

# Lubbock Digest

AN INDEPENDENT PICTORIAL NEWSPAPER FOR ALL PEOPLE BUT PRIMARILY  
SERVING THE BLACK POPULATION OF LUBBOCK COUNTY  
AND SURROUNDING AREA MORE THAN 37,000

Black Press of America

ON GUARD  
For Human Rights  
24 Hours A Day

VOL. IV., NUMBER 32 A BMI NEWSPAPER 510 EAST 23RD STREET PHONE (806) 762-3612 LUBBOCK, TEXAS FEBRUARY 12 THRU FEBRUARY 18, 1981

## LOCAL PASTOR ENJOYS HOSPITAL POSITION

Working as a chaplain at a hospital can be a very demanding position especially if you're a full-time pastor too. That's the role played by the Reverend Roy C. Jones. Rev. Jones serves on the Volunteer Staff at Lubbock General Hospital as a chaplain, and at the same time, he is pastor of the Mount Zion Baptist Church in the township of New Home.

"I just like helping people. Sometimes it's a detriment to me," he says, "but most of the time it's greatly rewarding. I guess it's just a hand-up of mine, but I like it." Rev. Jones began his hospital ministry in 1979 and since then it's been his "pet", he says. Before coming to Lubbock General Hospital, Rev. Jones says he did some personal volunteer work at Methodist Hospital.

**Digest:** What's a typical day like?

**Rev. Jones:** "On, I'll come in around 8 or 9. Check on the Intensive Care Unit patients, the new patients, and check on the in-house patients. I also like to

visit the Emergency Room just in case there's a situation that needs our (chaplain's) attention.

Rev. Jones says serving as a chaplain is not a 9 to 5 job, as a matter of fact, "it's more like 3 to 3 - 24 hours a day."

"There is no time limit. There is no time off. Sometimes after leaving the hospital, I'll get home and the phone rings. If that is someone who needs me, I'll go right back. It's a 24 hour day job."

**Digest:** Being one of two Black chaplains at the hospital, do you find that an asset in dealing with Black patients?

**Rev. Jones:** "Often times I run into people I know. One patient was in and out of the hospital for over a year. That patient would call me at 2 and 3 o'clock in the morning. She would be elated to see me because she knew me."

Rev. Jones says there are very rewarding aspects of working as a chaplain and he had no trouble remembering the rewarding experiences.

"There are many rewarding experiences, and they're all encouraging. Perhaps what I appreciate mostly is the keeping in touch - the following-thru in communications with patients and family members. Whether the communications I get is from minor-surgery patients or cancer patients it is encouraging for those people to call me after a hospital stay and let me know that something I said or did helped them during their hospital stay. That is very encouraging."

The most terrible experience is also easy for him to remember: "There was a young man I sat up with all night. He died. He was only 23. He was a diabetic and went into a coma. His wife was 19. They were practically newlyweds, having been married for about a year. It turns out his wife didn't even know he was diabetic. After they were

married, he apparently stopped taking his insulin, never telling his wife of his ailment. It didn't take me long to get close to them."

Rev. Jones says it's very easy to get close to people while working in the hospital ministry. "I hold it most rewarding because it deals with the family." Rev. Jones says often after leaving Lubbock General Hospital, he would visit Methodist Hospital. There was one lady whose father was hospitalized. Every evening he would ask about her father's condition. One afternoon, he saw the young lady. She told him her father had died but she wanted him to meet her mother because it meant so much to her that someone cared. "I like helping people. I care about people."

Rev. Jones leads a very busy life. In addition to serving as a hospital chaplain and Baptist pastor, he is a full-time student at South Plains

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Rev. Roy C. Jones

## Local Citizens Struggle For Street Change

Petitions containing 5,708 signatures were submitted to Lubbock City Secretary Evelyn Gaffaga Tuesday, February 10, at 4:15 p. m.

The petitions supported the name change of Quirt Avenue to Martin Luther King, Jr. Blvd. The committee turning in the petitions consisted of four persons - Eric Strong, Vera Newsome, Pat Nichols and Rose Wilson.

City Council members can accept or reject, or

even offer a compromise, and an election can be forced.

Gaffaga said it might take about 30 days to validate the signatures. Only 3,510 signatures are needed to call an election. She went to add that the petitions are in good shape and should be submitted to the council next month. By their second meeting and if things go quickly, maybe by the next meeting an election will be called.

## Energy Assistance

There is financial assistance available to help low-income families pay their energy bills, but to date, there has been little citizen input.

Community Services Commission former acting executive director Peter Nuckolls told the Lubbock Digest so far,

"the interest in the assistance program (Home Energy Assistance Program) is very low." Nuckolls says he anticipates better response after the first month. Some families presently receiving some form of governmental

financial assistance will get automatic funds and "after the first of the month, those who didn't get the additional money, will probably call us."

Families qualifying for assistance can receive from \$58.00 to \$96 to go toward their energy bills. Eligibility guidelines are based on:

landlord or complex manager are not vulnerable - because, even if heating bills go up, they are not responsible.

Nuckolls says "We want to back-track the steps of advertising that we're used" to see what can be done. Texas Department of Human Resources circulated news releases informing the public of the assistance program, but Nuckolls says some members of the media got those news releases, others didn't.

## SAVIOUR'S DAY 1981: REBIRTH OF A NATION

Minister Louis Farrakhan, National Representative of the Honorable Elijah Muhammad, will host the Nation of Islam's Saviour's Day Convention in Chicago, Illinois February 21st and 22nd.

Minister Farrakhan and the Muslim Followers of The Honorable Elijah Muhammad consider this the first real Saviour's Day in seven years. The Honorable Elijah Muhammad spoke at the yearly gathering in February of 1974.

On the departure of The Honorable Elijah Muhammad in February, 1975, His son, Warith Deen Muhammad took the leadership and changed directions as well as dismantle the Work of his Father. Under Warith Deen Muhammad, the yearly Saviour's Day Convention was changed to Survival Day. And last year (1980) he announced the end of the yearly celebration to his followers.

Minister Louis Farrakhan, for approximately 2 1/2 years tried to make the adjustment to the new direction and changes brought about by Warith Deen Muhammad. In September of 1977, Minister Farrakhan came to himself and decided that he would stand up for The Honorable Elijah Muhammad and work to rebuild the Nation of Islam in accord with the Teachings and Directions of The Honorable Elijah Muhammad.

This Saviour's Day (February 21-22, 1981) is looked upon by many as a coming out day for the forty-two months of work

by Minister Farrakhan who has been speaking and organizing from one end of the country to the other. In most of the cities, thousands have been in attendance to hear Minister Farrakhan

warn and wake upon Black America. No one who hears him will deny his unique gift to make things clear, and tap the souls of Black folks causing them to look clearly at their position

and their condition in these trying times for America and the world.

The two day convention will be held at the Pick Congress Hotel (downtown Chicago) and

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Black Manager - Page 3  
Picture Editorial - Page 4  
Mrs. Ford Homestead - Page 5  
Classifieds - Page 6  
School News - Page 7  
Kitchen Beat - Page 8 & 9  
Dear Books Doc - Page 10



Honorable Elijah Muhammad  
Messenger of Allah  
Born October 7, 1897

## Hance Requests End To Soviet Grain Embargo

U.S. Rep. Kent Hance (D-Tx) Thursday sent a formal request to President Reagan that the year-old grain embargo against the Soviet Union be lifted.

"I urge you to lift the grain embargo as soon as and allow free trade to strengthen the price of culture commodities," Hance said in a letter. "If for any reason the embargo is left in place, then crop loan rates must be raised to a level of 65 percent of parity in order to protect our farmers."

The action by Hance followed news reports Thursday that the president had decided to leave the embargo intact, despite previous commitments to end it immediately after assuming office. The Texas Congressman announced he is also co-sponsor of legislation by Rep. Tom Daschle (D-SD) which would end the embargo.

"At no other time in recent history have

farmers experienced such a difficult financial situation," Hance told the new President. "The prices for the goods and services farmers must purchase are skyrocketing. Interest rates are extremely high. Moreover, commodity prices are at depressed levels due in part to the Soviet embargo."

"Even though the U.S. government spent about \$3 billion in an effort to offset the effect of the grain embargo, farm income declined 40 percent in the second quarter of 1980 and the embargo was a major factor in that decline. Although the Soviets had a poor harvest this year, they cannot blame the embargo to any large extent for their problems because they were able to import 31 of the 34 million metric tons of grain they had planned to import. The American farmers were made to bear the brunt of the embargo..."

## Lubbock County Wells Measured

The High Plains Underground Water Conservation District has completed its annual program of measuring depth to water levels in the 119 wells in Lubbock County. These wells are part of a larger network of more than 900 observation wells scattered throughout the District's 15-county service area.

Butch Pates was able to do 109 measurements of static water levels in irrigation wells and tag them with the District's red identification sticker for owner information.

"I visited with several

irrigators in the field who wanted to know what their water's doing," said Butch. "We have the initial results for the County, but tabulated data on the entire observation network readings is not expected to be complete until mid-year."

