

# God Bless America!

# Southwest Digest

July 25 - July 31, 2002

50¢  
Worth More!

802 E. 23th Street  
Lubbock, Texas  
Phone (806) 762-3612

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Independent Pictorial Newspaper for All People • Primarily Serving the Black Population of Lubbock County and the Surrounding Area • Black Press of America

## National News

### J.C. Watts: Thoughts Enough

**Representative J.C. Watts Announced His Retirement**

Stating a need to spend more time with his children and to improve his earning capacity, Rep. J.C. Watts (OK) announced his retirement from the House at the end of his term. Watts is the only African-American Republican member of the House of Representatives.

Watts is one of the fourth highest committee heads but has vehemently complained of being left out of decision making, and request to make improvements in his district has faltered on deaf ears.

Watts rejected the invitation to joining the Congressional Black Caucus (CBC) but members of the CBC said that he was an invaluable source of information—determining their action on many bills before the House.

When the lack of diversity in the House is mentioned they immediately point to J.C. Watts. Is he their "Poster Boy", some seem to think so. Your action might ... Just might be a wake-up call to the Genera and Sister Girl.

**Statement By The President**

Congressman J.C. Watts has served the people of Oklahoma and the United States with honor and distinction as a Member of the U.S. House of Representatives. J.C. Will leave behind a legacy of compassion and commitment to Public service. He has been a leader in highlighting the success of faith-based and community-based organizations, and thanks to his efforts, these organizations may soon have additional resources in their fight against abuse, addiction, and poverty. His leadership was recognized by members of his Party, and as Chairman of the House Republican Conference Committee, J.C. has effectively promoted the positive agenda of the Republican Party.

Though his tenure in the House is ending, he still has many talents to offer his country, and I know he will continue to contribute. J.C. is a good friend, and Laura and I wish J.C. and his wife Frankie and their family the best and thank him for his dedicated service.

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## Rev. Leon Armstead Receives An Honorary Doctor Of Divinity

The pastor of the Greater St. Mark Baptist Church, Rev. Leon Armstead, has received his Honorary Doctor of Divinity degree from the College of Biblical Studies and Theology in Los Angeles, California, as of July 21, 2002.



The diploma reads: "Stands distinguished for attainments in Biblical Theology, for steadfast loyalty in New Testament Christianity, and for eminent ability as a Gospel preacher and missionary of our Lord Jesus Christ."

Continuing it says: "Having accomplished a satisfactory course of instruction in Bible and related subjects prescribed by this College and having manifested a consistent Christian Life and commentary seal in practical Christian work. Wherefore: By virtue of the authority vested in this college as an educational entity and by the laws of the St. Stephens Educational Bible College does hereby confer the title and degree of: Honorary Doctor of Divinity."



The Rev. Leon Armstead, Pastor of St. Mark Baptist Church, Los Angeles, California, receiving his Honorary Doctor of Divinity degree from the College of Biblical Studies and Theology, Los Angeles, California, July 21, 2002.

## First Woman Inducted into American Peanut Council's Peanut Hall of Fame

*Executive Director of Texas Peanut Producers Board Receives Industry's Highest Honor*

Mary Webb, Executive Director, Texas Peanut Producers Board, located in Gorman, Texas, was inducted into the American Peanut Council's Peanut Hall of Fame. She is the ninth inductee and the first woman elected to the U.S. peanut industry's highest honor.

Mary Webb accepted the position of Executive Director, Texas Peanut Producers Board in 1982. Her responsibilities have included carrying out the programs of research, promotion, and market development on behalf of the Texas Peanut Producers Board of Directors. She is a long-time member of the Board of

Directors of the American Peanut Council and is currently serving on the Board of The Peanut Foundation as well.

In addition to her duties as Executive Director of the Texas Peanut Producers Board, she is the Executive Secretary for the Texas Peanut Grower's Association, representing the Association on the Texas Agriculture Council. She has served on the Steering Committee of the Texas Ag Forum since 1982 and has served as Chairman.

Gov. Ann Richards appointed her Chairman of the Texas Agricultural Finance Authority where she served for six years.

She is married to Tommy Webb and has three children and six grandchildren.



## For the Love of Rilya, We Need to Fix the Black Family

Kimberley Jane Wilson is a member of the African-American leadership network Project 21's National Advisory Board and a conservative writer living in Virginia.

Last year, I wrote a column asking "Whatever Happened to Chandra Levy?" It turns out Chandra's been dead in Rock Creek Park—just a few miles from her Washington, DC apartment. This mystery is finally over.

In Miami, Florida, however, a beautiful black child named Rilya Shemise Wilson is still missing. She's been gone for over a year, and her disappearance hasn't received the attention given to Chandra's case.

Born in 1995 to an addicted mother who couldn't take care of her, Rilya was a ward of the Florida foster care system. She

was eventually sent to the home of Geryl and Pamela Graham. This is where the story turns both bizarre and tragic. The social worker assigned to Rilya's case was supposed to meet monthly with the Graham sisters. She didn't. We now know the social worker was accused of falsifying papers and allowed to resign.

According to Geryl and Pamela Graham, "a professional looking woman" claiming to be a case-worker from the Florida Department of Children and Families took Rilya from Graham's home in January of 2001. That's the last time anyone saw Rilya.

When it was determined that Rilya was no longer in the Graham home, social workers waited before calling the police. An internal memo dated

## South Plains College, City Of Lubbock Teaming Up To Offer Basic Fire Academy

LUBBOCK - Applications are being accepted to the South Plains College Basic Fire Academy starting August 26.

"The Basic Fire Academy training course will teach students how to become fire fighters," said Lubbock Fire Department District Chief and SPC Fire Academy Coordinator Chris Angerer.

"The academy will be able to give them the things they need to pass the state test and become a firefighter anywhere in the state of Texas."

The City of Lubbock and South Plains College are teaming up to offer the academy to meet the need for more firefighters in the South Plains area and Lubbock fire departments.

"Putting the training aspect of the fire academy with a community college has been proven to be a better situation for the fire department and the community college," Angerer said. "Other fire departments in Texas have teamed up with local community colleges, and it has many advantages."

With a new law requiring four fire fighters present at the scene of a building fire before two can enter, and retirements across the department, the Lubbock Fire Department is projecting a need to hire approximately 12 new fire fighters each year for the next three to four years. Currently there are 237 fire fighters in the Lubbock Fire Department.

"The partnership between South Plains College and the City of Lubbock will help meet the projected workforce need for the South Plains College service area, including the City of Lubbock," said Jamie Biggers, dean of technical education at SPC.

SPC will also offer options for students to receive a fire technology associate degree, a fire inspector certificate, a fire and arson investigator certificate and a fire officer I and II certificate.

"After completing the SPC Fire Academy, graduates will be eligible to take the state firefighter certification test and be employable by fire departments throughout the South Plains and Texas," said Angerer, who was recently named Firefighter of the Year by the Lubbock Fire Department.

With the new academy format, the Lubbock Fire Department will also have more flexibility in offering continuing education and advanced training for current firefighters.

After making application to the academy, potential students will participate in a skills assessment test July 15 or 27 and a physical ability test. Applicants who pass the skills assessment test, physical ability test and a criminal background check will be scheduled for an oral interview. Twenty-five students will be admitted into the first South Plains College Fire Academy.

The academy begins August 26 and will end May 16, 2003, following the SPC calendar. Class will meet from 6-10 p.m. Monday, Tuesday and Thursday and from 8 a.m. -5 p.m. on Saturdays. Class will be taught at the Lubbock Fire Training Academy at 1515 E. Ursuline St.

Financial aid is available for qualified applicants. For more information or to apply, call Angerer at 747-0576, ext. 4912.

