



# Southwest Digest

50¢  
Worth More!  
1302 Avenue Q  
Lubbock, Texas 79401  
Phone (806) 761-3612

September 9, 2005

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## Exciting news comes for two local schools as academic ratings are raised by the TEA

Current and former students of Estacado High School and Arnett Elementary School got great news from Lubbock Independent School District Superintendent Wayne Havens regarding appeals that have been granted by the Texas Education Agency for 2005 Accountability ratings. Estacado High was granted an appeal and will have an Academically Acceptable rating for 2005. Arnett Elementary School has earned an Academically Recognized rating for 2005 with the appeal granted. Ratings are based on student performance on the Texas Assessment of Knowledge and Skills (TAKS) test.



Student-Body Vice President Nakeisha McCarty and Principal Paul Frazier accepted the recognition on behalf of the Estacado students. Dr. Fred Hardin, Assistant Superintendent of secondary schools, presented the award.



Arnett Elementary Principal David Pierce and fifth-grade students Alonzo Esparza and Stephanie Tucker, fourth-grade students Brandon Villarreal and Jayna Ramos, and third grade students Ruben Villarreal and Nicole Rodriguez accepted the award for their school. Deputy Superintendent of Elementary Schools, Ann Graves presented the award.

Estacado High School made gains in all student groups and in all subject areas. The appeal was based on a small subset of students who took the State Developed Alternative Assessment (SDAA II) test that is given to students for whom the TAKS test would not be appropriate. This was the first year that the SDAA II test was administered. Arnett Elementary also made gains in all student groups in all subject areas and appealed their rating based on the subset

of students taking the SDAA II test. Estacado Principal Paul Frazier said, "We feel this rating more appropriately reflects the academic achievement of our students. We are glad TEA agrees with us." Arnett Elementary Principal David Pierce and fifth-grade students Alonzo Esparza and Stephanie Tucker, fourth-grade students Brandon Villarreal and Jayna Ramos, and third grade

students Ruben Villarreal and Nicole Rodriguez will accept an award from Supt. Havens recognizing the achievement of the Arnett students. Arnett has advanced two rating levels in just one year. Student-Body Vice President Nakeisha McCarty accepted the recognition on behalf of the Estacado students. According to Texas Education Commissioner Shirley Neeley, the appeals were

granted because certain "results do not fairly reflect the academic performance of these campuses." An external, independent, three-member panel reviewed the appeal and made the recommendation to the Commissioner. In her letter to Supt. Havens,

Commissioner Neeley said of the review panel, "The decision reflected in this transmittal incorporates their objective analysis, deliberations, and recommendations regarding the unique circumstances of your appeal."

### Community Meetings

This is a list of what is happening in Lubbock, to help complete the unfinished, community-building work of Dr. Martin Luther King, Jr.

- African American Chamber of Commerce, Lubbock meets on the 3rd Monday of each month, from 5:30-6:30pm at the Parkway Community Center, 405 MLV Blvd., 806-771-1815
- Lubbock Area Client Council meets on the 2nd Saturday, 1:00pm at the Patterson Branch Library
- Hub City Kiwanis meets every Tuesday, 7:00pm, 1708 Avenue G
- Dunbar Alumni Association meets 2nd Saturdays, 4:00 pm
- Booker T. Washington American Legion Post 808 meets every 2nd Tuesday at 7:30pm, American Legion Building in Yellowhouse Canyon
- Forgotten West Riders meets on the 1st & 3rd Mondays, 7:00 pm, Patterson Library
- East Lubbock Chapter AAR meets every 1st Thursday at 1:00 pm, Mae Simmons Community Center
- Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Market Alumni Center
- Dunbar/Manhattan Heights Neighborhood Association meets every 3rd Thursday at 6:00 pm 1303 East 24th St. (fourth center-party house)
- West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturday of each month at 7:00 pm, Educational presentations and demonstrations.
- Texas Thirteenth Cultural & Historical Commission - Lubbock Affiliate meets at Patterson Branch Library every 3rd Thursday at 7:00 pm
- West Texas Native American Association meets 2nd Saturday each month at Groves Library, 5520 19th Street, 7:30 p.m.
- West Texas Chapter of 100 Black Men meets the 3rd Monday evening at 7:00 pm at the Parkway Neighborhood Center.
- The Parkway Guadalupe & Cherry-Point Neighborhood Association meets the 3rd Tuesday evening of each month at 7:30 pm at Parkway Neighborhood Center.

## Thousands gather to pay their respects to civil rights icon Rosa Parks

Former US President Bill Clinton led the tributes at the ceremony in Detroit, Michigan, her home since 1957.

Also among the mourners were civil rights leader Jesse Jackson, and the signer Aretha Franklin. Mrs. Parks' refusal to give up her seat on an Alabama bus to a white man led to the end of legal segregation.

Earlier this week, thousands filed past her coffin as she lay in state in Alabama and then Washington.

**'Grace and dignity'**  
Hundreds of politicians and other dignitaries, along with 2,000 members of the public, are attend-

ing the service in the 4,000-seat Greater Grace Temple church.

Audience members held hands and sang the civil rights anthem, "We Shall Overcome," as family members filed past the open casket before it was closed.

Opening the service, Bishop Charles Ellis III said: "Mother Parks, take your rest. You have certainly earned it."

Referring to Mrs. Parks' decision not to give up her bus seat to a white man, Mr. Clinton said that "in that simple act, and a lifetime of grace and dignity, [Rosa Parks] showed us every single day what it means to be free."

The daughter of Rev Martin Luther King Jr., Rev Bernice King,

also spoke at the service.

The Rev Jesse Jackson will deliver the eulogy before Mrs. Parks is buried in a Detroit cemetery.

Flags will fly at half-mast and the first seat on buses in Montgomery, Alabama, and Detroit will be left empty in her memory.

### First woman

After her death, hundreds of mourners, including Secretary of State Condoleezza Rice, also attended a memorial service in Montgomery, Alabama.

Mrs. Parks' body was then moved to the Rotunda on Capitol Hill in Washington, where more long lines of people queued

to pay their respects. She was the first woman to receive the honor usually reserved for presidents, and only the second African-American.

