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A newspaper for the 21st century, representing the Black community's joys and ideals since 1977

November 4 - November 10, 2004

VOL. XXVII, No. 7



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

Foster/Adoptive Parent Information Meeting

On Tuesday, November 9 at 7:00 p.m. (and every 2nd Tuesday of each month), an informational meeting will be held at the offices of the Texas Department of Family and Protective Services (DPS), 8th Briarcrest Office Park at 576 & Ave. P for anyone interested in adopting or caring for a foster child.

Contact Child Protective Services, Foster Adopt Unit (806) 762-2880 for more information.

When abuse and neglect occur, and children are no longer able to safely remain in their own homes, we are fortunate enough to have individuals willing to provide care and support to them in licensed foster homes. Foster care provides a temporary safe haven for children as Child Protective Services (CPS) caseworkers and foster parents work toward uniting children with their families. These children, through no fault of their own, were placed in abusive or neglectful situations by their biological parents. In some situations, they are not able to return home and deserve a chance for a new life with adoptive parents who can teach them that family can be a safe place.

There is an urgent need for more families to open their hearts and homes by becoming foster and adoptive parents.

Community Meetings

- Lubbock Area Client Council meets on the 2nd Saturday, 1:00 pm - Mae Simmons Community Center
- Hub City Kiwanis meets every Tuesday, 7:00pm, 1708 Avenue G
- Dunbar Alumni Association meets 2nd Saturdays, 4:00 pm
- Booker T. Washington American Legion Post 808 meets every 3rd Thursday at 7:30pm. American Legion Building in Yellowhouse Canyon
- Forgotten West Riders meets on the 1st & 3rd Mondays, 7:00 pm, Patterson Library
- East Lubbock Chapter AARP meets every 1st Thursday at 1:00 pm, Mae Simmons Community Center
- Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Market Alumni Center
- Dunbar/Manhatten Heights Neighborhood Association meets every 3rd Thursday at 6:00 pm 1303 East 24th St. (outreach center/party house)
- West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturday of each month at 7:00 pm, Educational presentations and demonstrations.
- Texas Juneteenth Cultural & Historical Commission - Lubbock Affiliate meets at Patterson Branch Library every 3rd Thursday 7:00 pm
- West Texas Native American Association meets 2nd Saturday each month at Groves Library, 5520 19th Street, 7:30 p.m.
- West Texas Chapter of 100 Black Men meets the 3rd Monday evening at 7:00 pm at the Parkway Neighborhood Center.
- The Parkway Guadalupe & Cherry-Point Neighborhood Association meets the 3rd Tuesday evening of each month at 7:30 pm at Parkway Neighborhood Center.

STATE AND LOCAL ELECTION RESULTS

District 19 Race
Randy Neugebauer - 59,455
Charlie Stenholm - 30,552
Richard Peterson - 1,973

City of Lubbock Special Election - Voters overwhelmingly approved an amendment to provide that an electric utility board composed of nine Lubbock citizens and eligible voters appointed by the city council be created to govern, manage and operate the city's electric utility.
FOR 43,623
AGAINST 8,909

State Representative District 83
Delwin Jones 34,967
John E. Mills, 9,008

State Representative District 84
Carl Iselt 30,907
Freda McVay 14,480

Railroad Commissioner
Victor G. Carillo 59,577
Bob Scarborough 25,764
Anthony Garcia 3,140

Supreme Court, Place 9
Scott Bristor 64,247
David Van Os 22,966

Court of Criminal Appeals, Place 2
Lawrence Meyers 66,503
Quanah Parker 10,313

Court of Criminal Appeals, Place 5
Cheryl Johnson 67,924
Tom Oxford 8,516

Court of Criminal Appeals, Place 6
Michael E. Keasler 61,981
J. R. Molina 25,221

County Commissioner, Precinct 1
Bill McKay 25,767
Jerry R. Russell 2,183

County Commissioner, Precinct 3
Ysidro Gutierrez 7,206
Frank Gutierrez 5,886
Caleb Leo Clardy 524

Constable, Precinct 1
Ken Mull 24,820
Jim David Reynolds 2,445

Constable, Precinct 3
Cory Dean Lucas 5,912
Marina Garcia 7,202

Constable, Precinct 4
Carroll A. Thomas 17,436
Kelly Vinson 2,769

"Value voters" give Bush four more years

WASHINGTON, Nov. 3 (PRNewswire) -- After a long election night, the hotly contested Presidential election has ended.



Bush

While many anticipated weeks of debate and lawsuits, Bush remained confident that he had won the election. On the morning of November 3, John Kerry conceded defeat to his opponent, ending a race that was very close and unsure until the last minute.

It became clear that "value voters" have given President George W. Bush a second term. The Family Research Council is pleased with the overall outcome of Tuesday's election, as Americans elected President Bush to a second term and significantly increased the margin of pro-family Republicans to the United States Senate.

Values issues were critical to the election outcome. Even liberals were forced to recognize the impact of the values vote on Tuesday's election. Former Senator Bob Kerrey, in a report to Tom Brokaw, stated that, "we (Democrats) are in a cultural war."

Voters refused to hold their peace in the face of judicial

activists and passive politicians and spoke out for marriage and family values. Early exit data indicates a significant increase in turnout over the 2000 election among church-going voters. "In the crucial state of Ohio, overwhelming support for Ohio's marriage amendment carried President Bush over the threshold to victory," stated FRC President, Tony Perkins.

"Clearly the supporters of traditional marriage helped President Bush down the aisle to a second term," continued Perkins.

"The next four years are a prime opportunity to focus further on issues important to our constituents and to the cultural health of this great country."

"For Bush's second term FRC is eager to begin working with the Administration and with Congress to aggressively pursue a Marriage Protection Amendment to the Constitution that will prohibit judges from redefining marriage for America."

"The President, the Family Research Council and this country have a lot of work ahead but we are optimistic given the significant increase in faith-driven participation in the moral future of our great nation. We are confident that we can win the culture war as we continue to engage in the political battle over the sanctity of life, preservation of marriage, human cloning and embryonic stem cell research."

Voters approve marriage protection in 11 states

WASHINGTON, Nov. 3 (PRNewswire) -- Today, voters in 11 states voted to protect the most basic institution in our society from activist judges by approving state constitutional amendments which define marriage as the union between one man and one woman.

FRC president Tony Perkins released the following statement: "Today's vote reveals once again the broad support for protecting marriage among the American people. We've seen reports with passage in Ohio with 60%, Mississippi with 90%, Kentucky 72%, Michigan 67%." "The people aren't waiting for the politicians to act to reign in

activist judges who have no regard for the rule of law. The courts gave us abortion or demand in 1973, the American people stated today that they are not going to allow the courts to do the same by imposing same-sex "marriage" on the people of this country.

"Almost a dozen and a half states have now refused to hold their peace and have spoken loudly against the effort of judges to force same-sex marriage on them. However, the next Congress must pass a Marriage Protection Amendment to ensure that today's overwhelming vote is not overturned by neglected federal judges."

Obama defeats Keyes; Daschle defeated in S. Dakota



Obama



Daschle

In Illinois, popular political newcomer, Democrat Barack Obama defeated late entry Alan Keyes for the

Senate seat. Obama gained visibility this year during this year's Democratic National Convention with a rousing

and inspirational speech to the convention audience. He has maintained visibility in the Democratic party as a clear leader for Illinois and a possible future candidate in other areas.

In a devastating blow to the Democratic party, Tom Daschle of South Dakota was narrowly defeated by his opponent John

Thune. Presently, Daschle is Speaker of the House, but with this defeat, the Democrats lose a major voice in Congress and Republicans regain control of a leadership role in the House of Representatives. Daschle will likely be replaced by Harry Reid, a soft spoken man who is unknown to most people.

Build wealth now: November's Black Enterprise highlights how to develop prosperity through entrepreneurship, investing and retirement planning

(New York, NY) - ON THE COVER In "Connections for Business," BLACK ENTERPRISE highlights its Black Wealth Initiative, 10 financial guidelines with the goal of promoting financial security, by showcasing entrepreneur Hamet Watt, who strengthened his business through professional networking while mentioning others along the way (p.81).

