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Lubbock Digest

AN INDEPENDENT PICTORIAL NEWSPAPER FOR ALL PEOPLE
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VOL. IV, NUMBER 7 PHONE (806) 732-3612 A BMI NEWSPAPER 510 EAST 3RD STREET LUBBOCK, TEXAS OCTOBER 30 THRU NOVEMBER 5, 1980

"Congratulations" Not In Order Says Diggs

By D. Humphries Parker
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Supporters offering former Congressman Charles Diggs congratulations on his "early" release from prison next September, were duped by the media charges Diggs. Preparing to appeal the September, 1981 parole date, Diggs said he "got no break."

Parole Release Next Year Overdue

Diggs has thirty days to file his appeal and expects the parole board to hear it in November. The September, 1981 parole board. All nine commissioners will hear the parole appeal. Diggs said he understands the appeal hearing to be a closed session, even to him.

could reduce Diggs' time and/or he could be granted community custody and transferred to a half-way house. The appeal cannot result in increased time. Diggs thinks he has good reason to appeal. Federal statute requiring parole eligibility after serving one-third of the maximum sentence with good behavior could knock two-months off Diggs' time. Diggs was sentenced to a maximum of three years for 29 counts of mail fraud and

false statements. Additionally, the written recommendation of the sentencing judge, Judge Oliver Gasch, that Diggs serve a relatively brief time - from six months to one year - is also encouraging. The chance that Diggs will not be further involved in criminal activity is an asset to his appeal. To his disadvantage, Diggs acknowledges the high number of counts he was convicted of and his high media profile. Diggs believes this high media visibility is due to his accomplishments while the nation's senior black legislator and the atmosphere in Washington at the time his trial and parole was being considered.



Charles Diggs

of others, especially Daniel Flood, and more recently, by Abscam's Michael Meyers and John Jenerette. The association of me with the others is unfair," laments Diggs. "I'm not here for bribery, perjury, obstruction of justice, or shrinking public responsibility." Since entering Maxwell FPC in Alabama last July, Diggs has been tutoring inmates, working as editor of the prison newspaper, "Hard Times", and most recently unanimously elected president of the Postmaster's prison chapter.

Johnson Crowned '1980 Homecoming Queen' In Littlefield

Jeannette Johnson, eighteen year old daughter of Mr. and Mrs. Joseph Edward Johnson of Littlefield, Texas, was elected 1980 "Homecoming Queen" of Littlefield High School.



Jeanette Johnson

A student at Littlefield High School, she is very active in many school activities. Jeannette is a member of the Future Homemakers of America (FHA), and has been a member of the Cheerleader for four years, and a member of the Wildcat Band. For four years, she is also on the Flag Corp.

When she finishes high school, she plans to attend East Texas State University.

Another Look At Coronado



Taking another look at the Coronado Apartments, they haven't changed their appearance in the past few weeks. It

would be nice if something would be done about them. According to local officials, if everyone would move out of the

apartment complex, the City of Lubbock could do something about the situation if it was vacant. (Photo by Eddie P. Richardson)

NAACP Nominating Committee Working

The National Association for the Advancement of Colored People (NAACP), Lubbock Branch, has appointed a nominating committee to recommend nominees for local offices for the next two years. The committee is expected to report a slate of nominees at the next regular branch meeting on Saturday, November

8. Persons appointed to the committee are: George Woods, chairman; Roy Toler, Leonard Majors, David Sowell and Charlotte Roland. Eligibility to vote in the December 13 election requires a current membership paid no later than the November 8th meeting and expiring no earlier than December.



Governor Reagan takes time off from the campaign for a photo session with several endorsers, (L-R) Rev. Ralph Abernathy - former President SCLC; Rev. Hosea Williams - former Executive Director of SCLC; and Dr. William F. Burghardt who played football with the Governor.

Chums, Inc. Urges Reelection of Carter



President Jimmy Carter

chapters of the organization to work for the President's reelection. Chapters are located in Virginia, North Carolina, New York, Rhode Island, Connecticut, Ohio, Michigan, Georgia, Alabama, New Jersey, Mississippi, Missouri, Illinois, Maryland, and the District of Columbia. The conclave luncheon guest speaker, Dr. Yvonne Kennedy, only black female member of the Alabama legislature, also urged Carter's reelection during her speech. The conclave reelected president Elnora Lane of Hampton-Newport News, Va. and all the officers whose terms had not expired, giving standing ovations to those who went out of office. In addition, the organization presented half of its \$5,000 pledge to the United Negro College Fund.



TWO GOOD SAMARITANS - Stuart Pearman, second left, Exxon Western regional manager, recently presented \$500 checks and plaques, at a luncheon at the Los Angeles University Hilton Hotel, to Marquis Henderson, second right, and Frank Johnson, Jr., extreme right, for their bravery. They were honored for saving the life of Robert Sneary, extreme left, Exxon transport driver, whom they extricated from his burning overturned gasoline truck on the Golden State Freeway near downtown Los Angeles. Henderson and Johnson, employees of Robert E. McKee, Inc., contractors, traveling in the opposite lane of the freeway, stopped their truck due to the flames blocking their way, jumped the center divider fence, climbed atop the overturned truck, opened the door and freed the entrapped driver from the cab. Also attending the luncheon were the families of the three men, Exxon executives, representatives of the Los Angeles police department, fire department, California Highway Patrol and members of the Los Angeles press corps. In presenting this award, Pearman cited Henderson and Johnson as "true super heroes who risked their own safety to help a fellow citizen who happened to be a complete stranger."

Regan Overwhelmed By Black Civil Rights Leaders Endorsement

Detroit -- Gov. Ronald Reagan and Ambassador George Eush were on hand last week to receive an endorsement from two prominent black civil rights leaders, Dr. Ralph Daid Abernathy and Reverend Hosea Williams. Abernathy, who campaigned for Carter in 1976 explained that Carter had not kept his campaign promises to the nation. In response to the endorsement, Reagan, with a great smile, said, "I am overwhelmed."

Charles Evers of Fayette, Mississippi, the brother of slain civil rights leader Medgar Evers, announced he was urging blacks to vote against Carter. Evers maintained that Carter is "using" blacks in his campaign. Abernathy marched at the side of the late Dr. Martin Luther King in the Civil Rights Movement and succeeded King as President of the Southern Christian Leadership Conference (SCLC) after King was assassinated in Memphis in 1968.

The announcement, which was described as significant by one minister, was held at St. Johns Christian Methodist Church before 100 black ministers and publishers from across the country. The Reagan-Bush ticket also picked up the endorsement of Rev. E. B. Hill of Los Angeles. The three men, major forces in the Civil Rights Movement during the 1960's, shunned President Carter charging that he had failed to deliver on promises and had totally ignored the needs of blacks. In addition, Mayor

Williams, a fiery civil rights leader in the 1960's SCLC marches was arrested and jailed 107 times, said: "Jimmy Carter did not do as much for black people of Georgia as governor as Lester Maddox did. Reagan did a whole lot more for blacks and poor people in California than Jimmy Carter did in Georgia. I'm sick and tired of empty promises."

Mobile, Ala. -- Members of Chums, Inc., a national women's civic

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VOTE NOV. 4

Business in the Black

By Charles E. Belle



Can things get worse? Why not Fight Unemployment

While feasting on filet mignon, it is mighty difficult for a non-Nazi to discuss genocide. Nevertheless, none other than the second in command of the country's money supply spoke askance of the "current economic downturn."

Frederick H. Schultz is vice chairman, Board of Governors of the Federal Reserve System, the nation's bankers who broke the sound barrier with record high interest rates earlier this year.

However, apparently he is yearning to do it again according to his speech between bites of his full course meal when he spoke at the Commonwealth Club of California in San Francisco last month. Making like a modest middle-class member, he declared inflation the menace, dismissed unemployment as a mere loss in the short run.

