to Community Development volunteers and D. C. Council Representatives.



100 Years Young - Cartha Bell, extreme right, special assistant to Los Angeles City Councilman Gilbert Lindsay, presented a happy birthday proclamation from the Los Angeles City Council to Nora Fisher, second left, on her one hundredth birthday at the home of Mr. and Mrs. Horace Willis, who participated

in the presentation, before more than one hundred guests and friends from Bethesda Missionary Baptist Church celebrated the occasion with her.

Mrs. Fisher, who has no living relatives, was born in Northampton, Virginia on November 19, 1880, spent her adult life in Maryland, Pennsylvania and New York

prior to moving to Los Angeles in 1957.

Nora Fisher, when asked about the formula for her longevity said "taking good care of myself, always keeping active, loving people, traveling and going to church. She said that, "Living to be one hundred years old is good but it sure can be inconvenient."

Amarillo Briefs

by
Rev. Carl Jefferson

NNPA FEATURE

COPING

by
Dr. Charles W. Faulkner



"The Bully"

Do you remember the fellow who used to bully the kids in your neighborhood? Remember when he used to "pick on" people just for the fun of it? The bully abuses people whom he can beat because this makes him feel like a "man." It gives him confidence in himself. It lets him feel that he can accomplish, that he can be successful. It replaces his negative feelings about himself. It gives him an outlet for his pent up emotions.

So, the bully develops a sense of personal security by relishing in the glory of making other people feel insecure. In effect, he is saying: "I feel inferior to you, so by beating you, I don't feel superior to you but I can make you temporarily inferior to me."

The sense of superiority that is obtained from abusing others is a temporary means of escaping from his world of insecurity and inadequacy. However, this activity must be constantly conducted or the insecurity will return and the self-dislike will reappear.

The person who finds a delight in abusing others and relishes in their condition of hurt is a person with a major emotional problem. He is a person who is never likely to completely eliminate or permanently counter his insecurity. His target is usually another person who makes him feel insecure by reminding him of his inadequacy.

The adult bully finds more satisfaction in abusing someone whom he considers to be superior to himself rather than a person who is inferior or on his level. How does it really benefit the bully to kick the family dog or smash the TV set? Not much. He delights in observing a person whom he considers to be superior to himself struggle in an untenable position, physically and emotionally, even when it is not the cause of that condition.

When the bully gets the "superior" person down, he never lets him up. He "needs" to observe the continued negative condition of the person whom he considers superior to himself in order to maintain his own emotional and cultural stability. He will do anything necessary to maintain this relationship.

Do not be fooled by the bully who impresses you with his power. If he really felt psychologically powerful, why would he abuse others -- and enjoy it?

Some socio-psychologists who have studied Western Culture extensively, think that racism grew out of a psychological sense of insecurity of the white man who feels threatened by the black. The white man "bullies" the black man to whom he feels inferior. Relegating the black man, or any minority, to a culturally inferior position is the only way for the white man to find momentary escape from his deeply ingrained sense of inadequacy.

If you have questions you would like answered, direct them to Dr. Charles W. Faulkner, P. O. Box 50016, Washington, D. C. 20704.

The Gamma Zeta Chapter of Zeta Phi Beta Sorority, Inc. presented a very special Baby Crawl and Tiny Tot Style Show last month at the Hilltop Learning Center, N. W. 18th and North Travis.

Contestants and parents were as follows: LeLasha Chanycce Brown, Mr. & Mrs. Willie Brown; Michelle Renee Crawford, Mr. & Mrs. Arthur Crawford; Ersela Naccole Demerson, Mr. & Mrs. Eliza Demerson; Shalimar Jeaneene Huff, Mr. & Mrs. Franklin Huff; and first place winner, Marissa Jamille Turner, Mr. & Mrs. Johnny Turner. Little Lorie Joyce Jackson, Mr. & Mrs. Cecil Jackson, was second place winner.

Members of Gamma Sigma Zeta Chapter would like to say "thanks" to the parents of these very special tots, the Modelettes and all who attended.

The Wonderful View No. 125, O. E. S. invites all of their friends to attend their annual Star Queen Banquet on Saturday, December 6, at the Hilltop Learning Center, 1808 N. Travis, beginning at 7:30 p. m. Tickets are \$3.75 at the door. The queen will be crowned. The special program will feature the Wonderful Viewettes.

Mrs. Homer Eastman and Mrs. George Yancey invited a few of their friends over to Mrs.

Yancey's residence for a Pre-Thanksgiving Dinner last week. The guest enjoyed a delicious Hawaiian meal. All guest wore leis, and the ladies were presented flowers for their hair. The lovely table was decorated with a center piece which carried out the Hawaiian theme.

The Ministerial Alliance of Amarillo had a wonderful Thanksgiving service on Thursday, November 27, at 11 a. m. at Johnson Chapel African Methodist Episcopal Church, 1901 North Washington. Rev. N. H. Franklin, pastor, was the presiding minister. "We had a wonderful time in the Lord," said Rev. Franklin.

Carter Chapel C. M. E. Church of Amarillo postponed their Mock General Conference from November 17 to 21 to a later date. It will be held December 1 thru December 5.

Mr. & Mrs. Harold Williams will serve as Senior Bishops with the following persons acting as Bishops: Sisters Mary Jones, Graham Thompson, Ella Humphrey, Opal Henson and Brother Joe Young.

The Women's Guild of Carter Chapel sponsored a Thanksgiving program and dinner on November 22 in the fellowship hall of the church. The young

BLACK POETRY

DON'T YOU KNOW WHO YOU ARE?
(Dedicated to my children everywhere)

YOU ARE THE SUN
wrapped up in daylight,
brilliant
as kindling fire, soon to
explode.
Be sure you generate
warmth and love.

YOU ARE THE STARS
tiny sparklets of light, too
numerous
to count, indicating that
your goals
are limitless.

YOU ARE THE MOON
that satellite that shines in
the darkness
of night. When the road
gets rugged you push
on because you know the
dawn will come again.

YOU ARE THE SEA
so full of life—flowing on
endlessly,
moving on constantly,
growing and giving,
oozing out bastions of
immortality.

people of the church were featured on program.

Members of the Women's Guild include: Mary C. Jones, Wanda Williams, Elenore Lott, Ella Humphrey, Diane Jones, Betty Shaw, and Helen Martin.

Rev. Robert L. Humphrey is pastor.

An annual membership will be held at the New Hope Baptist Church on Sunday afternoon, December 7, beginning at 3 p. m. Rev.

J. H. Blakemore of Borger, Texas will bring the message.

Rev. David Hill is pastor.

The Young Adult Choir of the Mount Olive Baptist Church was featured in a musical on Sunday afternoon, November 23.

"It was great!" said Rev. Vernon Spencer, pastor.

The church is located at 1015 North Monroe, Amarillo, Texas.

YOU ARE THE

MOUNTAINS
our vision of hope that
looks ever upward,
using every atom within
you to reveal
that you, too, are a
climber.

YOU ARE THE RAIN
filtering down whispers of
grace,
drops of divineness,
sprinkles of the spirit
of peace and oneness
with the universe.

YOU ARE THE EARTH
seed of the next
generation, root of all that
was. Flower of God,
blooming through the
ages until time is no more.

DON'T YOU KNOW WHO YOU ARE?

—Annetta Elam Capedeville

(We are children of the universe, at one with all creation. So the brilliant black poet here reminds us.)

Laugh Out

"You know Archie? He beats his wife up every morning."
"You don't say!"
"Yes. He gets up at seven, and she gets up at eight."

