

God Bless America!



Southwest Digest

50¢
Worth More!

902 E. 23th Street
Lubbock, Texas
Phone (806) 762-3812

October 17 - October 24, 2002

VOL. XXIX, No. 42

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

National News



"Iraqi Threat Justifies War Option"

by Larry Combust

The Iraqi regime continues to stall diplomatic efforts to achieve its disarmament while proliferating its weapons of mass destruction which poses a very real threat to its region, our country, and the world. That threat must be eliminated, hopefully through diplomacy, but military action may be necessary. I co-sponsored the resolution that the U.S. House of Representatives passed this week authorizing President Bush to utilize our nation's military to protect our national security interests from Iraq, and to enforce numerous United Nations resolutions that Iraq continues to defy.

The decision to send our sons and daughters to war is always difficult to make, and it must be reserved for cases when threats to our national security warrant such a high sacrifice. The Iraqi threat rises to that level.

The possession of weapons of mass destruction, by itself, is not a threat to world stability and peace.

The danger of Saddam possessing weapons of mass destruction and his willingness to use them, I believe, can only lead to disastrous consequences for the world. Hussein has ordered chemical attacks on Iran and on more than 40 villages in his own country, which have killed or injured at least 20,000 people. Only the most evil of people could order these unprovoked attacks, which utilize some of the most heinous substances created by man. Last year, we were targeted by a similar evil in Osama Bin Laden. Hussein has ties with Bin Laden's al Qaeda and with other terrorist groups. Even if we could not be certain that Hussein would unleash these horrible weapons in a future attack, we know he is willing to sell them to other groups who would.

The motives behind Iraq's relentless pursuit to acquire and produce weapons of mass destruction must cause all nations grave concern. Saddam's regime, as part of the agreements he made to end the Persian Gulf War, promised the world that his country would disarm. This is among a long list of Hussein's broken promises. We know that Iraq continues its work to develop nuclear weapons since thwarting weapons inspectors' attempts to gain unfettered access to Iraq's weapons facilities, causing them to withdraw from the country in 1998. We know that Iraq still possesses chemical and biological weapons. In an effort not to be held accountable for violating UN resolutions, the Iraqi regime has attempted to work out compromises that still fall short of the promises it made to end the Persian Gulf War. Iraq cannot be allowed to negotiate an agreement which it has never satisfied.

War should remain the last option, but the failures to diplomatically achieve Iraq's disarmament lay solely with the Iraqi regime. It is not the international community that siphons off Iraqi money intended for sick children to build new palaces and develop new biological and chemical weapons. The UN and the international community should present a unified coalition dedicated to eliminating this threat, even if that can only be accomplished through the use of force. After meeting with American intelligence officials, I know that Iraq clearly presents a direct threat to our national security. We must be prepared to act preemptively to thwart a potentially devastating attack on our country and allies. We can ill-afford a hands-off approach to the threat that Iraq poses today.

There can be no question, but that, with the regime in power in that country, Iraq's possession of weapons of mass destruction poses a threat to our country, its region, and the world. If war is the only means by which that threat can be eliminated, then it is the option that America must be prepared to utilize.

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Texas Tech University Receives Top 50 Ranking

LUBBOCK - Texas Tech University is ranked 43rd among the top 50 public research institutions in the country, according to a new ranking from the University of Florida.

"We are keenly aware of our forward momentum at Texas Tech," said David J. Schmidt, president of Texas Tech. "But it is very positive to have other organizations recognize our progress. We will continue to move up in the rankings of America's Top 50 public research universities."

The University of Florida publication, Top American Research Universities 2002, compares 600 public and private universities in nine differ-

ent categories. In order to rank among the top 50, an institution must score in the Top 25 in one of the nine categories and conduct at least \$20 million annually in federally supported research.

Categories include: total research, federal research, endowment assets, annual giving, national academy members among faculty, faculty awards, doctorates granted, postdoctoral appointments and median SAT score.

Texas Tech ranked 19th nationally in annual giving at \$115.8 million and conducted \$21.5 million in federal research.

Texas Tech's total research of \$68.2 million ranked 85th

nationally. Endowment assets of \$316.5 million ranked 46th nationally. The 139 doctorates granted in 2001 ranked Texas Tech 68th, while the average undergraduate SAT score of 1075 ranked 131st nationally.

The University of Florida report is meant to offer analysis and data useful for understanding American research university performance.

"One of the strategic goals of Texas Tech University is to move up the ranking charts among public research universities in the country," said Schmidt. "According to this publication, we are achieving that goal by ranking 43rd."

Dunbar Jr. High Welcomes In Community

by Angel Wolfe

Dunbar Jr. High, 2010 East 26111 Street showcased the \$2.2 million renovations that have been recently completed to create a new science wing on the campus.

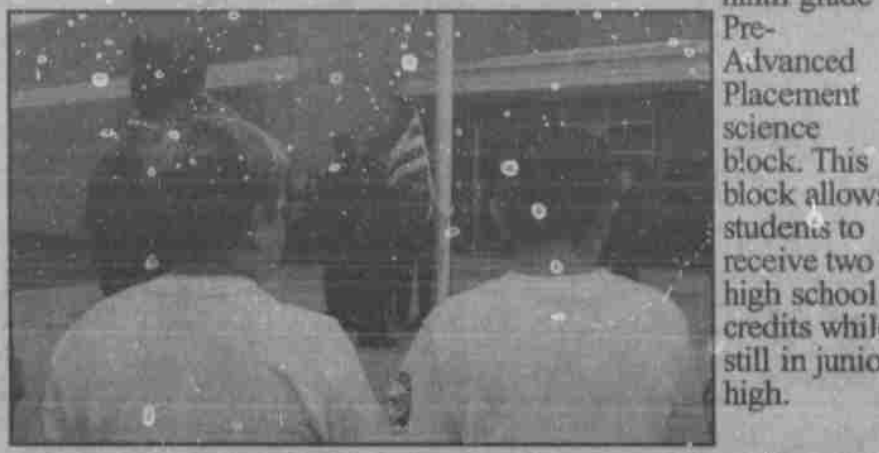
Lubbock ISD superintendent Dr. Jack Clemmons, Dunbar principal Richard Motina, and Dunbar's ROTC joined in welcoming the community members to the festivities. Guests were encouraged to walk through the campus and see the improvements that have been made.

Patterson said he is very happy with the improvements. "This is good for the neighborhood, the area and really all of Lubbock. This is good because it shows the community is still concerned about young people. This really adds to what we need in this community," he said.

Vernita Woods-Holmes said the new science wing was absolutely wonderful. "I've walked through this building

before, but to see it completed is absolutely wonderful. It's great not to see all the portable buildings. I wish all of the Lubbock community could come out and see this new addition. It's awesome," she said.

Dunbar bills itself as a hands-on science facility, using a 60 percent lecture and 40 percent lab class schedule. The junior high is now the only one in Lubbock ISD to offer block scheduling, allowing for the



ninth grade Pre-Advanced Placement science block. This block allows students to receive two high school credits while still in junior high.

A new parking lot has been added to accommodate the new entrance to the school, which also houses new administration offices. The new entrance and parking lot are located on the southwest side of the building. The facilities entrance had been located on the north side of the building with little parking available. The district hopes this will make the building more user friendly.

City Councilman T.J.



Entrepreneur Steve Bell (far left) and Chairman and CEO, Anderson... (The text is partially obscured and difficult to read in the image.)

Local Board Member Completes First Leadership Class

(DALLAS) Lubbock ISD trustee Vernita Woods-Holmes was among 36 Texas school board members completing the first of five leadership training sessions September 26-27 in Dallas.

its young. He feels that everything America is or ever hopes to be depends upon what happens in our school's classrooms.

