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National News

Republicaris Against Senate Candidate Ron Kirk

By Phillip Martin

Republicans have now unleashed one of their infamous radio ads against Senate candidate Ron Kirk. The ad accuses him of siding with "liberal special interests" because of his opposition to President Bush conservative judicial nominees, especially Pricilla Owen, whose appointment is due to be heard before U.S. Senate confirmation committee in the very near future.

The ad is because of Kirk's comments that he would not support Bush's nomination of Owen, now on Texas Supreme Court, for a seat on the already far-right New Orleansbased 5th U.S. Circuit court of Appeals. That is the court that decides appeals from federal courts in Texas, Louisiana and Mississippi.

Kirk's opposition to Owen Puts him in good company with a number of civil rights, human rights and women's rights organizations. And, frankly, much of the opposition comes from-moderates who find Owen more than a little terrifying.

But the tenor of the ad suggests the Republicans are running scared because Kirk is raising lots of money and doing well in the polls.

"I don't think she exhibits the even-handedness, the temperament that I want to see in a federal judge," Kirk said. "I do think they ought to have a hearing and they ought to vote her up or they ought to vote her down."

Good for Kirk. He is not saying anything the masses haven't been saying and to his credit, he agrees with most of the major newspapers in the state that a confirmation vote should come quickly.

Hopefully, the vote will be a negative one.



If you find mistakes in this publication, please considor that they are there for a reason.

We publish something for everyone, and some people are always looking for mistakos.

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UM PS Tech University on Ron Kirk



ALPHONSO JOHNSON

A Bush administration official is reported in the Dallas Morning News edition on Saturday, September 7, 2002, as saying Democrat Ron Kirk is trying to exploit the "historical sig-

nificance of his Senate bid. The official, Alphonso Jackson, U.S. Housing and Urban Development Deputy Secretary, said, "I urge all Blacks to embrace Republican candidate John Cornyn."

"Ron Kirk is a liberal, and liberals take any initiative they

can to win," said Jackson. Jackson, who is Black and the former executive director of the Dallas Housing Authority Authority, said, "Blacks should put aside desires to see Mr. Kirk become the first minority senator elected from Texas."

"It's not about making histosaid Jackson, who supported Kirk's mayoral campaigns and describes himself as a friend. "If you are not capable of being a senator, it doesn't make a damn bit of difference. We've got to get out of the nonsense that we've

got to be the first."

After reading the comments made by Jackson, the Kirk campaign said they did not represent the feelings of most Dallas resi-

"The people of Dallas know Ron Kirk and are proud of his record of working with diverse groups to build coalitions and bring about positive change," said Justin Leon, a Kirk spokesperson. "Mr. Jackson's remarks are more political than they are fac-

The U.S. Senate race, which is a close one, will replace retiring GOP Senator Phil Graham. The race has drawn national attention, based in part on its historical significance and because Democrats are looking for victories to help them keep control of

Citizens give thumbs up to quality of life in Lubbock

The results of the 2002 Citizens percent. Survey are in, and 79.9 percent of Lubbock citizens say that the quales, citizens had the option of ity of life in Lubbock is very good or good. And 45.2 percent expect it to get better in the future.

Quality of life is just one area citizens spoke out about in the City of Lubbock's fifth Citizens Survey. The telephone survey was conducted from July 15 through July 24, and 1010 surveys were completed. Approximately 13,000 calls were made to randomly generated phone numbers to achieve the completed survey.

The survey has a confidence level of approximately 95 percent and an accuracy level of + or - 4.5

When asked to rate City servicanswering very good, good, average, fair, poor or no answer. A positive result is obtained by combining the very good and good answers, and the City received a 62.5 percent positive rating overall for providing services and performing duties.

In addition to rating various City services, the survey also asked specific questions about fire

police, solid waste, streets, water, sewer, libraries, parks and recreation and other departments. The Fire Department received the high-

est rating with an 89 percent positive response.

Sandy Glass, Public Information and Marketing Manager for the City, said, "This is the fifth year we've conducted the survey, and we're very pleased with how many people participated. Usually we have to make about 16,000 calls to get 900 completed surveys. This year the response was so good that we made 3,000 fewer calls and got 100 more completed surveys.'

The complete results of the survey will be posted by the survey vendor, Southwest Research Associates, on its web site at www.southwestresearch.com.

Filmmakers Focus on Racial Divide in Unique Exploration of Murder in Jasper. Texas

Whitney Dow and Marco Williams are old friends. Growing up, they didn't talk much about race. Then came one of the most appalling crimes in recent American history—the brutal murder of African-American James Byrd, Jr., who was chained to a pickup truck and dragged to his death by three white supremacists in Jasper, Texas. Like many others, Dow, who is a modern day lynching. white, and Williams, who is black, were shocked. Unlike others, they decided to do something—they made a film. Two Towns of Jasper, the docementary that resulted from their efforts, will have its broadcast premiere as part of the P.O.V. 15th Anniversary season.

Sharing the concerns of so many Americans, Dow and Williams wondered how and why this had happened. If an explanation was possible, they thought, who better than the citizens of Jasper to provide it, since both victim and perpetrators were locals? So Dow and Williams took to the streets of Jasper during the murderers' more troubled and muanced reality trials to see what the town had to say. And they decided to do it with segregated crews: Williams filmed the black community, Dow filmed the white community. The resulting portrait in Two Towns of Jasper is an explicit accounting of the racial divide in America a disturbing montage of contrasting realities that somehow

inhabit the same place and time. Two Towns of Jasper airs Wednesday, January 22, 2003 at 9 p.m. ET (check local listings) on PBS. Two Towns of Jasper is the twelfth program in the 15th anniversary sonson of P.O.V., television's longest-running series of independent, non-fiction films.

The killing of Byrd horrified the nation. On a June night in 1998 three young white men from Jasper-John King, Lawrence Brewer and Shawn Berry-went out for a drive. After some drinking, they picked up Byrd, a local man, chained him to the back of their truck and dragged him for three miles. Byrd was alive for much of this ordeal. Eventually his head was shorn off and his body disintegrated. It was The filmmakers talked to 30 Jasper

citizens—evenly divided between black and white—compiling 240 hours of video. What emerges first is not the picture of a racist southern town-Jasper has a black mayor and an integrated city council. The authorities moved vigorously to apprehend and prosecute the killers, anxious to show the world that Jasper was not racist. Many leading white and black citizens were similarly anxious to counter the infamy of the crime, pointing to the generally harmonious relations between races.

But Two Towns of Jasper reveals a behind the demonstrations of racial unity. Beneath honest outrage lurks a legacy of mutual distrust between blacks and whites and wildly differing accounts of the state of mee relations in the town.

Some whites in Jasper feel angry over the negative attention the crime has brought, and claim complete surprise that such an atrocity could have occurred in their town. Others feel a need to point out the fauts of James Byrd, Jr., as if his personal shortcomings somehow help explain the crime One of Jusper's white citizens, an avewed white supremacist is neither shocked nor surprised by the crime. He sees the town's reaction to it as a commentary on the true relationship between blacks and whites.

