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A BMI NEWSPAPER

510 E. 23RD STREET

LUBBOCK, TEXAS 79404

JANUARY 1, 1980 THRU JANUARY 7, 1980

ELECTRIC BILLS MAY GO UP

by
Gyna Bivens
Contributing Writer

Customers of Lubbock Power & Light Electric Company may face an approximate eight percent rate hike. The increase in rates would come as a side effect of a federally mandated cost of service study which totals over \$1 million. Customers would have to pay an additional \$39.00 in rate the first year of the study. Members of the

Electric Utility Board voted unanimously recently to authorize LP&L to file for an exemption to the Federal Energy Regulation Commission from conducting a utility must sell a minimum number of 500 million kilowatt hours annually and LP&L "just barely meets that minimum," according to Barney Quillin, LP&L operation supervisor. LP&L officials also say conducting the cost of

service would be redundant since its competition, Southwestern Public Service Electric Company, is conducting a similar study. Quillin says both utilities serve the same area and same type of customer. Magnetic tape would have to be installed on an unknown number of customers' electric meters. The tape would record usage habits of consumers, but adding to the cost of the

study would be a new computer which would be a new computer which Quillin says the utility would be required to buy just to lead the tape. Only 3 other Texas cities owning utility companies such as LP&L will

conduct these studies: San Antonio, Garland and Austin. The deadline to file for exemption was December 31, 1980. The FERC can approve the exemption application in total or in part, or reject it totally.

Rose Wilson Re-Elected

Rose Wilson has been re-elected as president of the Lubbock branch of the National Association for the Advancement of Colored People. Elections were held in December. Wilson, serving the unexpired term of Rev. Roy Jones, says she views her re-election as a very strong vote of confidence from the members. "People saw the work I was trying to accomplish and wanted to help me," she said.

Wilson says she wants the charter to take on stronger and new developments. Each of the vice-presidents will have more defined roles to help strengthen the NAACP's role in the community.

1st vice-president, George Scott will oversee educational, housing and labor

interests. 2nd vice-president, David Sowell, will be in charge of religious activities, industrial and community interests.

Membership and fundraising drives will come under 3rd vice-president Leonard Majors.

Others elected were Naomi Milligan, secretary; and Carmyn Morrow as treasurer. Members of the Executive Committee are: Tom Burtis, Roy Toler, George Woods, Venita Carrol, Roosevelt Carrol, Howard McCoo, Joe Milligan, LaWanda Alsbrook, Charlotte Roland, Aaron Harvey, T. J. Patterson, Eddie Richardson, Jr. Newly elected officers will be installed at the next meeting, January 10, 1981 at the Mae Simmons Community Center.

Public Hearing On CDAC Funds

The final public hearing to be held in an effort to determine where \$3.4 million in Community Development funds should be spent has been scheduled for January 8, 1981 in City Council Chambers.

There are many projects that have been suggested as recipients of the money available from the Community Development Block

Grant Program.

Among the proposals are \$192,000 toward the Mae Simmons Senior Citizens Center; \$75,000 toward landscaping Green Fair Manor apartments; \$300,000 on an overpass at East 34th Street and Quirt Avenue.

Some of the projects are ranked low on the Community Advisory Board's list of priorities and may not receive the

funding. The 60 proposed projects represent a culmination of the three-month citizens participation process during which citizens were invited to make suggestions.

City officials are encouraging strong attendance at the January 8th public hearing in order to gain even more community input.

Affirmative Action: Save the Children

It is now recognized increasingly that Black youth are at the heart of uncounted significant political issues. Busing, the sub-minimum wage, the draft, unemployment etc. all involve to a greater or lesser extent the question of Black youth.

And despite the International Year of the Child, despite Operation PUSH and the Congressional Black Caucus focusing on the "Black Family" and "save the children," it remains true that Black youth are subjected constantly to a drumbeat of attack.

Making national headlines recently and confirming what to some was obvious was a recent study issued by the U.S. Surgeon General Julius

B. Richmond. He noted that while the overall death rate in this country was dropping by 20% from 1960-78, it grew by 11% for young people from 15-24 years old; the chief causes of death for this age group were motor vehicle accidents, other kinds of accidents, suicides, etc. But for Black youth murder was by far the chief cause of death. Correspondingly, a newborn Black is nearly twice as likely to die in infancy as a white child.

And those Black children who do manage to survive infancy, what happens to them? Well, for starters, like so many others in this society, they'll find it difficult to obtain any kind of health care of children in two-parent families. In other

states, families cannot receive Medicaid because their annual incomes were considered above the poverty levels; but the catch is that in these states the poverty level income is set at absurdly low levels, e.g. Tennessee's \$2,400 per year. In other words, any family of four making \$2,401 per year or more is deemed not to be poverty-stricken and are denied Medicaid benefits. But the threshold issue is that 19 states have denied medical funds for prenatal care, thus contributing to the unusually high infant mortality rates of Blacks, who are forced by economic circumstance to rely disproportionately to rely disproportionately. *Continue on Page 2*



Coronado Apartments "Nothing Has Changed"

We hope something will be done about the Coronado Apartments during 1981. At present time, however, they are under litigation as to who is the rightful owner. (Photos by Eddie P. Richardson, Jr.)

Citibus Riders' Mall Scrapped

Riders of Citibus can look forward to another cold winter instead of a shelter or "pedestrian mall" to shield them from the cold.

Citibus traffic from East Lubbock and other sections of the city comes through the downtown area. The

proposed pedestrian mall would have been know as the main transfer point for Citibus riders, but due to lack of funds the idea has been scrapped for now. City transit officials recently told members of the City Transit Board funding could possibly be

secured from Urban Mass Transit, but that request can not be made until fiscal year 1982. In order to construct the mall area, the old John Halsey Drug Store would have to be purchased or renovated. The building has two owners and one can not be contacted.



Senior Citizens at Mae Simmons Center

Pictured above are some of the Senior Citizens of the Mae Simmons Community Center who attend his program Monday through Friday. A hot nutritious meal is served each day at noon. (Photos by Eddie P. Richardson, Jr.)



Rev. Bob Tavel and friends of the "Lubbock Digest" took time to have their picture taken at the first annual "Black Awareness College Day" program in Odessa, Texas, recently.

"We hope this will continue to be a great annual affair for Blacks in west Texas," said Rev. Tavel, founder and co-ordinator. (Photos by Eddie P. Richardson, Jr.)

Continue on Page 2

Happiness Through Health

by Otto McClerrin



Your Annual Physical Examination: A Security Blanket

Despite failing to deliver on its promise to prevent illness, the annual physical examination persists as a favorite procedure of doctors and patients alike. Medical investigators have found that people who have annual physical exams get sick at the same rate as those who don't have them.

