

Lubbock Digest

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

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Our Front Page is your
Mirror in News of every
thing of importance going
on in our community

VAC

VOL. III, NUMBER 26

MARCH 6 THRU MARCH 12, 1980

A BMI NEWSPAPER

510 EAST 23RD LUBBOCK, TEXAS

EIGHT PAGES

"Digest Profile"

(Editor's Note: Beginning this week, from time to time, the Lubbock Digest will feature a profile on what Blacks are doing in different areas of involvement in our community. Our first guest is Ms. Rose Wilson, 212 51st Street, who is the president of the Lubbock Branch of the National Association for the Advancement of Colored People (NAACP). Ms. Wilson has been president since August, 1979).

Ms. Wilson, what is the function of the Lubbock Branch of the NAACP?

"In my opinion, the Lubbock Branch of the NAACP should be an organization that gets involved with the functions going on in the community in all areas. This should be done without any certain limitations."

What do you mean by certain limitations?

"As you know, we are non-partisan. We can't get involved politically as an organization. Even on a personal basis, I can't get involved in politics, because I'm the president of this local branch. Our views on issues, especially to the media, can't be released without proper clearing from our people."

Ms. Wilson, in your opinion, what are the problems facing Black people in Lubbock?

"In my opinion, I see the basic problem facing Black people is that we don't take time to get involved and find out what affects us. We are going to be lost one day. We just need to stop and ask what road needs to be taken and what we should do. We (Black people) must stop sitting back and watching, and get up and make some things happen for ourselves. You know, there are a lot of Black people who have good intentions, but are afraid to speak out. These Blacks feel as though they will be embarrassed. Of course, there are those who may not be able to speak like Joan Y. Ervin, but they should get involved."

"I'm primarily concerned about what is happening to our young Black people in Lubbock. We've got to find a solution to help them. We must begin setting goals and offering programs to help them understand that they just can't get anything on a silver platter. They must know that nobody is going to give them anything."

Are young Black receptive to your input?

"By asking them to get involved. These young Black people of our community are always willing and ready to get involved. Whenever I call upon them, especially the young Blacks at Texas Tech University, they will help. They will come out and get involved in our programs, i.e. voter's registration, etc. It's not so with Black adults. Adults won't show up, but young Blacks will. As adults, we should get involved with them. We must let them know we need their support and input. As Black adults, we must let them know that we are concerned."

Are young Blacks being treated fairly in getting a quality education here?

"In my opinion, I don't think they are getting the full amount of a quality education that will help



Ms. Rose Wilson
then if they decide to go off to college one day."

Ms. Wilson, what can Black parents do to see that their children get a quality education in the Lubbock Public Schools?

"Encourage their children to stay in school, study hard, visit with them in school to see that their kids are getting proper attention. Insist that special classes be offered for our kids after school, keep these kids off the streets and see to it they study instead of watching television so much. Find out where kids can go for tutorial help after school, such as the newly organized Sentelle H. Lyons Learning Center."

Ms. Wilson, are Lubbock Blacks ready for the political system?

"I don't think we are ready for politics. I say this because we can't get anyone to take a stand. In other words, there are none who will seek a political office here."

Ms. Wilson, what can the Black community do to help the efforts of the Lubbock Branch of the NAACP?

"We all can get involved on what's going on. Come to our meetings each month, report on discrimination you have seen or witnessed here, and take time to get involved. Of course, all Blacks should become members of this local branch now."

What can Black Ministers and Churches do to help the NAACP?

"They can help by talking to the congregations on how important it is to help this local branch. You see, it is important to be a Christian in the church and also in the community. Ministers and churches should get involved in the community by working with the NAACP. This is where our strength really is, in unity."

Do you believe racism in Lubbock keeps minorities from equal opportunities?

"I believe so."

Ms. Wilson, can this be overcome?

"Sure it can, if we stop fighting each other, and start working together. If we do this, we can overcome these obstacles in our path."

What is your number one goal for the Lubbock Branch of NAACP?

"I hope the Lubbock Branch will have its own Branch Office one day. There is a Branch Office in Amarillo. Why can't we have one?"

Digest Editors Meet With United Black Fund Prexy

NAACP Will Meet Saturday Evening

The National Association for the Advancement of Colored People (NAACP) Lubbock Branch will hold its regular monthly meeting Saturday evening, March 8, at 7:30 p. m. at the Mae Simmons Community Center, 2100 Oak Avenue. The public is invited to attend.

The agenda includes a report by the Political Action Committee Chairwoman Dianna Henderson on voters registration and on

actions by the Conference of Organizations.

Lubbock President Rose Wilson reports also that delegates will be selected for the NAACP Regional Convention to be held in Las Cruces, N. M., March 14 thru 16. Guest speaker at the convention will be NAACP National Executive Director Benjamin Hooks.

The Lubbock NAACP Executive Committee will meet earlier Saturday at 6:30 p. m.



Calvin W. Rolark

Calvin W. Rolark, founder and president of the United Black Fund, Inc. of Washington, D. C., made it known here last summer at the annual Black Market Seminar that Lubbock would be the location of another United Black Fund program.

Last week, Eddie P. Richardson, Jr. and T. J. Patterson, co-publishers and editors of the Lubbock Digest, met with Rolark in Dallas and Washington, D. C. "We feel very strongly about this program becoming a part of our community," said Richardson who had a lengthy private session with Rolark in Dallas while attending a regional conference on Black publications last week.

In Washington, D. C., Patterson also conferred with Rolark about what steps are needed to be taken at this time. "Plans and proper steps are now being made to charter this program," Patterson said.

"Necessary papers are being prepared for this project," Rolark said. "We are excited about this new program," continued Richardson, "because it will benefit many people of the community."