To buy just about anything on credit in America, one needs a respectable credit score, which ranges from 620 to 680. To buy anything on credit at a good price, one needs a great credit score, which is 700 and above. Higher credit scores mean better interest rates and top-tier treatment from all lenders, from mortgage to credit card companies. Having excellent credit requires a great deal of discipline and fiscal responsibility. In "The Perfect Score" BE provides the five keys to credit score success. Those African Americans who have reached the highest tier are reap-

ing the financial benefits (p.133). Direct sales in 2003 totaled \$29.5 billion, according to the Direct Selling Association. In direct sales, a product manufacturer offers to pay individuals outside the company to sell its goods and services directly to consumers. Typical products include cleaning compounds, educational tools, and home decorations. However, not all direct network marketing may be legitimate. Pyramid schemes, which are illegal, require sellers to invest money up front. Often considered a road to riches, direct selling can lead to financial disaster without the proper research. Determining how much money there is to be made and identifying the schemes can be challenging. In "Network Marketing or Pyramid Scheme?" BE provides a guideline to help determine the legitimacy of a marketer's claims and whether network marketing is a wise employment choice (p.102).

When crafting an overall financial plan, long-term health

insurance should be a major consideration. According to AARP, a consumer group that represents the interests of senior citizens, the national average cost of a nursing home is \$4,654 a month, or about \$56,000 a year. The average outlay for home care services is



equally steep, averaging \$37 an hour for a licensed nurse and \$18 an hour for a home health aide. In "A Cure for Health Concerns," BE brings the basics of long-term health insurance into focus and provides the resources to make an informed decision before coverage is purchased (p.141).

When African Americans and the rest of the electorate go to the polls Nov. 2, they will participate in making the most crucial decision of the year — one that may determine America's safety, employment status, and financial future. To help readers make an informed decision before Election Day, BLACK ENTERPRISE interviews potential voters and examines their positions on the candidates' platforms. Whether the commentary comes from red-state Republicans or blue-state Democrats, the November feature "The Black Vote: Where Should I Go?" offers valuable insight into the black vote and its potential impact on Election 2004 (p.90).

The November issue of BLACK ENTERPRISE is available on newsstands now.

Down on the farm

Community people pick their greens at Jimmy Harden's green patch at the red roofed house. Even Eddie P. Richardson, co-publisher of Southwest Digest got into the act.

Collards, mustard and turnip greens are \$5 per grocery bag - as many as you can put in. There are also sweet potatoes to go with the greens.

Go by and get fresh greens! The farm is located 3/4 miles south of Hwy 1585 on Hwy 87.



If you find mistakes in this publication, please remind yourself that we are all human. We publish something for everyone and we don't always get it right. Some people are always looking for mistakes instead of looking at their own lives.

If you have an announcement you want to appear in this paper, please get it to us in writing. You can mail it to:

Community Meetings
C/O: Southwest Digest
P.O. Box 2553
Lubbock, Texas 79408

or bring it by our offices:
Southwest Digest
1302 Avenue Q
Lubbock, TX 79401

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Chatman Hills Corner

By Clarissa Jay

More than 500 delegates, including pastors and lay, were in attendance of the 69th Annual Session of the African Methodist Episcopal Church. For the first time, the Northwest Texas Annual Conference was held in Lubbock, Texas with the Bethel African Methodist Episcopal Church as host church. Rev. Danny R. Poe was the host pastor. The session was under the leadership of the Rt. Rev. Gregory C. M. Ingram, presiding Prelate of the 10th Episcopal District.

Delegates were from Fort Worth, Waxahatchie, Dallas, El Paso, Wichita Falls, and other cities.

Rev. B. R. Moton, pastor of the New Hope Baptist Church, delivered a dynamic sermon at the conference on Wednesday evening, October 27, 2004. The Male Chorus of New Hope sang several selections.

The 15th Appreciation Service for the Pastor and Family — Rev. and Mrs. B. R. Moton — will be held Sunday afternoon, November 7, 2004, beginning at 3:30 p. m.

Thanksgiving Services will be held at the New Hope Baptist Church on Sunday evening, November 21, 2004, beginning

at 6:00 p. m. With the theme, "Thanks Be To God For His Goodness", Psalms 116:17. The guest speaker will be Reverend Charles Bond of Travelers Rest Missionary Baptist Church of Columbus, Ohio.

This special service is sponsored by the Churches United For Kingdom Building.

Word has been received that one of our citizens, Sister Lena Mae Sheffield, has a loved one last week.

A son, Tyrone Ervin, of Mr. and Mrs. Clarence Ervin is reported ill at this report.

Members of the Bethel African Methodist Episcopal Church had special services last Sunday morning, October 31, 2004, when a well known film, "Passion Of The Christ", was shown. This was a special effort of the Board of Christian Education with the special assistance of Sister Denise Jordan. It was shown of a very large screen, courtesy of Wyzland Baptist University of Plainview, Texas.

Let us remind you of the Southwest Airlines special program to send Senior Citizens "Home For The Holidays" again

this year. If you are a Senior Citizen, applications will be accepted no later than Monday, November 8, 2004, at 5:00 p. m. For more information, call the Parks and Recreation Office by dialing 767-2704.

Let us continue to pray for all the sick and shut in residents. Among them is the writer of this column, Clarissa Jay. She is a patient at Covenant Medical Center on 19th Street. God is able.

Pastor B. R. Moton delivered a powerful sermon last Sunday morning, October 31, 2004, at New Hope. His subject was "I Found The Answer." His scripture text was Psalms 73:16-17.

As we have always made known, if you are unable to attend church services because of reasons beyond your control, then we recommend the New Hope Broadcast over Radio Station KJAK, 92.7 FM, from 11:30 a. m. until 12:30 p. m. every Sunday morning.

Thought For Today: "Liberty is beautiful when we never use it to satisfy ourselves, but use it in the Lord." Taken from New Hope Bulletin.

FASHION FUN

by Shirley Roberson

Designer Hats

It is a fact that fashion repeat itself, and this time around my friend, its hats. Beautiful, elegant, designer hats, and they are making such powerful statements.

There are no restrictions and that's what exciting about the hats this fall. The designs are relaxed, unrestrictive, extremely attractive, and the size of the hat depend totally on the woman wearing it.

In selecting your hats, pay close attention to the small details. Every hat is certainly not for everyone, and out which type of hat looks best on you.

The crown of a hat is very important. A high crown gives the illusion of addition-

al height, as well as low boxed crowns giving the appearance of regular stature.

If nothing else ladies remember... The brim of a hat is the heart of a hat, and the brim of a hat usually makes the hat. This season there are wide brims, narrow brims, floppy brims, square brims, small, medium, large and extra large brim. You have the choice of one sided brims, up brims, down brims, lamp shade brims and off the shoulder brims, simple, plain, embellished and heavily embellished brims. When it comes to hats its all about the brim. In the West Texas area hats, are most frequently worn to church and all church functions. To simplify your



fashion decision, hats and suits are designed together to give you a complete matched outfit. Pantsuits and designer hats are also topping the fashion list, so hats are rapidly emerging outside of church. For the fashionista in us all, get ready, get dressed, and by all means get a hat.

FASHION TIP - ALWAYS WEAR A SMILE
FASHION... JUST FOR THE FUN OF IT!

In Remembrance

Bennie Floyd Johnson



Johnson

Funeral services for Bennie Floyd Johnson were held last Saturday afternoon, October 30, 2004, at Mt. Gil-e-a-d

Baptist Church. Interment was held at Peaceful Gardens Memorial Park under the direction of Brock's South Plains Funeral

Home. He died last Wednesday, October 27, 2004, at his residence with his wife at his side.

He was born May 2, 1939, in Corsicana, Texas to the late Mr. Clyde Johnson and Mrs. Juanita Jimison. Bennie worked for Texas A&M University several years prior to moving to Lubbock in 1967. He worked for Lubbock Body Works 32 years until retirement in December 1999. Bennie liked to rebuild automobiles in his spare time. He married Tina Oliva on October 16, 1988.