After evaluation of the evidence, many experts are urging that routine annual exams be scrapped.

A seven-year study of more than 10,000 members of California's Kaiser Foundation Health Plan found no difference in the rate of time lost from work, chronic illness, or death between those who received annual physicals and those who didn't.

Getting an annual physical actually can give a person a dangerous false sense of security, causing him to ignore symptoms indicating a life-threatening disease, some experts say. The exam can even miss diagnosing a serious disease.

A University of Pennsylvania study of 350 people who died after receiving annual physicals found that even among those examined less than six months before they died, 40% of the exams failed to turn up the illness that killed the patient.

Last year, an independent analysis done by a task force of the Canadian medical profession at the government's request concluded that "the annual checkup," as practiced almost ritualistically for several decades in North America, should be abandoned.

"We consider that the routine general annual checkup is nonspecific and casts a searching net far too broadly, particularly in the adult, is inefficient and, at times, is potentially harmful."

Such findings rarely impress the doctors who give annual exams, and they often warn that something awful could befall their patients if they skip their annual checkups.

Such a reaction occurred this year when the American Cancer Society announced that it was revising its traditional support of yearly cancer checkups for adults.

Pap smears to detect cervical cancer are one of the few tests of proven value for patients without symptoms, the society said, but it added that after getting two pap smears a year apart, women ages 20-40 need to be tested only every three years unless they fall into certain groups running a high risk of cervical cancer.

Because studies show that a detectable disease state would incubate 8-30 years before becoming cervical cancer, the society reasoned that a three-year interval between tests still would catch the disease when it was 100% curable.

Reaction from the doctors who perform the annual tests was both swift and vehement: "The report is terrible," the president of the American College of Obstetricians and Gynecologists (ACOG) said. "I fear that it is going to have a very detrimental effect on the health of American women."

The American Cancer Society had estimated a savings of \$1 billion by having fewer tests. Dr. Lester Breslow, dean of the School of Public Health at the University of California at Los Angeles, said that the Cancer Society's three-year recommendation is conservative, and that five-year intervals between pap smears wouldn't be unreasonable. "Instead of expending all this money debating whether they should have the tests every year or every three years let's worry about these women who aren't getting any tests at all," he said.

Garretts Celebrate 44th Anniversary

Mr. and Mrs. W. T. Garrett, Sr., 2409 East 30th Street, celebrated their 44th wedding anniversary Sunday, December 28, 1980. Married in 1936, the Garretts are the parents of W. T. Garrett, Jr. of Odessa, Texas.

They are members of the Rising Star Baptist Church, and have been residents of Lubbock for 34 years.

They were married in Milam County, Texas.



Mr. & Mrs. W. T. Garrett, Sr.

1980 Income Tax Package

Households throughout the country will begin receiving 1980 income tax packages from the Internal Revenue Service, starting December 26, Lubbock Postmaster Reed said.

Most post offices have already received the packages and will hold them for distribution until the day after Christmas, as requested by the IRS. "The only exception for earlier delivery are packages going to certain business firms and tax service agencies," he said.

Postmaster Reed noted that while the packages travel as third-class mail, they are forwarded without charge to the recipient if such service is necessary. The Postal Service will recover any forwarding charges from the Internal Revenue Service through a pre-arranged agreement. The tax forms are delivered to some 86 million households across the country, the postmaster said.

Celebrates 38th Anniversary



Mr. & Mrs. J. H. Wilson

Mr. & Mrs. J. H. Wilson celebrated their 38th wedding anniversary Tuesday, December 23, 1980.

The Wilsons are the parents of nine children—five boys and four girls. They have fourteen grandchildren.

They received many lovely gifts. They also received calls from Austin, San Antonio,

Fort Worth, and Plainview, Texas. A son, Stanley, flew in from Longview, Texas and two sons and two daughters live in Lubbock. All were with them for the joyous occasion.

As the Wilsons put it: "God has been good to us, for which we are thankful."



Working for the United Negro College Fund

Robert Watkins, left, vice president, national programming at General Wine and Spirits Company, and tennis champion Arthur Ashe, are among the dedicated supporters of the United Negro College Fund. The annual Arthur Ashe Tennis Benefit at Madison Square Garden is a major source of funding for UNCF. This year's event drew celebrities from sports, entertainment and business circles.

The Dictionary Habit, A Crucial Tool In Developing Effective Communication

Dear Reader:

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

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

Digest Will Have Price Increase

Due to the cost of equipment and supplies, the Lubbock Digest will have a price increase for all advertisement. The increase will from \$3.50 per column inch to \$4.50 per column inch. This will increase the rate only 22%.

The increase, however, will not affect the yearly subscription rates, namely; In-state and Lubbock area, \$12.00; and out-of-state, \$12.50. The cost per issue will remain 20¢ in city and 25¢ out of city.

"Since January, 1980, we've absorbed all the increases, but we can't continue if we are going to remain in business," says Eddie P. Richardson, co-publisher. "Inflation is something we must deal with," he continued.

Also beginning January, 1981, a flat rate of \$5.00 will be added to all one column pictures, with an increase for more than one column inch. In the past, the Lubbock Digest has not charged for pictures.

The Lubbock Digest has agents in Slaton, Amarillo and Dimmitt, Texas. Recently, an agent is in Clovis, New Mexico. "It is our hope, the upcoming year, to have an agent in a radius of 150 miles area. We don't want to have anyone going without reading the Lubbock Digest," he concluded.

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Guest Editorial How Long Son?

by
Duwayne M. Burris
Clovis, New Mexico

Twos not long ago when Colored, Negro and religious all meant the same. Now, as likened to children on Israel in the old Testament, we are drifting away from God and the family. How Long Son has it been since we've arose from fields of slavery, to cities of abundance, opportunity, equal rights, success and desegregation, which seem to be another form of slavery. We've thrown down hoas and buckets to pick up degrees and "duckats" but something is still wrong. Slavery is slavery, whether 1860 or 1980. So what if the shackles have been removed from wrists and ankles, it is a poor exchange when they've been put on our minds instead.

"Say it loud, I'm Black and I'm proud" may have served some purpose but James Brown didn't free us, certainly not the Emancipation Proclamation nor did H. Rap Brown and his philosophy and even Martin Luther King Jr's contributions are but tiny dots compared to the waving of God's mighty hand. How Long Son? How long are we going to preach against a so-called 'system' and racist institutions while continuing to support its structures and function(s)?

We pour our hard earned money into music, some which has no message, albums, expensive stereo equipment, tapes, clothes and dope - oh yeah sounds and rags are hip and cool - but the other side of the coin often reads being lost, being a fool.