Lubbock County's 1980.1 depth-to-water table below surface minimum reading was at 12.87 feet, and the maximum level read was at 219.77 feet. This year's average change in decline in the county was 1.86 feet, which compares

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Joins White House Staff - Mel Bradley has joined the White House Staff as a senior staff member. He served as an assistant for human relations to Reagan while governor of California. Most recently, he served on the President's transition team as an executive recruiter, concentrating on minority executives. His new

assignment involves the development of policies relating to the improvement of the cities throughout the nation. A native of Texarkana, Texas, he took leave as an assistant to regional vice president of United Airlines to work in the Reagan presidential campaign. He is 42, married with four children and calls Altadena, California home.

**Business  
in the  
Black**

By Charles E. Belle



**1981 Outlook - A Slight Depression Is Coming**

This year will be dominated by the dollar. Fewer dollars. Dieting, as fat people know, can be dangerous to your health. Losing weight without the aid of a special program, plus doctors and other professionals could put you away for good. Great issues of the day like inflation, unemployment and U.S. inability to compete in the world markets will take stringent methods to correct inside of four years.

Ronald Reagan may have ranted and raged during the campaign to build up the U.S. Military strength relative to the Russians, but neither he nor the USSR will need to fight a war if high unemployment and inflation rip America apart at the seams. Unemployment is high to start with in this country, especially in Black America at 14%, according to Department of Labor statistics.

Thus, problems are obvious, solutions are not! A Nobel Prize-winning Austrian economist, Friedrich von Hayek, so called intellectual godfather of today's conservative economics, when interviewed in Business Week Magazine favored a year or two of severe recession or a depression to cure inflation. "My great example is that in the U.S. in 1921 and 1922, after six months of depression, prices came down 44%."

As old as Mr. Reagan is however, he did not experience such an economic period as a worker since Hier von Hayek is not Mr. Reagan's peer, but his senior by ten years. However, this "old school of thought" is likely to be tried in 1981 if for no other reason than Mr. Reagan can afford it during his expected "honeymoon with the public."

In this event, such glowing reports by the country's biggest banks and others, predicting "1981 promises to be a year of economic improvement" deserves a reexamination. Allowing inflation to hover above ten percent is probably very unacceptable to the new conservative administration coming into the White House. Breaking the double digit barrier will be the chosen battle for Mr. Reagan's marines.

To provide housing for the increased housing demand because of the growth of the young adult population 25-35 years old, is also likely to be put on the back burner until inflation is whipped. When consumers can see long term interest rates falling in front of their face, they will head for the market place and it will probably be closer to Christmas than Easter.

In any event, 1981 will bring a lower rate of inflation and a higher rate of unemployment under a conservative oriented administration in Washington this year.

Instability and thus timing of an improvement in the employment situation will pretty much follow the flow of oil. Petroleum prices will dominate both domestic and international conditions. Combined effect of domestic oil discovery and international difficulties with oil producers will play a major role in any early economic recovery in the U.S.

Unfortunately, even with a settlement of the Iran-Iraq squabble and sensational oil finds in America, a resurgent U.S. economy will not be allowed to run faster than the game plan of the President Ronald Reagan. Reins will be put on the U.S. economy during 1981, either by the market place shortage of supply and/or political position.

**Hance Legislation Would Abolish Windfall Tax, Energy Department**

U.S. Rep. Kent Hance (D-Tx) late Tuesday introduced legislation to abolish the "windfall profits tax" and the three-year old Department of Energy.

The two legislative proposals by Hance are the first two steps of his planned energy packages for the 97th Congress. The Texas Congressman said two other proposals will be introduced soon as "backup" legislation in his fight to restore production incentives to the energy industry.

"These two pieces of legislation are actually very simple and very clear," said Hance. "One would repeal the so-called windfall profits tax. This is nothing but an excise tax which economically punishes domestic producers. It hinders our efforts to become independent of foreign oil. The second bill would simply abolish the Department of Energy. A provision of the legislation would allow the President to dismantle the functions of the Energy Department and transfer any necessary duties to other presently existing agencies."

"These legislative proposals would be giant strides in making the United States energy independent. The United States energy industry would be returned to the free market system which allowed it to become so great in previous years. Neither the windfall tax nor the DOE has produced one barrel of oil, turned one space of coal or generated one watt of electricity. The passage of this legislation, however, would result in the production of energy."

**Commercial Cooking Course Offered**

The Adult Education Department of Lubbock Public Schools will be offering a course in Commercial Cooking. The course fee is free and is open to adults 17 years or older, who are interested in being employed in commercial food preparation.

Trainees will be taught to operate the type of cooking equipment used in commercial food preparation.

**ANPA Announces Minority Fellowship**

American Newspaper Publishers Association Foundation announced sponsorship of a new minority fellowship program for 1981. The program will provide funds for the attendance of minority journalists and journalism educators at ANPA training conferences and seminars.

The program will pay travel, lodging, meals and training fees for selected fellows. Candidates should be majority journalists currently at newspapers or members of journalism faculties, including those at historically black colleges and universities.

Potential candidates who wished to nominate newspaper and journalism school administrators or themselves are encouraged to call Nancy Osborn at 703/620-9500 for application forms and further details. Applications should be submitted by February 15 for attendance at one of the ANPA training sessions during the first six months of 1981.

The following ANPA programs are available for attendance by candidates selected: **Conference for Young Newspaper Men and Women**, March 15-18, St. Petersburg, Fla. - A seminar aimed at fostering awareness of the interdependence of all newspaper departments. The major goal is to have each participant return to his or her newspaper prepared to fulfill present responsibilities and better prepared to assume greater authority in the future.

**Newspaper Execs Marketing Seminar**, March 29-April 4, Scottsdale, Ariz. - During this intensive week of study, participants work with marketing case studies, sorting through the facts, suppositions and alternatives available to management in these real-life newspaper and non-newspaper cases. Small study teams help the

individual participant focus on the main considerations of marketing. The key to all seminar sessions is learning through personal involvement, analysis and decision-making. **Management Development Workshop**, June 15-19, Vail, Colo. - This workshop offers participants, both new and experienced managers from all newspaper departments, the opportunity of operating and mastering the electronic editorial and production systems of today. **Management Development Workshop**, June 15-19, Vail, Colo. - This workshop offers participants, both new and experienced managers from all newspaper departments, the opportunity to examine important management skills and to determine the management style most appropriate to their situation.

**Management Introduction To New Technology**, April 6-10, Easton, Pa. - Presented in an atmosphere removed daily on-the-job pressures, this seminar provides all levels of management personnel with a better knowledge of technological newspaper operations. Participants have the opportunity of operating and mastering the electronic editorial production systems of today. **Production Management Conference**, June 6-10, Atlantic City, N.J. - More than 10,000 newspaper executives attend the Production Management Conference each year where they get a good perspective on the future of the newspaper business. A vast display of equipment provides hands-on experience with the latest in production technology; workshops are held on all phases of the business. This year's conference will highlight the role of telecommunications in the newspaper business during the next few decades.

**Reese AFB Black History Week**

Many units and activities around Reese will be busier than usual through the next few weeks as the base gears up for Black Heritage Week, February 15-22.

First Lt. Probyn Thompson III, project officer for the affair, has announced the calendar of events for Black Heritage Week at Reese. Opening the Observance will be visits by base representatives to churches in the local communities. The representatives will invite Lubbock people to join the special gospel service scheduled February 22 at Reese.

Feb. 17, members of the local media will meet with black community leaders and high school students at the Reese Officers' Club. CMSgt. Norman D. Hall, 64th Supply Squadron, will speak on "Role Model for

Black Youth." The talk will feature job opportunities in technical career fields in the Air Force. The Mathis Recreation Center will sponsor two fashion shows on Feb. 18. The first will run from 11 a.m. until noon while the second will begin at 1 p.m. A free lunch featuring native African dishes will be provided between shows.

Highlighting the week's activities may be the Broadway production of "For Colored Girls who Considered Suicide but Found the Rainbow was Enuf," which will be presented at the Mathis Recreation Center at 7:30 p.m. February 19.

A Greek Jamboree, involving Black fraternities in a "Step Contest" will be held at the Windmill Enlisted Open Mess at 8 p.m., Feb. 20. The activities switch back to the Mathis Recreation Center, Feb. 21 will an all night disco. The gospel services and following banquet complete the special observance Feb. 22.

**Laugh Out**

Aunt Hetty: "Sakes alive! I don't believe no woman could ever be so fat!"  
Uncle Bill: "What are you reading now, Hetty?"  
Aunt Hetty: "This paper tells about an Englishwoman who lost two thousand pounds."

**Saviour's Day**

Continued from Page 1

the Auditorium Theatre, 70 East Congress Parkway. The Muslims have made special arrangements for rooms at a reduced rate at the Pick Congress where a series of survival workshops will be held covering every facet of Black life. The workshops will cover such topics as culture, religion, nutrition and health care, economics, military science, communications, mental health, education, family relations and child abuse.