BMI/ DIGEST SAY:

The Dictionary Habit, A Crucial Tool In Developing Effective Communication

Dear Reader: The Lubbock Digest is a black-owned newspaper that brings you the news of our community and that reinterprets, from a black perspective, the national and international events of the day. We hope that our readers of all ages will keep a dictionary handy when reading the Lubbock Digest. Our publisher and staff want to see black Americans in this community and in every community across the land build word power.

Why is this necessary? This is crucial because if we are to reach our goals that we desire for Black America, we must be able to communicate clearly and concisely with one another in Black America; and we must also be able to not only understand what White America is saying to us but to be able to communicate our goals, aspirations, needs, etc. to white Americans at every level.

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AUDICION PUBLICO
PARA RECIBIR SUS INDICACIONES PARA USAR \$3.481 MILLONES
PARA DONACIONES PARA EL REGRESO DE LA COMUNIDAD - 1981-82

El Consejo Municipal invita a todos los residentes de Lubbock para comentar los usos propuestos de los fondos del progreso de la comunidad.

Ciudadanos son animados que vengan a expresar sus opiniones de gastar los fondos del Progreso de la Comunidad - 1981-82, que son recibidos por la Ciudad de Lubbock de parte del Departamento de la Vivienda y Progreso Urbano.

El Consejo Municipal considera las recomendaciones de parte de la Junta Consultiva del Progreso de la Comunidad y escuchara cualesquiera comentarios o sugerencias de parte de cualesquiera individuos interesados, grupos, o organizaciones con respecto de los proyectos y actividades propuestos para la aplicacion anual.

Copias del programa propuesto son disponibles en la Oficina del Progreso de la Comunidad, Cuarto 207, Palacio Municipal. Para mas informacion llame 762-6411, ext. 2290.

CÁMARA DEL CONCEJO MUNICIPAL
SEGUNDO PISO, EDIFICIO MUNICIPAL, 10th y la AVENIDA DE TEXAS
5:30 P. M.
DICIEMBRE 11, 1980

*Business
in the
Black*



By Charles E. Brille

**Retraining a must!
Sense, Skill and School!**

"With all thy getting, get some understanding," do not remember where exactly it's written but it works. These days only about half of the Black American male adults are able to find a job. It's not only bad luck and being Black that is holding them back. Each one needs to sense the necessity for

meaningful labor in life and possess the skills to sell that labor after some form of the proper schooling.

Some 2 million additional Black American adults employees are currently pounding the pavement looking for productive work. When one watches the way foreign countries recareer train their people, it puts tears into the eyes of even taxi drivers in America. Especially when a few of them have Ph. D's! At one time or another nearly all of the people in a given profession on the decline decide to become a cab driver.

Unfortunately, today taxi drivers and chauffeur jobs are showing a decline for prospective number of job openings in this decade of the 80s. A drop of almost 9.8% is decreed in unpublished data from the U. S. Labor Department Bureau of Labor Statistics.

To tell the truth this is nothing like the decline in prospects for people who used to take pleasure and certainly little pocket money for positions such as teachers' aides, telegraph messenger or operators. These job prospects are expected to decline 51.8%, 72% and 44.5% respectively during the next 10 years.

Yearning for a new job will not just be unskilled workers and farmers, but college and university professors, down 14.3% as well, as secondary school teachers down some 26.5%. Sales work, especially advertising agents, expected to jump 42.4% followed by bank, financial managers, expanding over 50% are refreshing action areas.

Engineers, life and physical scientists, mathematical specialists, science technicians, medical workers, technicians, computer specialists, social scientists, such as economists and even entertainers such as actors, musicians and composers, dancers, and editors and reporters, are expected to have above average job openings in this decade. Decency declares, however, that those who do not have Ph. D had best be masters of their professions. In short, a college degree is great if it happens to be a graduate degree.

Determining what field of employment to become engaged in is no easy matter, no matter what the growth prospects in the near term. Take the advice given to me so many years ago, "Go do whatever you want to do, good or bad, just be sure to be the best one in the business." In America it pays to be number one.

Sense my drift from this, send some young adults back to school and see if you might want to send yourself back. Filing clerks, bookkeepers, bulldozer operators, podiatrists, dental hygienists, mathematicians and mining engineers are some of the selected job categories that are expected to have a 50% growth in job opportunities in the 1980s.

**ASTRO/NUMEROLOGY
AND YOU**

December 10-16

Dear Sir,

I read your articles religiously every week and find them interesting. I'm a black woman born September 15, 1931 and at present I am seeing a man born November 22nd. Would you give me some insight into this relationship and my numbers? M.L.

Dear M.L.,

Born September 15th, you are a number 6 person (1 + 5 = 6) and your Sagittarius friend, born on the 22nd is a number 4 person (2 + 2 = 4). As a rule when these two numbers come together, there can be problems. This doesn't mean that the relationship

won't work out...it's just that there may be a strain of some sort which could dampen some of your romantic happiness. Even your astrological signs would not be considered harmonious. Here are a few examples of what the numbers six and four represent. The number 6 is usually by nature, magnetic and with many friends. The number 4 is just the opposite. It attracts few friends and is usually misunderstood. The number 6 is emotional, warm and expressive in approach. However, the 4 is considered to be moody and on the surface, doesn't show too much emotion. The number 6 is also stable, whereas the number 4 can be very unpredictable at times. There's more, but these brief ideas suggest why the 6 and 4 may have difficulty with each other.

As you know, there is always an exception to the rule. Looking closer at your birthdates, both you and he are going through a "6" cycle for 1980. As the 6 represents love, home, family, romance, etc., both of you would be in the same "frame of mind." Another interesting exception in your relationship is that your NAME, under Chaldean numerology, adds to the number 22. This is the exact same number as your friend's birthdate. What this means is everytime he calls your name, he is really saying his number that's totaled in your name. So not only was he initially attracted to you, but you both can learn a lot from each other.

Please send your letters with any questions or inquiries you may have. For an introductory Astro/Numerology Chart—listing your best days, dates, months and lucky numbers—send your name, birthdate and a stamped self-addressed envelope, along with a \$5.00

OFF THE WALL
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MONEY
ISN'T
EVERYTHING,
BUT IT'S A
GREAT CURE
FOR
POVERTY

**Vote Rose Wilson
NAACP
PRESIDENT**



Mrs. Rose Wilson
President
Lubbock Branch
NAACP

Mrs. Rose Wilson is seeking re-election for the President of the NAACP. During the past two years in office, she has strived to reach the goals for which the organization stands. Her principle objectives are: to promote unity in our community, and gain understanding among all races.

Some of her accomplishments are, namely; organizing voter registration drives and informing people in our community about political issues; joining in to help curb police brutality through workshops for law enforcement and citizens in our city; working to place qualified minorities on boards and commissions; and many other worthwhile projects to benefit our community.

Mrs. Wilson has proven to be a great asset to the organization and our community. A vote for Rose Wilson is a vote for PROGRESS!! She believes that every man, woman and child has a place in the NAACP.

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Thursday with partners of the opposite sex. A little tact and charm won't hurt to get you over. After the weekend, indicators are some type of money, gift or favor is due you. Your number this week is 6. ARIES BORN: Jim Boyd, Boston's famous news-caster and personality.

TAURUS — April 21-May 20 Don't expect too much while dealing with others this week. As for the balance of the

Continue on Page 10

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PUBLIC HEARING

TO RECEIVE YOUR SUGGESTIONS FOR USING
\$3,481 MILLION
FOR 1981-82 COMMUNITY DEVELOPMENT BLOCK GRANT

THE CITY COUNCIL INVITES ALL RESIDENTS OF LUBBOCK TO COMMENT ON THE PROPOSED USES OF \$3,481,000 OF COMMUNITY DEVELOPMENT FUNDS.

Citizens are encouraged to express their views on the spending of 1981-1982 Community Development funds to be received by the City of Lubbock from the Department of Housing and Urban Development.