Freedom, real freedom will only come through Jesus Christ. It is a shame, we have turned our backs on religion when we have not lived religiously - taught our children to hate the White man who is not our enemy, at the very origin of all evil, we'll find Satan.

We are losing what God gave to us as a people - there are only a few black jelly beans in the whole bag - let not our number be a few in heaven. We've become educated and promoted but dollars can't replace faith and hope. Mercedes' won't be driven in the pits of hell or on the streets of glory, that bad pad can't compare with celestial mansions.

Then there are those who just want to get over, well okay just 'get over Jordan.' This world is going to call 'time out' and our games won't start again. Find out who Jesus is, surrender to Him, be filled with His spirit, share His love, do His thing and yours will fall into place, a heavenly place.

AROUND THE WORLD



by
Lawrence
Muhammad

Fear-Reagan Shift On Africa Policy

A recent attempt by Reagan forces in the government to influence foreign strategy on Africa is a bad omen if it is a model for a formalized Republican policy. Though Democrats defeated the legislative effort, it would have put the United States squarely on the side of racist South Africa, and jeopardized a delicate United Nations proposal in the works to end minority white rule in that country through democratic elections.

Led by Republican Senator Jesse Helms from North Carolina, Reagan supporters tried to override a law banning military aid to Angolans rebelling against their government.

During the campaign President-Elect Ronald Reagan said he favored military aid to Jonas Savimbi, the South Africa-backed insurgent who seeks to overthrow the present Angolan regime.

Though Angolan President Jose Eduardo dos Santos is backed by the Russians, he has opened his country to American oil interests, and perhaps more importantly, exercises an influence over black guerrillas fighting South Africa that is favorable to the U. N. proposal for a negotiated settlement.

The move by lawmakers supportive of Reagan, many experts on Africa fear, could torpedo the Angolan arrangement, and further incline the South Africans to balk on U. N. negotiations.

There is widespread fear that their legislative action may set the pattern for the Reagan Administration's



NEWS FROM CONGRESSMAN PARREN J. MITCHELL 7th Congressional District, Maryland

114 Cannon Bldg. Washington, D.C. 20515
Phone: (202) 225-4741

Election Night - A Challenge

"Well, its best for us to pack our bags and get out of the country," one lady said as she learned about Reagan's election. "There is nothing left for us to do except did a hole and cover ourselves over." Said another, "Black people are finished." A third comment I heard was, "We will just have to mark time for the next four years and then resume our struggle."

What kind of nonsense is this? When did we Black people become defeatist? Is Reagan some kind of superman or is he not just another man who has won elective office? I am not about to roll over and play dead. We had to take an hostile Administrations in the past and we shall do just that again! We have come too far to be turned around.

No matter how hard I try, I cannot help but see this past presidential election in the light of racism. Was the overwhelming white voter support for Reagan a way of saying to us, "Okay, you elected President Carter, Black folks, but we will show you that we still retain the political power in this country?" Does "getting the government off the backs of the people" mean that the government should not implement affirmative action programs in employment, housing and minority business? Does a return to the past means a return to a past in which Black citizens were consistently and systematically denied equal opportunity? These questions haunt my mind

policy, which could mark a sad return to the United States' approach to Africa prior to the initiatives of Jimmy Carter.

With the point man U. N. Ambassador Andrew Young, who had the credibility of African blood, the Carter Administration sought to aid the forces of change on the continent and bury perceptions of the U. S. as a white country naturally allied through race with Apartheid regimes, and one which was eager to rape the continent of mineral wealth and cynically viewed Africa was a staging-ground for counter-moves against Russia.

And for most of its four year term the Carter Administration avoided the strategems of the Cold War years, and sought instead negotiated settlements to African disputes with a policy based on majority rule through democratic elections. These initiatives resulted in the election of Robert Mugabe to Prime Minister of Zimbabwe, and the diplomatic opening in the South African conflict.

But there are always opposition from Congressional hawks, and by the end of 1979, the Carter Administration wilted under pressure and

primarily because during the Reagan campaign there was a looming absence of statements on civil rights, civil liberties, and the plight of Black Americans.

Reagan's election has jolted us. The loss of many of our staunch friends in the U.S. Senate has hurt us and a more conservative U. S. House of Representatives does not augur well for our future. Yet, this, in my opinion, is the precise moment in history, when Blacks should regroup and renew, I emphasize renew, our offensive strategy in the struggle to achieve full equality.

Black Americans must be in the vanguard exposing the moral majority for what it is and dismantling this pernicious political movement which, if unchecked, can destroy Democracy itself.

Now is the time for Black Americans to provide the leadership in publicly dissecting the new conservatism revealing it for what it is, namely, an arrangement under which those who presently possess great wealth and power to gain more wealth and power while at the same time draining from those with little wealth and power.

Now is the exact time in history when we must rigidly prioritize our demands, consolidate our forces so that we speak as one body and utilize our resources, both political and economic so that we act as one body.

Andrew Young was forced to resign. In areas where there was little interest, conservatives pressured the Administration to show force in reaction to Russia. Military hardware was shipped to Morocco, which was in a land dispute with the leftist Algerians over the Spanish Sahara. And Somalia, in a territorial feud with Soviet-backed Ethiopia over its Ogaden region, was granted aid and the U. S. established bases there.

The damage to U. S.-African relations, particularly in the Moroccan case, resulted because that country's posture on the Sahara had alienated most of the progressive African states, including Nigeria, on whom America depends heavily for oil. And U. S. support was justified only through a vague concept of cut-manuevering the Soviets.

Sadly, this approach may become standard as we through sympathy from President Reagan, and many policymakers fear that U. S. interests on the continent will be jeopardized. It is conventional wisdom in foreign policy circles that Reagan will only hazily grasp America's legitimate interests in supporting African

Continue on Page 8

Ringling The Bell



by
Bob Tieuel

The Black Experience and the Reagan Years Ahead: Black officials and civil rights leaders, reacting to the election of Ronald Reagan as president and the Republican takeover of the senate, have declared that blacks must start developing strategies to build on gains that have been made in the past.

According to a New York Times - CBS Poll taken election day among more than 12,000 voters after they cast their ballots, the president received 82 percent of the black vote, compared with 14 percent for Reagan. The figures were in accord with a poll by the NAACP, which showed that 80 to 85 percent of black voters cast their ballots for Carter, while 15 percent opted for Reagan. In 1976 Carter won more than 90 percent of the black vote. So there has been Republican inroads, it seems.

Other black leaders are talking of the need to use 'massive nonviolent resistance' reminiscent of the 1960s if their gains are threatened. The group called Black Leadership Forum has asked for a discussion with president-elect Reagan on the concerns of black Americans.