The trustees are members of the 2003 Leadership TASB class, an education leadership program sponsored by the Texas Association of School Boards (TASB). The program, sponsored in part by SBC Foundation, Wal-Mart and SAM'S CLUB Associates, H-E-B and Lineberger Goggan Blair Pena & Sampson, LLP, is open to all Texas trustees who have fulfilled 30 hours of certified board member training.

Leadership TASB, which is designed by board members for board members, is a year-long program that provides participants knowledge on critical education topics. The program also enhances participants' leadership capacity by offering opportunities to meet with and learn from key education leaders, and experience team building and decision-making.



Vernita Woods-Holmes

Fall In Line With Health

In an effort to promote wellness in the community, the T.J. Patterson Branch Library, 1836 Parkway Drive, will be hosting a health fair Saturday, October 26, from 10 a.m. - 1 p.m. The T.J. Patterson Branch Library's health fair, dubbed "Fall in Line with Health," will provide participants with information about a wide range of health-related issues. Participants will have an opportunity to receive a free blood pressure, glucose, and cholesterol screening compliments of the City Health Department. Covenant Health Systems will be on hand to give information about breast cancer, as well as offer sign-ups for mammograms. In a program for both children and adults, Community Health Center Dental will discuss dental hygiene and pass out free toothbrushes and toothpaste.

In addition to addressing personal health issues, "Fall in Line with Health" will also

give participants an opportunity to help ensure the overall health of the community. The National Bone Marrow Donor Program will provide information about bone marrow donation as well as giving interested parties an opportunity to register to be a marrow donor. United Blood Systems will hold a blood drive for those who want to start helping the community right away by donating blood.

The fair will be an opportunity for the whole family to learn about health and have some fun. The National Education Association, made up from art students from Lubbock Christian University, will help entertain children of all ages with a face-painting booth.

Anyone wanting more information about any of the programs offered during the fair or directions can contact the T.J. Patterson Branch Library at (806) 767-3300.

American Legion Post 808 & Auxiliary Donate \$200 to Estacado Band Effort

The members of Booker T. Washington American Post 808 and the Auxiliary donated \$200 to the Estacado High School Band in their effort to raise the necessary funds for a trip to the Nokia Sugar Bowl in New Orleans, La. on January 1, 2003.

The check was presented on Monday to Mr. Jason Logan, band director, by Ms. Ruby Washington, chaplain. "We are happy to have this opportunity to help our young people in this great effort," said Ms. Washington.

Fashion Fun

by Shirley Robinson

TRANSPARENT BOOTS

It is undoubtedly new, different, exciting and extremely refreshing, its profound, positive, powerful and to a certain extent aggressively poetic.

The transparent boot is all of these things and much, much more.

Ladies, the boot is completely see through, except for the heel and toe.

How great is that! Exquisitely detailed, its mid calf with a gorgeous slender 2-1/2 inch heel, designed perfectly with a comfortable fine mesh net texture.

Fantastic colors, silver, bronze, black and purple. Actually, this boot can be worn with a host every-

thing, and can certainly go almost anywhere.

Dress it up or dress it down, let your imagination be your guide, **TOTALLY!**

This boot could very easily become your best friend.

DESIGNER...Jay Renae - At your finer department stores

NEXT ISSUE ... Beaded vests

Fashion Tip... Always wear a smile

FASHION, JUST FOR THE FUN OF IT



M. L. K. Commemorative Council of Lubbock Inc.

Nominations

Pioneers who has left their footprints in the sands of history in the Black community of Lubbock.

Forty-Years of History (1920-1960)

Who: _____

Year: _____

Reason: _____

Print Name _____

Please send nominations to
P.O. Box 12202
Lubbock, Texas 79407

By November 11, 2002

Nominees, selected will be placed in the MLK Memorial Area located at the top of the waterfall.

Chairpersons
Donnie Wright
Eugene Lawson



JAY'S CORNER

The New Hope Baptist Church is the "Church Where The People Really Care," and Rev. Billy R. Moton is pastor. Our doors remain open for those who are looking for a church home. Come and visit us each Sunday morning. You'll be glad you chose to do so!

Last Sunday morning was Youth Sunday, and the young people were at their post of duties. It all began with Sunday School at 9:30 a.m. All teachers were at their post of duty. Students received thirty minutes of instruction. At 10:15 a.m., teachers and students marched to the main auditorium singing God's praise. There was a prayer, and highlights of the morning lesson were given.

The morning devotional period was conducted by the Youth Department, and were assisted by the Praise Team. What a time!

The Youth Choir marched in the morning processional singing out of their hearts. Altar prayer was offered by Rev. Aubrey Brickey. After a selection by the Youth Choir, the morning scripture was read by Sister Lakesha Ross. The morning prayer was given by Sister Keena Johnson. There was another selection by the Youth Choir. The responsive reading was done with the congregation standing and led by Brother Brittany Wilson. The morning hymn was "Lift The Savior Up."

Before the singing of another selection by the Youth Choir, Pastor Moton gave his pastoral fito observations. Pastor Moton's sermon was entitled "Use What You Got To Give God Glory." His scripture text was Exodus 14:15-18.

After the invitation to discipleship was extended, announcements were read by Sister Coquis Smith and the welcome of all visitors was given by Sister Tyronda Vines.

Let us not forget the 3rd Annual W.M.S. Musical set for Friday evening, October 25, 2002, beginning at 7:00 p.m. The Male Chorus of New Hope will be presented. The theme is "An Evening With Christ."

Committee members are Sister Annie Taylor, Sister Cleotha Ougley, Sister Vessie Ball and Sister Joan Y. Ervin, president.

The Harvest Home Festival is scheduled for Thursday, October 31, 2002, beginning at 6:30 p.m. until 8:30 p.m. This is not a celebration for Halloween, but a safe place for our children to come in off the streets.

Costumes are welcome, but no witches, ghosts, monsters and others are welcome. We are in need of candy, donuts, and cake donations. Give your donations to either Cynthia Hather, Kim Brickey, Pam Moton, or Keisha Johnson.

The New Hope Baptist Church will celebrate the Pastor and Family's 13th Annual Appreciation Service on Sunday, November 3, 2002. More information will forthcoming. We appreciate Pastor and Mrs. Moton and daughter, Pam.

Getting closer and closer. That is, the Women In Red Banquet, with a theme of "Cleansed by the Blood," is set for Friday evening, November 15, 2002, at the McInturf Conference Center at UMC. The Brotherhood of New Hope Baptist Church will be special guest.

If you want to help with this program, please contact either Sister Marge Thomas, chairlady, or Sister John Y. Ervin, president.

Let us continue to pray for those who are listed on our sick and shut in lists in our community. There are many among us who are ill at this report. Your precious prayers will help tremendously.

A special program will held in congratulating the 40 years of service to the Early Learning Centers in a few weeks. The person who will be honored will be Sister Ruby Phenix. More on this later.

COMMON SENSE COMMON GROUND UN-COMMON CANDIDATE

**VOTE
Ron Kirk
for
U.S. SENATE**



★ **VOTE EARLY STARTING OCT. 21** ★

**YOUR BEST CHANCE TO MAKE
A DIFFERENCE!**

Register to VOTE!

To register to vote, please call:

Registrar's Office - 775-1339 or call 749-VOTE(8683)

To vote in person, go to: **916 Main St.**

Deadline to Register to Vote:

October 7, 2002

for November 5th Election

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

Saturday Bible Classes

The Faith Bible School of Ministry has scheduled a series of Saturday classes October 12 through November 23, 2002 from 10:00 a.m. to 1:00 p.m. at St. John Baptist Church, 1712 East 29th Street. These classes are for those interested in serious Bible study for the purpose of obtaining personal enrichment or a degree in Bible studies.

The classes will include: (1) The Tabernacle in the Wilderness (2) The Pentateuch Part II and (3) Thoroughly Furnished Part II (a basic Bible study for all faiths).

For more information call Dr. Murry Ceppers at 762-4546.