For Jasper's African-Americans, the white community's response to the crime was just another sign that maism is experienced differently. They can recall a history of racist incidents and attitudes that pervade the town and the region. For them, Byrd's murder is not an anomaly, but an extreme expression of a danger always felt just beneath the surface. Oddly, however, few in either community speak out to confront these atrocities. In fact, it takes Byrd's murder and the attendant media glare before a fence in the local cemetery, used to separate black from white, is removed.

"Whitney and I spent a lot of time talking about the Byrd murder and how a film might excavate its deeper meaning," says co-producer/director Williams. "We were both horrified, of course, but the more we talked the more we experienced moments where our viewpoints diverged. We realized the divergences were rooted in our racial identities, our different racial experiences. That was the germ for the approach we took."

"Two Towns of Jasper is not so much about the murder of James Byrd, Jr., as it is about two

perspectives on the murder," adds Dow: "The facts, after all, weren't in doubt. It's a question of how you explain those facts. Listening to the black and white communities of Jasper talk about the crime turned out to be a pretty startling revelution of the depth of the division that exists between black and white Americans."

Revelatory and sobering, the film ultimately invites intense and often provocative discussions about race in America, its history, its future and most importantly, how the question of race plays out in our daily lives.

Congrats to Shane Walker!

City Councilman T.J. Patterson, left, is shown congratulating Shane Walker, center, for the recent award he received during the Annual Banquet and Dence of South Plains Area Community Leadership Council. This program is an effort of the National Hispanic Institute.

At right is Pat Walker, Shane's father. The event was held at the McInturi Conference Center of the University Medical Center.



Cross Culture **Panel at TTU**

Dr. Maria Bermudez, PhD, at Texas Tech University, Department of Family Studies, had a panel discussion of cross cultural prospective recently. She had several groups and cultures as well as historical and religious organizations to make presentations to her class. This a good beginning to bring America together by communicating and recognizing and respecting each other.

Here is a photo of the African American group who participated with the class. There were other groups and cultures who participated in the panel discussion.



Tours of New Golf Course Available to Public

not be open for nearly a year, Texas Tech University officials are offering tours of the new Jerry S. Rawls Red Raider Championship Golf Course. The tours. course, designed by Tom Doak, is expected to open in the summer of 2003.

Walking tours of the course will be available Four hours prior to each home football game, with carts available for those unable to walk. Participants will be picked up by bus at the corner of Drive of Champions and Canton Avenue, just outside the Frazier Alumni

LUBBOCK - Although it will Pavilion, approximately every 45 minutes. Faculty from Texas Tech's turf grass program, Texas Tech's golf teams, as well as golf course staff will be guiding the

> Jack North, managing director for the golf course, said, "This is a way to generate public interest in playing the course. The course will be the home for the Texas Tech golf teams and many tournaments, but we want to make sure the public has a chance to get familiar with it, and get them excited about this great course."

Habitat's Blitz Build Puts Focus on Women

At Habitat's "Blitz Build", the emphasis is on women. Three of the 15 houses under construction this week are being built by crews of women representing the Junior League, Mary Kay Cosmetics, and Habitat for Humanity International.

Their work is designed to show that women are vital to Habitat's mission of providing safe, decent, affordable housing to families in need. For more information, please call Lubbock Habitat at 763-4663.

Fashion Fun

by Shirley Roberson

LIPSTICK. POPULAR COLORS

Your sensational beautiful smile can not be truly appreciated without first acknowledging the brilliance of your carefully applied lipstick.

Ladies, its quite fashionable to accessorize your lips. Pampered lips leave a

lasting impression. This fall there is a number of exciting new colors.,, beautifully bronze, antique claret, golden oldie, red roses, rose suede, country rose, flame red, fire engine red, dusty cherry, orange orchard and silky peach.

Indulge yourself in the shimmering twilight of sinful chocolate, cancun, brownie,



matte heather, twig, blush blush, almost violet, espresso and ginger. It is indeed a direct fashion statement if your nails and lip color harmonizes.

Experiment with colors, have fun and look great! If you are not into coloring your lips, consider a radiant clear lip gloss. Moisture is a good thing!

Fashion Tip... As of Sept, 1st, it is fashionably correct to begin wearing fall fashions, THE CHOICE IS YOURS!

NEXT ISSUE... Cologne, Fresh New Fragrances FASHION, JUST FOR THE

COMMON SENSE

COMMON GROUND

EEOC Sues General Electric For Race Discrimination and Retaliation

Long-Time African-American Employee Denied Promotion In Favor of Leys Qualified White

HARRISONBURG, Va.-The U.S. Equal Employment Opportunity Commission (EEOC) announced today that it has filed an employment discrimination lawsuit against General Electric (GE) - the mega-technology, information services, and manufacturing conglomerate based in Fairfield, Conn., with over 300,000 employees in more than 100 countries. The Commission

alleges that a 20-year GE mechanic at GE's Winchester, Va. lamp plant was denied a promotion because of his race, African-American, in favor of a less qualified white employee, and in retaliation for participating in an internal investigation.

According to the Commission, the white employ-ec who received the promotion did not possess the expertise to meet the job's qualifications. In addition, the African-American

charging party had recently participated in an internal investigation of race and ser, discrimination at the company. The EEOC's suit alleges that the African-American mechanic clearly was more qualified than the white employee who received the promotion and, moreover, that the reason he was denied the promotion was because of his race and in retaliation for raising discrimination concerns.

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People Really Care," and Rev, Billy R. Moton is pastor. We hope you will attend the New Hope Baptist Church if you are looking for a church home. Come and visit with us. You will be glad you chose to do so.

Services began last Sunday morning with Sunday School. It was Youth Sunday, and the young people of the church were involved. We thank God for our youth. All teachers were at their post of duty. Students received thirty minutes of instruction. At 10:15 a.m., all teachers and students marched to the main auditorium where high points of the morning lesson were discussed.

The morning devotion period was conducted by the Youth Department, and were assisted by the Praise Team!

The Youth Choir marched in the morning processional last Sunday morning singing out of their hearts. Altar prayer was offered by Rev. Billy R. Moton. After a selection by the Youth Choir, the morning scripture was read by Brother Byron Smith. Brother Brandon Crocke morning prayer. Another selection was sung by the Youth Choir, and followed by the responsive reading with the congregation standing and led by Sister Jasmine Brickey.

The morning hymn was "Oh, Magnify The Lord." Pastor Moton gave his pastoral observations. Following the singing of another selection, Rev. Mercelle McCutcheon brought the morning sermon. Her subject was "The Battle Is Not Yours, Its The Lords." Her scripture was II Chronicles

After an invitation to disci-pleship by Pastor Moton. announcements were read by Brother David Williams, Brother Leonard Wilson welcomed all visitors.