He is survived by his wife,

Tina of Lubbock, Texas; three sons: Howard Johnson of College Station, Texas, Vincent Olina of Lubbock, Texas and Michael Jones of Wylie, Texas; two daughters, Bennie Faye Johnson of College Station, Texas and Brittany Nicole Johnson of Lubbock, Texas; step-children: Vivian Hollie and Clarence Ward, both of Council Bluffs, Iowa, LaQuinta Hollie of College Station, Texas, and Lovie Ward of San Antonio, Texas; two brothers, T. C. Johnson of Houston, Texas and James Johnson of Amarillo, Texas.

Brother Arlee Jackson receives plaque from Federation of Choirs for dedication and service



Jackson

At the monthly meeting of the Federation of Choirs last month, October 24, 2004, Brother Arlee Jackson was recognized for his outstanding service as president of this fifty year old organization which meets the fourth Sunday of each month at one of the eleven churches.

For 23 years, Brother Jackson

has served as its president, since 1981. He has been a member of the Federation of Choirs since 1964.

A member of St. John Baptist Church, he is a retired educator from the Lubbock Independent School District where he served for 33 years. He is also the Immediate District Governor of T12 Lions Club.

The special presentation was made at the Rising Star Baptist Church. "I have always wanted serve my community, and the Federation of Choirs was a very positive means of accomplishing this goal."

"He has worked very hard for the Federation of Choirs and will serve as president emeritus. We are just proud of him because he has been a very faithful member," says Ms. Bennie Sims, president.

The program last month was

dedicated in his honor. "We hope each month to dedicate a program to a community person for their untiring work in the community," said Ms. Sims.

Pastor Appreciation Service

New Hope Baptist Church will celebrate its 15th annual Pastor & Family Appreciation Service on Sunday, November 7 at 3:30pm at 2002 Birch Avenue. Pastor B. R. Moton the theme will be "Paying Tribute to the Preacher of the Gospel", based on 1 Corinthians 9:7-18. Guest preacher will be Reverend Wendell Davis from Lyons Chapel Baptist Church. The public is invited

Feed a friend - it's as easy as pie!



For the thirtieth consecutive year, Lubbock Meals on Wheels is enlisting the help of United Supermarkets, KAMC-TV, and KLBK-TV, for the "Feed a Friend - It's as Easy as Pie" fundraiser. This year's project will take place from November 13-20. For a \$5 donation to Meals on Wheels, participants will receive a coupon for a free fresh-baked apple or pumpkin pie from any local United's in-store bakery. Lubbock Meals on Wheels hopes to raise \$35,000 with this fundraiser. Donations can be made at any local United

Supermarket or at the Meals on Wheels' office, 2304-34th. The event kicks-off with a pie eating contest at the United Supermarkets location at 1st & University on November 12. Local celebrities will participate in the contest as it is aired live on KAMC's and KLBK's noon newscast.

Meals on Wheels serves hot, nutritious meals to over 550 homebound, elderly and disabled people each weekday, totaling over 120,000 meals annually. Meals on Wheels depends completely on the community for financial support, receives no governmental funding, and is not a United Way funded agency. Over 900 volunteers and ten staff members carry out the mission of Meals on Wheels.

WHAT: "Feed a Friend-It's as Easy as Pie"

WHEN: November 13-20, 2004

WHERE: Donations can be made at local United Supermarkets (through the cashier, at the customer service counter or to the Meals on Wheels' representative in the store) or at the Meals on Wheels' office, 2304-34th Street.

HOW: For a \$5 donation to Meals on Wheels, donors will receive a coupon for a free fresh-baked apple or pumpkin pie from any local United's in-store bakery. Coupons are redeemable at Lubbock United Supermarkets through December 31, 2004.

Thank you very much for your continued support of Lubbock Meals on Wheels. For more information, please call 792-7971.

Finding Virtue with God

Young woman shuns poor relationships after reclaiming spirituality in new book

BRYAN, Texas - Bondage can describe the restrictions placed on people by others, but it can also be caused by personal weaknesses. For a young woman stuck in a



cycle of destructive relationships, accepting God transforms her in Freedom from Bondage: Pride Versus Virtue (now available through AuthorHouse) by Tanisha Hall.

Based on Hall's own experiences, the book presents the story of a woman searching for her identity. For years, this bright individual has repeated a damaging pattern of falling for domineering, chauvinistic men. Since her high school years, she has been swept up into the games of manipulative people who were often wolves in sheep's clothing. When yet another man breaks

her heart, she finally asks herself, "Is it my job to find a man?" The Bible says, "a man that findeth a wife findeth a good thing." She wonders why she has been chasing men for years, only to stumble upon disappointment. To become a more virtuous woman, she first devotes herself to God. Next, she discovers who she is in God's eyes and what divine purpose he has given her. The damaging cycle of sadness and low self-esteem ceases when she looks to God for everlasting life.

"The road that leads to eternal life is narrow... This road is designed specifically for the true men and women of God because they are the only ones with the survival kit. This kit contains perseverance, endurance, love, grace, mercy and long suffering. They have the antidote - the cure all -

and it is marked 'Jesus Christ,'" Hall writes.

Freedom from Bondage illustrates the costly mistakes women make in their relationships. Christian women learn the secrets to steering away from a prideful and painful past to a triumphant and virtuous future in this inspiring book.

Hall, a native of Bryan, Texas, devoted herself to God in the fall of 2000. She earned an associate's degree from Blinn College, a bachelor's degree in criminal justice corrections from Sam Houston State University and a master's degree in counseling from Prairie View A&M University. She is a member of Delta Sigma Theta sorority. More information is available at www.tanishahall.com.

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The Lubbock Area Coalition for Literacy will offer a training session for volunteers from 9:00 a.m. to noon November 6th at Godeke Library, 6001 S. Quaker. Volunteers will be invited to help the coalition's clients to read, learn English or work toward their general education diploma. Details available by calling 747-7323.

Manhattan Heights Church of Christ

763-0582 - Tyrone N. DuBose, Minister
1702 E. 26th St. (corner of E. 26th St. and Martin Luther King, Jr. Blvd.)

Sunday:
Bible Class - 9:00am
Worship - 10:15am
Evening Worship - 5:00pm

Wednesday:
Bible Class & Devotional - 7:00pm

God's Plan for Saving Man
At home alone - Romans 3:23
Jesus Christ died for our sins - 2 Cor. 5:21; Acts 2:30
We must do God's will and obey him to enter heaven - Matt. 7:21; Heb. 5:8
How do we obey him?
Hear the gospel - Romans 10:17
Believe Jesus Christ is the son of God - Mark 16:15
Repent of your sins - Luke 13:3
Confess - Romans 10:10
Be baptized for the forgiveness of your sins - Acts 2:38
Be faithful until death - Rev. 2:10

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Morning Worship 10:50am
Evening Worship 6:00pm
Wednesday Bible Study 12:00 Noon and 6:00pm



PASTOR: DANNY R. POE

"GOD OUR FATHER, CHRIST OUR REDEEMER, MAN OUR BROTHER"



Church News



From the Desk of Parson D.A. Smith

Stand on top of the desk

Blacks: "Going Backward"

Several weeks ago we tried to convey to the people of color of District 1 and 2 and especially the "blacks" the necessity of taking the journey of academic and moral excellence for the survival of the species. The comparison was made of how Koreans have come together in business from the Ph.D. to the lowly, in brainstorming to figure out how they can rule the world while we as blacks watch DVD's (that we do not have a clue how they operate because we are lacking in science and mathematics) and let people coming from south of the border pimp and prostitute us and our children through illegal drugs for monetary gains because we do not equip our lives for the workforce.

This report pointed out the median net worth of white households in 2002 was \$88,000. This was 1 1/2 times

greater than blacks and 11 times greater than Hispanics. Net worth as defined by government data accounts for the value of items such as a home and car, checking and saving accounts, stocks, less debts such as mortgage, car loans and credit card bills.

This report also pointed out nearly one-third of black families and 26 percent of Hispanic families were in debt or had no net assets, compared with 11 percent of white families.