The City Council will consider the recommendations from the Community Development Advisory Committee and hear any comments or suggestions from any interested individual, group, or organization regarding the projects and activities proposed for the annual application.

Copies of the proposed program are available in the Community Development Office, Room 207 City Hall. For more information call 762-4111, ext. 2290.

CITY COUNCIL CHAMBERS

SECOND FLOOR, MUNICIPAL BUILDING, 10th and Texas Ave.

5:30 P. M.

DECEMBER 11, 1980



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BRONKO RENTALS

EDITORIALS

Enough Is Enough!! Too Much Smells - Bad!

by
Eddie P. Richardson, Jr.

I have silently set by and watched this young Texas Tech student, Ron Miller, suck up all the ink he could in all the media he could. I sat by and watched him run this media down and we were fair and open enough to print it, but enough is enough!

To deal with some of his facts, McKinley Shephard planned the Federation of Choirs' Anniversary and his campaign incurred expenses. Wrong! Sonny, The Federation of Choirs has been planning and giving their anniversary for over twenty years. The only expenses to McKinley was his own political material which had nothing to do with the Federation of Choirs anniversary and was passed out without permission of the officers of this organization. For your information, Sonny, ask the officers (Brother A. L. Smith - President). While you have his ear, ask him about the advance sponsorship money which was not returned.

Governor Preston Smith did come to East Lubbock in 1969. Sonny, I was there and members of the Eta Delta Omega Chapter of Alpha Kappa Alpha Sorority, Inc. served punch and cookies. At that time, Mrs. Lydia Furry was the director of Mae Simmons Community Center (check it out). By the way, it was on a Saturday morning. Joan Y. Ervin was also at this particular meeting.

Come to think of it, the meeting was set up from the charter airplane he was flying in by his administrative assistant (Larry Teaver). There were at least 30 people present. I can even name off hand those there without even thinking about it.

As for qualified people to handle public relations, this newspaper, my public relations firm (E. P. Richardson & Associates) which has been in existence since 1970 has performed all over the state and across the nation. It even has a positive track record (check it out). Rev. Adolphus Cleveland, a local minister with political experience, has a political consultant firm.

Money for El Editor and Lubbock Digest was almost none. We ran everything Shephard brought us for over a year without hesitation. Anything he wrote about himself or the East Lubbock Republicans (sometimes two or three articles with pictures, etc.) Sometimes two items on the front page FREE!

We gave him (Shephard) over a thousand inches FREE from the time he announced until the election. But when he got ready to spend, he purchased billboards. Business is business! Profits is the name of the game. You're damn right, we were hurt when he spent money. He spent it on billboards after all the FREE ink from us. We must not be that ineffective, by your own admissions. We helped his opponent without billboards.

And as for the United Political Action League's (UPAL) letter, I got one, too. It was only form letter and so did over one hundred other people. (Check it out, Sonny).

Then you, in essence, calling the Black leadership stupid, because they felt different from you - is ridiculous. You condemned people you do not know. The few times you visited East Lubbock was for partisan politics and was apparently never interested in the total community. Sonny Boy, you are a sore loser. You are the only one hurting McKinley Shephard if he has political aspirations.

From the top, Carter and Reagan and friends are now working together for the betterment of America for all of us. Think about it. Locally, Lubbock needs us all working together.

LETTERS TO EDITOR

"Need Minority Contractors"

Dear Mr. Patterson:

The Associated Minority Contractors is a minority construction industry trade association located here in Washington, D. C. We provide information on the minority segment of the construction industry and the issues that affect it.

To be effective, we must continuously be in search of minority construction firms. I am requesting your help in this effort. If you know of Black, Hispanic, Native American and other minority group firms in your area, please submit the names and addresses of these firms to me.

Thank you for your cooperation

Sincerely,
Rosa W. Black
Director of Research
Associated Minority Contractors of America

Lubbock Digest

"Dedicated to Freedom, Justice and Equality"

T. J. Patterson Editor
Eddie P. Richardson Managing Editor
Jeff Joiner Distribution Manager

The "Lubbock Digest" is an independent, privately-owned minority enterprise newspaper published every Thursday by KATHBOB and ASSOCIATES at 506 East 23rd Street, Lubbock, Texas 79404. Phone (806) 762-3612.

All non-staff solicited articles, manuscripts, and letters do not necessarily reflect the stand or feelings of this publication. Pictures, articles, etc. are sent to The Lubbock Digest at the owner's risk, and The Lubbock Digest is not liable or responsible for custody or return. People wanting articles, pictures, etc. returned, please send self-addressed envelope.

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Black Media, Inc.
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(Editor's Note: If there are Black, Hispanic, Native American or other minority group firms who would like to contact this association, please advise this newspaper).

"Ron Miller Exposes Himself"

Dear Editor:

We would like to say congratulations, Ron Miller, for exposing your own brand of speculative insight to the media. We dare say that your personal opinions concerning the needs of eastside residents were not only egregious and unwarranted, but a public blunder that will greatly lessen the possibility of any social contact with our community. The vast majority of our community do not even know who you are or what you are, Ron Miller.

While a very small minority of civic leaders and students who reside on the eastside recall your name faintly, we do not hold viable acquaintances with you. Any knowledgeable individual would respect your position in the Republican machine, but this will not, however, condone the scurrilous attack on our community. Sure enough we are a community with some basic motivational and social exigencies, but this does not warrant a political neophyte as yourself to expel the emotional rhetoric of your frustration in an attempt to be vindictive. For an outsider of the utmost to deliberately provoke a whole community - that's audacity. Moreover, if you are genuinely concerned about the plight of our community, then bring the audacity and brilliant ideas to the arena and let's put it to the test. And lastly, Brother, any further outbreaks of this type will be dealt with on a higher level with consequences being a lot more concrete in nature.

Dwight A. Brown
2807 Weber Drive, Unit 508
Lubbock, Texas 79404

Social Security News

Changes Effective For Disability Program

by
Manuela Barton
Claims Representative

Many important changes in the social security disability insurance and supplemental income (SSI) disability programs take effect this month

(December).

Many of the changes are intended to encourage people who receive social security or SSI disability payments to return to work. The changes are: if a person who is still disabled becomes unable to work within a year after his or her benefits were stopped because of work, payments can be automatically reinstated. A new application is not necessary, but the person must notify social security.

If a worker starts receiving social security disability benefits within 5 years after they stopped and he or she had Medicare before, Medicare can begin immediately. The person will not have to serve another 24-month waiting period.

This provision also applies to disabled widows and widowers and adults disabled before age 22 whose benefits start again within 7 years.

A person who did not complete the 24-month waiting period during the first period of disability can count the months he or she did get benefits toward the waiting period in the second period of disability.

Impairment related work expenses can be deducted from a person's earnings in deciding whether he or she is able to do substantial gainful work even if these expenses also apply to daily living needs. Expenses for such things as medical devices and equipment, attendant care, required drugs, and services are included. These deductions also apply in figuring the amount of the SSI payment.

Disabled widows and widowers are now eligible for a trial work period which permits them to test their ability to work and still get benefits.

Social security will pay a reasonable charge for any medical reports it needs and requests.

Another change applying to those getting SSI payments because of disability will become effective in January 1981. Under the old law, SSI payments stopped if a person was found to have earnings high enough to represent substantial gainful work. As a result, he or she was often ineligible for Medicaid and social services.