Spokesmen voiced concern that the social programs millions of blacks other minorities and the poor depend on for daily survival or advancement would be cut or scrapped to enhance the national military budget. Others said that although Reagan had pledged to be the president of all Americans, he might not view blacks as his constituents because they remained generally loyal to President Carter.

Two veteran civil rights activists who endorsed Reagan: The Rev. Ralph D. Abernathy of SCLC and Hosea L. Williams, a Georgia state representative, said they would organize a national committee to develop a black agenda to present to Reagan. They believe it is the government's responsibility to further human rights and protect the poor.

"What Makes Earl Campbell Go?" There was a time when Earl, the Houston Oilers' star running back, was running a different road, and the odds weighed heavily against his ever making it big - or making it at all.

He was "Gad Earl", a confused teenager caught up in drinking, smoking and fighting, with no idea what he wanted out of life. But, states Sam Blair in November's Christian Herald, "he did have a support system that would not let him go - his family, coaches, his girlfriend - people who believed in him and helped him through his darkest days."

Although it took a long struggle within himself, Earl listened. And today, he believes he is what he is because of faith, family, and football - most of all, his mother, Ann Campbell who exudes strength, warmth, and a genuine concern for people. Earl's faith runs deep as his talent. It is part of his heritage from his mother and it is the other dynamic force in his life that drives him forward. At the same time, his faith keeps him on a steady keel.

Bellringers and friends of this column that will be coming to Hobbs, New Mexico anytime in the near future, should by all means arrange to pay at least a brief visit to the Washington Heights Nursery School, Inc., located at 203 East Texas Street in the city. No doubt it is one of the finest and best equipped of its kind in Eastern New Mexico or West Texas. We recall that some twenty-five years ago, it was this correspondent's privilege to name the school, that started from such humble beginnings. It is a story of working together and cooperation between citizens of black, brown and white and the unlimited courage of one who has stood as its director from its beginning.

Mrs. W. O. Gray. And much credit goes to the Lovely Ladies Federated Club of Hobbs, that has stood by and labored for the school's ongoing because 'somebody cared.'

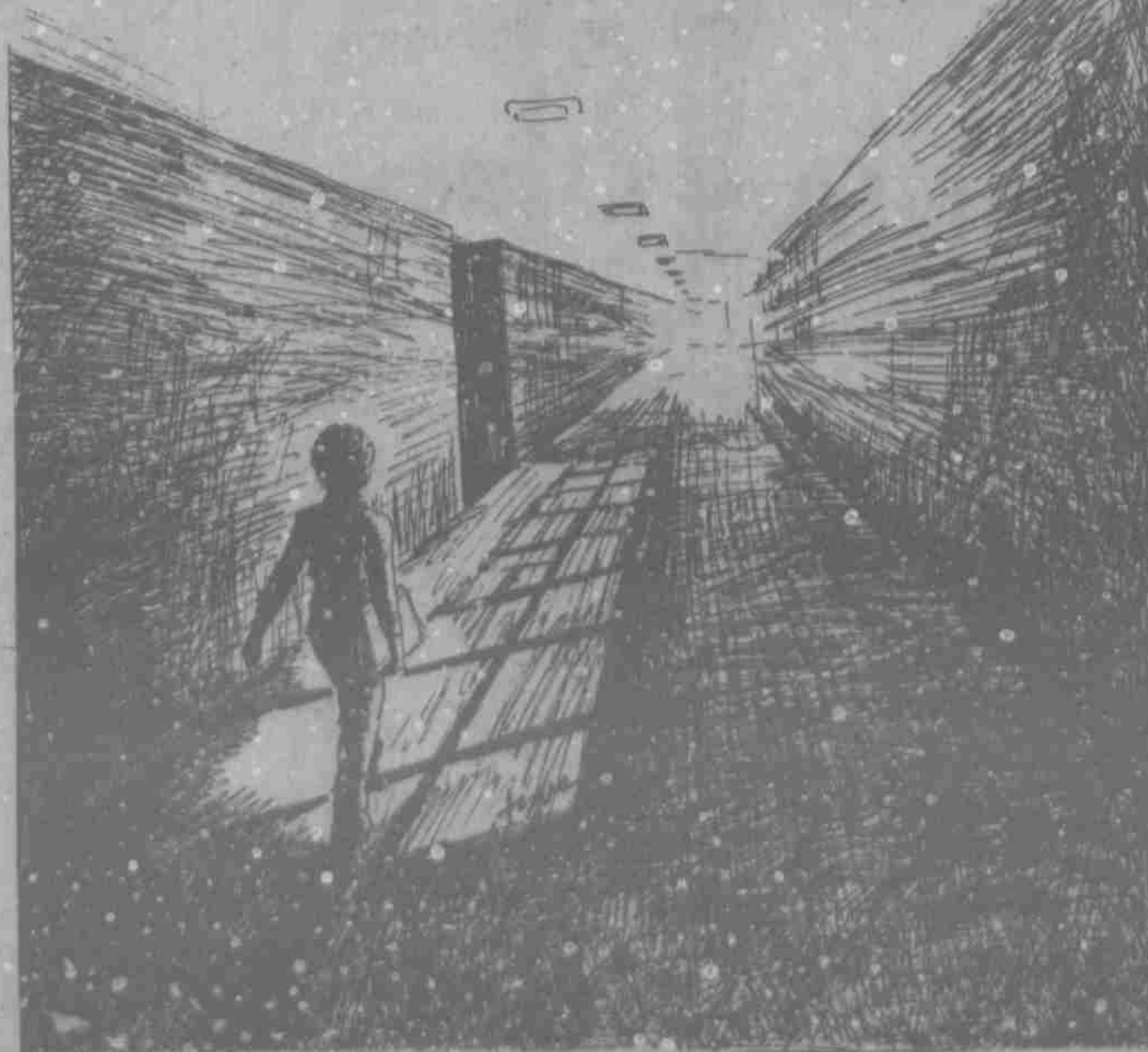
Our radio broadcast, originating from station KCIA in Humble City, New Mexico - The Golden Hour (11-10 on your dial) will observe its 30th anniversary on the air in December. Until later, Peace.

P. S. It is aired every Sunday morning from 8:30 to 9:00 a. m. (MST)



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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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Lubbock Digest

Dedicated to Freedom, Justice and Equality

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

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

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

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

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

Doctors to Millions

Dr. George I. Lythcott, Administrator of the Health Services Administration, Dept. of Health and Human Services, operates the most important federal agency providing day-to-day primary health care to millions of Americans. His agency employs more than 16,000 people and has an annual budget of two billion plus dollars.