What was disheartening was after accounting for inflation, net worth for white households increased 17 percent between 1996 and 2002 and rose for Hispanic homes by 14 percent to about \$7,900, while it DECREASED for blacks by 16 percent, to roughly \$6,000.

The reason Hispanic were better off than blacks when there was a downturn and took less of a hit was they made gains in lower-paid, lower-skilled areas such as service and construction sectors. Blacks were still victims of "last hired, first fired."

Another factor that made the division in wealth was whites were far more likely to own their home and not RENT! Home

ownership is one of the best ways to build wealth. President Bush has been pushing the issue and providing financial avenues for blacks and other minorities to own homes.

In 2002 and 2003 the Census report reflected that the median income for whites was \$47,800, Hispanics \$33,000 and blacks \$29,600. This is unacceptable for blacks. While black dreams appear to be "ships that pass in the night," we must anchor our ship financially so we can compete in this world. We must take the "bull by the horns" like the Koreans with the attitude that we will one day rule the world. We must not throw in the economic towel by letting other groups pimp us! Remember you may milk a rattlesnake of its venom, but don't forget it's still a rattlesnake in every avenue of life.

Blacks also need to look at the fact that a sophisticated conservative will help you make money and own property because he is going to benefit. Whereas, a liberal [regardless of party affiliation] will keep you in government housing, on food stamps, and driving a big automobile that you can drive to church and show off that you cannot afford.

Outreach Prayer Breakfast

The members and friends of the Outreach Prayer Breakfast would like to thank all of their guests for attending our "All Woman of Prayer" program last Saturday morning, October 30, 2004, at the Lyons Chapel Baptist Church where Rev. Wendell Davis is pastor. The spirit of the Lord was present. You could feel it in the atmosphere.

The churches represented were: Free Will Missionary Baptist Church of Slaton, Texas, Mt. Calvary Baptist Church of Tyler, Texas, Church of The Living God, Irvin's Street Baptist Church and New Jerusalem Baptist Church, all of Littlefield, Texas; Agape COGIC, First Progressive Baptist Church, Lyons Chapel Baptist Church, New Hope Baptist Church, Mt. Calvary Baptist Church, Free Will Baptist Church, Greater St. Luke Baptist Church, Rising Star Baptist Church, and Prayer

House COGIC.

Grace Christian Fellowship, were you represented? We thank all of you from the bottom of our hearts.

133rd Psalms says: "Oh, how good and pleasant it is for Brethren to dwell together in unity. It is like precious oil on the head running down on the beard, running down on Aaron's beard, down upon the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessings, even life forevermore."

Our speaker for the morning, Rev. Sister Ruby Doss of the Free Will Baptist Church, had a message for the world. If you were not able to have attended, we were hoping you would have made it. We want each of you to know we BBW meet the first Saturday of each month.

Let us continue to pray for our leaders in the world, saints. As

well as those in our churches. We love each of you out there and are praying for you to prosper even as you: soul prospers.

We were among the more than one hundred men, women and young people who attended the Candle Light Prayer Vigil at the Windcrest Estacado Apartments last Saturday evening, October 30, 2004, remembering the mother and three children who were murdered. We are praying for Sister Faye Brown, Rev. J. J. Johnson, Brother T. J. Patterson, Brother Eddie Richardson, and others. May God continue to bless each of you as you press forward.

In God's Army, how many more wounded soldiers have to die before we go to battle? Think about it.

Sister Dorothy Hood, president; Sister Christine Burleson, vice president; and Sister Einora Jones, teacher.

St. Matthew's Baptist Church News

Church services begun last Sunday morning, October 31, 2004, at the St. Matthew Baptist Church, 2020 East 14th Street, with Sunday School beginning at 10:00 a. m. Sister Luella Harris, Superintendent, was in charge.

The morning Sunday School lesson was taught and reviewed by our pastor, Rev. Edward Canady. What a wonderful lesson it was.

The morning worship hour began at 11:15 a. m. with the Missionary Society in charge. The morning devotion was led by Sister Oretta Moore and Sister Barbara Johnson.

The Senior Choir again sang out of their souls. The spirit was

very high. What a time we all had singing God's praises.

The morning message was delivered by Pastor Canady. His subject was "The Word Is Not My Home." His scripture text was St. Luke 9:57-58. The message was well received by all in attendance.

It was wonderful to see

Minister Nina Davis back in service.

Let us continue to pray for Sister Lethridge. She is on our sick and shut-in list. Pray for those who you know about.

Thought For The Week: "The fires of life will not destroy you if you are watered by the River of Life."

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"When only memories remain, let them be beautiful ones."

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We Thank God for Jesus Ant that America

Written by Evangelist Billy "B.J." Morrison, III - Your brother in Christ Jesus always.

JEREMIAH 8:6,7: THE LORD SAID, I HEARXENED AND HEARD, BUT THEY SPEKE NOT RIGHT: NO MAN REPENTED HIM OF HIS WICKEDNESS, SAYING WHAT HAVE I DONE? EVERYONE TURNED TO HIS COURSE, AS A HORSE RUSHING INTO THE BATTLE YEA, THE STORK IN THE HEAVEN KNOWS HER APPOINTED TIMES, AND THE TURTLE AND THE CRANE AND THE SWALLOW OBSERVE THE TIME OF THEIR COMING; BUT MY PEOPLE KNOW NOT THE JUDGEMENT OF THE LORD.

AMERICA WAS FOUND ON THE WORD OF GOD: IT WAS HER GUIDE LINES, THEN PEOPLE WANTED THEIR RIGHTS, LIKE ADAM, THEY WANTED TO USE THEIR OWN MINDS!!!

JOHN 8:31,32, JESUS SAID, IF YOU CONTINUE IN MY WORD, THEN ARE YOU MY DISCIPLES INDEED; AND YOU SHALL KNOW THE TRUTH, AND THE TRUTH SHALL MAKE YOU FREE.

AND PEOPLE WANTED TO BE FREE; AND LIVE THEIR WICKED, WICKED WAYS, THE DEVIL HAVE GIVEN OUT HIS RIGHTS NOW, AND THEY ARE NOW HIS SLAVES.

*** ANT THAT AMERICA ***

JOHN 8:34,35, JESUS SAID, VERILY, VERILY, I SAY UNTO YOU, WHOSEVER COMMITTES SIN IS THE SERVENT OF SIN, AND THE SERVENT ABIDES NOT IN THE HOUSE FOR EVER: BUT THE SON ABDES FOR EVFR. WHEN THE

CHURCH MARCHED, AND DIDN'T OBEY THE LAW; THE POLICEMAN, THAT WAS THE BEGINNING OF ALL OF AMERICA'S TROUBLES, IN THIS WHOLE LAND!!!

1 PETER 2:13-16, SUBMIT YOURSELVES TO EVERY ORDNANCE(LAW) OF MAN FOR THE LORD'S SAKE: WHEATHER IT BE TO THE KING(PRESIDENT), AND SUPREME: OR UNTO GOVERNORS, AND UNTO THEM THAT ARE SENT(POLICEMAN) BY HIM FOR THE PUNISHMENT OF EVILDOERS(MARCHERS), AND FOR THE PRAISE OF THEM THAT DO WELL. FOR SO IS THE WILL OF GOD, THAT WITH WELL-DOING YOU MAY PUT TO SILENCE THE IGNORANCE OF FOOLISHMEN.

WHEN THE CHILDREN WATCHED THE KEADER, THE POLICEMAN THEY DIDN'T OBEY, THE CHILDREN NOW USE THE, ITS MY RIGHTS, TO BE DISOBEDIENCE TO PARENTS TODAY!!!

1 CORINTHIANS 5:6,7, YOUR GLORYING IS NOT GOOD, KNOW YOU NOT THAT A LITTLE LEAVEN LEAVENS THE WHOLE LUMP? PURGE OUT THEREFORE THE OLD LEAVEN, THAT YOU MAY BE A NEW LUMP, AS YOU AARE UNLEAVENED. FOR EVEN CHRIST OUR PASSOVER IS SACRIFICED FOR US, AN AMERICA IS NOW BRINGING FORTH HER FRUIT, IT IS THE SIN OF HER LABOR, MY RIGHTS THING: TO RAPE, ROB, KILL THE FAMILY; AND

IT MIGHT BE YOU A NEIGHBOR!!!