**SPC Fire Academy**

By the Fire Department  
Public Education  
What's in it for me?  
You'll be a Firefighter!  
We provide  
completing the  
academy and you'll  
receive a  
certificate and  
a fire officer I and II  
certificate

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# Fashion Fun

by Shirley Roberson

## EXPERIENCE THE MAGIC OF COLOR

If you are fashion conscious, it is a necessity for you to also be color conscious. The two go hand in hand, one will not work fashionably without the other. Let the brightness, sharpness and brilliance of color supply you with additional self gratification and compliments. Let go of your color restrictions and limitations, feel free to be generous with colors. When it comes to fashions, you must exhibit courage, firmly display your boldness.

Experiment, you should be eager to try new things and by all means change your dull color code.

Instead of wearing the two basic color combination, try three or even four colors together, it will certainly produce a more positive colorful difference.

Let your imagination with colors run wild, light up your world and the world of people around you, simply by adding a little more color. God's creation of the rainbow is absolutely breath taking because of its many vibrant colors, and the intensity of color could possibly be your answer to even a more beautiful you,

### VISUALIZE THESE COLOR COMBINATIONS

..... navy, yellow & hot pink; silver, red & black; purple & red; red & yellow; pink, white & navy; orange & yellow; lime, orange & yellow; royal blue, gold & red;



lavender, orange & yellow; lavender & silver; silver, red & purple; mint green, hunter green & gold; grey, rose & banana

Play with colors, find out what looks great on you, and please don't stop there, more color?... why not? Most African American women are blessed abundantly, we can easily wear loud, bright, vivid colors, and of course we wear them well, so go for it.

"MENTAL VISION" PURPLE OUTFIT, IT COULD BE A DRESS, TWO PIECE SUIT OR PANTSUIT, PURPLE OR SILVER ACCESSORIES, PURPLE HAND BAG. LASTLY... STEP INTO A PAIR OF BEAUTIFUL CANDY APPLE RED HIGH HEELS, NOTHING IS RED EXCEPT YOUR HEELS. YOU ARE AT THIS VERY MOMENT, PERFECTLY AND FASHIONABLY DRESSED TO A TEE. NOW... YOU WATCH EVERYONE .... WATCH YOU

NEXT ISSUE... NAILS, BEAUTIFUL HANDS Tip... for your total fashion look, always wear a smile

Fashions....just for the fun of it



## Lord's Will, I Will.

SEAMAN JERMEY MORRISON GRADUATE CLASS OF 2001, AT ESTACADO HIGH SCHOOL, LUBBOCK, TEXAS. ENLISTED IN THE NAVY, HE IS SEAMAN E-2, ON THE USS MOUNT WHITNEY (LCC120) (FPG-AE 09517-3310), FLAG SHIP ONLY TWO IN THE NAVY.

HE IS RETURNING FROM GERMANY, POLAND, DENMARK, IRELAND, ROTTERDAM AND PORTUGAL.

HE IS A INFORMATION TECHNICIAN. THANK GOD HE WANTS TO SERVE HIS COUNTRY. JERMEY IS THE SON OF MYRA MORRISON, AND HENRY GOODMAN, AND GRANDSON OF BENNIE VERN MORRISON, AND BILLY B.J. MORRISON, III.

**South Plains College**  
YOUR FUTURE STARTS HERE

Be a career pioneer in one of South Plains College's 78 career programs. Good-paying jobs for both men and women can be found in demand occupations such as law enforcement, nursing, electronics technology, accounting, child development and mechanical trades, among others. South Plains College can help you imagine the possibilities. To learn more, call us or visit our web site.

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Small Classes • Teachers Who Care • Flexible Class Schedules  
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Affordable Tuition & Fees • Financial Aid

**Fall Registration Begins Aug. 21**  
Classes Begin Aug. 26 • Late Registration Aug. 26-30

Call 806-894-9611  
ext. 2374, 2375 - Enrollment Details & Registration Permit  
ext. 2366, 2368 - New Student Orientation

[www.southplainscollege.edu](http://www.southplainscollege.edu)

An Equal Opportunity Educational Institution  
Great support provided by the Texas Higher Education Coordinating Board under the Federal Carl D. Perkins Vocational and Technical Education Act of 1998.

## Wheatley Leadership Academy

Future leaders met June 26th-28th at Wheatley Elementary to learn skills that will help them as they grow into leaders. Students entering 5th and 6th grade were selected to attend the Leadership Academy based on grades, leadership abilities, and citizenship. Seven participants spent three mornings learning what a leader is, speech writing, discussing campaigns, doing volunteer work, and making power point presentations. Students even looked into Lubbock's City Council and the campaign platform of T.J. Patterson. On Friday students had a chance to present their speeches at a luncheon at Skyviews restaurant. Students involved were Nikendra Sylvester, Courtney Johnson, Donnie Bryant, Christina Gomez, Joletha Scott, Laura Rios, and Fredrick Johnson.

## JAY'S CORNER

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People Really Care" and Rev. Billy R. Motor is pastor. Our doors are always open for those of you who are looking for a church home. So come and be a part of the New Hope Family.

Services began last Sunday morning with Sunday School at 9:30 a. m. with all teachers present and on time. For thirty minutes, the students received thirty minutes of instruction. This was followed by teachers and students marching to the main auditorium where highlights of the morning lesson were given.

The morning devotion was conducted at 10:45 a.m. and was led by Brother Hardin Barrow and Sister Lottie Barrow. They were assisted by the Praise Team. What a time in the Lord was had.

The Senior Choir marched in the morning processional singing out of their hearts and souls for the Lord. Altar prayer was offered by Rev. Bonita Sanders. After a selection by the Senior Choir, Brother David Williams read the morning scripture. The morning prayer was given by Brother Curtis Gipson. Another selection was sung by the Senior Choir. The responsive reading was done with the congregation standing and led by Sister Tyronda Vines. The morning hymn was "I'll Be Singing Up There."

After the singing of another selection by the Senior Choir, the morning sermon was delivered by Rev. Aubrey Brickey. His subject was "Give Your Best And Let God Do The Rest." His scripture text was Matthew 4:18-22. Rev. Brickey brought forth some very interesting information. May God continue to bless him and his ministry. After an invitation to discipleship was extended, Sister Anita Henry read the morning announcements. All visitors were welcomed by Brother Harry Stokley.

The Annual Ushers' Day was a success last Sunday afternoon at New Hope. President Vickie Kendrick wants to thank all of the ushers who participated.

Let us not forget the 3rd Annual Women's Prayer Retreat which is set for August 16 and 17, 2002 at the Ark in Amherst, and will close out on Sunday, August 18th with morning worship services. This year's theme is "Renewed Strength." (Isaiah 40:31) Registration fee is \$25.00 per person, and the deadline is Tuesday, July 31st. If there is any lady who would like to work with this special, then contact either Sister Elvora Dyer or Sister Joan Y. Ervin.

Let us not forget the Annual New Hope Baptist Church picnic which will be held at the Booker T. Washington Park, across the street from the church, on Saturday afternoon, August 3, 2002. It is good for God's people to fellowship. What a wonderful opportunity.

The West Texas Baptist District Association will convene in Odessa, Texas on August 5 through 8, 2002.

The members of New Hope are invited to be guests of the Rising Star Baptist Church on August 16, 2002.

Let us continue to pray for and visit those who are shut-in in our community. There are many among us, so let's not forget them. Also, let us not forget those who have lost loved ones. Remember, God is able!

### Legal Notice

Request for Proposals:

Competitive Sealed Proposals FOR

WEST HALL QUARRY GARDEN for The Texas Tech University System Lubbock, Texas Project No- 9P-22Q

Competitive Sealed Proposals will be received for the following project:

Texas Tech intends to construct an approximately 1/2 acre landscape garden consisting of an accessible pathway through a garden of historic limestone relics and plantings in Lubbock, TX with a total project budget of \$100,000.00.

By: 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 until 2:00 PM, THURSDAY, AUGUST 1, 2002

Proposals received after closing time will be returned unopened; Proposals may not be withdrawn within sixty (60) days after the opening date.

