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God Bless America!

Southwest Digest

December 15 - December 19, 2001

VOL. XXIX, No. 12

50¢
Worth More!

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National News

JACK AND JILL OF AMERICA FOUNDATION, INC. AWARDS MORE THAN \$100,000 IN ANNUAL GRANTS

COLUMBUS, OHIO- More than \$100,000 in grants was recently awarded to non-profit organizations throughout the country during the annual meeting of the Jack and Jill of America Foundation held this year in St. Louis, Missouri. Distinguished trustees, including Foundation board representatives of Jack and Jill of America, Inc. and its seven geographic regions gathered for a weekend to make the final determination of annual awards and announce the grant recipients in five major proposal categories.

Jack and Jill of America, Inc. was a first among African-American national service organizations to create a philanthropic arm. Established in 1968, the Foundation has acted to influence the ongoing positive development of children and awarded more than three million dollars in annual grants to charitable organizations that benefit minority children. The organization is supported by funds from local chapters of the parent organization as well as corporations, other foundations, matching funds, and friends of the organization.

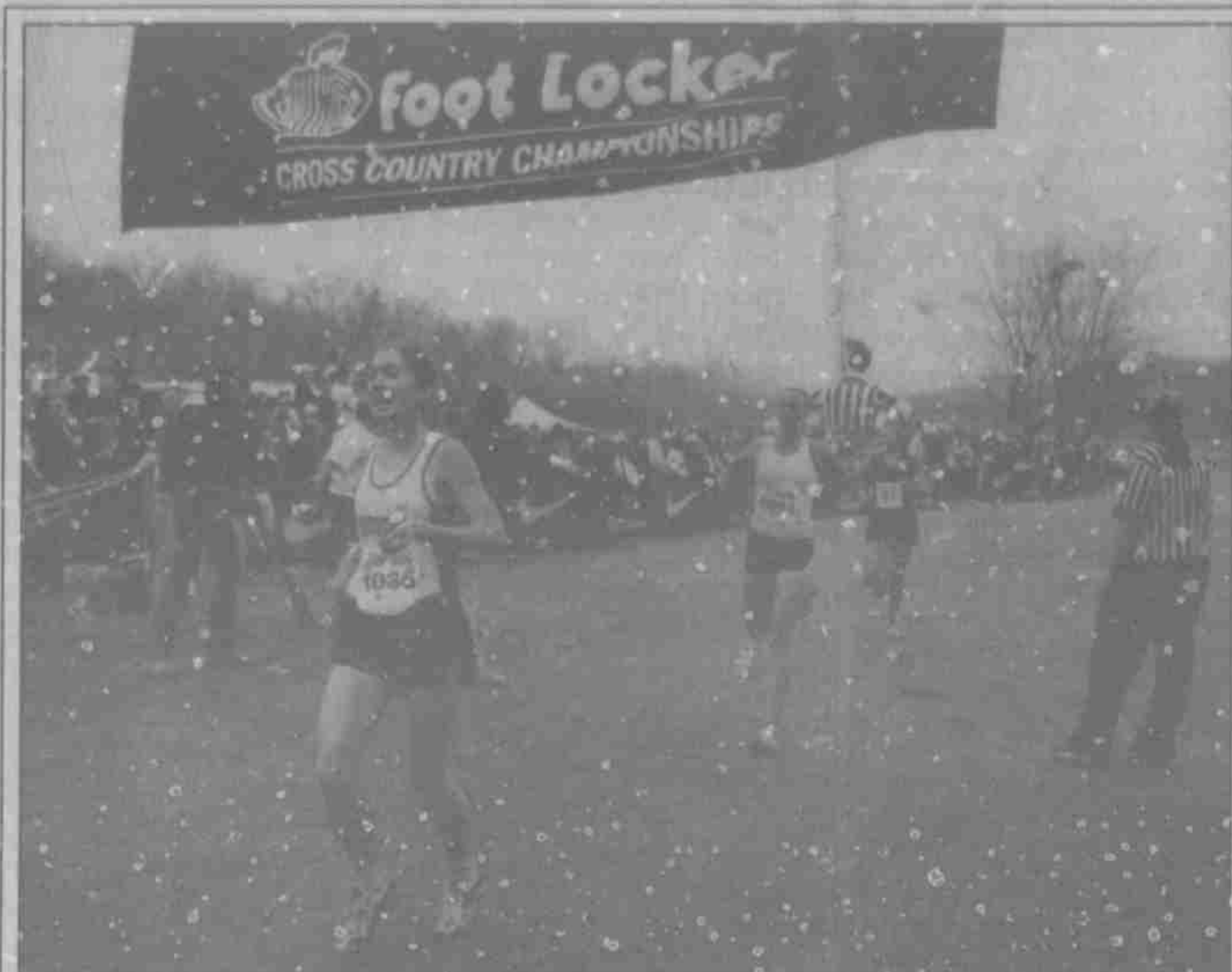
The mission of the Foundation in the 21st Century is to furnish personal, professional and financial support to children in the areas of leadership skills, training and development.

The Foundation desires to promote the excellent preparation of succeeding generations of children, in all walks of life, so that they may attain their fullest potential as individuals, enjoy rewarding and fulfilling lives, and contribute to world peace, progress, and prosperity.

The Jack and Jill of America Foundation is headquartered in Columbus, Ohio. Annual meetings of the organization are held in various areas across the country by invitation of a local chapter of Jack and Jill of America, Inc.

For more information, contact Lucille Hadley, Executive Director, Jack and Jill of America Foundation, Inc. at (614) 864-7085.

P.O. Box 468 • Pickerington,
OH 43147-8976
• (614) 864-7085
• Fax (614) 864-7093
• e-mail: @aol.com
www.jackandjillfoundation.org



Charlotte, N.C., November 24, 2001- Mindy Sullivan of Lubbock, Texas, crosses the finish line at the 23rd annual Foot Locker Cross Country Championships South Regional at McAlpine Greenway Park. Sullivan, a senior at Coronado High School, placed fifth, finishing the girls race in 17:42. She will compete in the Foot Locker Cross Country National Finals, which will take place on Saturday, Dec. 8 at Disney's Oak Trail Course at Shades of Green in Orlando, Fla.

Levelland Co-ed Wins Miss Caprock 2002 Title



Nakeshia Graves, a 20-year-old sophomore biology major from Levelland was crowned Miss Caprock 2002 Friday night at the 44th Miss Caprock Scholarship Pageant at South Plains College. The pageant was coordinated by the Office of Student Activities.

The daughter of Alton and Mylinda Graves, she is the recipient of a \$500 SPC scholarship. Graves was nominated by the Black Student Organization on campus. She was crowned by Deanna Zabin, Miss Caprock 2001.

"I'm in shock," she said after the pageant. "It's been a great experience being a part of the pageant getting to know the girls better. I'm glad it's over."

After completing her studies in May at SPC, she plans to transfer to McMurry University to work toward a degree in biology. She then plans to receive training in physical therapy. During her reign she will be involved in community activities.

First runner up is Ashley Kinsolving, 18-year-old freshman business major from Tatum, N.M. She was nominated by the Rodeo Team and won a \$300 SPC scholarship. Her parents are Dean and Brenda Kinsolving.

Hayes Taking Part in New Campaign

Revelation America announced today that Isaac Hayes will be the new spokesman for the company's debit card venture with Mastercard®. Western Union®. PlanetRx and Merrick Bank.

"Isaac Hayes is an American icon," said John Lowery, Executive Vice President of Revelation America. "We're thrilled to have him on board endorsing the Revelation America and Western Union® MasterCard® Debit Card. We're offering a great product, and now we've

got a first class spokesman helping us promote that product."

Television ads featuring Isaac Hayes and promoting the card began airing the weekend of October 27 during the World Series.