Mrs. Parks' mahogany casket was then taken into the rotunda of Detroit's Charles H Wright Museum of African-American History.

Mrs. Parks' refusal to give up her seat to a white man on a bus in Montgomery prompted a mass black boycott of buses, organized by Rev Martin Luther King Jr.

The movement culminated in the 1964 Civil Rights Act and an end to segregation, but not without cost to Mrs. Parks, who was forced to leave Alabama for Detroit as a result of a hate campaign.



Former President Bill Clinton speaks during the funeral of civil rights activist Rosa Parks in Detroit, Michigan November 2, 2005.

## Tony Mason to speak to Lubbock youth



Lubbock youth had an opportunity this week to hear from a man who had much talk about drugs.

He is Tony Mason of Memphis, Tennessee. At present time, he is a M. C. G. National Recording Artist with Gospel Four. He has been a member of Narcotics Anonymous for sixteen years. He has further coordinated workshops for "Al-union" for the past fifteen years.

Mr. Mason will tell you he gets a blessing to have been delivered from drugs and alcohol for the past seventeen years. He will tell you his goal is to educate families on three basic things: What To Expect; What To Do, and What Not To Do.

In a case of going through, it is the intent to help young people understand drugs and alcohol and taught about these three things. It is

his prayer all will grasp all the information about drugs and alcohol he will teach those who listen to him.

Mr. Mason wants to do the following: educate children and families; arm family and friends with the ability to love and let go; and help the addicted to distinguish between need and want.

He will be speaking today at Estacado High School at 12:55p.m. and Lubbock County Drug court at 4:30 p. m.

For more information about Mr. Mason, contact Ms. Fay Brown at 747-2637.

The event is sponsored by Each One, Reach One.

## Dunbar teacher exposes students to new technology

Victoria Bacon, a teacher at Dunbar Middle School, is piloting a program that involves the use of science probes in her classes this year. Ms. Bacon received a set of Pasco sensors, which can be used

to measure specific heat, homeostasis, chemical properties and reactions, and collision force.

Although there is a display screen on each one and each can be used as a stand-alone, Mrs.

Bacon prefers to connect them to the computers in her room. The software that accompanies the probes is very colorful and resembles a video game format. The students seem to become more involved and the larger screen makes it easier to see the results of the probes. The students are able to see every change immediately, and can see things they wouldn't normally be able to see.

On October 19, Mrs. Bacon will be using the probes with her students at four different stations. One station will be a physics exercise in which the students measure collision force. The remaining three stations will measure physical properties: salinity, conductivity, pH, and the energy released in chemical reactions. The students will be moving from station to station so that each student will have experience at each station.



## Senate Democrats force closed session, draw ire of Republicans

WASHINGTON - In a highly unusual move, Democratic leaders forced the Republican-controlled Senate to meet in a secret session Tuesday afternoon to dramatize their complaint that Republicans have failed to investigate the manipulation of intelligence in the run-up to the U.S.-led invasion of Iraq.

Democrats also said Friday's indictment of Vice President Dick Cheney's chief of staff, Lewis "Scooter" Libby, had served as a catalyst for their anger.

"The Libby indictment provides a window into what this is really all about - how this administration manufactured and manipulated intelligence in order to sell the war in Iraq and attempted to destroy those who dared to challenge its actions," Reid said.

Much of the Democrats' ire was focused on the Senate Intelligence Committee, chaired by Sen. Pat Roberts, R-Kan. The committee put together a 511-page report last year on the problems with the intelligence gathered by the CIA and other agencies in the run-up to the Iraq war. But Roberts had promised that a second phase of review would examine how that intelligence was used, or misused, by the Bush administration.

By the end of Tuesday's theatrics, both parties agreed to appoint three senators apiece to meet and report back to Senate leaders by Nov. 14 on the Intelligence Committee's progress in its review of pre-war intelligence and its schedule for completion. But that didn't mean that senators were happy about it.

## Notice to home delivery customers

If you fail to receive your paper, please call the Digest at 762-3607 and give us your address. Due to the death of our delivery person, W.H. Pitts, we have had some difficulty getting papers delivered. We are aware of the problem and regret it. Please contact us and we will correct the situation as soon as possible. We apologize for the inconvenience.

The Southwest Digest

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.



If you have an announcement you want to appear in this paper, there are three ways to get information to us:  
Southwest Digest Community Meetings  
1302 Avenue Q  
Lubbock, TX 79401  
Fax: (806) 741-0000  
email us at: swdigest@shc2global.net

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# Chatman Hills Corner

By Doris Reynolds

The community is invited to attend the Pastor and First Family of the New Hope Baptist Church, Rev. & Mrs. B. R. Moton and daughter, Pamela, which will be held Sunday afternoon, November 6, 2005, beginning at 3:30 p. m. Guest speaker will be Rev. W. D. Davis, pastor of the Lyons Chapel Baptist Church.

Come and let's continue to encourage this pastor and family to keep on keeping on for the Lord. As it has been said, "Let us celebrate together and lift our voice in one accord. Singing of God's grace and mercy and the goodness of the Lord."

The Women Missionary Society program of New Hope Baptist Church, which was scheduled the fifth Sunday, October 30th, has been postponed until the fifth Sunday in January, according to Sister Joan Y. Ervin, president, and Sister L. F. Barrow, program chairman.

Let us continue to pray for our sick and shut in citizens. Among them include Sister Charlie Bell Pratt is doing well at her residence. Sister Earlene Locke has recovered from her illness while traveling recently, but was able to attend church services last Sunday at Bethel African Methodist Episcopal Church. Brother Tommy Cage was able to attend church services last Sunday morning at

Bethel. Others who are shut-in include Brother Rudolph Edwin, Sister Bobbi Brown, Brother Lester Charles Brown and Sister Eva Cade. There are many others who we may now have any knowledge about, but we know that our God is able.

There are family members who have lost loved ones, and let's keep them in our prayers. Today it may not be your family, but tomorrow it could be you. God knows.