The following Sunday, February 22nd, the Muslims will observe Saviour's Day 1981 with Minister Farrakhan delivering a major address and ending the activities with a Saviour's Day Dinner at 7 p. m.

**Would You Believe...**

One reason butterflies are so-called is because in olden times they were suspected of stealing milk and butter.

Camels and horses were once native to America, then disappeared. Horses came back across the Bering Strait during the Ice Age.

The average robin needs about 70 worms a day.

A chameleon's tongue is as long as its body.

The third most popular hobby now is tropical fish. Coin collecting and photography are first and second.

The greyhound has the best eyesight of all dog breeds.

The Saviour's Day Holiday which actually falls on February 26th will be celebrated in local cities with a Saviour's Day Dinner given by the Followers of The Honorable Elijah Muhammad. The Weekend of February 21 - 22 was chosen for this year's Convention in order to facilitate travel so Black People could be in attendance at The Annual Convention.

For those who desire more information on travel workshops, etc., Minister Farrakhan has set up regional information centers: The Chicago Saviour's Day Convention Center (312) 881-0791; Eastern Region (201) 561-4355; Western Region (213) 294-4057; Midwestern Region (314) 867-2494; and Southern Region (404) 524-8613.

**Lubbock's Wells Measured**

Continued from Page 1

with a 1979-80 county reading of plus 1.49 feet. Comparing the rate of change calculated this year for these wells shows a minimum decline change of plus 3.01 feet and a maximum decline change of 6.89 feet.

The Water District keeps a record of annual decline and rate of change going back to 1962. The data is used for making projections of decline rate, for determining the amount of water left in storage, and as a basis for the income-tax depletion allowance claims on landowner's tax returns.

**Hospital Position**

Continued from Page 1

College. His working on his associate degree. He should receive that degree this summer. "It was great going back to school after 900 years!" he says.

Rev. Jones is a firm believer in continuing education. "I'm not over the hill, but just because I'm down in the valley doesn't mean I can't continue to learn." From South Plains College, he

plans on returning to Wayland Baptist College and then to Bishop College in Dallas, Texas.

Realizing how important his hospital work is to him, we asked Rev. Jones what he would do if he woke up one day and there were no hospitals: "If there were no hospitals, there would be no sick, and that would be good."

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by  
Otto McClarrin



**Are You Taking To  
Many Vitamins?**

A young girl's mother had been giving her daily doses of 25,000 international units of vitamin A for two years. A 20-year old college student, on the advice of a skin doctor, had been taking 50,000 units daily for two years for acne and had raised the dose herself to 400,000 units a day. Suddenly, the four year old girl looked sunburned; her skin dry and scaling, her lips deeply cracked. Her hair was falling out. She complained of severe pain in her ankles and feet. Her palms were yellow. And she was going blind. Not slowly, but all at once for short periods. "Transient loss of vision," the doctors called it.

The college student wasn't much better. She could see all the time, but often had double vision and her eyes twitched to the sides. Her skin was scaling all over her body. Her tongue was oozing blood. She was vomiting and chronically ill. The doctor thought she might have a brain tumor.

But the diagnosis in both these cases (reported in the New England Journal of Medicine) was vitamin poisoning. Both were suffering from a chronic overdose of vitamin A. When they stopped taking the vitamins, their symptoms cleared up within a month.

These are extreme cases, but not the worst cases on record. People have died of vitamin overdoses. In one bizarre case, a man's red blood cells exploded from a huge dose of vitamin C.

Americans are on a vitamin binge. We spent an estimated \$476 million on the little pills in 1976, and sales are running at about \$1.2 billion a year. At least a third of all adults (and higher percentages of college-educated adults) take vitamins in search of better mental and physical health, longer life, greater energy or a more active sex life.

Medical authorities hotly dispute the benefits from all this pill-popping. Studies support both sides of controversy, and new findings seem to turn up every week. The final word on vitamins has not yet been written. Out of the controversy has

come agreement that if the dose is big enough, vitamins stop acting like foods and start acting like drugs. This has led to unanimity in the medical world about at least one aspect of vitamins: Taking too many can be dangerous to your health.

"There's no question that taking too many vitamins is harmful," says Dr. Richard Rivlin, chief of nutrition at Memorial Sloan-Kettering Cancer Center and New York Hospital. "But the level at which vitamins start acting as a poison is an individual matter. It varies from person to person."

To be safe, Rivlin suggests taking doses no more than two or three times the U.S. Recommended daily allowance (RDA). "That would cover the needs of most healthy people," he says. "Ten times the RDA is too high a dose."

So what are the specific hazards from vitamins? This is what the establishment thinks:

**\*Vitamins A and D.** These are particularly dangerous because they build up in the body rather than washing out every day. Extremely large amounts may cause headaches, blurred vision, and damage to the nervous system. Amount too small to cause noticeable harm, but still well in excess of the RDA, may interfere with such normal body processes as nerve transmission, body protein formation, hormone action, or blood circulation.

**\*Vitamin C.** Also a water-soluble vitamin, the arguments that started over C (as a cure for colds) are still raging all over the world. The focus of the most research, vitamin C provokes the most controversy. Scientists even disagree over such basic facts as how much the body can use. Large doses of C may cause kidney stone formation, destruction of an essential B vitamin, hemorrhaging of ulcers, severe diarrhea, and gout. Yet the medical establishment now seems to think that C can ease the severity of a cold's symptoms, though not cure or prevent one.

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**Melvin Waddy Appointed  
Manager At Philip Morris**

New York - Melvin B. Waddy has been appointed manager, headquarters services operations at Philip Morris Incorporated, it was announced by Robert J. Romano, director, headquarters services. Mr. Waddy was previously manager, staff services.

Mr. Waddy joined Philip Morris in 1968 as an administrative assistant and was named supervisor, offices services two years later. He was appointed manager, staff services in 1973.

A native of New York City, Mr. Waddy attended North Carolina Central University in

Durham. He served with the U. S. Army from 1962 to 1964.

Philip Morris Incorporated, one of the world's largest cigarette companies and producers of beverages, includes Philip Morris, U. S. A., whose major brands are Marlboro - the number one selling cigarette in the U. S. A. and the world - Benson & Hedges 100's, Merit, Virginia Slims, Parliament Lights, and Cambridge, Philip Morris International, which manufactures and markets a variety of cigarette brands, including Marlboro, through affiliates licenses, and

export sales organizations and supervises Seven-Up International's operations; Miller Brewing Company, brewer of Miller High Life, Lite, and Lowenbrau brands; The Seven-Up Company, producer of 7UP and Diet 7UP soft drinks in the United

States, Canada, and Puerto Rico; Philip Morris Industrial, which makes specialty chemicals, paper, and packaging materials; and Mission Viejo Company, a community development and home building company in Southern California and Colorado.



Melvin B. Waddy

**Reese Salutes Sundown**

Reese Air Force Base will salute Sundown February 18 from 2-5 p.m. during the first Community Day observance at the base. The event was originally scheduled for November 26, but was cancelled because of snow.

The purpose of community day observances, of which this will be the first held at Reese, is to form a closer relationship between the base and surrounding communities. Activities will include inviting community dignitaries to the base for a personal tour. In addition, the general public from the community will be invited to come to the base at 2 p.m. for a tour of base facilities. The community day will conclude at the base flag pole at 4:40 p.m. where a special retreat ceremony will be held. Community leaders will be introduced at that time.

Community Day activities will be held once a month - usually the fourth Wednesday of each month. However, because of the holiday season in December and the usual bad weather in January, community days will not be held during those months.

The base will honor all surrounding communities with a special community day observance. Communities to be honored on particular occasions will be picked at random.

**Plant Information**

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**MASH**

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**Premature Success**

by  
Manuel Chandler

Counting your chickens before they hatch can often mean no chickens at all. The old saying about not counting your chickens 'till they hatch teaches us a valuable lesson. Many Black businessmen, eager to reap the staggering financial rewards of a hot new idea or service, count their profits before even one sale has been made. Impatience is the demon which can lead to disaster. But professional business management calls for an orderly game plan.

It is important that you lay the foundation before putting in the structure and then applying the finishing touches to the rough edges. Not 'til then can the venture be considered ready to go into operation. It is at that point that management should begin to make reasonable estimates of what sales and profits might be.

To merely guess at possible profits without any supportive evidence can cause the ruin of even the best business ideas. Premature predictions can cause a whole series of management errors no business can afford.

How can one predict, early enough, what kind of profits will be made so that useful management plans will be instituted?

There is an answer. Build a crystal ball. Not the kind of ball a fortune teller uses, but a business projection chart that will give one a good idea of what a company's performance will be in the coming months and years.

Once everything is figured out and all the projections are made, you will have a valuable tool for making early and sound decisions. Your projections will give you useful figures on likely sales and profits.

With this method of projection, the Black businessman now knows where his break-even points will be, how much overhead he can afford, and how much it is wise to borrow from the bank without overloading the business with a debt greater than it can carry. The result of such careful planning is a company venture with a much

better chance of making it than most business efforts.