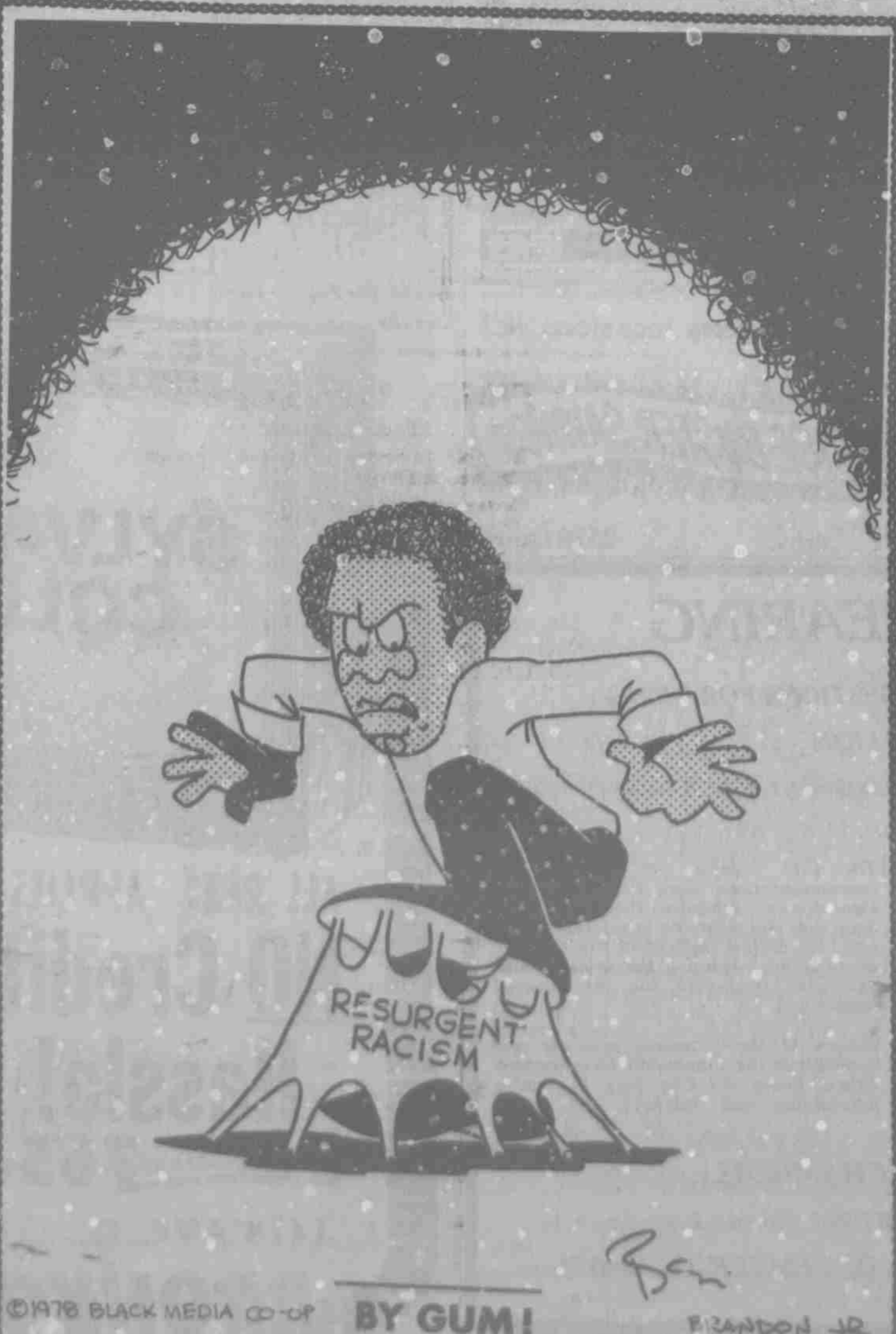
Under a 3-year experiment, all of these benefits may continue even though a person's earnings are high enough to represent substantial gainful work. As the person's earnings increase, however, the amount of the SSI payment will decrease. But, eligibility for Medicaid and social services may continue if a disabled or blind person could not work without this help and does not earn enough to pay for similar help.

More information about these changes in the Social Security disability insurance and SSI disability programs can be obtained at the Lubbock Social Security Office, located at 1205 Texas Avenue. The telephone number is 762-7381 or Toll Free Number 1-800-392-1603.

questions
and
answers



WHY ARGUE? THE FACTS ARE HERE!



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BY GUM!

RANDON JR.

Ringling The Bell



by
Bob Tieuel

Paging Black Businesser - According to one belligerent in the Dallas area - Ms. D. M. - if Raleigh Scott has his way, some Dallas businesses will be "in the black" for a long, long time. He is talking about keeping them in the Black Pages, a telephone directory of Dallas businesses owned by blacks. Recently more than 80,000 homes received the free directory in the Dallas area. Scott says that he hopes eventually to include a Texas size black directory of black businesses, he says.

Isn't an all-black telephone directory mildly discriminatory? Scott says no. "Our goal is to try to reintroduce blacks with black business. Look at our target market - black businesses and consumers. That's why it's not a segregated publication. Later, white businesses may be included but only if they are located in a black community. "We are just trying to keep the black dollar circulating in the black community," Scott adds.

"A lot of businesses in the black community have been lost as a result of white owned businesses there," Scott says and "lack of advertising on the part of black businesses has been one of the major reasons why."

Scott continues "Chuck Levering, manager of directory sales for Southwestern Bell told me that the price for a half-page ad in the yellow pages is \$12,264 in Dallas area. The price for a half-page ad in the Black Pages is \$825.50. What we are doing is offering the black small business man a chance to let people know what he has to offer and where he is. Scott admits that many of the most successful of the black business places did not go along with the directory in its first year of publication but when we get "a track record it will be a different story, he believes. "There may be as many as 5000 black owned businesses in Dallas but there is just no way of knowing for sure," Scott concludes. He has already started work on the 1981 edition. The 1980 team found 3000 businesses operating in Dallas. Interested? Write Scott, in care of Metroplex News, 1912 Forest Avenue, Dallas, Texas 75215.

Chimes: Police Chief Anthony V. Bouza of Minneapolis in 1976, while other police chiefs were crying 'manpower shortage' which forced New York to cut 5000 cops, Bouza said more police should be eliminated, especially the 'psyches, criminals and the unfit.' He blamed poverty and other social ills for the high crime rate among young blacks and hispanics and was active for many years in the Fresh Air Fund which aimed to address some of those problems. He is 51 and is author of six books, including two novels.

Gail Benjamin, 24, and her brother Vaughn, 21 are unique members of a unique class, the first to include women since the Air Force Academy was founded in 1957 in Colorado. The Benjamins also are the first brother and sister to be accepted into pilot training school. Gail said she was recruited by her brother Phillip, 27, who as a recruiter at the Air Force Academy when congress voted to open the country's service academies to women. Gail attended Vassar for two years before she decided to seek an appointment at the Air Force Academy.

Dear Ms. G. T. Thanks for your words of encouragement. Out here in West Texas and Southeastern New Mexico we have worked hard to encourage our black preachers, teachers and all other blacks interested in racial progress, to support where possible, black enterprises and businesses. After more than 30 years, we are still trying to do our part.

Bishop C. D. Coleman, chairman of the board of trustees of Texas College, Tyler, Texas announces Inaugural Ceremonies and Convocation installing Dr. Jimmy E. Clark as the twelfth president.



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Lubbock Digest

"Dedicated to Freedom, Justice and Equality"

AS PUBLISHERS of this weekly newspaper, we owe to YOU, the reading public, to be factual and fair. You may be critical of some things that are written, but, at least you will have the satisfaction of knowing they are truthful and to the point.

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

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

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

T. J. Patterson Eddie P. Richardson, Jr.
Editors



CHURCH DIRECTORY

Your Absence from Church is A Vote To Close its Doors



"Woman of Year" Named At Community Baptist

The Missionary Society of the Community Baptist Church held its annual "Woman of the Year" program last Sunday night at 7 p. m. Guest evangelist, the nationally known Elder Levi Lenly, Bert Cross of Dallas and the Galilee Baptist Church of Crosbyton were on program.