The Annual Men and Women's Day will be held Sunday afternoon, September 15, beginning at 3:30 p.m. The theme of the annual day is

"Making Koom To Pray." II Chronicles 7:14-16. Guest church will be members of the New Jerusalem Holiness Church of Pittsburgn, Pa.

An upcoming event will be the "Women In Red Banquet" which will be held on Friday evening, November 15, 2002, in the University Medical Centers McInturf Conference Center. The special guest will be the Brotherhood,

Let us continue to pray for our sick and shut in citizens. Among those on the shut-in list this week include Brother Harry Stokley and Sister Rosic Reddic

There are those families in our community who have lost loved ones. Let us continue to pray for them. It is so nice to be nice to those who are in distress. Let them know that God is still in control.

If you are unable to attend church services on any given Sunday morning, you can: atill have an opportunity to hear the New Hope Broadcast over Radio Station KJAK, 92.7 FM, from 11:30 a.m. until 12:30 p.m.

Word comes of the sickness of a local citizen, Lorenzo Sedano, who is a longtime citizen. Your prayers will be most appreciative. God is able.

New Manual on Police Abuse **Helps Victims**

(Austin) Texas Criminal Justice Reform Coalition and the ACLU of Texas today released a new publication called Stand Up: What to do if you're a victim of police abuse in Texas.

The manual, which is 36 pages long, contains great strategies and research tips for responding to local events of

police abuse. It provides advice about filing a complaint, researching prior misconduct by officers, and fighting police abuse in court.

"It gives Texans strategies and tools to respond to human rights abuses by local police and sheriffs," said author Scott Henson, director of the ACLU of Texas Police Accountability Project "Most officers never engage in misconduct," said Henson, "and they're not the subject of this booklet. But inarguably, a small minority of officers indulge in overtly abusive

The manual is designed for activists, attorneys, politicians and journalists - anyone willing to stand up against police mis-

tactics, and people frequently are

at a loss what to do when that

Qualitications.

opening date.

Construction Administration

until September 26, 2002 at 3:00 pm (CST)

happens."

In the past several years, high profile incidents of Texas police misconduct filled the press, drawing national attention. In Tulia, Hearne, and Wilson County, undercover narcolles agents set t mnocent people In Austin, DNA testing revealed that police beerced confessions from innocents, making national news. The "sheetrock'

scandal in Dallas caused 31 falsely accused people to be set free, drawing attention from national media like ABC's Nightline. More recently, in Houston, more than 200 people were arrested for no reason in a K-Mart parking lot, an incident that resulted in more than a dozen officers' suspensions.

"In all these cases, victims could really have used this manual," said Eva Owens, coordinator of the Texas Criminal Justice Reform Coalition. "Unfortunately, we believe this publication will speak to a large audience."

"Most people, when police abuse happens to them, are scared, confused and unsure how to respond. Now they have somewhere to turn. We're excited to provide this kind of nuts and bolts resource to the people of Texas", said Owens.

The booklet may be ordered by mailing a check for S6 plus \$ 95 in S8.H payable to the Texas Criminal Justice Coalition. Checks should be mailed to TCIRC at 1506 S. 1st St. Austin. TX 78702. (Call 512-441-8123 for bulk orders)

Legal Notice

Request for Qualifications:

DESIGN PROFESSIONAL SERVICES

FOR

AMARILLO CLINIC RENOVATION

for The Texas Tech University System

Lubbock. Texas

Project No. 97-18L

STATEMENT OF QUALIFICATIONS will be received for the following project:

Texas Tech intends to renovate an existing 36,000 SF facility for a

budget of \$2,900,000.00. Interested firms should submit a compre-

hensive Statement of Qualifications after reviewing the Request for

library/student services center in Amarillo, TX with a total project

(Base Services) Planning, Programming and Schematic Design (Optional Services) Design Development, Contract Documents,

Ms. Jean Carlton

Manager of Construction Contracting

Office of Facilities Planning & Construction

Texas Tech University System BOX 42014

Administration Building 15th and Akron E. Basement; Room 5 Lubbock, Texas 79409-2014

Proposals received after closing time will be returned unopened;

The RFP and further information can be obtained by accessing the

Texas Marketplace

http://esbd.tbpc.state.tx.us/1380/sugency.cfm

GSC Class Item No. 595.75

Texas Tech reserves the right to accept or reject any or all

Proposals and to waive any and all formalities.

The Texas Tech University System is an Equal Opportunity

Employer and all Historically Underutilized Businesses are encour-

aged to participate.

Additional information or questions regarding the Request For

Qualification should be addressed to the Taxas Tech University

System: Project Manager: Debbie Cox. Contact via phone (806)

742-2116. Fax 806-742-2241 or e-mail: debble.cox @ttu.edu.

Proposals may not be withdrawn within sixty (60) days after the

UN-COMMON CANDIDATE

* VOTE EARLY STARTING OCT. 21 *

YOUR BEST CHANCE TO MAKE A DIFFERENCE!

Register to VOTE!

To register to vote, please call: Registrar's Office - 775-1339 or call 749-VOTE(8683) To vote in person, go to: 916 Main St.

> Deadline to Register to Vote October 7, 2002

for November 5th Election

FAID FOR BY LUBBOCK COUNTY DEMOCRATIC PARTY, BOB HOFFMAN, TREASURER





LUBBOCK'S GREATEST

CHICKEN FRIED STEAK

MADE FROM GARDSKI'S OWN SECRET RECIPE HAND-BREADED CHOICE CUTLET COVERED IN GARDSKI'S HOMEMADE CHEAM GRAVY. SERVED WITH TEXAS TOAST AND YOUR CHOICE OF TWO SIDE DISHES



CHURCH DIRECTORY





WE THANK GOD FOR -JESUS



from the Desk of Parson D.A. Smith God's Forgiveness

Worship Sunday Afternoon June 9, 2002

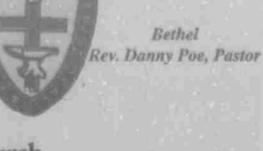
3:30 p.m.

Mt. Vernon United Methodist Church 2304 Cedar Avenue • Lubbock, Texas

with "People of Color" in the Community of Faith of the

Methodist Tradition

Smith Temple Parson D.A. Smith, Pastor



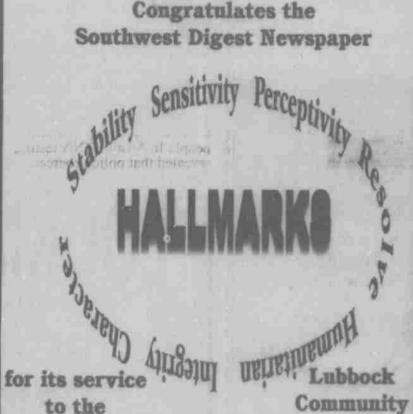


Parson D. A. Smith and the Smith Temple Community Church Congratulates the Southwest Digest Newspaper

Mt. Vernon Dr. J.C. Clark, Pastor

Carter Chapel

Rev. Christopher Neal, Pastor



"THANK YOU!"