Herr Fredrick had little to offer the unemployed who must make the supreme sacrifice of starvation for "our country's basic strength and spirit." His great statement was "whatever the near-term course of the economy, we must not let our attention be distracted from the major long-term problem of inflation. Rising inflation over the last 15 years has created our difficulties."

"Inflation," shouted Schultz, "caused this recession, inflation will slow the recovery and unless we get it under control inflation will generate a financial collapse which cannot help but result in major changes in our economic and political systems. Burp!"

Peering out into a sea of full fat shining white faces might make it easy for one to overlook the starving minions who are misused because of the lack of the funds for a luncheon ticket. The fact that unemployment effects Black Americans and other minority member groups greater than the average white American apparently is of little concern to this Carter administration official.

One of the major reasons this recession is hitting disadvantaged groups extra hard is the distribution of Black America and other minorities within the overall work force. While Black American workers hang on to about nine percent of all jobs, in some sectors severely hit like steel and automobile manufacturing who depend on large amounts of borrowed funds, Black Americans comprise over 15% of their work force.

One finds Black and other minority group Americans populations are younger than the average white American. Young Black American teen-agers are wallowing in over 40% unemployment as compared with 16.7% for white teen-agers. Being Black and young is to yearn for a future founded upon finding your very first job!

Schultz sees continued gloom and doom based on run-away inflation. However, some economists, including Albert T. Sommers, economist for the Conference Board, a big business based research organization, expects the general inflation rate as measured by the Gross National Product (GNP) deflator to run at a lower level for the remainder of this year and the first half of next year.

Why Schultz is saying stop inflation at the cost of higher unemployment of people of color is anyone's guess. Dumb? Getting reappointed and getting re-elected may have some connection.

Anyway, unemployment among the young is deep enough to give any decent person indigestion.

"The Knowledge Business"

Communications of the future is the topic of Southwestern Bell's new science demonstration, "The Knowledge Business: Looking Back at the Future."

The company's veteran science demonstrator, Bill Haehnel, will address several Lubbock groups this week including the Telephone Pioneers, Downtown Optimist Club, National Management Association-Clark Equipment Chapter and the Lubbock Board of Realtors. Using a variety of state-of-the-art devices, Haehnel will illustrate how the Bell System unraveled the communications problems of the past to bring America to its most exciting point in technological development.

"Haehnel's program vividly demonstrates the increasingly important role in the home and



business," said Bob McNamara, Southwestern Bell's District Manager-Residence Service Center.

The program for adult

groups is presented in a nontechnical, entertaining manner for audience enjoyment and information.

Lubbock Centers Host Halloween Parties Friday

The Lubbock Community Centers are hosting Family Night Halloween Carnivals on Friday, October 31.

Activities include games of chance, apple bobbing, haunted house and bingo. Candy, soft drinks and prizes will be given away.

All activities are free and open to the public.

The community centers schedules and locations are as follows: George Woods, North Zenith & Erskine, Friday, October 31, 6:30 - 9:00 p. m.; Mae Simmons, East 23rd and Oak Avenue, Friday, October 31, 5:00 -

8:30 p. m.; Cooper Rawlings, 40th & Avenue E, Friday, October 31, 7:00 - 9:00 p. m.; and Hodges, 41st & University, Friday, October 31,

7:00 - 10:00 p. m. For more information, call Ginger Napier, 762-6411, ext. 2679.

Election of Community Services Reps On Tap

An election for representatives on the Community Service Commission board members has been set for Saturday, December 6, from 7 a. m. to 7 p. m.

Persons interested in running for Area I, which is open for election, must live in an area bordered by the northeast city limits,

Avenue Q, Parkway Drive and Quirt Avenue. You must be 18 years or older.

If there are persons interested in running for this area, please call Edwina Westbrook at 762-6411, ext. 2371 or come by the 820 Texas Avenue.

Deadline for filing for this position is Friday, November 28.

VOTE!!

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Candidates Forum

LULAC Council No. 263 is sponsoring a "Candidates Forum" for candidates of state legislature District 75-A and 75-B and for Lubbock County Sheriff on Thursday, October 30, at 6:30 p. m.

The forum will be held at Grudalpe Neighborhood Center, 102 North Avenue P.

Ruben Sandoval, attorney from San Antonio, will speak after the forum.

Everyone is invited to attend.

For Classifieds Call: 762-3612

Summer Scientist

Continued from last week

do; opportunity for these young people to learn firsthand about biomedical research. It is my hope that this experience will encourage many to choose careers in the biomedical sciences, an area in which minorities are still underrepresented.

In addition to the National Institutes of Health-administered program, six other federal agencies supported similar summer programs: Department of Defense, National Aeronautics and Space Administration, National Science Foundation, U. S. Department of Agriculture, Environ-

mental Protection Agency and the Department of Energy. The goal for the overall program was to employ at least 1,000 high school minority students in the summer jobs.

"It has been exciting to have faculty members who are primarily researchers taking an interest in high school students who are looking at an electron microscope for the first time," said Dr. Howard M. Reisner, assistant professor of pathology at North Carolina Memorial Hospital. "We're going to be very interested in the impact this has on their career choice."

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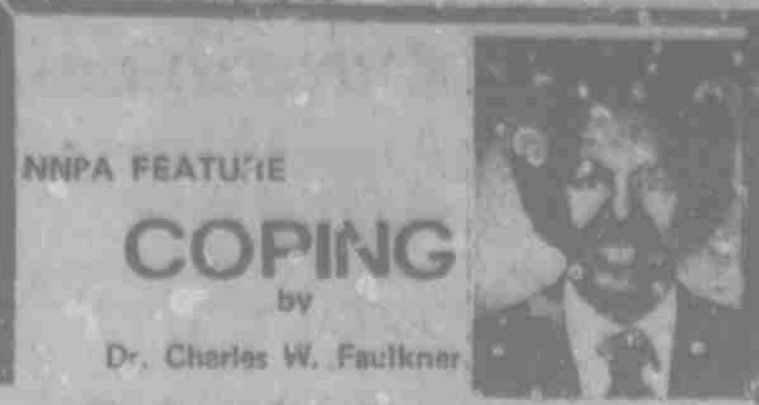
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NNPA FEATURE
COPING
by
Dr. Charles W. Faulkner

Take the Initiative

"Things will work themselves out." "Time will heal the wounds." "My spouse will change and everything will be all right."

Did I just hear you say that? Are you standing around doing nothing - hoping that everything will improve? Well, you might be surprised to find that wounds do not heal themselves. You must apply the medicine to the wounds.

If you are waiting for someone else to do it for you, you might have a long, depressing wait. Which person are you?

1. The marriage partner who is waiting for the spouse to get over the ill-feelings that were left from an argument or, the partner who says to your spouse, "Let's sit down and try to resolve our differences - let's talk."

2. The employee who is waiting for the boss to offer a pay raise or, the employee who makes an appointment to talk with the boss about why you deserve a pay raise.

3. The person who tries to wait for your friend to cease being angry with you or, the friend who initiates a dialogue that might quickly and painlessly resolve your differences.

4. The person who has a creditor desperately trying to collect and who is preparing to take you to court or, the person who makes an appointment to explain why you are unable to pay the bill and express your intentions to do so.

5. The person who is insecure about whether your friend still feels affection for you and who is allowing your relationship to drift into failure, or, the person who asks your friend to discuss the status of relationship with you in order to remove the psychological burden.

In each of the cases above, the successful and happy person is the person who initiates the effort to resolve the problem. The person who "lays it on the line" in a relationship is likely to be much happier in the long run.

Unfortunately, few problems work themselves out. In most cases, happy people develop a line of communication with important people in their lives. They take the initiative to open a dialogue and discuss problems in an open and honest manner.