More than five million persons receive care through HSA's community and Migrant Health centers, National Health Service Corps and Indian Health Service. Several million others, mostly mothers and children receive valuable services from HSA through its Maternal and Child Health program.

Since joining HSA in August 1977 Dr. Lythcott has become increasingly aware of the broad spectrum in human needs in health. A special challenge facing HSA is to ensure access to health care in isolated rural communities and urban ghettos where an estimated 28 million residents are without a regular source of private sector health care.

One means of helping these people, often poor persons not covered by welfare or Medicaid, is through the National Health Service Corps. With a 1980 appropriation of \$74 million it has on assignment in urban and rural areas 1,211 doctors, 341 dentists and 508 other medical support personnel -- most of them nurses.

There are 6,500 others in training under a scholarship program that pays for their education in exchange for their agreeing to serve in urban and rural areas where there are shortages one year for each year of subsidized training received. Twenty-three percent of trainees are black. Under Lythcott's leadership, HSA has developed several initiatives designed to more effectively increase access to health care. The three most important of these are in urban health, rural health and child health.

The urban health program is designed to build primary care capacity in medically underserved urban areas through the coordination of manpower, support service, facilities and technical assistance at the community level.

This initiative was created for urban areas with high percentages of poor and elderly, high infant mortality levels and low physician/patient ratios.

In 1980, HSA is operating more than 290 urban community health centers and serving some 2,250,000 men, women, and children, many of them minorities. The rural health effort has received renewed emphasis under Dr. Lythcott's leadership. Like its urban health counterpart, it is targeted to serve people living in medically underserved rural areas. This year Dr. Lythcott's agency has supported some 570 projects serving more than two million people living in rural America.

HSA works with state and local governments in trying to develop a system for identifying and keeping in touch with high risk mothers and infants. Key goals of the child health effort are to reduce unacceptably high infant mortality rates and to ensure that all children are immunized. The effectiveness of this program can be seen in the District of Columbia, where in one year there was a drop of 18% in the infant mortality rate.

HSA is the agency within HHS' Public Health Service responsible for ensuring access to health care. As the major federal provider of health care HSA was called upon to see that Indo-Chinese, Haitian and Cuban refugees received prompt, high quality medical care when they entered this country. Since 1978, facilities supported by HSA provided health services to more than 425,000 refugees.

HSA also operates several other programs in important areas such as genetic diseases, hypertension and black lung disease. Dr. Lythcott was born in New York City April 29, 1918. He received a bachelor of science from



Dr. George I. Lythcott

Bates College in 1939 and graduated from the Boston University School of Medicine in 1943. He served as a consultant for Public Health Service programs in smallpox eradication, American Indian Health and Cancer research. In 1971, he received a Meritorious Honor award from the Agency for International Development for directing the smallpox eradication program in 29 West and Central African countries where the disease was stamped out.

In addition to previous private practice in pediatrics, Dr. Lythcott has served as a professor, instructor, and practitioner in pediatrics

at the New York University College of Medicine and the Boston University School of Medicine. From 1969 to 1974 he served as associate dean and professor of pediatrics at Columbia University. In 1978, he received Boston University's Alumni Award and this year he received an honorary Doctor of Law degree from Bates college. In 1977, he received the Edward Jenner Professorship in International Health at the University of Wisconsin where he was a professor of pediatrics and associate vice chancellor at the University's Center for Health Sciences.

Parks and Recreation Spring Brochure of Programs

The Parks and Recreation Spring Brochure of Programs will be in your January 11, Sunday Avalanche Journal. Community Center classes, Cultural programs, Softball informa-

tion, Learn-to-Swim classes, Senior Citizen services, and many more educational and leisure experiences are scheduled for you. Life - Be in it.

MEN!!

Medical Gland Activators! \$1.00. Genie, Box 4090 LDN, Yuma, Arizona 85364

Child Care

Will keep working mothers children, at night, while they work. For information, call Mrs. Nellie M. Ross at 744-0837 or come by 2402 Globe Avenue.

Furniture For Sale

High backed couch, matching chair and ottoman. Crushed velvet overstuffed, excepting comfortable bargain \$135.00. Beautiful early American couch, earthtones, heirloom in excellent condition. Must sell quickly! \$125.00. Call: 745-3366

Watch Meeting Services At Mt. Gilead Baptist

The members of Mount Gilead Baptist Church will engage in "Watch Meeting Services" beginning at 10:45 p. m. Wednesday, December 31.

The public is cordially invited to attend this momentous occasion. The theme for this

affair will be "A New Beginning."

Rev. L. L. Polk, Sr. is the pastor of the historic Mount Gilead Baptist Church.

"We are going to have a great time in the Lord, so come and be with us," says Rev. Polk.

Minority Journalists

Too many talented undergraduate minority journalists are unable to find employment in the newspaper industry and the underlying cause is being unprepared.

They are unprepared to take the daily risks and challenge of the newsroom because most minority journalists have received only textbook learning. If they were on white campuses, they put out their own voice, which was usually an unedited publication of opinions.

Unprepared academically because universities let up on the minority students and basic English courses were not emphasized thus resulting in journalists who liked to write but couldn't correctly.

Unprepared professionally because some felt their degree was their security and thus became relaxed and resorted to speaking slang and bad English thus shucking their professionalism.

Unprepared to deal with being victimized by affirmative action, that pressured colleges and universities to move minority students up.

There are of course, exceptions and some minorities are ready for employment fresh out of college. They have gone the extra mile by soliciting the help of others or studying on their own to really learn the basics. Their attributes include good grades in college (that they worked to earn), good listening skills on the job and a willingness to work hard. They became acclimated with the operation and the community and became productive.

Businesses need to make a commitment...and execute it. We should make sure that minority journalists who have potential, work to develop it. This is an investment in our businesses. We have to change the attitudes in the newsrooms - convince editors to make the same commitment. Let's get down to business - make an investment in our minority journalists by training, hiring, and advancing them.

From earliest times, newlyweds have been showered with the rice of abundance, while the bride's father threw her shoe after the groom, as a token of his surrender of his daughter.

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AUDICION PUBLICO

Sobre la solicitud anual del 1981-82 otorgamiento del Progreso De La Comunidad.

El Jueves, el ocho de Enero 1981, a la 1:30 de la tarde, el Concejo Municipal de Lubbock tendra una audicion publica final sobre el 1981-82 otorgamiento del Progreso de la Comunidad.

Residentes de areas afectadas sobre el programa del CDBG y ciudadanos interesados, son animados a atender la audicion publica para expresar sus opiniones y comentarios sobre el proposito de la solicitud anual.