*** ANT THAT AMERICA *** GALATIANS 6:7,8, BE NOT DECEIVED (FOOLED); GOD IS NOT MOCKED (PLAYED WITH); FOR WHATSOEVER A MAN SOWETH (PLANTS), THAT SHALL HE ALSO REAP (GET IN RETURN). FOR HE THAT SOWETH TO HIS FLESH (RIGHTS) SHALL OF THE FLESH REAP CORRUPTION (SIN); BUT HE THAT SOWETH TO THE SPIRIT SHALL OF THE SPIRIT REAP LIFE EVERLASTING. AMERICA IS RAISING A NATION OF LIARS AND KILLERS; LIKE ADAM AND CAIN, AMERICA IS OVER RUNED WITH DRUGS; THE WHOLE COUNTRY IS GOING INSANE!!!

*** ANT THAT AMERICA *** PROVERB 14:34,29,2, RIGHTEOUSNESS EXALTES A NATION; BUT SIN IS A REPROCH TO ANY PEOPLE. WHEN THE RIGHTEOUS ARE IN AUTHORITY, THE PEOPLE REJOICE; BUT WHEN THE WICKED BEARETH RULE, THE PEOPLE MOURN.

WE CAN SEE THE SIGNS OF TIME, GOD IS REAPING THE LAND; AND CALLING HIS ROLL, EVEN THE CHURCHES ARE IN TROUBLE; BECAUSE OF ITS LOVE NOT FOR SOULS, BUT GOLD!!!

*** ANT THAT AMERICA *** LUKE 19:46, JESUS SAID, IT IS WRITTEN, MY HOUSE IS THE HOUSE OF PRAYER; BUT YOU HAVE MADE IT A DEN OF THIEVES.



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- Wednesday Night Bible Study - 7:00 pm
- Thursday Praise Team & Choir Rehearsal - 7:00 pm

Bus ministry available. For college students, a meal will be provided.

May the God of hope fill you with a joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

Morton releases new gospel album, *Seasons Change*

Delivering a message of hope and undeniable faith in the Lord, Bishop Paul S. Morton has impacted the lives of thousands of people across the nation through



Morton

his ministry. This spirit of optimism and recovery from even the most dismal situations in life pervades Bishop Morton's new album, *SEASONS CHANGE*, the follow-up to his 2003 number one Billboard Gospel album.

Although he had been formulating plans for *SEASONS CHANGE* for nearly a year, the concept for the album finalized itself only a short time ago as Bishop Morton stood on the pulpit: "A few months ago, I preached a sermon called 'Don't

Miss A Shift, God' was speaking to his people that it is time for a new direction. It is now clear why God chose me to record this CD. To all the Saints who feel like giving up, to those who feel like turning back, to those who are discouraged and despondent in their faith, I've come to encourage you to hold on."

Inspired by this sermon, Bishop Morton indeed approached *SEASONS CHANGE* from a different direction than his last album, enlisting acclaimed Gospel producer Sanchez Harley and the vocal talents of some of music's most renowned artists, including Aretha Franklin, Keith "Wonderboy" Johnson, and Paul Porter. "Working with Aretha, Keith and Paul was great. Aretha and I go way back. She has a great gift and definitely is the Queen of Soul because her soul is so powerful. Keith and Paul were a lot of fun in the studio. They are down to earth guys." Bishop Morton says.

Blending traditional and contemporary-style tunes, *SEASONS CHANGE* is designed to appeal the musical tastes of Gospel music fans of all ages. Though stylistically varied, the underlying

meaning of each song is the same, grounded in confidence in God and the promise of relief for the suffering of those who allow the Lord to reside in their hearts. "I wanted to make sure these songs were about everyday ministry. No matter how long or dark the days are, there is healing. It's what I preach about every day," Bishop Norton states.

Bishop Morton has certainly built his career upon "everyday ministry." Born in Windsor, Ontario, Canada to Bishop C.L. Morton and Evangelist Natilda E. Morton, Bishop Morton absorbed the Word of God at an early age, eventually answering a call to ministry. In 1972, he moved to New Orleans, LA, becoming pastor of Greater St. Stephens Missionary Baptist Church. Under Bishop Morton's leadership, the church experienced enormous growth, swelling from 647 members to a congregation of over 20,000 members. The church was later renamed Greater St. Stephen Full Gospel Baptist Church after Norton was consecrated to the office of International Presiding Bishop of the Full Gospel Baptist Church Fellowship.

The ministry of Bishop Norton extends well beyond the

walls of his church, however. In addition to his work at Greater St. Stephen, Bishop Morton spreads the word of God daily through "Changing A Generation," heard on radio stations in several markets nationwide, and television programs featured on Dream Television Network, BET, and the Word Network. Bishop Morton is also a best-selling author, penning *Why Kingdoms Fall, It's Time For The Outpouring, and What Is The Full Gospel Baptist Church?* With an impressive resume of accomplishments, a growing ministry, and budding music career Bishop Morton continues his spiritual journey with *SEASONS CHANGE*, changing lives and remaining thankful to God with each step he takes: "I am both honored and humbled to be used by God on this project. I am joyful that God continues to bless me in my ministry. For this, I am forever grateful to Him."

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Quick Orange Chicken

Submitted by Deborah Halcanson

Ingredients:
2 tablespoons frozen orange juice concentrate
1 tablespoon no-sugar-added orange marmalade
1 teaspoon Dijon mustard
1/4 teaspoon salt
4 boneless skinless chicken breasts (about 1 1/2 pounds)
1/2 cup fresh orange sections
2 tablespoons chopped fresh parsley

- For sauce, combine juice concentrate, marmalade, mustard and salt in 8-inch shallow round microwaveable dish until juice concentrate is thawed.
- Add chicken coating both sides with sauce. Arrange chicken around edge of dish. Do not overlap. Cover with vented plastic wrap. Microwave at HIGH 3 minutes; turn chicken over. Microwave at MEDIUM-HIGH (70%) 4 minutes, or until chicken is no longer pink in center.
- Remove chicken to serving plate. Microwave remaining sauce at HIGH 2 to 3 minutes or until slightly thickened. 4. To serve, spoon sauce over chicken; top with orange sections and parsley. Makes 4 servings. Carbohydrates per serving - 19g.

The Southwest Digest has something for everyone!

Subscribe to the only newspaper that primarily serves the black population of Lubbock County and the surrounding areas!

Fill out the form on Page 7 or call 792-3012 to begin receiving the Southwest Digest.

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When: Monday, November 8, 2004 beginning at 6:00 p.m.

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Sears Revs Up Commitment to Multicultural Customers

Hoffman Estates, Ill. - In a deepening commitment to Hispanic, African American and Asian shoppers across the country, Sears, Roebuck and Co. (NYSE: S) is revamping 97 of its full-line stores this month to enhance the retail experience for diverse multicultural market segments nationwide. The store makeovers are part of Sears' national pilot program to add and strengthen apparel lines designed specifically for multicultural shoppers, under one roof. The move follows a two-year analysis of customer buying patterns and preferences to determine the

brands and products the Hispanic, African American and Asian shoppers want to buy. As part of the makeovers, Sears is changing its in-store signage and display formats to better reflect its merchandise offering that has crossover appeal and at the same time, cater to the fashion-conscious, multi-ethnic audience. Sears also plans to increase the level of bilingual associates in top Hispanic communities to improve the overall customer experience for this glowing segment. If the pilots are successful, Sears expects to expand its multicultural store con-

cept to additional markets sometime next year. "Now, multicultural shoppers can enjoy more customized Sears experience," says Cynthia Maignan, Sears' director of multicultural merchandising. "From the moment the customer walks in the door, she will find up-to-the-minute modern fashions and brands that resonate with her sense of style for each season." The makeovers benefit Sears stores located in communities that, according to the U.S. Census Bureau, average 66 percent for multicultural makeup. Major market areas with

multi-ethnic populations, including New York City, Miami, Los Angeles and Chicago, will feature Sears' multicultural-focused stores. As part of the makeovers, new apparel brands and collections are being introduced to complement existing private label women's apparel collections, which comprise Apostrophe, Covington, First Issue, Lands' End and Lucy Pereda. New apparel brands in misses and special sizes include:

- A-Line - a casual to career lifestyle brand exclusive to Sears from Jones Apparel Group
- Azucar Bella - soft day into evening dressing for the classic woman
- Curve - comfy, casual, updated active wear exclusive to Sears from Liz Claiborne, Inc.
- Pre-sell Kemp - affordable, attractive career wear and separates.