The New Hope Baptist Church, 2002 Birch Avenue, is the "Church Where The People really Care," and Rev. B. R. Moton is the pastor. If you are looking for a church home, then come and visit on any Sunday morning.

Services began last Sunday morning, October 30th, with meditation and prayer. The Praise Team offered inspirational music. The morning scripture and prayer were given. The New Hope Choir sang several selections.

Pastor Moton delivered the morning message. His subject was "Following God's Directions." His scripture text was II Samuel 5:25. In this sermon, Pastor Moton spoke on three dynamic points: They were Victory, Obedient and Total Dependence on the Lord. A most inspiring message.

After an invitation to disci-

pliship, at morning announcements were read by Sister Annie Taylor. All visitors were welcomed by Brother Napoleon Cooper.

If you are unable to attend your church services because of circumstances beyond your control, then tune into the New Hope Broadcast on Sunday mornings, beginning at 11:30 a. m. until 12:30 p. m. over radio Station KJAK, 92.7 FM.

Word comes to this column of the upcoming "Struggs Children's Home" which will be located at 2002 Cedar Avenue. Serving as its executive director will be Judith Struggs. The home is named in honor of two outstanding educators, E. C. Struggs and Lillian Struggs, who worked untiringly for the young people in our community. Much has been done at this time, and plans are being made for an early 2006 opening date. More on this exciting project in the near future.

If you are a resident of Chatman Hill, you need to keep attending your neighborhood meetings, which are held the second Thursday evening of each month. Meetings are held at the Ella Hles Elementary School Cafeteria. For more information, call the Chatman Hill president, Carey Don Childers at 762-0464.

## In Remembrance

### Joe Collins

Funeral services for a longtime resident, Joe Collins, were held Saturday morning, October 22, 2005, at the Lyons Chapel Baptist Church with Rev. W. Davis, pastor, officiating.

Collins

Interment was held in the City of Lubbock Cemetery under the direction of Griffin Mortuary & Funeral Home.

He passed away Tuesday, October 19th, at Covenant Medical Center.

### Isalah Johnson

Funeral services were held for Isalah Johnson last Saturday afternoon, October 22, 2005, at the Christ Temple COGIC with Elder David Haynes, pastor, officiating.

Johnson

He passed away Monday, October 17, 2005, at Covenant Medical Center.

Burial was held at Peaceful Gardens Memorial Park in Woodrow under the direction of Ossie Curry Funeral Home.

## Tickets for Spaghetti Spectacular now on sale

Tickets are now on sale for the 7th annual Spaghetti Spectacular, benefiting Children's Advocacy Center (CAC) of the South Plains.

The event is slated for Thursday, Nov. 10, from 5:30 until 8 p.m. at Indiana Avenue Baptist Church, 95th and Indiana. Tickets are \$5 per person, and guests may either dine in or carry out.

The dinner is a fund-raising event to support the programs of CAC of the South Plains, a cooperative effort among city, county, and state entities interested in maintaining a cooperative, multi-disciplinary approach to investigations of child abuse.

The center's goal is to lessen the trauma to the child by reducing the number of investigative interviews. The center provides an environment that emphasizes the best interest of the child and provides investigative and rehabilitative services.

It is a member of Children's Advocacy Centers of Texas, Inc.,

and an agency of the Lubbock Area United Way.

Spaghetti for the occasion is again being donated by Carino's restaurant, while musical entertainment will be provided by Kyle Abernathie.

In addition, patrons also may enter a drawing to win two round-trip airfare tickets courtesy of Southwest Airlines. Tickets for the drawing are \$5.00 each, and entrants need not be present to win.

To purchase dinner or drawing tickets, call the CAC office at 740-0251.

## Friday Art Trail welcomes back popular artist

On the First Friday of November, the Buddy Holly Center is excited to participate in Lubbock's First Friday Art Trail, a night that gives the community an opportunity to enjoy fine art, entertainment and refreshment every month. Every First Friday the Buddy Holly Center collaborates with galleries such as the Underwood Center, the International Cultural Center, and Stein's to promote fine art and outreach within Lubbock's community. On November 4, 2005, the Buddy Holly Center will open free of charge from 6:00 - 9:00 pm so patrons can view its exceptional exhibits.

Hard Tops, one of the stops along the Art Trail, is happy to welcome back Renee Steger Simpson. Renee has made an impact on the art world with her satirical take on snooty women™. You can view some of her work at [www.snooty-women.com](http://www.snooty-women.com).

And, then of course, come enjoy Renee's work including the snooty women series, the saints, and floral works at the First Friday Art Trail. There will be refreshments, and live music provided by Chelsea Chavez.

Along with the world famous Buddy Holly Gallery, patrons can view two other exhibits at the Buddy Holly Center. In the Fine Arts Gallery, the community is invited to celebrate Dia de los Muertos with Celebration, an annual invitational exhibition of artwork that explores the history and meaning behind the Mexican holiday. The exhibit includes over 70 local, national and international pieces from artists who were challenged to create an expression of their interpretation of Dia de los Muertos by honoring departed ancestors, friends and family.

The Texas Musician's Hall of Fame continues to house Buddy Holly: Behind the Glasses, an exhibit of rare Buddy Holly artifacts and memorabilia. Among the artifacts are childhood drawings and projects, childhood clothing, stage shirts and never before seen photos of Buddy Holly and the Crickets.



Life's Essentials

Life's Essentials is about what a Snooty Woman would be caught not being - an avid shopper and then again, that bag shows where you've been. The fancier the store, the nicer bag you get. So someday my work will be on a shopping bag.

Life's Essentials was a commissioned piece, and the woman's favorite past time is shopping and what better way is there to end a long day shopping than with a glass of wine.

- Renee Steger Simpson

These and other programs at the Buddy Holly Center were made possible in part by the generous support of CH Foundation, Helen Jones Foundation, Target and the City of Lubbock. The Buddy Holly Center is located at 1801 Avenue G in the Depot District of Lubbock, Texas. For more information please call (806) 767-2686 or visit our website at [www.buddyhollycenter.org](http://www.buddyhollycenter.org).

