

# God Bless America!

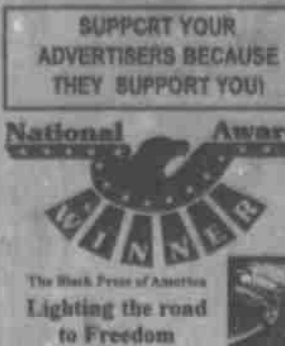
# Southwest Digest

July 8 - July 13, 2004

VOL. XXVI, No. 41

50¢  
Worth More!

902 E. 28th Street  
Lubbock, Texas  
Phone (806) 762-3612



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

## Local News

### High Noon Concert Series

Live music every Wednesday at the Lubbock County Courthouse Gazebo 12:00 noon

July 14

Blue Prairie  
Cowboy Harmonies

July 21

Cactus Theater  
All-time Favorites

July 28

Mariachi Nueva Generacion  
Sponsored by West Texas Hispanic News  
Mariachi Favorites

August 4

TBA

August 11

Astounding Sounds  
Quartet Harmonies

August 18

TBA

## 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
- Forgotten West Riders, First &  
Third Monday, 7:00 pm, T. J.  
Patterson Library
- East Lubbock Chapter AARP,  
Every 1st Thursday at 1 pm, Mae  
Simmons Community Center, Oak  
and 8th St.
- Lubbock Chapter of Black Alumni  
3rd Tuesday, 5:30 pm, TTU Market  
Center
- Dunbar/Manhatten heights  
Neighborhood Association Meets  
Every Third Thursday 6:00  
p.m. 1303 East 24th Street  
(outreach center/party house)
- West Texas Native American  
Association Pot Luck Suppers on  
alienating months prior to meeting,  
meetings held on second Saturday of  
each month at 7:00 p.m. Educational  
presentations and demonstrations.
- Texas Juneteenth Cultural &  
Historical Commission Lubbock  
Affiliate Meets at T.J. Patterson  
Branch Library 3rd Thursday 7 p.m.
- West Texas Native American  
Association meets 2nd Saturday  
each month at Groves Library, 5520  
19th Street, 7:30
- West Texas Chapter of 100 Black  
Men meets the 3rd Monday evening  
at 7:00 p.m. at the Parkway  
Neighborhood Center.
- The Parkway Guadalupe & Cherry-  
Point Neighborhood Association  
meets the 3rd Tuesday evening of  
each month at 7:30 p.m. at Parkway  
Neighborhood Center.

We would like to publish your monthly meetings. If you would like to have an announcement to appear in this paper, please get it to us in writing by emailing 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

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## Lubbock's Habitat for Humanity director dies after battle with cancer



John Mallory, Executive Director of Lubbock Habitat for Humanity since 1993, died of cancer today, Monday, June 28, 2004, in Covenant Hospital.

Mr. Mallory was involved with the Lubbock Habitat affiliate since its inception in 1987.

His selfless and tireless efforts toward eliminating substandard housing through Habitat for Humanity have resulted in eighty-six Lubbock homebuyers living in affordable, decent homes.

Through the support of many sponsors and over 6,000 volunteers, Mr. Mallory's dream will continue - that every child in Lubbock will someday have a safe place to sleep at night.

Millard Fuller, co-founder of Habitat for Humanity, recently praised Mallory as one of the organization's finest leaders.

Services were scheduled for 11:00 a. m. Thursday at Second Baptist Church.

## Sending "Hellos" from Cincinnati, Ohio!



Pictured here are former residents of Lubbock as well as mother and son. They are Avis Elise Patterson and Marcus Williams who reside in Cincinnati, Ohio.

Marcus graduated from Ohio State University in Columbus, Ohio in June, 2003. He will enroll in the Psychology Department to acquire a graduate degree in Psychology in September.

Both are sending an Ohio "hello" and are looking forward to visiting Lubbock in the near future.

They are daughter and grandson of T.J. and Bobbie Patterson of Lubbock.

## Lubbock's Habitat program going strong

Lubbock Habitat for Humanity, chartered by the State of Texas in July of 1987, is a non-profit Christian Housing ministry affiliated with Habitat for Humanity International. We build and rehabilitate homes in partnership with selected low to very low-income families and in partnership with the community. Selection of families is made on the basis of three requirements: (1) need, (2) ability to pay and (3) willingness to partner.

From 1987 through 1993 Lubbock Habitat, through donations from individuals, churches, and business and community organizations, was able to build or rehabilitate an average of one house per year for a total of six houses. In 1994 our affiliate was able to participate with five other Habitat affiliates in a HOPE 3 grant administered by Texas Department of Housing and Community Affairs. With \$271,000 in grant money, Lubbock Habitat purchased 12 properties; put that together with \$55,000 donated by sponsoring churches and organizations, another \$5,000 from Lubbock Habitat, 6,000 hours of sweat equity by the homeowners and 6,000 hours donated by volunteers; and created homes for 12 families with a total of 36 children and added almost \$450,000 to the tax base of the City of Lubbock.

In 1995 Lubbock Habitat did its first blitz build with Methodist Hospital, St. Mary Hospital and University Medical Center being the co-sponsors for one home that was built in seven days. In addition two

properties were purchased and renovated using the balance of the HOPE 3 grant.

Five homes were completed in 1996 including another blitz build sponsored by the Northwest Texas Conference of the United Methodist Church, an ecumenical build involving 16 churches, two new constructions by the Tech Chapter of Habitat and First United Methodist Church, and one rehabilitation.

In 1997 three new homes were constructed and one rehabilitated. South Plains Mall, Southwestern Public Service, Southwestern Bell and Plains National sponsored two of these homes: with the AID Association for Lutherans and area Lutheran churches sponsoring one, and Second Baptist Church and Redbud Baptist Church sponsoring the rehab.

1998 was a year of many firsts. An All Women's Build was completed in July. A new partnership with the Lubbock Independent School District was implemented with their building trades class constructing a new home for Lubbock Habitat at the Byron Martin Advanced Technology Center. An Oprah Angel house sponsored by Merrill Lynch along with homes sponsored by First United Methodist Church and the Tech Chapter, the Lubbock Baptist Association, West Texas Homebuilders and Lubbock Association of Realtors, and a rehab sponsored by Broadway Church of Christ were completed. In all, seven new Habitat families moved into their

home in 1998 alone.

Another exciting partnership was formed in 1998 with the Jim Rudd Transfer Unit in Brownfield. Residents at the facility have completed building a Habitat home at the prison site, which was moved to 2417 Hickory in December of 1998. In 1999 this house was completed and dedicated along with the house that was built by LISD. Another house was sponsored and built by First Methodist Church and the Texas Tech Chapter of Habitat.

Two years ago Lubbock Habitat started planning for a large-scale blitz build during Building on Faith week 2000. In 1999 Lubbock Habitat for Humanity was able to acquire a property of 15 acres, which is currently being developed into a subdivision for 78 Habitat homes. During Building on Faith week Lubbock Habitat in partnership with 12 churches, 8 corporations, 2 groups of civic clubs and the West Texas Home Builders Association built 17 houses. The project involved over 4,000 volunteers, almost all of which were from the local community. Before the end of the year Lubbock habitat will complete 3 more houses, two of which have already been started and are near completion.

In July of 2000 Lubbock Habitat received a "Best of the Best" award from the US Department of Housing and Urban Development for its program of vocational education in partnership with Lubbock Independent School District and the Rudd Prison Unit to build affordable homes.