- showcase popular multicultural designers and brands at Sears
- introduce new multicultural designs, brands and special occasion wear
- amplify the prominence of career-wear lines
- feature yet-to-round apparel that's bright and colorful
- and layer in additional petite and plus size apparel styles.

Overall, the Sears' new fashion floor revamp in these multicultural stores is designed to: www.searsmedia.com

28th Great American Smokeout® campaign gets underway

AUSTIN, TX - On November 18, the American Cancer Society, the nation's leading voluntary health agency, will host the 28th Great American Smokeout® and help millions of smokers kick the habit, and help youth understand the importance of never starting to smoke. The Great American Smokeout® promotion is the American Cancer Society's annual, nationally recognized day when we ask smokers to put down their cigarettes, cigars, spit tobacco, or any tobacco product because they all have the potential to cause cancer. Smoking rates have dropped to 22 percent in the U.S., down from 40% in 1965. Approximately 70% of smokers have reported that they want to quit completely. The promise of an addiction-free life has encouraged many smokers to join in and prove to

themselves that they can live a day without cigarettes, and that they can therefore live the rest of their lives without them. There are 44.7 million former smokers in the U.S. An estimated 10,470 Texans will be diagnosed with lung cancer in 2004 and of those, 9,670 will die. Nationally, 173,770 will be diagnosed and 160,440 will die. Smokers who are ready to kick the habit can find help through the American Cancer Society's Quitline by calling toll-free, 1-877-YES-QUIT. The Quitline, funded by the Texas Department of Health using Tobacco Settlement funds, offers free telephone counseling services, advice

and cessation materials to smokers, age 13 and older. The Great American Smokeout is not just about adult smokers and cessation. More than 80% of current adult smokers started before they were 18 years old. That's why the Great American Smokeout is also focusing on promotions that will communicate to our children the social disadvantages of smoking, and provide them with the tools to recognize and avoid negative social influences. For information on the Great American Smokeout or to download materials, visit www.greatamericansmokeout.org

Hockey 101

Your introduction to hockey

In an effort to expose the readers of Southwest Digest to hockey, we are presenting a series of short articles detailing basic rules, lingo and information about this exciting game.

The 2004-05 season has started and you can see Cotton Kings hockey here in Lubbock every week during the season. Call the Cotton Kings at 747-PUCK for ticket information or visit them online at www.cottonkings.com. Discounts available.

The Object of the Game
To win by scoring more goals than the opposing team.

How to Score Goals
By shooting a frozen rubber puck past the goalie - the average shot is 80 - 90 mph.

Length of Game
A regulation game is three 20-minute periods with 15-minute intermissions in between. If the game is tied, the game goes into a shootout.

The Puck
Weighs 6 oz., is 1 inch thick and 3 inches in diameter, and made of compressed, vulcanized rubber - is frozen to reduce the bounce of rubber and to reduce friction to propel the puck to over 100 miles per hour.

Shootout
If a regulation game is tied, each team is allowed five shots against the opposing goalie by five different players, one at a time, to break the tie.

Speed
Players skate at an average of 30 mph - about 50% faster than humans can run.

Stoppages of Play
Hockey's excitement is due to the continuous action. Only the officials can stop the game. A whistle stops play when:
- A player receives a penalty
- A goalie stops a shot and holds onto the puck
- The puck is shot out of the rink
- When a player shoots the puck, from behind the red center line, into the opposing team's defensive zone and the puck travels past the red goal line but not into the goal (icing).
- A referee determines a player is seriously injured
- A player catches the puck in his hand and the puck is declared dead
- The puck is caught between sticks and/or skates of two opposing players and neither one can free it, the puck is called "frozen"
Play does not stop if a player loses any piece of his equipment, including sticks or gloves. He must wait until play is stopped for one of the above reasons.

Substitutions of Players
Can substitute players at any time, also called "changing on the fly."

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If You Know Of Such A Child, We Want To Know, Too. Be It Neighbor, Puppl, Friend Or Relation, Help Us Tell The World About These Special Kids!

NOMINEE INFORMATION

Name: _____ Grade: _____
Parents name: _____
Parents address: _____
Daytime phone (parent): _____
On a separate sheet of paper 1) briefly tell us about your nominee and 2) list his accomplishments of your nominee.

NOMINATOR INFORMATION

Name: _____
Relationship to nominee: _____
Daytime phone: _____
Do you want your nomination to be anonymous? _____
Did you include a good quality photo of the child? _____
(Photos will be returned only if a self-addressed stamped envelope is included.)

SPOTLIGHT ON KIDS RULES

- 1) No purchase necessary. Nominator forms will appear periodically throughout the year in the Avalanche-Journal and at Make Kids Count sponsor businesses around town. Forms also are available at The A-J Information Center, 710 Avenue J.
- 2) Nominations forms can be mailed to: Spotlight On Kids, P.O. Box 491, Lubbock, TX 79408, or can be dropped off at The A-J Information Center, 710 Avenue J.
- 3) All information, including a reproducible photograph of the child, must be included. INFORMATION AND PICTURE WILL NOT APPEAR IN THE A-J WITHOUT VERIFICATION AND SIGNATURE FROM A PARENT OR LEGAL GUARDIAN. Photos will be returned ONLY if a self-addressed stamped envelope is included.
- 4) Only one Spotlight On Kids nominee will appear in the A-J each day.
- 5) Selection will be made by A-J personnel based on the completeness of information, parental approval and the merits of the nominee, including family considerations, citizenship, volunteerism, classroom activities and accomplishment, good behavior, church involvement, caring for others, etc.
- 6) All nominees agree to allow their names, and photographs to be published in The Avalanche-Journal without further compensation.
- 7) The Avalanche-Journal is not responsible for submitted entries that are forwarded, lost, misplaced, damaged, illegible, incomplete or postage due.
- 8) By entering, each contestant or their representative acknowledges acceptance of the rules and agrees to be bound to them.

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see Back Page for more 2 days ONLY values!



Editorials • Comments • Opinions



Think About It! Oh no! Not Texas!

by Eddie P. Richardson

Many things happen and are happening in the Black community of Lubbock. The most drastic thing is the rash of murders lately, beginning with the shooting of a young man around the car wash on East Broadway Avenue and Martin Luther King, Blvd. Then the young boy at an apartment complex. There is also the family of four who killed brutally at another apartment complex, then a shooting followed it.

Let us go back to January, 2004 when Ms. Mary "Candy Lady" Davis was murdered in her home at 2622 Globe Avenue. Plus, there are many drug dealers selling drugs and other petty crimes.

Why should we let all these things happen? Could it be we are all in our comfort zone, and if it does not pertain to me personally, why should I care? Those who say it does not concern you, you need to take another look at the matter, because it does and will hurt our community and it will become an epidemic.

This writer gets so sick and tired of hearing residents say "they", "someone", "You'll" and "the police" should do something about our prob-

lems." No! As a resident, you should do something about your own problem. Even the Air Force, Army, Navy, Marines and BE Coast Guard cannot do for you what you have to do for yourself. The leadership and initiative must come from within. Each one of us should take as our personal creed: "If it is to be, it's up to me." We need to live by it.

A good example of this kind of action has happened in Dallas, Texas in crime ridden area. The neighbors took over and controlled the activity. With the community taking control and unning drug dealers and undesirables out of the area. A lady by the name of Mrs. Wilson, and others patrolled their neighborhood and when a bad actor showed up, there were about 38 people calling the Dallas Police Department to report the activity. Believe me, the Dallas Police did respond.