Ms. Robertson of Crosbyton brought the theme lesson, which was very helpful to all present.

The welcome was given by Mrs. Theola

Cooper. Mistress of ceremonies was Ms. Bogus who also introduced the president who explained how the "Woman of the Year" was selected.

The "Woman of the Year" was Ms. Barbara Wilson and was announced by Rev. Tony Williams, pastor. Her corsage was pinned by her mother, Ms. English, the secretary of the Mission Society.

The message "Where Shall We Turn" was expounded by Elder Lenly and enjoyed by the

entire congregation. The Lord was truly in the house. For the song sung by Elder Lenly, "Only What You Do For Christ Will Last" inspired the soul of man. For that is truly a true song. No matter how great you are or think you are, the only thing that involves Christ will last.

After services, there were refreshments served in the Fellowship Hall.

Mae Pearl Jackson is president; and Ms. English is secretary.



Mrs. Callie Howard entered Methodist Hospital last Thursday for surgery. Let us whisper a prayer for her that she will be ok.

This writer (Ruby Jay) received word last Sunday evening from a niece in Graham, Texas who lost her husband, S. C. Sedberry. He is also a cousin of the Sedberys in Lubbock. At this writing, funeral services are pending.

Let us not forget to whisper a prayer for the Sedberry and Ludd families. Also Mr. Marshall Taylor who lost his father.

Mrs. Kado Lang lost her mother in Midland, Texas last week.

Mrs. S. R. Roberts lost her sister on Thanksgiving Day in Los Angeles, California. Her name was Mrs. Ollie Russell. Mrs. Roberts and daughters attended the funeral.

Mrs. G. H. Davis accompanied her niece, Johnnie Derrough, to Fort Worth, Texas for the holiday weekend to visit relatives and friends. They returned home last Sunday evening and reported a most enjoyable trip.

Ms. Carolyn Rollison of Houston, Texas enjoyed visiting her parents, Mr. and Mrs. Richard Rollison, here over the holiday weekend.

The Dunbar Booster Club wishes to thank all of you who purchased tickets to the Dallas Cowboys and Washing-

RUBY JAY'S CORNER

ton Redskins football game. "You helped so much to make everything real nice," says Ms. Joan Crawford, president. Dr. D. E. Stone King, 1106 Broadway Avenue, was the lucky number. He won a round trip for two. This was done on November 23.

Mr. Matthew Roberts carried his aunt, Mary Polk, home on Sunday, November 23. His mother, Mary; and aunt, Ethel Blake, traveled with him. Of course, they got caught in the snow. They returned home last Sunday from San Augustine, Texas.

Mrs. Louise West traveled to Lincoln, Nebraska to see her son, Sammie Sims, play football last Monday. Of course, Sammie's team lost. Louise was very sad.

Mrs. Melba L. O'Neil of Los Angeles, California, is visiting her mother, Mrs. Parlee Bell, for two

weeks. Mrs. Bell is very ill at home.

The Sunday School at New Hope Baptist Church began at 9:30 a. m. last Sunday morning with Mrs. R. B. Thompson, superintendent, at her post of duty. The Deacons were at their post at 11 a. m. services. Devotion was offered by Brother Swain and Brother Francis. A wonderful message was delivered by Rev. A. L. Dunn, pastor. His subject was: "The Reason for Being Thankful." Scripture was taken from Col. 1:3; 4:2.

During the 7:00 p. m. evening services, the W. M. S. had their last fifth Sunday services for 1980. It was a senior citizen program. The theme was "Seek The Old Time Religion." This is one which is so needed now. The scripture was found in Jeremiah 6:16. Sister R. B. Thompson gave a beautiful lecture. She kept repeating: "We need to go back to our

The Outreach Prayer Breakfast

Members of the Outreach Breakfast met last Saturday morning at 9 a. m. in the beautiful home of Mr. and Mrs. Day.

Our president, Mrs. Mary Ward, presided over the meeting.

Opening devotion was led by Mrs. C. E. Fair, Mrs. E. Brown and Mrs. Ward. Scripture was taken from Psalm 47.

The morning scripture lesson was taught with members and friends. It was taken from the 23rd Psalms.

"The Lord is my shepherd, I shall not want."

This is not a request that his conditions shall be considered, and that God shall have mercy, but it is a calm assertion of his confidence that nothing he shall actually need will be lacking. All his necessities will be (are in fact) provided for. "The Lord is" that is present. "I Shall Not Want," that is future, our Father is God of the present and also of the future. Beautiful testimony. Remarks were given by all. This was a glorious morning.

Thought for the day: "God does not waste strength by allowing it to lie about unused. (Think about it). Breakfast was served on time and piping hot. Are you hungry? Come! We thank God for good appetites - spiritually and physically.

Our guest list included: Mrs. Donnie M. Williams, Mrs. Ruby Donaldson, and Mrs. C. C. Peoples who took out time from a busy schedule to be with us on Saturday.

We want each of you to know the morning was complete just because of you. Please come again.

Our sick list include: Mr. Phillip Gant, Jr., ICU at St. Mary's Hospital; Mr. Harry Bunton, Rev. J. B. Harris, Mr. Andy Boquero, a patient at St. Mary's Hospital; Mr. M. E. Collins who is doing nicely at home; and Mrs. Callie M. Howard.

Praying that the Ludd and Savage families and all bereaved of this city and community. Gain strength through Jesus, Christ.

Prayer request was made. If you have one, call today or come by. Let's pray together. For more information, call 762-3347.

Morning prayer was offered by Mrs. Donnie M. Williams. The food was blessed by Mrs. Annie Day.

The next meeting will be in the home of Rev. and Mrs. C. C. Peoples, 1517 East Amherst Avenue.

Can any good come out of Nazareth? Our answer to you - "Come and see!"

Mrs. Mary Ward, president; Mrs. C. E. Fair, vice president; Mrs. C. E. Brown, secretary; and Mrs. D. Hood, reporter.

WORDS OF LIFE

Biblical Inspiration For The Week

"All the promises of God find their Yes in him."—11 Corinthians 1:19

1. God makes promises. We so often forget that God promises us many good things. If we simply wrapped ourselves in the promises of God, life would be filled with brightness and joy every day. Every good gift and every perfect gift comes from the Father of lights, so St. John tells us. God's promises are all "good gifts."

promises, when we trust God's word, when we let Jesus take hold of our spirit, then we do not stand in the way of God's workings in us. So often we do not believe that God's promises are actually true, and our lack of faith stops God's work in us. Faith, however, seals God's promises.

2. Jesus fulfills God the Father's promises. God is known to us as God the Father, God the Son and God the Holy Spirit. These are the three ways that God reveals His nature and purposes to us, God the son—Jesus—represents to us God's entrance into our lives to make us strong and perfect. Jesus thus is the enabler, whose strength in us makes God's promises come true.



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Prayer Poem

John Newton (1725-1807) gave us the unforgettable words of "How Sweet the Name of Jesus Sounds." The hymn reminds us of how all the promised gifts of God find their fulfillment in God the Son. The prayer poem expresses praise and thanksgiving as well as loving personal devotion to Jesus, as God's love is made active in our lives.

How sweet the name of Jesus sounds
In a believer's ear!
It soothes his sorrows, heals his wounds,
And drives away his fear.

It makes the wounded spirit whole,
And calms the troubled breast;
'Tis manna to the hungry soul,
And to the weary, rest.

Jesus! my Savior, Shepherd, Friend,
My Prophet, Priest, and King,
My Lord, my Life, my Way,
my God,
Accept the praise I bring.
—Amen

The Church is Christ's Body, so St. Paul tells us. It is Jesus still active in the world. Christians are members of Christ. Our membership in the Church signifies our participation in Christ's life. Share in your Church's work. Tithe to its support.