The East Lubbock Early Settlers Reunion wants to thank everyone who was involved in working for this year's reunion which was prosperous and joyous occasion. We want to thank the Southwest Digest and staff for all you did.

Without your help, we couldn't have done it as we did it. Thank You!

CITY WIDE USHERS WILL MEET

The members of the City Wide Ushers will be hosting their Annual Breakfast at the Greater St. Luke Baptist Church, 306 East 26th Street, on Saturday morning, September 14, 2002, beginning at 8:00 a.m. All cooks are asked to come early!

The members will be looking for all Ushers and their Pastors. Ushers, please be on time.' We will have a wonderful time.

If you are an Usher, 6:00 a.m. is the hour for attendance.

Sister L. Harris, president; and Sister Minnie Darthard, reporter.

The Outreach

the Outreach Prayer Breakfast met last Saturday morning in the home of Sister Theola Giddings. Vice president of the Almighty, sheltered by Christene Burleson presided the God who is above all. We over the meeting. There were don't have to be afraid of danscriptures and songs of praises gers and fears of life. We're as well as prayers.

The morning scripture lesson in Him. was taught by Sister Adelia Psalms 15:1 and Psalms 91.

others, does not listen to gossip, never harms his neighbor, speaks out against sin, critiques

holy lives and in this Psalms as she departs our city. gives us ten standards by which we can determine how we are doing. We live in the midst of evil people whose standards and morals are eroding. Our standard for living does not come ite from evil society, but from God. Other standards for conduct are found. Words are yir powerful and they reflect on you and your relationship with God. Perhaps nothing so identifies

Christians as their ability to control their speech, refusing to siander, ignoring gossip, speaking out against sin, and guiding the faithful, watch out for what you say, control your tongue.

The earth belongs to God. Everything in the world is His. Who may climb the mountain of practice dishonesty and lying. They will receive God's own goodness as their blessings.

At the temple, the people outside would call out to the temple gates to open up and let the king of Glory in from the inside the Priest or another group dent; Sister Christene Burleson, would ask, who is the King of vice president; and Sister Joyce Glory? Outside the people Ross, secretary. responded in unison, the Lord's invincible in battle, proclaiming

The members and friends of his great power and might.

Psalms 91

"We live within the shadows about trading our tears for faith

We also have a guarding Harwick. Her scriptures were angel that watches over believers. We don't have to worry "Lord, who will go and find about the evil. We're about tradrefuge and shelter in your taber- ing our fears for faith worry nacle up on your Holy Hill? about the evils that walk at Anyone who refuses to slander night or at noon day. Don't fear, just keep the faith, and believe the word. God bless you."

Sister Adelia will be leaving those committing it, commends our fair city for a while. She the faithful followers of the will be missed by this group. This lady truly loves the God calls His people to live word, and we are praying for her

> We were glad to have others visit with us last Saturday morning. Among them were Sister D. Chiles, Sister Annie Day, Sister Roberta Hightower, and Sister and Sister Annie Mae McBride. They were all back.

Sister Monique Wheeler, a young lady who served this group with a smile and loving care, was present. Thanks, Sister Monique!

We're praying that Sister Dorothy Nash will be back with us on our next meeting.

Don't forget to call Sister Burleson with your food donation. You may call her at (806) 762-8033

For all of the Saints who are hurting for any reason. Its God's the Lord? Only those with clean will that you overcome. Read hands and hearts, who do not and believe, II Chronicles 7:14 and St. Mark 11:22-26, Keep praying for our city,

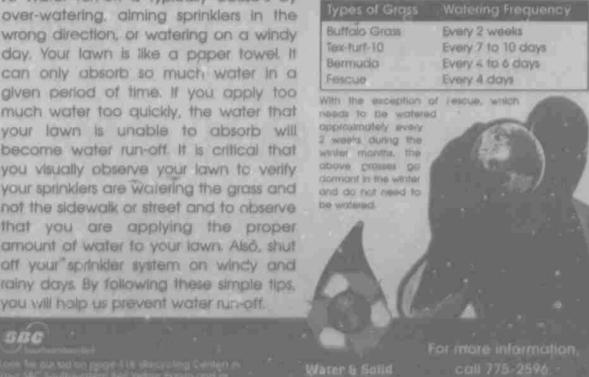
community and schools. Don't waist time trying to get appointments to do so. Just do your drive by prayers.

Sister Dorothy Hood, presi-

water wisel Q. What is water run-off?

A. Water run-off is typically caused by over-watering, aiming sprinklers in the wrong direction, or watering on a windy day. Your lawn is like a paper towel. It can only absorb so much water in a given period of time. If you apply too much water too quickly, the water that your lawn is unable to absorb will become water run-off. It is critical that you visually observe your lawn to verify your sprinklers are watering the grass and not the sidewalk or street and to observe that you are applying the proper amount of water to your lawn. Also, shut

you will halp us prevent water run-off.



Q. How do I know how much

water to apply on my

A. This applies during the

particular kind of grass?

growing season. See chart below.

Bethel African Methodist Episcopal Church 2202 Southeast Drive 806-744-7552 Pastor's study 806-741-0208

Intercessory Prayer 8:30am Church School 9:30am Morning Worship 10:50am Evening Worship 6:00pm Wednesday Bible Study 12:00 Noon and 6:00pm



"God Gur Father, Christ Our Redeemer, Man Our Brother" Pastor: Danny R. Poc.

Aesthetic Realism: The Education Palestinians and Israelis Are Yearning

For! by Bruce Blaustein

On a recent business trip to Dallas, net an associate and friend who is Palestinian and whom I will call Abdalla Nashabi. He told me of his hopelessness about the situation in the Middle East. Worried about the lives of relatives and friends, he said he aates what both Israelis and Palestinians are doing to each otherand the increasing violence has made him despair that any lasting solution can be found.

Deeply affected by his distress, I told him the means for a lasting peace already exists in the study of Aesthetic Realism, the education founded by Eli Siegel which explains the central conflict facing every human being as well as nations. It can be put this way: Should I see the world and the things and people in it with respect or contempt? Shall I try to run the world my way or honestly ask what is fair? Contempt, Mr. Siegel described as "the addition to self through

the lessening of something else." It can be as ordinary as laughing inwardly at another's accent or way of dressing, or pretending to listen to someone while thinking of something else. Taken further, I learned, it is the cause of all injustice -racism, war.

I looked into Mr. Nashabi eyes and said it is emergent that Israelis as well as Palestinians study Aesthetic Realism and learn how to criticize contempt in themselves. I was glad to tell him how, through studying this education, I changed the way I saw all people. Growing up on Long Island, I thought being a good Jew and loyal to Israel meant I inevitably had to despise the Arab people. I deeply

I felt impelled to introduce Mr. Nashabi to Ruth Oron, an Israeli friend and colleague of mine, who has spoken and written importantly on the Middle East and has a passion that peace come to the region. For this article, I asked her to describe the phone

conversation that took place, A Phone Conversation of World

In Remembrance...