The RFP and further information can be obtained by accessing the

Texas Marketplace <http://esbd.thpc.state.tx.us/1380/sagency.cfm> GSC Class Item No 650.08

Texas Tech receives 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 encouraged to participate.

For additional information contact the Texas Tech University System:

Project Manager Jason Hodges. Contact via phone (806) 742-2116. Fax 806-742-2241 or e-mail: [jason.hodges@ttu.edu](mailto:jason.hodges@ttu.edu).

### Legal Notice

Request for Qualifications:

DESIGN PROFESSIONAL SERVICES FOR

Hulen Clement Food Court Project Number 02-11 and Hulen Clement Life Safety Upgrade Project Number 02-09 for The Texas Tech University System Lubbock, Texas

Separate Statements of Qualification will be required for the following projects:

- Texas Tech intends to design and renovate an existing 16,900 GSF Dining Facility to create a multi-vendor food court for the Hulen Clement Residence Hall Complex in Lubbock, TX with a total project budget of \$4,400,000.00.

- Texas Tech intends to design and construct a multi-year project to upgrade life safety features (fire sprinkler, alarms, partitions, doors, and egress routes) in several residence hall complexes. The total budget for the four to five year project is approximately \$9,000,000 with all construction work accomplished between May and August of each year. The first project will upgrade the 185,000 GSF Hulen Clement Residence Hall Complex in Summer 2003.

- Interested firms should submit separate Statements of Qualifications for each project after reviewing the Request for Qualifications

Base Services: Planning, Programming and Schematic Design  
Optional Services: Design Development, Contract Documents, Construction Administration

By: 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

until August 6, 2002 @ 3:00 p.m. (CDT).

Responses received after closing time will be returned unopened. Responses may not be withdrawn within sixty (60) days after the opening date. The RFQ and further information can be obtained by accessing Texas Marketplace

<http://esbd.thpc.state.tx.us/1380/sagency.cfm> GSC Class Item No 906.07. Texas Tech reserves the right to accept or reject any or all Responses and to waive any and all formalities.

The Texas Tech University System is an Equal Opportunity Employer and all Historically Underutilized Businesses are encouraged to participate. Additional information or questions regarding the Hulen Clement Food Court project Request For Qualifications should be addressed to the Texas Tech University System Project Manager Richard A. Richeda. Contact via phone (806) 742-2116; Fax 806-742-2241 or e-mail: [rick.richeda@ttu.edu](mailto:rick.richeda@ttu.edu). Additional information or questions regarding the Hulen Clement Life Safety Upgrade project Request For Qualifications should be addressed to the Texas Tech University System Project Manager Michael Knight. Contact via phone (806) 742-2116; Fax 806-742-2241 or e-mail: [michael.knight@ttu.edu](mailto:michael.knight@ttu.edu).

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Nobody wants to talk about it, but our communities have a lot of children like Rilya. Once upon a time and not so long ago, the black family had an answer for them. For example, when my great aunt died, my grandmother took in my great aunt's orphaned children and raised them alongside her own. Twenty years later, when my grandmother had just retired and was looking forward to traveling and relaxing for the first time in her life. She took in my cousin under similar circumstances.

Grandma wasn't a rich woman and she wasn't in perfect health. She didn't need the hassle of another child, but another child needed her. With no fanfare or fuss, she stepped up again and took the baby into her home. She lived to see the baby boy grow up, graduate from college and start a career. He became her greatest pride.

This type of behavior used to be common. The very idea that a black child would end up in the state's care was once rejected in the black community. Family took care of family.

I wish there had been someone like my grandmother in Rilya Shenise Wilson's life. The appalling time lapse between her disappearance and the notification of the police pretty much ruined any chance that a happy, healthy Rilya will ever come home. I pray some trace other and her fate will someday come to light.

Some people look at this case and want to blame the system. To an extent, they're correct. The system failed this child. Some want to blame politicians and whites who have "kept the black family down." For the love of Rilya — or at least for love of her memory — the black family has got to find a way to recover its old strength.

It's disturbing that not one single adult mixed up in this story has publicly admitted to failing to do right by this child. It's even more disturbing to see the two most important questions about Rilya's life go unanswered: Where is this child and why did it take so long for anyone to care?





# CHURCH DIRECTORY



**WE THANK GOD FOR JESUS**  
"I GIVE GOD HIS PRAISE"

MATTHEW 28:19, JESUS SAID, GO YE THEREFORE, AND TEACH ALL NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY GHOST.

WHEN JESUS SAID, GO PREACH, THE GOOD NEW TO THE DING WORLD, IT WAS NOT DONE; NOW LOOK AT THE CONDITION OF MEN, WOMEN, BOYS AND GIRLS. GALATIANS 6:7,8, BE NOT DECEIVED; GOD IS NOT MOCKED; FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP. FOR HE THAT SOWETH TO HIS FLESH SHALL OF THE FLESH REAP CORRUPTION; BUT HE THAT SOWETH TO THE SPIRIT SHALL OF THE SPIRIT REAP LIFE EVERLASTING.

THE CHURCH WENT WITH THE DEVILS MESSAGE; GIVING OUT RIGHTS, JESUS WANTED THE WORLD TO KNOW: I M THE WAY, THE TRUTH AND ETERNAL LIFE.

PSALM 67:4,5, O LET THE NATIONS BE GLAD AND SING FOR JOY; FOR THOU SHALT JUDGE THE PEOPLE RIGHTEOUSLY, AND GOVERN THE NATIONS UPON EARTH. SELAH. LET THE PEOPLE PRAISE THEE, O GOD; LET ALL THE PEOPLE PRAISE THEE. \*\*\*\*\*WILL AMERICA PRAISE GOD?\*\*\*\*\*

THE RIGHTS OF MAN; ARE THE DEVILS RIGHTS, THAT ARE WRONG, WE NEED NOT TO BE ASHAME; LETS LIFT JESUS; HE IS ON HIS THRONE.

PSALMS 96:1-3, O SING UNTO THE LORD A NEW SONG; SING UNTO THE LORD, ALL THE EARTH. SING UNTO THE LORD. BLESS HIS NAME; SHEW FORTH HIS SALVATION FROM DAY TO DAY. DECLARE HIS GLORY AMONG THE HEATHEN, HIS WONDERS AMONG ALL THE PEOPLE.

I BILLY B.J. WAS A SLAVE; TO THE WORLD OF SIN; THE DEVIL HAD ME, I WAS NOT A SLAVE TO THE WHITE MAN; BUT THANKS TO JESUS: I M FREE.

PSALM 40:1-3, I WAITED PATENTLY FOR THE LORD; AND HE INCLINED UNTO ME, AND HEARD MY CRY (MATTHEW 11:28\*). HE BROUGHT ME UP ALSO OUT OF AN HORRIBLE PIT(OF SIN), OUT OF THE MRY CLAY(HOG PEN), AND SET MY FEET UPON A ROCK, AND ESTABLISHED MY GOINGS, AND HE HATH PUT A NEW SONG IN MY MOUTH, EVEN PRAISE UNTO OUR GOD; MANY SHALL SEE IT, AND FEAR, AND SHALL TRUST IN THE LORD, \*\*\*THE NEW SONG\*\*\*

DIDNT NOBODY; HAVE TO GIVE UP THEIR SEAT: ON THE CITYBUS, MY FREEDOM CAME FROM UP ABOVE; AND GOD SAID: THAT IS ENOUGH

JOHN 3:17, FOR GOD SENT NOT HIS SON INTO THE WORLD TO CONDEMN THE WORLD; BUT THAT THE WORLD THROUGH HIM MIGHT BE SAVED.

DIDNT NOBODY; HAVE TO GET HIT; WITH THE POLICE BILLY CLUB, MY FREEDOM CAME FROM HEAVEN; IN THE NAME OF GOD'S OWN LOVE.