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Lubbock, Texas

## FASHION FUN

Get set for winter's social whirl, dress in satin and lace, beading and brocade to win hearts, turn heads and have a wonderful time. Ladies, your basic black is not good enough. Celebrate the Holidays in bright, bright colors and beaming shimmer and sheen.

BE THE TALK OF THE PARTY! BE THE LIFE OF THE PARTY! OH YEAH! DON'T FORGET TO INVITE ME TO THE PARTY!

FASHION TIP: Always wear a smile! FASHION - Just for the fun of it!



# Church News



## We Thank God for Jesus The Devil's Hell-O-Ween

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

Nahum 3:1-3b - The Lord said, Woe-cursed is he bloody city! It is all full of lies and robbery. The prayer departs not.

Oh, to join his people (The Church) not to bring Devil worship into their home. The Devil is a curse and abomination. So you must leave them.

Leviticus 17:25-26c - The Lord said, the graven images of their gods shall you burn with fire. You shall not desire the silver or gold that is on them. Nor take it to you, lest you snared therein for it is abomination to the Lord, your God. Lest you be a cursed thing like it.

We allowed the Devil to take over our children, and it all starts at home. When there is spiritual leadership, this is not where Devil worship belongs!

Matthew 23:37b - Jesus said, how often would I have gathered my children together, even as a hen gathers her chicken under her wings, and you would not! Behold (Look), your house is left unto you desolate.

(that dumb chicken will fight till death for her little children and don't care how big the dog, wolf, or whatever!! She will fight for her chicken!!)

America is now so insane with witchcraft. It is now a billion dollar thing. When a mother

flouts her three children off a bridge, who is the blame?

Romans 1:18-19 & 21 - For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who hold the truth (The Church) in unrighteousness, because that which may be known of God is manifest in them (The Church). For God has showed it unto them (The Church) professing themselves to be wise. They became fools (The Church).

\*\*\* Yes, The Churches Robbed God!!! \*\*\*

While souls are being lost and on their way to a place called Hell, the Church is playing along with this witchcraft, thinking it's all well!

Matthew 18:14 - Jesus said they be blind leaders of the blind, and if the blind lead the blind, both shall fall into the ditch.

The love of money has made America all over the country drink of her witchcraft. She just came out of two hurricanes, and she yet doesn't see God's wrath.

Nahum 3:4 - The Lord said because of the multitude of the whoredom of the will favored harlot, the mistress of witchcrafts, which sales nations through her whoredom, and families through her witchcrafts. Behold (Look) I am against thee,

said the Lord of hosts, and I will cover your skirts upon your face, and I will show the nations your nakedness and the kingdom of your shame.

\*\*\* America, God Is Going To Spank You Again!!! \*\*\*

In America, we teach our children about ghost, vampires, sucking blood, skeletons, witches, and devils. Then we wonder why our children are the world's most blood thirsty people. We teach them OUIJA boards, Astrology, Magic, and other areas of magic. Let us not forget the hallucinogenic drugs! In gain, we beg the question, Why??

Then Thanksgiving is overrun with X-mas and shopping for things. The fat man is in a red suit, X-mas trees are in Churches. Shame! Shame! Shame!

\*\*\* America, God's Going To Get You!!! \*\*\*

Jeremiah 10:2-4 - The Lord said, learn not the way of the heathen, and be not dismayed at the signs of heaven. For the heathen are dismayed at them. For the customs of the people are vain. For one cut tree out of the forest, the works of the hands of the workman with an axe. They deck it with silver and gold. They fasten it with nails and with hammers so it move not.



## From the Desk of Parson D.A. Smith Could A Yes Vote on Proposition 7 Cost Seniors Their Home?

Civil liberties are defined as: "Freedom people enjoy and have a right to as members of a society. It is protection from the power of government. Examples include the right to life, the right to privacy, the right to a fair trial, freedom of speech and freedom of assembly. These are usually guaranteed and protected by a constitution or by adherence to an international treaty. In many places there are disputes over certain liberties, regarding the question of whether they can be considered civil liberties at all, and, if so, whether they should be protected. A very present example in our state includes reproductive rights and the rights of gay marriage.

The United States Constitution and especially its Bill of Rights allegedly protects many civil liberties. Social Class differentiates socioeconomic groups of individuals characterized as having differences in their life chances and power with respect to other groups. These differences are based on economic wealth, heredity, race, occupation, manners, style and cultural refinement, net worth, power, ownership of land, property, means of production, political standing, reputation of honor or disgrace, social prestige, as from an honorary title, or association with an esteemed organization or person.

These two definitions explained are key references in how we as Senior Citizens of Texas must look at Proposition 7 that will be voted up or down Tuesday, November 8, 2005 in an election to change the constitution of the state of Texas. The Texas Constitution has been amended 432 times since its adoption in 1876. The Ballot Language will read: "The constitutional amendment authorizing line-of-credit advances under a reverse mortgage." There will be a brief explanation.

The author of the bill says "A line-of-credit loan would give borrowers more flexibility, allowing them to borrow and repay amounts based on their needs, rather than being sent the same amount every month. This would lower interest costs since borrowers would not need to borrow any more than they needed at a particular time.

The author of the bill expresses the following negatives: "Line-of-credit mortgages may encourage more borrowing, leaving less money for the homeowner or his/her heirs when the home is sold. Despite the additional consumer protections, line-of-credit lending leaves seniors more susceptible to deceptive practices, because they can withdraw large amounts at any time. I took the liberty to consult with some Doctors of Jurisprudence and they would not be comfortable with their parents borrowing money

against their home. There are so many variables that one mistake could lead to a senior citizen being homeless for the rest of their natural life after working hard to purchase their house.

Remember the definition of "social class" that home ownership and economic power are keys to being social acceptable in a society. I previous wrote that the Bill of Rights allegedly protect your civil liberties. However, this is not necessary true. You could vote for Proposition 7 thinking the government will protect your rights and you are your mother and father could lose everything they have work for by foolishly borrowing on their house. The government expects you to be able to read. They expect you to read the TEXAS SENATE JOINT RESOLUTION and the HIDDEN dangers you face in losing your house in Section 5 A, B, C, D, E.