VERGE JONES

ing, September 7, 2002, at the Northside Church of Christ with

Leonard Jarman and David

tion of Resthaven Funeral Home

Burial was held in Resthaven Memorial Park under the direc-

Mr. Jones died Friday,

He was born December 18,

1917, in Flatonia, Texas. He

High School. He married Effic Lee Wright on May 23, 1940, in

Cleburne, Texas. Mr. Jones

farmed around the Ropesville, Texas area for many years until moving to Lubbock and starting

graduated from Flatonia

work at Plains CO-OP.

Luke officiating.

August 30, 2002.

of Lubbock.

Funeral services for Verge Jones were held Saturday morn-

line what I am learning from Aesthetic Realism - that with all the daily terror and pain going on between our peoples, the mutual contempt Israelis and Palestinians have for each other, there is an answer-kind and just to both sides! With tears in my eyes I said: "Mr. Nashabi, I am so sorry for the death and destruction caused by the sraeli army to your people."

L Ruth Oron, felt so happy to tell

Mr. Nashabi on the other end of the

He was so moved as I told him hew I and other Israelis who study Aesthetic Realism have changed. Where once we saw the Palestinian people with superiority, hatred and fear, we now want to try to understand what they feel and want justice to

Speaking to Mr. Nashabi made me feel so grateful for my education and very much to Ellen Reiss, the Class Chairman of Aesthetic Realism, who because of what she learned from Mr. Siegel, said with passion, as early as 1982, that for the world to be safe,

it is urgent that people from opposing nations write a 500-word soliloguy, thinking deeply about persons they see as their enemy. She asked that Israelis write about: "What does a Palestinian person feel to himself? What are his hopes, what are his fears?" Palestinians, she added, should write this about Israelis.

Thinking of what I wrote then and the life-changing effect it had, I told Mr. Nashabi that I am convinced that answering these questions honestly by both peoples will stop the bloodshed and terror between us, I told him that as an Israeli mother of two sons, I wrote of what a Palestinian mother might feel-and when I did, the

reality of her agony about her child, who might be killed fighting the Israeli soldiers, became real to me in a way it never had been before. I saw that the lives of her children are as precious to her as the children of an sraeli mother trembling as they leave home in the fear that they may be killed by a suicide bomber. "For trust

to be between our people." I said to hira, "Israelis and Palestinians rous. see the feelings of each other as real as their own." It is crucial that both pecples give one clear message: That ter-vorism and killing on both sides must

As I spoke to him, I thought of all the lives that were lost, and how much unnecessary pain could have been woided, if these urgently kind words by M3. Reiss, written twelve years ago had been studied. In the historic document, "The Only Answer to the Mideast Crisis" she wrote:

The Mideast situation will not be solved until individuals are trying to see the many people different frem themselves as being, also, full individuals real as themselves....For there not to be horror in the present world, people need to know they are studying good will, as taught by Aesthetic Realism: how a self is strong through being just to what is not itself

told Mr. Nashabi, "My selfrespect depends on how just I want to be to all people, including the Palestinian people. It is crucial we all learn from Aesthetic Realism about good will and contempt." He said: "I have tears rolling down my cheeks, Thank you. This means so much to me." As I hung up the phone I had a very large emotion about Mr. Siegel's comprehension of humanity. And I felt too, with great intensity the cruelty of the press in boycotting the explanation. of the cause of the agony in the Middle East-contempt! In their anger press persons would rather let people die than admit they need to learn from Aesthetic Realism about the world and themselves.

When I, Bruce Blaustein, looked at Mr. Nashabi's face, and saw a happy and deeply moved man, I felt something big and historic was taking place-something that has great meaning for the whole world. Putting the telephone down, he embraced me and said: "Bruce, thank you so much for calling Ruth Oron, and asking her to talk to me. I never thought I would hear an Israeli person speak this way. How I wish all people knew Aesthetic Realism. This gives me so much

Mr. Nashabi is right. It is urgent that this study begin now: it is the education Israelis, Palestinians, and people everywhere are yearning for.

For more information about this vital education taught at the not-forprofit Aesthetic Realism Foundation in New York City, 212-777-4490, www.AestheticRealismi.org.

Question: What's wrong with our young people?

Answer: "Us and Them"...contin-

and other responsible adults as part of the problem and part of the solution. Now I would like to for this is right. Honor focus on the young people as part of the problem and also part of the solution.

For the most part teenagers are very idealistic. They see things in black or white, they don't

areas. As a result of their idealism they need those who are mature to set boundaries for them. Even though they will fight against the idea that their freedoms are being limited, it is what they need and want. To the young people I want to encourage you to learn to be respectful to those who are older and wiser than you are. Make it your business to respect your parents and others of the community who set loving limitations for your development. They oughta write that down somewhere. Maybe Ephesians 5:1-3 would be a good place to put that. The first commandment with a promise says, "Children obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise). That it be well with you and that you may live long on the earth." I believe failure to obey this commandment is the primary cause of many our kids living shortened lives. The number one killer of Africanour young people would obey mom | businesses. and dad they would not be exposed to these dangers.

ued. So far I have focused on parents | Firstly, young people if you want a

better life, you have to Children obey your make better choices of the parents in the Lord, people who influence you. Be careful about the your father and mothrole models you choose to follow. You will probably er (which is the first end up just like them. If commandment with a they are good role models promise), that it be then you can expect good well with you and that for your life. If they are you may live long on. bad role models then you the earth. can expect bad for your

have the sophistication to see the gray | life. Find the people who are doing the things in life that you would like to do and get to know them. They will be more than happy to help you develop as a responsible citizen. These people will teach you that anything worth having in life is worth working for. Prepare to pay the dues it takes to succeed.

Secondly, the books you read and the music you listen to will help shape the person you will become. If you are not reading books then you are already behind in the game. I had a man tell me a number of years ago, "If you want to hide something from a black man write it down and put it in a book, he'll never read it." I have come to know this to be true in too many cases for our young people. We won't read a book, but we will play a video game until we are brain-numb. We destroy our ability to think and must rely on others to think for us. If our young people begin reading more maybe instead of playing the video American males between the ages of | games they can start inventing new 15-24 is gunshot. Maybe if more of | technologies and build their own

Young people be careful about the music you listen to. I am not talking about the style such as Urban, R&B or Rap, I am talking about the lyrics. Your brain feeds on the information you put in it. Remember, trash in trash out. And could someone please explain to me the reason our young ladies would ride around in a car with a young man with music that calls the young lady everything but a child of God. If the young man has no more respect for you than that, how in the world do you think he means to do you any good?

Young people make good choices for role models, for education and for recreation. Your whole life depends on it. Maybe these words will give you strength for today and hope for

Grace and peace Gerald P. Jackson



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Church of Christ in 1975 and was a member of Northside Church/of Christ. Mr. Jones was preceded in

He attended 20th and Birch

death by a daughter, Berdia Jackson, in 1999.