In October of 2001 Lubbock was designated by Habitat for Humanity International as a 21st Century Challenge Community, meaning that Lubbock has an organization and a plan for eliminating poverty housing in Lubbock prior to 2020. Lubbock was one of the only ten cities in the U.S. to receive such a designation in 2001. Also in October of 2001, we built a new home along with our sponsors Betenbough Quality Homes, First United Methodist Church and our Habitat Donors.

In February of 2002 First United Methodist Church and Aldersgate United Methodist Church sponsored a Lenten Build.

In September of 2002, Lubbock Habitat for Humanity was in partnership with 12 churches, 4 organizations, a Mosque, and a Synagogue hosted

"Celebration of Solidarity" by building 15 homes.

Six homes were begun in the September 2003 build, and all six families were moved in before December. The concrete house walls were put up in September 2003, and this home will be used for Team Building. David & Tasha Orasco had been waiting for their home since the September blitz, and during Holy Week, their dream of homeownership finally began.

On January 19, 2004 we celebrated and dedicated 'Building on a Dream', the house is in the process of being built and is being built for a child with asthma. Congress Building America and West TX Homebuilders Association will begin building a home in August. And plans for 6 homes for the September 2004 build will begin September 11 - 18.

## Local Better Business Bureau earns national recognition

Lubbock, Texas, June 16, 2004 - The South Plains Better Business Bureau (BBB) which serves 18 counties of the South Plains has earned recognition from its national organization as meeting all standards of performance and related policies.

Every three years, the Council of Better Business Bureaus (CBBB) in Arlington, VA audits each of the nation's BBBs against 23 operating standards and other system policies. The evaluation program includes examination of consumer complaint handling, finances, training, business reporting, and standards of business membership. The BBB was approved by the CBBB Board of Directors as meeting all standards and policies on June 7, 2004.

In announcing the BBB's accomplishment, CBBB President Ken Hunter said, "Through our Triennial Evaluation process, the BBB system is making important

progress to ensure quality control and a level of service excellence among all Bureaus. We are gratified that the BBB of the South Plains has been judged to meet our system's standards."

Local BBB president, Nan Campbell, noted, "It is important that an organization like the BBB, which promotes business ethics and integrity, operates in a business-like fashion itself. Our success is based on a good staff, involved board members and a concerned business community that promotes BBB principles in our region."

For more information about BBB services or membership, contact the BBB at 806.762.0459 or 1.800.687.7890 or online at [www.bbbsouthplains.org](http://www.bbbsouthplains.org)

The Better Business Bureau of the South Plains, Inc. (BBB) serves 18 counties of the Texas South Plains including Bailey, Borden, Cochran, Crosby, Dawson, Dickens, Floyd, Gaines,

Garza, Hale, Hockley, Kent, Lamb, Lubbock, Lynn, Motley, Terry, and Yoakum. Through the membership of businesses throughout the South Plains that meet and maintain high standards, the BBB promotes the highest ethical relationship between businesses and the public through voluntary self-regulation, consumer and business education, and service excellence.

Consumers can now join the BBB! For just a \$40 annual fee, consumer members will enjoy access to the "Members Only" web page; subscriptions to Wise Giving Guide, The Wise Consumer, and BBB Business Member Directory; have access to the Member Hotline at the BBB; wallet identification card and sign for home front door, advance alerts on scams & schemes and much more. Log on to their website [www.bbbsouthplains.org](http://www.bbbsouthplains.org) OR call 806.763.0459 for more information.

## Texas Tech's summer enrollment numbers up

LUBBOCK - Official enrollment for the first summer session at Texas Tech University stands at 9849 students, the largest summer school enrollment since 1992.

"Texas Tech has made a renewed commitment to our students to make sure that more faculty are in the classroom and that more classes are available this summer to help our students graduate in a timely manner," said Jon Whitmore, Ph.D., president of Texas Tech University. "We put new resources into this summer school session, and I'm pleased that our students are taking advantage of the opportunity."

Texas Tech's efforts to encourage students to graduate on time continues with a new Graduate On Time contract. For the first time, freshman students beginning classes this fall are given the option of signing an optional contract pledging to graduate on time for the individual's

specific degree plan.

The average Texas Tech student takes 5.5 years to graduate. More than 40 percent of Texas Tech students take only 12 credit hours per semester, the minimum to be considered a full-time student. The minimum number of hours required for a degree is 120. If a student averages 15 hours per semester, that student should graduate in four years. Some degree programs require more hours, which means that students may need to take some summer classes or more hours during the long semesters.

"I take the commitment this university has made to its students very seriously," said Whitmore. "We are hiring new faculty; we will offer more courses; and we will work very hard to make sure courses are offered in the sequence and with the frequency needed for students to graduate on time."

**CONGRATULATIONS!!**  
**JUNETEENTH PARADE WINNERS**  
 African-American Unified Corp.  
 Isles Elementary  
 Patterson Branch Library

If you find mistakes in this publication, please consider that they are there for a reason. We publish something for everyone, and some people are always looking for mistakes.

# FASHION FUN

by Shirley Roberson  
**Flirty Skirts!**



Nothing says summer like long, swingy skirts bursting with lush blooms.

This season is ripe for dabbling in the garden of fashions. These beautiful skirts are so feminine, you'll love having one or more in your closet... some are even reversible, doubling the fun.

The length is perfect... caressing

the ankles and the fabric swishes as you walk, swirls and whirls as you dance. DAY TIME, ANY TIME WEAR!

Ladies its all about skirts, skirts and more skirts! It's about movement, its about enjoying being a lady!

SHY?... that doesn't mean that your skirt has to be

**HAVE FUN**

Fashion Tip... Always wear a smile. Fashion... Just for the fun of it!

## Stenholm opposed to legislative maneuvering, calls for open debate on increasing debt limit

Washington, D.C. U.S. Congressman Charlie Stenholm (TX-17) today opposed an effort to use parliamentary maneuvers to slip through an increase in the debt limit to more than \$8 trillion. Stenholm joined colleagues in the Blue Dog Coalition in calling for the Leadership of the House of Representatives to schedule a separate vote on whether to increase the country's debt limit by \$690 billion.

Late Monday night, July 21, the Leadership added vague, open-ended language regarding the debt limit to an unrelated, non-controversial defense appropriations bill that is certain to receive the approval of the House of Representatives later today.

"We can all agree we need to support our troops by passing the defense spending bill today, but we have no business using this important legislation to hide a

long-term increase in the debt ceiling," Stenholm said. "The rule the House Leadership has crafted would allow Congress to increase the debt ceiling without addressing the fiscal problems that are at the very root of why we have no choice but to increase the debt ceiling.

"If the Leaders of this House have determined we are in such dire straits that we have to raise the debt burden of every American by \$2,000 to avoid default, then by all means this issue deserves its own debate and its own vote. The taxpayers should get nothing less than a serious re-examination of our long-term budget policies."

"When folks in West Texas realize they are spending more money than they are bringing in, they draw up a new budget and work to get their financial affairs back on track," Stenholm said. "Before Congress votes to approve

a substantial increase in the debt limit, Congress and the President should work together to put our nation's fiscal house back in order, just as any responsible, tax-paying family would do back home."

Stenholm joined Congressmen John Tanner (D-TN) and Baron Hill (D-IN), both active members of the Blue Dog Coalition, in calling for Congress to restore "pay-as-you-go" budget enforcement rules before approving another increase in the debt limit.