ACTIVIDADES Y PROYECTOS EMPEZANDO EN JUNIO 1, 1981

REHABILITACION DE LA VECINDAD:	
Rehabilitacion residencial.....	\$646,035.00
Rehabilitacion de Arnett Besson.....	\$580,417.00
Rehabilitacion de Elliston.....	Rehab. solamente
Urbanizacion de Phyllis-Wheatley.....	\$284,438.00
Rehabilitacion de Posey.....	\$282,493.00
Rehabilitacion de Stubbs.....	Rehab. solamente
Rehabilitacion de Bean.....	Rehab. solamente
Programa de reparacion de casas a prueba de mal.....	\$25,000.00
FACILIDADES Y SERVICIOS PARA LA COMUNIDAD:	
Programa nutritivo de ciudadanos mayores.....	\$39,300.00
Construccion del centro Rodgers para ciudadanos mayores.....	\$182,000.00
MEJORAMIENTO DE PARQUES:	
Adquisicion del parque South Overton.....	\$85,000.00
Limpieza de Canyon Lakes.....	\$35,000.00
Asesor/Pailhouse Canyon Lakes.....	\$60,000.00
Lago 6: continuacion de S. Road	
FACILIDADES PUBLICAS:	
CUMPLIR CON LOS CODIGOS.....	\$202,000.00
PLANIFICACION Y ADMINISTRACION.....	\$57,500.00
COSTO INDIRECTO.....	\$43,314.00
CONTINGENCIA.....	\$161,000.00
OTORGAMIENTO TOTAL.....	\$3,481,000.00

Personas interesadas pueden obtener copias del programa propuesto en la oficina del Progreso de la Comunidad, cuarto 207, Palacio Municipal. Comentarios escritos pueden dirigirse al coordinador del Progreso de la Comunidad, P.O. Box 2000, Lubbock, Texas 79407. Para mas informacion llame a 762-6411, extension 2290.

ENERO 8, 1981 1:30 P.M.

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OBSEQUIES

Mrs. Ellen Tillman



Final rites for Mrs. Ellen Tillman were held Tuesday, December 22, 1980 at the Greater Saint Luke Baptist Church, Rev. A. L. Davis, pastor, Rev. R. P. Davis, officiating.

Mrs. Tillman was born in Calvert, Texas, Roberson County, to Mr. and Mrs. Mock Leppard.

She was united in marriage to Pink Tillman.

Mrs. Tillman leaves to Mrs. Tillman passed away Saturday, December 20, 1980. She leaves to mourn her passing: two stepdaughters, Mrs. Rosie Lee Turner of the home; and Mrs. Doris Marie Carr of Lubbock,

Texas; three step sons, O. C. and Pink, Jr. of Lubbock and James of Houston, Texas; twenty grandchildren, eleven great grandchildren, other relatives and friends.

Mrs. Tillman moved to Lubbock in 1936 where she united with the St. Luke Baptist Church and remained a faithful and active member until her illness resulting in her home going.

Pallbearers were L. O. Love, A. L. Smith, H. M. Adams, Charles Deo, and James Parks.

Jamison and Son Funeral Home was in charge of arrangements.

Mr. Bob Henry Phillips



Baptist Church in 1953 where he was a Deacon until his death Sunday afternoon, December 21, 1980 at 4:15 p.m.

He leaves to mourn his passing, his wife, Mrs. Opal Phillips; a son, Rev. Herman L. Phillips; two daughters, Henrietta M. Phillips and Ruby Price, all of Lubbock; a brother, Jessie Phillips of Detroit, Michigan; a sister, Susie Siens of Detroit, Texas; ten grandchildren, one great grandchild, a host of other relatives and friends.

He was blessed with five ministers in his family, namely: Rev. Herman L. Phillips, Rev. Vernon Price, Rev. Charles Tanner, Rev. L. C. Phillips and Rev. Roger Battle.

Pallbearers were Leroy, Chiles, Delmer Harris, Willie Harper, Grover C. Colvin, Elanzo Roberson, and Clarence Fulsom.

Honorary Pallbearers were Dr. F. L. Lovings, Deacon Ollie Jones, Deacon Murphy, Deacon Garrett, and Brother Turner.

Jamison and Son Funeral Home were in charge of arrangements.

Mr. James Ferrell

Funeral services were held Saturday, December 27, for Mr. James Arthur Ferrell at the 20th & Birch Church of Christ with Ben Myers officiating.

Interment was held in the City of Lubbock Cemetery under the directions of South Plains Funeral Home.

Mr. Ferrell was born in Caldwell, Texas, Burleson County, to Mr. and Mrs. James Brumley Ferrell on January 8, 1909.

He married Beatie Taylor October 9, 1933, and to that family were born ten children. She preceded him in death.

K. Ferrell came to Lubbock in 1943. He was employed at Economy



Mills as foreman and elevator operator for thirty-five years. He was formally employed at Jack's Super Market in the meat department.

Mr. Ferrell was married to Jewell

Ford Memorial Hold Fellowship Dinner

Bishop and Mrs. J. E. Alexander were host and hostess for the congregation of Ford Memorial Church of God in Christ in a delicious turkey and ham, with all the trimmings, fellowship dinner on Monday evening, December 22.

The dinner was given in honor of Mrs. T. F. Ford, the late pastor's wife.

Gifts were exchanged, and Christmas carols were sung by a group of young adults of the church. The Fellowship

Hall was decorated by Miss Linda Price and others in Yuletide decor, which was very beautiful. Ever, one had a wonderful time.

Sunday afternoon, December 21, Mrs. J. E. Alexander gave a party for the youth of Ford Memorial. The ladies of the Bible Band helped with both joyous occasions.

Mrs. Alexander said without the help of all the Bible Band members, the dinner would not have been a success.

Ford Memorial's Holiday Revival



International Evangelist Charlotte Reynolds

International Evangelist Charlotte Reynolds will be conducting a Holiday Revival at the Ford Memorial Church of God in Christ. The revival began on Sunday, December 28, and will continue through Friday, January 2. Services began at 7:30 p. m. nightly.

Evangelist Reynolds is an international known prophetess that is turning the world upside down with her unique message. The Lord has anointed Evangelist Reynolds to preach the Gospel. Spiritual gifts are

in operation, healing prophecy, and working of miracles.

You will have to see it, hear it, experience it, know it, God's power in action. Evangelist Reynolds is a teacher sent by God.

The public is invited to come and be blessed by God, through this woman of God. The pastor is Bishop J. E. Alexander.

Transportation services are in operation. You may call 763-8462 or 794-244.

The church is located at 1602 Quirt Avenue.

RUBY JAY'S CORNER



Michael Sims of Denton; and Kenneth and Clifford Burrows.