When you are sincerely concerned to alleviate the difficulty, you can accomplish great things. It can be an emotionally cleansing experience. Most people want you to discuss problems with them but are afraid to ask you to do. The longer a problem exists and is unresolved, the more difficult the problem becomes. It can become "concretized" and impossible to resolve if it is unattended.

Relationships, in loose friendships or marriage, have drifted into despair and failure due to the stubborn or timid refusal of one of the parties to confidently and aggressively say, "Let's talk," "What's bothering you?"

In many cases, a kind word initiated by one of the parties is all that is needed to bring the problem down to size and into perspective. Often, the only problem was a mere lack of communication.

Don't wait for the other party to do it. You should take the initiative. You might be happier for doing so.

The Ladies Community Club News

The Ladies Community Club held its usual monthly meeting Saturday, October 25, in the home of Mrs. Smith at 2509 Weber Drive.

The meeting was called to order by the President, Mrs. C. E. Brown by singing "What A Fellowship" then she turned the meeting over to the Vice President, Ms. Collins, who repeated the 23rd Psalm and then led the group in prayer. The floor was opened for old, new or unfinished business; the minutes from the last meeting and name drawing for Christmas. After business had been discussed the meeting dismissed with the reading of the pledge by Ms. Wallace.

After the dismissal dinner was served everyone brought a covered dish. The menu consisted of Baked Chicken and Rice, Ribes, Chicken Salad, Neckbones and Greens, Blackeyed Peas, String Beans, Rolls, Cornbread and for dessert was Potato Pie, Peach Cobbler, Lemon Chess Pie, Strawberry Pie and Apple Pie. The splendid meal was enjoyed by all.

The members present were President, Ms. C. E. Brown; Ms. Collins, Ms. Smith, Ms. Fair, Ms. Baker, Ms. Francis, Ms. Johnson, Ms. Davis, Ms. Ward, Ms. Wallace, Ms. Darr, Ms. Young and Ms. Shephard.

The next meeting will be held in the home of Ms. Ward at 823 Vanda Avenue.

Nominations Sought For Small Business Week Honors

Washington, D. C. - The U. S. Small Business Administration (SBA) has urged small business leaders and small business associations, other trade associations, chambers of commerce, SBA's Advisory Council members, state and local officials and bankers to submit nominations of persons to be honored during 1981 Small Business Week.

Each year, SBA notes the achievement of small business by sponsoring a week-long national program. During this program, called National Small Business Week, the beneficial role of small companies in the national economy is stressed and outstanding small business persons around the country are honored.

Also honored are a number of persons with outstanding records for having acted as advocates for the small business community and for performing with distinction on Federal procurement contracts.

Selected to be honored during the week is the "Small Business Person of the Year," whose accomplishments are traditionally cited by the President in a White House ceremony held during Small Business Week. The Small Business Person of the Year is selected from among persons chosen as state small business persons of the year.

SBA's Office of Advocacy directs Small Business Week activities. The President designates the time for the week,

which usually is held each spring.

SBA Administrator A. Vernon Weaver and Milton D. Stewart, Chief Counsel for Advocacy, said today that "we are seeking to broaden participation in 1981 Small Business Week, so we encourage small business persons, bankers, trade associations and others to nominate candidates to be honored during the week. We want to involve as many persons and organizations as possible in the selection process, at the national, state and local levels."

Stewart said SBA is seeking advocacy candidates in eight categories: banker, family-owned business, minority business, accountant, research, innovation,

media and lawyer advocate.

"SBA offices around the country," Stewart said, "can supply criteria to be used by judges in selecting the winners."

He said the national winners will be chosen from among state winners in each of those advocacy categories.

Nominations of Small Business Week candidates should be sent to the nearest SBA field office.

Another Lubbock citizen who serves on the Lubbock Independent School Board is Giles Forbes.

Ed serves as vice president, and was elected to Place 6 in 1976.

He and his wife, Lynn, have two children. Forbes is president of Benton Oil Company.



Giles Forbes



Recently elected student senators from the University of Texas of the Permian Basin in Odessa are, front row: left to right, Julius Graves, secretary, psychology post-baccalaureate from Lubbock; Glenda McDowell, treasurer, life science senior from Odessa; Liz Mack, reporter, sociology senior from Odessa. Back Row, left to right, Margaret Head, anthropology senior from Rio Hrio; Scott Smith, accounting junior from Lubbock; Larron McLaurin, criminal justice management senior from Odessa; Ralph Adrege, accounting junior from Odessa; Cyndy Pahlman, accounting junior from Odessa; David Jamin, accounting senior from Midland; David Vickers, president, accounting junior from Andrews; Tony Akins, computer science junior from Odessa; Zaie Harwell, secondary education graduate from Odessa; and Mike Neal, life science senior from Odessa. Not pictured is Julie Sanderson, vice president, psychology senior from Albuquerque, N. M.

Dunbar Booster Club Selling Tickets

The Dunbar Booster Club is selling tickets to an all expense paid trip to Dallas to attend the Dallas Cowboy vs Washington Redskins football game on Sunday, November 23.

Winner will receive a round trip for two, stay at

a local hotel.

Tickets are \$3.00 each. The drawing will be held Monday night, November 17th at 7 p. m.

You may get your ticket from any Booster Club member or Dunbar High School.

TIM'S AUTO TIPS

DO YOU HEAR SCRAPING NOISES? If you hear the noise all the time, you may have brake shoes that have not completely disengaged and are dragging on the drum or disc. If you hear the scraping sound only when you stop, the linings may be worn.

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BRONKO RENTALS

EDITORIALS

Guest Editorial

"The Choice Is Yours"

by Harold M. Chatman

Today is a time of decisions and the decisions we must make are now at hand.

In our own 75-B area a choice is now offered between the incumbent Froy Salinas and Rev. McKinley Shephard. This race has been attempted to be played as a racial confrontation between Black and Brown. Don't you believe it. It is simply a choice of who has what to offer.

Froy Salinas is one of the individuals who is responsible for our having a chance to elect an elected official on the state level from our area. He has done a creditable job and this writer believes he will do even more and is to be commended.

On the other hand is the Rev. McKinley Shephard who is new on the scene and who is little known in the community for his civic and leadership ability and who has no track record as to community activities. His quest for office is questionable.

To help substantiate this writer's questionable stand of the Rev. Shephard, as was stated in the "Republican Alternative", a publication of the Republican Party of the State of Texas, Executive Committee, and I quote "Shephard is warring against an incumbent many feel is out of touch with his district and who won re-election in 1978 by less than 1,000 votes" unquote. I wish we here in Lubbock knew by what means he is able to make this statement in the Black community. I hear just the opposite. This man Shephard is asking people to vote for him when most of the many things he is against are some of the things that has helped substantiate the Black people throughout the years. Just to name one is his stand on social security.

To further question the motives of Rev. Shephard it was further quoted and I quote, "... a great opportunity for Blacks in the Republican Party, and it can be seen in the work I've done in fertilizing the Black community ..." unquote.

I had wondered where all the Bull had come from so now we know. I don't care what party one belongs to so long as they pay their dues first, and remember where they come from.

You need to vote in masses as you have never voted before, for if you have had it so easy and have forgotten the hard times don't vote and exercise your rights as an American citizen and they will come again. The choice is yours.

P. S. "I am a Democrat."

Persistence Is The Answer

First things first! The thing of paramount importance is to go to the polls on Tuesday, November 4th, from 7 a. m. to 7 p. m. and VOTE, VOTE your conviction. But most of all VOTE!

After we leave the polls, we must get back to the business at hand of day to day living. One serious task before us is a cold winter approaching us. With our elderly on fixed incomes and too low to pay these high prices for utility bills. The way they are now, we are faced with City Officials who are stubborn and some council members think of everything being nothing but business.

I think of no one who hates government handouts, aid and grants any more than this writer. But for those who can, they should help themselves. But playing business and utilizing that stubborn pride of not wanting to follow guidelines set forth by the Federal Government to help those who really need help. When it comes to older citizens, regardless of their color or race, they need consideration. Being business like and professional is good in its place, but not for taking advantage on older citizens. A close look needs to be given to this local situation.