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Naomi Milligan
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Y.P.P.U.	4:00 P.M.
Evening Worship	7:30 P.M.
Mid Week Services	7:00 P.M.

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Bishop W. D. Haynes preaches at Christ Temple Each First and Third Sunday Worship Hour 11:30 A.M.

Faith First Baptist Church
1504 E 15th at Oak
747-6846

WEEKLY SERVICES

Sunday School	9:30 A.M.
Morning Worship	11:00 A.M.
B. T. T.	6:00 P.M.
Night Services	7:30 P.M.

And let us consider one another to provoke one another to Good work - not slothful, but imitating one another's good works, as the manner of love, that exhaust one another, and so reach the mark, so to see the day approaching.
Hebrews 10:24-25

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E. B. Bell Pastor

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The KITCHEN BEAT



A DIFFERENT FACE FOR PUMPKIN

Pumpkins have many faces other than the ones that grin on Halloween. There's the face of pie, of cake, of souffles, of bread, of preserves and even of soup. As Pumpkin Mousse a la Mode, this delicious golden fruit combines with ice cream, Jell-O Americana vanilla tapioca pudding and spices to present an elegant face for holiday entertaining.

Mousse, which is French for foam, is characteristically light in texture and this recipe is no exception. The frozen mixture has a velvety smooth texture and, served in small portions, Pumpkin Mousse a la Mode is an ideal dessert to climax a big holiday meal. While it is somewhat more in-

volved than the usual run of holiday desserts, it can be made in advance—ideally, the night before the big day—and tucked away in the freezer until ready to serve.

In China, pumpkins are considered symbols of success and health. What better way to end one year and start the next with this holiday season.

PUMPKIN MOUSSE A LA MODE

Recipe Courtesy General Foods Brands Suggested by The Kitchen Beat

- 1 quart vanilla ice cream, softened
- 1 package (3 1/4 oz.) Jell-

- lo-O Americana vanilla tapioca pudding
- 1 cup Carrington evaporated milk
- 1/4 cup firmly packed Domino brown sugar
- 1 1/2 cups canned pumpkin
- 1 1/4 teaspoons pumpkin pie spice
- 1 envelope Dream Whip topping mix
- 1/4 cup Diamond chopped pecans

*Or use 1/2 teaspoon McCormick ground ginger and 1/2 teaspoon each McCormick ground cinnamon and ground nutmeg.

Spread softened ice cream evenly over bottom and sides of 2-quart straight-sided mold or saucepan, placing mold briefly in freezer if ice cream is too soft to spread. Freeze until firm.

Meanwhile, combine pudding mix, evaporated milk, brown sugar, pumpkin and spice in saucepan. Cook and stir over medium heat until mixture comes to a full boil. Pour into bowl. Cool 15 to 20 minutes, stirring once or twice. Cover surface of pud-

Cookin' Good

By Mrs. Douglas

This week's recipe is by guest celebrity cook, actress Shirley Jones.

BAKED KABOBS

This recipe has been in my family for generations. My mother used to

ding with wax paper and chill thoroughly.

Meanwhile, prepare whipped topping mix as directed on package. Stir chilled pudding until creamy; then fold in prepared whipped topping and pecans. Spoon into ice cream-lined mold. Freeze 6 hours or overnight. Quickly dip mold in warm water; unmold onto serving place. Garnish with additional prepared whipped topping, if desired. Store in freezer until ready to serve. Makes 2 quarts or 16 servings.

serve it with homemade buttered noodles. I still do, and with it a chopped salad with plenty of crunchy vegetables and Thousand Island dressing. Serves 6-8.

- 1 lb. each veal, pork and beef cubed
 - Small skewers
 - 2 eggs
 - 1 cup cracker meal
 - Oil for browning
 - 1 med. chopped onion
- Preheat oven to 275 degrees F. Alternate cubes of veal, pork and beef on skewers. Season with salt and pepper. In large bowl whip eggs until frothy. Dip skewers in egg and then cracker meal. Coat well. Heat oil in large skillet and brown skewers on all sides. Place in greased casserole. Add chopped onion. Cover and bake 1 hour. Remove

skewers. Increase temperature to 350 degrees. Continue baking 1/2 hour longer. Serve immediately. Since we're always dining at our home, dessert usually consists of fresh fruit and cheese. Hope you enjoy this meal as much as we do.

IN QUOTES



Pumpkin Mousse a la Mode

TIM'S AUTO TIPS

AS THE COLD WEATHER sets in, be sure to check your car for nicks, scratches and rust spots, small blemishes that invariably become big ones if not given prompt attention.



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<p>Nestle's Crunch Miniature CANDY BARS 10.2 Oz. Bag \$1.59</p>	<p>DR. PEPPER — 7 UP 32 Oz. 6 Pak Ctn. \$1.69</p>
<p>Contadina Whole Peeled TOMATOES 14 1/2 Oz. Can 2 for \$1.00</p>	<p>Go Estacado! Beat Paris!</p>
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Turkey time is back again and tradition is here to stay!

The delights of gathering together include the best in family dining. This is roast turkey with distinctive stuffing and a cranberry accompaniment that shimmers. A very special coffee adds a special holiday note.

VANDERMINT DUTCH COFFEE

1 1/2 oz. Vandermini
Hot coffee
Whipped cream

Pour Vandermint into a tall cup or glass mug, fill with coffee and garnish with whipped cream.
Makes 1 serving.

ROAST TURKEY WITH SAVORY FRUIT STUFFING

10 lb. turkey, ready to stuff

1 lb. pork sausage
1 medium onion, chopped
1 clove garlic, minced
1 large can apricots, chopped and drained (reserve the liquid)
1/2 cup Leroux Triple Sec
1 1/2 bags (7-oz. size) seasoned bread cubes for stuffing

Brown sausage, onion and garlic; toss with apricots, Leroux Triple Sec and bread cubes.

Add reserved apricot liquid, as needed, to moisten mixture. Stuff the turkey and roast, uncovered, at 325°F. for 4 hours or until done.
Baste with butter, as needed.
Serves 6.

CRANBERRY-FRUIT MOLD

1/2 cup orange juice

2 envelopes unflavored gelatine
2 cups cranberry juice
1 cup chopped orange sections
1 1/4 cups chopped peeled apples
3/4 cup broken walnuts
3 tablespoons Leroux Fraise de Bois

In a small bowl, soften the gelatine in the orange juice for five minutes.

Place the bowl in a pan of simmering water and heat until the gelatine is melted.

Combine with all other ingredients.

Spoon into 6 one-cup molds for individual servings and place in refrigerator until set. Unmold onto lettuce leaves. Makes six servings.

Get the best wear from vinyl flooring

"I followed the directions. What went wrong?"

Many people with do-it-yourself skills stretch their budget dollars by installing their own vinyl floor covering only to find, a few months later, that it has become loose, or buckled, or is showing signs of wear. It is quite possible that the problem is not due to faulty installation, or to the vinyl floor covering. The problem is due to what is under your new flooring.

Whether it is sheet vinyl or tiles, all vinyl flooring is not suitable for all rooms. Here are a few pitfalls to avoid.

1) Laying new flooring directly over cement that holds moisture or alkaline salts. This condition is often found in basements. Some cement can be sealed. Check first.

2) Laying new flooring over existing vinyl flooring. If your present vinyl floor has a foam backing, or is deeply embossed,

it will probably have to be taken up.

3) Cement that has not been smoothed. At first the new flooring will look beautiful. When it settles the surface will show the roughness of the cement beneath.

4) New flooring laid on surfaces that are not completely cleaned of wax and dirt.

5) New flooring laid while the room is too cold. Most manufacturers caution against a room that drops below 65°F during installation.