President Bush has made it possible for the poor and middle class to obtain home ownership. Don't be fool by conservatives and intellectual fools in making it easy to be policed by a government sponsored old folk nursing facility while you are yet alive. Who's going to get your check? Think about it before you VOTE yes! Someone has already planned how to get the "cost of living" increase you will receive in January. Can you tell the difference between a King Snake and a Coral Snake?

## Outreach Prayer Breakfast

### Why Did Jesus Curse The Fig Tree?

Saints, this was not a thoughtless angry act, but an acted out parable. Jesus was showing his anger at religion without substance. Just as the fig tree looked from a distance, but was faultless at close range examination. So the temple looked impressive at first glance, but its sacrifices and other activities were hollow, because they were not done to worship God sincerely. If you only appear to have faith without putting it to work in your life, you're like the fig tree that withered and died, because it bore no fruit. Genuine Faith means bearing fruit for the Kingdom of God.

Jesus said to the disciples, if you only have faith in God, and speak it, Jesus said, the Disciples can pray for anything, and if it's the will of God he will give it. Speak out for what you want. Don't speak the problem. Speak the solution to the problem and it's in Jesus for God to act on our

prayers. We can't have outs in our hearts or unforgiveness, and such. This won't work. Check this scripture out, Saints - Mark 11:20-26. It's important! These outs will trip you up!

A prayer for our city and beyond: "Father, in the name of Jesus, we come before you to claim your promise in II Chronicles 7:14. We're your people, called by your name. Thank you for hearing our prayers and moving by your spirit in our city. We desire to humble ourselves before you, asking that a spirit of humility be released in us. Search us, Oh, God, and know our hearts. Try us and know our thoughts today. See if there be any wicked ways in us and lead us to repentance. Forgive us our sins of judging inappropriately, complaining about and criticizing our leaders. Cleanse us from a judgmental attitude; touch our lips with coals from your altar that we may pray prayers that avail much for all men and women everywhere, Lord. We

desire to see rivers of healing released in our city, and in the rest of the world who are suffering in many ways. Thank you, Lord, that you hear our prayer. AMEN."

Thought For The Week: "Remember people, the wages of sin are death!"

The Outreach Prayer Breakfast will meet Saturday morning, November 5, 2005, in the home of Brother and Sister Sanco Nesh, 2312 Cedar Avenue, beginning at 9:00 a. m.

Saturday morning, November 12, 2005, the Outreach Prayer Breakfast will be sponsoring a program entitled - "Is There Any Sick Among You?" It will be held at the Lyons Chapel Baptist Church, 1701 East 24th Street, beginning at 10:00 a. m. Come and expect a miracle: We are praying for all of you in all that you do for the Lord.

Sister Dorothy Hood, president; Sister Christine Burleson, vice president; Sister Elnora Jones, teacher; and Sister Rosiana Henderson, secretary.

## St. Matthew's Baptist Church News

Last Sunday morning, October 30, 2005, was another great day at the St. Matthew Baptist Church, 2020 East 14th Street, where Rev. Edward Canady is the proud pastor.

The morning services got underway at 10:15 a. m. with Sunday school and Sister Luella Harris, Superintendent, was in charge.

The morning lesson was taught and reviewed by Pastor Canady. It was another wonderful lesson for all in attendance.

The morning worship hour began at 11:15 a. m. The devotional service was led by Sister Orelia

Moore and Sister Annie Onasanya. The St. Matthew Baptist Church Senior Choir sung out of their hearts and souls. What a time in the Lord for all who participated.

Pastor Canady delivered the morning message. His subject was "The Church That Jesus Built." His scripture text was St. Matthew 16:13-18. What a wonderful time all had in the Lord as the preach word went forward. Each member was truly blessed by the word.

Thought For The Week: "Our tongue can be our own worst enemy."

Everyone is invited to come and take in a meal which will be prepared by our church members and pastor. It will be the menu of Bar-B-Que Dinners which will be sold on Saturday, November 5, 2005, beginning at 11:00 a. m. The meal will include Brisket or Ribs, Potato Salad, Red Beans and Peach Cobbler. The cost is only \$6.00 per plate.

For delivery or pick up, call 744-7154.

### Estacado Alumni to sponsor New Year Eve Ball

The Estacado High School Alumni Association will sponsor a New Year Eve Ball On December 31, 2006, beginning at 7:30 p. m. until 2:00a. m. at the Four Seasons Party House, 4815 Interstate 27. Tickets are \$60 per couple and \$35 for individuals. Tickets must be purchased on or before December 1, 2005.

For more information, contact either Linda Woods, 783-1559; David Cortizales, 632-6390; Sandra Reed, 765-0727 or Michael Smith, 787-4832.

### Men of Bethel will sponsor Thanksgiving dinner

The Men of Bethel African Methodist Episcopal Church (M.O.B.) will sponsor a Pre-Thanksgiving on Sunday afternoon, November 20, 2005, immediately after church services in the A. W. Wilson Fellowship Hall. Bethel is located at 2202 Southeast Drive.

"It is an effort to extend the Hand of God to those in need during this holiday season, said Brother Hillary Hutchinson, Men's Ministry Chairperson.

Rev. Eddie L. Everline, Jr. is pastor.

## New implant procedure provides hope for those suffering from depression

A device that was originally developed for epilepsy patients is now providing hope for those who suffer from depression. The Federal Drug Administration recently approved the use of a vagal nerve stimulator for patients suffering from depression.

According to the World Health Organization, depression is projected to become the leading cause of disability and the second leading contributor to the global burden of disease by the year 2020. Depression is common, affecting about 340 million people worldwide. Yet fewer than 25 percent of those affected receive effective treatment.

Walter Lajara-Nanson, M.D., a neuropsychiatrist at Texas Tech University Health Sciences Center, said depression has physical effects on both the body and the brain.

"If someone is clearly missing a limb most understand the need to treat the patient, yet with depression there tends to be a stigma," Lajara said. "It is important to educate people that depression is an illness that must be treated, not a reflection of mental weakness."