For more information on this and any other business topic, write this paper or Consolidated Finance Group, 80 Wall Street, New York, NY 10005.

**Woodrow Wilson.  
Ragtime.  
The Great Houdini.  
The year is 1913 and  
a new Bell telephone  
begins ringing  
throughout the land.  
Ah, those were  
the days...**

Now you can relive those days with Southwestern Bell's new Country Junction<sup>SM</sup> telephone - a happy blend of yesterday's spirit with today's technology.

Lovingly handcrafted in natural oak and antiqued nickel trim, the Country Junction phone is a classic that blends with period settings and makes an attractive statement with the crisp, cool lines of contemporary taste.

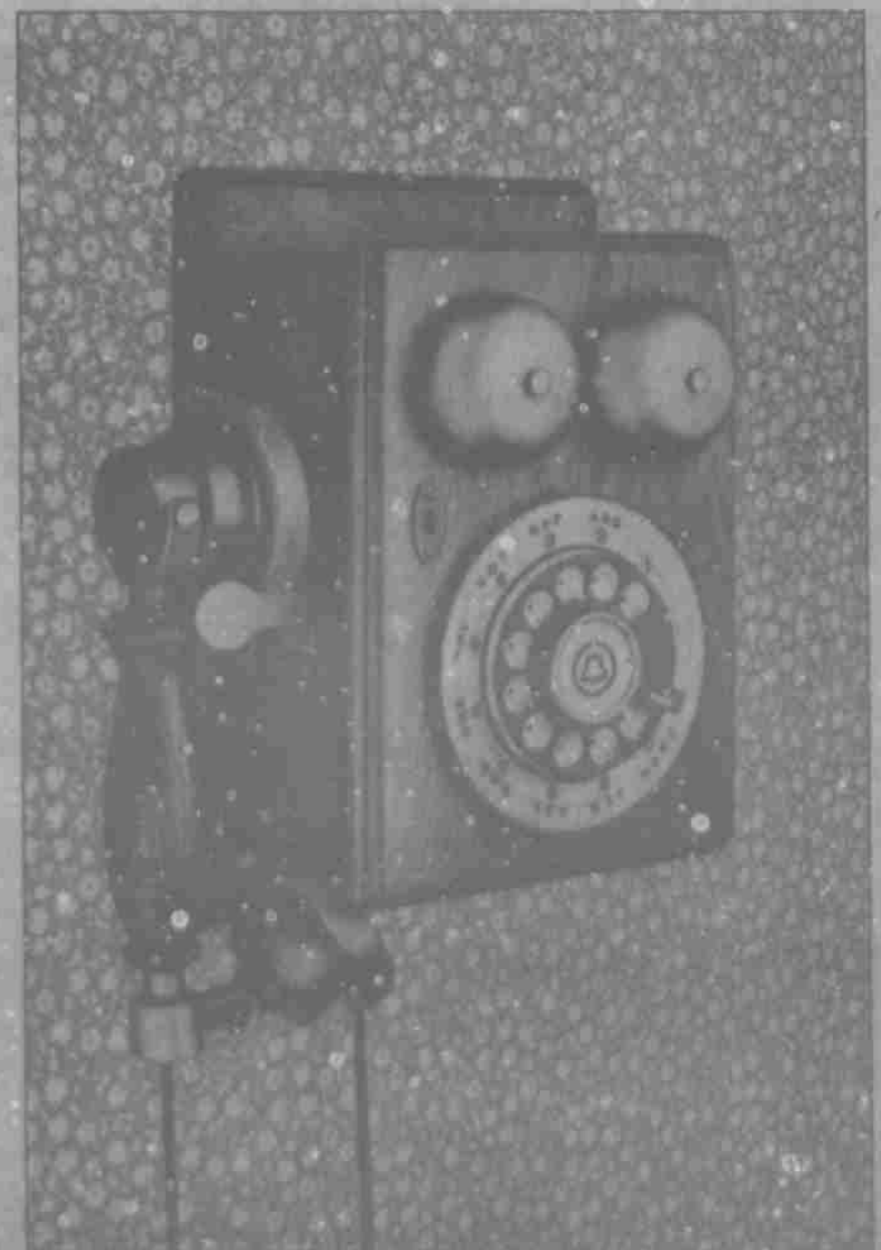
No matter where the telephone is placed - kitchen, den, family room, living area - this is a phone that will be seen and admired. Because it has modular components, installing it is as easy as hanging a picture.

In a busy, bustling world, the Country Junction telephone is a pleasant reminder of those times when all phone conversations began with the voice that smiled.

Now on display at your neighborhood PhoneCenter Store.



\*Trademark of AT&T Co.



FOR JOB INFORMATION  
WITH THE  
City of Lubbock  
CALL  
762-2444  
AN EQUAL OPPORTUNITY  
EMPLOYER

## Congratulations In Order

by  
Eddie P. Richardson, Jr.

First congratulations to the members of the Lubbock Black Chamber of Commerce for getting this needed organization off the ground. It is most needed, and in a time of recession such as we have now, it is really needed!

The Chamber can be instrumental in helping existing businesses get on the right track and help new businesses get off on the right foot. In the future, we will see and hear a lot more of this organization which will meet at the Lubbock Digest office, 510 East 23rd, at 6:30 p. m. Friday, February 20, 1981.

One time Mayor and former Governor candidate, Dr. Jim Granberry, on his appointment to Capitol Eye, a television program dedicated to informing Texans, via television, of political happenings in the great State of Texas.

Capitol Eye is a program like the nationally viewed programs -- "Face the Nation" and "Meet the Press." This effort deals with Texas politics only.

We see the City of Lubbock didn't forget East Lubbock after all. We have badly needed lights on Quirt Avenue at Loop 289 and the other one-- Loop 289 and Slaton Highway.

We hope you will continue to remember we are a part of the total city. We would highly appreciate an equitable share of all the city's resources, materials, supplies and funds.

It is good to see two more new homes being constructed in East Lubbock and both are on the same street (Globe Avenue).

T. J., you're gaining neighbors.

Look for a tremendous 19th of June Week coming up this year. Since we are working with State Representative Al Edwards of Houston's Legislative Juneteenth Emancipation Committee.

We as well as cities across Texas will be having Emancipation programs across the state. This is very important because as Al says: "The young don't know the heritage and the old denies our heritage."

This is why Rep. Edwards wrote this bill so we could go back and re-visit our culture and see where we came from in order to know where we are and where we are going.

Watch for a lot more on this.

## LEGISLATIVE ALERT!

FOCUS ON IMPRISONMENT FUTILITY

Congressman Augustus Hawkins of Los Angeles has reminded us of the futility of building more prison cells which do not deter crime and only worsen the condition of our society. He calls for a stop to building more facilities and for a new approach to crime prevention. He writes:

Imprisonment, as conducted at present, has a negligible impact on a crime being committed, or not being committed even if the offender is aware of the penalty.

But to me the tragedy of imprisonment is not only a question of the damage it does to society, but also what havoc it inflicts on the prisoner. Its most glaring fault in this instance, is that it totally dehumanizes the prisoner by attacking his dignity, his feelings of self worth, his self reliance, and his need for autonomy (even in prison).

This poison is further spread to include his family, where the fact of his imprisonment upsets family ties, destroys family economic stability and may cause mental, social and physical dysfunctions that may never be repaired.

There is no doubt, a way out of this horror. But what it means, is that society must be willing to do some new thinking on the matter. Not only is new thinking required, but once solutions are apparent and available, society must be willing to test them, evaluate them, and adopt them when they are proven to be worthwhile and workable.

There are alternatives to incarceration. Which indicates that before we build one more \$25,000-\$50,000 prison cell, we need to stop all such building and give ourselves a chance to examine and test the alternatives, and then decide what road is the best road for valid rehabilitation efforts.

Perhaps the greatest exemplar of caricature of the white attitude of extreme benevolence and of limitless good will has been the Jimmy Carter White House. Congressional Black Caucus member, William Clay of Missouri, himself an intensely loyal and responsible Democrat, is reported in the Congressional Record as making a scathing indictment of Mr. Carter's record of black appointees. These were said to have been based more upon the perspective of nice -- as than of equitable justice of fair play for black Americans.

Without going into Congressman Clay's detailed accounting of the results of the Carter mentality, one may simply call to witness the Carter highly publicized promise to use the large number of new federal judgeships created by the Congress as his own way of ending the "white male image" of the courts.

For such a monumental task of restructuring the face of a ruggedly racist court system, on behalf of the black community to which Mr. Carter owed his residence in the White House, Mr. Carter brought amazingly little ammunition. He did not think to create a public support system. Nor did he build the kind of powerful lobby or support base in the Senate which might have confuted the weightiness of



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## BLACK EMPOWERMENT Ringing The Bell

By Dr. Nathaniel Wright, Jr.  
Human Rights Activist

WHAT LIES AHEAD

What lies ahead on the national political scene for black Americans? The answer to this question may be found to rest more in its meaning than in the ones who provide the answer.