Rev. and Mrs. R. C. D. Tieu of Hobbs, New Mexico (who is featured in his column in this newspaper) spent Christmas day and night here with her sister, Mrs. E. C. Struggs, and family.

The Tieuets were on their way to Dallas, Texas where they will spend the remaining holidays resting and visiting relatives and friends.

Mr. and Mrs. Rueben Blakemore enjoyed having their son, Ronald, and five grandchildren home.

Mrs. Mattie Beaty has been shut in with the flu, but she enjoyed her daughter and hubby coming home, Mr. and Mrs. Tommy Gregory of San Antonio, Texas. They worshipped at New Hope last Sunday evening.

The Robert Cork spent Christmas in Houston, Texas with relatives.

The D. C. Kinier family spent Christmas with their daughter and sister in Houston, Texas.

Mary Ann Jones and grandchild from Dallas, Texas spent the holidays with their grand parents, Mr. and Mrs. Harrison (Bull) Davis.

Mr. and Mrs. Dempsey Taylor had her mother, Mrs. Elnora Johnson; and aunt, Mrs. Kyle, both of Ballinger, Texas, for the holidays.

Bernard Thompson had a wonderful visit in Dallas, Texas over the holidays.

Christmas at the West's house started off with a small eleven o'clock brunch with children of Mr. and Mrs. Charles West. Their children, Sherri West and Alvin and Betty Christian, all of Dallas; Greg and Cindy West from New Mexico;

Mr. and Mrs. Pat Roberts and grandmother, Ruby Hollis, served Christmas dinner. The holiday ended with a trip to El Paso, Texas to see their son, Sammy Sims, in the Sun Bowl on Saturday morning. The Wests enjoyed their kids and grand kids. Members of the family would like to wish each and everyone a happy holiday season to each and everyone.

In addition to the Christmas holidays, DeShan West, son of Mr. and Mrs. Charles West, celebrated his tenth birthday with a disco party with eleven guest and Miss Crissy Roberts; the "Disco Queen."

Happy birthday, DeShan!

Services were as usual last Sunday at New Hope Baptist Church, beginning with Sunday School at 9:30 a. m. At 11 a. m., the choir were at their post of duty. Pastor Dunn brought the message. His scripture was taken from Psalms 48:12-13. He wasn't feeling too good. His feeling too good.

A Leadership Training course will be held at New Hope Baptist Church, January 7, 8 and 9, beginning each evening at 7:30 p. m. Rev. B. J. Bradford, Sr. of Fort Worth, Texas, will be conducting. Pastor Dunn is asking all officers of the church to attend this meeting.

Let us not forget to pray for our sick and shut

in and bereaved families of the community. There are many!

Mr. A. B. Mitchell is in ICU at Methodist Hospital. His daughter, Minnie Gene of Albuquerque, N. M., is here.

Sidney Hall, Jr. is in ICU at Methodist Hospital.

Mr. John Evans' brother is sick in Dallas, Texas.

This writer received word last Saturday morning that her cousin in Brownwood, Texas

was found dead in her bathroom.

Mrs. Mattie Day is home from the hospital. She is reported to be doing nicely after having surgery. She is resting at her daughter's home, Mrs. Edith Quinney.

Rose Colbert's father passed last Saturday. Funeral services were held yesterday (Wednesday) at St. Matthews Baptist Church, with the pastor, Rev. R. S. Stanley, officiating.

The Harry Stokley, Jr. family attended their uncle's funeral last week.

Attend Church

Christ Temple Church
2411 Fir Ave.
Lubbock, Texas 79404
Phone: 806/744-5334

Haynes Memorial Chapel Church
2830 Ross Ave.
Ft. Worth, Texas 76106
Phone: 817/6249223

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

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

Faith First Baptist Church
1704 E. 15th St. Oak
747-8846

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

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

Come, Help Us Worship Christ Jesus,
Our Lord and Savior.
F. B. Bell, Pastor

The Outreach Prayer Breakfast

What are your plans for 81?? Did your activities this Holy Season identify with the Christ child? Were you pleased with your spiritual accomplishments? If not, you should make some changes.

II Chronicles 7:14
"If my people, which are called by my name, shall humble themselves and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin and will heal their Land."

Thought for the week: "Get rid of sham. By sham, we mean, false living,

acting, speaking - be what you are." Think about it!

We are sure all had plenty of physical activity on last Thursday, but what about spiritually?

The presidents, members and staff would like to wish you peace, love and good health for the new year.

Can any good come out of Nazareth? Our next meeting will be held in the home of Mrs. Elizabeth Lovett, 2640 East Baylor Avenue. Come and see.

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

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Larry L. Polk, Sr.

Sunday Church School . . . 9:30 a. m.
Morning Worship . . . 11:45 a. m.
Baptist Training Union . . . 5:00 p. m.
Evening Worship . . . 6:00 p. m.

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

Stephen Pearson, Pastor

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

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Sunday School . . . 9:45 A.M.
Morning Worship . . . 11:00 A.M.
Y.P.P.U. . . . 4:00 P.M.
Evening Worship . . . 7:30 P.M.
Mid Week Services . . . 7:00 P.M.

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 Lubbock Digest
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 Lubbock, Texas 79409
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The KITCHEN BEAT



BREAKFAST TO GET-UP-AND-GO

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.

Eat a good breakfast and you can benefit from the nutrition and energy needed to get you going for the day. Understanding why breakfast is important can help to establish a regular routine designed to fit your particular needs. When you get up in the morning, it has likely been several hours since your last meal. To supply you with the energy you need to get you going, it is recommended that you have one-fourth to one-third of your day's quota of calories and major nutrients at breakfast. The number of calories varies with your age, weight and activity level. A young woman doing light work needs fewer calories than an active teenager or a man doing heavy manual labor.

Your body also requires approximately one-fourth to one-third of its daily supply of protein at this first meal. Protein is vital for the growth, maintenance and repair of all body tissues, as well as for other body functions. Adequate protein at breakfast helps to keep the blood sugar level up for that sense of well-being that will carry you through the morning. Since family members go in different directions, and a sit-down breakfast may not be possible for many households, there is no reason why traditional menu ideas can't be changed. For example, almost anyone can use a blender or a mixer to whip up his or her own beverage breakfast-in-a-glass. Start with a shelf-handly jar of orange flavor instant breakfast drink, add an egg and milk and you have the makings for a Deluxe Nog. When fresh fruits are in season, add them to your blender beverages for more good taste and nutrition.

For a very special breakfast treat, enjoy your nog with homemade Raisin-Cereal

Muffins made with bran flakes. They can be made in advance and warmed just before serving.