He is survived by his wife, Mrs. Effie Lee Jones; three sons: Verge, Jr, of Arlington, Texas, Bobby Lee of Dallas, Texas and Curtis Wayne of Lubbock, Texas; five daughters: Wilma Jean Jones of Dallas.

Texas, Pearlie Mae Crittenden of Cedar Park, Texas, Ruby Nail McKnight of Austin, Texas, Katherine Stevenson Abilene, Texas and Caroline Norris of Lubbock, Texas; a sister, Jessie Webb fo Albugerque, N. M., a brother, Elree Jones of Barlett, Texas: 35 grandchildren, and 30 great-grandchildren.

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Editorials . Comments . Opinions





Who would have thought it would be. Twenty-five years ago. It was September 11, 1977 when it was born, and it is still around today! Who would have thought so? But 25 years later, and we are still around. The only difference is the name change, from Lubbock Digest to Southwest Digest, to please our surrounding communities and the Eastern New Mexico

readers. Our message began with a meager beginning on September 10, 1977, and as this writer can recall, it was in a building that sculptors had before as there was plaster on the floor, walls and everywhere, plus a lot of their supplies remained a left over reminder. Yes, there were some products unfinished and some were finished. The previous business made cushions for such schools as Texas Tech University and Estacado High School. We also had a lot of unfinished materials, plus alot of materials which we gave away to anyone who wanted it in order to make our place workable. We did throw away and gave away materials, because we could not sell them. Yes, we really did try to sell them because we needed the funds. But to no avail, there were no funds from this effort.

We did have a rickety banquet style table, with a hole in it. This old table became ours. The pastor of Bethel African

"25 Years & Still Showing In Spite of All Odds Against Digest"

By Eddie P. Richardson

Methodist Episcopal Church, the late Rev. A. W. "Chester" Wilson, let us have a good table and two glasses. This writers mother and dad gave the business a roll of butcher paper and some scissors, as well as the drapes which were the only drapes we had ever had on our windows. We did have an old worn out typewriter which was used to justify our articles on the butcher paper. Yet, this typewriter didn't last long. We had an opportunity to go through three other typewriters with the assistance of Ms. Joan Y. Lrvin.

Yes, all had a short life with us. Then, we received a typewriter from R. J. Givers which had a super carriage. With this piece of equipment, it let us know we a were on our way. This writer is s only attempting to advise you of our early steps. It is necessary to advise of the help and obstacles along the way. In other words, this was the beginning route of

the Southwest Digest.

The first issue of the Southwest Digest started early morning of September 10, 1977, and was finished before daybreak on September 11, 1977. Shortly after we had finished and left the building, a young man was murdered a couple doors down from us at the then Thunderbird Lounge. It did happen in the wee wee hours of that morning!

As we endured this task, along came Kathy Richardson, who gave the Southwest Digest some office supplies and our first piece of office furniture, and even an old refrigerator. Later, she used a mortgage on a house for funds so we could continue. Of course, there was Ethel McLeod, owner of Stenocall, who have always supported and encouraged us. From the very beginning, she told

us to hang in there and don't ever stop. She related to us how she was the first female to be selected as a bank board member in Lubbock. Ethy! McLeod has always been a driving force in Lubbock since this writer can remember.

As we continued on our travels in the business world, we finally received a typesetting equipment, and all the necessary equipment which were with it. At that time, we decided to enter the typesetting and printing business, but our brothers and sisters, civic, church, and community organization and sisters, civic, church, and community organizations almost ran us out of business even after were established.

As time marched on, we have had our ups and downs which included more downs than ups. But thank God after twenty-five years, our downs are slowing down and our ups are slowly surfacing more. Hopefully as time goes by, we will have more ups than downs, and maybe someday, there will be more ups than downs. But through all our ups and downs, we thank all of our supporters and non-supporters just for reading us and keeping us alive. We need all kinds. Thank you for what you did or not do. Thank you for 25 years!

Yes, twenty-five years, we have survived! We remember when we first began, people would walk by or drive by to see if we were still around. But through it all, supporters and non-supporters, we did survive for twenty-five years. We thank you so much very much.

Nuff sed! WHY NOT?

THIS N THAT

NOW WE KNOW WHY PROJECT WASN'T FUNDED! THIS N THAT ..., . after reading

comments byALPHONSO JACKSON U. S. Housing and Urban Development Deputy Secretary and a Bush administration official ... THIS N THAT ..., can see why the local LUBBOCK HOUSING AUTHORITY didn't receive the funds to REHAB GREEN FAIR MANOR APARTMENTS The gentleman JACKSON opened up a lot when he was quoted as saying ... 'THIS IS NOT AN ISSUE ABOUT BLACK AND WHITE ItS AN ISSUE OF REPRESENTATION..... You are correct MR. JACKSON in our opinion RON KIRK the former mayor of Dallas is no doubt the better candidate for the U. S. Senate position being held by Phil Gramm ... who will retire this year,... So ... MRS, JACKSON what's wrong with being the first BLACK to be elected from

... MRS, JACKSON ... what's wrong with being the first ... BLACK ... to be elected from Texas....by Texans... Yes ... Mr. Jackson in the opinion of THIS N THAT there is nothing wrong with making history,... Speaking about history MR. JACKSON could you become history that is if RON KIRK wins this post?

MORE HISTORY ABOUT NEW LIGHT! THIS N THAT ... attended the ... 37TH CHURCH ANNIVERSARY ... OF THE ... NEW LIGHT BAPTIST CHURCH IT WAS REVEALED THAT THE CHURCH was organized ... but it was made know where it was organized... THIS N THAT ... was present when the ... NEW LIGHT BAPTIST CHURCH ... was organized in the ... CAFETERIA OF MARY £ MAC PRIVATE SCHOOL ... with the assistance of two dedicated people ... DE. LUCILLE S. GRAVES AND CAESAR GRAVES.... VERY SUCCESSFUL BANQUET! THIS N THAT ... and more than ... 200 PEOPLE ... will agree that the ... 25TH ANNIVERSARY ... of the Southwest Digest was a very successful one ... last week at the ... University Medical Center McInturf Conference Center... MAYOR MARC MCDOUGAL ... was guest speaker ... He did well... The entertainment ... by local talent ... GARY BUNTON AND REV. J. J. JOHNSON ..., was outstanding.... There was a ... VERY DIVERSE GROUP OF LUBBOCIITES present... And that setting ... proves that we all can come together ... and help each other.... Oh ... it was good to see citizens from the NORTH, SOUTH, EAST & WEST come together for a common cause.... THANKS TO ALL OF YOU who supported this banquet and may there be other kind of events in Lubbock...

APOLLO NITE OUTSTANDING! THIS N THAT attended the annual APOLLO NITE at the historic Cactus Theater..... According to one of the professionals at the Cactus THIS WAS A LARGE NUMBER OF BLACKS IN ATTENDANCE AND THERE SHOULD BE OTHER KIND OF EVENTS AS THIS. This show benefited benefited the young people who attend the PARKWAY NEIGHBORHOOD CENTER.... It was a very successful and entertaining event.... Hope there are others on a more regular basis....