6) Selecting the wrong vinyl surface for your lifestyle.

Vinyl floor finishes range from very high luster to soft sheen. Whatever the finish, it is not impervious to nicks, scuffing, and dents caused by heavy furniture or appliances.

Hard as the surface looks, even "no-wax" floor coverings show wear and lose their luster.

Washing with a detergent alone will not restore that shine.

However, one product that solves this problem easily is Mop & Glo.

It cleans and restores that shine in one easy step. Yes, it is possible to get a floor clean and to shine it all at the same time! Take care with what goes under new flooring, and little care will be needed on its surface.



By M.A. PETTI, M.D.

As you get older, you may lose teeth because of trouble with your gums, not with your teeth. One of the things that irritates your gums is the tartar that accumulates. Have the tartar removed regularly and you'll save your teeth.

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Not for singles only...

Throw an autumn tailgating party

By LINDA WHYTE

Do you know almost 49 million Americans attended professional and collegiate football games last year? That's one heck of a lot of beer, peanuts and frankfurters!

As a kid, I can remember the fun of helping my mother plan pre-game tailgate parties for all the family friends, complete with picnic baskets, a checkered tablecloth and pennants.

It isn't difficult to arrange a fun-filled get-together before cheering on your favorite team, and it certainly makes a great weekend for all.

First, make sure you've purchased your tickets well before the day of the game. It's almost impossible to get a block of seats together at the last minute. And, who wants their friends scattered all over the stadium?

Next, compile a list of everything you'll need. Don't forget necessities such as salt and pepper shakers, serving spoons, a big blanket or tablecloth (sitting on cold ground can be cold!), napkins, a bottle opener and any other items which prove unavailable in a stadium parking lot. Don't forget the pigskin or a frisbee for pre-game exercise.

The picnic basket should be large enough to accommodate food, serving plates, cutlery and beverages. Paper plates can buckle or leak through at picnics, which is why I recommend Rubbermaid's Serveware. It's strong, lightweight and packs neatly away. And, use snack trays, with space for a mug, is perfect when the table is your lap.

Store cold cuts, fried chicken, pâtés and cheeses in airtight food keepers to ensure

freshness. Bread can go in sealable plastic bags. Keep perishable condiments in a Sidekick cooler to prevent spoilage.

Autumn football games can be really brisk, so remind your guests to bring extra sweaters and an umbrella if it looks cloudy. Mix a hot drink, such as a fruit-flavored iced tea, and take it along in an insulated thermos. It's great at the picnic and during the game.

Football in the fall is where the action is, and tailgating makes a perfect way to meet new neighbors or see old friends. Pick your favorite gridiron team, get a group together, and make a beeline for a fun-filled day at the stadium!

(Linda Whyte is home organization consultant for Rubbermaid Incorporated, Wooster, OH 44691.)

SCHOOL MENU

ELEMENTARY LUNCH

Monday, December 8

Toasted Cheese Sandwich
Soup
French Fries
Peanut Raisin Candy
1/2 pt. Milk

Tuesday, December 9

Breaded Turkey Cutlet
Mashed Potatoes
Gravy
Green Beans

Hot Rolls - Butter
Apple Goodie
1/2 pt. Milk

Wednesday, December 10

Pizza
Whole Kernel Corn
Tossed Salad
Jello
1/2 pt. Milk

Thursday, December 11

Cheese Enchiladas
w/Chili

Pinto Beans
Tossed Salad - Dressing
Cornbread - Butter
Cookie
1/2 pt. Milk

Friday, December 12

Chicken Pot Pie
Mashed Potatoes - Gravy
Hot Rolls - Butter
Peaches
1/2 pt. Milk

SECONDARY CHOICE

Monday, December 8

Braised Pork on Rice
Whole Kernel Corn

Tuesday, December 9

Spaghetti w/Meat
Sauce

Tossed Salad - Dressing

Wednesday, December 10

Long John Sandwich
Home Fries

Thursday, December 11

Batter Fried Fish
w/Tartar Sauce
Vegetables-Macaroni
Salad

Friday, December 12

Manager's Choice

BREAKFAST

Monday, December 8

Applesauce
Cinnamon Toast
1/2 pt. Milk

Tuesday, December 9

Orange Juice
Cereal
Buttered Toast/Jelly
1/2 pt. Milk

Wednesday, December 10

Apple Juice
Hard Boiled Egg
Buttered Toast/Jelly
1/2 pt. Milk

Thursday, December 11

Grape Juice
Danish Pastry
1/2 pt. Milk

Friday, December 12

Pineapple Juice
Pig on Stick
Hot Syrup
1/2 pt. Milk

WEEKLY LOCAL WINNERS!

ODDS CHART

Odds stated are good for thirty days after promotion begins. Odds will be revised weekly thereafter to indicate prizes still available and will be posted in participating stores.

Prize Value	Number of Prizes	Odds with 1 Ticket	Odds with 10 Tickets	Odds with 25 Tickets
\$1,000	10	99,990 to 1	2,324 to 1	3,852 to 1
100	253	5,382 to 1	414 to 1	207 to 1
\$10	2,293	891 to 1	53 to 1	27 to 1
\$5	7,945	191 to 1	15 to 1	7 to 1
Instant 31	22,840	87 to 1	5 to 1	2 to 1
3 Stamp Bk	885	1,771 to 1	132 to 1	57 to 1
2 Stamp Bk	1,540	675 to 1	71 to 1	35 to 1
1 Stamp Bk	2,500	495 to 1	48 to 1	23 to 1
1 Stamp Bk	1,075	300 to 1	23 to 1	11 to 1
Total	43,389	25 to 1	2 to 1	1 to 1

Total Supermarket Prizes:
400 3-minute Weekly Shopping Spree prizes (\$100 each)
12 5-minute Weekly Shopping Spree prizes (\$500 each)
1 Grand Prize Holiday for Home in Hawaii

Total Supermarket Entries: 1 to 5 tickets. Odds of winning the weekly prizes and grand prize will depend on the number of entries.
Single Banknote is available at 36 United Supermarkets, Inc. stores located in West Texas. Game is scheduled to begin September 15, 1980 and end December 12, 1980. However, it officially ends upon distribution of all single tickets. All prizes must be claimed within 30 days of termination as announced in our advertisements or they will be forfeited.
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RAY SPOTH LUBBOCK

1 MINUTE SPREE
LINDA KIRSEY LUBBOCK

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WILLIS JOHNSON LUBBOCK

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ACROSS THE NATION

News From Home Folks

This feature is a news compilation from more than 100 black-owned and oriented newspapers in this nation. It deals with what blacks, who are all-too-often little recognized, are doing to promote full participation in American life by black Americans. It is thus a salute from all of our readers for unsung heroes... and is designed to be a challenge for all of us to keep on doing our very best.

The California Advocate (Bakersfield) carried a recent article about a black awards keynote speaker whose words we believe may be an inspiration to all of us across the nation.

Bakersfield — As keynote speaker at the recent second annual Black Awards ceremony at the People's Missionary Baptist Church in Bakersfield, Dr. Fred Haynes challenged his audience to "run faster... Jim Crow may be dead and buried, but his more sophisticated, crafty, college trained cousin 'Mr. J. Crow Esquire' is very much alive."

To the youth he continued, "Youth, know and recognize that there is a relationship between effort, conduct and success. You are not so dumb that if you study you will not learn... and you are not so smart that you will learn if you do not study, RUN FASTER!... Turn oppression into victory... run faster! Parents demand teacher accountability and demand student effort... run faster! Young people we must recognize that education is one of our highest values so that we may do what is important for us... run faster! The dependency syndrome must be replaced with self-initiative, self-reliance, self-determination and self-discipline... run faster! Parents... you have the power, put it to work; young people get off the pill, stop sniffing, get off dope and develop hope... run faster!"