"Just like credit card spending limits serve as tools to force families to examine their household budgets, the debt limit reminds Congress and the President to evaluate our budget policies," Stenholm said. "We should be following that principle by working to bring our budget back into balance before approving another increase in our nation's credit limit."

## Lubbock Early Settlers will meet

All Lubbock Early Settlers are being asked to not die on second base. Meetings are now being held every Tuesday evening through August 10, 2004, beginning at 5:20 p.m. until 6:00 p.m. at the Mae Simmons Community Center. It is very important we get our pro-

gram running and off the ground for the August 26, 2004 event. We can do it if we all just come together. We need Mr. G. and Mr. R. for sure. You know who you are. So read this announcement and come and meet with us. We really do need some new members to help

us this year. We need people who want to make a difference. We always have a lovely time together. You may be younger or even older, we still need you. So come and meet us at Mae Simmons Community Center.

## In Remembrance...

### Fannie Lee Lewis Melton

Funeral services for Fannie Lee Lewis Melton were held last Friday morning, July 2, 2004, at the



Bethel African Methodist Episcopal Church with Rev. Jessie Benson officiating. Rev. Danny Poe is

pastor. Interment was held in the City of Lubbock Cemetery under the direction of Rix Funeral Directors.

Active pallbearers were Carey Don Childers, Michael Henderson, Kevin Gatewood, Alexander Johns, Cosby Martin, Algie Curry, and Darryl Powell.

Honorary pallbearers were

Trustees and Stewards of Bethel African Methodist Episcopal Church.

Mrs. Melton was born January 28, 1927, in Mart, Texas to the late March and Olivia Lewis. At an early age, she united with the Lone Star Primitive Baptist Church in Mart. She attended Blackshear High School in Groesbeck, Texas. On December 24, 1944, she married Leon Melton who preceded her in death. To this union, three children were born: Frank, Charles and Olympia.

She was employed with South Plains Funeral Home in Lubbock, Texas, and later with the Lubbock Independent School District, from which she retired.

She was a faithful member of Bethel African Methodist

Episcopal Church in Lubbock, where she served as a Sunday School teacher and in the Senior Choir. She passed away Monday, June 28, 2004.

Mrs. Melton leaves to cherish her memories: two sons, Frank L. Melton of San Antonio, Texas and Charles L. Melton of Texarkana, Texas; a daughter, Olympia Melton Evans of Pearland, Texas; two daughters-in-law, Ruby Brown Melton and Delores Hayes Melton; a son-in-law, Albert Joe Evans; four grandsons: Antrown, Albert D., Anthony, and Charles, II; four granddaughters: Akela, Kai, April, and Meredith; two sisters, Elnora Madkin and March Mae Tramble of Prairie View, Texas; a brother-in-law, Lorenzo Tramble; and a host of other relatives and close friends.

# Chatman Hills Corner

By Clarissa Jay

This will be a very big week for anyone who graduated from Dunbar High School, a former student or just a parent or supporter. You see, it is the All Class Reunion which will convene here through Sunday, July 11, 2004. It has been reported that there will be many from throughout the country.

The banquet is set for KoKo Palace on Saturday night, July 10, 2004, with reception beginning at 6:30 p.m.

If your family is having a family reunion during this week, why not advise if you have some photos or any information which will be newsworthy.

Word comes of the passing of Evangelist Luebertha Waiker, retired from the African Methodist Episcopal Church and affiliated with Bethel African Methodist Episcopal Church. At this report, services are pending at M.C. Brock South Plains Funeral Home.

Convocation 2004 of the Tenth Episcopal Church will be held July 27 thru July 30, 2004, at the Adams MARK Hotel in Dallas, Texas. There are twenty young people from Bethel

AME Church who will be making this Convocation 2004. As a means to acquire funds for this trip, they will be selling hot dogs, hamburgers, french fries, soda pop and other items of refreshments on Saturday morning, July 10, 2004, beginning at 11:00 a. m. If you are interested in helping these young people, call their sponsor, Sister Linda DeVaughn at 744-7552.

Speaking of Bethel African Methodist Episcopal Church, 2202 Southeast Drive, it will celebrate its 83rd Church Anniversary next month. Rev. Danny Poe is pastor.

The Ushers Annual Day of New Hope Baptist Church will be held on Sunday afternoon, July 18, 2004. Brother Robert Cork is advisor and Sister Fannie Price is advisor.

The Women's Prayer Retreat will be held August 20 and 21, 2004 at The Ark in Amherst, Texas. Rev. Thea McClendon of Gethsemane Baptist Church of San Angelo, Texas will be guest speaker. For additional information, contact Sister Joan Y. Ervin at 763-0853.

On Sunday afternoon, September 19, 2004, the Annual

Men and Women Day will be held at New Hope Baptist Church. The theme will be "A TEAM - On Fire For Jesus." Hebrews 12:28-29.

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People Really Care," and Rev. Billy R. Moton is pastor. If you are looking for a church home, then come and visit New Hope Baptist Church. You will be glad you did so.

Services began last Sunday morning, July 4, 2004, with Meditation and Prayer. The Praise Team did a most inspiring as always. After the morning scripture and prayer, selections were sung by the New Hope Choir. Pastor Moton delivered the morning sermon.

The morning announcements were read by Sister Marjorie Thomas. Sister Denese Jamerson welcomed all visitors.

If you are unable to attend church services because of reasons beyond your control, then listen to the New Hope Morning Broadcast over Radio Station KJAK, 92.7 FM, from 11:30 a.m. until 12:30 p.m.



**AUTOMOBILE ACCIDENTS**

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**Rev. Cory S. Powell, Pastor**

Currently Worshipping in the  
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6624 I-27

Sunday Morning - 10:00 am



# CHURCH DIRECTORY



**WE THANK GOD FOR JESUS**  
 "SOUREST GRAPES TODAY IS THE-U.S.A."

MATTHEW 21:33, JESUS SAID, THERE WAS A CERTAIN HOUSEHOLDER, WHICH PLANTED A VINEYARD, AND HEDGED IT ROUND ABOUT, AND DIGGER A WINEPRESS IN IT, AND BUILT A TOWER, AND LET IT OUT TO HUSBANDMEN, AND WENT INTO A FAR COUNTRY.

WE KNOW THE LORD BLESSED AMERICA LIKE THAT; AND WE WEPE TO GLORIFY HIS NAME, BUT INSTEAD OF BEING BLESSED WE ARE CURSED; SHAME, SHAME, SHAME.

MICAH 7:2,3, THE GOOD MAN IS PERISHED OUT OF THE EARTH; AND THERE IS NONE UPRIGHT AMONG MEN: THEY ALL LIE IN WAIT FOR BLOOD; THEY HUNT EVERYMAN HIS BROTHER WITH A NET (CON-GAME), THAT THEY MAY SO EVIL; WITH BOTH HANDS EARNESTLY, THE PRINCE ASKETH, AND THE JUDGE ASKETH FOR A REWARD (BRIBERY); AND THE GREAT MAN, HE UTTERETH HIS MISCHIEVOUS DESIRE, SO THEY WRAP IT UP.

IT ALL STARTED WHEN A MAN TOLD AMERICA: I HAVE A DREAM, I HAVE A DREAM, NOW THE WHOLE COUNTRY IS IN A NIGHTMARE; AND THAT IS NO DREAM!!!