We as a people in Lubbock will forever be 30 years behind the nation if we are not persistent. We jump up and fly off emotionally without any facts. Then we cool off and fly off to something else the same way and cool off again. But we never stick to anything for us to make it. We must get ourselves together and collectively go for what we need together and stick with it.

Most important, we need to can social action and start building a strong economic base for us by us.

Letters To The Editors

"Appointed Delegate"

Dear Mr. Richardson:

Congratulations on your participation as a delegate to the Texas State Conference on Small Business. This Conference will be the first of its kind in Texas history. It is your opportunity to assemble legislative recommendations which will benefit you and your peers in business, and voice your opinion as to their priority position. Like yourself, I am proud of our strong business climate in Texas; however, I recognize the needs which are still to be met now and in the future. The time and interest which you have committed to this endeavor is very much appreciated by me personally and by the members of Texas' Small Business Advisory Committee for the State Conference.

You will be contacted soon by Mr. Ken Carroll, State Conference Coordinator, with more details about the Conference to be held in Dallas on the evening of November 12 and all day, the 13th and the 14th.

Best wishes,

Sincerely,
(Signed)

William P. Clements, Jr.
Governor

"Gives Own Opinion"

Dear Editor:

I guess that my biggest fault is that I'm opinionated and have a big mouth. At least that is what my wife constantly tells me, but I can't let certain things which have appeared recently in the Digest go unanswered.

Why is it that conservatism is so often equated with racism? It seems, for example that you have swallowed Mr. Carter's slurs against Ronald Reagan. Being a conservative does not make one a racist. In

Then we must work to build for us by us on what we put together by working our way out of the welfare trap. We must start with us and with the help of others concern about our welfare and the good of America can help us.

This cannot happen over night. We have to work out of it, because, believe it or not, we still have genuine poor disadvantaged people out there who are aged, handicapped and all kinds. We still have free loaders which spoils the broth, even so we have desperate poor people who need help in America today. Let's change the system for the good of all of us.

NUFF SED! WHY NOT??
Go VOTE on November 4th.

fact more and more blacks and other minorities are joining the ranks of the conservatives. People are just beginning to realize the stupendous failure of the liberal philosophy of government.

Look at the facts. Enough money is spent each year on social programs to totally eradicate poverty. Most of the money however winds up in the pockets of bureaucrats, consultants, contractors, etc. The liberals are liberal for very practical economic reasons of their own. Sure some good is done, but at what cost?

I would also mention the real effects of welfare programs on real people. What happens to your arm when you put it in a cast? It is supported in a fixed position and it weakens and atrophies. This is also what welfare does to the spirit and initiative of otherwise capable people. Of course you must realize that there are people who truly need welfare, the elderly and the handicapped for example. In fact, I am in favor of truly needy people receiving more help than they do now, which brings up another point of fact.

Social Security was started in the 1930's to assure that no elderly person ever became an object of charity. That was government's promise. These people proceeded to pay their SS "contributions" with the understanding that their money would be pooled in a special "trust fund." Later when they retired, they were to enjoy comfortable retirement benefits financed by their "contributions" into the "trust fund." The reality of the situation is that Social Security operates more like an illegal chain letter than a trust fund. Each sucker adds his name to the bottom of the list hoping that in time enough other suckers will do the same to finance his benefits. There is no functional trust fund and SS benefits can only be termed "paltry and inadequate."

Inflation is a word on everyone's tongue. The government of course blames inflation on everything but that which causes it, government deficit spending. Each year, government spends more than it takes in. The deficit is made up for partially by printing new money. This increases the money supply, which sounds good. But the price of any commodity is the ratio between the supply of money and the supply of that commodity. More money is chasing a limited supply of goods. Prices rise. Its called inflation, and it hurts the poor the most.

There are no differences in "stated" goals between conservatives and liberals. There are differences in methods. The liberal method of big government has given us nothing but inflation, high taxes and a daily news parade of fraud and scandal. As government grows larger and their share of the economic pie grows larger, ours shrinks. This does away with much economic opportunity for us all, and we wonder why our economy is in the shape its in; we wonder why all of these social programs have not made a dent in the

Continue on Page 6

Tell It Like It Is

by T. J. Patterson, Sr.

The man on East 28th Street says: "Time is precious, but truth is more precious than time."

Speaking of truth, it's time for all of us to tell the truth by saying we will go to the polls on Tuesday, November 4th, and cast our vote for the persons we feel will best represent us at the National, State and County levels. The polls will be open from 7 a. m. to 7 p. m.

Much has been said about the Presidential election, but the local races are of importance also. The black community will play an important role in seeing who will be elected to the post of State Representative 75-B, presently occupied by Froy Salinas. His challenger is Rev. McKinley Shephard, local minister who is running on the Republican ticket.

Salinas, a Democrat, is vying for another term. With the endorsement of over one hundred black citizens in a paid political ad, Salinas is expected to receive a greater percentage of the black vote. On the other hand, Shephard is relying apparently on his billboard campaign, rather than advertising in the local minority newspapers, i. e. El Editor and Lubbock Digest.

The outcome of this race, at the local level, should prove to be quite interesting. One candidate, Salinas, is taking his campaign to the black community, and on the other hand, Shephard is going to the white community for support and paying no attention to his black brothers and sisters. Very interesting don't you think?

The Lubbock Digest has begun to find dedicated black brothers and sisters to distribute this newspaper in the various communities in West Texas. This writer can think of two who are working hard to see that black people have something to read about the black community in their area. They are Mrs. Lottie Smith, owner of Lottie's Boutique in Dimmitt, Texas, and Rev. George Martin of Amarillo, Texas.

Mrs. Smith, a very concerned black sister, drives to Hereford, Texas to pick up the Digest so they will be there for the black community each week. She feels as though it is essential for black people to read from the black perspective.

On the other hand, Rev. Martin makes house to house sales to various blacks in Amarillo. At present time, he has more than fifty black customers who enjoy reading this weekly newspaper.

Both are dedicated and concerned that black people keep in stride with what blacks are doing all over the country. It is our hope that there will be other dedicated black brothers and sisters in West Texas who will get involved as Mrs. Smith and Rev. Martin.

If you happen to be in Dimmitt, Texas stop by Lottie's Boutique. If you happen to be in Amarillo, ask about Rev. Martin. Both will be glad to meet you.

Many positive comments have been made about the Sub-Minor Curfew ordinance which was ran in the Lubbock Digest last week. Many parents advised us that they were not aware of the curfew which affected young people under age 17.