A person suffering from depression that has not had success with traditional treatments such as a combination of medications or counseling, is diagnosed as having Treatment-Resistant Depression. Lajara adds that four out of 10 patients will not respond to medications or psychotherapy. "There has not been any new treat-

ment modality for depression in the last 70 years. This implant is a new beginning for the future treatment of mental illness," Lajara said.

The surgeon makes two small incisions on the patient's neck. A pacemaker is implanted in the left chest wall with the leadwire in the left vagal nerve. The vagal nerve or the "wondering nerve" connects your brain stem with your upper body, specifically a person's lungs, heart and stomach. The nerve serves as conduit for relaying information to and from your central nervous system, carrying electrochemical signals up its tubing and depositing them directly into the patient's cortex.

Lajara said the implant was originally used for implanting a small pacemaker into the vagal nerves of epileptics to see if the pulses would stop the seizures. With the study, researchers noticed many of the patients who suffered from depression improved. Four trials were lauded to see how the implants would work for depression, particularly with those suffering from Treatment-Resistant Depression.

"The patient receives stimulation every five minutes. The stimulant alters neurochemicals in the

brain related to depression. The side effects are minimal such as coughing, discomfort in the neck, hoarseness when speaking. But overall, all are temporary," Lajara said.

He added that in the last two decades there has been a biologic approach to studying and treating depression and with the technological advances there is now an impact on making treatment possible. Studies have shown that people continue to improve after two years after the implant is placed.

Lajara said a person does not have to feel sad to suffer from depression. Symptoms of depression also can include anhedonia, which is a lack of motivation or desire to do things one enjoys, feelings of guilt over simple issues, insomnia or too much sleep, fatigued or lack of energy, poor concentration or memory, changes in appetite, crying spells, hopelessness, low self-esteem and thoughts or preoccupation with death.

"Ask your doctor questions if you think you may suffer from depression. Treatment varies with each person. And if you suffer from Treatment-Resistant Depression, technology now has offered new hope for treatment," Lajara said.

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# Denny's joins forces with National Urban League to educate and empower the nation's youth

SPARTANBURG, S.C. (PRNewswire-FirstCall) Denny's, America's largest family restaurant chain, recognizes the critical importance of educational opportunities that offer empowerment and encouragement to all children. That's why Denny's has partnered with the National Urban League, a non-profit, community-based organization dedicated to education and economic development. As part of this initiative, Denny's has pledged to raise up to \$1 million for the Urban League through October 2006.

The National Urban League, through its network of over 100 affiliates across the nation, provides direct services, research and policy advocacy to help African-American and other ethnic communities achieve their potential.



## National Urban League

Denny's partnership will directly support Urban League's Education & Youth division, which serves approximately 400,000 urban children across the nation in early childhood and after-school programs.

"We're excited for this partnership with the National Urban League and to support these important programs in our restaurants nationwide," said Ray Hood, chief

diversity officer for Denny's. "The National Urban League has developed incredibly valuable programs for children that encourage learning and provide access to educational resources essential in today's competitive market."

Starting October 18, participating Denny's restaurants will donate 20 cents from the sale of each All-American Shant(R) to support the Urban League's Education &

Youth programs. Part of the proceeds will be used to develop a CD-ROM targeting middle and high school students seeking admission into college. Proceeds will also fund after-school and education projects at the Urban League's affiliate centers.

"Our objective is to help children from urban areas prepare to compete with the best and brightest in the nation, which requires time, money and effort," said Marc Morial, president and CEO of the National Urban League.

"Our alliance with Denny's and this campaign is imperative to our ability to support and develop turn-key programs and opportunities."

All of Denny's company-owned and participating franchised restaurants will promote the campaign with new menus featuring the Urban League fundraising campaign. "The National Urban League Minute," a weekly 60-second radio commentary on urban issues, will also include information about the campaign on the American Urban Radio Network. The messages will encourage listeners to support the campaign by visiting Denny's and purchasing the All-American Shant(R).

about Denny's: Denny's is America's largest full-service family restaurant chain consisting of 547 company-owned units and 1,038 franchised and licensed units, with operations in the United States, Canada, Costa Rica, Guam, Mexico, New Zealand and Puerto Rico. The company's stock is traded under

the ticker "DENN," and additional information is available on Denny's web site at [www.dennys.com](http://www.dennys.com).

**About National Urban League:** Established in 1910, The Urban League is the nation's oldest and largest community-based movement devoted to empowering African Americans to enter the economic and social mainstream. Today, the National Urban League, headquartered in New York City, spearheads the non-partisan efforts of its local affiliates. There are over 100 local affiliates of the National Urban League located in 35 states and the District of Columbia providing direct services to more than 2 million people nationwide through programs, advocacy and research. [www.nul.org](http://www.nul.org)

# Fioroni and 24 Foundation announce goals for season

Last season, the 24 Foundation helped raise more than \$30,000 for South Plains area folks in need, and the efforts led to Paul Fioroni, the foundation's founder and member of the Lubbock Cotton Kings, earning the Central Hockey League's "Man of the Year" award. Today at Frontier Dodge, Paul Fioroni announced his goals and contributions the 24 Foundation aims to perform throughout the 2005/2006 Cotton Kings season.

The 24 Foundation plans to assist in three main areas this season, and two of the areas included are a pair of ailing children. Jayde Garcia, an 18-month old daughter of Chris and Lori Garcia, has a mutated gene called Factor V Leiden, which forced her to encounter a stroke at birth. The stroke caused brain damage, which is requiring extensive therapy and preferred treatment at UAB Civitan International



Fioroni



Rattray

Research Clinic in Birmingham, Alabama. The 24 Foundation plans to raise funds to assist in the travel for Jayde's treatment.

Another child with a medical concern the 24 Foundation seeks to aid is 18-month old Canon Perkins. The son of Drew and Chandra Perkins, Canon was diagnosed with a glycogen storage disease type-4 and requires a liver transplant by the time he turns two years of age. Since Canon is a native of Amarillo and has family in Lubbock, Fioroni and the 24 Foundation have teamed up with the Amarillo Gorillas and

their on-ice enforcer Dave Rattray. While the Cotton Kings and Gorillas battle on the ice 14 times this season, Fioroni and Rattray see the opportunity to have both markets join together to help the Perkins financial battle with Canon's condition. Fioroni and Rattray are planning several fundraisers to take place in the 14 meetings, including special offering buckets to pass around during the games and a special jersey auction, which will have Amarillo fans bidding on a Fioroni jersey and Lubbock fans auctioning for a Rattray jersey.