MATTHEW 4:10, JESUS SAID, GET THEE HENCE, SATAN; FOR IT IS WRITTEN, THOU SHALT WORSHIP THE LORD THY GOD, AND HIM ONLY SHALT THOU SERVE.\*\*\*\*Is AMERICA WORSHIPPING GOD\*\*\*\*

DIDNT NOBODY; HAVE TO GET BIF; BY THE POLICED DOGS, MY FREEDOM CAME FROM JESUS; HIM DIEING ON THAT OLD CROSS.

GALATIANS 5:1, STAND FAST THEREFORE IN THE LIBERTY WHEREWITH CHRIST HATH MADE US FREE, AND BE NOT ENTANGLED AGAIN WITH THE YOKE OF BONDAGE.

DIDNT NOBODY; HAVE TO GET SPRAYED; WITH THE FIREMANS WATER HOSE, MY FREEDOM CAME THAT SUNDAY MORNING; WHEN JESUS CHRIST AROSE.

JOHN 8:31,32,36, JESUS SAID, IF YE CONTINUE IN MY WORD, THEN ARE YE MY DISCIPLES INDEED; AND YE SHALL KNOW THE TRUTH, AND THE TRUTH SHALL MAKE YOU FREE. IF THE SON THEREFORE SHALL MAKE YOU FREE, YE SHALL BE FREE INDEED(TRULY).

I M JUST A NOBODY, TRYING TO TELL EVERYBODY, ABOUT SOMEBODY, WHO CAN MAKE FREEDOM FOR ANYBODY.

WRITTEN BY EVANGELIST BILLY B.J. MORRISON, 111, YOUR BROTHER IN CHRIST JESUS.



## from the Desk of Parson D.A. Smith "Wealthy, but Unhappy"

Some people who are believers of the faith think all of their problems would be solved if they had a vast amount of money and material goods. They fantasize about purchasing an elaborate house or an expensive automobile, about taking exotic trips in far off places. They even dream of being able to shop at leisure on extravagant shopping sprees.

The underlying assumption is that accumulating material goods will ensure happiness in life. Needless to say, some of the saddest people in the world are those who possess great wealth. And at the present state, and the way that our economic system is heading, many who have placed their faith in money and material goods will find themselves in a state of emotional shock. These people have placed their trust in the political, business and financial community.

David E. Rosenblum of the

New York times said "As Americans see their life savings diminished daily by falling stock prices and as an election approach that will determine which party control Congress and the Bush legislative agenda for the next two years, President Bush may have hard time getting his message heard because no prominent member of his economic team is regularly reassuring the public that the government's policies are sound."

Rosenbaum may be right. Alan Greenspan, the powerful chairman of the Federal Reserve, presents his monetary policy report to both houses of Congress. A few days ago Mr. Greenspan testified before the Senate Banking Committee to try to soothe the markets. However, his remarks did little to calm extremely volatile markets. They remain sensitive to every new economic statistic and every new corporate earnings report, and the underlying trend continues to be

downward.

It is no secret that the markets have been jittery, and depressed for months. On most days in recent weeks, trading has glowed in shades of red as billions were wiped off share prices. Besides the indiscriminate stock markets nervousness lies the largest and fastest rise and fall in business history—the telecoms crash. The telecoms bust is said to be some ten times bigger than the better-known dot com crash. There is good reason to worry about a recession and if one can retire early or have to postpone retirement.

It is said that American household spending has held up well in spite of the fall in equity prices because mortgage rates are low, the housing market has stayed buoyant, and incomes have also been rising. Business investments have remained weak. However, productivity has stayed unexpected strong and since inventories are running

low, some restocking is like to take place which will keep a spark in the economy.

In the midst of our present state of economic turmoil there are those who are invested with such wealth that they will never spend it in this life time. However, for some, their riches cannot alleviate the loneliness, fear and uncertainty that haunt them.

Jesus does not censure His people just because they are rich. In fact, He is pleased when we use our wealth in responsible ways. Nevertheless, Christ warns against selfishly stock piling worldly treasures. When we give money the highest priority in our lives, we look to it for security and happiness, rather than look to the Lord. The love of money blinds us to what is most important. We soon forget that true joy and peace are found in worshiping and serving God, not material wealth.

## Calling Lubbock!

**New Life Lecture Series**

*Mae Simmons Community Center*  
23rd & Oak Ave.  
Lubbock, TX. 79404

**Pastor James Roberts - Speaker**

*Grand Opening - Sunday Night*  
August 4, 2002  
7:00 P.M.

**Topic: Cosmic Conflict**

Inspirational Music Prizes  
Gifts Fellowship

.....And Much More.....

## BE THERE !!

### Bethel African Methodist Episcopal Church

2202 Southeast Drive  
806-744-7552  
Pastor's study 806-741-0208  
dpoe@bethel@aol.com

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 Our Father, Christ Our Redeemer,  
Man Our Brother"  
Pastor: Danny R. Poë

## The Outreach Prayer Breakfast

We are still reminding our readers of this scripture, II Chronicles 7:13-14. Are you listening?

"He said, if I shut up heaven that there be no rainy or if I command the locusts to devour the land, or if I send pestilence among 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."

My good people, let us not forget these scriptures. He has already warned us of what will happen if we do not listen to him. Oh yes; He is God all by Himself. He's still in control! SOMETIMES, we feel as though we can do on our own, but we can't. We need Him in everything we do.

WITH THAT IN MIND, let's continue our drive by prayers, no matter where we may be. Just call on him when we are in the grocery store, barber shop, beauty shop, in the mall, or just driving around our neighborhood. Just think what would happen if we drove at the same time and prayed the same prayer for our community. Wouldn't it be a much better place for all of us to live.

Let us not forget those who are sick and shut-in this week.

One never knows, it could be one of us next week. Prayer changes things. We know God is able!

The members of the Outreach Prayer Breakfast would like to hear from you. We'd love to hear some suggestions you may have. Just drop us a line at: Outreach Prayer Breakfast, P. O. Box 1223, Lubbock, Texas 79408. We're looking to hearing from you in the near future.

Have you had an opportunity to witness with some of our young people since school has been dismissed for the summer? Just thought what a good opportunity it would be for those of us who are more experienced to encourage our young people. Maybe if this is done, come this fall, more of us will visit the public schools in our neighborhood. Our young people are watching what we do. So let's get involved with them this upcoming school year. After all, we were all young people years ago. Right?

Thanks for reading each week. Precious People. We're just happy you look forward to this column each week. With the help of God, we will continue with vigor.

Let us help Sister Burleson in the pageant. Give food to the needy. Keep doing intercessory prayers for your neighbors and enemies. Also for your friends and for this Outreach Prayer Breakfast Group. God bless each of you is our prayer.

Sister Dorothy Hood, president; Sister Christene Burleson, vice president; and Sister Joyce Ross, secretary.

## Get To Work!



You know, with Citibus, there's always a ride to work. It depends on where you live, but it's always there. What are you waiting for? Everyone on the bus!

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## water wisely

**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. If 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 off your sprinkler system on windy and rainy days. By following these simple tips, you will help us prevent water run-off.

**Q. How do I know how much water to apply on my particular kind of grass?**

**A.** This applies during the growing season. See chart below.

Types of Grass	Watering Frequency
Buffalo Grass	Every 2 weeks
Tex-turf-10	Every 7 to 10 days
Bermuda	Every 4 to 6 days
Fescue	Every 4 days

With the exception of fescue, which needs to be watered approximately every 2 weeks during the winter months, the above grasses go dormant in the winter and do not need to be watered.



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### MRS. SARAH BUNTON-JOHNSON HONORED BY FAMILY

From dawn to dusk was the Bunton Family Reunion which was held July 4th in Booker T. Washington Park. There was fun and games as well as good food. All enjoyed everything very much. But during this reunion, something special happened.