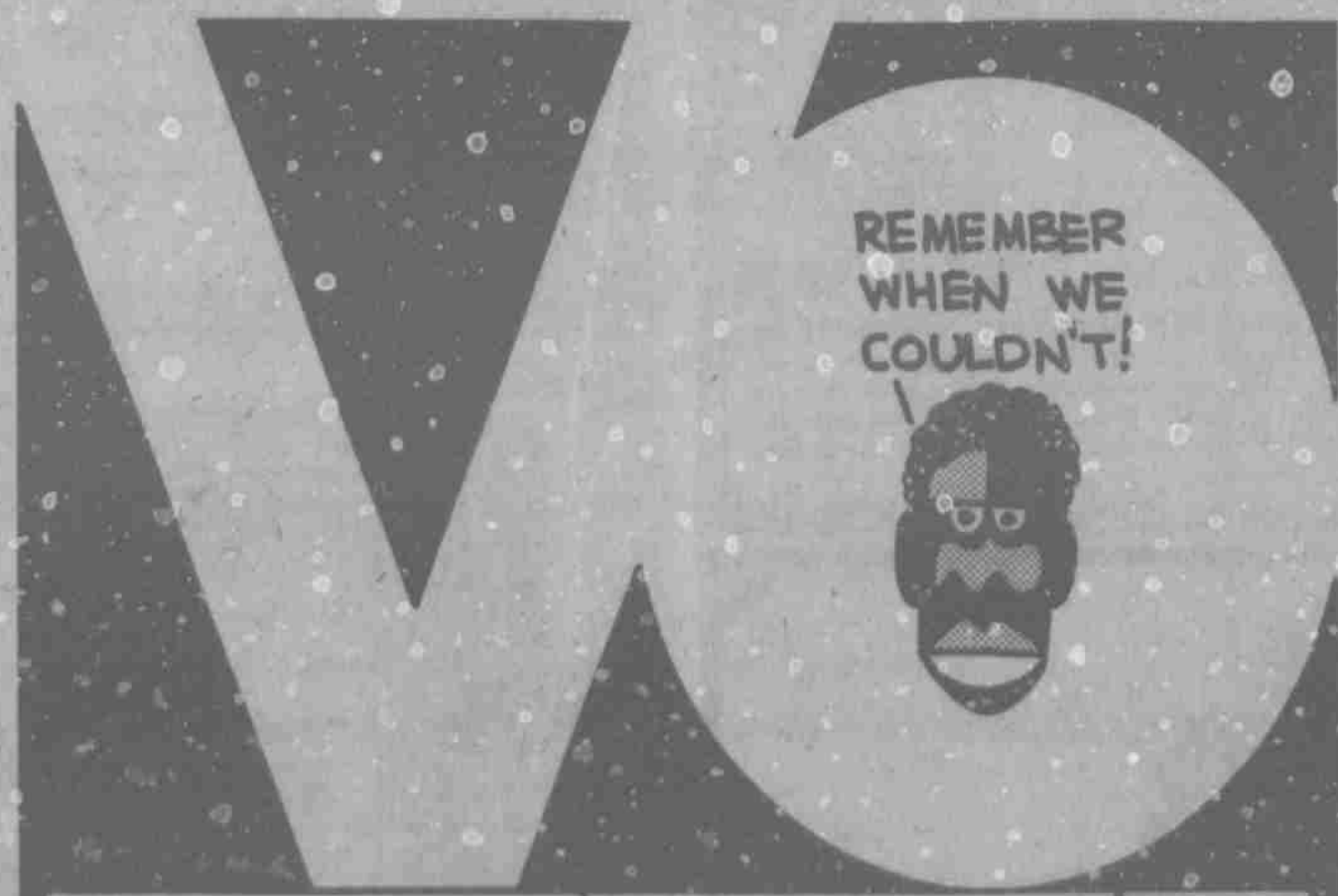
One parent remarked that this is good and hopes this curfew will be vividly enforced by local authorities.

As parents and guardians, we should enforce this curfew ourselves without the police department doing it. If it's the law, we should see to it that our young people under age 17 abide by it. After all, this is the law in our community.

Now that curfew ordinance will not help the situation if those young people continue to sit in front of various clubs and joints in east Lubbock and continue to harrass patrons of those establishments until the 11 p. m. curfew. Lubbock police should see that those young people are off those parking lots giving people a hard time.

If we love our young people, we'll see to that they obey the curfew. It may make them mad today, but they will love you tomorrow.

WHY ARGUE? THE FACTS ARE HERE!



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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.
Editor

Lubbock Digest

"Dedicated to Freemen, Justice and Equality"

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

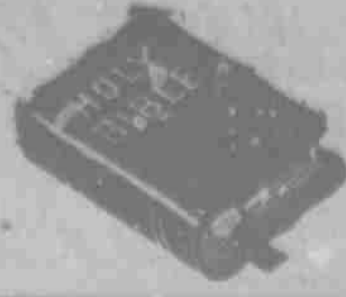
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CHURCH DIRECTORY

Your Absence from Church is A Vote To Close its Doors



Know Your Ministers



Rev. Roy Jones
Pastor
Mt. Zion Baptist Church
New Home, Texas
Another minister in the Lubbock community is

Rev. Roy Jones, pastor of the Mount Zion Baptist Church of New Home, Texas. He was recently appointed president of the National Association for the Advancements of Colored People in Littlefield, Texas. "We are going to continue to work for the NAACP in Littlefield, and hope we can work with the residents of Lubbock," said Rev. Jones. He is also a chaplain at Lubbock General Hospital.

Attend Church Sunday!

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News Items (typed) 12:00 Noon Monday
Pictures 12:00 Noon Monday
Display Ads 12:00 Noon Tuesday
Classified Ads 5 P.M. Monday

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ALL PICTURES IN BLACK & WHITE, IF POSSIBLE**

The Outreach Prayer Breakfast

Members of the Outreach Prayer Breakfast Club met last Saturday morning in the lovely home of Mr. and Mrs. Tommy Ervin. Silver and gold, we have not, but such as we have we will truly give in the name of Jesus, said our presiding officer, Mrs. C. E. Fair. Opening scripture was taken from Isaiah 53:1-5. Participating in the opening devotions were Rev. Montgomery, Mrs. C. C. Peoples and Mrs. Fair.

The morning lesson was taught by Rev. Montgomery. He used as his scripture Act 9:3-6. "And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutest thou me? And he said, who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest; it is hard for thee to kick against the pricks. And he trembling and astonished said, Lord, what wilt thou have me to do? This was a terrific lesson, Rev. Montgomery. We love you, truly we do, Remarks were given.

Thought for the day: "God cannot calm the storms around us until we let him calm the storms within us." Think about it!

Breakfast was served with extra goodies by our hostesses who love to prepare surprises for people who love to eat. You know, we thank God for a healthy appetite. We are praying that God will bless you with the same. Spiritually and physically. Our guest list included Rev. Montgomery, Mrs. Ventrice Burks, an evangelist from Denver City who came back; Mrs. Annie Day, and Marilyn McCoy. Each of you truly light up our lives. Come again! Prayer request was made and some answers to prayers. If you have either, call or come by. We are in this together. Our sick list include: Mr. M. E. Collins, Mr. James Jamison, son of Mrs. Pearl Baker; Rev. Lester, a patient at Methodist Hospital; Mrs. M. Washington, Mr. Phillip Gant, Jr., a patient at St. Mary's ICU; Mrs. Thomas, and Mrs. Willie Brightman. All of you who are sick and shut in, remember the scripture James 5:15. Morning prayer was offered by Rev. Montgomery and Ventrice Burks. The food was blessed by E. Dinwittie. Can any good come out of Nazareth? Our next meeting will be held in the home of Mrs. Juanita Sowell, 2404 E. 9th Street. "Come and see." Mrs. Mary Ward, president; Mrs. C. E. Fair, vice president; Mrs. C. E. Brown, secretary; and Mrs. D. Hood, reporter.

RUBY JAY'S CORNER

Mr. Lee Knighton received word last week that his sister-in-law, Mrs. Allie Knighton, passed away in a Dallas hospital. She lived in Greenville, Texas.

On Sunday, October 26, Mr. and Mrs. Lee Knighton celebrated their 61st Wedding Anniversary at their home at 3409 East 17th Street. A dinner was served. Their children, D. Issac and Lucille Jackson, were present.

Among some of the people in town were: Mrs. Precious Brown and daughter, Iessie Townzel, Chicago, Ill.; Charlene Pearson, Oakland, California; Mrs. Glasper and daughter; and E. V. Barnes, both of Denver, Colorado. Also a nephew of Mrs. Rosie Jones; a cousin of Ruby Jay; and also Vera Ward of Waco, Texas were here.

Mrs. Earnestine Childress returned home last Sunday evening from Los Angeles, California. She attended two funerals. Her uncle, John Roseman; and first cousin, Mrs. Willie Mae Gray.

Let us not forget to visit and pray for our sick and shut in.

Rev. James Lester is a patient at Methodist Hospital.