"Just like I say in the ads, the Revelation America and Western Union® MasterCard® Debit Card is both smart and cool," said Hayes. "Revelation America has put together a great product and I'm proud to be helping them spread the word."

The Revelation America

Western Union® MasterCard® Debit Card is a new product that puts powerful financial tools in the hands of Revelation's customers. The debit card, issued by Merrick Bank, does not require the customer to have a bank account to apply. The card allows those who use it to load the card with cash as Western Union locations or have their payroll checks direct deposited to the card.

Once activated and loaded, holders of the card can access their funds with the card at

continued on page 6

Four Arrests Made at Location of Recent Shooting: Drug deals, arrests, shooting could be connected

Not only was a twelve year old boy shot at 1516 East 25th Street on Sunday evening, November 11, 2001, but Lubbock police arrested four teenagers there on drug charges Friday, December 7. Jonathan Sosa, was injured from the shooting last month.

According to police, they raided the home at approximately 2:45 p.m. with a search warrant. The four suspects, two carrying guns, tried to escape, but were captured.

This residence has been reported to Lubbock police as a crack house since 1998. Police also believe the November 11 shooting at the residence was retaliation for the robbery of another drug dealer.

While searching the residence, police found a large quantity of crack cocaine in the jacket pocket of one of the suspects according to the police report. Police also found crack cocaine rocks packaged for resale on or near the other teens.

Two of the suspects were carrying .25-caliber pistols,

according to Lubbock police along with a .22 caliber pistol. Also, a 12-gauge shotgun was found in the house.

A resident of the home told police the suspects owned the guns and are believed to be gang members.

Several days after the shooting, a press conference was held in front of the house. A request for information about the shooting was made.

Police have not made any arrests in connection with the drive by shooting. Investigators said witnesses in the case were not cooperative.

Sosa was watching television when two men in a car opened fire on the house. A bullet struck Sosa in the abdomen, but the injury was not life threatening.

As of last Saturday, bond was set at \$75,000 for 19 year-old Antoine T. Davis; and \$50,000 each for Chase D. Foster, 17, Quinton L. Johnson, 18, and O'Brien D. Green, 17.

If you have information to the November 11, 2001 drive by, call Crime Line at (806) 741-1000.

Combest Brings Home the "Bacon"

House Agriculture Committee Chairman Larry Combest (R-TX) announced that USDA will provide \$500,000 for an animal research consortium in which Texas Tech University will be an essential participant.

USDA is providing \$400,000 for research associated with sow housing. The collaborative research initiative will include Texas Tech, University of Illinois, University of Minnesota, USDA's Agricultural Research Service (ARS) and Cooperative State Research, Extension and Education Service (CSREES). The remaining \$100,000 will be used to demonstrate to producers, processors and others how the new technologies generated from the research can be used to provide better care of animals.

"Knowing Texas Tech's vast resources in the area of swine research, I am pleased they will be a partner in this important research effort," said Rep. Combest. "This project is an example of how the USDA and university and industry partnerships are taking proactive steps to find science-based solutions to address the well-being of swine on the farm."

"We appreciate Chairman Combest's efforts to ensure this project is a priority at USDA," said Dr. Kevin Pond, Chairman of the Animal Science and Food Technology Department at Texas Tech. "The ARS Livestock Issues Unit in Lubbock and Texas Tech both have the scientists and expertise to make sure sow housing issues are fully addressed to benefit American producers and consumers."



Spokesman Isaac Hayes

What's Inside....

- Weather page 2
- Ruby Jay page 2
- Church page 3
- Obituaries page 4
- Ask the Attorney General page 5
- Editorial page 6
- This N That page 6
- Classified page 7
- Know Your City page 8

NASA "Shares the Opportunities"

NASA officials from across the agency met with minority university presidents and administrators to discuss issues facing the minority university community.

"Share the Opportunities" was the principle theme for a NASA conference hosted by the Kennedy Space Center, Fla., for university presidents and top administrators from Historically Black Colleges and Universities, Hispanic Serving Institutions, and Tribal Colleges and Universities. The conference took place Nov. 29 to Dec. 1, 2001, at the Renaissance Orlando Resort.

Dr. Louis W. Sullivan, president of Morehouse School of Medicine in Atlanta and Secretary of Health and Human Services under former President George H. Bush was one of the keynote speakers. Kennedy Space Center

Director Roy Briggis and Deputy Director James L. Jennings also attended the conference.

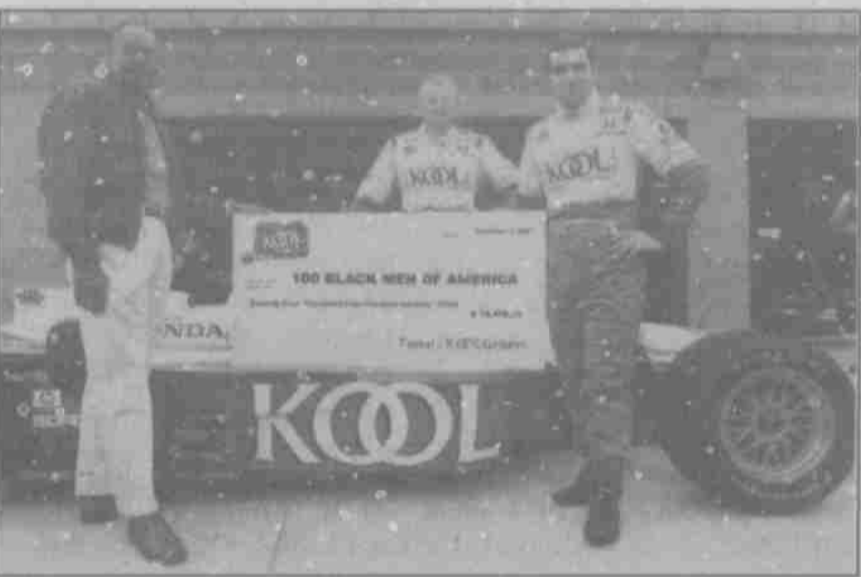
Using suggestions from the leadership of the minority institutions represented, NASA hopes to take positive steps to forge partnerships with the universities.

NASA plans to "Share The Opportunities" by identifying and describing competitive research opportunities in NASA. By providing opportunities to network with each of NASA's 10 centers to explore areas of mutual expertise, and by discussing competitive funding opportunities available through research and education announcements and activities, NASA also will identify potential opportunities in small and disadvantaged business activities, along with technology transfer and commercialization initiatives.

Team KOOL Green Connects With Urban Community

FONTANA, Calif. (November 23, 2001)-A check for \$74,470.31 was presented to the 100 Black Men of America by Team KOOL Green drivers Paul Tracy and Dario Franchitti, following the conclusion of the 2001 CART racing season at California Speedway. The donation is the result of a program that allows Team KOOL Green offer financial contributions for each lap completed by its drivers over five races, will be used by the 100 to provide increased access to computers, technology, and training in urban communities.

100 Black Men of America is a group of concerned African Americans whose goal is to improve the quality of life in the African-



American community. For further information visit the TKG web site at www.koolracing.com

Legal Notice Request for Qualifications:

COMMISSIONING SERVICES

For
Experimental Sciences Building for
The Texas Tech University System
Lubbock, Texas
Project No. 97-31

Submissions will be received for the Design Professional Services listed below:

Commissioning Services

To:
Ms. Jean Carlton
Manager of Construction Contracting
Office of Facilities Planning & Construction
Texas Tech University System
Administration Building
15th and Akron
E Basement, Room 5
Lubbock, Texas 79409-2014

until December 20, 2001 4:00 PM CST where they will be stamped received. Submissions will be publicly opened and read aloud in Room 8 of the Administration Building, 15th and Akron at that time. Responses received after closing time will be returned unopened. Responses may not be withdrawn within sixty (60) days after the opening date.