You see, Mrs. Sarah Bunton-Johnson was the honoree of the hour. She comes from a family of fourteen children and is the only living survivor of that family. Her parents were the late Mr. and Mrs. Harvey Bunton, Sr. Her husband was the late Edward Johnson. She is honored to have five generations in her immediate family, ranging in all ages.

She is known to some as Aunt Sarah and Aunt Monk. During the course of a day, she still manages to keep up with the whereabouts of her children, grandchildren, nieces and nephews, and other family members.

If you would ask her, she would tell you she is looking forward to her birthday on August 3. At that time she will be 87 years young.

There were more than 100 people in attendance. Traveling the farthest was Mr. and Mrs. Harlan Bunton from Indianapolis, Indiana.

The Bunton family is one of the oldest Black families in Lubbock. They came from Rockdale and Cameron, Texas in the early 1930s.

Mrs. Sarah Johnson, is a member of the 20th St Birch Church of Christ.

It was reported the Bunton Family Reunion was enjoyed by all in attendance. But most of all, it was the enjoyment of getting re-aquainted with each family member.



## Strength for Today; Hope for Tomorrow

by Gerald Jackson

Have you ever seen or do you know those types of people that seem to have a magnetic personality? They are the types of people you just want to be close to or spend some quality time with. What is it about these types of people that makes you want to spend time with them? I have had the opportunity to observe these kinds of people up close and at a distance and I have found that they all have at least one thing in common, they have the ability to make you feel that you are important, that you're somebody special. It doesn't matter who you are or are not, what you have or do not have, where you live or do not live, you are important, you are valuable, you matter. The people who make you feel this way have the ability to draw you into their presence and make you feel as if you belong.

Don't you wish there were more people like that around? Actually, there are lots of them around, they are just hard to find sometimes. All of us need people to come into our lives and bless us by their presence. There are times when we are so low that we have to look up to see the curb. What a joy it would be to have someone encourage you at these times. As important and wonderful it would be to have these special people around us there is something that is even better. Instead of having this kind of person around us, what if we became one of them. Instead of waiting for someone to make us feel special, how about you trying to make someone else feel special. Whenever I challenge people to become what they believe they need to have for themselves, they usually have a list of excuses why they can't be that for someone else. Permit me to share with you

information that will enable you to become a person that makes other people feel valuable.

Firstly, you don't have to do all of the talking to make someone feel special. In fact if you really want to make them feel special let them do as much of the talking as possible. People are made to feel important when someone is interested in their lives. Most of us don't think our lives are important enough to talk about, but each person is unique and has a life experience that is important enough to share with others.

Directly connected to the idea of allowing others to talk is probably the hardest thing to do, learn to listen before speaking. Remember, you are trying to encourage them, not seek your own good. Listen closely to what they are saying and meaning.

The next step to take is to really value them as a person. You don't have to agree with all they think, say or believe. After all, you don't know what they have had to go through in

relation to them. Somewhere in their conversion they have given you enough information about themselves that you can find common ground with them. When you have accomplished these steps you will have imitated the apostle Paul in becoming all things to all men (1 Corinthians 9:21). When you invite people into your life you help them to see the value in themselves. The ability to encourage people in this way makes the world a better place one person at a time.

The people at the Parkway Drive Church of Christ desire to become all things to all people in order that we may win some to Jesus. This is our mission and ministry. In order to allow you to get a better picture of us I will focus on the people and ministries that are here at Parkway Drive.

Try to make someone feel valuable this week. Let them know that you believe they are important. Give them strength for today and hope for tomorrow.

### PARKWAY DRIVE CHURCH OF CHRIST

life that caused them to feel, think, or believe the way they do, but every person is valuable because they are made in the image of the Living God (Genesis 1:24-26). Let's allow them the right to be who they are before we feel the need to change them.

After you have encouraged them to talk about themselves, and you have listened closely to what they have said and you value them as a person now look for the opportunity



Grace and peace Gerald

# Gardski's

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## TEXAS TECH RECEIVES MONEY FROM EXXON-MOBIL

LUBBOCK - Through ExxonMobil's matching corporate gift program, Texas Tech University will receive \$97,559. This money comes from employees, retirees, surviving spouses and directors who chose to give their money to Texas Tech.

"This is another example of the kind of generosity we see at Texas Tech. Not only are ExxonMobil employees giving money to the university, the company itself is investing in the education Texas Tech is providing," said Chancellor David R. Smith.

Jeffery L. McLain, associate vice chancellor of institutional advancement, said the

ExxonMobil Educational Matching Gift Program matches the employees' contribution on a 3-to-1 basis. McLain said this money will be used for a wide variety of areas at Texas Tech such as the annual fund, the Texas Tech Alumni Association and scholarships. Also, the money will go to the Chancellor's Council, Red Raider Club, endowments and research funds.

"The Exxon matching gift program is one of the most generous in the country and we are grateful that our Texas Tech alumni take advantage of this benefit. It is an easy way for them to multiply the power of their giving," said McLain.

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## Ask the Attorney General



Ask Attorney General John Corny

### Beware of Notaries who Offer Immigration Services

**Q:** My aunt who lives in Mexico is trying to get a work permit so she can move to Texas. A notary public in Dallas told me that she can make all necessary arrangements with INS and guaranteed my aunt a work permit. The notary says she is an immigration consultant. However, she wants several thousands of dollars for her services. Is this legal?

**A:** Texas law does not permit notaries public to offer immigration services. You should immediately report that person to my office. The majority of the thousands of secretaries, bank tellers, and other persons in Texas who are notaries public abide by the law and provide a service that is required in many business transactions.

However, our state has also been plagued by persons who become notaries public with the sole objective of defrauding foreigners who apply for immigration benefits. As of September 1, 2001, Texas law specifically forbids notaries public from preparing immigration documents and from providing immigration counseling or legal advice of any kind. The only persons exempt from this law are notaries who are attorneys licensed to practice in Texas. The new law provides for stiff fines for anyone who violates it, and repeat offenders can now face criminal charges and jail time. Notaries can lawfully notarize documents that will be submitted as part of an immigration application.

For years, unscrupulous notaries public have presented themselves to immigrant clients as attorneys. These notaries offer a wide range of immigration consulting services - from filling out INS forms to representing clients before immigration courts. Often, however, these notaries

lack the expertise to navigate complex and ever-changing immigration laws. This lack of experience could easily jeopardize their clients' cases before INS. Often the notaries simply keep the money and fail to file any application on behalf of the client. Others disappear with the money and are never heard from again.

Some notaries pose as attorneys and offer to represent Texas employers who seek work visas for a group of foreign employees. In some of these cases, employers have spent up to tens of thousands of dollars for immigration services that were either not necessary or never provided.

The principal reason that scam artists have operated as notaries public to perpetrate these frauds is the common misunderstanding of the Spanish term "notario p'blico." Although this term is strikingly similar to "notary public," it indicates a very different profession. In Texas, notaries public are authorized to witness certain legal documents, such as contracts or wills. They have no specialized legal training.

However, in most Latin American countries, the term "notario p'blico" refers to a person with substantial legal expertise. Often, such a person is a lawyer who possesses additional powers to write certain complex legal documents. And it is this

perception of a "notario p'blico" that many scam artists throughout Texas have exploited to defraud primarily Spanish-speaking clients. My office has received reports of many victims throughout the state who have lost thousands of dollars to "notarios publicos" who promised different types of immigration services but delivered none.

Because such con artists seek to defraud as many people as they can as quickly as possible, it is extremely important that they be immediately reported to authorities. In Texas, consumers can contact my office at 1-800-252-8011. We have Spanish-speaking staff who are available to help. While the Office of the Attorney General does not provide direct immigration services, we stand ready to assist consumers fight the growing number of scams of this type.