Mrs. Evelyn Anderson is a patient at Methodist Hospital. She is a sister of Mrs. Clara Colquist.

Ruby Jay received a call last week from her



nephew, Freddy Simmens of Chicago, Illinois. He preached his first sermon last week. God bless him.

If you would like to become a subscriber to the Lubbock Digest, drop me a line to this newspaper: P. O. Box 2553; Lubbock, Texas 79408.

It was good to see all those persons who attended or graduated from Dunbar High School from 1920 to 1928. Gee, they looked real well, and we were glad to see them.

It's not long before we will go to the polls to cast our ballots. Don't forget to vote on November 4th. It's very important that you vote.

T. J. Peterson, editor of the Lubbock Digest, will speak on Sunday afternoon in Odessa, Texas at the Holiday Inn at 3 p. m. Black College Awareness is being observed in Odessa.

The Pastor's Aid of New Hope Baptist Church will sell dinner after church services on Sunday, November 2

Triumph Baptist Observes 51st Anniversary

The members of the Triumph Baptist Church of Slaton, Texas invite you to join them in their 51st Church Anniversary November 2 through November 9. The theme is: "Growing Through Love." Rev. M. A. Brown, pastor; Deacons, Bro. V. Robinson, Bro. B. Scott and Bro. H. Thomas, Trustee and Music Director, Sis. T. Rainey are making plans for a great celebration.

Amarillo Choir Will Hold Musical

The Adult Choir of Carter Chapel C. M. E. Church, 412 W. 2nd Street, Amarillo, Texas, will present a Vesper Musical on Sunday evening, November 2, beginning at 6 p. m. The guest soloist will be Mrs. Virginia L. Jackson. We invite our friends in Christ to come and join us in an "Evening of Songs" and Christian fellowships, says Rev. A. L. Humphrey, pastor. The choir president is Mr. C. E. Whitaker.

9th Annual Thanksgiving Holiday Retreat

The 9th Annual Thanksgiving Holiday Retreat will be held at Christ Temple Church of God in Christ, 2411 Fir Avenue, November 27, 28, 29 and 30, 1980. On Thanksgiving night, there will be a "Thanksgiving Musical" at 8 p. m. On Friday, November 28, breakfast will be held from 7 to 8 a. m. At 8:15 a. m., Interdenominational Seminar, Bible Study Workshop and Music Workshop conducted by Bert Cross of Dallas, Texas. Guest expected to be in attendance include: Elder Michael Ray, with the Children of God of Fort Worth; Elder E. Demerson of Amarillo; Evangelist W. E. Mitchell of Dallas; Evangelist Levi Lenley of Lubbock; and

Minister Donovan Craig Howard of Dallas. "We are asking the Lubbock community to help us house the delegates who will be coming from Dallas, Fort Worth, Amarillo and other towns not listed," said Bishop W. D. Haynes, Jr., director and pastor of Christ Temple. "If you will help us, contact Miss Katy Jauslin at 793-2597," continued Bishop Haynes. Minister W. D. Haynes, Jr. will serve as Assistant Director.



Bishop W. D. Haynes, Jr. Director



Rev. Michael Ray
Pastor
Children of God
Fort Worth, Texas

Amarillo News Briefs

Fourteen month old Cori Joyce Jackson will be sponsored in the "Very Important Baby Contest," sponsored by the Zeta Phi Beta Sorority. Donations are \$1.00. The contest will be presented at the Hilltop Learning Center. Cori is the daughter of Mr. and Mrs. Cecil W. Jackson, 3102 Orange Street, Amarillo, Texas.

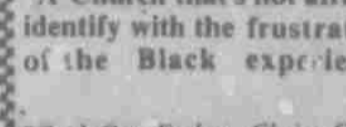
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B. T. T. 6:00 P.M.
Night Service 7:30 P.M.

And let us consider one another to provoke one love and to Good works: not forsaking the assembling of ourselves together, as the manner of some is: But exhort one another; and so with the more, as ye see the day approaching, Hebrews 10:24.

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Sheridan's Ride

by Jack Sheridan



Every now and then there comes along a vastly unusual, provocative motion picture that dazzles the veteran moviegoer with the producers' bravery in attempting such an innovation in the face of the ever-present hunger for high box office receipts.

One such masterful try to this category was never singularly placed on view than "The Elephant Man," now in exhibition at the Mann Slide Road Theatres, across from the South Plains Mall.

"The Elephant Man" is a true story from the narrowed corridors of Victorian England. There is a play version of this true story now in Broadway and highly successful; it must be pointed out that the screen version is not the play, they are distant and separate entities. The film was created by researching two histories of this unique human drama and the variations between play and film are many.

To summarize the story, John Merrick was born a hideously deformed young man. His head was too heavy for his body, repulsively negative to the viewer. He was claimed by a promoter, which was almost in actuality his "owner", and survived in the only manner in which he could in those stringent days -- as a freak in a carnival sideshow.

He was discovered by a distinguished doctor, Frederick Treves, and Treves studied him, recognized his exceptional intelligence and made him a home in a London hospital. In time Treves also drew him into his own family structure and introduced him to society and the theatre as an auditor, not an exhibit, and brought degree of happiness into his experience and certain creativity into his interests.

Please note: "The Elephant Man" is not a horror film. It is of course true that the misshapen and the grotesque never fails to intrigue the common mortal, but instead of revulsion, we are led into The Elephant Man's inner being and are touched with pity and succumb to the poignancy of his plight.

Somewhere along the course of the film we are given to understand that he cannot sleep as others sleep. They nature of his affliction would bring his death by suffocation if he tried to do so. He himself wistfully remarks, looking at the picture of a sleeping person, that he wished he, too, could sleep like that. It proves to be a prophetic line.

The director of the film, David Lynch, has flawed his film along the way in a number of sequences, but even his misconceptions are not enough to detract from the overall impact of this compelling picture. It must be noted that the film is entirely shot in black-and-white. That was a canny decision for the starkness of the photography and the lighting emphasize angles and sheer electricity that would have diminished had the film been in color. There is much to be said, too, for the unobtrusive, haunting musical score that seems barely present (but is, nonetheless) throughout.

The power of the film owes much to that splendid actor, Anthony Hopkins, who makes Dr. Treves a stunning, determined, sympathetic and dedicated figure. He could not have been cast better. Too, of course, there is the dominating powerhouse performance of the estimable English actor, John Hurt, as the Elephant Man, John Merrick. He evokes emotional response and certainly, in several touching scenes, his recitation of the 23rd Psalm, his Romeo and Juliet sequence (spoken, not acted) with the non-dimensional part of Mrs. Kendal the actress, superbly done by Ann Bancroft. Hurt's surefire in his role (you may have just seen him on PBS TV as Raskolnikov in "Crime and Punishment.")

Two other craftsmen of the highest order, John Gielgud and Wendy Hiller, as head of the hospital and the head matron, are their usual, impeccable sterling selves.

There are many other fine roles, cameo and otherwise. The settings of Victorian England are meticulous in details. The film is thoughtful, challenging, and most worthy entry in a time of a good quality of pure trash exhibited weekly. The rating is PG and "The Elephant Man" is unequivocally recommended for the serious moviegoer and the "thinking" populace, as well as anyone who appreciated the best in any endeavor in visual and oral communication.

"African Week" Celebrates 8th Birthday Saturday

The African Students Association at Texas Tech University will be celebrating her annual "African Week" event. The purpose of the Africa Week is to share with Texas Tech students and Lubbock Community African Arts and Culture. We believe that through programs like this, we can show the Americans and other international students at Texas Tech what Africa is and looks like. In the past, "Africa Week" had involved mostly display of art works, but this year it is going to be fairly extensive and elaborate with slides and films from various African countries showing.