After the charter papers are finalized, more information will be made available to the community, sources said. With the theme, "If You Care... It's Time To Give," the United Black Fund will work with the efforts of the United Way of Lubbock.

Ministerial Alliance Sponsors Forum

The Interdenominational Ministerial Alliance will be sponsoring a Candidate Forum Saturday afternoon, March 8, beginning at 3 p. m. at the St. James Baptist Church, 3601 Railroad Avenue.

The public is invited to come and interview city council, mayor, county officials, and school board representatives.

Registration Underway For Adult Basic Education

Registration for the third quarter of Lubbock Evening High School, an education program for adults only, is being conducted this month for classes that start March 3rd.

The program, sponsored by the Lubbock Independent School District, is open to men and women, 17 years of age or older, who have been out of school for at least one semester.

Adults may register at the Evening High School office from 6:30 to 9:30 P.M. Monday through Thursday nights. They may also register at the Adult Education Office 2013 13th St. from 8:00 A.M. to 4:00 P.M. Monday through Friday.

Graduates of the program receive a regular high school diploma, said Harvy Owen, Adult Education Coordinator. Owen said English, mathematics, science, social studies, and other standard high school courses will be offered. Commercial areas courses will include typing, clerical practice, and general business.

Each class meets two nights per week, 90 minutes each night, at Lubbock High School, 2004 19th St. Tuition for each quarter unit course will be \$20.00.

The third quarter will last for March 3rd to May 30th with each class meeting for 36 hours. Students who already have high school credits may apply them toward the adult program graduation requirements.

Such students must supply the Adult Education Office with their official high school transcript so that it may be evaluated and a graduation plan developed.

There are four class

Black Named General Counsel Of Department of Defense Recently



The recent appointment of Attorney Togo Dennis West, Jr. of Washington, D. C. and Winston-Salem, North Carolina as the General Counsel of the Department of Defense represented a pace-setting event in terms of the forward movement of black Americans.

Mr. West's position as the principal legal officer for the nation's military offices marks a step ahead for blacks seeking a more fair and equitable place of power and of service.

A longtime associate of Clifford Alexander, who serves as Secretary of the Army, Mr. West has a proven track record of outstanding contributions in a variety of military fields. He has served as a captain in the Judge Advocate General's Corps of the United States Army Reserve, as a legal staff advisor to the Assistant Secretary of the Army, and as Associate Deputy Attorney General in the U. S. Department of Justice.

Born in 1942, Attorney West received the Bachelor of Science degree in Electrical Engineering from Howard University in 1965 and the Doctor of Jurisprudence degree from Howard University (cum laude) in 1968. He is married to Attorney Gail Estelle Berry. The Wests have two daughters - Tiffany Berry and Hilary Carter. Pictured above is Mr. West (at left) and his wife at the right.

UPAL Will Meet Here Monday

Members of the United Political Action League

(UPAL) will meet at the Green-Fair Manor Community Center, beginning at 8 p. m. According to Dr. F. L.

ELIC Will Meet

Members of the East Lubbock Investment Company (ELIC) will meet Wednesday evening at 8 p. m. at the Mae Simmons Community Center.

Black Industrial Engineer Major At Texas Tech



THERE ARE NOT MANY BLACKS who major in Industrial Engineering at Texas Tech University. One of those, however, is Debra Poe, a graduating senior. A native of Houston, Texas, Debra wants to become a manufacturing engineer after graduating.

Her hobbies include listening to music, assorted sport and reading. She admits that young Blacks have many opportunities. (Photo by Ufok Etukudo)

New East Lubbock Business Opens



CONCEPT - a new business which opened its doors to the East Lubbock citizens last Saturday is adding to the economic development of east Lubbock. Located at 1726 A Parkway Drive, the business offers many opportunities for residents to buy the latest in hair products.

Aside from hair products, the new establishment has the latest in jewelry, cosmetics, and grooming aids. Owners are Ruth Magallanes and Johnny Leos. Store manager is Felix Cervantes.

Co-publishers of the Lubbock Digest, Eddie P. Richardson and T. J. Patterson, cut the ribbon to the business last Saturday. Rev. Leon Anderson offered prayer for the new business at the short ceremonies where many friends were present.

EDITORIAL "WHY NOT?"

by
Eddie P. Richardson, Jr.

Editor's Note:
This article as well as last week's is an attempt to show you our readers the task we as a part of a national effort to upgrade the Black Communities across America as a United Black Press the Black Media Inc. A cooperative of over 65% of the Nations Black Press as doing collectively across America to refocus mines the Lubbock Digest is on the job of image building and mine refocusing in the Black Community.

Black Self-Help And The Role of The Black Press

The thesis of the black-owned newspapers of The BMI Cooperative is that the major leadership and direction for re-building our communities into responsible and self-sustaining market places for the good of all in America must come from those who live in...and are heirs to the conditions imposed upon...our communities. Our focus is on unifying our communities, so that we can take that needed lead in encouraging everyone to be a part of "pulling our communities up by whatever bootstraps" we might have. The unique premise on which the BMI newspapers work together all across America is that, by continuous investment in our local communities and by encouraging others to deal equitably with our communities, we build greater benefits for others and for ourselves. The result is the setting and setting in motion of a much broader outreach that not only tends to make America's black communities more self-sufficient, but also unquestionably makes a major contribution to the general security and prosperity of every community in America as a whole. The role of the Lubbock Digest, therefore, extends far beyond a simple quantitative reach within the Black Community. The Black Press plays the dual roles of both identifying empathetically with the vastly different needs of the Black Community and providing positive leadership of those communities that impels us toward needed self-reliance and independence. Both roles of the Lubbock Digest means much to the white business community, because

- 1) the black-oriented Lubbock Digest reaches black consumers at a sales identification, or empathic, level comparable to that which white-oriented A.J. reach white consumers emphatically and
- 2) this black leadership that promotes responsibility and productivity for independence reduces the dollar and security burdens now threatening everyone in America.