Legal Notice
Request for Qualifications:
Design Professional Services
FOR
MUSEUM NSRL ADDITION
for
The Texas Tech University System
Lubbock, Texas
Project No. 02-07

Statements of Qualification will be received for the following project:

Texas Tech intends to design a new 19,600 GSF educational facility to create academic/administrative space for the Museum National Science Research Laboratory in Lubbock, TX with a total budget of 4,100,000.00. Interested firms should submit a comprehensive Statement of Qualifications after reviewing the Request for Qualifications.

By:
Ms. Jean Carlton
Manager of Construction Contracting
Office of Facilities Planning & Construction
Texas Tech University System
BOX 42014
Administration Building
15th and Akron
E. Basement, Room 5
Lubbock, Texas 79409-2014

until October 31, 2002 at 3:00 pm
Responses received after closing time will be returned unopened. Responses may not be withdrawn within sixty (60) days after the opening date.

The RFP and further information can be obtained by accessing the Texas Marketplace
<http://esbd.tbpc.state.tx.us/1380/agency.cfm>
GSC Class Item No 906.07.

Texas Tech reserves the right to accept or reject any or all Responses and to waive any and all formalities.

The Texas Tech University System is an Equal Opportunity Employer and all Historically Underutilized Businesses are encouraged to participate.

Additional information or questions regarding the Request For Qualification should be addressed to the Texas Tech University System; Project Manager: Richard A. Richeda. Contact via phone (806) 742-2116, Fax 806-742-2241 or e-mail: rick.richeda@ttu.edu.

Gardski's
Restaurant & Bar

**TONIGHT...
OH YEAH!!**

**LUBBOCK'S GREATEST
FRIED CATFISH**

**TWO SPICY, BREADED FILETS SERVED WITH TARTAR SAUCE
AND YOUR CHOICE OF TWO SIDE DISHES**



2009 Broadway • 744-2301
Hours: Monday-Thursday 11 am-10 pm, Friday-Saturday 11 am-11 pm, Sunday 11 am-10 pm



CHURCH DIRECTORY



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

JESUS MET SATAN ONE DAY, AND ASKED SATAN: WHAT DO YOU HAVE THERE? HE SAID: I GOT A WORLD FULL OF SINNERS; AND THEY ARE EVERYWHERE.

ROMANS 3:23, FOR ALL HAVE SINNED, AND COME SHORT OF THE GLORY OF GOD.

JESUS ASKED, WHAT ARE YOU GOING TO DO WITH ALL OF THEM? SATAN SAID: I'M GOING TO PLAY WITH THEM; TEASE THEM AND KILL THEM.

ROMANS 6:23, FOR THE WAGES OF SIN IS DEATH; BUT THE GIFT OF GOD IS ETERNAL LIFE THROUGH JESUS CHRIST OUR LORD.

JESUS ASKED: WHAT WILL YOU TAKE, FOR THE WHOLE LOT OF THEM, SATAN SAID, THEY ARE NO GOOD; THEY'RE DRUGGIES, KILLERS AND PIMPS.

ROMANS 6:16, KNOW YE NOT, THAT TO WHOM YE YIELD YOURSELVES SERVANTS TO OBEY, HIS SERVANTS YE ARE TO WHOM YE OBEY; WHETHER OF SIN UNTO DEATH, OR OF OBEDIENCE UNTO RIGHTEOUSNESS.

JESUS SAID, I DON'T CARE; WHAT WOULD BE YOUR TOP PRICE? SATAN SAID, YOU DON'T WANT THEM; LOOK PREACHERS, DEACONS, THEY THINK THEY'RE NICE.

1 JOHN 1:10, IF WE SAY WE HAVE NOT SINNED, WE MAKE HIM A LIAR, AND HIS WORD IS NOT IN US.

JESUS SAID, THATS OK WHAT WILL YOU TAKE, FOR THE WHOLE LOT, SATAN SAID YOU DON'T WANT THEM ALL; LET ME TELL YOU WHAT I GOT.

(LIARS, FORNICATORS, MURDERS, PAPERS, ROB-BERS, CHILD MOLESTERS, SNIPERS, EMBEZZLERS, DRUNKARDS, DRUGGISTS, PARENT KILLERS, CHILDREN KILLERS, GAMBLERS, PIMPS, PROSTITUTES, AND MANY MORE; THEY'RE MINE).

JOHN 12:31,32, JESUS SAID, NOW IS THE JUDGMENT OF THIS WORLD:

NOW SHALL THE PRINCE OF THIS WORLD BE CAST OUT, AND IF I BE LIFTED UP FROM THE EARTH, WILL DRAW ALL MEN UNTO ME.

JESUS SAID, WHEATEVER YOU'VE GOT; NOT HOW MANY; WHAT IS YOUR PRICE? SATAN SAID, THE PRICE IS VERY, VERY HIGH; IT WILL COST YOU YOUR LIFE.

JOHN 3:15, JESUS SAID, FOR GOD SO LOVED THE WORLD, THAT HE GAVE HIS ONLY BEGOTTEN SON (JESUS), THAT WHOEVER BELIEVETH IN HIM SHOULD NOT PERISH, BUT HAVE EVERLASTING LIFE.

JESUS TOLD SATAN: IF THAT IS WHAT YOU WANT; THAN YOU GOT A DEAL, I THANK GOD FOR JESUS; AND MY FREEDOM IS FOR REAL.

***** FREE AT LAST, FREE AT LAST ***** DIDN'T NOBODY HAVE TO GIVE UP THEIR SEAT; ON THE CITY BUS, MY FREEDOM CAME FROM UP ABOVE; GOD SAID, THAT WAS ENOUGH.

JOHN 19:30, WHEN JESUS THEREFORE HAD RECEIVED THE VINEGAR, HE SAID, IT IS FINISHED (NOTHING ELSE IS NEEDED); AND HE BOWED HIS HEAD, AND GAVE UP THE GHOST (DIED).

DIDN'T NOBODY HAVE TO GET HIT; WITH THE POLICEMAN'S BILLY CLUB, MY FREEDOM CAME FROM UP ABOVE; IN THE FORM OF GOD'S OWN LOVE.

DIDN'T NOBODY HAVE TO GET BIT; BY THE POLICE'S DOGS, MY FREEDOM CAME FROM: WHEN JESUS DIED ON THAT OLD CROSS.

DIDN'T NOBODY HAVE TO GET SPRAYED; WITH THE FIREMAN'S WATER HOSE, MY FREEDOM CAME THAT SUNDAY MORNING; WHEN JESUS CHRIST AROSE.

I WAS NOT A SLAVE TO MANKIND; AND NEEDED TO BE SET FREE, IT WAS THE SIN'S OF THE DEVIL; THE ONLY ONES WHO ENSLAVED ME.

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

I'M JUST A NOBODY, TRYING TO TELL EVERYBODY, ABOUT SOMEBODY, WHO GAVE HIS BODY; FOR THE SIN'S OF EVERYBODY!!!

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

from the Desk of Parson D.A. Smith Triumphing Over Temptation

"For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me."—Romans 15:3

Have you ever played the game, "What if?" Its a speculative game in which one tries to determine what might have happened if other circumstances had developed or prevailed. In reality it's an act of futility, since what has already happened has transpired. However, just for the sake of illustration let's play the game. Friday, September 1, 2000, a Cincinnati, Ohio police officer attempting to stop a 12-year-old boy from driving a car was dragged to his death. The officer shot the boy to death, apparently.

Officer Kevin Crayon,

father of three children, approached the car in the parking lot of a convenience store about 12:45 a.m. and tried to snatch the keys out of the ignition. The officer was dragged with his arm through the driver's side window about a block before he fell into the street.

The President of the local Fraternal Order of Police said, "the officer died because some young punk was driving a car."

"What if" the 12-year-old boy had been at home in bed at that time of morning where he should have been? Perhaps a police officer would be alive and three children would have a father. What if

the parent or parents of the boy had maintained parental control—they perhaps would have a live son instead of a dead one.