With that kind of action, drug dealers and other undesirables know they are not wanted or welcomed. So they stay away as they don't want that kind of action. They want to go to an area where they can scare good citizens, even intimidate them and claim that

area as their turf.

Let me tell you something, there is no way in hell a few punks should claim turf in front of good citizens' homes, corners, and claim the area where they pay no taxes. Some of these undesirables do not even own a Social Security card, but they are attempting to claim some territory.

The whole neighborhood should be on their behinds collectively. It works! The person in a neighborhood can't do a thing, but get singled out. But together, the neighborhood collectively can take back their neighborhoods. But it takes the whole neighborhood. Preachers need to come from behind those pulpits and come to the streets. The so-called elite must come from behind those closed doors, and comfort zones, because in the long run, this thing affects everyone. In the end, the ones trying to disassociate themselves have the most to lose. Remember it takes a village to clean up the village, and keep it clean.

Thought of the Week: "Don't let the punks win. Show them collectively who owns the community."
Nuf Sed! Why Not?

THIS N THAT

VERY WELL ATTENDED, VIGIL! THIS N THAT - plus more than 150 concerned citizens - participated in the ... CANDLE-LIGHT PRAYER VIGIL, which was in memory of the family of four who were murdered last week in their apartment dwelling at the Winderesi Estacado Apartments. Those killed were the mother TAMMY COOPER, and children KADIECE ALLEN & KASHEIM ALLEN - both third graders, and MAHOGANY JASMINE ALLEN - a sixth grader. All three were students at ALDERSON ACADEMY. They were well liked by their classmates. THIS N THAT is praying that the person or persons ... responsible for this terrible crime will be caught and a fair trial will be held. THIS N THAT was glad to see so many YOUNG PEOPLE in the vigil, and it was just good to be able to walk with these young people. It was a good effort and we are most appreciative of the initiative of FAYE BROWN - whose organization "EACH ONE, REACH ONE" was the sponsor of the vigil. Along with REV. J. JOHNSON, SISTER DOROTHY HOOD & EDDIE RICHARDSON ... and others ... this a very good effort. THIS N THAT hopes this kind of community involvement will continue. We thank God for the ... LUEBOCK POLICE DEPARTMENT - as they were there last Saturday night. THANKS A BUNCH for all of those who participated... As mentioned, THIS N THAT - who

was able to walk - was assisted by a good friend FRANK JONES and a young student ... Wish we knew her name. Thanks a bunch! NEED TO FIND WHO KILLED MARY DAVIS! THIS N THAT would hope someone will come forward with information ... as who was responsible for the murder of a good citizen ... MARY DAVIS ... who was murdered January, 2004... Lubbock Police has interviewed several potential suspects, and with your help ... we can find out who was responsible for this murder. Will you help find out who killed "The Candy Lady?" Remember, we all have a responsibility in keeping our community safe for all of our citizens. By allowing this person or persons roam the streets, it only creates more problems for others. So... why not help find out who killed "THE CANDY LADY!" PENNY HASTINGS THE BARBER SAYS: "PAIN is temporary ... but PRIDE last forever." THANKS, BROTHER ARLEE JACKSON! THIS N THAT says CONGRATS to the outgoing president of the FEDERATION OF CHOIRS, BROTHER ARLEE JACKSON. This has been a member of the organization since 1964. A retired educator, BROTHER JACKSON will tell you its great to give back to the community, and he chose working with the FEDERATION OF CHOIRS. Thanks for a job well done... FIRST WOMAN PREXY!

THIS N THAT wants to salute the FEDERATION OF CHOIRS for electing a woman to fill the position of PRESIDENT of the Federation of Choirs. She is SISTER BENNIE SIMS who has been at a leadership position for several years, and now she will preside over this 50 YEAR OLD INSTITUTION, which meets the fourth Sunday of each month. THIS N THAT wishes her the very best and want to applaud her for a proposed initiative ... where the Federation of Choirs will recognize local citizens for their contribution to the City of Lubbock. Sounds very positive... ESTACADO MATADORS, WE'RE STILL BEHIND YOU! THIS N THAT wants the football players of the ESTACADO HIGH SCHOOL MATADORS to know we are still PULLING FOR YOU no matter how difficult it may appear at this time. Remember ... A SWINGING DOOR on'y goes so far and it will come back one day. Just keep your HEADS UP and still know you will make it one day. PLEASE DO NOT GIVE UP! THIS N THAT will always be with you no matter how difficult it will get. HOPE YOU VOTED! THIS N THAT hopes all of you did vote, and if you didn't VOTE you have nothing to say about the political process. Just think, if you didn't vote, it will be FOUR MORE YEARS before we elect another PRESIDENT OF THE UNITED STATES OF AMERICA!

In Cinque

by Renetta Howard

On the eve of this presidential election, the daily newspapers have the result of a poll on the presidential candidates. Following the debates, the polls



showed that Kerry won all three debates and he was leading in the polls. The most recent polls show that Bush is ahead a few percents over Kerry. All of this can be confusing to the electorate.

Polls as we know them, can reflect whatever someone wants them to reflect depending on the sample they take and use. We do not have to be concerned about the election polls to see how social polls work. We can look at the results over a period of time for instance about the advantages for butter or margarine.

The poll for butter reflects all of the positive aspects of eating butter over that of eating margarine; it is a natural product which the body can easily digest with no long term side effects to your health, though we know that it is loaded with calories and it tastes good. On the other hand, margarine lacks all of the ingredients of butter.

It is difficult to tell it from butter and it has low or no cholesterol and very few calories compared to butter. The fact that margarine has substances in it which are not really digestible, is not mentioned. So, we switch from butter to margarine and then back to butter and finally decide if we want the natural extra calories of butter or the less fattening margarine.

The difference in our choice-making between butter and margarine is not as difficult as making the choice for president because we can only make one choice there, whereas with butter or margarine, we may decide to use both. We are being prompted as to which choice to make regarding Bush or Kerry and if we are not careful, the polls will be a deciding factor in the vote which we cast.

Some people who look at the polls showing Bush as a leader in election choices may decide not to vote at all because if they would choose Bush, will feel that he will be elected anyway, so why bother to vote. On the other side of the coin, voters who would vote for Kerry, may feel that he will not win anyway, so why bother to vote. We do not need to let any poll sway our decision to vote or not vote. Apathy should not be a consid-

eration in this election. There will be enough voters claiming that they were not able to vote or feel that their vote did not count, to make up for the lack of votes. We should use our franchise constructively and make the choice that we want, not what the polls say we want. Each of us who has registered to vote, has some idea as to which candidate will be the lesser of the two evils for this country, based on our own situations and relationships. It is time for us to get 'in cinque' and make that choice on NOVEMBER 2, 2004, regardless to who we are or where we are. VOTE!!!

Letters to the Editor

New Appointment

It is with great pleasure that I am announcing my recent appointment to the PlainsCapital Bank Lubbock Advisory Board. PlainsCapital Bank has been a long-time supporter of the Lubbock community and I look forward to serving on this new board.

As you know, PlainsCapital Corporation was founded in Lubbock in 1987 by Chairman and CEO Alan B. White. The bank was founded in Lubbock in 1988 and has since expanded into Amarillo, Canyon, Dallas, Austin, Fort Worth and San Antonio for a total of 23 locations statewide. In addition, there are now 10 subsidiaries that make up the PlainsCapital Corporation family of compa-

nies.

Today, PlainsCapital Bank is the second largest independent bank in Texas with more than \$2.3 billion in assets. PlainsCapital Bank Lubbock has played a tremendous role in PlainsCapital's success and will continue to do so in the future.

The PlainsCapital Bank Lubbock Advisory Board, headed by PlainsCapital Bank Lubbock President John Owens, is excited to assist the bank in building on that success by identifying new business opportunities within the Lubbock market.

If you haven't done so already, take time to drive by PlainsCapital Bank's main bank at 50th and University to see Lubbock's first-ever building wrap. This mammoth banner was unveiled during a recent event introducing the new Lubbock Advisory Board. PlainsCapital Bank is bringing Financial Thunder to Lubbock and I'm excited to be a part of this initiative. As always, if I can be of any service to you, please don't hesitate to call.