Tell It Like Is

by
T. J. Patterson

After living in this world for sometimes, it appears as though this writer has developed a new philosophy in working with his fellow man and woman. With the help of the Lord (WHOL), as my partner, Eddie Richardson would say: things are not so difficult. So this newspaper has subscribed to these new call letters, WHOL. Why don't you try them?
Anyway, along with this new philosophy, this writer has decided to approach life with three main objectives, namely: use the pronoun "WE"; make "THANK YOU" a part of showing appreciation to others; and in regard to any endeavor, always be willing to ask the question of others: "WHAT DO YOU THINK?" You see, this writer doesn't know all the answers and is willing to accept help from others. What do you think of this kind of a new philosophy of life? Let me hear from you.

As this newspaper is working closely with organization of the United Black Fund, Inc., much help will be needed from the total community. It is our hope that this will become a reality in the very near future. You see, here at the Digest, we are concerned about what this kind of a program can do for many people. At the same time, complimer: the efforts of the United Way of Lubbock.
In any given effort, there has to be a PROGRAM, COMMITMENT, and RESPONSIBILITY. Without any doubt, this is seen in our community. Because of this, UNITED BLACK FUND will make an outstanding contribution. On the other hand, it

Ringling The Bell



by
Bob Tieucl

Some two thousand ministers and lay leaders of Black Baptist churches from all over America, are expected to come to Bishop College during the week of April 21-25, to observe the 50th anniversary of the prestigious Lacy Kirk Williams Ministers' Institute. It is expected that leaders from other than Black Baptist denomination will attend the confab, it was pointed out. Dr. Harry S. Wright, chief executive officer of the 99-year old predominately Black church related college stated that the theme for the week-long experience of fellowship and spiritual nature as "The Christian Church Under Divine Mandate—Mission, Evangelism, and Education". From Our President: "Dear Bob— Even though you are a generous supporter of my 1980 campaign, I am not sure you realize the absolutely critical importance of contributions like yours. In thinking you let me say that your recent contribution has helped to make the difference between a powerful campaign in Iowa. And now we must persist. The road ahead is long, and it will require our best. Although I am not able to take an active public role in the campaign now, I want to make sure that the Carter/Mondale Committee has enough funds to be truly effective in the primaries that are coming up. Can I ask you, even as a recent contributor, if it would be possible for you to make another contribution now? It would be very timely and equally valuable. We are making good progress. We are facing the nation's problems in an effective and forceful way, and Americans understand this and are giving these efforts strong support. With you a member of our team, I am looking

Sincerely Jimmy Carter P. O. Box 28127
Washington, D.C. 20005.

A Look Back at the Black Experience: According to Clarence L. Holte in The Call, "race without the knowledge of its history is like a tree without roots. It is the inspiring influence of that knowledge which makes men want to go forward. To advance forward then, you must press backward. Our historic records prove that we are the greatest benefactor of the whole human race; this knowledge should encourage and cause us to put the almighty force with us to work.

Unrooted from their homes and shipped as beasts across the Atlantic ocean into a strange, hostile environment, the Africans were lowly, despondent, bewildered and helpless. They were far away from their traditional system of family and kinship, and the organized forms of social and religious life. The gods they know and had been worshipping were unable to rescue them. Seeing the exalted status of the white man, it was conceivable to them that the God he worshipped was powerful. This promises led the blacks to seek relief through this God without their masters' knowledge. When their spirit and strength were at the breaking point, the blacks (slaves) went deeply into the woods at midnight or before dawn singing: "steal away, steal away to Jesus", they cried. The clandestine meetings at night (the invisible black church), provided the setting and the background for creation of the spirituals, now regarded as the foremost of American music. The (invisible Church) also gave the slaves the first unobstructed opportunity for self-expression. Indeed the spirituals are threads which link black Americans to the past, and inspire and give hope for the future. For example: O Canaan, sweet Canaan, I am bound for the land of Canaan. Also, "I'm on my way and don't you hinder me".

Chimes:

Dr. Charles Bicknell, PhD and old friend of this column and was a first grade favorite of my wife must be thanking his God that he resigned as secretary of the New Mexico Justice department several weeks ago. Readers will recall that one of the worst prison riots in history has just been concluded in New Mexico. Prison reform is long overdue in this nation and perhaps the New Mexico incident will arouse new action in this direction.

must be understood from those concerned that there has to be VISIBILITY, persons of the community must know about it; COMPETENCY, people working with the program must KNOW what they are doing; and SPONSORSHIP, people contributing to a program which will serve as a catalyst in the lives of many.

So as we approach the birth of this new program, it will take people like you to help make a total success.

THOUGHT OF THE WEEK: "Men will wrangle for religion; write for it; fight for it, die for it; anything but — live it." Colton-Lacon.

Many of you have asked why the "Police Happenings" column hasn't been published for the past few weeks. Here at the Lubbock Digest, we have made a decision to give you more positive images of the Black community. Reporting of who shot who, stabbed who, raped who, etc. is not what this newspaper is about each week. Therefore, this column will not be seen anymore. We will, however, publish in-depth stories on crimes in the community which affect the lives of many of us.

For years, the white press has printed stories about the crimes that Black people commit in their community. This newspaper wants to get away from those kinds of acts as come up with some enrichment stories in the place of that column, "Police Happenings."