He challenged the adults to dedicate themselves to becoming involved with the problems of the youth... "The highest challenge as parents and adults is to be in a frame of mind and to make the decision to be prepared.

We must all recognize that we are made in three dimensions: we are physical, mental and spiritual. And it's unfortunate for many of us that we think we can live on just one level of life. But I want to tell you that in order to be free we have got to live on all three levels—physical, mental and spiritual."

He continued, "if you can drive your car and practice football and basketball without watching television... you ought to try that on English, Science and other studies... it works... run faster! When someone tells you you cannot succeed where they have succeeded... you ought to know better... YOU CAN... run faster!" Dr. Haynes concluded, "Finally... listen to Dr. King's acceptance speech for the Nobel Peace Prize when he said, in part: 'I have the audacity to believe that people everywhere can have three meals a day for their body; education and culture for their minds; and dignity, equality and freedom for their spirits. I believe that what self-centered men have torn down, others-centered men can build up... when pulling himself up to his full height he would proclaim to the world that we ain't going to let nobody turn us around and with faith in ourselves and the relentless pursuit of our God given rights, we will be able to join hands and say, Free at last! Free at last! Thank God almighty, we are free at last... Run Faster!'"

Dr. Haynes ended his inspiring speech with a standing ovation from the audience which came to honor those Bakersfield citizens who are "running faster" and who are appreciated by their community.

The Rev. Ishmael Kimbrough serves as pastor of the church which presents this annual recognition affair.

Another source of inspiration is the timely editorial entitled "Why Not?" by Eddie P. Richardson Jr. in the Lubbock Digest (Lubbock, Texas).

If It Is To Be, It Is Up To Me

"This should be the code

of each and every one of us as a people. We must all remember: "There is no one who can do more for the black people than they can do for themselves." We must use our own natural abilities, both mental and spiritual, to open society's doors. We must emphasize our efforts to focus to not only work on our own effort for black community development, but also with those black organizations, churches and other institutions that are committed to serving the needs of the black communities. We as black people must re-assess our situation and evaluate where we are going and pull ourselves up by whatever bootstraps we have.

A functional illiteracy rate of better than 40 percent among black youth which burdens everyone in America must be corrected. If we as black people do not accept who we are and what we have to contribute to society, then decay in the forms of crime, welfare syndrome, etc. will not only destroy the black community, but the very framework of society as well. Therefore, we must prepare ourselves to be the best. Now is the time when we all must look at ourselves in relation to Him, Our Lord and Saviour, and to all mankind. Please ask yourself, "Am I searching... for if it is to be, it is up to me?"

Almost all of our communities are torn apart, and some extremely damaged by the often helpful, but also sometimes deeply distressing circumstances of bussing our young people (white & black) long distances from their homes. In many areas, studies show that merely sitting next to a white youngster does not insure increased learning skills. Teacher caring and a security of environment often are admittedly the most productive considerations.

The overall results of operating under extreme solitary intentions of the "school integration" umbrella that has 40% or better functional illiteracy level, surely indicates that... at this point... other avenues need exploring for the good of both black and

white Americans. We all know that we need "desegregation." Getting bogged down in integration as a helpful assist to education often effectively has sidetracked us. We need to get back on the track.

One of the secondary and quite important intents of school "integration" always has been to assist white America by inculcating a better and more realistic image among white Americans of black Americans and of black America as a whole. While there is evidence that far greater understanding has been achieved in this regard during this trial much bitterness and resentment also has engendered in this process. Many (including us) believe this aspect now can be achieved in a far better way... and that some alternatives should be explained. Next week an alternative.

Remember to have a strong united black community, we must go back to the basics of a strong United Black Family.

Nuf Sed!! WHY NOT?? Our readers may wish to address congratulatory messages and messages of encouragement to the papers which report happenings of interest or concern to us. Such messages may be sent to the editors or other persons directly by simply addressing them, using the name of the paper, c/o Black Resources, Inc., 410 Central Park West, PH C, New York, N.Y. 10025.



On the average a man of 25, who doesn't smoke cigarettes, has a life expectancy 2 1/2 years greater than a man who smokes one or more packs a day. Are cigarettes worth the sacrifice of years of your life? Safeguard your health... and your future. Quit.

American Cancer Society

ASTRO/NUMEROLOGY & YOU

Continued from Page 3 week nothing else is indicated out of the ordinary. This week your revolving number is 8. TAURUS BORN: Mal Woolfolk, one of the prime forces behind the success of Leviticus International and other entertainment complexes.

GEMINI — May 21-June 20 Avoid upsetting others in authority on Wednesday if possible. In addition further opposition in a minor way is indicated for Sunday also, especially in connection with travel or public activity. Use the number 5 to help out.

GEMINI BORN: Al Bolden, outstanding news photographer of Big Red newspaper.

CANCER — June 21-July 21 After the difficulty you had on Monday and Tuesday, the rest of the week looks great to just catch up with yourself. Take advantage of Sunday to deal with the opposite sex and travel. Your number is 6.

CANCER BORN: Linwood Riddick, astrologer extraordinaire and a top flight musician on keyboards.

LEO — July 22-August 20 Wednesday through Friday is indicated as very unfavorable for anything important, especially in the way of partners and those in authority. By Sunday, the coast will be

clear. 9 is your number. LEO BORN: Les Mathews, "Mr. 125th Street," a fine reporter for the New York Amsterdam News.

VIRGO — August 21-September 21 The first part of the week looks pretty good. However, as you approach the weekend, there are warning indications to be careful when traveling and dealing with older persons. Try number 4 this week.

VIRGO BORN: Noreen Clark-Smith, former Chairperson of housing for community board #10.

LIBRA — September 22-October 21

Thursday the 11th looks excellent to be involved with the opposite sex in some way, either romantically or otherwise. Should there be any problems, they won't be until Monday and Tuesday of next week. 2 is your lucky number this week. LIBRA BORN: Butch Kirk, founder and president of Ener-Growth Products, specializ-

ing in pyramid products for the mind, body and soul. SCORPIO — October 22-November 21 Things could be a little upsetting in dealing with others on Thursday, so don't let it get you down. By Sunday all will be fine if you let it. Your number is the 1 this week.

SCORPIO BORN: Chris Curry, founder of Silk N' Satin Productions (which is about promoting positive images).

SAGITTARIUS — November 22-December 20

Wednesday and Thursday of this week look very favorable to take charge of things and organize others if you wish. A minor set-back is indicated

for Sunday, so be careful of getting too irritable. Your number this week is 6. SAGITTARIUS BORN: Gregory Whyte, famous martial arts instructor and lecturer. CAPRICORN — December 21-January 20 The entire week is indicated as a peaceful one for you. Perhaps you can take advantage of this to just get away. By Sunday there will be pleasant news. 1 is your lucky number.

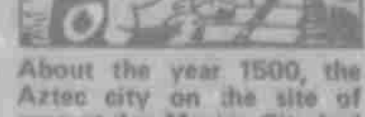
CAPRICORN BORN: Rev. Herbert Daughtry, freedom fighter and founder of the National Black United Front.

AQUARIUS — January 21-February 19

From Wednesday through Friday, the stars indicate you can do no wrong. Assistance and favors are promised to you all this week. It would be a shame not to take advantage of the opportunity. 8 is your number.

AQUARIUS BORN: Don Thomas, outstanding writer/reporter for the Big Red Newspaper. PISCES — February 20-March 20 Someone or influence could be helpful on Wednesday. In fact, as the week progresses, so will your opportunities. But look for it to come from "left field" or out of the blue. Your lucky number is 7.

PISCES BORN: Jerri Smalls — founder of the Small World! Production, featuring the best in fashion show entertainment.



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