Black Americans, in establishing political, social and economic goals, have tended to seek for a generalized kind of "more." They have not sought for a proportional share, based upon either their needs or their numbers within the nation's life. Hence, when crumbs were given--or even when the pie or cake was divided up--if "more than in the past" was handed out, then "progress" was said to have been achieved.

This type of attitude has been thoroughly consonant with a white American attitude of benevolent good will which blacks have courted, or to which they have been at least kindly disposed.

Black Americans have tended to build alliances with white Americans based upon "niceness" and "brotherly love" rather than upon the criteria of justice and reciprocal or mutually beneficial rewards.

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Dr. Nathaniel Wright, Jr.

his overarchingly substantial purpose.

Rather, this task seemed well within the capabilities of Mr. Carter's Atlanta-bred white inner circle and the black affairs-counselors to whom the White House gave shelter in the minority-oriented Media Relations office. At least this is what the approach used by Mr. Carter would seem to suggest.

The actual results in the end came exceedingly far short of the Carter promise concerning the righting of an imbalance in the federal courts. Yet black leaders praised Mr. Carter on the strength that it was only marked by "more."

The overall gains in Carter-appointed blacks to the federal judgeships were such that, if blacks were appointed continuously in the same proportions, it would take perhaps half a century or more for blacks to be represented equitably or proportionally in the federal courts.

Black Americans have not yet come to the point where they will command what is their due. So long as niceness or friendliness rather than justice and fair-play remains the criterion for black approval, it may be reasonably expected that white paternalism of the Carter kind will continue and that authentic progress elude black Americans.

What should lie ahead for Black America is the closing of the hitherto unclosed and unclosing gap which separates black Americans from the American mainstream. In every anticipated move for black self-interest there must come to be some clear calculation of what is required for the gap between white and black Americans to close securely now or in the very near future.

There is a revealing sidelight to the Carter judiciary appointment story which tells of the naively unthinking attitudes held by many well-intentioned and socially-conscious black Americans.

The chairman of the Senate Judiciary Committee is Senator Edward Kennedy of Massachusetts. Mr. Kennedy is the leading liberal idol to many large numbers of black Americans. During his tenure as judiciary committee chairman, up until this writing, not one black lawyer has been hired by Mr. Kennedy on that crucial committee's staff.

Further, when five judicial vacancies were created in Massachusetts, Mr. Kennedy -- in a directly opposite move

and spirit from what was announced by the White House--nominated three white males, one black male and one Jewish female to fill these vacancies.

Mr. Kennedy should have been seen as a major milestone-maker in the minds of black Americans (even as he should have been in his gratuitously active role in unseating Senator Edward M. Brooke). Yet friendship rather than fair play remained the crucial test.

So long as the perceptions of good will take precedence over calculated steps to enter forthwith, or nearly so, into the nation's mainstream, just so long will the apparent bliss of "more" be the alternative to truly substantive black gains.

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 telling 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

effective way--in some instances--to protect the business, the integrity of the masses of young people. The *Diary of a Harlem School teacher* may or may not need to be re-read more than once or twice. But if not read at all, we suggest that you have an obligation to begin your own series of its reading.

Here, however, Mr. Haskins has found that the negative role of exposing counter-productive bureaucracies and mindless bureaucrats and racists may be the single most

Join  
U. S. Black  
Chamber Now!

## Media Review

OUR EDUCATIONAL CLASSIC

(For parents, taxpayers and educational policy-makers)

A review of *Diary of a Harlem School Teacher* by Jim Haskins (Stein and Day, Balacliff Manor, N.Y., 1979)---150 pages---Paperback---\$4.95.

*Diary of a Harlem School Teacher* was hailed as "a classic" when it was first published in 1969. It is still true that description: Jim Haskins went into the New York City schools largely to find an avenue for service. Instead of teaching, he found himself involved primarily in an advocacy role.

The author of this subtly illuminating and devastatingly revealing diary about the non-teaching which goes on within our public schools has made a name for himself projecting the positive aspects of life which encourage human growth and happiness. He has to his credit a long list of biographical and other stories which inspire and ennoble human life.

Here, however, Mr. Haskins has found that the negative role of exposing counter-productive bureaucracies and mindless bureaucrats and racists may be the single most

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## Ringling The Bell

Bob Tieucl

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Join  
U. S. Black  
Chamber Now!

**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 KATHOB and ASSOCIATES at 506 East 23rd Street, Lubbock, Texas 79404. Phone (806) 762-3612.

All non-staff unsolicited 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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A cooperative effort to increase efficiencies and reduce urban costs.

**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.

Send us your 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 used 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



## Annual Musical At Greater St. Luke Baptist Church

The Greater Saint Luke Baptist Church, 306 East 26th Street, will present its Gospel Chorus in concert on Sunday, February 15, 1981, at 3:00 p.m. The theme of the program is "The Lord Is Speaking."

The choir, under the direction of Mrs. Clara Lenord, will feature hymns, gospel music, Negro spirituals and spoken narratives to convey the message of Psalms 51: "I will hear what God, the Lord, will speak; for he will

speak peace unto his people, and to his saints; but let them not turn again to folly." Special narration for the program will be given by Brother Don Edwards. This program promises to be a spiritual feast, and the public is invited to attend.

## Ministerial Alliance Installation Services On Tap

The East Lubbock Interdenominational Ministerial Alliance will conduct their installation of officers for the year of 1981 at St. James Baptist Church on February 20, at 7:30 p. m.

The Midland Ministerial Alliance will be in charge of the installation. Speaker for the services will be the president of the Midland Alliance, Rev. C. S. Johnson.

The Alliance has been in existence for so many years, it would be very impressive on our community for every ministers were present for this occasion. The theme for this year's installation is "New Methods For A New Journey."



Mrs. M. B. Ford

## Mrs. F. B. Ford Honored Here

Mrs. M. B. Ford was honored in her home January 29th with a birthday party. More than 23 friends gathered to help Mrs. Ford celebrate her 76th birthday.

Alexander, pastor of Ford Memorial; Mrs. Olivia Moore and daughter, Mrs. Annie Lang.

Mrs. Ford is the widow of Supt. T. F. Ford, former pastor of Ford Memorial Church of God in Christ.

Guests dined on fried chicken, baked beans, potato, tossed salad and punch. Birthday cakes were baked by Mrs. Helen Jones, Mrs. R. L. Tate, Mrs. Viola Walter, Mrs. Cleo Bracy and Mrs. Melvin Brown.

Mrs. Ford's party was given by friends, the Bible Band and Home and Foreign Mission of Ford Memorial.

Guests were greeted by Mrs. Ora Robertson. Mrs. Ford would like to thank those who helped her celebrate and make her birthday special.

Sponsors of the event were Bishop J. E.

## Attention!!! Pastors and Choir Members of The Federation of Choirs

Rehearsals for the Federation of Choirs Anniversary services which will be held in March, 1981 will begin Friday, February 20, 1981, promptly at 7:30 p. m. at the Greater Saint

Luke Baptist Church. All choir members planning to participate in celebrating this joyous occasion are asked to be present. Praise the Lord!!! Music Directors and Musicians.

## Gospel Song Fest

A "Gospel Song Fest" will be held at Christ Temple Church of God in Christ, 2411 Fir Avenue, Sunday afternoon, February 15, at 3 p.

There will be a guest soloist and choir groups. Bishop W. D. Haynes is pastor.

## The Outreach Prayer Breakfast

Members of the Outreach Prayer Breakfast Club last Saturday morning at 9 a. m. in the lovely home of Mrs. Claretta Brown. "Oh, you should have been there."

Our guest list included: Rev. Tony Williams and wife, Mrs. C. C. Peoples, and Mrs. Raymond Peppers who informed us of the Prayer Rally in September, Texas for Christ. All parts of the West will be involved.

Opening devotion scripture was found in Ephesians 6:16. Mrs. T. Ervin, Mrs. Fair and members participated. The morning scripture lesson was given by Rev. Tony Williams. It was taken from Mark 4:35-39. The subject was: "Where Is Your Faith?"

Several members motored to Slaton, Texas on last Sunday evening. Our very own, Mrs. Annie Day, was guest speaker and soloist at the Mount Olive Baptist Church, Rev. C. C. Peoples, pastor. Also going with her were Mrs. Donnie Graves and daughter, Mrs. Vera Alexander and Mrs. D. Hood. All left that meeting with joyful hearts.

"And he was in the hinder part of the ship, asleep on a pillow; and they awoke him and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, peace, be still." And the wind ceased, and there was a great calm.

Our sick list include: Frankie Thomas, Willie M. Thomas, Mrs. S. R. Roberts, Jerry Brown, Mrs. Cassie Washington, L. C. Johnson, Sidney Hall, Jr. and C. E. Fair. Isaiah 53:5 - "Have faith in God."

The teacher brought a demonstration on faith. It doesn't matter how much you have, but be sure you have some. So when the need arrives, you can draw from it.