Letter To The Editor

In Memory of Mr. Charlie H. Hereford

We're glad he came by our way. To those who knew him, loved him. He was always there, no matter what time or day, he was caring and sharing. He was a man of word and deed. We were not there, but in spirit. We did not lose him, because he is with his maker. We loved him dearly.

Charles and Aldine Alexander
Tacoma, Washington

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GOOD NEWS AND BAD NEWS

WHY ARGUE? THE FACTS ARE HERE!



BLACK EMPOWERMENT

Prayer

By Dr. Nathaniel Wright, Jr.
Human Rights Activist

Poem

THE LONG SIEGE IN SOUTHERN AFRICA

There are increasing signs that life in southern Africa—most notably in Namibia, the apartheid republic of South Africa and Rhodesia-Zimbabwe—will remain the neocolonialist way it has been, for quite some time... unless. The "unless" refers, of course, to the intervention of some fresh ingredients, which are not yet apparent, into the picture in southern Africa.

In Namibia, the Republic of South Africa has won a slippery "stall and double talk" game, where all the slipping has been to the South African advantage... thus enhancing the South African guaranteed winnings in the talking stunt which they had already stacked to their advantage. Hence, in Namibia, a white-controlled pro-South African regime, in defiance of the will and supposed authority of the United Nations, will take the place which the majority of the world's nations had hoped would be occupied by a government reflecting the majority of the Namibian population.

But the South Africans had simply brought about, in this instance, what they had already instituted in South Africa itself, with their federated nation of black Bantustans which ostensibly work in a puppet-like and unequal partnership with their Big Brother originator, the apartheid Republic of South Africa. In this context, we may see Namibia as being largely like a black and white Bantustan having, of course, a much more favored status than the other Bantustans, chiefly because of the presence of white voters and

white political and economic managers. Within South Africa itself, there have been two developments which tell a tale of delay and doom for the advocates of substantial, or even of token, racial change. One of these has been the effective failure of what have come to be called "Sullivan Principles" for improving the lot of black workers in South Africa, and most immediately in American businesses operating in South Africa.

The South African government-appointed Wiehahn Commission had recommended some modest adjustments in the direction of the principles for justice for black workers enunciated earlier by the Rev. Leon Sullivan of OIC who served on the boards of several major American corporations doing business in South Africa. But immediately the government had to announce a need for delay, as long as strong indications surfaced suggesting that much of the white labor support which the ruling party needed would be withdrawn, if black workers were given any further advances.

The pay of white workers is from 3 to 5 times more than that of black workers doing similar work. A further development suggesting a long siege by South Africa of the southern end of the continent has become evident in the South African government's announcement of its intention to create a sphere of influence and solidarity in southern Africa. This sphere is to include military dominance by South Africa; and the stabilization of the Ian Smith-dominated but black-fronted regime in Rhodesia-Zimbabwe is one of South Africa's top priorities in this new regional solidarity plan.

Even as apartheid in South Africa digs in for a long haul and extends its tentacles ominously, much of the American public engages in an "objective and healthy debate" as to whether the fiery dragon is really a dragon or a red-pole. In Rhodesia-Zimbabwe, the "good manners on" posture of racial solidarity—that is, a kind of joviality and optimism expressed jointly by the black Bishop-Prime Minister Abel Muzorewa and principal white cabinet members and national whip Ian Smith—has guaranteed British support of internal racial and political arrangements. For America not to follow suit, in some sense of the word, would turn out to be potentially suicidal as a national election year approaches. The key here may be whether or not leading Democrats and President Carter will close ranks sufficiently for the Administration to be able to stand its ground with confidence.

That we should "whisper God's praise" incessantly is evident in the warmly moving prayer poem or hymn by Elizabeth P. Prentiss (1818-1878) entitled, "More Love

to Thee." God loves our recognition. God loves our reverence. We enter the spirit of praise to God and love for Him in the words below.

More love to thee, O Christ
More love to thee!
Hear thou the prayer I make
On bended knee;
This is my earnest plea
More love, O Christ, to thee,
More love to thee,
More love to thee!

Once earthly joy I craved,
Sought peace and rest;
Now thee alone I seek,
Give what is best;
This all my prayer shall be,
More love, O Christ, to thee,
More love to thee,
More love to thee! —Amen

Join in the glorious praise of God in your church this week. Support your church.

**BE A GOOD
CITIZEN
REGISTRE
BUT MOST
IMPORTANT
OF ALL GO TO
THE POLLS
AND VOTE**

Lubbock Digest
"Dedicated to Freedom, Justice and Equality"

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

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"A cooperative effort to increase efficiencies and reduce urban costs."

Mr. & Miss Harvestfield



Denetta Gregory & William Whitfield

HERE THEY ARE --- Mr. & Miss Harvestfield District. These young people won the title of the District King and Queen during the Harvestfield's District Convocation last month. Both are members of the Tree of Life Sanctuary Church of God in Christ, 4117 East 2nd Street. Rev. R. L. Caro is pastor.

The KITCHEN BEAT

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.

High Blood Pressure and the Black Woman

The average life expectancy for a black female at birth is sixty-seven, as compared to seventy-three for white females. A significant propor-

tion of this difference in life expectancy, reports Urban Health Magazine, is due to high blood pressure and its complications.

High blood pressure is called the silent killer because it has no symptoms at all. Therefore, it is important for everyone to have their blood pressure checked by a doctor or medical center personnel. Medication and diet are often prescribed to control high blood pressure. Be sure to continue taking the medications prescribed as long as the doctors says. If side effects develop, report them to the doctor and his staff immediately but keep taking your medicine until otherwise ad-

vised. If a low-sodium diet is suggested, you will be reducing the use of table salt and other foods high in sodium. Fleischmann's Unsalted Margarine will help you stay on a low-sodium diet and still prepare delicious meals.