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The Southwest Digest is an independent newspaper serving the Lubbock, West Texas, South Plains of Texas and Eastern New Mexico areas printing the news impartially supporting what it believes to be right without opposing what it believes to be wrong without regard to party politics.

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You may be critical of some things that are written, but at least you will have the satisfaction of knowing they are truthful and to the point.

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

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

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Big dreams come true after hard work by SPC student

Connie Torres, typical of many high school students, was a shy young girl with big dreams.

Torres, daughter of Fidencio and Mary Torres of Kress, dreamed of writing one day for a big city newspaper like the Washington Post or Dallas Morning News. "I enjoyed writing from an early age; that was the way I expressed myself," she recalled. However, her high school did not have a journalism program.

But South Plains College did. Torres graduated from Kress High School in May, 2001 and enrolled at SPC that fall.

Torres didn't realize that her stint at SPC would be launching pad for a summer internship with the Veterans Administration in Washington, D.C. and a successful career as a journalism major at Angelo State University in San Angelo.

She is among a growing number of Hispanic students who find successful starts at two-year community colleges. "Sometimes it takes first-generation college students, like Connie, longer to become incorporated into the whole college climate when they start out at a university," explained Gracie Quinonez, coordinator of multicultural services and diversity counselor. "SPC is smaller and more personalized and easier for first-generation Hispanic students to become immersed in the whole college environment."

Torres agreed. "It (SPC) was not too far away, and I knew I wanted to start with a community college," explained Torres, now 21 and a student at ASU. She plunged into cam-

pus life at SPC, joining the campus newspaper and the Hispanic Student Organization. She quickly got a taste of journalism as a features reporter for the Plainsman Press.

She wrote stories about drama students, an art major who had won some awards and wrote a review of the college musical production, "1776."

"It was definitely a good experience. I learned that was what I wanted to go into." Her first story was borne out of her own idea. She had come up with the idea of writing a story on professors who had turned from university jobs to work at community colleges. "My English professor had come from UT at Austin. I was really curious why he joined a community college. He said he enjoyed the diversity of students. Many students here have just finished high school while others have been out of school for 15 years." However, the number one reason why he switched over was because of the small classes. He liked the one-on-one interaction with the students," Torres recalled.

The personal involvement in student organizations and the campus newspaper made the transition smooth from a small rural high school to a community college for Torres. "It was more laid back and I had fun meeting all sorts of people and writing feature stories," she said.

Her journalistic experience, coupled with being away from home for the first time, also helped her social acclimation to college life. "Being away from home was a good experience. It was a chance for me to be my own person. In high school, I had stuck with the same people. At SPC, everything was new to me. It gave me time to work on my social skills. When I

worked on the newspaper it helped me to improve that. I had to approach people and make them talk to me and in making friends. It was a really good experience for me to learn, to get out of my shell."

She wanted to write effective stories. "My ultimate goal as a writer has been to spotlight students and events in a way that revealed their strengths and talents. This experience has impacted me today in that when I meet people, I don't look for what they can't do, but instead what they can or are capable of doing," she explained.

Being involved in campus organizations also had a positive impact on her life. Torres joined the Hispanic Student Organization and volunteered for a food drive for a Lubbock food bank. "Being a part of HSO was a great experience," said Torres. "I enjoyed being around so many people with the same values and backgrounds as myself. Being in that atmosphere really gave me a greater appreciation and a sense of pride for my culture," she noted.

She maintained a 3.5 grade point average at SPC, was a member of Phi Theta Kappa, international honor organization for students in two-year colleges and was named to the President's Honor List her first semester and the Dean's Honor List each semester after that. She also received a publications scholarship each semester she served on the student newspaper.

She also served as an English tutor for the STAR Center, a federally-funded program to help first-generation college students and others. Torres transferred to Angelo State University in the fall of 2003. Her experience at SPC helped prepare her for university life. She was named to Phi Theta Kappa, Alpha Mu Gamma,

the Cultural Committee, Association of Mexican American Students and a Mother/Daughter program mentor.

She has been named to the Dean's List, Who's Who Among College Students and the National Dean's List. She is also the recipient of the Carr, Catlico and Long Memorial scholarships. She is currently a teacher's assistant at Travis Elementary for the Even Start Community Center in San Angelo, a program which offers GED and ESL classes for adults with young children.

Torres also interned this past summer for the Veterans Affairs Central Office in D.C. through the Hispanic Association of Colleges and Universities (HACU). She found the program on the internet and then later heard about it from a student at Angelo State. She applied and was accepted. She worked under the Veteran Administration's Environmental Agents Service and helped produce the EAS newsletter, proofreading, analyzing articles and writing a couple of articles for the publication.

"Being in D.C. was an amazing experience. I not only learned more about writing but also about veterans. I have a much greater respect for veterans because of the many things I learned working with the VA. On a personal note, going away from home made me realize all the things that I am able to accomplish on my own," said Torres.

"Connie got involved at SPC, took advantage of the opportunities for student leadership," explained Quinonez. "Connie told me about how good an opportunity it was to go to South Plains. It was a neat thing to see her grow, to get involved in HSO and the student newspaper as well as her studies. I am really proud of her," said Quinonez. She learned how to

access SPC's services, and she grew as a student leader. SPC's experiences built her up, and she was much

better prepared for life at a university."



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Calcium isn't the only thing needed to curb bone loss

Osteoporosis is a disease characterized by loss of bone mass, deterioration of bone structure and increased risk of fracture. It is often known as "the silent thief" because if not prevented or left untreated, bone loss can occur and progress without symptoms.

"Prevention of osteoporosis throughout a lifetime is essential" says women's health expert Dr. Cathy Carlson-Rink ND.

"A lot of emphasis has been put on getting more calcium-rich foods in our diet. However, more calcium is not the total answer," explains Dr. Carlson-Rink.

Calcium is so important in our daily diet, that a lack of it can lead to height loss, weakened bones, brittle or spotted fingernails, high blood pressure, heart disease, severe menstrual cramps,

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Should we eat more milk and cheese? Use Tums tablets? Should calcium supplements be derived from ground-up oyster shell, coral reefs, vegetables or bone meal? How much calcium do we need each day to keep our bones and teeth strong and healthy?

Dr. Carlson-Rink says that some foods that are high in calcium, such as cow's milk, are also low in magnesium (8 parts to 1) which creates a magnesium deficiency and may contribute to the development of weaker bones. The latest studies are revealing that balanced amounts of dietary calcium and

magnesium result in a better accumulation and maintenance of bone density when compared to a diet emphasizing calcium alone. Diets high in magnesium, potassium, fruits, and vegetables, with adequate protein and limited amounts of junk foods show a better accumulation and maintenance of bone density.

Examples of bone healthy food choices: **CALCIUM SOURCES:** Leafy greens, Cheese, Salmon, Tofu, Yogurt and Sardines **CALCIUM AND MAGNESIUM:** Soy Beans, Almonds, Sesame seeds, Okra, Hazelnuts, Broccoli, Lima, Dates, Beans, Chickpeas, Figs, Artichoke and Molasses **MAGNESIUM SOURCES:** Quinoa, Black Beans, Brown Rice, Cashews, Whole Wheat, Bananas, Sunflower Seeds, Pumpkin Seeds and

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First Estacado High School 2005 All School Reunion 2005 1967-2000

Attention all Estacado Matadors! We are trying very hard to form a committee for the **FIRST ALL SCHOOL REUNION, 2005!** We are asking all classmates to please step up and get involved with this great event. We, the Alumni, are past due for this event to take place! so please get involved and come to the meetings. Your input is important and will be valued. We will be meeting the 1st and 3rd Sunday of each month at the Patterson Branch Library at 7:00pm. **PLEASE COME!**

GET INVOLVED! BE A PART! JULY 1-4, 2005 Matadors

Meeting this Sunday, November 7

CONTACT PEOPLE:
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Thank you, and have a blessed night!

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SECURITY OFFICERS WILL ESCORT YOU FROM THE CONCERT WITHOUT A REFUND.