Prayer requests were made and answers to prayers. If you have a

river that seems uncrossable or a mountain you can't tunnel through, remember God specializes in things that seem impossible. Come by or call one of these numbers: 747-4016, 747-7326, 763-1333, 765-6831 or 765-8623. Prayer works!

Morning prayer was offered by Rev. Tony Williams.

The Children's Outreach Program began nicely on last Saturday evening at the Ford Memorial Church of God in Christ. Mrs. Donnie M. Graves is director. Our next meeting will be Saturday at 2 p. m. at 2110 Birch Avenue. We want to spread the word until everyone has heard.

Can any good come out of Nazareth? The next meeting will be Saturday morning in the home of Mrs. Doris Collins, 1826 East Amherst Avenue. "Come and see!"

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

## OBSEQUIES

### Mrs. Willie M. Thomas

Final rites were read Tuesday afternoon at the St. Matthews Baptist Church for Mrs. Willie Mae Thomas with Rev. R. S. Stanley, pastor, officiating. Arrangements were under the direction of Jamison & Son Funeral Home.

Mrs. Thomas was born in Acadian, Louisiana to Mr. and Mrs. John Brown.

She was married to Wesley Thomas and to that union was born five children, namely: Felix Willis, Wesley, Jr., Washington Willis, Billie Mae, and Ludell.

Mrs. Thomas passed away on Wednesday, February 4, 1981.

She leaves to mourn her death: two daughters, Billie Mae Thomas and Ludell Thomas, both of Lubbock; two sons, Wesley, Jr. of Lubbock and Washington Willis of Homore, Louisiana; three nieces, five nephews, twenty five grandchildren, forty six great grandchildren, other relatives and friends.

Active pallbearers were Lee Lester Polk, Robert Giddens, J. D. Johnson, F. D. Washington, and Darrel Thomas.

### Mrs. Gladys Lane

Funeral services were held Wednesday afternoon for Mrs. Gladys Lane at the Ford Memorial Church of God in Christ, Bishop J. E. Alexander, pastor, and Rev. R. L. Caro, officiating. Jamison and Son Funeral Home was in charge of arrangements.

Mrs. Lane was born in Dawson, Texas to Mr. and Mrs. Henry Smith on February 2, 1907.

She was married to M. D. Lane and to that union were born eight children.

Mrs. Lane passed away Thursday, February 5, 1981.

She leaves to mourn her passing: a son, Willie Earl Lane of Dallas, Texas; four daughters, Joyce Goss of Fort Worth, Texas, Nettie Ruth Robinson, Mauline Swain and Billie Jean Ageree, all of Lubbock, a sister, Wibell Green of Colorado City, Texas, Este May Frank of Fort Worth, Texas and May Ruth Washington of Littlefield, Texas; two brothers, Ben Smith and Buster Smith, both of Dawson, Texas; two nephews, James Hill of Lubbock and M. C. Hill of Olton, Texas; three nieces, Mrs. Rita Stewart of Fort Worth,

Texas, Mrs. Johnny Betts of Temple, Texas and Mrs. Shirley Johnson of Azee, Texas; twenty three grandchildren, thirty one great grandchildren, other relatives and friends.

Active pallbearers were Larry Tillis, Willie J. Robinson, Wayne E. Robinson, Jarvis W. Robinson, Walter Sterling and Jerry L. Chance.

### Mrs. Valena S. Wilson

Rev. and Mrs. Nathaniel Johnson, pastor and wife of the Mount Vernon United Methodist Church, recently attended the funeral services of their relative, Mrs. Valena Wilson, in Waelder, Texas, Armstrong Colony on Saturday, January 31st.

The family wishes to thank the many friends, Mount Vernon United Methodist Church, and pastors for their kind expression, flowers, cards and telegrams.

Mrs. Wilson was born in Armstrong Colony, Fayette County, June 18, 1905. She was the fifth of eleven children born to the late Mr. and Mrs. Emmitt Simms.

She confessed a hope in Christ at an early age

and joined the Mount Olive Baptist Church and was faithful until death.

She was educated in the public schools in Armstrong Colony, Fayette County. She furthered her education at Prairie View College. She was a dedicated teacher for a number of years.

She was joined in Holy Matrimony to Mr. Henry R. Wilson of which four children were born, one son preceeded her in death.

She departed this life January 26, 1981 at 6:15 p. m. at the Holy Cross Hospital, Austin, Texas.

She leaves to mourn her passing, a devoted husband, Mr. Henry R. Wilson of Waelder, Texas; two daughters, Mrs. Vivian A. Paige of Waelder, Texas and Miss Lillian J. Wilson of Dallas, Texas; a son, Charles C. Wilson of San Antonio, Texas. Also surviving three sisters, Mrs. Myrtle Johnson, Mrs. Vivian Neal of Corpus Christi, Texas and Mrs. Geneva Lucy of Dallas, Texas and two brothers, Julian Simms of Corpus Christi, Texas and Uel Simms of San Antonio,

### Mount Gilead Baptist Church

2512 Fir Avenue  
806/744-5363

"Contending for the Excellency of Christ"

"Come Worship With Us!"

Larry L. Polk, Sr.  
Pastor

Sunday Church School ..... 9:30 a. m.  
Morning Worship ..... 10:45 a. m.  
Baptist Training Union ..... 5:00 p. m.  
Evening Worship ..... 6:00 p. m.

### Bethel African Methodist Episcopal Church

2200 Southeast Drive  
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"A Church that's not afraid to identify with the frustrations of the Black experience."

"God Our Father, Christ Our Redeemer, Man Our Brother"

Stephen Pierson, Pastor

Sunday School ..... 9:30 A.M.  
Morning Worship ..... 10:45 A.M.  
Evening Worship ..... 7:00 P.M.

### Church Of The Living God

(Motto: C.W.F.F.)

408 N. Zenith Ave  
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"Where The True Gospel Is Preached"

"Everybody is always Welcome"

Rev. L. F. Bowie, Pastor

Sunday School ..... 9:45 A.M.  
Morning Worship ..... 11:00 A.M.  
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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WEEKLY SERVICES

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

And let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some; but exhort one another; and so much the more, as ye see the day approaching. Hebrews 10:24,25

Come, Help Us Worship Christ Jesus, Our Lord and Savior with Bishop Pastor

### Christ Temple Church

2411 Fir Ave.  
Lubbock, Texas 79404  
Phone: 806/744 5334

Haynes Memorial Chapel Church

Bishop W. D. Haynes

2830 Ross Ave.  
Ft. Worth, Texas 76106  
Phone: 817/6249223

Church of God in Christ, Inc.  
P. O. Box 2411  
Lubbock, Texas 79408

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

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# The KITCHEN BEAT



Chicken Hawaii Courtesy of Missie Rice

## FLAVORFUL ENTREES FOR LOW SODIUM MENUS

In today's black American home, cooking is no longer the responsibility of one person. Because of busy schedules and varied schedules, usually every member of the family at some time or another has to prepare meals. The Kitchen Beat is designed to meet some needs of the various cooks in the modern black family.

Are you one of the many people who has started cutting down on your salt intake, simply as a preventive measure, or because of advice from your doctor? Changing old eating habits can be difficult, but planning meals that are low in salt (sodium chloride) can be an adventure in learning how to enjoy other flavors.

Trade in your saltshaker and experiment with herbs, spices and other flavorings. Cook your next rice dish in liquid drained from fruit and discover a new flavor treat. Learn to read labels on canned, frozen or packaged foods. Look for ingredients such as sodium citrate, mono-sodium glutamate, baking powder and baking soda. Eliminate—or cut down on—your intake of highly salted foods such as smoked or cured meats, salted nuts, crackers, olives and meat sauces.

Chicken might well be regarded as the perfect choice for anyone with diet restrictions, and whether you stew it, fry it, boil it or roast it, it can be served in many delicious ways several times a week.

Chicken Hawaii is a delicious blend of pineapple,

brown sugar and spices served with quick cooking rice, which is low in sodium if salt is not added during cooking. In addition to saving cooking time, Minute rice has a versatility that's hard to beat and is a genuine family favorite. Each serving of Chicken Hawaii contains about 125 mg sodium.

Whole green beans make a tasty complement to this entree. Most frozen vegetables are permitted on low sodium diets except those which have sauces or seasonings added. Be sure to check all labels to be certain the contents do not include salt or other sodium compounds. Tasty Meat Loaf is another flavorful entree that provides the basis for main meal menus that can be enjoyed by the entire family. Each serving contains about 55 mg sodium.

The following recipes are through the courtesy of the folks at General Foods.

### CHICKEN HAWAII

- 2 1/2 pounds frying chicken pieces
- 1/2 cup seasoned all-purpose flour
- 1/4 cup unsalted butter or margarine
- 1 can (8 1/4 oz.) sliced pineapple in syrup
- 2 tablespoons brown sugar
- 1 tablespoon vinegar
- 1 1/4 cups water
- 1 1/2 cups quick-cooking rice

Dredge chicken in seasoned flour. Brown well in butter in large skillet. Drain pineapple, reserving 1/4 cup



syrup, slice the pineapple, reserving a few pieces or 1 slice for garnish, if desired. Combine syrup, brown sugar and vinegar; pour over chicken. Turn chicken, skin side down. Cover and simmer until tender, about 20 minutes. Move chicken to sides of skillet. Add diced pineapple and water. Stir in rice. Bring to boil; cover, reduce heat and simmer 5 minutes. Garnish with reserved pineapple and parsley, if desired. Makes about 2 1/4 cups rice plus chicken, or 4 servings.