The celebrations start Friday, October 31, through Sunday, November 2nd in the Lubbock Room, University Center. On Friday, October 31st, at 7:00 p. m. slides on Tanzania, Kenya, Zaire, Botswana, Ivory Coast and other areas

will be shown. On Saturday, November 1st, at 7:00 p. m., Mr. K. Garba, the Vice-Consul from Nigeria Consulate in New York will be speaking on Nigeria foreign policy toward the U. S. On Sunday, November 2nd, at 7:00 p. m., there will be films on Nigeria. The films will feature exclusively the 2nd World Black and African Festival of Arts and Culture which took place in Lagos, Nigeria in January of 1977.

This will be a big opportunity, according to Ambrose Amaole, president of the organization, for people who were unable to afford a flight fare to Nigeria to see that gala event at no cost. All events will start at 7:00 p. m. everyday, and admission is free to both Texas Tech faculty and staff and Lubbock community. The place of all these activities will be in the Lubbock Room in the University Center.



Marquis Danielle Clay

Marquis Danielle Clay celebrated his 8th birthday on Saturday, October 25.

He had some of his cousins over for cake and ice cream.

Those who attended were: Adrienne Long, Lawrence Anjerson, Jr., and Michelle Anderson.

Marquis, along with his parents Willie and Jackson Clay, are celebrating the birth of a little sister, Tamara Shantell Clay.

Mini-Workshops On Writing Proposals Set

The NCCB Campaign for Human Development through the local VISTA Program will offer a Mini-workshop on "Writing Proposals" for Grants at Mahon Library, on Saturday, December 13.

The goal is to help low income and minority groups to prepare

proposals in order to obtain CHD grants and also request grants from other sources. No fee is involved.

If interested write or call Sister Regina Foppe, P. O. Box 5914, Lubbock, Texas, 79417, Phone: (806) 763-1530 to make reservations.

Letters to the Editor

Continued from Page 4

pertinent statistics.

It sounds very righteous to speak in favor of government social programs. It sounds otherwise though when you really study these programs. Just look at how government help has affected American Indians. 483,000 still live on reservations (great job of integration). 40% of American Indians live below the poverty income level and most of the rest live above it. This is true despite the fact that government spent enough last year (over \$3.7 billion) to give each family of four over \$30,000. Many Indians leaders have stated that the bureaucrats do not want to see Indians become self-sufficient because they would no longer have their high-paying jobs.

I believe that many minority individuals are realizing what a sham government help is and has been. Look at what the liberals are trying to do to Black colleges in the name of desegregation. All that is called desegregation is not desegregation. A better word might be "dilution."

It's time to start thinking. Where have we been and where are we going? We are where we have been and we're going nowhere. It is right and proper to have and "enforce" civil rights laws guaranteeing equality of opportunity. It doesn't do much good though when government spending and regulation makes economic opportunity non-existent. It is right to provide quality education for all youngsters. It is not right to abolish a source (Black colleges) of quality education. It is right to provide adequate help to those who truly need it. But as Abraham Lincoln said "you cannot help a man permanently by doing for him what he could do and would do for himself."

Thank you,
(Signed)
George W. Reichel, MD
5514 77th St.
Lubbock, Texas 79424

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NEWS OF HEALTH

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High blood pressure usually gives no warning.

It's high blood pressure, and it adds to the workload of your heart and arteries. If you have high blood pressure, your heart must pump with more force and your arteries carry more blood than normally. If the condition continues for a long time, your heart and arteries may not function as well as they should and other body organs may also be affected. There is an increased risk of stroke, heart failure, kidney failure and heart attack.

Some people with high blood pressure have headaches, dizziness, fatigue, tension and shortness of breath, but most have no symptoms at all.

The best way to protect yourself from high blood pressure is to see a doctor or health center. If you're diagnosed as having the problem, follow medical advice about taking medicine and changing your diet and health habits, no matter how well you feel.

By doing so, you may be able to take a load off your heart and add years to your life.



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BLACK EMPOWERMENT

By Dr. Nathaniel Wright, Jr.
Human Rights Activist

WET AND DRY AIR HEATING

Blacks—and the nation's poor generally—are taking an increasingly serious beating in the nation's mounting energy crisis.

Much of the fault rests not with the fuel companies, but with public policy makers and blacks themselves. Unfortunately, most of the really desperate pinch of the energy crisis may be felt by the black community when it is considerably late in the game.

When some black Americans are paying—as some are doing at present—more than 80 percent of their income on fuel, there should be more than enough reason for all of us to be alarmed.

Blacks generally are estimated to be paying more than twice what they ought to be paying for fuel. Blacks, it is said, complain, on the one hand; but, on the other hand, they do not seem to mind paying exorbitantly (or at least in a grossly disproportionate way) for far too costly winter fuel. They seem to do little—as with Americans generally—to seriously conserve on heat.

The use of heat is as much a psychological matter as it is a physiological matter. People with deep emotional needs tend to require considerably more heat than do

those whose emotional needs are less. Thus, institutions tend to overheat, since their residents find normal temperatures to be uncomfortable.

But, even here, there is more to institutional overheating than meets the eye. Institutions, so some heating experts point out, do not pay nearly the kind of attention to humidifying (or mixing water in) the heated air that they should.

Whenever people are subjected to extremely "dry heat," their body's skin pores are dried out, creating the sensation of being cold; and there is an accompanying greater need for added heat.

What is said here suggests that if a concerted effort were to be made to encourage the use of humidifiers—possibly even subsidizing them on a one-time basis—much of our continuing outlay for fuel subsidies would be unnecessary.

Most homes of black Americans have "dry heat," that is, heat that is not sufficiently mixed with moisture. Dry heat costs from two to three times what moist heat costs. Further, it is less comfortable and far less healthy.

If one's home is in a typical hard water (i.e., water with high mineral content) area,

one's automatic humidifier on a furnace would need to have its filter changed and washed at least once every two weeks. When left unchanged for any longer period, the thoroughly clogged filter simply cannot do the job it was intended to do. We thus simply fool ourselves.

For the greatest fuel economies, the use of several portable type humidifiers are often the most efficient. The average 7 to 8 room house might need to have its two humidifiers filled at least once each day. This lets us have a pretty clear indication that moisture is being put into the air. When we add six to eight gallons of water to our humidifiers, we know that a like amount of water has been used to provide one's home with the big dollar-saving moistened air.

The primary difference which well-moistened air makes in fuel savings is suggested by the fact that with the proper humidity one's thermostat may be lowered as much as ten degrees and one may feel infinitely warmer and more comfortable than at the higher setting with dry air.

While much more might be said about how moistened air bathes our bodies, protects our furniture and our cloth-

ing and enables us to lower our thermostat settings, the "bottom line" is seen in the fact that an \$800 fuel bill may be lowered to \$400...or even less when properly moistened air is the rule.

For about \$4.00, a humidity guide (or humidity indicator) may be purchased which tells us the temperature inside the house and the accompanying percentage of humidity. An old-fashioned but still adequate rule is to keep the humidifier going high—or the kettle of water for humidification simmering on the stove—until moisture just begins to settle on the windows. At that point, one simply turns the humidifier down so that the moisture disappears...but does not turn the humidifier off.

As a matter of public policy and of civic concern, we need to recognize that using fuel properly moistened is best for ourselves and best for the fuel supply of the country.

While many of our fuel subsidies are greatly needed, we "put the cart before the horse" when we fail as a matter of course to educate our public on how to be far more healthy and comfortable on far less fuel from the very start.



LEGISLATIVE ALERT!



VETERANS, BLACKS AND QUOTAS

The U.S. Supreme Court recently upheld the validity of veteran's preferences in jobs, schooling and housing benefits. This is, in effect, a quota system in an area of obvious need.

Our readers are asked to remind their representatives in the Congress that the high court has effectively approved the constitutionality of quotas in some form. Therefore, legislation should be enacted which implicitly subscribes to the principle approved in regard to veterans and which now would be applied to discriminated-against groups, such as unemployed and educationally disadvantaged black Americans.