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- 1 55% of students have used drugs in the last school year.
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- 3 Average age of students using marijuana is 13.4 years.
- 4 9% of students have used cocaine.
- 5 Ecstasy use by teens has increased from 5% in 1995 to 12.5% in 2001, a jump of 150%.
- 6 71% of students have drunk alcohol.
- 7 The average age for first drinking beer is reported at 12.4 years, wine and wine coolers at 12.7 years and liquor at 13.3 years.
- 8 17% of students reported drinking 5 or more beers at one time.
- 9 Illicit drug use at parties is on the rise.
- 10 If we can help our kids get through their teenage years without trying drugs, they are likely never to use drugs as an adult.

2000 Texas School Survey of Substance Use Among Students, Grades 7-12  
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## Focus on the Family Defends Parents' Right to Discipline

### Pro-Family Group Criticizes Study Attacking Non-Abusive Corporal Punishment

Colorado Springs—A new study suggesting that spanking can cause long-term harm in children was criticized by Focus on the Family today as significantly flawed and "potentially misleading to millions of parents who are attempting to teach healthy boundaries."

Dr. Bill Maier, Vice President and Psychologist in Residence for Focus on the Family, disputed psychologist Elizabeth Gershoff's assertions that spanking can lead to aggression, anti-social behavior and mental health problems in kids.

Gershoff's study was published in a recent edition of the American Psychological Association's journal. Unlike other controversial issues, the APA was forthcoming with dissenting opinions and further analysis. Unfortunately, many members of the media have not provided the same balance.

"The study implies that every parent using non-abusive corporal punishment does so out of uncontrollable rage," Maier, a child psychologist explained. "For years, millions of parents have lovingly and intentionally administered mild corporal punishment out of a true desire to raise happy, secure children—and have been successful."

While Gershoff rails on the "long-term harm" inflicted by spanking, she admits that there is no scientific basis for her conclusions. "Parental corporal punishment," she says, "cannot be identified ... as the cause of these child behaviors."

Another problem with Gershoff's study, a meta-analysis of 88 studies, is that it grossly misrepresents well-meaning parents, since the bulk of the information is taken from studies not on normal, lovingly administered spanking, but corporal punishment of the most severe kind. Dr. Robert Larzelere, an associate professor of psychology at the University of Nebraska Medical Center in Omaha, is one of several researchers who have criticized Gershoff's findings and according to him, "severity and context are much more important than whether parents spank their children."

Maier noted that 65 percent of the studies Gershoff reviewed measured only severe corporal punishment, such as slapping the face, heatings, or hitting with a fist and causing bruises or cuts. Yet Gershoff has used these results to argue against all corporal punishment, telling the Washington Post that "corporal punishment is associated with numerous risks for children" and that "there is no situation I can think of where a child should be spanked."

Dr. Walt Larimore, family physician and Vice President of Medical Outreach for Focus on the Family, disagrees. "Parents should never discipline their children in anger; however it is an offensive notion that lovingly administered spanking is tantamount to abuse. Parents should be horrified and outraged to know that their efforts to bring up well-adjusted children have been equated with child abuse."

"We are encouraged by the way that the American Psychological Association has approached an issue so critical to American families and we urge them to continue to support research that analyzes the positive effects of non-abusive corporal punishment."

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# Editorials • Comments • Opinions



## "If I"

By Eddie Richardson

If I could wave a magic wand and make all parts of Lubbock equal to south and southwest Lubbock, I would. If I could make all parts of Lubbock I competitive self-sustaining market places, I would, but I can't. Wish I could. If I could utilize land in the eastern one-third of the city, the under-utilized land, I would also develop the undeveloped areas of the eastern one-third of the city. I would also do the same for downtown Lubbock and the Overton area as well as north and northeast Lubbock, and see the differences in the appearance, development at different points of Lubbock and try to figure out why the differences. One area where land is running out and other areas with vast amounts of vacant land. It makes one

wonder why the potential is not being fulfilled equitably across the city. The eastern shores of Lubbock has the prettiest natural terrain and natural beauty. What a shame to go to waste. But life is like that. These are the changes we must go through, and if you do not understand, my friends, I am sorry for you. It is really a shame when the total city cannot participate equitably on a tax-paying basis and not be able to compete at the marketplace with its goods and services. For Lubbock to totally be Lubbock for all of its citizens, it has to be Lubbock for all of its citizens across the board with access to all of its resources for all of its citizens. We cannot play racial games for Lubbock to truly move ahead. It will have to move into the future collectively working together for the good of all of us. The city as a whole is a body and when one part of the body is not well, the total body is not well. The depressed areas need help from the non-depressed. Help, not leadership; help such as any necessary resource, guid-

ance, advice, support, in general. Hands not handouts. That's the problem now. We need to stop addressing the symptoms and get to the causes and start rectifying them together. We can make it happen. Rich, poor, black, Brown, White and others, working together for the betterment of the total city, not part or parts, but the total city. If I could wave a magic wand, I would wave it over Lubbock and create a perfect total city but I can't so I'll have to do the best I can. With the help of God and concerned citizens of Lubbock, it can be accomplished. But, most of all, if I could wave a magic wand I would wipe out all drugs, and want-to-be, think-I-am, would like-to-be gang bangers. I would put them on the superhighway and Internet and take them off the corner trying to claim turf that they never paid taxes on. Wouldn't it be grand to refocus their minds in the right direction and rechannel their actions in a positive direction.

## Letter to the Editor

Dear Southwest Digest:

This letter is to advise you that Management & Training Corporation is committed to programs which promote equal opportunity and affirmative action without regard to race, color, religion, sex, age, disability, national origin, veteran sta-

tus, sexual orientation, political affiliation or belief. Our policy is to continue to recruit, hire, train and promote individuals without discrimination based on any of the classes noted above. Additionally, our purchasing and subcontracting activities will reflect our nondiscriminatory policies. As business counterparts, we ask that you also promote positive equal opportunity and affirmative action measures in your operations. MTC strongly believes that

in doing so, we will all ensure compliance with the law and create a most favorable climate in our workplace. Please feel free to contact Teresa Aramaki, Vice President of Human Resources, should you have any questions. Sincerely, Joe Rasbeary, Warden Giles W. Dalby, Correctional Facility

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## THIS N THAT

**FIRST EVER AFRICAN AMERICAN LIBRARY BRANCH MANAGER!** THIS N THAT is pleased over the selection of the **FIRST EVER AFRICAN AMERICAN** who will serve as a **BRANCH MANAGER OR PROFESSIONAL LIBRARIAN** to be employed by the City of Lubbock. She is **MS. HELEN VISER** who is looking forward to making the **T. J. PATTERSON BRANCH LIBRARY** an integral part of the community. She brings with her **FIFTEEN YEARS OF EXPERIENCE** from the Houston Public Library System and nine more years working with the City of Lubbock. **THIS N THAT** is excited about what is about to happen at the Patterson Branch Library under the leadership of **MS. HELEN VISER**.

**GREAT TIME AT PATTERSON BRANCH!** **THIS N THAT** learned that last month at the **T. J. PATTERSON LIBRARY** the summer reading program had several young children who have already read over **100 BOOKS!** Not only is there a reading program, but a **COMPUTER CURRICULEM** begun last week. All of this is great!

**MORE GOOD NEWS AT PATTERSON!** **THIS N THAT** has received word from the **BOARD OF DIRECTORS OF THE AFRICAN AMERICAN CHAMBER OF COMMERCE** that in an effort to assist small business owners a **GROUP RAP SESSION** will be held at the **T. J. PATTERSON LIBRARY** on Tuesday evening **July 30, 2002** from 6:00 p.m. until 7:30 p.m. According to **DWIGHT PIERCE**, Project Coordinator, **"OUR GOAL FOR THIS EVENT IS TO HAVE MORE BUSINESSES TO REMAIN OPERATING WITHIN OUR COMMUNITY"** and he continues by saying **"BY PROVIDING THESE INDIVIDUALS SOME TYPE OF GUIDANCE ON U—WHAT IT TAKES AND HOW TO SURVIVE THE DOWNS OF BUSINESS. THIS N THAT** wishes the chamber the very best. For more info call Dwight Pierce at 747-1390 prior to July 26th.