Texas Tech intends to design and construct a 127,810 GSF Experimental Sciences Building in Lubbock, TX with a total project budget of \$36,997,000. Interested firms or individuals should submit comprehensive Statement of Qualifications after reviewing the Request for Qualifications.

The RFQ and further information can be obtained by accessing the Texas Marketplace at <http://esbd.tbpc.state.tx.us/1380/sagency.cfm> GSC Class Item No 992.55.

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 Request For Qualifications should be addressed to the Texas Tech University System:

Project Manager: Paulo Peres, Contact via phone (806) 742-2116, Fax 806-742-2241 or e-mail: paulo.peres@ttu.edu.

Doctors Advise: Get Your "Upper" Lowered for Good Health

Getting your "upper" blood pressure number below 140 can boost your chances of staying healthy.

Many older people don't know that a high "upper" number can put them at risk for heart disease, heart attack, or a stroke, with resulting disability. But, blood pressure above 140 mm Hg can be treated and lowered cheaply and effectively.

Blood pressure is typically recorded as two numbers - the systolic pressure over the diastolic pressure. A high top number and a normal bottom number is called isolated systolic hypertension (ISH). Treatment and prevention of this condition are essential because left alone, high systolic pressure can lead to stroke, heart attack, heart failure, dementia, kidney damage, and blindness.

"The good news is that ISH can be controlled in older adults and perhaps even prevented by taking steps early to prevent the rise of blood pressure with age," says Dr. Andre J. Premen, director of Cardiovascular Aging at the National Institute on Aging (NIA). "By taking control, older people can add meaningful life to their years by remaining independent and staying out of hospitals and nursing homes."

Hypertension therapy may begin with lifestyle changes, and older people often respond

to modest salt reduction and weight loss. If the target blood pressure is not achieved, then medicine is necessary. A low cost, well-tolerated drug - a diuretic (water pill) - is effective.

Based on clinical trial findings, this drug is recommended as the first line of treatment for high blood pressure in older adults.

The NIA, part of the National Institutes of Health (NIH) leads the Federal effort supporting and conducting research on aging, age-related disease, and social and behavioral needs of older people.

Part of NIA's research involves ways to prevent frailty and reduce disability with age. For more information about health and aging, visit the NIA website at <http://www.nih.com/nia>.

Information on controlling blood pressure and the DASH (Dietary Approaches to Stop Hypertension) eating plan is available from the National High Blood Pressure Education Program; a program of NIH's National Heart, Lung and Blood Institute.

DASH (Dietary Approaches to Stop Hypertension) eating plan is available from the National High Blood Pressure Education Program, an NHLBI program. The website address is www.nhlbi.net.

SEVEN-DAY FORECAST FOR LUBBOCK, TEXAS

AccuWeather.com

Thursday	Thursday Night	Friday	Saturday
Mostly cloudy, cold 52	Cloudy and cold; windy in the evening. 34	Clouds breaking for some sunshine. 48/39	Times of sun and clouds. Chance of showers. 51/36
RealFeel: 50	RealFeel: 28	RealFeel: 58	RealFeel: 50
Sunday	Monday	Tuesday	Wednesday
Sunny. 49/35	Sunshine 53/34	Intervals of clouds and sunshine. 55/43	Plenty of clouds with spotty showers. 46/36
RealFeel: 45	RealFeel: 53	RealFeel: 54	RealFeel: 40

The RealFeel Temperature™ is a composite of the effects of temperature, wind, humidity, sunshine intensity, cloudiness, precipitation, pressure and elevation on the human body. The number is the highest for the day and the lowest for the night.

GARDENING FORECAST

Cool high pressure will bring chilly temperatures moderating during the period, but little rainfall is expected.

FISHING REPORT

Windy and cold weather is expected Thursday bringing a chop to area lakes. Better weather is expected for the weekend.

UV INDEX

Highest Thur. 3; Minimal Highest Fri. 3; Minimal Highest Sat. 4; Low Values indicate the exposure to the sun's ultraviolet rays.

SUN & MOON DATA

Thur. 7:13 a.m. 7:10 a.m. 7:13 a.p.m. 5:49 p.m. 5:49 p.m. 5:48 p.m. Moonset (date) 12:51 a.m. 1:59 a.m. Moonset 2:03 p.m. 2:44 p.m. 3:21 p.m.

MOON PHASES

Last Nov 8 New Nov 15 First Nov 22 Full Nov 30

REGIONAL CITIES

All maps, forecasts and data provided by AccuWeather, Inc. ©2001

City	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Arlene, TX	60/40 c	68/42 pc	68/40 pc	70/40 s	70/50 s	72/54 c	68/54 c
Albuquerque, NM	62/36 pc	64/36 pc	62/38 pc	60/38 pc	62/36 s	58/34 c	56/34 pc
Aliso, CA	58/40 c	61/40 s	63/40 s	63/40 pc	65/40 s	70/47 pc	68/47 sh
Amarillo, TX	54/32 c	60/36 s	68/40 s	70/38 s	66/40 s	64/42 pc	58/42 r
Austin, TX	76/52 pc	68/58 pc	70/62 s	70/58 pc	72/56 pc	74/58 pc	73/60 c
Branson, MO	56/39 c	59/37 pc	62/41 s	58/42 s	61/47 s	65/50 c	64/50 c
St. Louis, MO	52/32 c	55/36 pc	60/38 s	63/40 s	63/40 pc	63/43 c	67/40 sh
Dallas, TX	68/46 c	66/48 pc	68/48 pc	64/48 c	68/52 pc	70/54 pc	70/54 c
Denver, CO	58/30 pc	70/30 s	68/30 s	69/34 pc	62/30 s	54/28 pc	56/28 pc
El Paso, TX	68/46 c	68/40 c	68/42 s	65/44 s	70/48 s	64/46 c	58/44 r
Hopewell, VA	55/30 pc	58/36 c	70/36 pc	68/41 pc	68/41 s	67/44 c	63/43 sh
Houston, TX	78/52 pc	72/48 pc	74/50 pc	78/54 pc	78/52 pc	78/56 pc	78/58 c
Kansas City, MO	58/34 pc	60/36 s	68/40 s	68/38 s	68/44 pc	68/44 pc	68/44 r
Lake Tawakoni, TX	66/43 pc	66/42 s	63/47 s	61/46 c	65/49 s	67/50 pc	65/50 c
Lubbock, TX	52/40 c	58/36 pc	68/40 pc	64/40 s	66/44 s	70/50 pc	68/46 sh
Muskegon, MI	58/38 c	54/40 sh	60/40 s	62/40 pc	62/40 pc	62/40 pc	62/40 pc
Oklahoma City, OK	58/36 sh	62/38 pc	64/42 pc	62/44 c	64/48 pc	68/48 pc	64/48 sh
Prosser, IA	66/30 s	68/30 s	62/38 pc	68/38 s	68/38 s	68/38 pc	68/38 pc
Prosser, NM	60/33 c	54/30 c	65/38 s	64/39 s	65/43 s	66/45 c	60/42 sh
Ruidoso, NM	64/31 pc	68/34 pc	68/34 s	67/38 s	68/38 pc	68/38 pc	68/38 sh
San Antonio, TX	76/54 pc	66/50 c	70/54 c	72/56 pc	75/54 pc	75/55 pc	70/58 c
Springdale, TX	74/52 pc	68/48 s	68/48 s	68/48 s	68/50 s	68/50 s	68/50 s
Tulsa, OK	58/36 c	60/40 s	63/45 s	62/43 s	61/49 pc	68/50 pc	64/50 sh
Waco, TX	70/48 pc	68/48 s	70/48 s	68/48 s	70/50 s	72/52 pc	70/50 sh
Wichita, KS	60/36 pc	68/36 s	68/40 s	66/40 s	66/44 s	62/44 pc	60/44 r
Wichita Falls, TX	68/42 pc	68/42 s	68/42 s	64/42 s	68/42 s	70/42 pc	68/42 sh

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, f-furthest, r-rain, sf-snow flurries, sh-snow, f-fog

Baby Pageant Winners Announced



JAY'S CORNER

The winners of the Lubbock Area Baby Pageant Supreme Royal Winners for November 18, 2001, at the Holiday Inn Plaza were the following:

Joslynn Ward Perry, six months. Received three trophies: Age Group Queen, First Place Beauty and Personality Kiddie. Sponsor: J & P Craft Doll. Parents are Crystal Nelson, mother; Leslie Perry, father; Franklin and Effie Nelson and Holand Benson/grandparents.