Black Americans—historically denied the "40 acres and a mule"—should be afforded equitable opportunity to enter the mainstream of our nation through home ownership (not rentership), educational parity, and economic self-closing (equitable employment opportunity).

You may write to your Congressman and Senators at: Congressional Office Building, Washington, D.C. 20515 or Senate Office Building, Washington, D.C., 20510. Please congratulate them for their important work and let them know where Black America stands on crucial issues.



CBS-TV broadcaster Lindsey Nelson, commenting on a brawl during a recent Denver-Dallas football game: "You can always tell the rookies in the NFL: They take their helmets off during a fight."

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"Weekend" athletes find nutrition important, too

Suddenly, they're everywhere—weekend athletes, that is. America's been bitten by the fitness bug, and people who used to watch football from an armchair are now jogging through local parks, playing a fast game of tennis, or swimming serious laps in the neighborhood pool.

Trouble is, many of these weekend athletes know little or nothing about training their bodies for the new challenges they're encountering. In hopes of making every second of a limited exercise program count, these people may fail to warm up, over exert, or embrace food fads rumored to enhance athletic performance.

Where does the weekend athlete go wrong? "In trying to follow the same habits as the professional athlete," says Dr. Irving Glick, official physician of the Chiquita Cup International Young Masters Tennis Tournament.

"Professionals usually work out under the supervision of a trainer, physician, or nutritionist. They realize their bodies need special attention, particularly in the area of diet."

Snacking choices are an area where those with no nutritional background often stumble. Dr. Glick explained, "Some weekend athletes are easily because their bodies are not yet in shape. They reach for a candy bar to supply a quick burst of energy, but they soon experience a drop-off—a kind of post-sugar letdown."

"I suggest trying a healthy snack such as a banana. Being a complex carbohydrate, it supplies a steady flow of energy without the peak and drop-off effect of simple sugars."

Precisely because bananas are an ideal snack for athletes—be they of the weekend or more serious variety—Chiquita Brands, Inc. (Chiquita® is a registered trademark of United Brands Co.) thought it appropriate to

sponsor the recent Chiquita Cup International Young Masters Tennis Tournament in New York's Central Park.

Young men and women from 16 countries competed in Davis/Federation Cup style, recharging their energy between matches with what they call "banana breaks."

Whether you're as serious an athlete as the Chiquita Cup competitors or someone who's just entering an exercise program, you can learn a lot about food and fitness from a booklet authored by Dr. Glick and published by Chiquita Brands, Inc., titled "Eating For Fitness." It is available free of charge to those who send a request and a self-addressed stamped #10 envelope to: "Eating For Fitness," Chiquita Brands, Inc., Dept. M, 1271 Avenue of the Americas, New York, NY 10020.

In addition to advice for both the weekend and serious athlete, this booklet contains a suggested eating plan plus nutritional recipes such as the one for "Fruit Cup with Ginger Ale Snow" given below.

FRUIT CUP WITH GINGER ALE SNOW

- 1/2 medium cantaloupe
- 2 Chiquita bananas, peeled and sliced
- 1/2 cup orange juice
- 1 teaspoon sugar
- 1 bottle (16 ounces) ginger ale (1 1/4 cups)

Remove rind from melon. Cut pulp into 1" squares retaining juice; combine melon, juice, sliced bananas, orange juice and sugar. Toss gently; chill. Pour ginger ale into a 9" cake pan. Freeze about one hour or until partially frozen. Break up with fork and top fruit that has been placed in dessert glasses. Makes 4 servings.



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RUM TODDY PUNCH

- 1 lemon, sliced
- 6 whole cloves
- 2 tablespoons sugar
- 1 stick cinnamon, broken in half
- 4 cups boiling water
- 2 cups Rumico Gold Rum

Add the lemon, cloves, sugar and cinnamon stick to the water; simmer the mixture for 5 minutes.

Add Rumico Rum; pour into heat-retaining beverage carrier. To serve, pour into mugs and garnish with cinnamon sticks and clove-studded lemon slices. Makes 1 1/2 quarts.

FOOTBALL RAGOUT

- 1 lb. small mushrooms
- 1 1/2 lbs. small white onions, peeled
- 1 1/2 lbs. carrots, scraped and cut into 1-inch pieces
- 1 lb. green beans cut into 1-inch pieces
- 2 lbs. beef chuck cut into 1 1/2-inch cubes
- 1 large onion, sliced
- 1 clove garlic, peeled
- Salt and pepper to taste
- 1/2 teaspoon Worcestershire Sauce
- 1/2 teaspoon yeast
- 1/2 teaspoon thistle
- 1 bay leaf
- 2 cans condensed beef broth
- 1 cup water
- 1 tablespoon tomato paste
- 1/2 cup Leroux Creme de Cacao, Brown

Brown meat, sliced onion and garlic. Add remaining ingredients; cover and simmer 1 1/2 hours or until meat is tender.

Add mushrooms, onions, carrots and green beans. Cook, covered, for 20 minutes or until the vegetables are tender.

Thicken the ragout with a smooth paste made of 3 tablespoons flour and 1/2 cup cold water.

Carry to game in a large heat-retaining container or a pot with tight-fitting lid (it be reheated on a camp stove). Makes 3 quarts—6 to 8 servings.

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Cookin' Good

By Mrs. Douglas

HAM CASSEROLE PIQUANT

This casserole features a mouth-watering blend of sweet and tart flavors. To serve 6-8 you'll need:

- 2 lbs. cooked ham
- 1 1/2 cups apple juice
- 1/4 tsp. cornstarch
- 1/2 cup raisins
- 2 tbs. brown sugar
- 1 tbs. lemon juice
- 1 tsp. prepared mustard
- 1/4 tsp. grated lemon peel
- Dash pepper
- 3 lbs. sweet potatoes or yams, drained and cooked
- 3 tbs. melted butter
- 1/2 cup slivered almonds

Preheat oven to 350 degrees F. Cut ham into thin slices and arrange in shallow baking dish. In saucepan combine apple juice, cornstarch and raisins. Cook over

medium heat, stirring, until sauce is thickened and smooth. Add brown sugar, lemon juice, mustard, onion peel and pepper. Stir until blended and pour over ham. Combine sweet potatoes and melted butter. Whip until fluffy. Spread over ham. Sprinkle with almonds and bake about 30 minutes, or until hot and bubbly. Serve with orange juice and iced coffee for a summertime brunch or turn it into Sunday night supper with hot rolls and salad. For a complementary dessert try pound cake topped with fresh fruit and a sprinkling of confectioner's sugar.

Fish Steaks La Mer & Herbed Cauliflower

The tang of the sea is in this wonderful fish dinner. To serve 4 you'll need:

- 4 halibut steaks, 1-inch thick
- Salt, pepper, paprika
- 1 tbs. butter
- 1 lb. mushrooms, sliced
- 1 onion, finely sliced
- 1 clove garlic, minced
- 1 lb. tomatoes, stewed

Preheat oven to 350° F. Place steaks in greased baking pan. Sprinkle with salt, pepper and paprika. Set aside. Sauté mushrooms, onion and garlic in butter until soft. Add tomatoes and heat through. Spoon sauce over fish and bake, uncovered, 20 minutes. Serve with Herbed Cauliflower.

1 small head cauliflower

- 2 tbs. corn oil
- 2 large shallots, minced
- 1 tbs. wine vinegar
- Dash cayenne pepper
- 1/4 tsp. dried tarragon leaves
- 2 tsp. freshy chopped dill

Peel off outer green leaves and soak cauliflower in water 15 minutes. Separate into florets. Bring large pot of water to boil. Cook florets 15 minutes and drain. In large skillet, heat oil until hot. Sauté shallots until wilted. Add vinegar and cook one minute. Add cauliflower, cayenne and tarragon. Stir, heat through, sprinkle with dill and pour over halibut.

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