**VERY GOOD FOOD!** **THIS N THAT** had an opportunity of going by and eating at **ANZLEY FAMILY DINING** located at 1711 Parkway Drive. Also were **BOB CASS**, Lubbock City Manager, **ANITA BURGESS**, Lubbock City Attorney, and **DEBRA FORTEE**, Lubbock Deputy City Manager, **QUINCY WHITE**, Lubbock Assistant City Manager, is a regular. If you haven't had an opportunity to go by and eat at **ANZLEY FAMILY DINING!** **THEN DO SO TODAY!** Let them know **THIS N THAT** advised you to do so.

**PENNY HASTINGS THE BARBER SAYS:** **"WITH A LOT OF HARD WORK** anything you attempt to do **IS ALWAYS POSSIBLE!"**

**NEED TO REGISTER IF YOU HAVENT DONE SO!** **THIS N THAT** is still advising those of you who have not registered to vote to do so now as it won't be long before the upcoming **GOVERNOR'S RACE AND THE U.S. SENATE RACE** will happen. According to the law **YOU MUST BE REGISTERED THIRTY DAYS BEFORE THE ELECTION.** So think about it and go and register.

**GOOD TWIST FOR CHANCELLOR SMITH!** **THIS N THAT** wants to salute task the effort last week with **CHANCELLOR DAVID SMITH** of Texas Tech University and members of the **PASTORS AND MINISTERS** of Lubbock. When groups sit down and talk then things begin to happen. Let's keep this going and for the entire and the future will become a **LITTLE BRIGHTER** for the entire community. **THIS N THAT** glad to see this become a reality.

**WILL A NEW POLICE CHIEF BE NAMED THIS WEEK?** **THIS N THAT** has been asked who will be the **NEW LUBBOCK POLICE CHIEF**. Only time will tell this week as there are **FIVE FINALIST**.

**LET'S STILL HANG IN THERE!** **THIS N THAT** is still advising for all of us who are concerned about the continued **GROWTH OF EAST LUBBOCK** to just continue to hang in there. It is happening on a gradual basis but more is on the way. It will continue to happen. Keep in mind we must be about our business doing what we must to help make it happen.

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*Keeping an Eye on Texas*  
**Tobacco Compliance Grants for Local Law Enforcement Agencies**  
The Comptroller will make block grants to counties and municipalities to be used by local law enforcement agencies to enforce tobacco laws as they apply to persons under the age of 18.  
The application deadline is June 24, 2002.  
Grants range from \$3,000 to \$25,000, and must be used for compliance-related activities such as "sting" operations; random, unannounced inspections; education programs; and compliance reporting.  
For more information about the grants or about the application, call toll-free 1-888-783-7123 or go to <http://www.window.state.tx.us/lga/tcg/leo/>.  
Source: Carole Keeton Ryland, Texas Comptroller [www.window.state.tx.us/](http://www.window.state.tx.us/)

### Medical

**Covenant Health System**  
For employment information contact  
**Human Resources**  
4014 - 22nd Place, Suite 9  
Lubbock, Tx  
Job Line 725-8283  
Equal Opportunity Employer

### Remember When?

A New Book Compiled by  
**Katie Parks**  
Chronicles the History of African Americans  
in Lubbock, Texas  
Hurry! This is a limited edition.  
Order yours now!  
Call: 806.747.3429

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Open: 9 a.m. - 7 p.m.  
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Closed on Sundays!  
1719 Avenue A                    765-5311 or 765-7560

### Rental Property

**The DMG Company**  
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STEPHANIE HILL - President  
Ofc 806/762-5877  
Fax 806/767-9921  
Mobile 806/438-5091  
2412 Cedar Ave  
Lubbock, Texas 79404

### Professional Services

**Stenocall**  
a division of  
Lubbock Radio Paging Service, Inc.  
24 Hour Bilingual Answering Service  
• Pagers  
• Cellular Phones  
• Two-Way Radios  
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1/2 Off setup fee on  
Pager or Answering  
Service with this ad  
762-0811  
16th & Ave J, Lubbock, TX  
[www.stenocall.com](http://www.stenocall.com)

### Dining

**Catfish Corner**  
Dine-in, Carry-out, or Drive-Thru  
4701 I-27  
722-FISH (3474)  
**Hours**  
Tuesday-Thursday 11:00 a.m. - 8:00 p.m.  
Friday-Saturday 11:00 a.m. - 9:00 p.m.  
Sunday & Monday Closed

**Gardski's**  
Restaurant & Bar  
Steaks, Seafood, Pastas, Salads  
Hamburgers and other Specialties  
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744-2391

### Entertainment

**Players**  
GENTLEMAN'S CLUB  
2011 Ave. Q, Apt. 0325  
M-W-THUR 2pm-2am  
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11:30am-2am  
SAT. 2pm-2am  
SUN. 6pm-2am  
OPEN 7 DAYS A WEEK  
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FEATURING VANESSA YOUNG  
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STOP worrying about how you can't get HIV/AIDS and other sexually transmitted diseases, and find out how you can!  
**Inside Out Community Outreach**  
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\* HIV Prevention Education    \* Free Confidential Testing  
\* A Substance Abuse Counseling    \* Daily Support Groups  
\* Food Pantry    \* Clothes Closet  
\* Imani House Transitional Living Center  
**Hours of Operation:**  
Mon-Fri 10:00 a.m. - 3:00 p.m.  
"Real Change Takes Place From The Inside Out!"  
Look for Our Ad on page 12 In Your  
Southwestern Bell Yellow Pages

### Automotive Service

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Overhauls, Tune-ups, Brakes, Air Conditioning  
All work guaranteed! All Makes, Models, Cars and Trucks  
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An East Lubbock Business Since 1966  
Same Professional Service  
James White  
Walter White  
Johnnie Jones  
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Lubbock, TX 79403

**NOE'S AUTO SERVICE**  
1018 E. 34th St. \* Lubbock, TX  
(806) 749-3036

### Food/Gas Store

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Let us be your, Lottery Headquarters  
Lots of Tickets. Lots of Winners.  
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**Windcrest Estacado**  
Have the lifestyle you deserve at an affordable price!  
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Section 8 Welcome  
1 Bedroom \$369  
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Lubbock, TX 79403  
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**Register to Vote today!!!**



## Head Start Sign Ups Begin

Monday July 22, registration for Head Start in the Lubbock ISD begins. The program is specifically for children who will be four years of age on or before September 11 and who come from a low economic environment.

There will be a total of nine specific times that parents or guardians can register their child.

• July 22, 23, 30-Martin Early Childhood School 8 a.m.-3 p.m. 3315 East Broadway-766-1788

• July 24, 25, 31-Mahon

Early Childhood, 8 a.m.-3 p.m. 2010 Correll Street, 766-1913

• July 26, 29, Aug. 1-Ballinger Early Childhood 1-8 a.m.-3 p.m. 1510 40th Street, 766-1600

At registration the following documentation must be presented:

- Proof of all household income, check stubs, W-2 Employer's letter
- Address verification, utility bill, rental agreement, rent receipt with address
- Child's original birth certificate from the Health Department. Cost \$11.00. NO HOSPITAL COPIES!
- Child's Social Security card
- Child's shot record with four year booster
- Any Government assistance program cards or information, such as letter from TANF, Social Security, Medicaid, food stamps.

Enrollment is NOT based on first come first serve so parents can register throughout the day on registration dates.

Notification of enrollment will be sent to the applicant's home.