Alexus Brecole Wilson, age 2, Age Group QUEEN Winner of five trophies: Age Group QUEEN, Supreme Duchess, First Place Beauty, Simply Shy, and First Place Photo. Roxanna Williams, mother; Donald Wilson, father; Tyrone Bernard Williams, brother; L. W. Williams, grandmother; and Huland Benson, grandfather.

Wendena Phenix, 5 months old, First Beauty. Parents: Christy and Wendell Phenix, Hats off to Joe Lynn Perry, Alexis Brecole and Wende J. Phenix.

Bells are ringing- Congratulations! James & Patricia Harvest.

Happy Birthday! Ms. Mary Katherine Nelson, age 79. From your family!

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People Really Count" and Rev. Billy R. Moton is the proud pastor. If you want to come and visit our congregation, please feel free to do so. Our doors are always open for you. So come and visit us anytime. You will be glad you did so.

Services began at New Hope last Sunday morning with Sunday School beginning at 9:30 a.m. with Brother Ernest Swain as superintendent. All teachers were at their post of duty and on time. After thirty minutes of instruction, students and teachers marched to main auditorium singing "Oh, How I Love Jesus."

Prayer was given by Brother Swain, High points of the morning lesson were given by Rev. Aubrey Brickley. They were very good.

Secretary's Report Kindergarten Class received both banners in the Youth Department. Adult Department: Adult Class No. 2.

Superintendent Swain gave high points of the lesson also. He always has a good word.

As it was Youth Sunday, they were in charge of the morning devotional period, and was assisted by the Praise Team.

The Youth Choir marched in the processional singing wonderful. Altar prayer was offered by Rev. Jeff Brown. He has been ill and we are always glad to see him doing God's will. After a selection by the Youth Choir, Sister Marshinda Blakes read the morning scripture. A fervent prayer was given by Sister Margaret Moton. We are always proud of the work our First Lady does.

After another selection by the Youth Choir, the responsive reading was done with the congregation standing and led by Brother Brandon Crocket. The morning hymn was "What A Mighty God We Serve." Pastor Moton gave a prayer and was followed by another selection by the Youth Choir.

Pastor Moton's sermon was entitled "There's Nothing Like Knowing God For Yourself." His scripture text was Job 48:42-50. It was some message! Several came fro prayer after an invitation discipleship was extended.

Let us remember our sick and shut in citizens. Among them include Brother Samuel Curtis who is the University Medical Center. Let us not forget Brother Curtis in your prayers.

Sister Octavia Givens lost a relative. Oliver Walker, who was found deceased in his home last Saturday morning. You are in our prayers.

Let us keep Sister Edna Ray Walker in our prayers. God God is able.





CHURCH DIRECTORY



IN JESUS NAME

“XMAS IS NOT FOR CHRISTIANS”

ISAIAH 9:6: FOR INTO US A CHILD IS BORN, UNTO US A SON IS GIVEN.

AND THE GOVERNMENT SHALL BE UPON HIS SHOULDER; AND HIS NAME SHALL BE CALLED WONDERFUL, COUNSELLOR, THE MIGHTY GOD, THE EVERLASTING FATHER, THE PRINCE OF PEACE. FROM THAT SCRIPTURE MANY CHURCHES USE IT TO CELEBRATE XMAS. IT IS USED TO EXPLAIN HOW JESUS, CAME INTO THE WORLD TO SAVE US.

MATTHEW 1:23, BEHOLD, A VIRGIN SHALL BE WITH CHILD, AND SHALL BRING FORTH A SON, AND THEY SHALL CALL HIS NAME EMMANUEL, WHICH BEING INTERPRETED IS, GOD WITH US-EAST.

THE CHURCHES USE THE SCRIPTURES; FROM BEING PREGNANT, TO THE STAR IN THE IT SHOWS JESUS IN A STABLE; IN A NICE MOTEL IT WOULDN'T BE.

LUKE 2:7, AND SHE (MARY) BROUGHT FORTH HER FIRSTBORN SON, AND WRAPPED HIM IN SWADDLING CLOTHES, AND LAID HIM IN A MANGER; BECAUSE THERE WAS NO ROOM FOR THEM IN THE INN. THE CHURCHES HAVE PLAYS OF SHEPHERDS; IN THE FIELD, WITH THEIR SHEEP, AND THE ANGELS CAME TO THEM SAYING: GLORY TO GOD; THERE IS PEACE.

LUKE 2:13,14, SUDDENLY THERE WAS WITH THE ANGEL A MULTITUDE OF THE HEAVENLY HOST PRAISING GOD, AND SAYING, GLODY TO GOD IN THE HIGHEST, AND ON EARTH PEACE, GOOD WILL TOWARD MEN.

THE WORLD WANT SOME OF THIS PEACE?? JESUS WAS BORN; GOD GAVE HIM FOR ONE, AND ONLY ONE REASON. IT WAS NOT SO, THE WORLD COULD HAVE TREES AND LIGHTS, OR LYING SANTA SEASONS!!

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

THE CHURCHES STARTED GIVING GIFTS, TO SHOW THAT THEY HAD LOVE. THEY STARTED IN THE SLUMS, TO THE FATHERLESS, THE WIDOWS, LED FROM ABOVE.

JOHN 12:31,32, JESUS SAID, NOW IS THE JUDGMENT OF THIS WORLD; NOW SHALL THE PRINCE OF THE WORLD BE CAST OUT, AND I, IF I BE LIFTED UP FROM THE EARTH, WILL DRAW ALL MEN UNTO ME.

DO SANTA, RAINDEERS AND TREES LIFT UP JESUS??? NOW THE WORLD HAVE TAKEN OVER XMAS; SANTA AND RAINDEERS IN THE SKY, AND THE CHURCHES GO ALONG; WITH THIS GAME, KNOWING ITS A LIE!!!

ROMANS 1:18,19,23,25, FOR THE WRATH OF GOD IS REVEALLED FROM HEAVEN AGAINST ALL UNGODLINESS AND UNRIGHTOUSNESS OF MEN, WHO HOLD THE TRUTH IN UNRIGHTOUSNESS, BECAUSE THAT WHICH MAY BE KNOWN OF GOD IS MANIFEST IN THEM; FOR GOD HATH SHEWED IT UNTO THEM, AND CHANGED THE GLORY OF THE UNCORRUPTIBLE GOD INTO AN IMAGE MADE LIKE TO CORRUPTIBLE MAN(SANTA), AND TO BIRDS, AND FOURFOOTED BEASTS(RAINDEERS), AND CREEPING THINGS.

THE CHURCHES ROBBED GOD!! THE WORLD CELEBRATES XMAS, DRINKING PARTIES, DOPING AND LIGHTS, BUT WILL GET MAD WHEN ASKED TO GO TO CHURCH; OR PUT JESUS IN THEIR LIFE.

JOHN 15:19, JESUS SAID, IF YE WERE OF THE WORLD, THE WORLD WOULD LOVE HIS OWN; BUT BECAUSE YE ARE NOT OF THE WORLD, BUT I HAVE CHOSEN YOU OUT OF THE WORLD, THEREFORE THE WORLD HATETH YOU.