PENNY HASTINGS...THE BARBER SAYS: "HOW MANY of those young people could you identify, who were attending a birthday party in 1965.... Like to know how well you did."

LET'S MOVE AHEAD! THIS N THAT realizes that it was a year ago SEPTEMBER 11TH when things changed in the U. S. America Therefore we need to move ahead and think about theGOOD THINGS OF LIFE and keep beingGOOD CITIZENS.... What has happened is in the past so let's move ahead and make our neighborhoods a much better place to live...

VISIT A SCHOOL THIS WEEK! THIS N THAT would offer a good project we all can do this week we can VISIT A SCHOOL and let those young people know we are on their side and want them to know we are here to help anyway we can... So WILL YOU VISIT A SCHOOL THIS WEEK? THIS N THAT HAS RECEIVED word from EVANGELIST ANNIE DAY that she has been visiting some of our schools.... This is great! Are there others? Let's hear from you about the schools you are visiting...

In Cinque by Renetta W. Howard

becomes more apparent that there is possibly a correlation between the push for tort reform, medical insurance and malpractice, corporate bankruptcy and slavery reparations. It is clear. Let us begin with tort reform for this missive. Let us first define 'tort.'

Standard Desk Dictionary, Vol. 2, N-Z, tort, with reference to law is: "Any private or civil wrong by act or omission for which a civil suit can be brought but not including breach of contract." Most tort cases in the recent past have involved die use and administering of hazardous drugs to medical patients by medical doctors who often are said to get 'kickbacks' from pharmaceutical companies for prescribing such drugs. Much too often, the recipients of these prescriptions have been Black. This is not exclusive however, because people of other racial and ethnic backgrounds have been prescribed these same drugs but not on as large a scale so as to be recipients of large tort settlements as have been many persons of color. This upsets some people because they feel that people of color should live simple, frugal, impoverished looking lifestyles and not the flashy, ritzy, lifestyle of the rich and whatever. They feel that they have not done anything to receive millions of dollars. Their lives are not worth a plugged nickel in the eyes of some, so why millions? or even thousands for that matter.

On the other hand, doctors receive thousands for prescribing those high-priced hazardous drugs. Too often, the doctors dispense the samples in one hand and the prescription in the other and have no idea how much poor people will have to pay fer them. Then, the doctors complain about how much malpractice insurance costs, while the poor patients want to get well and

Day by day, it complain about the high cost of medical services and the superfluapparent that there clation between the patient wants to get well or at least feel better, so they sacrifice and pay for the doctor over and beyond what Medicare, Medicaid, medical insuras begin with tort ance will pay. They do the same for the astronomical costs of medicine.

An example of the high medical According to Funk & Wagnalls costs, picture yourself being seen by a physician for about five minutes after the nurse takes your vitals and your bill is \$500.00. A prescription for an allergy medicine is given to you for 30 pills, a month's supply which costs \$95.00-\$ 111.00. That averages out to about \$3.45 per pill. This is an ongoing medicine bill even if you do not see the doctor every month. If you have insurance for medicine, you will still have a co-pay of about \$75.00 to \$84.00 anyway. This is the scenario when you survive the prescription. All medicines have a side effect and for

some people, it is death. Now, who has the right to decide whose life is not worth a dime? doctors, lawyers, legislatures?

Lawyers are writing letters to their clients to lobby the legislatures not to try to reform tort laws. Doctors have signs in their offices asking you to push for tort reform because if you do not, you may not have medical services available to you and your medical insurance costs will go up, as if it is not too high now. Some signs say,"If the doctors leave your state and you get sick who are you going to call, your lawyer?" Legislatures will most likely bend to the most powerful lobbyists. It is time that we get 'in cinque' and contact our legislatures. The people need to make this decision, not doctors or lawyers. We put the legislatures in office with our votes and they should listen to us-MAKE YOUR VOICE HEARD!

Life Is Like A Marathon

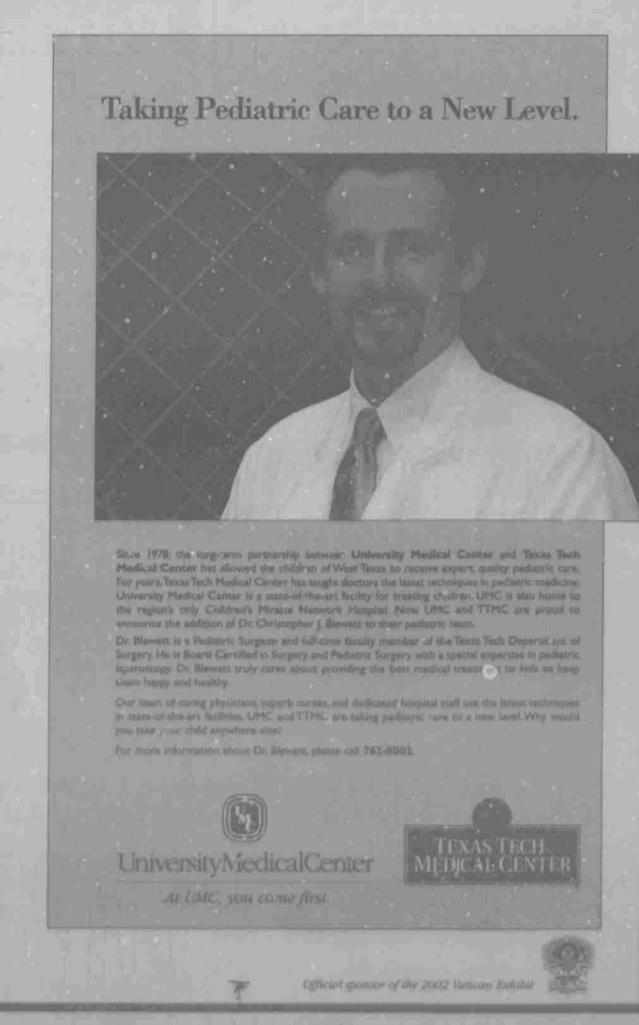
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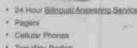
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Tiger Woods Retards Civil Rights

By Ron Walters

Like everyone else. I like to watch Tiger Woods play and frel good when he wins. But every now and then, he says or does something that reminds me of the terrible wasted resource that he also represents to black America. The first time was the negation of his blackness with his pronouncement that he is a "cabianasian," his word to recognize that his ancestry is Caucasian, Black and Asian.

This time it is Woods' state-



is pewerless to do anything about it had a deeper meaning. I am not a golfer and don't follow it much until Tiger plays and I didn't know that Georgia's Augusta National Golf Club, which hosts The Masters golf tournament, also excludes

In fact, what we have here is a culture that until recently, as everyone knows, also excluded blacks, Jews and anyone else who was not a white male. This fact of white maleness that has characterized golf is, ironically, pan of the angst expressed privately and subtly in public by those who are chagrined that Tiger Woods, a black person, stands at the top of a formerly all white sport. It is the same fact that undergirds the resentment that has dogged the Williams sisters who have come to dominate the tennis world.