This meal provides 490 calories, about one-third of an adult's daily protein need, along with a day's supply of vitamin C and significant amounts of vitamin A, calcium, thiamine, riboflavin and iron.

Deluxe Nog
Recipe Courtesy
General Foods

- 1 tablespoon orange flavor instant breakfast drink
- 1 cold cup milk
- 1 egg
- Ground nutmeg

Combine instant breakfast drink, milk and egg. Beat with rotary beater or in an electric blender until well blended. Pour into 1 large glass or 2 small glasses. Sprinkle with nutmeg. Makes about 1 1/4 cups or 1 large or 2 small servings.

One 1 1/4 cup serving (10 fluid ounces) provides:
Calories 290
Protein 25 grams
Carbohydrate 15 grams
Fat 15 grams

Percentage of U.S. Recommended Daily Allowance (U.S. RDA):
Protein 30%
Vitamin A 40%
Vitamin C 100%
Calcium 40%

Raisin-Cereal Muffins
Recipe Courtesy
General Foods

- 1 cup sifted all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1/2 cup raisins
- 1/4 cup milk
- 1 egg, well beaten
- 1 1/4 cups bran flakes

Sift flour with sugar, baking powder and salt. Cut in shortening; add raisins. Combine milk and egg; add to flour mixture. Mix only enough to dampen flour. Fold in cereal. Fill greased muffin pans about two-thirds full. Bake at 400° for about 20 minutes, or until lightly browned. Makes 8 to 10 muffins.

One muffin provides the following:
Calories 200

Around The World

Continued from Page 4

liberation movements, because he views political events on the continent through the prism of a global test of wills with the Russians.

This doctrinaire outlook could be softened somewhat since the President-elect is expected to rely heavily on advisers, some of whom shown a sophisticated understanding of African events.

George Bush, the Vice President-elect and former U. N. Ambassador, told *African Report* magazine during the campaign that U. S. indifference to Zambia and other frontline states opposing South Africa leaves them little alternative but to seek Soviet assistance.

And Chester Crocker, who enjoys a leading role among Reagan foreign policy advisers as head of the African Studies at Georgetown University's Center for Strategic and International Studies (CSIS), shows an equal sensitivity for the subtleties of African politics. CSIS's 1979 study, *Implications of Soviet and Cuban Activities in Africa* warned, "To eschew dealings with important political actors in Africa because of presume hostility toward the U. S. may be shortsighted. Even African states that profess Marxism-Leninism may have certain foreign policy and security needs compatible with U. S. interests."

PRICE BUSTER SAVINGS

Toms & Country FOOD STORES, INC.

PRICE BUSTER SAVINGS

511 4th
2510 Quirt

Protein 4 grams
Carbohydrate 24 grams
Fat 10 grams

Percentage of U.S. Recommended Daily Allowance (U.S. RDA):
Protein 6%
Vitamin A 8%
Thiamine 10%
Riboflavin 10%
Niacin 8%
Calcium 4%
Iron 10%

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for your "get-up-and-go" breakfast that you will want to use: Calumet baking powder, Crisco Shortening, Domino Sugar, Gold Medal all-purpose flour, Post 40% bran flakes, Morton Salt, Spice Island seasonings, Sunkist raisins, Tang orange flavor instant breakfast drink.

SCHOOL MENUS

ELEMENTARY LUNCH

- Monday, January 5
Chicken 'n Dumplings
Green Beans
Whole Kernel Corn
Hot Rolls - Butter
Sliced Peaches
1/2 pt. Milk
- Tuesday, January 6
BBQ German Sausage
Potato Rounds
Coleslaw
Cornbread - Butter
Fresh Apple
1/2 pt. Milk
- Wednesday, January 7
Burrito w/chili
French Fries
Spinach

Apricot Cobbler

- Thursday, January 8
Butter Fried Fish w/
Tartar Sauce
Buttered Potatoes
Cheese Wedge
Cornbread - Butter
Fruit Cup
1/2 pt. milk
- Friday, January 9
Spaghetti w/Meat
Sauce
Tossed Salad - Dressing
English Peas
Hot Rolls - Butter
Cake
1/2 pt. Milk

Monday, January 5

- Cheeseburger on Bun
Hamburger Salad
- Tuesday, January 6
Chicken Pot Pies
English Peas

Wednesday, January 7

- Long John Sandwich
French Fries

Thursday, January 8

- Beans 'n Franks
Carrots
- Friday, January 9
Manager's Choice

BREAKFAST

- Monday, January 5
Pineapple Chunks
Toaster Pastry

1/2 pt. Milk

- Tuesday, January 6
Grape Juice
Cereal
Buttered Toast/Jelly
1/2 pt. Milk

Wednesday, January 7

- Apple Juice
Boiled Egg

Butter Toast/Jelly

- 1/2 pt. Milk
- Thursday, January 8
Orange Juice
Cinnamon Roll
1/2 pt. Milk

Friday, January 9

- Tomato Juice
Waffle w/Hot Syrup
Little Smokies
1/2 pt. Milk

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it's got to be good.

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Lb.

Peyton's All Meat FRANKS

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12 Oz. Pkg.

Peyton's All Meat BOLOGNA

\$1.09

12 Oz. Pkg.

Gooch Pure Pork SAUSAGE

\$1.25

1 Pound Package

Peyton's Frontier BACON

98¢

1 Lb. Pkg.

Dried Blackeyed PEAS

39¢

1Lb.

Soft 'n' Pretty TISSUE

\$1.59

6 Roll Pak.

Dried Blackeyed PEAS

77¢

2Lb.

Pinto BAG

\$1.65

4 Lb. Bag

TIDE

\$1.69

Giant Size

Dawn Liquid DETERGENT

\$1.49

King Size 20¢ Off Label

Del Monte PUMPKIN

39¢

16 Oz.

Contadina Whole Peeled POTATOES

\$1.00

14 1/2 Oz. 2 for

COCA COLA

\$1.79

32 Oz. 6 Pak Ctn.

Ranch Style BEANS

\$1.00

15 Oz. 3 for

Keillogg's CROUTTES

59¢

7 Oz.

Hunt's Tomato SAUCE

\$1.00

8 Oz. 5 for

Sun Kist ORANGES

39¢

Lb.

Behold Lemon Furniture POLISH

99¢

7 Oz.

Yellow ONIONS

25¢

Lb.

Rinso DETERGENT

\$1.89

King Size

Sweet POTATOES

39¢

Lb.

Folgers Instant COFFEE

\$4.09

10 Oz.

PEARS

39¢

Lb.

Mrs. Tuckers SHORTENING

\$1.29

42 Oz.

COMET RICE

\$1.09

42 Oz.

Trappey's Jalapeno Blackeyed PEAS

89¢

2 for