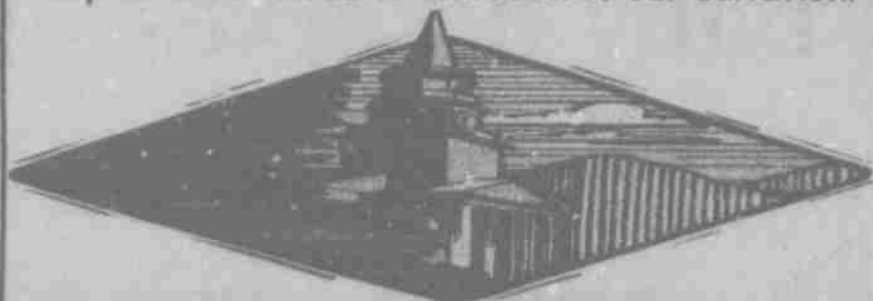
THE WORLD HAS MADE XMAS, THE MOST HATEFUL, HARMFUL AND DEADLY SEASON, STARTED OUT OK; BUT THE CHURCHES WENT ALONG; WITH THE WORLD'S REASONS!!!

1 JOHN 2:15, LOVE NOT THE WORLD, NEITHER THE THINGS THAT ARE IN THE WORLD. IF ANY MAN LOVE THE WORLD, THE LOVE OF THE FATHER IN NOT IN HIM.

GOD IS NOT THROUGH WITH US YET, SO LETS PRAY FOR ONE ANOTHER ALWAYS.

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

Come! join us as we sing for joy to the Lord; help us shout aloud to the rock of our salvation.



Bethel African Methodist Episcopal Church
2202 Southeast Drive • Lubbock Texas 79404

Sunday School: 9:30a.m. - Sunday Worship Service: 10:45a.m.
Bible Study: Wednesday's at 12:00 noon & 7:00 p.m.

A Ray of Hope



Consider this your special invitation to join Brother Ed Henderson each Sunday evening on KJAK 92.7 FM, from 7-7:30 p.m. Tune in and receive blessings from the Word of God through *Inspirational, Power Packed, and Spirit Filled messages.*

Hebrews 7:9 - A better *Hope* is introduced by which we draw near to God.

Colossians 1:3 - Christ in you the *Hope* of Glory.

For prayer request, five copies of sermons, or other requests, contact: Brother Ed Henderson, P.O. Box 66, Lubbock, TX 79408, Office phone 806-796-1585

www.kjak.com

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



There was a certain man who had two sons. The younger one said to his father, "Father give me my share of the estate." So he divided his property between them. "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living." But while he was still a long way off, his father saw him and was filled with compassion for him. He ran to his son, threw his arms around him and kissed him."

—Luke 15:11-13, 20 NIV

As we approach the Third Sunday of Advent, we affirm that Christ has come, that He is always present in our lives and that He will come again in power. We confess our responsibility as a people commissioned to "love the Lord with all of our hearts" and to "love our neighbor as we love our self."

The Season of Advent is marked by a spirit of expectation, of anticipation, of preparation, of longing. There is a yearning for deliver-

ance from the evils of the word as first expressed by the

Israelite slaves in Egypt as the cried out from their bitter oppression. The same is the cry of those who have experienced the tyranny of injustice in a world under the curse of sin, and yet who have hope of deliverance from a God who has heard the cries of oppressed slaves and brought deliverance.

It is this same vein of thought that moves me when I read the story of the Prodigal Son in the Season of Advent. He was a slave to sin and yet He had hope in a merciful father who he believed would welcome him home, though even in a lower position than he formerly held.

The dictionary defines prodigality in terms of profusion and extravagance, frequently reckless and wasteful, but perhaps only excessively generous. This is a quality made evident in God's giving His one and only Son to save a wayward and wicked humanity, as well as God's giving His sunshine and rain to all, without regard to their

deserving. In Jesus' parable of the father and his two sons, the young one was prodigal in simply blowing his inheritance; the father was just as prodigal in giving and forgiving, in welcoming the wanderer at his return, and in dealing patiently with the older brother.

Jesus reflected God's lavish generosity in relating to people who clearly did not deserve it, such as tax collectors, irreligious common people, and prostitutes. His critics thought that He wasted his spiritual substance with people who had wild and uncontrolled behaviors. Jesus did not deny their accusations. He acknowledged and defended His actions for being most appropriate with the program of Heaven itself: "I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent."

Talking about an extravagant statement? Perhaps you already know that Jesus developed the

theme of God's extravagant grace by citing three examples' findings and restoring treasured items that had been lost. However, Jesus' third parable was entirely different. The lostness was not accidental. Unlike the sheep that wandered off or the coin that was misplaced; the young wanderer wanted to get lost. He did not want to be discovered by anyone he knew. Consequently, any effort to restrain him from going or to trace him after he had gone would be a confinement against his will. To be found he would have to return to his father; by the same free choice he exercised in leaving him.

The Season of Advent reminds us that God sent His Son to rule; save, and judge the world.

His Son is not forced on us, but we can freely accept Him. The purpose of Jesus' coming into the world and dwelling among us, is to reveal God and His grace to the world through Jesus' life and teaching, and also through His suffering; death and resurrection.

The Outreach Prayer Breakfast

The members and friends of the Outreach Prayer Breakfast are praying for each of us during the upcoming Christmas Holiday. We are reminding each of you of what the Christmas Season is all about. It's not about all the expensive gifts we may purchase or receive. It is only about Jesus, His coming and birth.

If we would only take heed to what Christmas is all about, then we would treat each other in a more positive manner. We become better neighbors and be willing to help each other. Oh yes, my friends, we have to keep on doing what Jesus wants us to do. He wants us to love God with all our heart, mind and soul. And our neighbor as ourselves.

Really, this time of the season makes one want to sit back and reflect on how far we have traveled over the year. And, at the same time, think of that taken by Mary and Joseph to the Inn where there was no room. Is there room in your life to help other people. Are you like the innkeeper who said there was no room for our Saviour?

Sometimes in life, we can forget from whence we have come from, and becoming down right wrong in our efforts. Just remember Jesus when you want to other than what is right. Think of Jesus, no matter of what condition you may find yourself. Oh, yes, my friends, the Name of Jesus will make everything alright.

As members of the Outreach Prayer Breakfast, we're just happy to talk about the wonderful works of our Lord and Saviour, Jesus. It's just a good feeling when we hear the Name of Jesus. Praise God!

You are always invited to be part of our meetings. If you love the Lord and love to pray, then come and be with us. If you'd like to know more about what we are doing, you may call (806) 762-3347. You will be glad you took a few minutes to give us a call. When you call, just remember, we love Jesus! How about you?

We're just sitting wondering what we could do for our young people during this time of the year. Why not make it a gift to

began to visit the schools they attend. What a gift that would be. It means we must get up and go out and visit with them. If this is done, this would send a message that we are very concerned with what they are doing. After all, these are our children, so let's go by and visit with them in their class room. Of course, they may be surprised, but so what? We want them to know we love them. What a lovely gift this would be. Do you agree?

What we are saying is we must do more outreach work. That is one of the functions of the Outreach Prayer Breakfast. Go out among them, and let them know that the Lord loves them. Wonder what would have happened if some of us had gone out and visited with those four young men who were arrested last week on drug charges. Come on people, let's be about outreach in our community.

Let us not forget those who are sick among us in our community. The list is long and is still growing daily. Also, those families who have lost loved ones in our community. Let's pray for all who are in need. One never knows who will be on the list next week. We do know that prayer changes things.

We want you you to feel free to write to us from time to time. As see fit to write to us, remember there's nothing as great as communicating with each other. At the same time, let us pray for the South, North, East and West parts of our city. There is a terrific need. Keep those drive by prayers. And when you do so, remember what happened to little twelve year old Jonathan Sosa while he was watching television in his own residence. Do this on the way to work and throughout the community.