"What if Susan Smith had not let her car roll into a lake and drowned her 3-year-old and 14-month-old sons in 1994? What if she had not lied and said a black man took the boys in a carjacking when she was the guilty one? What if a 50-year-old prison guard had not allegedly had four sexual encounters with this child killer? Would he be facing a felony with a possible 10-year prison sentence?

"What if Christ had chosen to perse himself, in contrast to what Romans 15:3 says of Him? What would have been the outcome?

For one thing, He would not have given himself to die an agonizing death on the cross. He would not have died at all. He would not have performed miracles of compassion

upon others, but would have used His powers for His own gratification. His teaching would have been for the exaltation of himself, rather than for the dissemination of truth that leads others to walk in God's ways. In His time of temptation He might have complied with the devil's requests and as a result gained a manipulative control over all the nations.

"What if Jesus had pleased himself? Had He done so, would He have been born at all? Why lead the glories of the Heavenly realm to come into this world and be rejected and abused? No, if Christ had pleased himself, there would have been no earthly Christ.

Our Master left us an example in that we should never be guided by a principle of self-gratification.

ANNUAL CHOIR DAY
COMMUNITY BAPTIST CHURCH MUSIC MINISTRY
220 N MARTIN LUTHER KING JR., BLVD
OCTOBER 20, 2002
3:00 PM
THEME:
(THE BEST IS YET TO COME)
"SO WALK INTO YOUR SEASON"
1 CORINTHIANS 2:9
But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.
Mistress of Ceremony and Guest Soloist
Minister Debra Sutton
of
Mt. Rose Full Gospel Missionary Baptist Church
Midland, Texas
Pastor - Reverend Williams Palmer
Pastor - Reverend Larry D. Brooks
Choir President - Verdine Cornelius
Music Administrator - Darius Luckey

The Outreach Prayer Breakfast

The members of the Outreach Prayer Breakfast met in the home of Sister Annie Mae McBride on Saturday morning, October 5, 2002. As you may know, this lady is a great cook.

Devotion was led by Sister Christene Burleson, Sister J. Crawford, and Sister Dorothy Nash. Sister Elneta Jones taught the scripture lesson from Psalm 139. Her subject was "Treasuring In Faithful Vessels." We're living testimonies. We can't destroy satan, but we can destroy his works. You need to come and hear this woman of God teach. You will be glad you chose to do.

We were delighted to have Rev. Sister Childress with us on Saturday morning, October 5, 2002.

Here is a reading by one of our well known citizens who loves the Lord:

"31 Characteristics of A Virtuous Woman" from Proverbs 31 - by Ann Day

Verse 10: She's morally perfect, invaluable.

Verse 11: Her husband can trust her, her children can trust her society can trust her;

Verse 12: She's inherently good and true, she is already established as being a good wife.

Verse 13: She's ingenious and proficient. She's well advanced, skillful, clever, quick to discover, she is an inventor, she causes good things to happen.

Verse 14: She's thrifty, very careful in management, does not take the utility money and go and buy a pair of new shoes, dress, or a new hat, even if she would like to.

Verse 15: She's dutiful, dependable and can be trusted in all areas of her life. She is motivated by a sense of duty. No one needs to remind her of her duties—she remembers them.

Verse 16: People can trust her judgement, she will be fair. She's versatile, she turns with ease from one thing to another. A virtuous woman does not expect another to always agree with her ideas or opinions; she realizes others can be right also.

Verse 17: A virtuous woman is tireless never complaining about

anything, she's healthy in body, mind, soul, and spirit. She knows how to stay in shape, at home and in society.

Verse 18: She's joyful, efficient, watchful and cautious. She's happy, not nervous, she's productive, not wasteful, always alert in all things. She uses extreme forethought in all things.

Verse 19: A virtuous woman is skillful, she is able to use good sense effectively in doing everything.

Verse 20: She's charitable, benevolent, generous and merciful. This woman has love for humanity.

Verse 21: She's fearless, she always provides for the family's future, she knows how to manage well what she has.

Verse 22: She's very clever at decorating, and furnishing the house. She is refined in taste.

Verse 23: She is very much respected wherever she may be. She is popular, does not have to try to be seen, people just notice her anyway. She's never meddling. She does not knock other people off the ladder trying to reach the top. She never asks for respect, but always gets it.

Verse 24: She's industrious, prosperous, diligent, and always doing important things for the betterment of humanity.

Verse 25: She's dependable and confident.

Verse 26: She's wise and kind. She uses her tongue at the right time.

Verse 27: She's prudent and energetic and active.

Verse 28: She's an ideal wife, mother, and grandmother. She's always honored by her family. She excels in virtue.

Verse 29: She's humble and God-fearing.

Verse 30: A virtuous woman deserves to be praised.

Verse 31: She's respected very much at home and in public.

Thanks for reading, Saints. Keep up those prayers for our communities and city, and to all who are hurting in anyway.

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

Building Circles of Peace

A Drama and Musical Festival to raise awareness about Hate Crimes

In an effort to build peace in Lubbock, the YWCA annually sponsors Week without Violence. Each day focuses on specific groups of people and the violence they face in their lives. Thursday is dedicated to Eliminating Racism and Hate Crimes. In an effort to help teach us about the pain of prejudice and the Joy of living in peace, on Thursday, October 17th at 7:00 PM, Building Circles of Peace; a drama and music festival will be held at Posey Elementary (near 13th A MLK). The festival will feature drama students from Hutchinson Junior High, Lubbock High, and St. Elizabeth Catholic Church, as well as, additional performances by The Kirkwood Family, Dr. Jonathan Marks, Christ United Methodist Church Junior High Singers, Junior Alvarado and Leslie Williams.

Building peace is the responsibility of everyone and you are needed to help make Lubbock a more peaceful place to live. Come experience, enjoy and learn as we build circles of peace together!

water wisely

Q. How do I know how much water to apply on my particular kind of grass?
A. This applies during the growing season. See chart below.

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

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

For more information, call 775-2596

Water & Solid Waste Services

I KNOW I'M SOMEBODY

cause God don't make no junk

Bethel African Methodist Episcopal Church

2202 Southcrest Drive
806-744-7552
Pastor's study 806-741-0208
dpo@bethelazpi.com

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

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

African-American Social Work Students at NYU Benefit

In Remembrance...



William Bell

Anton, Texas — Funeral services were held for William De Vaughn Bell of Idalou, Texas, last Saturday afternoon, October 12, 2002, at the First Baptist Church in Anton with the Rev. Wendell D. Davis, pastor of Lyons Chapel Baptist Church, officiating.

Burial was held in Anton Cemetery under direction of White Funeral Home of Idalou.

Mr. Bell died Sunday, October 6, 2002.

He was born January 16, 1975, in Littlefield, Texas. He attended Anton Elementary and Wolfforth Elementary Schools, and graduated from Idalou High School in 1993. He played football, basketball and ran track in Idalou. He attended South Plains College and received a certificate of business management. He moved to Idalou in 1983 from Lubbock.

He was a member of Alexander Chapel Church of God in Christ in Lubbock, Texas.

He is survived by his parents, Willie R. Bell of Littlefield, Texas and Linda and Allen Davis of Idalou, Texas; his paternal grandparents, Willie and Dorothy Bell of Anton, Texas; two sons, Michael and Nathan, both of Idalou, Texas; a daughter, Toni Bell of Idalou, Texas; three brothers: Trevor Bell of Plainview, Texas, Brandon Bell of Anton, Texas and Joshua Stephenson of Idalou, Texas; and a sister, Zkia Stephenson of Idalou, Texas.



Joyce Joiner

Funeral services for Joyce Joiner of Wolfforth, Texas were held at the Ossie Curry Funeral Home Chapel in Lubbock with the Rev. J. Moore of Houston, Texas officiating.

Burial was held in the City of Lubbock Cemetery under the direction of Ossie Curry Funeral Home.