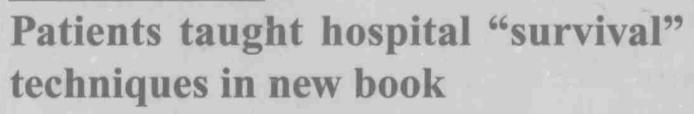
So, it's the issue of the courage of Woods to challenge the remaining barriers to the civil rights of women in his sports and in so doing, contribute his considerable credibility to the remaining struggle against blacks in golf, teamis, hockey and other sports where blacks and women have met grudgi ig acceptance or

But it seems as if Woods has cold feet in using the force of his global personality, financial resources and public acclaim to fight. Rather, he appears, like Michael Jordan, to be cautious in doing anything that would interfere with the economies of his position. The pressure of fan appeal, the endorsements for consumer products, the public appearances, the reception of his peers and the golf establishment, all challenge him to accept its culture.

The problem for the black half (one-third?) of Woods is that so much of the golf culture has run contrary to the push for human rights, and it is sad to see him come into his power and not use it to try to move the mountain of discrimination out of the way for oth-

Rather, he has accepted the most conservative strategy of change—the role-model strategy of winning the most golf tournaments, making as much money and cultivating the most public esteem as possible, and by chance someone may try to emulate his example. That is what too many black athletes, entertainers and other high-profile blacks have done and it is the least powerful weapon in our quiver because it is the most complex and takes the longest to achieve.

who must spend time in a hospi-



"HOW TO SURVIVE A STAY IN THE HOSPITAL WITHOUT GE ITING KILLED is a must-have guidebook filled with information about what everyone needs to know to protect themselves or loved ones from 'minor' mistakes and catastrophic errors that can and do occur in the hospital," says author Mary Lome Davis, LVN. In easy-to-understand language, and in clear and concise point-by-point format, Ms. Davis tells the reader what kinds of errors healthcare workers sometimes make and what patients

need to do to protect themselves

from becoming victims.

"The most important point I make in the book is that you must talk to and listen to your doctor. Be sure to communicate with him or her. If you don't, you might as well wear a neon sign that reads, 'I'm open to mistakes'," says Ms. Davis. And, she adds, "Don't take anything for granted. Assume nothing. Assumptions can, and often do, kill Merran to along place our

Ms. Davis says "this book is not intended to discourage people from going to the hospital. Armed with information found in HOW TO SURVIVE A STAY IN THE HOSPITAL WITHOUT GETTING KILLED, anyone

tal will ensure their stay is safer, more comfortable, and less frightening. I want people to know that they can and must monitor their care in the hospi-Ms. Davis was prompted to

write this book after her own stay in the hospital as a patient. The experience made her realize how vulnerable the uninformed patient can be, so she interviewed other healthcare workers and patients and also drew on her medical background and 20 years' experience as an LVN to produce the book. As both a healthcare provider and the victim of a medical error, Ms. Davis knows what it's like to be on both sides of the fence. She likes to say, "I've been there and done that."

Mary Lome Davis, a native New Yorker, has worked as an LVN in many healthcare facilities in both New York and California. An accomplished performer (Broadway: the origina! cast of Hair, Bubbling Brown Sugar, also movies and commercials), Ms. Davis' first book; Letting Down My Hair (1973); was about her experiences in the "tribal love rock" musical and is due to be reissued in 2002. Her interests include animals, the arts, cooking, music, reading Sydney Sheldon's novels, and word puzzles. She also enjoys sports, thoroughbred horse racing, and watching TV cooking

AOIP is an organization engaged in an overall community-building approach to addressing the root cause of all ills among Black and similarly-suited minorities. AOIP's overall objective, via this interorganization coalition, is to begin immediately to transform the discrete communities within Black America, through pride-installing "togetherness," into a Shining Oasis of hope that all therein will not only be motivated to learn and become productive parts of our wonderful communities, but also there will be less desire to abandon support for Black-led organizations that have opened economic and other doors for Blackowned businesses, professional entities, Black churches, etc.

By inordinately integrating the communities and social and other institutions developed by (and for) other ethnic groups, AOIP has a redemptive mission of completing the "unfinished work of Dr. Martin Luther King Jr." The information listed below about your organization should, as best possible, be focused on what your group is doing to heip completed that "unfinished work."

Lubbock Area Client Council Second Saturday * 1:00 pm * Mae Simmons Community Center

Hub City Kiwanis * Every Tuesday Night * 7:00pm * 1708 Avenue G.

Dunbar Alumi Social | Saturday 4pm Booker T. Washington America Post 808 2nd Tuesday- 7:30

Forgotten West Riders * First & Third Monday* 7:00 pm * T. J. Patterson Library

East Lubbock Chapter AARP • Every 1st Thursday at 1 pm • Mae Simmons Community Center, Oak and 8th St.

your monthly meetings. If you would like for an announcement to appear in this column, please get it to us in writing by mailing it to: Community Meetings C/O: Southwest Digest P.O. Box 2553 Lubbock, Texas 79408 or bring it by the Southwest Digest office at 902 East 23rd Street

We would like to publish



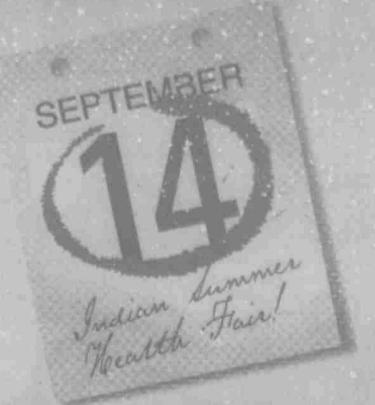
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Will mow, paint, tile Boors and walls, formica work, small plumbing and electrical work, acoustic and sheetrock, concrete and carpentry. Will even run errands for you if you can't get out. If there is something we forgot, just ask. Maybe with God's will we will know how to fix it.

Call A.J. (806)-549-1969



It's the Covenant Health System Indian Summer Health Fair!

Join us on Saturday, September 14th, from 8:00 a.m. until noon, for our Indian Summer Health Fair at Knipling Education/Conference Center. Everything's free, and we'll have refreshments, gifts for all participants and drawings for great door prizes! Mark your calendar and make plans to come for the following services:

- Blood Pressure Screenings
- Cholesterol and Glucose Screenings (fasting suggested)
- PVD (Peripheral Vascular Disease) Screenings
- Massage Therapy
- Excercise and Cooking Demonstrations
- Body Fat Testing
- Respiratory Screenings
- And Much, Much More

Saturday, September 14, 8 a.m. - noon Knipling Education/Conference Center 21st and Louisville, 6th Floor of Parking Garage

For more information, call 725-6347.

Covenan Health System