Note: Flour may be seasoned with 1/4 teaspoon each pepper and nutmeg, or 1/2 teaspoon paprika and 1/4 teaspoon ginger.

### TASTY MEAT LOAF

- 1 pound ground beef
- 1/2 cup unsalted tomato juice

- 1/4 cup chopped onion
- 2 tablespoons quick cooking tapioca
- 1/4 teaspoon savory
- Pinch of rosemary, sage or basil
- Dash of pepper

Combine all ingredients, mixing well. Shape into a loaf on a shallow baking pan. Bake at 350° for about 1 hour. Makes 3 servings.

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for these low sodium recipes, you will want to use:

- Dole pineapple
- Birds Eye deluxe whole green beans
- Gold Medal flour
- Heinz vinegar
- Kraft margarine
- Minute rice
- Minute tapioca
- Sacramento unsalted tomato juice
- Spice Island spices and seasoning

# SCHOOL MENUS

## ELEMENTARY LUNCH

Monday, February 23

- Corn Dog w/ Mustard
- Baked Beans
- Carrots
- Peaches
- 1/2 pt. Milk

Tuesday, February 24

- Chicken Fried Steak
- Mashed Potatoes w/ Gravy
- Green Beans
- Hot Rolls - Butter
- Spice Cake
- 1/2 pt. Milk

Wednesday, February 25

- Beef Taco
- Pinto Beans

- Taco Salad
- Taco Sauce
- Cornbread - Butter
- Box of Raisins
- 1/2 pt. Milk

Thursday, February 26

- Hamburger on Bun
- Pickles - Mustard
- French Fries
- Tossed Salad
- Cookie
- 1/2 pt. Milk

Friday, February 27

- Spaghetti w/ Meat Sauce
- Whole Kernel Corn
- Fried Okra
- Hot Rolls - Butter
- Cake
- 1/2 pt. Milk

Saturday, February 14, 1981, Lubbock Digest, Page 7

Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27
SECONDARY CHOICE	SECONDARY CHOICE	SECONDARY CHOICE	SECONDARY CHOICE	SECONDARY CHOICE
Grape Juice	Orange Juice	Pineapple Juice	Apple Juice	Apricots
Toaster Pastry	Sweet Roll	Scrambled Eggs	Pancake w/ Hot Syrup	Cereal
1/2 pt. Milk	1/2 pt. Milk	Buttered Toast/Jelly	Little Smokies	Buttered Toast/Jelly
		1/2 pt. Milk	1/2 pt. Milk	1/2 pt. Milk

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## Cookin' Good

By Mrs. Douglas

### BRUNSWICK STEW

This recipe is not only delicious but also a time-saver because we're using frozen vegetables. To serve 6 you'll need: 2 chickens, 2 1/2 lbs. each, cut into serving pieces; 1 bottle (8 oz.) your favorite Italian salad dressing; 1 can (28 oz.) whole tomatoes, cut in small pieces; 1 medium bay leaf; 1 tsp. sugar; Salt and pepper to taste; 1 pkg. each frozen lima beans, okra, green beans and whole kernel corn; 2 lbs. cornstarch; 1/2 cup water.

Preheat oven to 375 degrees F. Grease a baking dish and place chicken inside skin side up. Cover with half the Italian

dressing. Bake, uncovered, 45-60 minutes, basting several times with marinade from bottom of pan. Test for doneness by piercing with a fork. Chicken is done when juices run clear. Combine tomatoes and their liquid, bay leaf, sugar, salt, pepper and remaining Italian dressing. Bring to boil, reduce heat and simmer, covered, 15 minutes. Add vegetables. Continue simmering until vegetables are heated through. Mix cornstarch and water together until smooth. Add to vegetable mixture, stir until sauce is thickened, and pour over chicken. Serve immediately.

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# The KITCHEN BEAT

ECONOMICAL AND SO GOOD!

In today's black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The Kitchen Beat is designed to meet some needs of the various cooks in the modern black family.

Low cattle and hog supplies, high feed prices and the nation's inflation rate are

cited by meat industry analysts as the major factors expected to lead to higher meat prices in 1981.

But rising prices don't necessarily mean consumers have to cut back on beef consumption. To help shoppers stretch their beef dollars, the Beef Industry Council of the Meat Board has put together some economical recipes that taste anything but inexpensive.

The following recipe uses leftover cooked beef...excellent.

## GOLDEN GATE BEEF SALAD

- 1 lb. or less cooked beef, cut in thin strips
- 1/4 cup lemon juice
- 1/2 cup water
- 1/2 cup sugar
- 1 tablespoon oil
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon anise seed
- 1/8 teaspoon cinnamon
- 1/8 teaspoon cloves
- 2 cups cauliflowerettes, blanched 3 minutes
- 1 pkg. (6 oz.) frozen pea pods, defrosted
- 1 red onion, thinly sliced
- 2 oranges

1/2 lb. spinach

Combine lemon juice, water, sugar, oil, salt, garlic, ginger, anise seed, cinnamon and cloves in small saucepan; simmer 10 minutes. Cool.

Place beef strips in utility dish or plastic bag. Pour 1/2 marinade mixture over meat, turning to coat. Cover dish or tie bag securely; marinate in refrigerator 4 hours (or overnight). Place cauliflowerettes, pea pods and onion in utility dish or plastic bag; pour remainder of marinade over vegetables. Cover dish or tie bag securely; marinate in refrigerator 3 to 4 hours. Pare oranges, removing rind and white membrane. Cut on

both sides of separating membrane to remove sections. Add orange sections to vegetables in marinade, tossing to coat; remove from marinade. Place spinach leaves on platter and drizzle vegetable marinade over leaves. Arrange vegetables and orange sections over spinach. Remove meat from marinade and arrange on top of vegetables. 4 servings.

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this delicious salad, you will want to use: Birds Eye frozen

# MEDIA REVIEW

## BLACK CULT

For high school pupils and adults who would grow in understanding of the Black Caribbean

A review of *Rastafari: A Way of Life* by Tracy Nicholas (with photographs by Bill Sparrow) (Garden City, New York: Doubleday Anchor Books, 1979). Paperback—\$6.95.

Ostensibly a description of the Jamaican-originated black cult called the Rastafari, this excellent book is considerably more than that. It is a fine primer on the

Black Caribbean, on colonial barbarism and exploitation and on the varied routes by which blacks in the New World have had to give expression to their psyche... or what the Rastafari would call "I."

We see so many signs of the Rastafari about us and yet have not appreciated their roots. The pinroll hairdo (used by males and females among the Rastafari), the reggae music and the black nature diets from the Caribbean all reflect the outreach of this cultic group.

Those who would wish to know more of the interweav-

ings of black Biblical life and black life styles and thought today and who would like just one more intimate glimpse of Marcus Garvey will find help in these pages. This omnibus little resource will also afford an appreciation of Jamaican—and Third World—political protest, a factor requiring increasing understanding if our world is to remain secure.

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No matter how you combine them, apples and pastry have an affinity for each other. Whether in pie, dumplings, or turnovers, the crisp texture of pastry and the tart flavor of apples turns on the most jaded palates. That explains why apple pie is America's favorite dessert according to restaurant surveys across the land.

Desserts that look as elegant as Apple Stack Pie usually take a long time to prepare. But the

accompanying recipe is based on convenience foods: canned applesauce and packaged pastry. Chunky as well as smooth applesauce comes in a great variety of sizes of containers. When you consider that it takes 1 and 1/4 pounds of apples to make a pound of applesauce, you save considerable time too as you eliminate peeling, coring, slicing and cooking the sauce.

If you have to serve a crowd on limited funds, Apple Stack Pie is a good

choice as the crust may be made in advance and reheated in the oven. It can be cut into small rounds for individual portions, or 9-inch circles as shown in the picture.

**Apple Stack Pie**

4 cups thick sweetened applesauce (2 16-oz. jars chunky or smooth)  
2 pkgs. pie crust mix  
2 cups heavy cream, whipped

Preheat the oven to 425 degrees. Roll the pastry to 1/8th inch thickness and cut out

a 9-inch pan into circles. There should be about 6 circles. Bake until golden brown, about 12 minutes. Just before serving, spread each pastry circle with applesauce and whipped cream, stacking circles like a layer cake. Yield 8 servings.

Apple Stack Pie consists of layers of crisp pastry with thick applesauce and whipped cream in between. This is a very easy dessert made from canned applesauce and a pastry mix.



**LEGISLATIVE ALERT!**

**"IMPACTED POPULATIONS" LEGISLATION**

Currently, there is federal legislation providing for relief to those in geographical areas which have been hard hit by natural or other disasters. The nation as a whole and the Congress take this approach to human need for granted. Nor is this response to human catastrophe challenged in the courts.