The third emphasis for the 24 Foundation is to assist the Lubbock Youth Minor Hockey Program with funds to assist ice availability and equipment needs for financially challenged youth individuals. The 24 Foundation aims to obtain donations through a myriad of fundraising programs, including \$1



Garcia

"24 Foundation - Giving Back" wristbands that can be purchased at all Cotton Kings games by visiting the Booster Club's table or by stopping by the Cotton Kings offices (1509 University), and three primary events. On November 12th, the Lubbock Cotton Kings will host the Oklahoma City Blazers and will wear special 24 Foundation jerseys, which will be



Perkins

auctioned to fans after the game courtesy of Dr. Randy Wolcott of Southwest Regional Wound Care Center and Lubbock Artificial Limb and Brace. The 24 Foundation will host a Casino Night at Caprock Winery on January 12th and will also have a Bowl-A-Rama at Framswick Bowl on March 5th. All-American Chevrolet and

Frontier Dodge will also be teaming up through a partnership between the 24 Foundation and the Lubbock Cotton Kings. A limited number of 100 tickets will be sold at all Cotton Kings games/events and all 24 Foundation functions for \$324 a piece until all 100 are sold throughout the season. Once they are all sold, a drawing will be conducted and the holder of the selected ticket will win their choice of either a 2006 Dodge Ram from Frontier Dodge or a 2006 Chevrolet Silverado from All-American Chevrolet.

Additional information about the 24 Foundation can be obtained by contacting Paul Fioroni at the Cotton Kings offices at 747-7825. Season ticket and corporate advertising opportunities are available for the 05-06 season by contacting the Cotton Kings office at (806) 747-7825. Visit their official site at [www.cottonkings.com](http://www.cottonkings.com).

# Kings Close out October, start November on the road

The Lubbock Cotton Kings closed out the month of October with a 2-3-0 record, playing four of their five games on the road. Lubbock will start the month of November on the road as well, playing a pair of games this weekend on the road before finally returning back to the Lubbock Municipal Coliseum on Sunday to host the Austin Ice Bats. There are 12 games in November on the Cotton Kings schedule this season, split between six home and six road contests. Six of the November contests are against Southwest Division opponents.

Each week, a member of the Cotton Kings will be highlighted as the Heroes & Legacies Cotton Kings "Hero of the Week." This week's "Hero of the Week" for their role in last week's games is Nanaimo, British Columbia native Nolan Graham. The second-year King forward led the Kings in points on the week with a pair of goals and an assist for three points. His goal Saturday night against Amarillo proved to be the game-winning goal. He currently leads the Kings in points with 5 off 3 goals and 2 assists.

**The Week Ahead**  
Friday, November 4 • 7:35 pm  
at Tulsa Oilers  
Radio: KOOL 98.1 FM

The Lubbock Cotton Kings open up the three-in-three (three games in three days) weekend in the Sooner State, battling the Tulsa Oilers at the Tulsa Convention Center. It will be the first of three meetings between the two clubs this season and the only matchup in Tulsa. Lubbock has a commanding 5-1-0 all-time record against the



Oilers and swept the season series last season (2-0-0), outscoring the Oilers 10-2. Five of the ten goals last season were tallied in the opening period of play. Lance Leslie was 2-0-0 with a 1.20 GAA against the Oilers last season.

**Saturday, Nov. 5 • 7:00 pm**  
at Amarillo Gorillas  
Radio: KFYO 790 AM

TV: CHLTV.COM

The 1-27 series moves to the Cal Farley Coliseum in Amarillo on Saturday night, as the Kings look to remain perfect in the season series against the Amarillo Gorillas (1-0-0) and on Saturday nights (2-0-0). Lubbock defeated the Gorillas in the series opener last Saturday night 3-2. The Gorillas are 0-2-0 in division play this season, while the Kings are 1-1-0. As for the series, it will be the 62nd all-time meeting between the two clubs, with Lubbock bringing a 36-17-8 all-time series record and Amarillo bringing a 25-32-4 all-time series mark.

**Sunday, November 6 • 5:05 pm**  
HOME: Austin Ice Bats  
Radio: KFYO 790 AM  
TV: CHLTV.COM

The Lubbock Cotton Kings should have a bitter taste in their mouth Sunday afternoon as they wrap up the weekend hosting the Austin Ice Bats. The Bats lead the season 1-0-0 after a come from behind victory last Sunday in Austin. The Cotton Kings lost a 4-1 third period lead, as the Ice Bats rattled off a trio of goals 4:49 apart for a 5-4 regulation win. Austin

brings former Cotton Kings Head Coach Bill McDonald and former Kings members Dave MacIntyre and Julius Halfkenny. It will be MacIntyre and Halfkenny's first venture back to the Kingdom after playing with the Cotton Kings. Lubbock faces Austin for the 21st time all-time and holds an 8-8-4 all-time record against the Bats, while Austin holds a 12-6-2 series advantage.

**Did somebody say MacDonald?**  
Cotton Kings rookie defenseman Matt Macdonald is off to a good start in his first professional season

after closing out a college career last season at St. Lawrence University. The 6'1 265-pound defenseman leads CHL rookie defensemen in goals with 2 and ranks third in points (3) amongst defensive rookies. Macdonald is also one of four CHL defensemen co-leading the league in shorthanded goals (1) and is tied for second in game winning goals (1) amongst CHL defensemen. Sunday, his shorthanded goal was fired from three-quarters the length of the ice, as it one-hopped past goaltender Bryan Worosz while Macdonald was clearing the puck.

**Dash and Due (Chris & Chris)**  
The Cotton Kings Weekly Call-in Show premiered Monday night, October 31 on KKAM Sports Radio 1340 AM. The weekly show will air every Monday from 5:30 - 7:30 PM during the hockey regular season. It will be broadcast live from Cujo's Sports Bar on 4th St. in Lubbock. The show will consist of player interviews, interviews with head coach Chris Dasiney, call-ins from fans, and will be hosted by Chris Due. Stop by Cujo's and get a dose of Cotton Kings news!