JEREMIAH 23:25,27,28, THE LORD SAID, I HAVE HEARD WHAT THE PROPHETS SAID, THAT PROPHECY LIES IN MY NAME, SAYING I HAVE DREAMED, I HAVE DREAMED, WHICH THINK TO CAUSE MY PEOPLE TO FORGET MY NAME BY THEIR DREAMS WHICH TELL EVER MAN HIS NEIGHBOUR, AS THEIR FATHERS HAVE FORGOTTEN MY NAME FOR BA'AL. THE PROPHET THAT HATH A DREAM, LET HIM TELL A DREAM; AND HE THAT HATH MY WORD, LET HIM SPEAK MY WORD FAITHFULLY, WHAT IS THE CHAFF TO THE WHEAT?

WHEN THE CHRISTIANS WENT PREACHING; EVERYMAN NEED TO HAVE RIGHTS, THEY WERE UNFAITHFUL IN THEIR MISSION; NOT LIFTING THE NAME OF JESUS CHRIST.

JOHN 12:52, JESUS SAID, AND I, IF I BE LIFTED UP FROM THE EARTH, I WILL DRAW ALL MEN UNTO ME. AND WHEN THE CHRISTIANS DIDN'T PREACH; SALVATION FROM ALL SINS, THEY MARCHED AGAINST THE GOVERNMENT; AND THE RIGHTS TO SINS BEGIN.

1 PETER 2:13,14, SUBMIT YOUR SELVES TO EVERY ORDINANCE (LAW) OF MAN FOR THE LORD'S SAKE; WHETHER IT BE TO THE KING (THE PRESIDENT), AS SUPREME; OR UNTO GOVERNORS, AS UNTO THEM THAT ARE SENT BY HIM (THE POLICE) FOR THE PUNISHMENT OF EVILDOERS (MARCHERS) AND FOR THE PRAISE OF THEM THAT DO WELL (NONE MARCHERS), AS FREE, AND NOT USING YOUR LIBERTY FOR A CLOAK OF MALICIOUSNESS, BUT AS THE SERVANTS OF GOD.

MATTHEW 5:9, JESUS SAID BLESSED ARE THE PEACEMAKERS FOR THEY SHALL BE CALLED THE CHILDREN OF GOD! AND IF YOU ARE A TROUBLEMAKER; WHOSE CHILD ARE YOU? THE POLICE DID ARRESTING TROUBLEMAKERS ON THAT DAY, NOW LOOK AT OUR JAILS AND PRISONS! THEY ARE FULL!!!

NOW THE CHILDREN ARE DISOBEDIENCE; AS THE CHURCH LEADERS WAS, THEY NOW DISRESPECTFUL TO PARENTS, AND MANKIND, AND THE LORD.

GALATIANS 5:7,8; BE NOT DECEIVED; GOD IS NOT MOCKED: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE REAP. FOR HE THAT SOWETH TO HIS FLESH SHALL OF THE FLESH REAP CORRUPTION; BUT HE THAT SOWETH TO THE SPIRIT SHALL OF THE SPIRIT REAP LIFE EVERLASTING.

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



## From the Desk of Parson D.A. Smith Airing Black Americans' Dirty Laundry

Two things have energized this writer in the past two weeks to look at where the new generations of black Americans are headed: The defeat of Councilman Patterson and the truth filled words of entertainer Bill Cosby. This writer like the former mentioned is a product of the same era in black American history.

I am sure those who are of my generations who are perspicacious intellectually and exhibit virtue in their decisions based upon a moral standard agree with Cosby and the marches of Patterson against drugs in the statement that blacks who commit crimes against humanity and wind up behind bars "are not political prisoners." They are there because they chose to do immoral things against the rules of society.

Cosby denounced in May 2004, at a commemoration of the

anniversary of the Brown V. Board of Education some blacks' grammar. He stated "I can't even talk the way these people talk, 'Why you ain't, 'Where you is', and I blamed the kid until I heard the mother talk," Cosby said then. "And then I heard the father talk... Everybody knows it's important to speak English except these knuckleheads. You can't be a doctor with that kind of crap coming out of your mouth." Let me add for Cosby that the present generation needs to quit using in every other sentence the phrase "You know!" This really demonstrates your inability to speak the English language and shows your lack of intelligence.

Cosby also castigated blacks Thursday, July 1, 2004 at the Rainbow/PUSH Coalition annual conference in Chicago. He

denounced blacks for blaming whites for problems they bring on themselves. Teenage pregnancy and high school dropout rates are not because of whites. He also mentioned one of the things this writer detests: "When you put on a record and that record is yelling 'N\*\*\*\*\* this and N\*\*\*\*\* that' and you've got you little 5-year-old, 7-year-old sitting in the back seat of the car, those children hear that."

The Reverend Jesse Jackson defended Cosby statements and said "Bill is saying, let's fight the right fight, let's level the playing field... Drunk people can't do that. Illiterate people can't do that."

Like Cosby I have serious problems with today's generation. As a preacher for more than 49 years, I hate shacking! Why not marry! I believe that if a man

loved my daughter, he would marry her legally, carefully watch over and love her as they procreate. Let me be real with young blacks males who may read this (I am not speaking about those of you who just call words for you lack the abilities to interpret—mean aren't I?). Because my generation smiles, it does not mean, they go along with your lifestyle. They know you are traveling the road that leads to destruction. They would not want you as a part of their family.

Did Mr. Cosby and I hear black males saying they were not going to pay "child support?" Read this column later!

## Outreach Prayer Breakfast

### -Hour Of Power-

Prayer must be the foundation of every Christian endeavor. No failure in prayer. We are not to be ignorant concerning God's word. God desires for his people to be successful, to be filled with a fully deep, and clear knowledge of His will (His word), and bear fruit in every good work. Col. 1:9-13. We then bring honor and glory to Him (John 15:8). He desires that we know how to pray, for the prayer of the upright is His delight. (Proverbs 15:8) Our father has not left us helpless. Not only he has given us His word, but also he has given us the Holy Spirit to help our infirmities when we know not how to pray as we ought. (Romans 8:26) Praise God! Our Father has provided His people with every possible avenue to insure their complete and total victory in this life in the name of our Lord Jesus, (1 John 5:3-5)

We pray to the Father, in the name of Jesus, through the Holy Spirit, according to the word! USING God's word on purpose, specifically in prayer, one means of prayer and it is a most effective and accurate means. Jesus said; the

word (truth) that we have been speaking to you are spirit and life. (John 6:63) When Jesus faced Satan in the wilderness, he said, it is written .... It is written .... It is written. We are to live, be upheld, and sustained by every word that proceeds from the mouth of God. (Matthew 4:4)

James, by the spirit, admonishes that we do not have, because we do not ask, we ask and receive not, because we ask amiss. James 4:2-3. We must heed that admonishment now for we are to become experts in prayer rightly dividing the word of truth. (2 Timothy 2:15) Using the word in prayer is not taking it out of context, for His word is in us, is the key to answered prayer that brings results. He is able to exceedingly abundantly above all we ask or think, according to the power that works in us. (Ephesians 3:20) The power lies within God's word. It is anointed by the Holy Spirit.

Man is a spirit, he has a soul, and he lives in a body. (1 Thess. 5:23) In order to operate successfully, each of these three parts must be fed properly. The soul or intellect feeds on intellectual food

to produce intellectual strength. The body feeds on physical food to produce strength. The spirit, the heart or inward man, is the real you. The part that has been reborn in Christ Jesus. It must feed on spirit food, which is God's word in order to produce and develop Faith. As we feast upon His word, our minds become renewed with His word and we have a fresh mental and spiritual attitude. (Ephesians 4:23-24)

How is your attitude as this is six months into this year. Don't you think this is worth thinking about?