Prayer will always change things. God bless each of you! Our mailing address is: Outreach Prayer Breakfast, P. O. Box 1223, Lubbock, Texas 79408. Looking forward to hearing from you.

Sister Dorothy Hood, president; Sister Christene Burleson, vice president; and Sister Elnora Jones, acting secretary.

Hog Killing Feast
Sunday,
December 16,
2001
Bethel AME
Church
3:00 p.m.

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Popular Hairstyle Becoming Easier to Maintain

With sensuous R&B performer Maxwell NY Knicks* Latrell Sprewell and trend-setting vocalist Shaggy sporting braided manes, more and more men are joining women and turning to hip, comfortable braided looks for a fresh, fashionable hair style. African Pride helps maintain the health and prolong the beauty of these fabulous tresses, making it easier than ever to wear with the introduction of its newest line of hair care

products for both women and men with braids. The new line includes: African Pride Spray On Braid Shampoo, African Pride Braid & Weave Ease Out Spray and African Pride Braid Sheen Spray.

With African Pride's Spray On Braid Shampoo its now more convenient to cleanse and moisturize the scalp and hair without compromising the look of delicate braids. This easy-to-use spray penetrates hard to reach areas,

creating a clean, refreshed scalp. The Spray On Braid Shampoo eliminates dirt and oil build up, while soothing dry, itchy scalps. In addition it softens the hair, reduces frizziness and restores health and beauty to hair.

Containing the finest African herbs and oils, this unique formula works well on both natural as well as synthetic hair. It is available in an 8 ounce bottle.

African Pride Braid 61

Weave Ease Out Spray takes the struggle and pain out of the braid removal process. By simply spraying this moisture-intensive formula over hair and massaging in lightly, intricate braids quickly and gently come undone, allowing artificial hair and threads to slip out easily, cutting down on hair breakage. Available in an eight ounce bottle, it also moisturizes and softens the hair follicle, leaving hair healthy and manageable.

African Pride Braids.. Add one African Pride Braid Sheen Spray is a unique conditioning spray fortified with an African herbal liquid complex that helps prolong the life and beauty of braids. A powerful staple for years, the Braid Sheen Spray is unveiling a fresh, new look on all of its packaging.

The unique formulation softens; shines; moisturizes and conditions natural or synthetic braids; keeping them tighter longer; preventing frizzies and reducing itchiness and dryness.

The Braid Sheen Spray is available in Regular and Extra Sheen in 12 and 16 ounces.

A Colomer Group brand, African Pride has a full line of products available in major food, drug, mass merchandise chains as well as neighborhood beauty and barber supply stores nationwide. Colomer offers a complete line of ethnic beauty and hair care products; including such popular brands as Creme of Nature, HerbaRich, Fabulaxer, Revlon Realistic, 911, All Ways Natural, Lottabody and Ginseng Miracle.

The Colomer Group purchased Revlon Professional Products Worldwide in 2000. In addition to its headquarters in Spain, the global corporation has facilities in the United States, Italy, Mexico and Ireland. Colomer USA Inc. is headquartered in New York City. www.africanpride.com.

Book Attempts to Illuminate What Races Should Know About One Another

"An hour with this book will do more to advance racial understanding than all the Presidential task forces or congressional apologies for slavery." —Karen De Witt, senior editor Nightline

CHICAGO—Veteran journalist Jim Myers, a white man with a black wife and an interracial family, cuts through the tangles of racism in America and explodes the prejudices and fears of both blacks and whites—exploring issues rarely discussed—in the new paperback edition of his book *Afraid of the Dark: What Whites and Blacks Need to Know About Each Other* (Lawrence Hill Books, \$16.95). It is a groundbreaking guide to better understanding on both sides of the color line and offers hope for healing racial conflict.

Afraid of the Dark's sharp and sensible critiques of our thinking about the key controversies in race relations challenge inflammatory ideas and confront misconceptions of both blacks and whites. It sensitively explores how blacks and whites really feel and think about each other and why they see and experience many things so differently.

For anyone who has contact with people of another race—in companies, school, neighborhoods, or other social situations—*Afraid of the Dark* is essential reading.



Chinese Chicken Pizza with Hoisin Sauce

- 2 boneless, skinless chicken breasts, or leftover cooked chicken, cut into cubes or strips, measuring 1 cup
- 2 tablespoons olive oil, divided
- 1/4 cup cornmeal or all-purpose flour, for rolling dough
- 1 4" ball of prepared Dough (recipe follows), or purchased frozen dough, at room temperature
- 1/4 cup hoisin sauce (available in the Asian section of most grocery stores)
- 4 scallions (green onions) finely sliced
- 2/3 cup cilantro leaves, stems discarded before measuring
- 1/2 red bell pepper, sliced into paper-thin strips
- 1 cup mozzarella cheese, grated
- Sea salt and freshly ground pepper

Brush chicken breasts lightly with olive oil and season with salt and pepper. Grill over direct heat 10-15 minutes, turning once halfway through, until well-cooked (internal temperature will read 165° F). Remove from grill. When cool, cut into 1/2 inch strips and set aside.

Lightly sprinkle work surface with cornmeal or flour. Place dough directly in the middle of the work surface. Roll out gently into either a 12" rectangle or circle; 1/4" thick. Brush both sides with remaining 2 tablespoons olive oil and set aside until ready to grill.

Place dough in center of the cooking grate and grill directly over medium heat for 2-4 minutes, until the bottom of the crust is well marked and browned. Remove from grill and spread hoisin sauce evenly over cooked side of crust. Sprinkle chicken, scallions, cilantro and red pepper evenly over crust. Top with cheese. If using a gas grill, switch to indirect heat. Return pizza to the center of the cooking grate and cook with the lid closed until bottom is well browned, toppings are warm and cheese is bubbly, about 5-10 minutes.

Remove from grill and season to taste. Slice and serve immediately.
Makes 1 12" Pizza

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Ask the Attorney General



Ask Attorney General John Cornyn

Shopping Safety on the Internet

Q: I like the idea of shopping online for the holidays, but I have heard so many horror stories about that never arrived or products that weren't quite as advertised.

Plus it seems like Internet businesses go out of business so often these days.

Any thoughts on how I can shop safely?

A: Online shopping is becoming an increasingly popular way of shopping for many who are pressed for time. You can take care of your entire holiday gift list with a few clicks of your mouse. However, some online companies out there are not what they seem to be.

The Consumer Protection Division of my office receives complaints about Internet companies that have not delivered as promised.

Fortunately, most of these complaints are resolved quickly. But here are some tips to

help you avoid running into problems in the first place.

Always try to deal with well known retailers. Be cautious of online stores that have names that are similar to other well known companies. These names may simply be a trick to get you to reveal your personal information. Find out if the seller is based overseas. This can affect both delivery time and shipping costs. It can also make it more difficult to return items.

Only shop at sites that protect credit card information. If you don't know about a site's security program, ask the company directly.

Use your credit card to make online purchases rather than a debit card. This way, if you have a problem with the company or the merchandise, you can dispute it through the credit card company.

Or consider sending your payment by mail. Make sure you find out about the site's privacy policy. Too many sites automatically collect information about you and your online shopping habits and then share it with other companies, advertisers or marketers.

Ask about shipping and delivery fees. Remember that the closer you get to the holidays, the more it may cost for you to ship your purchases.

In addition, it may take longer for packages to arrive. And while a company may promise overnight delivery, they aren't always able to fill orders immediately.

Review the company's return and warranty policies carefully. Print and save copies of all your orders and receipts. In addition, you should make sure you have a physical address and telephone number for the company in case you need to return your purchase.

If you do end up having a problem with a product ordered online, contact the retailer first

and give them an opportunity to resolve the situation. If that doesn't work, you can consider contesting the charge on your credit card, which means the credit card company will deal directly with the retailer. Finally, you can take advantage of the voluntary complaint resolution service offered by my office.