She died Sunday, October 6, 2002.

She was born August 17, 1963, in Lubbock, Texas. She married Clyde Joiner in March 1982 in Lubbock. She attended Lubbock High School. She was a member Victory and Praise Church of God and Christ.

She is survived by her husband, Clyde Joiner; four sisters: Donnie Sanders, Mary Shed, Peggy Ann Moore and Sharon Sanders; and six brothers: Robert L. Sanders, Raymond Sanders, Frank Sanders, Robert G. Sanders, Lawrence Sanders, and Willie Mays Sanders.



Minnie Mae Sanders

Abernathy, Texas — Funeral services were held for Minnie Mae "Chunkie" Sanders of Abernathy, Texas last Thursday morning at the Abernathy Church of Christ with David Bennett officiating.

Arrangements were under the direction of Brock's South Plains Funeral Directors of Lubbock.

She passed away Saturday, October 5, 2002.

She was born January 24, 1927, in Corsicana, Texas.

She is survived by three sons: Clarence and Keith, both of Abernathy, Texas and David of Amarillo, Texas; three daughters: Arnie Harris of Lubbock, Texas, Vanessa Mathis of Sweeny, Texas and Lonnie Satterfield of Amarillo, Texas; two brothers, Dave Smith, Jr. and George Smith, both of Lubbock, Texas; four sisters: Daisy Dixon-Young, Maudie Powell and Burlene Henry, all of Lubbock, Texas, and Ivora Ingram of Olton, Texas; 27 grandchildren and 54 great-grandchildren.



James Alma Sheppard

Funeral services were held for Ms. James Alma "Dorothy Marshall" Sheppard last Friday, October 11, 2002, at the Greater St. Luke Baptist Church with Rev. J.H. Ford, pastor, officiating.

Arrangements were under the direction of Brock's South Plains Funeral Directors of Lubbock.

She passed away Sunday, October 6, 2002.

She was born May 5, 1930, in Bryan, Texas.

She is survived by her husband, Lawrence Sheppard, Sr.; three daughters: Wanda F. Crawford, and Barbara Hunter, both of Crawford, Texas and Edelyn Sheppard of Houston, Texas; two sons, Gregory J. Kelly of Lubbock, Texas and Lawrence Sheppard of Houston, Texas; nine grandchildren, twelve great-grandchildren, and six great-great-grandchildren.



Robert Sheppard, Jr.

Funeral services were held for Robert Sheppard, Jr. last Wednesday afternoon, October 9, 2002, at Ossie Curry Funeral Chapel with Rev. Johnny Barnes officiating. Burial was held in the City of Lubbock Cemetery under the direction of Ossie Curry Funeral Home.

He died Thursday, October 3, 2002. Mr. Sheppard was born December 6, 1932, in Dime Box, Texas. He married Willie Sheppard in June 1962 in Levelland, Texas. He attended public schools in Lee County.

He attended Sandy Point African Methodist Episcopal Church in Dime Box.

He was preceded in death by a daughter, Barbara Ann Wilkerson.

He is survived by a wife, Willie Sheppard; a sister, Dorothy Sheppard of Austin, Texas; a brother, J.C. Sheppard of Dime Box, Texas; three grandchildren and two great-grandchildren.

A gift of \$1 million from Constance Silver, an alumna of the New York University Skirley M. Ehrenkronz School of Social Work, will establish the Constance McCatherin-Silver Fellowship Fund, which will provide \$5,000 fellowships to ten African-American students at NYU Social Work each year.

The Fund will benefit African-American students who demonstrate academic merit and financial need, as well as an abiding commitment to working in the African-American community. The awards will be made each year to five MSW students in the School's two-year program and also to five students in the advanced standing program. Fellowship recipients will be known as Silver Scholars in Social Work.

In describing her reasons for making the gift, Dr. Silver said, "While I was an adjunct professor at NYU, I realized how difficult it was for many African-American students from the inner city who wanted to work on graduate degrees in social work to afford to do so. I hope this gift will enable the social work program to recruit the best of these students, and to build a network of talented and committed individuals who will then go back into their communities to work."

According to Suzanne England, dean of NYU Social Work, "This wonderfully generous gift, the largest of its kind to the School, will make it possible for many students to receive an education that will enable them to be highly effective professionals in their communities. Connie Silver believes in these students and knows well the great need in the communities they are committed to helping. Her 'ever-green' gift will have a lasting impact on the students, their communities, and on our program, and we are grateful to her."

Mentoring will be a big part of the fellowship program, according to Dean England. "Connie Silver will be a mentor to the Silver Fellows, and she also wants to build upon that mentorship, so that the initial scholars will serve as mentors to incoming fellows."

Dr. Silver, who earned a B.S. in social work in 1978 and a M.S.W. in 1979 from NYU, also received a Ph.D. from the Union Institute. Her many professional interests include work with the Indian Creek Village Public Service Department, a precinct of the Miami Beach police; and she has trained with the International Association of Chiefs of Police and with international undercover drug operatives. As part of her work in Florida, she has taught asset forfeiture, risks of undercover drug operations, the technical aspects of search warrants, and profiling (specifically how to profile stalkers of celebrities). She also worked with the FBI in the weeks following September 11, 2001, conducting sessions with agents who were having difficulty debriefing former "lay specialists."

"I have always been a lover of mysteries, from the time I picked up my first 'Nancy Drew' book when I was a little girl," Dr. Silver said. "My work in Miami and more recently with the FBI has been very interesting and rewarding."

Dr. Silver also works in a more traditional social work mode with law enforcement, counseling police officers and looking at how the department handles police suicide. Besides NYU, she has taught at the Training Institute for Mental Health, where she instructs students from NYU, Fordham, and Columbia Universities. She also has a private clinical practice.

Her clinical work, she said, marries psychoanalytic theory with her social work training.

In 1993, Dr. Silver won the NASW Diego Lopez Award for Private Practitioners for her work with AIDS patients, in 2000, she

was awarded the "Leading Lady of Miami" honor from the March of Dimes, which honors the leading role model for young women during that calendar year.

A committee that includes

former NYU Social Work Associate Dean Loretta J. Phillips and New York City Deputy Mayor for Policy Dennis Walcott has been appointed by Dean England to recruit and select future Silver Scholars.

Strength for Today hope for Tomorrow

by Gerald Jackson

Question: Why does it seem like churches are dying and not growing?

Answer: It not only seems that the churches are dying, the numbers would agree. I cannot give all of the reasons for the decline in church attendance, but I can give some reasons. The church is declining because of the sacrifice being a Christian requires. The church is declining because people

If we loose sight of Heaven, and all we see is the suffering, injustice, and mistreatment of others on earth we may become discouraged

taken to avoid making commitment to Christ. The Bible gives examples of believers who wanted to worship with like believers. Regardless of how small the group of believers was, they enjoyed the fellowship of another of like faith (Acts 2: 43-48). Notice that these believers were meeting daily in the temple as well as in each other's houses. They wanted to be with other Christians.

desire to please self rather than please God. The church is declining because people don't know God's word. I will answer this question in three parts.

Although many people profess to believe in God they do not belong to an organized religion or church. Since September 11, 2001, there has been an increase in religious conversations and proclamations but the actions of some professing to believe in God have not always matched their words.

Some people believe that they can worship God in "their own way". I believe this expression is partly at fault for the diminishing numbers in the church. This is usually the attitude

The call to be a Christian is not a call of leisure. The call to walk in the footsteps of our Lord Jesus is a call to personal sacrifice, it is a call to discipline. It is a call that may lead to personal rejection by those you love and who love you. Christianity is a walk of life that may call you to walk the path that Jesus walked... a path that led Him through personal humiliation and sorrow. His footsteps eventually walked up Calvary's hill to die for His people. When you consider the degree of sacrifice Jesus suffered for us, it is little wonder that people are unwilling to commit to following Jesus and do not worship and serve in the church.