For a sweet treat to accompany baked chicken, try Peach Sunshine. It's easy to prepare, especially for the busy working woman. Fill peach halves with a mixture of flour, unsalted margarine, sugar and cinnamon. Bake for 10 minutes and they're done.

Peach Sunshine

Recipe Courtesy of Fleischmann's Margarine (Brands suggested by The Kitchen Beat)

- 1/2 cup Gold Medal Flour
- 3 Tablespoons Fleischmann's Unsalted Margarine, softened
- 2 Tablespoons Domino sugar
- 1/4 teaspoon McCormick ground cinnamon
- 1 can (16 oz.) DelMonte

yellow cling peach halves, drained

Combine flour, Fleischmann's Unsalted Margarine, sugar and cinnamon; mix well. Place peach halves, cut side up, in shallow baking pan. Top each half with crumb mixture. Bake at 375° for 10 minutes. Serve as an accompaniment to chicken or fish. Makes 8 servings.

Thank You

The family of Larry Blaylock would like to take this time and opportunity and say "thanks" to each of you for your many kind deeds, telephone calls, flowers, food, and, most of all, your prayers during our time of sorrow. May God continue to bless each of you is our prayer.

The Larry Blaylock Family



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Coping

by Dr. Charles W. Faulkner

Relief From Nervousness and Muscle Tension

Dear Dr. Faulkner:

As the head of a family of 8, I am always burdened with problems. My job requires that I work as many as 65 hours some weeks. When I get home from work, my body is usually tight, tense, and often shakes with nervousness. What can I do to bring my body under control and get rid of the tension in my muscles? Mr. R. H. Durham, N. C.

Dear Mr. R. H.:

You are probably aware of the close relationship between family pressures, emotional strain, long work hours, and muscular tension. This combination can often be so devastating as to cause one to suffer exhaustion and even a nervous breakdown. Fortunately, you have sought advice prior to suffering a physical emergency.

Unfortunately, most people are driven by the demands of their lifestyles and related obligations that they sometimes fail to notice the symptoms of stress that flow through their bodies. Financial and social obligations often make voluntary vacations a practical impossibility.


Following are breathing exercises and muscle relaxation exercises that will help to eliminate, or control, a great deal of the tension that you feel. They are a major part of my Stress Prevention and Control Clinic and have the approval of consulting physicians. These exercises are intended to remove the symptoms of

a stressful lifestyle. You may use them as often as necessary - until you have mastered them. It is important that you consult your physician in

order to determine whether your body is able to continuously endure the stress that is

Continue on Page 5

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Coping

Continue from Page 4 victimizing it.

Breathing exercises: 1. Sit in a comfortable chair with your feet on the floor, your hands on your lap, and your eyes closed. (a) Breathe in very

slowly, until you have filled your lungs with air. (b) Hold your breath for five seconds. (c) Exhale slowly until the lungs are empty. (d) Repeat the exercise five times in succession.

Your imagination is a powerful force. Here are some facts: (1) Your

imagination affects your emotions. It is for this reason that when you simply imagine yourself in a fearful situation, you begin to tremble. (2) The imagination is a two-sided sword. It can hurt and it can heal. When it is not managed by you, your imagination is likely

to be destructive and out of control causing doubt, loss of confidence, shyness, fear, and depression. It can breed jealousy, envy, hate, and can keep you from getting along with others. (3) The imagination has unlimited potential to help. When used posi-

tively, your imagination can bring about happiness, confidence, constructive ideas, and knowledge. (4) The imagination can create ideas that solve your problems and help you to cope with those that cannot be solved; it can anticipate, forecast and plan ahead. Remember,

you can be your greatest asset or your greatest enemy - if you expect to fail, you are likely to fail; if you expect to succeed, you are likely to succeed. Your imagination controls your destiny. Your mind is like a computer in that it has recorded all of your experiences - good and bad. Fears, phobias,

hates, and loves are all there waiting to be recalled by you. You should always imagine yourself being successful, secure, and happy. These thoughts determine how you will act in relation to your family, friends, job, and problems.

By thinking positively, you will be able to remove many of the inhibitors that stand in the way to happiness and emotional self-control. Much of your tension is self-induced; it is caused by your imagination feeding your body. Continue on Page 6

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Sheridan's Ride

by Jack Sheridan



It is an unfortunate truth, perhaps, but, let's face it: There are among us a good many people who just can't take the thought of being present at a concert of classical music. There mere idea of sitting there watching a hardy band of 80 or so musicians tooting, sawing away, plucking or banging some musical gibberish is abhorrent. As one of my past employers, a leading man in this community, once said: "You couldn't hog-tie me to get me to the symphony!"

What these unfortunates do not realize is that there is a lot of satisfaction to be gained for the casual patron at one of these sessions. There are surprising and surprisingly delightful moments now and then, most entertaining even though "long-haired," perhaps.

Such an event will occur this coming Monday and Tuesday nights at 8:15 p. m. when the Lubbock Symphony Orchestra under its leader, the conductor William A. Harrod, will perform two identical concerts, one each night, of an unusual content. Playing with the orchestra will be the guest soloists, the famous Romero Guitarist Quartet. Four equally skilled masters of that popular stringed instrument, the guitar. There is one difference in the instruments the Romeros play, as contrasted to the general, everyday country and western guitars most people know. They will be playing classical guitars designed to handle the great works of other and modern times composed and arranged for this demanding instrument.

The Romeros hail from their native Spain and after a year's stay in Portugal they came to the United States and have been solo sold-out lures in concerts ever since. There is Cledonia Romero, the father, and his three sons and as for their work the New York Times simply said, "Four guitars sing as one."