My Consumer Protection Division works to resolve problems between consumers and businesses, and in most cases we are successful. To file a complaint, you can visit our Web site at www.cag.state.tx.us and fill out our online consumer complaint form. You can also request a form by calling us at (800) 651-0509.

Our Web site contains tips and information for consumers on a wide variety of topics. And the Internet Bureau section of our site has more information for using the Internet safely.

(Continued from Page 1)

automatic teller machines, when making purchases on the Internet, at retail outlets and any other place that accepts MasterCard® debit cards.

Revelation America is a company owned, in part by the five largest African-American denominations in the country, including the Christian Methodist Episcopal Church, National Baptist Convention USA, National Baptist Convention of America, African Methodist Episcopal Zion Church and Progressive National Baptist Convention. The goal of the organization is to provide affordable housing and financial opportunity to inner-city America.

Revelation America operates an online shopping site and provides other services to its members. The firm is based in Memphis, Tennessee.

Lowery said. "According to widely available statistics, there are more than 30 million

Americans without a bank account, debit card or credit card. Many of these people don't have a credit or debit card. These consumers are constantly hit with high fees and service charges when they pay their bills or transfer money. Many of these people don't have a credit or debit card that allows them access to an ATM or the Internet. It creates opportunities for financial empowerment to those who need it most.

"Our strategy was to first focus on the functionality of the card and that's what we accomplished with the spots we've run that have me as the spokesman," Lowery said. The first flight of spots have run nationally on BET and extensively on broadcast stations, networks and syndicated programs affiliated with FOX.

"We came up with the idea of branding the card as a financial tool that is both "smart" and "cool". It's an excellent way to position the card, especially with Isaac Hayes as our spokesman," Lowery said.

Onstage Magazine recently said, "Hayes suddenly finds himself on top again, performing, writing, touring, and lecturing - some 40 years after he began his musical journey."

Hayes is an American icon. He broke into the American music scene with his debut album in 1967 but his appeal as a crossover phenomenon began with his Hot Buttered Soul album in 1969 followed by his soundtrack to the movie Shaft which cemented his reputation as a powerful musical presence on the national and international music scene.

Hayes has never left the stage but his career has experienced resurgence in recent years beginning with his recurring role as the voice of "Chef on the breakout comedy hit South Park.

STOREKEEPER II

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Tragically, over five million dogs are abandoned every year because of behavioral problems. The real tragedy is, most of them could have been helped.

Behavioral problems, such as biting, growling, howling, destroying things, and urinating or defecating when left alone, are the number-one reason that dogs are abandoned, left in shelters or euthanized. But now, veterinarians have effective and innovative new ways of treating behavioral problems. So, if you're concerned about your dog's behavior, schedule an appointment with your family veterinarian today.



A public service of this publication and the American Veterinary Medical Association.

Chronic Sinusitis Keeps Texans Stopped Up

LUBBOCK - For many people, sinus problems are so common that attempting to treat the symptoms has become a part of daily life. Those sinus problems that may seem insignificant may actually be the signs of a chronic disease that affects millions of Americans. According to the American Academy of Allergy, Asthma and Immunology (AAAAI) chronic sinusitis is a recurring inflammation of the nasal sinus cavities, usually caused by a bacterial infection.

Some recognizable symptoms of chronic sinusitis include:

- Yellow or green nasal drainage
- Congestion and headache
- Facial pain and pressure
- Diminished sense of smell
- Chronic bad breath.

"Those who are most at risk for sinusitis are people with cystic fibrosis, immunologic problems or nasal allergies and those who smoke," he said.

According to the AAAAI, chronic sinusitis is treatable with antibiotics; decongestants, antihistamines, nasal

steroids, surgery or other treatments, depending on the severity of the case.

Some non-medicinal treatments include steam inhalations, hot packs and over-the-counter sterile salt water sprays.

"A person should consult his or her physician when symptoms persist for two to three weeks and over-the-counter medications are not controlling the symptoms," Dr. Potocki said.

"Consult a physician sooner if symptoms include high fever, visual changes or facial swelling and redness."

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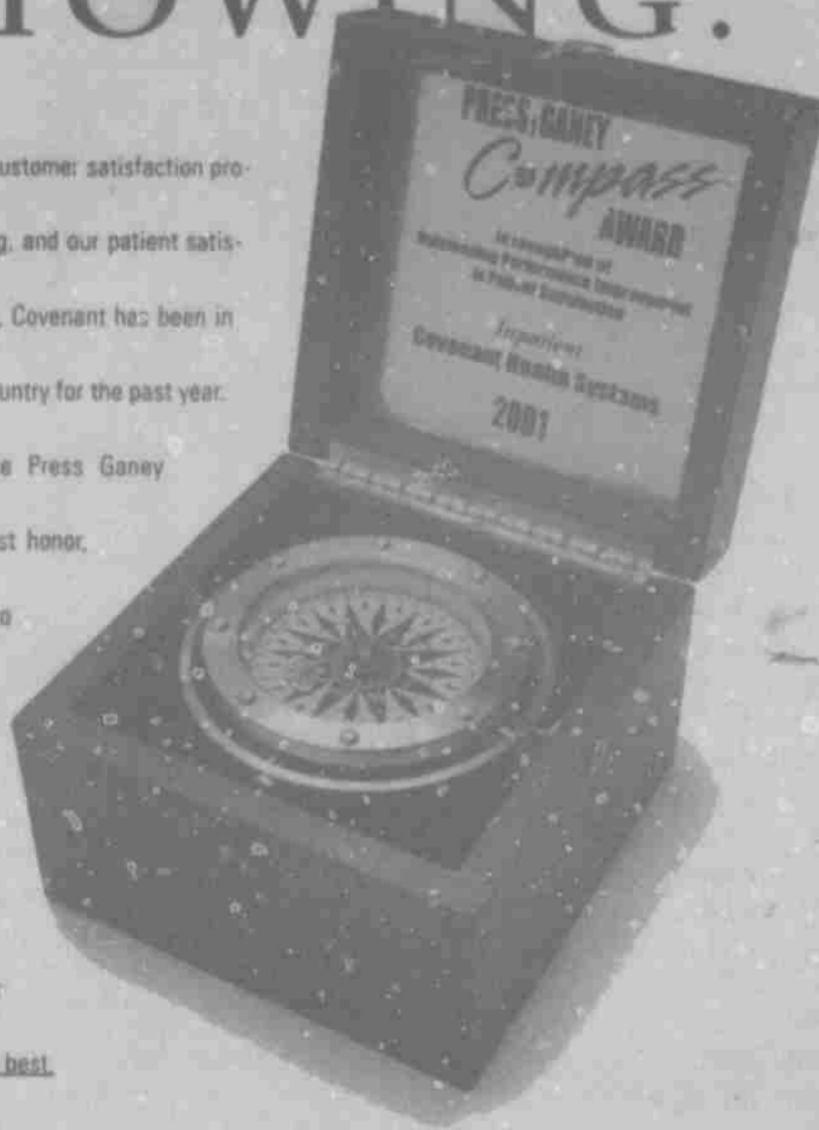
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In Cinque

by Renetta W. Howard

I was hit like a flash of lightning when I heard a song on the radio as I drove from work one evening. The male artist sang that he had a lady with a problem. It was not a needle or a pipe, but a shopping bag. She didn't want to see him until Friday when he got his pay and when he spoke with his preacher, he was told that his wife had the same problem. She didn't want to see him until Sunday when he got his pay. These ladies had to go shopping. They had to go to the mall and see what they had on sale.