Y'all come! You are all welcome!

### -Just A Thought-

America is trying to go to hell. People of God, don't let it happen. He has given us the power to turn evil around for good. Use the name of Jesus to do it. Pray. Saints!

Sister Dorothy Hood, president, Sister Christene Burleson, Vice President and Sister Elmira Jones, Teacher. P.S. Meeting on Saturday will be in next week's paper.

## St. Matthew Baptist Church News

Last Sunday morning, July 4, 2004, our Independence Day, Americans were celebrating the 228th birthday of the United States. But the members of St. Mats were praising the lord. It all began with Sunday School at 10:00 am. The morning lesson was taught by minister Nina Davis. Pastor Edward Canady gave a review of the morning lesson. The remarks were inspiring.

The morning devotion began at 11:15 am, with the officers of the church at their post of duty. The spirit was high. What a time in the Lord. As always, the senior choir continues to sing god's praises out of their hearts and souls.

The morning sermon was well received by the members. Most of all, Pastor Canady continues to inspire all of his members with his sermons.

If you do not have a church home then come by St. Matthew's Baptist Church. You are always welcome.

Thought of the week. "Kindness is loving people more than they deserve."

## City-Wide Ushers

The City Wide Ushers will meet Saturday afternoon, July 10, 2004, beginning at 5:00 p. m. at the Faith First Baptist Church, 1504 East 15th Street, where the Rev. N. R. Garrett is pastor. We are asking for all ushers

to please be in attendance. All ushers are welcome to come and participate. We need to be present so we can keep it alive.

Bring your non-perishable canned goods. We need 24 cans for each member for

the months of November and December. They will go into our needy boxes. So please come and help us keep it alive.

Sister Sarah Bunton president; Sister Minnie Darthard, reporter.

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When only memories remain, let them be beautiful.



# Criminal defense attorney authors new book on how to survive the criminal justice system

(Buffalo, N. Y.) Criminal Defense Attorney, John V. Elmore challenges all, especially African



American males, to be informed about how the criminal justice system works and empowered not to become a victim of miscalculations, misunderstandings, police misconduct and society's urban ills in his new book *Fighting For Your Life: The African American Criminal Justice Guide*. It is the nation's only book written for African Americans about how to survive the criminal justice system.

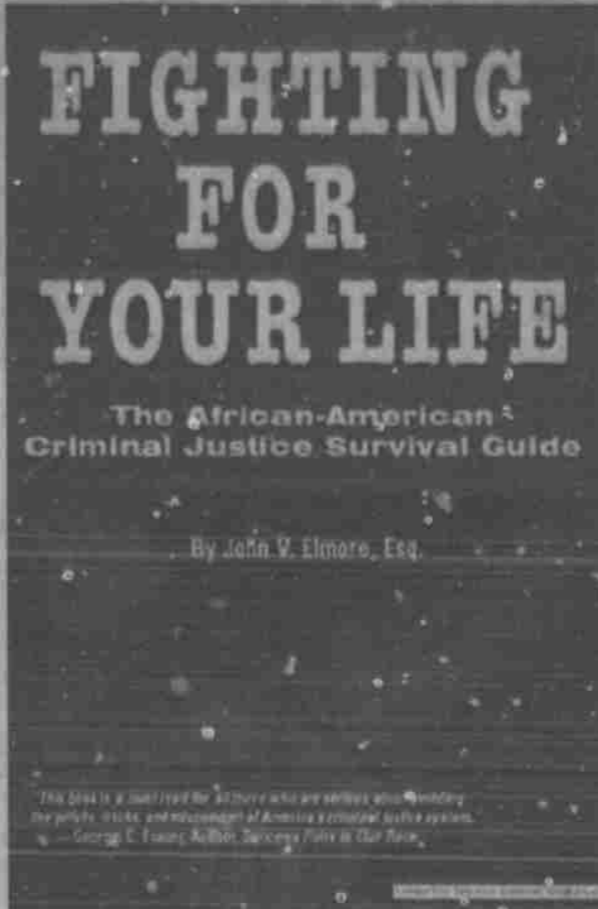
Mr. Elmore gives advice and actual case summaries

regarding issues such as: what to do if you are stopped, arrested or incarcerated by the police; choosing the best attorney, the correct court appearance and conduct; police misconduct; understanding the role of the jury, and how drugs and alcohol can lead to a life of crime.

The book is a timely wake-up call to African Americans to help break the rising cycle of black on black crime, increasing prison populations and cases of deaths occurring while being arrested. It is educational because the author outlines how the criminal justice system operates and most importantly, Mr. Elmore encourages each individual and community to take responsible measures to respond to the underlying problems. It is a book for all to read!

John Elmore has the expertise and compassion to write this book. He has been on the front lines of the criminal justice system as a New York State Trooper, an Assistant District Attorney in New York City and Buffalo, New York, a New York State Assistant Attorney General, an Attica (Prison) Civil Rights Attorney, and a criminal defense attorney in Buffalo, New York. In addition, he has taught criminal justice classes at area colleges and frequently speaks to youth groups.

*Fighting For Your Life: The African American Criminal Justice Guide* can be purchased by e-mailing orders to [jvelaw21@yahoo.com](mailto:jvelaw21@yahoo.com), order online at [Amberbooks.com](http://Amberbooks.com) or purchase at your local book store.



Positive reviews accompany Elmore's new books for coping with life in the American criminal justice system

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## National technology conference honors outstanding minority women

ATLANTA, Ga. Celebrating the achievements of minority women is the focus of the 2004 National Women of Color Technology Awards Conference, which will be held at the Westin Peachtree Plaza Hotel in Atlanta on October 9-12. This annual event, now in its ninth year, attracts many of the nation's top female technologists, executives, and students.

The National Women of Color Technology Awards Conference is an initiative of Career Communications Group, Inc. (CCG), publisher of Women of Color Conference Magazine, US Black Engineer & Information Technology magazine, Hispanic Engineer & Information Technology magazine, and Science Spectrum magazine. IBM Corporation is the title sponsor of the conference.

"Women are increasingly responsible for driving the vehicle that carries America's economic future," says CCG's chairman and CEO, Tyrone D. Tabom. "This conference is designed to provide long-overdue recognition to some of America's most distinguished women in technology and business."

The National Women of Color Technology Awards Conference was founded to address the underrepresentation of women in technology and in the many areas of business where technology is making a tremendous impact.

"The gap is clear," Tabom says. "In engineering schools, women are only 15 percent of the student bodies. Women receive fewer than 29 percent of the bachelor's degrees in computer science. And only about 11 percent of all engineers are women."

The National Women of Color Technology Awards Conference is a venue that offers encouragement for women to seek careers in these fields and knowledge to help them succeed.

Among the highlights of the conference will be: a Networking Welcome Reception on Thursday, October 28, the first night of the conference; a Recognition Luncheon honoring veterans and rising stars in technology and business, on Friday, October 29; a Professional Networking Party on Friday night; a Career Fair featuring leading companies, government agencies, and educational institutions on Saturday, October 30; a Women of Color Power

Breakfast and awards ceremony on Saturday; and Student and Professional Track seminars and workshops on Friday and Saturday. The main event of the conference, the Women of Color Technology Awards Gala, takes place on Saturday evening.

More information about the National Women of Color Technology Awards Conference is available online at [www.womenofcolor.net](http://www.womenofcolor.net).