Following their United States smash success, The Romeros continued an unbroken line of sensational receptions by audiences in Europe, Australia and elsewhere. They continue to generate the greatest excitement and acclaim by critics and audiences to this day.

For the March 10-11 concerts The Romero Guitar Quartet will pair two major works with the orchestra, one classical and one by a contemporary Spanish composer. The classical work will be the "Concerto for Four Guitars" by the man who has been cited as the father of the modern concerto, Antonio Vivaldi, born in 1678, died in 1741. This three movement masterwork is particularly fitting for the Romero talents and its performance is a crowd-winner in all categories, from the dedicated music lover to that most casual of attendees.

The modern work is also a concerto, "Concerto for Guitars" by today's Joaquin Rodrigo, recently a professor at the University of Madrid, as well as composer-performer. It carries a "title," in this instance, "the Andalusia," drawing its name from the music of the religion of Spain from whence Rodrigo came. Lyricism and traditional values illumine the work.

So, if you think symphonies are for the "queer birds," perish the thought. Give a listen to The Romero Guitarist Quartet either on Monday or Tuesday nights at the Civic Centre Theatre and you'll think differently.

The orchestra will open with Robert Schumann's lovely Symphony No. 1 in B Flat, called the "Spring Symphony," because of its bubbling, melodic salute to the oncoming season of love, joy and the rebirth that the end of winter signifies.

Tickets for the Monday-Tuesday concerts can be had on the day of the performance at the Civic Centre Theatre box office. This is an event to be marked, believe me.

This past week has seen the announcement of those players, directors and the rest who have, for the year 1979, won themselves nominations in the race for that prized Hollywood statuette

known familiarly as "The Oscar."

On April 14, some hearts will burst with pride and excitement as ownership comes into being, while others will burst with disappointment that he or she did not quite make it.

The race for the Best Picture award has listed "Apocalypse Now," the Vietnam epic still running here; "Kramer vs Kramer," also still current; "Norma Rae," brought back this week; "Breaking Away," and Bob Fosse's "All That Jazz," which is due shortly on the local screen. For all its sweep and magnitude, "Apocalypse Now" will, I think, be nudged out by the superb "Kramer vs Kramer," which just can't be beat.

The men's division, Best Actor will see the nod going to Dustin Hoffman for that latter film, while it looks like Sully Field is leading the pack for Best Actress.

Melvyn Douglas seems a leader for "Being There" the Best Supporting Actor role, this film not yet seen in the city. But, eight-year-old Justin Henry, the kid in "Kramer vs Kramer" is to be watched - W. C. Fields once said that a man was a fool "to play opposite dogs and children."

It looks like the fast-rising Meryl Streep has it wrapped up for her work

Four Seasons Tea At Mt. Gilead Baptist

The General Mission Society of the Mount Gilead Baptist Church will hold a Four Seasons Tea on Saturday, March 8th in the S. R. Roberts Fellowship Hall.

There will be food and displays for each season.

A formal musical and spring style revue will be presented by local artists.

The public is invited to attend.

Rev. Larry L. Poik is pastor.

Media Reviews:

AN OVERVIEW OF RICHARD WRIGHT

(For adults and young people who thirst for Richard Wright's thought)

A review of *The Unfinished Quest of Richard Wright*, by Michael Fabre, William Morrow and Company, New York: 652 pages, Paperback, \$7.95.

Michael Fabre, formerly of Harvard and Wellesley, more recently has been professor of Afro-American Studies and of American Studies at the Sorbonne in Paris, France. Fabre is one of the world's leading authorities on Richard Wright, and this volume ranks as the major European evaluation of the black American author who became the first of his race to make the American best seller

as the runaway wife in "Kramer," too, at this writing. We shall see, we shall see.

The earth so bright,
So full of splendor and of joy,
Beauty and light;
So many glorious things are here,
Noble and right.

I thank thee, too, that thou hast made
Joy to abound;
So many gentle thoughts and deeds
Circling us 'round,
That in the darkest spot of earth

Wright's influence in Europe is said to be much greater than in the United States. Here in the U.S.A., Wright is seen primarily as an Afro-American writer. In Europe, Richard Wright is estimated to be a ranking literary analyst, regardless of race, and such is turned to for his sensitive insights concerning the major cultural trends of our times.

For the black American reader, this particular book should be of special interest because of its detailed treatment of Richard Wright's years in Europe where he felt most at ease, if not exactly at home. It was in Europe that Wright expanded his political consciousness, studying colonialism and the rise of the Third World—studies which enabled him to see and predict the crises of his abandoned country, of the Western world and of the twentieth century itself.

This is a basic book—and it is essential to an understanding of twentieth century black and global life.

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This is a basic book—and it is essential to an understanding of twentieth century black and global life.

Prayer Poem

My God, I thank thee, who hast made

Some love is found.
I thank thee, Lord, that thou hast kept
The best in store;
We have enough, yet not too much

To long for me:
A yearning for a deeper peace
Not known before.

Adult Basic Education

Continued from Page 1

9:35 P.M., Typing, Biology, Fundamentals of Mathematics, and Speech courses will be conducted.

The Monday-Wednesday classes will begin March 3rd and the Tuesday-Thursday classes will start March 4th.

Tuition may be paid in full at registration or in part at registration with subsequent payments during the quarter.

Textbooks will be provided free of charge; however, deposits of \$5.00 to \$8.00 on each book will be required at the time the book is issued. The full deposit will be refunded when the book is returned.

Courses will be offered only if 12 or more students enroll. For further information, call 765-9338.

Some love is found.
I thank thee, Lord, that thou hast kept
The best in store;
We have enough, yet not too much

To long for me:
A yearning for a deeper peace
Not known before.