## Invite an Older Family Member to Start the NIA's Exercise Program with You

Instead of adding to his tie collection, invite dad to become your fitness partner on Father's Day, argues National Institute on Aging Director Richard J. Hodes, M.D.

"Besides being more fun, an exercise partner can motivate you to work out on days when you may not feel like it. If you don't live close to each other, plan a time to call and check in with your #1 fitness buddy," says Dr. Hodes. Scientific studies show that staying physically active and exercising regularly can help prevent or delay some diseases and conditions as people grow older, said Dr. Hodes.

To get started, Dr. Hodes recommends calling for the free booklet, Exercise: A Guide from the National Institute on Aging. The NIA Exercise Guide, which is based on medical research and "road-tested" by thousands of Americans — provides simple, how-to, get-started information on:

- Endurance exercises, like walking, which make daily activities easier and less tiring, thereby increasing or maintain-

ing stamina and strength. They also may help delay or prevent diabetes, colon cancer, heart disease, and stroke.

- Strength exercises, like lifting weights, which increase metabolism helping to control weight and regulate blood sugar. Studies show they also may help prevent osteoporosis.

- Flexibility exercises, like stretching, which may help prevent and aid recovery from injuries.

- Balance exercises, which help prevent falls, a major cause of broken hips and other injuries that lead to disability and loss of independence.

Safety is key to the NIVs exercise program. For those who have been sedentary, the guide recommends starting slowly with as little as 5 minutes of walking. By exercising together partners can help motivate each other towards the goal of 30 minutes (or more) of continuous exercise that increases heart rate and breathing (endurance exercise). For extra encouragement, Dr. Hodes will send a signed cer-

tificate of recognition to those who stick with the program for 30 days.

"Once on the road to fitness, your father might convince your mother to join your family exercise program. That way everyone enjoys greater vitality and better health. Get started today!"

The NIA Exercise Guide is available in English and Spanish. To order either version of the guide, call the NIA Information Center at 1-800-222-2225. The media may obtain further information on the Exercise Guide from the NIA Office of Communications and Public Liaison at 301-496-1752. Graphics from the guide are also available.

The NIA, part of the National Institutes of Health at the U.S. Department of Health and Human Services, leads the Federal effort supporting and conducting research on aging and the special medical, social, and behavioral issues of older people.



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### You Can Get the Health Benefits of Dairy Without Experiencing Lactose Intolerance Symptoms

Imagine if you have lactose intolerance and struggle with cramps or diarrhea if you eat dairy foods. Now imagine learning that eating more dairy foods can help with weight management and reduce your health risks. You want to reap those health benefits but don't want to experience lactose intolerance symptoms. What can you do?

"The good news for people who struggle with lactose intolerance is that there are ways to add dairy foods to your diet and avoid lactose intolerance symptoms," said Molly Gee, MEd, R.D., project leader at Baylor College of Medicine. "Yogurt with live and active cultures is a valuable food for individuals with lactose intolerance. These cultures break down lactose, the natural sugar in milk, making it more digestible. Eating yogurt may allow individuals with lactose intolerance to get the nutrients from dairy products their bodies need."

Lactose intolerance results from a deficiency of lactase, a natural digestive enzyme that breaks down the lactose in the small intestine. With lactose intolerance, the body has trouble digesting lactose, the naturally occurring sugar found in food and milk products, such as ice cream, yogurt and some cheeses. The symptoms include gas, bloating, abdominal pain or cramping and possibly even diarrhea after consuming milk and milk products. Symptoms may occur as soon as 30 minutes or as late as 12 hours after consuming too much lactose.

The symptoms of lactose intolerance can be bothersome and unpleasant. If the symptoms cause you to limit or avoid dairy products, you may get the health benefits, such as reduced risk of insulin resistance syndrome and maintaining your weight.

Nutrition scientists at the Bell Institute of Health and Nutrition compiled the following tips for adding dairy products to your diet yet avoiding lactose intolerance symptoms:

- Choose yogurts like Yoplait® that carry the "live and active cultures" seal.



Yogurts made with live and active cultures are a good source of dairy for people who are lactose intolerant. For a great dessert, layer yogurt with fruit, crushed cookies and chocolate chips.

- Consume small amounts of lactose-containing foods at one time to avoid symptoms.
- Drink milk and eat milk products with other foods to help slow down the digestive process.
- Try lactose-reduced and lactose-free milk products such as Lactaid milk.
- Try eating aged, hard cheeses such as Cheddar, Swiss and Colby. They contain very little lactose, yet offer the nutritional benefits of dairy foods.
- Use enzyme replacement tablets like Lactaid or Dairy Ease. Chewing and swallowing the tablets immediately before drinking milk or eating milk products helps your body digest lactose and helps you avoid symptoms.

If none of these suggestions help, talk with a doctor or a registered dietitian for further advice.

For more health information and tips on adding dairy and calcium to your diet, visit [www.yoplait.com](http://www.yoplait.com).

### Combust Helps Raise Awareness of Tech Program



WASHINGTON, D.C. - U.S. Rep. Larry Combust, R-Lubbock, organized a meeting in Washington, D.C. on Wednesday to bring national attention to a very important program operated by Texas Tech.

and helped connect the tech program's officials with possible future funding sources.

Texas Tech's Center for the Study of Addiction has been a remarkable success. People fighting addictions to drugs and alcohol usually have little hope in breaking those habits, and accomplishing a meaningful and successful life. This program has proven that hope is not lost for those fighting addictions," Combust said.

The event that Combust organized allowed officials from the National Institutes of Health, the U.S.

Department of Education and the Substance Abuse and Mental Health Services Administration, which is a branch of the U.S. Department of Health and Human Services, to learn about Texas Tech's Center for the Study of Addiction.

Dr. Kitty Harris, director of the center, met with more than a dozen federal officials to share information about the program, which helped increase exposure for the program.

Combust said, "The center's achievements deserve national attention. I was pleased to help bring national attention to its efforts, and help officials with the center to learn

what additional funding sources are available so it can continue to provide this valuable assistance."

Texas Tech's Center for the Study of Addiction began in the fall semester of 1996. In its first semester, students enrolled. The following semester, that enrollment doubled to 222. The average grade point average of students enrolled in the program initially ranges from 3.4 to 3.6. The center provides services to help students battling addiction perform well academically, professionally, and personally.

**Dunbar-Manhattan Heights Neighborhood Association**

National Night Out

August 6, 2002

Mae Simmons Senior Center  
402 - 23rd Street at Oak Avenue

Entertainment By:  
A Tahoka Youth Group

Refreshments will be available

Time: 6:00 - 8:00 P.M.

Give Neighborhood Crime & Drugs  
A  
GOING AWAY PARTY!

**APPLY NOW BASIC FIREFIGHTER ACADEMY**

Academy begins Aug. 26 and ends May 15

Admissions Requirements:

- Must be at least 18 years old
- Must have a high school diploma or GED
- Must not have any felony convictions
- Must apply for the program and complete the assessment process

Skills Assessment Tests will be given July 15 and July 27

For more information, contact Chris Angerer  
(806) 747-0576, ext. 4912

*South Plains College*

Equal Opportunity Educational Institution

AOIP is an organization engaged in an overall community-building approach to addressing the root cause of all ills among Black and similarly-situated 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 Black-owned 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 help completed that "unfinished work."



This is a public service courtesy of the Southwest Digest. We will list your meeting dates, time and place; special activities, annual meetings, etc. Anything else will be considered advertisement and will be charged as such. This applies to items such as hand-bills, brochures, promotion, etc. This is necessary, because of the inflated cost of doing business. We have to pay our expenses. There will also be a charge for photos, other than news events. For more information about getting your announcement on this page, call Eddie P. Richardson at 762-3612.

### COMMUNITY MEETINGS

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 Alumni Association 2nd Saturday 4pm	Booker T. Washington American Legion Post 808 2nd Tuesday- 7:30
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**Have a great week!**

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.

We would like to publish 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