Why did he have to suffer such

agony for us? The Hebrew writer says, "who for the joy set before Him endured the cross" (Hebrews 12:2). If we loose sight of Heaven, and all we see is the suffering, injustice, and mistreatment of others on earth we may become discouraged. If all we have to look forward to is what we have on this earth and there is no eternal reward in heaven, then it makes sense not to be a Christian. But for those of us who trust in Jesus we can look to the difficulties of life with the expectation of victory. Our calling and election is sure (2 Peter 1:10). Do not loose sight of the heavenly call.



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Staff & Agents

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Community Awareness

1. Funeral Service Laws & Regulations
2. Pre-Planning & Insurance
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4. Grief and its effects
5. Information on wellness — Gloria Oza & the Wellness Clinic UMC

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Competitive Sealed Proposals
FOR

J.J. Gibson Memorial Park

for
The Texas Tech University System
Lubbock, Texas
Project No. 02-04

Competitive Sealed Proposals will be received for the following project

Texas Tech intends to design and construct a 1-acre landscape and outdoor sculpture display at the National Ranching Heritage Center in Lubbock, Tx with a total budget of \$125,000.00.

By:
Ms. Jean Carlton
Manager of Construction Contracting
Office of Facilities Planning & Construction
Texas Tech University System
BOX 42014
Administration Building
15th and Akron
E. Basement, Room 5
Lubbock, Texas 79409-2014

until 2:00 pm, Friday, November 1, 2002

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

The RFP and further information can be obtained by accessing the Texas Marketplace
<http://esbd.tbpc.state.tx.us/1390/sagency.cfm>
GSC Class Item No. 650.06

Texas Tech reserves the right to accept or reject any or all Proposals and to waive any and all formalities.

The Texas Tech University System is an Equal Opportunity Employer and all Historically Underutilized Businesses are encouraged to participate.

Additional information or questions regarding the Request For Qualification should be addressed to the Texas Tech University System: Project Manager: Jason Hodges. Contact via phone (806) 742-2116, Fax 806-742-2241 or e-mail:jason.hodges@ttu.edu.

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Prices Effective October 16 through October 22, 2002

Farm Fresh Produce

Fresh Persimmon
"The Apple of the Orient"
Fruit or Hachiya "Tree-choke"

99¢ each

General Information
Once native to China and Japan, Persimmons, also known as Eddi Fruit or Sharon Fruit are now widely grown for commercial use in California. Eaten fresh, cooked or even candied, the most common variety of Persimmon is called the Hachiya (or Japanese Persimmon). Large and round with a pebbly base, the Hachiya Persimmon is easy to distinguish from its smaller, flatter, tomato-shaped counterpart called the Fuyu. Although both varieties have red-orange skin and jelly-like flesh, when ripe, the similarities stop there. The Hachiya when completely ripe is soft, creamy and tangy-sweet, while the Fuyu remains firm upon ripening with a tangy after taste.

Selection & Storage
Choose well-stored persimmons with good coloring. Some blemishing or discoloration of the skin is acceptable and does not affect eating quality. Because of firm texture, the Fuyu may be eaten like an apple or in salads. Hachiya because of its soft texture, pulp is ideal for use as an ingredient in baked goods.

Nutritional Information

Serving Size	Amount	% Daily Value
Calories	125	
Freshness	100%	100%
Iron	2.4g	48%
Calcium	10mg	20%
Carbohydrate	31g	100%
Water	1.5g	100%
Vitamin C	2mg	20%
Collagen	2mg	100%
Fiber	6g	100%

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Assorted **2.4**

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Editorials • Comments • Opinions



"Military Death and Retirement Compensation"

By Eddie P. Richardson

(Editor's Note: This writer does not agree with Rush Limbaugh's anytime, in anyway, but some how there is an exception in this case because being a ten year veteran in the U.S. Air Force with the majority of my time being spent in SAC — Strategic Air Command. This heavy project of the U.S. Air Force was founded by the late General Curtis E. LeMay.

Date Sent: 31 Aug 2002 11:36 PM
 By Rus. Limbaugh, March 11, 2002

I think the vast differences in compensation between the victims of the September 11 casualty and those who die serving the country in uniform are profound.

No one is really talking about it either, because you just don't criticize anything having to do with September 11.

Well, I just can't let the numbers pass by because it says something really disturbing about the entitlement mentality of this country.

If you lost a family member in the September 11 attack, you're going to get an average of \$1,185,000. The range is a minimum guarantee of \$250,000, all the way up to \$4.7 million.

If you are a surviving family member of an American soldier killed in action, the first check you get is a \$6,000 direct death benefit, half of which is taxable.

Next, you get \$1,750 for burial costs. If you are the surviving spouse, you get \$833 a month until you remarry.

And there's a payment of \$211 per month for each child under 18. When the child hits 18, those payments come to a screeching halt.

Keep in mind that some of the people who are getting an average of \$1,185 million up to \$4.7 million are complaining that it's not enough.

We also learned over the weekend that some of the victims from the

Oklahoma City bombing have started an organization asking for the same deal that the September 11 families are getting.

In addition to that, some of the families of those bombed in the

embassies are now asking for compensation as well.

You see where this is going, don't you? Folks, this is part and parcel of over 50 years entitlement politics in this country. It's just really sad.

"Patriotism is not a short and frenzied outburst of emotion but the tranquil and steady dedication of a lifetime." —Adlai E. Stevenson, Jr.

Every time a pay raise comes up for the military, they usually receive next to nothing of a raise.

Now the green machine is in combat in the Middle East while their families have to survive on food stamps and live in low-rent housing.

However, our own US Congress just voted themselves a raise, and many of you don't know that they only have to be in Congress one time to receive a pension that is more than \$15,000 per month, and most are now equal to being millionaires plus.

They also do not receive Social Security on retirement because they didn't have to pay into the system.

If some of the military people stay in for 20 years and get out as an E-7, you may receive a pension of \$1,000 per month, and the very people who placed you in harm's way receive a pension of \$15,000 per month.

I would like to see our elected officials pick up a weapon and join ranks before they start cutting out benefits and lowering pay for our sons and daughters who are now fighting. "When do we finally do something about this?"

If this doesn't seem fair to you, it is time to forward this to as many people as you can.

God Bless America, and those who protect her.

This writer only wants an equitable treatment for veterans as our other heroes, especially veterans with disabilities.

One sad disheartening thing is some of our charities raising funds for the Twin Tower victims and others are phonies capitalizing on a sad and distressing situation. What a shame! How low can one go making money and profiting from the misery and sadness when people are very vulnerable.

As stated earlier, this writer is not a fan of Rush Limbaugh, but the truth is the truth, no matter where you find or hear it.

Here is the pieces on Rush Limbaugh: Military death and retirement compensation

THIS N THAT

EARLY VOTING BEGINS OCTOBER 21ST! THIS N THAT . . . wants all of you to . . . those who are qualified voters . . . TAKE ADVANTAGE OF EARLY VOTING . . . for the upcoming . . . GENERAL ELECTION IN NOVEMBER . . . when Texas will have an opportunity to elect several . . . KEY POSITIONS FOR THIS STATE . . . On the ballot will persons seeking the offices of . . . U.S. SENATE . . . GOVERNOR OF TEXAS . . . and . . . LT. GOVERNOR OF TEXAS . . . all are very important . . . And beginning on Monday . . . OCTOBER 21ST . . . early voting will begin . . . and it is an opportunity for all of us to take advantage . . . New . . . THIS N THAT . . . wants you to understand . . . that this column . . . SUPPORTS . . . the gentleman from Dallas . . . who was its mayor for two terms . . . He is . . . RON KIRK . . . the Democratic nominee . . . THIS N THAT . . . would hope you will join him in voting for . . . RON KIRK . . . Just think this is very historic . . . and you can be a part of making history in Texas . . . by . . . ELECTING THIS AFRICAN AMERICAN . . . who has a record of working for the masses of people . . . So join us in this effort . . .