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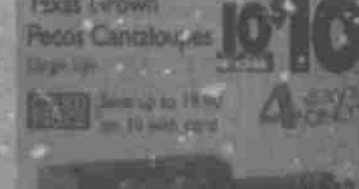
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# Editorials • Comments • Opinions



## THIS 'N' THAT

VERY GOOD INTERIM REPORT ON NORTH & EAST LUBBOCK DEVELOPMENT! THIS N THAT ... as well as many other citizens who reside in North and East Lubbock ... including the large number who live outside this area ... are most elated over an ... INTERIM REPORT ... given several weeks ago by ... JOHN HALL ... executive director of the North and East Lubbock Development Corporation ... who along with several others ... at the Bobbie Gean and T.J. Patterson Library... In the ... PLAN ... it calls for ... €9 to 100 NEW HOMES ... in North and/or East Lubbock ... EVERY YEAR... The report revealed that by using two ... UNITED SUPERMARKETS ... as "economic anchors" ... will help generate ... NEW BUSINESS... According to Hall ... "Over the next three months ... we will begin to come up with specific designs and plans for housing and economic development projects." Hopefully ... this plan will be done by October ... HALL ... has said in the past ... "If Lubbock can get ... MORE ROOFTOPS" ... into North and East Lubbock ... then ... SHOPPING CENTERS & OTHER BUSINESSES ... would follow... VERY GOOD INTERIM REPORT ...

WORDS COME PATTERSON WAS DOUBLED-TEAMED! THIS N THAT ... has received so many telephone calls that ... former city councilman ... T.J. PATTERSON ... was not only defeated in the run-off election on Saturday, June 26th ... by Floyd Price ... but efforts from the other candidates and even some well-known

Republican Warty personalities were on the scene at the corner of East 19th and MLK Blvd ... So could this mean the ... REPUBLICAN PARTY ... is attempting a foot hole in East Lubbock... No matter ... how you look at ... the election is over ... and there is a new city councilman in District Two ... THIS N THAT ... is just hoping these folks will not be trying to run ... DISTRICT TWO! ... Only time will tell ... As ... the late ... PROF. E. C. STRUGGS ... would say ... IF YOU PUT A SNAKE EGG ... under a hen ... the results will still hatch a ... SNAKE!" THIS N THAT ... is hoping we will continue to progress in days to come ... and that ... EAST LUBBOCK ... will continue to flourish...

CHAPARRAL PRESS & GRAPHICS IS CLOSED! THIS N THAT ... was sad to learn that as of last Thursday morning ... JULY 1, 2004 ... the doors to ... CHAPARRAL PRESS & GRAPHICS ... were closed for good ... THIS N THAT ... is sad over what has happened ... but will not forget the more than ... TWENTY-SIX YEARS ... this company printed the ... LUBBOCK DIGEST & SOUTHWEST DIGEST ... There was a friendship with the owners ... JOE STEPHENSON & BILL LOPER... as well as the many professional staff employed over the years... No doubt about ... THE SOUTHWEST DIGEST ... has to overcome this situation ... but with good supporters ... it will become a much stronger newspaper... It may be a little ... SHAKY ON THE NEW TAKE OFF ... but we will stay focused ... and we will

make it... THE SOUTHWEST DIGEST ... will hang in there ... because it has an obligation to our community... THANKS, JOE & BILL ... for crossing our paths ... Hopefully ... we'll cross again! PENNY HASTINGS THE BARBER SAYS: "In order to get ... ALONG WITH PEOPLE ... ONE MUST KNOW ... what to say ... and when to ... SAY IT!" EAST LUBBOCK HAS A PIZZA PARLOR! THIS N THAT ... had been advised several months ago ... after meeting with a very aggressive young lady ... who was working for a nationally known pizza company... At the time, she was very confident of a pizza parlor coming to East Lubbock ... And it is in East Lubbock ... and has been here for over a month ... and they will ... DELIVER ... in East Lubbock ... The name of the business is ... MA MA MIA, PA PA PIA PIZZA ... located at ... 1526 EAST 19TH STEET... THIS N THAT ... is glad to know about this new establishment ... and here is the telephone number ... 747-2565 ... THIS N THAT ... wishes you the very best! As we have always said ... EAST LUBBOCK ... is on the move... Stay tuned ... there is much more to come ...

MORE SIGNS OF ALLEGED DRUG DEALERS & HOUSES! THIS N THAT ... has noticed more signs of ... ALLEGED DRUG DEALERS AND DRUG HOUSES ... in the area... Maybe it is time to bring back ... PICTURES ... of those so-called ... ALLEGED DRUG DEALERS ... What do you think?

live as Christians through breaking down barriers among neighbors by showing love. The founder and president of Habitat, Millard Fuller believes in the Bible quote: "Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you." -Matthew 5:44

One who can truly live by that scripture, can be called a pure Christian. We can see why former President Jimmy Carter won a Nobel Peace Prize and works to dispel the NIMBY (-Not-In-My-Back-Yard) fears of Habitat home locations. There is a variety of acronyms used to describe how people feel about Habitat homes. They range from BANANA: "Build absolutely nothing anywhere near anyone," to CAVES: "Citizens against virtually everything," and NOPE: "Not on planet earth."

There are many ways to become involved in organizations that help mankind through volunteer services. It is time that we get 'in cinque' and help to make this world a better place instead of putting rocks and stones in the pathway of goodness.

I felt strongly that this was an organization worth supporting, because everyone deserves a decent home. Years of going into substandard housing, as a social caseworker in large urban areas, makes you aware of the dire need for decent adequate housing. Too often, the outside facade gives no indication of what is behind the closed door.

The people who are living in substandard housing are not living there because they want to, but because circumstances, too often beyond their control is the reason for their being there. The main reason is most likely an inadequate or lack of income. Many residents are not unemployed, but underemployed. Employment is one of the criteria for being eligible for a Habitat home as well as the physical activity of actually building the house. Since many of us only know that Habitat builds houses, low income houses, we often think that they too, are substandard and object to Habitat homes being built in our neighborhood.

Habitat for Humanity, not only works to help people have decent homes, it also works to help people



One only has to look around, watch or listen to television or even hear the radio to see where the moral decline is coming from.

The sad part about it, is the moral of an impact on our low socio-economic, non or little educated young people. That non talk, murdering the English language, capped with some of the most vulgar of vulgarity in the English language. And the names they call our young ladies with most used one is the b\*\*\*\*, and the second is w\*\*\*\* word if they spoke English would be a w\*\*\*\* word. It's a shame young men are walking around with those big baggy pants that some racist white boy designed with their dirty drawers showing while their pants are down around almost around their knees. Not only will this kind of dress, they are heard bragging about how many babies they have produced. Now in many

## We're going backwards in a hurry!

by Eddie P. Richardson

instances these so called dads don't even care about the children. We hope these young fellows know that does not make them a man, because you have a perm count. What really makes you a man is when you take care of what you have produced. You know, young fellows, even skunks, crocodiles, rats, bears, and other living creatures can produce. Now if you really want to be a man, you must upgrade your stature by caring for the human being. Now, that's the right thing to do.

Bill Cosby's recent remarks are true even though they may appear to be harsh, BUT HOW TRUE THEY WERE. He even made some similar remarks earlier. This writer hopes Bill Cosby's words will make our young people — the ones whom the shoe fits — become so mad that they prove him (Bill Cosby) to be wrong. Now, he had one very strong point. You listen to the young person, and then see or hear the parent and then you see why we have such a problem. We have two and three generations lost. It doesn't make sense. They have no morals, no character, and

no respect for themselves and others. Then it is easy to see why we have such problems. My people, it apparently doesn't begin at home anymore where there is home training, manners, and plain old right and wrong postures. It's so easy to see how we have modernized ourselves into one mess!