Coping


Continued from Page 5

negative impulses. When you program your mind positively, you will experience immediate changes in all parts of your life - your feelings, your physical well-being, and your personality. Your life will be injected with new plateaus of achievement without the previous discord, frustration, or strain.

You should think positively and send positive signals to your body which will result in happiness and will help you to become the person of your dreams.

Editor's Note: If you have questions which you would like to have answered, please direct to: Dr. Charles W. Faulkner, P. O. Box 50016, Washington, D. C. 20004.

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Plus, you can do a whole lot of maturing in two years in the Army. When you think of all you can get, two years is not a lot to give.

4. YOUR CHOICE OF SKILL TRAINING CAN BE GUARANTEED IN WRITING.

You're an individual. And the Army appreciates that. That is why, of the hundreds of skills you can learn in the Army, there may be one that especially excites your interests and complements your qualifications. If there is, we can guarantee you training in that skill. It's part of the Delayed Entry Program, in which we match your desires with our future needs. So if you're a high school graduate, or about to become one, you can choose your training, get it guaranteed, then take up to a year to report for duty.

2. NOW YOU CAN GET AN ENLISTMENT BONUS OF UP TO \$3,000.

The Army needs certain types of soldiers more than it needs others. So we're willing to pay you a bonus to be what we need you most to be.

It's very simple. If you enlist for 4 years to be a Radio Operator, an Infantryman, an Armor Crewman, an Interrogator, or one of the 28 other specialties we need, we'll give you a lump sum bonus between \$1,000 and \$3,000.

Yes, it means doing some of the most challenging work in the Army. But it's also some of the most rewarding.

5. WE'LL HELP YOU SAVE UP TO \$14,100 FOR COLLEGE.

You can now accumulate money for college while you're still in the Army. This special program is called VEAP, which stands for Veterans' Educational Assistance Program.

If you contribute a certain amount of your Army pay each month toward your education, the government will match your savings two for one. In addition, the Army is currently offering an educational bonus to VEAP participants who qualify and enlist for certain skills.

You could accumulate up to \$14,100 for a four-year enlistment. Up to \$12,100 for a three-year enlistment. And up to \$7,400 for a two-year enlistment. Not a bad way to start college.

3. NOW 18 MONTHS IN EUROPE IS YOURS FOR THE ASKING.

A tour of duty in Europe could be the experience of a lifetime.

You could work in the shadow of a 900-year old castle, experience the excitement of Oktoberfest, or even ski the Alps on a weekend.

In exchange, you have some of the toughest and most important duty in the Army.

And so you spend a lot of time training, keeping ready.

But when you come back to the States after 18 months, you'll be glad you had the experience.

You'll be better for it, too.

6. HAVE YOU EVER FELT REALLY NEEDED? YOU ARE.

As corny as it may sound, Uncle Sam needs you. More than the loading dock needs you, more than the assembly line needs you. Certainly more than the crowd on the corner needs you.

So besides all the reasons for joining the Army listed above—the pay, the bonuses, the travel, the training—maybe you'd just like to experience the pride that comes from being needed, really needed.

Because the Army really needs you. So if you want to serve your country as you serve yourself, see your local Army Representative listed in the Yellow Pages under "Recruiting." Or call the toll-free number below.

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Come to Church

OBSEQUIES

Mrs. Willie Mae Kelly



Final rites were read here February 20, 1980 at the New Hope Baptist Church for Mrs. Willie

Mae Kelly. Rev. Charles Kelly officiated with Rev. A. L. Dunn, pastor, assisting, along with Rev. Floyd Perry, Jr. and Rev. Larry Josey.

Interment was held in the City of Lubbock Cemetery under the direction of Sedberry Funeral Home.

Mrs. Kelly was born in

Calvert, Texas to Mary and Norah Robinson on December 4, 1916. She went to school in Calvert.

Moving to Lubbock in 1964, she joined the New Hope Baptist Church under the pastorage of Rev. A. L. Dunn. She remained a faithful member until she received her call on

February 16, 1980.

Two sons and a daughter, as well as her husband, preceded her in death.

Surviving her are ten sons, namely: Louis H. Kelly of Bernidena, California, Fred Kelly of Tulia, P. H. Kelly, David Kelly, Don Kelly, Charlie Kelly, Willie G. Kelly, Edward E. Kelly, all of Lubbock, Billy Kelly of Dallas, and Robert Charles Kelly of Austin; five daughters,

Ester Mae Josey, Velma Anderson, Betty Jean, Doris Jean, all of Lubbock, and Mattie B. Kelly of Dallas; a sister, Gladys Hurst of Calvert; fifty-nine grandchildren, twenty-one great-grandchildren, other relatives and many friends.

The sons were active pallbearers.

Mr. Bonnie Jewel Cox, Sr.



Final rites were held for Mr. Bonnie Jewel Cox, Sr. February 7, 1980 with Rev. Stephen

1980 at the Bethel African Methodist Episcopal Church with Rev. Stephen Pierson, pastor, officiating.

Interment was held in the City of Lubbock Cemetery under the direction of Jamison & Son Funeral Home.

Mr. Cox was born in Ripley, Mississippi, Tippah County, to Mr. and Mrs. Luke Cox. He was born November 11, 1924.

He was married to Mrs. Bessie S. Cox and to that union two sons were born, Bonnie Jewel Cox, Jr., who preceded him in death; and Norman Trent Cox.

Mr. Cox was a ginner by profession. He was an

outstanding Little League Baseball coach for many young boys in the community.

He passed away Saturday, February 2, 1980.