IT TAKES MORE THAN MONEY TO DEVELOP AREA! THIS N THAT . . . HEARD a very interesting presentation from . . . JIM REID . . . who serves as President of the Texas Mezzanine Fund of Dallas . . . talk about the . . . SOUTH DALLAS PROJECT . . . In speaking with the members of the . . . NORTH & EAST LUBBOCK COMMISSION . . . last Wednesday afternoon . . . Of course . . . MONEY IS A VERY IMPORTANT FACTOR . . . but it takes much more than that . . . according to Reid . . . He advised that after visiting both areas . . . NORTH & EAST LUBBOCK . . . it is a very good potential . . . and said it can be done . . . He advised . . . in so many words . . . that a . . . PLAN HAS TO

BE DEVELOPED . . . and with all on the same page . . . SOMETHING CAN HAPPEN FOR THESE PARTS OF THE COMMUNITY . . . Yes . . . money is important . . . but it takes much more if it takes much more than that . . . THIS N THAT . . . hopes commission members will visit the project in Dallas . . . and bring something positive back . . . add began with something in the . . . PLAN-NING STAGES . . . or . . . at least . . . RECOMMEND THIS TO THE MAYOR OF LUBBOCK . . . so we can get on with the business of moving something positive for the citizens of Lubbock . . .

VISIT DUNBAR JUNIOR HIGH SCHOOL TODAY! THIS N THAT . . . is advising that if you haven't visited the . . . NEW CONSTRUCTION OF DUNBAR HIGH SCHOOL . . . then you need to do so today . . . It is quite a positive development . . . and the programs being offered at Dunbar are outstanding . . . If you are a . . . PARENT OF A STUDENT . . . who is enrolled at Dunbar Junior High School . . . make sure they are involved in the . . . SCIENCE PROGRAM . . . because there is none other as positive as the one on the campus of Dunbar Junior High School . . . If you haven't seen what's going on . . . then you had better get with it today. You will be glad you did so . . .

PENNY HASTINGS THE BARBER SAYS: —SOMETHING GOOD . . . will happen to the . . . EAST SIDE . . . if we will just . . . WORK TOGETHER . . .

DON'T QUIT, MATADORS! THIS N THAT . . . is hoping the . . . ESTACADO HIGH SCHOOL MATADORS . . . who haven't won a game this year . . . will continue to . . . HANG IN THERE . . . You are heading in the . . . RIGHT DIRECTION . . . just don't quit . . . Each week . . . you are making some improvements . . . THIS N THAT . . . is with you . . . JUST HANG IN THERE!

NEED TO VISIT A PUBLIC SCHOOL! THIS N THAT . . . is still encouraging those of you who live in . . . EAST LUBBOCK . . . to visit our public schools . . . If our young people see you visiting their campus . . . this will make a great difference on the way they see going to school . . . So take time this week . . . and visit one of our . . . PUBLIC SCHOOLS . . . and if you do that . . . you'll find it makes a difference . . . So let's go to school this week . . .

REMEMBER EARLY VOTING BEGINS OCTOBER 21ST! THIS N THAT . . . wants you to know and don't forget that . . . EARLY VOTING . . . begins on Monday . . . OCTOBER 21ST . . . Will you be there??? Hope so!

Letter to the Editor

New Identity

Regarding the 83 Million Dollar Jail our Commissioners want, is very disturbing. Sounds like they're asking voters to invest in the Housing of Federal Inmates. Commissioner Flores feels that our Jail Facility in some respects is like a dungeon, yet he's allowed this dungeon facility for 9 years, and not once has felt bad about it. Are certain bonds set higher to keep minor misdemeanor offenders longer to build jail capacity? Bigger Jail, means more money off the commissary and telephone companies. Making the poor people poorer. Our Commissioners have

abused taxpayers Millions of Dollars, due to their gross carelessness of decision making and their Shopping Spree for 9 years. To build a new jail without addressing our Juvenile problem, is Total Carelessness. In 20 more years, Commissioners will ask taxpayers to build a 200 Million Dollar new jail, to keep up with our young troubled juveniles who fell through the cracks and became troubled adults. To our true, Elected Representatives small in numbers, I congratulate and Thank you for your courage in taking a stand in our best

interest. To the Con Artist of the past, you have taking a New Identity and Image in the 21st Century. You've learned to legalize theft from taxpayers, by becoming Professional Elected Politicians. Who'd of ever thought? No wonder thousands of registered voters stop voting. Please join me and Vote AGAINST the New Jail and DEMAND a better plan for our future.

Ysabel Luna
 502 East Rice
 Lubbock, Texas 79403
 806-762-1549

In Cinque

by Renetta W. Howard

There are an increasing number of obese, or "fat" children growing up in America. This trend is present among all ethnic groups, though the ratio varies from group to group. One very alarming discovery is the correlation between fat children and the rise of diabetes in America.

What exactly is the driving force behind this country becoming a nation of obesity? There are those who blame obesity on fast food establishments, hamburgers, French fries, fried chicken, fried fish, barbecue and seafood, milk shakes, soda pop and sugar coated cereals, breakfast on the go etc. We eat on the go.

If we are consuming our meals on the go, then there is some indication that we do not eat at home. That would mean that no one is making well-rounded home cooked meals which require a family or an individual to sit down at a table at some designated time and have a wholesome meal as we used to do! Not sitting down having a meal as a family may very well have some effect on how our bodies metabolize the food we eat. There is a

lot to be said about families eating together, praying together and staying together. This type of routine would be indicative of some form of discipline.

On the other hand, there is the simple proposition that there is no discipline and people just simply eat too much. And in eating too much, we are eating too much of the kinds of foods that are high in sodium and cholesterol. These are the two main ingredients that lead to heart attack and stroke. It has some kind of contributing factors to diabetes as well, it would appear. Somehow the cholesterol and sodium apparently attacks the pancreas and causes it not to function properly, as diabetes is quite prevalent among obese people. Many people with Type 2 diabetes have been advised by their physicians that they can control their diabetes with a proper diet. Therefore, it appears in order to say that those foods so often labeled 'fast foods' are certainly contributing factors to obesity and diabetes.

Another astonishing fact about diabetes is that the number of cases has grown, overwhelming among Black people and children, especially. There

is another variable indicative of the diets of children and that is the school menus. We are aware that the inception of free lunches and breakfast at school has meant that more children are being fed on a daily basis. The lunches are praised as being wholesome and nutritional especially since catsup or 'ketchup' is now considered a vegetable by edict from President Reagan. But who is situated in schools to prevent the students from purchasing the chips of all kinds, cookies, cakes, and the high calorie snacks with no nutrition? Since most lunches are free, the cafeteria makes its profits from the 'junk foods.' When the children eat those high calorie lunches and then add the junk food to it, what is there to keep them from becoming 'fat'? There is seldom to be found an elementary school with physical education on a daily basis for students and there are few schools left, with playgrounds. So, where does the child get a chance to burn some of that energy he has? It is time that we get 'in cinque' and stop our children from becoming obese.

The birth of your child is priceless.

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Kraft Foods will celebrate inspirational music by offering an exclusive music compilation, *Inspire the Soul*. The limited edition *Inspire the Soul* CD will be available, while supplies last, during the month of October at participating stores and on line at www.kraftfoods.com/CD. Participating regions include Atlanta, Charlotte, Chicago, Detroit, Los Angeles, Texas and New York.

"Inspirational gospel music has a long tradition in African American households," says Linda Crowder, Sr. Director, Multicultural Marketing, Kraft Foods North America. "It has been a source of hope, joy and fulfillment for many. Kraft Foods is proud to nourish the soul with good music and good food with this promotion."

Legendary Grammy® Award winning singing sensation and author of best selling cookbook, *La Belle Cuisine*, Ms. Patti LaBelle, will be the spokesperson for this promotion.