We as a people to be or do what we should and want to be or do. MUST ... NOT ... GIVE UP. Our printer was most unfortunate enough to have his vote pulled at the last minute and given a day and a half to vacate the premises. The easy thing for us, The Southwest Digest, was to give up after all these years. No way! No way! We just went to work; got off our knees, and began to work with resources and every available avenue. Thanks by the goodness and help of the Almighty we will not miss a single issue. Thank God!

Closing Thought: "Winners don't quit. Quitters don't win. It can and will happen if you want it to happen, it will happen!"

Nuf Sed! Why Not?

## Kidney Cars: A cool choice

Are the repair costs on that old car leaving you overheated? Here's a cool alternative: donate your car - running or not - to the National Kidney Foundation's year-round Kidney Cars Program. It's a great way to save money and lives.

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For tax purposes, donors receive a letter acknowledging their gift. The National Kidney Foundation encourages them to check with their tax advisors to determine whether they are eligible for a tax deduction.

The National Kidney Foundation is the nation's leading voluntary health agency dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation. For more information or to donate your car, van, truck or boat, call 1-800-488-CARS (2277) or donate online at the National Kidney Foundation website at [www.kidney.org/funds/cars.cfm](http://www.kidney.org/funds/cars.cfm)

## In Cinque



by Renetta W. Howard

If you are in a habit of contributing to every worthwhile cause that solicits donations from you, then you find yourself being the recipient of that organization's house organ, if they have one. I receive "Habitat World" and enjoy the various transformations that Habitat for Humanity makes around the world in the United States and foreign countries.

Even before I knew that former President Jimmy Carter was involved with Habitat for Humanity,

Habitat for Humanity, not only works to help people have decent homes, it also works to help people

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SOURCE: Carole Keeton Strayhorn, Texas Comptroller ([www.window.state.tx.us](http://www.window.state.tx.us)) and the State Energy Conservation Office (SECO).

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We are considering subcontracting the following services: Structural Engineering, M/E/P Engineering, Civil Engineering/Survey, and Geotechnical Engineering, and Construction Material Testing, Reproduction Services, and Commissioning Services.  
Interested firms must submit the following qualifications to Leanne Messersmith by Tuesday, July 13, 2004.  
1) Insurance Information  
2) Firm Intro with contact info (max 1 pg.)  
3) Three key staff resumes (max 1 pg. each)  
4) Relevant Project Experience List and  
5) Valid HUB Certificates  
Minimum insurance requirements are: Structural and MEP (\$1M), Civil (\$1M), other consultants (\$0.5M). Please keep intel response to within 8 pages and in MS Word format with your company name and logo on each page.  
Interested Non-Certified HUB firms should contact TBPC at www.tbpc.state.tx.us or (512) 463-6363 for certification information.  
Email responses to lmessersmith@mwmllb.com or call 806-745-7707 for more information.

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# Direct deposit: An easy and convenient way to receive child support payments



Greg Abbott  
Attorney General of Texas

In recognition of National Direct Deposit Month, I am reminding

parents who get their child support checks from the Attorney General's Office to enroll in direct deposit.

Direct deposit provides a safe, fast and convenient method for receiving child support that mothers and fathers depend on to feed and clothe their children. For parents with checking or savings accounts, direct deposit is the preferred method for obtaining child support payments because it:

- Saves time and money by eliminating trips to the bank and check-cashing fees;
- Eliminates mail time and checks lost in the mail;
- Reduces the risk of check theft; and

Saves taxpayers money, by eliminating costs associated with printing and mailing child support checks. It costs \$1.32 to produce and mail a check, compared to 40 cents for electronic delivery. Direct deposit has saved the state \$3.4 million since December 2001, when the service began.

Parents with personal bank accounts who receive their child support payments from the Texas State Disbursement Unit (TxCSDU) are eligible for direct deposit Child support cases that involve a parent living in another country qualify for direct deposit if the parent with custody of the children has a bank account in

the United States.

I encourage all eligible parents to sign up for direct deposit today. Parents can obtain a direct deposit authorization form by calling (800) 252-8014 or by visiting our Web site. Direct deposit authorization forms are also available at local child support field offices. To expedite the process, parents should provide their ten-digit case number on the authorization form, and include a voided check or deposit slip.

Parents who enroll in direct deposit should allow thirty days from the time we receive their authorization form for direct deposit to begin. To verify that

the TxCSDU has electronically transmitted the payment to their financial institution, parents can contact us at (800) 252-8014 and/or their financial institution automated system. In most cases, funds will be available in a parent's bank account two to three business days after the child support payments received at the TxCSDU.

For more information about the Office of the Attorney General and child support services, visit our Web site at [www.oag.state.tx.us](http://www.oag.state.tx.us).

Information on this and other topics available on the Attorney General's Web site at [www.oag.state.tx.us](http://www.oag.state.tx.us).

### POINTS TO REMEMBER DIRECT DEPOSIT & CHILD SUPPORT

- What are the benefits of direct deposit?
- Saves time and money by eliminating trips to the bank and check-cashing fees.
  - Eliminates mail time and checks lost in the mail.
  - Reduces the risk of check theft, and
  - Saves taxpayers money, by eliminating costs associated with printing and mailing child support checks.

- Who is eligible for direct deposit?
- Parents with personal bank accounts who receive their child support payments from the Texas Child Support State Disbursement Unit (TxCSDU).
  - International child support cases, if the parent with custody of the children has a bank account in the United States.

- How do I obtain a direct deposit authorization form?
- Call (800) 252-8014
  - Visit the Attorney General's Web site at [www.oag.state.tx.us](http://www.oag.state.tx.us)
  - Contact a local child support field office



## Texas Tech University System Chancellor named to March of Dimes national board

LUBBOCK - Texas Tech University System Chancellor David R. Smith, M.D., has been elected to the March of Dimes Birth Defects Foundation Board of Trustees.

"As a pediatrician, the health and well-being of our children is one of my passions," said Smith. "The work done by the March of Dimes is vital. I am delighted and honored that I have the opportunity to participate in the efforts to reduce birth defects, premature births and the problems caused by low birth weights."

The March of Dimes was founded in 1938 by President Franklin D. Roosevelt originally to fight polio - today it works to save babies from birth defects, prematurity, low birthweight and infant death. FDR's granddaughter Arne also is a member of the national board.

"When President Roosevelt founded the March of Dimes, he believed that any thing can be accomplished when people work together," said Smith. "By creating that partnership of scientists, doctors and volunteers, the Salk vaccine was developed and polio became a thing of the past. But there remain so many challenges to the health of our children. I'm excited about the work we are doing."

Smith is serving as the chair of the Texas March of Dimes Prematurity Campaign, which was launched in February 2003. The campaign is a multi-million dollar research, awareness and education effort aimed at reducing the rates of premature births.

As Texas commissioner of health from 1992-1996, Smith was a leader in the state's efforts to fight birth defects. He oversaw the

implementation of the Texas Birth Defects Registry. He also directed a pioneering statewide effort to educate women of childbearing age about increasing the amount of folio acid in their diets to help reduce some birth defects.

"I have seen the heartbreak of serious birth defects and I have made it my mission to do whatever I can to support advances that will reduce the numbers & birth defects of any kind," said Smith.