A few years ago, I was concerned about how a great number of television commercials seemed to all be aimed at very young children, getting them geared up to have their parents go out and purchase the advertised items. Two year olds knew the names of all of the commercial dry cereals during that campaign as well as popular toys. The focus for commer-

cial moved from the pre-school children to those of elementary school ages with wider choices of foods, some which I refer to as 'junk food', and to more sophisticated toys and fashions. For the past twenty or more years, our children have been programmed via television to shop: "shop until you drop!"

It has been so serious that it has caused disruption and disobedience in homes between parents and their children. Parents have been coerced into purchasing expensive \$150 shoes for children in grade school because of what television commercials told them.

Some of these children are now adults. The television shop-at-home stations which require the use of a credit card have hooked many adults, some to the point of serious credit indebtedness. They are doing what they have been programmed to do: "shop until they drop!"

Some drop from their liv-

ing room chairs. Many of these television shoppers have now graduated to the Internet. Many of them fill their carts up and do not have the courage to empty them at the end of their shopping spree. They whip out the old credit card and 'whoop! there it is!' another debt, too often for something that they really did not want.

Shopping can be exciting especially if you have enough money to purchase what you want. Shopping is a problem when we shop for items we do not need, did not want or have no place to put what we purchased. We 'shop until we drop' because we have been programmed to do so. It is time that we get 'in cinque' and take inventory of what we are doing. We could start saving as strongly as we shop. We need to save energy, time and money for constructive projects which will further the care of the human race and future generations.

THIS N THAT

WHAT A WONDERFUL SURPRISE BIRTHDAY PARTY! THIS N THAT... plus many, many citizens were present to wish retired educator and principal GROVER C. COLVIN a very HAPPY BIRTHDAY last Sunday evening at Skyline Restaurant. The place was filled with many RETIRED EDUCATORS, many of whom MR. COLVIN had supervised while he was principal at WHEATLEY ELEMENTARY SCHOOL OR HODGES ELEMENTARY SCHOOLS. He was the first BLACK TO SERVE AS PRINCIPAL AT HODGES. In the room were more than THREE THOUSAND YEARS of teaching experience. As one person said out loud, "THIS LOOKS LIKE A TEACHER REUNION!" It really was something which MR. COLVIN will never forget!

The emcee was EDDIE DIXON, renowned artist. The evening was one of happiness. This affair, without Mr. Colvin's knowing, was done by his daughter, KATHY RICHARDSON, VIVIAN COOKE, and MARIE WITHERSPOON... It was good to see ROBERT KNIGHT who worked with Mr. Colvin over the years present... MR. COLVIN. He told the crowd this was "JUST GREAT! IT IS JUST GOOD TO HAVE YOUR FRIENDS AND FAMILY TO COME BY AND WISH YOU WELL!" He was 89 years young On December 8, 2001. Oh yes! THIS N THAT was glad to be present at this event. No doubt it will be one which will never be forgotten in the minds of those who were in attendance. HAPPY BIRTHDAY, MR. GROVER C. COLVIN! You have done much for our community as you have touched the lives of MANY BOYS AND GIRLS, and because of you, EACH HAVE BECOME BETTER CITIZENS!

PENNY HASTINGS THE BARBER SAYS: "A PERSON can't please everyone ALL THE TIME, but a PERSON can be the same all the time!"

VERY GOOD PROGRAM! THIS N THAT, along with HUNDREDS OF ELECTED OFFICIAL from throughout the United States of America attended a special program at the historic NEW EBENEZER BAPTIST CHURCH HORIZON SANCTUARY across the street from the old church which was pastored by the late DR. MARTIN LUTHER KING, JR. in Atlanta, Georgia Thursday afternoon, December 6, 2001. After remarks from Atlanta Mayor BILL CAMPBELL DR. C. T. VIVIEN, Chairman of the Center of Democratic Renewal gave a brief message on the life of Dr. King. He made it very clear, "CIVIL RIGHTS MUST COME THROUGH DR. KING, AND MONTGOMERY, ALABAMA." It was a very emotional message as Dr. Vivien is an outstanding orator. What a time it was. And to close out the services, SISTER MARY GURLY sang one of Dr. King's favorite hymns "IF I CAN HELP SOMEBODY." Oh yes, it was a great moment in Atlanta History, and those in attendance, no doubt, will take it back to their various cities and towns in America. BOB KNIGHT, Mayor of Wichita, Kansas, who initiated the program in "UNDOING RACISM," spoke emotionally on the program. IT WAS VERY WELL DONE!

LET'S SUPPORT TEXAS TECH RED RAIDERS! THIS N THAT invites all of you who can to make plans to attend the ...ALAMO BOWL in San Antonio, Texas on December 29, 2001 as the RED RAIDERS will play Iowa in that event. There needs to be 35,000 FANS of the Red Raiders to attend. Let's give our RED RAIDERS a hand in reaching this number at the Alamo Bowl. Will you attend? Hope so!

THOSE MATADORS LOOK GOOD! THIS N THAT is happy to see the MATADOR BASKETBALL PROGRAM GROW this year. This applies to both BOYS AND GIRLS BASKETBALL TEAMS. You are making us feel good again about BASKETBALL. So keep on doing what you are doing, MATADORS. THIS N THAT will be in this year. We're very proud of what you have done and what you will continue to do. GO MATADORS!

BE CAREFUL DURING HOLIDAY SHOPPING! THIS N THAT advises all of you CHRISTMAS SHOPPERS to be extremely careful when you are shopping in these remaining days. DRIVE CAREFULLY as you go to and from your destination. BE CHEERFUL in all that you do!

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Children Need at Least Nine Hours of Dream-Time Each Night

(NAPS)-It's that time again! The kids need new backpacks, sharpened pencils, and nutritious school lunches. But don't forget something else they need for a successful school day—at least nine hours of restful sleep each night.

That's right! The National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute (NHLBI) is advising parents that most children need at least nine hours of sleep each night to do their best in school, sports, family relationships and friendships, and other activities.

According to NHLBI Director Dr. Claude Lenfant, "We want parents of young children to understand that adequate nighttime sleep is important to children's healthy safety, and performance, and we would like to see children establish a good night's sleep as a lifelong habit."

Of course, getting children to sleep at night can be a challenge. But the NHLBI has some tips for parents that should help:

1. Set a regular time for bed each night and stick to it.

2. Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story.

3. Make after-dinner play time a relaxing time; too much exercise close to bedtime can keep children awake.

4. Avoid feeding children a big meal close to bedtime.

5. Avoid giving children anything with caffeine less than six hours before bedtime.

6. Set the bedroom temperature so that it's comfortable-- not too warm and not too cool.

7. Make sure the bedroom is dark; if necessary, use a small nightlight.

8. Keep the noise level low.

To help parents initiate this new routine, the NHLBI has named Garfield the Cat as its Star Sleeper and produced some fun, interactive, and

easy-to-use tools featuring Garfield to teach children about the importance of sleep. A 48-page Fun Pad -- filled with games and puzzles with sleep messages—is available on the NHLBI Web Site at <http://starsleep.nhlbi.nih.gov>. It also can be ordered from the NHLBI online catalog at www.nhlbi.nih.gov. A 14-inch Garfield plush doll, complete with bunny rabbit slippers and Star Sleeper "jammies" also is available from the online catalog.



For more information, visit the Star Sleeper Web Site or contact the NHLBI Health Information Network, P.O. Box 30105, Bethesda, MD 20824-0105, 301-592-8573.

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WHAT IS HAPPENING LOCALLY

To Complete the Unfinished Work of Dr. Martin Luther King Jr.

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

WEST TEXAS LEGAL SERVICES BOARD MEETS IN FORT WORTH

There will be a meeting of the West Texas Legal Services Board of Directors on Saturday, December 8, 2001 at 10:00 a.m. at the Fort Worth Office location: 600 East Weatherford Street, downtown Fort Worth, Texas. The public is invited to attend.

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

East Lubbock Chapter AARP • Every 1st Thursday at 10:00 am • 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