"I am delighted to join Kraft Foods again in celebrating two of my favorite things - music and cooking," says LaBelle. "Inspire the Soul is special mostly because it celebrates the true meaning of the African American tradition of gospel music and delicious food with family and friends."

Inspire the Soul is a CD compilation often (10) inspirational songs from some of the best and brightest of contemporary gospel recording artists. Music by Grammy® Award winning artists Yolanda Adams, Georgia Mass Choir, Fred Hammond & Commissioned and Patti LaBelle are compiled with songs by other leading contemporary voices including Vickie Winans, Keith "Wonderboy" Johnson & The Spiritual Voices, Deitrick Haddon, Tonex and the solo debut of Michelle Williams of Destiny's Child.

Each CD will be offered for \$2.99 with the purchase of three participating Kraft Foods products.

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

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

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Cancer Screenings

In observance of October, Breast Cancer Awareness Month

for Women

October

Lubbock area healthcare providers with the assistance of women's health advocacy agencies would like to invite you to learn more about breast cancer. Events and screenings have been planned to help you learn more about your risks for breast cancer and the importance of clinical breast exams and mammography in the early detection of cancer. Just call the number listed with each event for more information. FINANCIAL ASSISTANCE IS AVAILABLE AND SOME SCREENINGS ARE FREE OF CHARGE.

All Month

Lubbock Area Affiliate Susan G. Komen Breast Cancer Foundation
Educational information and Pink Ribbon Campaign at South Plains Mall
Call for information: 698-1900

Arrington Comprehensive Breast Center
10% off Screenings during the month of October
Call for appointment: 725-7908

American Cancer Society Guidelines:
Age 40 & Over:
* Monthly Breast Self Exam
* Annual Clinical Breast Exam by physician
* Annual Mammogram

Under Age 40:
* Monthly Breast Self Exam
* Clinical Breast Exam by physician every 3 years

Tuesday

American Cancer Society
Mayoral Proclamation to Kickoff Breast Cancer Awareness Month
11:30 a.m.
Lubbock City Hall
7625 13th Street
Call for information: 752-7126

Covenant Community Services - Mobile Mammography
Mammography Screenings
Paintree Christian Church
3601 82nd Street
Call for appointment: 725-6579
Financial assistance available.

Saturday

UMC Dimensions
Mammography Screenings
9:00 a.m. - 12 noon
802 Knoxville Avenue
Call for appointment: 743-4377
Financial assistance available.

Southwest Cancer Center
Presenting an educational play: "Before Time Runs Out"
1:00 p.m.
New Hope Baptist Church
2007 Birch Avenue
Call for information: 743-1900

Monday

Covenant Community Services - Mobile Mammography
Mammography Screenings
South Plains Mall
(next to Firestone Tires)
Call for appointment: 725-6579
Financial assistance available.

UMC Dimensions
Mammography Screenings
4:30 - 7:00 p.m.
802 Knoxville Avenue
Call for appointment: 743-4377
Financial assistance available.

Joe Arrington Cancer Center
Educational event: "Determining your Risk for Breast Cancer"
Featuring Dr. Catherine Bonaguidi
5:30 p.m., 4101 22nd Place
No cost.
Call for information: 725-7969

Tuesday

Covenant Community Services - Mobile Mammography
Mammography Screenings
Maggie Trejo Community Center
3200 Amherst
Call for appointment: 725-6579
Financial Assistance Available

Southwest Cancer Center
Clinical Breast Exams
9:00 a.m. - 3:00 p.m.
602 Indiana Avenue
Call for appointment: 743-1900
Financial assistance available.

Joe Arrington Cancer Center
Clinical Breast Exams
6:00 - 8:00 p.m.
4101 22nd Place
No Cost.
Call for appointment: 725-7962

Covenant Community Services
Exercise Class for Breast Cancer Survivors
Instructor: Suzanne Aker
9:30 a.m.
Paintree Christian Church
Gymnasium
3601 82nd Street
No cost. Call for information: 725-6579

Wednesday

Covenant Community Services - Mobile Mammography
Mammography Screenings
Parkway Neighborhood Center
405 N. Martin Luther King Blvd.
Call for appointment: 725-6579
Financial assistance available.

Southwest Cancer Center
Clinical Breast Exams
9:00 a.m. - 3:00 p.m.
602 Indiana Avenue
Call for appointment: 743-1900
Financial assistance available.

Arrington Comprehensive Breast Center
We're Celebrating Mammography Day
10% off mammography screenings
4101 22nd Place
Call for appointment: 725-7098

Thursday

Covenant Community Services - Mobile Mammography
Mammography Screenings
Community Health Center of Lubbock - Presbyterian Women's Clinic
1318 Broadway
Call for appointment: 725-6579
Financial assistance available.

Covenant Community Services & Presbyterian Women's Clinic
Clinical Breast Exams for women over 40
Community Health Center of Lubbock - Presbyterian Women's Clinic
1318 Broadway
Community Health Center of Lubbock
No cost.
Call for appointment: 725-6579

West Texas Coalition of 100 Black Women - Dr. Ronnelle Burley & Dr. Christina Bell-Henry
Clinical Breast Exams
8:00 - 8:00 p.m.
Phea Branch Lubbock Boys & Girls Club
1801 E. 21st Street
No cost. Walk-ins welcome

Tuesday

Joe Arrington Cancer Center
Clinical Breast Exams
6:00 - 8:00 p.m.
4101 22nd Place
No cost.
Call for information: 725-8074

Joe Arrington Cancer Research & Treatment Center
Educational class covering prevention & diagnosis of breast cancer.
5:30 - 8:00 p.m.
Cechran County Activity Building
West Taylor Street, Morton, Texas
No Cost.
Call for reservations: 725-7969

Odds of getting breast cancer in your lifetime:
1 in 9 women

Wednesday

Covenant Community Services - Mobile Mammography
Mammography Screenings
Freedom Square Shopping Center
1301 50th Street
Call for appointment: 725-6579
Financial assistance available.

Saturday

Joe Arrington Cancer Center
Style Sit: W
10:00 a.m. - 1:00 p.m.
Knitting Education/Conference Center
6th floor of parking garage at 21st - Street & Louisville Avenue
Call for tickets: 725-7977

Covenant Health System
Women's Health Fair
9:30 a.m. - 2:00 p.m.
Lubbock Clinic Center
1501 6th Street
No Cost. Call for information: 725-0476

Tuesday

Joe Arrington Cancer Research & Treatment Center
Educational class covering prevention & diagnosis of breast cancer.
2:00 - 4:30 p.m.
Lakeridge Baptist Church
4601 82nd Street
No Cost.
Call for reservations: 725-7969

Tuesday

Covenant Community Services - Mobile Mammography
Mammography Screenings
SAM'S Club
4393 W. Loop 289
Call for appointment: 725-6579
Financial assistance available.

Participants: American Cancer Society, Community Health Center of Lubbock, Covenant Health System - Mobile Mammography, Mobile Clinic, Arrington Comprehensive Breast Center, Joe Arrington Cancer Center, Covenant Medical Group, Lubbock Area Affiliate - Susan G. Komen Breast Cancer Foundation, Presbyterian Women's Clinic, Texas Tech University System Office of Community & Multicultural Affairs, UMC - Dimensions, Southwest Cancer Center, West Texas Coalition of 100 Black Women, YWCA Breast & Cervical Program.

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 Pickers, First & Third Monday, 7:00 pm, T. J. Patterson Library East Lubbock Chapter AARP, Every 1st Thursday at 1 pm, Mae Simmons Community Center, Oak and 8th St.

We would like to publish your monthly meetings. If you would like for an announcement to appear in this column, please get it to us in writing by mailing it to:

Community Meetings C/O: Southwest Digest

P.O. Box 2553
Lubbock, Texas 79408

or bring it by the Southwest Digest office at 902 East 23rd Street