The national March of Dimes Birth Defects Foundation Board of Trustees is comprised of 28 men and women from across the United States. Board members also include: Gary D. Forsee, chairman and CEO of the Spring Corporation; Ron Kirk, former Dallas mayor; Greg Gumbel, broadcaster; and Kenneth May, senior vice president for U.S. operations for FedEx Express.

## Stenholm urges cutting of wasteful Federal spending

Lawmaker, Other Blue Dogs Address Need For 'Pay-Go' Budget Rules

Washington, D.C.—The U.S. House of Representatives today voted to approve an amendment offered by Congressman Charlie Stenholm (TX-17) that would enhance Congress' ability to cut wasteful spending.

Under the proposal, known as a modified line item veto or expedited rescission authority, the President would be able to propose elimination or reduction of items he has identified as wasteful spending, and Congress would be required to vote up or down on these rescissions in an expedited manner.

"This rescission authority will give the President a valuable tool in eliminating wasteful spending in the budget," Stenholm said. "Enhanced rescission would give lawmakers the ability to clean up waste that's in spending bills, before that money has been spent."

Stenholm partnered with Congressmen Paul Ryan (R-WI) and Mike Castle (R-DE) to sponsor the amendment regarding "enhanced rescissions."

In addition, Stenholm and his colleagues in the Blue Dog Coalition sponsored a budget enforcement plan that would reinstate "pay-as-you-go" budget enforcement rules. This plan was likely to receive bipartisan support in the House of Representatives, however the Leadership of the House refused to allow the Blue Dog plan to be considered and voted on by the full House.

"The Blue Dog budget enforcement bill would apply meaningful budget discipline on all legislation that would increase the deficit," Stenholm said in remarks before the full House. "We would set discretionary spending limits at the levels proposed by President Bush which I think all of us can agree would be tough on spending. We also reinstated the pay-as-you-go rules that were enacted in 1990 and extended in 1997 on a bipartisan basis."

"If we are truly serious about restoring fiscal discipline, budget enforcement rules must apply to all legislation that would increase the

deficit through increased spending or reductions in revenues," Stenholm continued in floor remarks. "All parts of the budget must be on the table. It is irresponsible and politically unrealistic to propose budget rules that apply to one part of the budget but not others."

"Applying pay-as-you-go rules to tax cuts do not prevent Congress from passing more tax cuts," Stenholm said. "All it says is that if we are going to reduce our revenues, we need to reduce our spending by the same amount."

## BETTER DIABETES MANAGEMENT

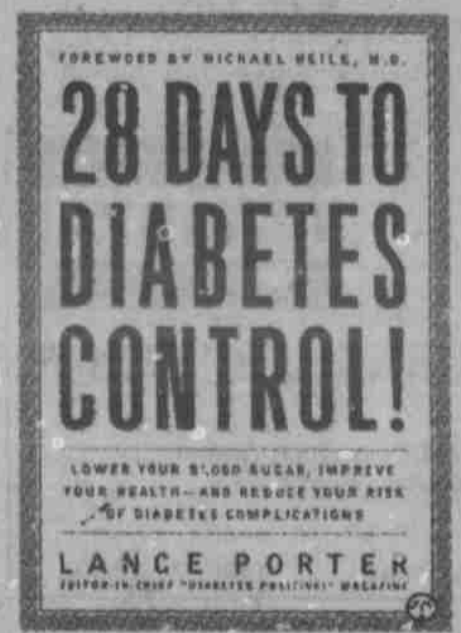
New Reader-Friendly Book Paves 28-Day Path To Improving Blood Sugar Control for 2.7 Million African Americans with Diabetes

(NAPSM)—More than 13 million Americans have diabetes, a disease that, if not properly managed, can make you feel poorly on a daily basis. Worse yet, if diabetes is not controlled, it can ultimately lead to long-term complications like heart disease, kidney disease, blindness, and amputation.

Here's where a new book can help. Lance Porter's recently published "28 Days to Diabetes Control!" is a step-by-step guide that provides instruction, motivation, and empowerment to help patients get their diabetes headed in the right direction. At the end of the four weeks, patients who follow Porter's plan will be well-versed in practical strategies that can help them move forward on the path to better diabetes control.

Before even starting the 28-day program, Porter—also editor of "Diabetes Positive!" magazine—provides five essential steps for beginning to manage diabetes:

- Step 1. Assemble a good medical team.** It's important to find a doctor you like, trust and are comfortable with, Porter notes. Furthermore, the doctor should have experience in treating diabetes patients and be willing to take the time to listen to your concerns.
- Step 2. Learn everything you can about diabetes.** "People with diabetes manage their own health," Porter writes, adding that while "your doctor and the rest of your health care team will help...day-to-day, you must administer your own treatment." To do this effectively, you need to understand the disease.
- Step 3. Prepare.** This is both a physical preparation (i.e. buying the supplies you'll need), as well as a mental one, because you must decide how you're going to handle the challenge of getting your diabetes under control.



"28 Days to Diabetes Control!" is an easy-to-read guide that helps patients learn to better control their blood sugar levels and reduce their risk of complications.

**Step 4. Maintain a positive attitude.** Porter suggests learning some positive thinking techniques, such as relaxation, meditation and positive self-talk.

**Step 5. Accept the situation, and get started on your new life.** Porter reminds readers that people with diabetes love, work, laugh, play and plan for the future, just like everyone else.

As an overall statement about the goals of the 28-day program, Porter writes that for people with diabetes, "the most important single fact you can know is this: the closer you keep your blood sugar to normal levels, the less chance you will have of ever experiencing any of the complications of diabetes." For this reason, a key factor in Porter's book is teaching his readers to understand how foods interact with medications and

exercise to move blood sugar levels up and down.

Porter guides his readers through the process of filling out a daily journal. In it, the patient records the results of daily blood sugar tests, calories of food consumed (including grams of carbohydrate), time spent exercising, and the dosing times and amounts of medications taken. He then explains how to analyze the raw data to "take the mystery out of why your blood sugar is sometimes high and sometimes low."

Patients with diabetes who want try out Porter's advice in "28 Days to Diabetes Control!" may find it easier if they have a good blood glucose meter, especially one that can record more than just blood sugar results.

"You'll need your blood sugar meter to have a good, easy-to-use memory...when you're trying to understand how your blood sugar is behaving over time," writes Porter.

The OneTouch® UltraSmart® Blood Glucose Monitoring System is one meter that's helpful in illustrating blood sugar trends over time, and also one of the systems that Porter has favorably reviewed in his monthly magazine. Not only does the system provide on-screen charts and graphs to help users see trends in their blood sugar levels, but its built-in electronic logbook also helps them easily capture information about their food, exercise and medication. This information can help them and their healthcare providers better understand how these factors are affecting their blood sugar so they can make changes to stay healthy.

"28 Days to Diabetes Control!" is available at bookstores nationwide or at Web sites like Barnes and Noble.com and Amazon.com.

## Keeping an Eye on Texas

### Remember the Forgotten Children

Texas Comptroller Carole Keeton Strayhorn recently called for a massive overhaul of the state's foster care system in a special report, "Forgotten Children," which details a widespread crisis in Texas' foster care system.

Strayhorn's report uncovers the harsh realities of the current foster care system and makes key recommendations aimed at improving the entire system. She recommends that the state raise the bar on quality, make the foster care system more accountable, ensure the health and safety of all foster care children, and provide a brighter future for foster children.



SOURCES: Texas Comptroller Carole Keeton Strayhorn and <http://www.wndw.state.tx.us/forgottenchildren/>

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