In line with this same approach, it has been suggested

that black Americans write to their local area congressmen and to their senators—along with the members of the Congressional Black Caucus—urging an "impacted populations" bill. Such legislation would enable the executive branch to target all the available resources of the federal government onto those population groups which are faced with severe and longstanding

economic hardship. This would not be racially-oriented. But because black Americans, at the present, are victims of a decade-long Depression Era unemployment level and more, blacks would become the prime beneficiaries for the moment.

You may write to your Congressman and Senators at: Congressional Office Building, Washington, D.C. 20515 or Senate Office Building, Washington, D.C.

20310. Please congratulate them for their important work and let them know where Black America stands on crucial issues.



The first Black to win a Pulitzer prize for poetry was Gwendolyn Brooks in 1950.

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\$100	2,200	1:454	1:35	1:20
\$50	10,000	1:45	1:3.5	1:2
Instant \$1	40,000	1:4	1:0.35	1:0.2
5 Stamp Bks	1,222	1:32	1:2.5	1:1.4
3 Stamp Bks	2,778	1:14	1:1.1	1:0.6
2 Stamp Bks	4,166	1:8.6	1:0.6	1:0.3
1 Stamp Bk	10,000	1:10	1:0.7	1:0.4
<b>Total</b>	<b>72,224</b>	<b>50:1</b>	<b>4:1</b>	<b>2:1</b>

Total Sweepstakes Prizes: 400. 1-Multiple Weekly Shopping Spree prize (\$100 limit). 12-5-Minute Weekly Shopping Spree prize (\$50 limit). 1-Grand Prize Holiday for 140 in Hawaii.

Total Sweepstakes Entries: 1 in 5 tickets. Odds of winning the weekly prizes and grand prize will depend on the number of entries.

Single Bonanza is available at 35 United Supermarkets, P.C. stores located in West Texas. Game is scheduled to begin February 1, 1981 and end May 3, 1981. However, a critically timed distribution of all single tickets. All prizes must be claimed within 30 days of termination as announced in our store newspaper for entry on the following.

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# RUBY JAY'S CORNER

Last Sunday morning was Youth Day at the New Hope Baptist Church. The youth were at their post of duty, beginning with Sunday School where Lee Savage acted as superintendent.

At the 11 a. m. hour, devotion was led by Tim Jackson and Lee Savage. The Angelic Choir did a marvelous job in singing. The sermon was delivered by Rev. Gregory Jones of Plainview, Texas. His scripture was taken from I Corinthians 12:5-14. His subject was "Working With The Administrators On One Accord."

Sunday, February 15th, at 11 a.m., the New Hope Baptist Church congregation will serve in the anniversary of Dr. Floyd Perry, Jr. and wife at Lyons Chapel Baptist Church. All New Hope members are asked to go with the pastor, Rev. A. L. Dunn.

The Young People's Department at New Hope is publishing a cook book and are in need of 200 recipes to complete this publication. Anyone in the community who has a favorite recipe and would like to share, please contact the youth of New Hope.

A "Black Spiritual" singing program will be held at New Hope on Sunday evening, February 15, beginning at 7 p. m. This special effort is being sponsored by the Music Department. The public is invited to attend.

Word comes that Mr. George Woods, longtime resident of Lubbock, had surgery this week at Methodist Hospital. Let's pray for him and his family.

Rev. Stephen Pierson, pastor of Bethel African Methodist Episcopal Church, told his congregation last Sunday morning that his son, Timothy, was attacked by a Bull dog last week. The dog, which has not been found at this report, caused his son to have several stitches on his arm. Another youth with Timothy was bitten by the dog also. Rev. Pierson has urged his neighbors (2800 block of East 28th) to get involved about incidents as this.

Mrs. Jessie Evans and brother, Olan Williams,



## Dr. Melvin Banks Dies In Dallas

Dr. Melvin Banks, 78, chairman of the Department of Criminal Justice at Bishop College in Dallas, Texas died Thursday, January 29, 1981, at his campus apartment.

A memorial service was held at Bishop College on Sunday afternoon, February 1, 1981, with Bishop College President Dr. Harry S. Wright officiating.

Serving in almost every administrative capacity at the college during his half-century tenure, the Montgomery, Ala., native joined Bishop in 1929. At that time the college was located in Marshall, Texas and Dr. Joseph J. Rhoads was its president. Rhoads was the first black president.

In 1961 when the college move to Dallas, Banks was chairman of the Division of Social Sciences while also establishing the Department of Criminal Justice. Banks was a leader in the Civil Rights and Voter Education Move-



Dr. Melvin Banks

ments in Texas and was active in civic affairs in the black community.

Educated at Howard, Syracuse and the Colorado universities, he received his Ph.D. degree from Syracuse's Maxwell School of Citizenship and Public Administration. Banks was honored by Howard University's Alumni Federation in 1972, being given the Distinguished

Service Award for a long and distinguished career devoted to the pursuit of knowledge, higher education, human relations, and community advance.

Banks is preceded in death by his wife, the late Dorothy Beatrice Goodspeed.

He is survived by a son, Lt. Ronaldo Johnson of Fort Bragg, N. C.

## Sheridan's Ride

Jack Sheridan

I wish you could have been in the audiences at the Lubbock Memorial Civic Center Theatre either Monday or Tuesday night this week. It was a high-water mark of accomplishment for the Lubbock Symphony Orchestra and a high-water mark, as well, for those who were privileged to hear and see the dual performances.

I never fail to be amazed at the prodigious distance the Symphony organization, under its founder and conductor, the estimable William A. Harrod, has come since the days of my earliest association with the group, starting in 1955. It is an incredible success story, from the standpoint of musicianship, caliber of player quality, specialization of solo instrument voices and maturity of program selection. It used to be, no kidding, that Harrod feared to play more than one movement of a four movement symphony or concerto, for fear that the audience tolerance would wear this. No so any longer. We get the full treatment without compromise or pussy-footing.

Take, for instance, the inclusion of Igor Stravinsky's "Suite from The Firebird," highlight of this week's orchestral program. A couple of years or so back this demanding, difficult work would have been deemed impossible, out of range of both orchestra and audience. Monday and Tuesday's performances were absolutely heroic from beginning to end. It was a signal triumph in an evening of shimmering highlights.

The program was outstandingly melodious. The music was familiar and placed undue emphasis on strings, woodwinds and brass. In each number some segment of the orchestra rose to heights in their solo passages and all

acquitted themselves brilliantly. The opener, the Overture to "La Gazza Ladra" by Rossini sailed off to a merry voyage, despite some insecurity among the string section at the opening moments. Orchestrally, the Firebird came next to vociferous success. Then came the orchestra's fine contribution, particularly the horn section, in Tchaikowsky's "Capriccio Italien," a delightful familiar piece with more Slavic than Italian overtones.

Two soloists graced the stage, an unusual presentation of a husband and wife team, both gifted and capable performing members of the Texas Tech University music faculty. There were five operatic arias beautifully selected for the light but crystalline soprano of Emilia Simone, selections from "Lee Hugenots," "Faut Partir" from Daughter of the Regiment, and the well-known "Jewel Song" from Faust. She sang delightfully. The voice is best at its upper range, with the lower registers handled carefully, with full cognizance of the

forceful limitations therein.

The piano portion of the program came with a splendid, bombastic performance of Liszt's "Concerto for Piano and Orchestra, No. 1 in E Flat," ofttimes called the "Triangle Concerto" because of its inclusion in the third movement of this tiny but effective percussion instrument. William Westney, the Browning Artist in Residence instructor at Texas Tech, performed a valiant task and emerged to hearty applause. His technique is clean-cut and powerful, tapering at moments to delicacy and sensitivity.

A note that was surprising on the part of both artists is that, while they congratulated the conductor and concertmistress, neither Simons or Westney acknowledged the ensemble behind them who backed them so efficiently.

Next week we tackle the enigmatic film of the year, Kenneth Russell's "Altered States" now at the Fox Fourplex out on 19th Street.

And, don't forget to mark down Texas Tech's drama entry, Tennessee Williams' famous "A Streetcar Named Desire" set for the University Theatre on Feb. 27.

## Poetry Corner

"Be True To Your Feelings"

by Myrtle Cole

Do you like to be trusted?  
Not trusted, isn't trusted; and  
Many have been busted.

No one wants to be in the category  
With a thief, so here on out I'll  
Be brief, and feel you'll never be a thief.  
Don't you like the feeling you get  
When you have returned something borrowed;  
And you're not sorrowed, because it was  
borrowed

Maybe money of a small, or big amount,  
And now you have cleared an account,  
To a person or a bank, it doesn't matter  
The loans rank; it's paid and that's a thanks

Maybe a returned dress, or hat; maybe a  
Mitt, ball, or bat; when you give them back  
It makes you feel so good; because you  
Have done the thing you should.

So always dear ones, be true to your feelings  
In life; and you will have less strife.

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