He leaves to mourn a wife, Mrs. Bessie S. Cox of the home; a son, Norman Trent Cox; a grandson, Trafton; a daughter-in-law, Mrs. Thelma Cox; two brothers, Haywood Cox of Jackson, Tennessee and Andrew Cox of Dyersburg, Tennessee; an aunt, Mrs. Mildred Adams of Hereford, Texas; a host of nephews, nieces, a host of relatives and friends.

Pallbearers were Melvin Wiley, F. Junior Richardson, Raymond Spencer, Haywood Lewis, Roosevelt Carroll, and Lawrence McClain.

Survivors include two sons, Ira Lee of Waco and Billy Ray of Bryan; a daughter, Katherine Mondine of Bryan; three

brothers, Seth, Jr. of Petersburg, L. C. of Lubbock and Richard of Kingsville; five sisters, Zelma Campbell of Lubbock, Lee Etta

Moore and Ruby Mae Lane, both of Austin, and Leona Maxey and Juanita Nix, both of Bryan; and three grandchildren.

Thank You

The family of Bonnie J. Cox, Sr. acknowledges with grateful appreciation your kind expression of sympathy. May God bless each of you.

Bessie, Trent, Thelma, and Trafton Cox

Attend Church Of Your Choice Sunday!!

The Outreach Prayer Breakfast

Last Saturday morning, members of the Outreach Prayer Breakfast Club met in the home of Mrs. A. W. Washington.

Presiding over the weekly meeting was the president, Mrs. M. Ward.

Opening devotion was led by Mrs. Clara Cage, Mrs. Vivian Peoples, and Mrs. Ward.

Scripture was taken from St. John 4:22-28.

Morning scripture was taught by Mrs. Peoples. It was taken from Romans 12:1.

I beseech you therefore brethren by the mercies of God, that ye present your bodies, a living sacrifice, holy, acceptable unto God which is your reasonable service.

From your reasonable service deserves abundant life. Think about it. This was beautifully

taught. Thanks, Sister Peoples.

Breakfast was served, and was complete. All things were prepared decent and in order. It was a mixture of spiritual and physical food. This made it perfect.

Guest ministers and wives included Mrs. C. C. Peoples, Rev. and Mrs. Tony Williams, and Mrs. Lontora Dugles.

We love you, people. We really do. Come again!

Prayer request was made. We would like for this group and Christian families of this community to join us in prayer for

our sick and shut in this week.

Our sick and shut in include Miss Brenda K. Castle, patient at Health Science Center; Mrs. Rita M. Randle, at home; young Mr. Stanley of Estacado High School who is in a hospital at Austin; Brother Freddie Eddington, patient at Health Science Center; Mrs. Martha Bibbs, patient at Health Science Center; Mr. McQueen, Methodist Hospital; Little Miss Susie McGraw, Health Science Center; and Mrs. Ida Mae Thompson, patient at West Texas Hospital. If there are others who were not mentioned this week, remember God knows just how much you can bear.

Can any good come out of Nazareth? Our answer to you is come and see.

Our next meeting will be in Slaton, Texas on the corner of Geneva and Flint. Mrs. Vivian Peoples is host. Those wishing to go, we will meet at Lyons Chapel Baptist Church at 8:30 a. m. and leave together for Slaton. See you there!!

For more information, call 762-3347.

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

Watch next week's report for our lives in TV language which has been requested.

RUBY JAY'S CORNER



Mrs. Elnora Johnson's sister-in-law is ill in Egin, Texas.

Mrs. Nellie Fuller of Hobbs, New Mexico spent a wonderful weekend here last week. She was house guest of Mrs. Ora Craven. She had an opportunity to visit many of her friends in the Hub City. Mrs. Fuller left for home Saturday. Her plans are to move back home in May.

Mrs. Mae Emma McGowan is all smiles over a two week visit with relatives in Navasota, Texas. She received a call before leaving for home that her nephew, Arthur Owens, was very ill in Dallas, Texas. She did stop by to see him, and found him to be doing much better. He is still ill at this report.

Little Leon Roberts, 2001 Cedar Avenue, has his leg in a cast from a very sprained ankle. He's back in school and is using crutches.

Mr. Ira Mondine

Final rites were read for Mr. Ira Modine, 52, of 416 Idalou Road, were held last week at the Hope Deliverance Church of God in Christ with Elder Charles Tanner, pastor, officiating.

Burial was held in the City of Lubbock Cemetery under the direction of South Plains Funeral Home.

A resident of Lubbock for two years, he moved here from Bryan, Texas.



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Res. 9516 MacArthur Dr.
Fort Worth, Texas 76112
Phone 817-451-9993

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



Rev. T. L. Washington




Future Building
Saints Center Church of God in Christ

Sunday School	10:00 A.M.
High Noon Service	11:30 A.M.
Sunday Ngl.: Services	8:00 P.M.

Location: Quirt Ave. (North) to Farm Road 2641 - 1 1/2 miles East
Church - 762-9444 Residence - 763-3523

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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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Rev. R. L. Caro, Pastor
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Wednesday - 7:30 p. m.
Friday - 8:00 p. m.
Sunday School - Sunday Morning - 9:45 a. m.
Sunday Morning Worship Services - Noon
Y. P. W. W. - Sunday Evening - 6:30 p. m.
Sunday Evening Services - 8:00 p. m.

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Evening Worship	6:00 PM
Wednesday Worship Service	7:30 PM
Lady Crusaders, Monday	6:00 PM
G.A.S., Monday	8:00 PM
Junior Choir, Monday	7:00 PM
At Home, Tuesday	6:30 PM
Am.-Leaders & Pioneers, Tuesday	8:30 PM
Senior Choir, Tuesday	7:15 PM
Mission, Thursday	7:30 PM
Brotherhood, Saturday	5:30 PM
B.T.U., Saturday	5:00 PM

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