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# Local leader provides highlights from TAAACC Conference

**Editors Note:** It may seem like a lot of letters, but the Texas Association of African-American Chambers of Commerce (TAAACC) is one of the most important organizations for the Black community.

Recently, Lubbock AACC chamber president, Regji Davis attended the 7th annual conference. He was kind enough to provide highlights of his experience.

The Chairman's Reception was replete with people from all across the great State of Texas. Individual business owners, representatives from State Agencies that have tirelessly supported the State Association and employees of the various corporate sponsors all mingled freely and happily in the atrium and foyer of the hotel. It was one of the best sized crowds attending the Chairman's Reception in years. The chairman and vice-chairman both greeted and mingled liberally with all the guests. The Chairman's Reception was highlighted by an address on the Black Business Owner's Hall of Fame for the State of Texas by Dr. Juliet Walker. Dr. Walker is in need of some funding to support this one of a kind Hall of Fame for African American Business Owners.

The next morning, the breakfast meeting was used to honor the Best of the Best small businesses from around the great State of Texas. During the breakfast we were treated to a very excellent speaker, our very own Secretary of State, Mr. Roger Williams of Fort Worth, Texas. Dee Jennings introduced Mr. Williams and spoke of how his father, a car dealer in Fort Worth,

Texas, had bonded with the African American community before it was fashionable or required. Mr. Williams spoke of how faith, family and business, real business, is at the core of our great State and our great Country. His words provided a perfect segue-way for Chairman Baines who read a document he had crafted entitled "Words from the Chairman." Baines spoke of the first group of honorees as the unsung heroes that are the spiritual, financial and historic backbone of their respective communities. As Chairman Baines introduced each of the honorees and read some of the interesting facts about each one, it was really easy to see the impact that each of the recipients was having on their communities. The time was both very inspiring and very electric.

After the breakfast the attendees were treated to some of the best seminars and business opportunities. Among them included: (1) Understanding the State of Texas Procurement System, (2) On the Spot Bank Loans, (3) One-on-One HUB Certification Interviews and (4) One-on-One Roundtable Discussions with State Agencies. All the reports from attendees reported favorable comments about each of the seminars, and a number of the attendees were either awarded business opportunities or notified of some business opportunities.

The Luncheon of the conference was slated to honor those state agencies and other organizations that have whole heartedly subscribed to making a financial difference in the African American Communities around this great



Regji Davis, second from left, is pictured here at the TAAACC convention with Lorenzo Sedeno and Calvin Davis.

State of ours. The Luncheon speaker Mr. Willis of KKTV radio fame and rising entrepreneurial star in the telecommunications field gave a very funny, yet inspiring, insightful and quality message on "Watch Their Feet, Not What They Say." That message was so good; I thought I was in a church meeting. His preaching was good, what a treat. Two categories of agencies and organizations were honored: (1) Those spending the highest percentages with African American businesses and (2) Those agencies spending most dollars with African American businesses.

All of the honorees are included.

Congratulations to them all. After the luncheon our afternoon speaker, Sherra Aguirre, shared some secrets with those attending on how to take your business to the next level. She took her janitorial and related service company from 1.5 million in sales to a record 24 million per year in sales. All who attended were treated to a very practical road map on how to grow your business big time. By the way, she is an African American female.

- HONOREES - Small Business**
- Cynthia Fitzgerald - Dimensions Medical Supply Group, Inc.,

- Dallas, Texas; Medical supplies sales for 6 years
- Marc Chew - Marc Chew Companies, Denton, Insurance, Real Estate and Mortgage services for 25 years
- Glenda Thompson - Gestures Marketing Communications, Fort Worth; Communications and Marketing services for 4 years
- Monte Elliot - E3 Contract Consultants, Inc., Fort Worth; Construction Management services for 3 years
- Robert Williams, Sr. - Williams Paving & Excavation, Inc., Odessa; Road Construction and Paving for 54 years

- Michael Waters - In Home Care, Inc., Odessa; Home Health Services in several major cities for 16 years
  - Vincent Harris - Vincent Harris, CPA, Victoria, CPA services, accounting, taxes and consulting for 7 years
  - Jim Hyatt - K & W Associates, Inc., Victoria; Job Skill Training Consultants for 8 years
- Agencies Spending the Highest Percentage with African American Businesses**
- State Office of Risk Management
  - Texas Department of Housing and Community Affairs
  - Texas Department of Licensing and Regulations
  - Texas Department of Protection and Regulation Services
  - Texas Tech University System

- Agencies spending the Most Dollars with African American Businesses**
- Texas Lottery Commission
  - Texas Department of Transportation
  - UT at Galveston Medical Branch
  - MD Anderson Cancer Center
  - University of Texas System

On behalf of the twenty-eight member African American Chambers, our great Board of Directors and Executive Director, Cassandra Johnson, thanks to everyone who attended, sponsored and helped to empower African American businesses in our great State of Texas. Don't miss our Eighth Annual Conference. We want to see your face in the place.

## Book Review: Driven From Within by Michael Jordan

By Kam Williams  
BlackNews.com

As great a basketball player as Michael Jordan was, maybe even better than my all-time favorite Dr. J, he might be even more of a success as the ultimate corporate mar. For proof, one need look no further than his new book, Driven From Within.

First of all, ask yourself, how many athletes manage to remain in the public eye three years after the end of their playing careers? Michael has, and his partnership with Nike is as mutually-profitable as ever. His Air Jordans, now celebrating their 20th anniversary, have flourished not only due to his extraordinary, gravity-defying basketball talents, but also due to a combination of his charisma and business acumen.

This help explains why he launched his new book ever so strategically with an appearance on 60 Minutes, immediately after a nationally-televised football game, and a week before the beginning of a new NBA season. He was able to do so because he published it with Atria Books, which is a division of Simon and Schuster, which, in turn, is owned

by Viacom. 60 Minutes airs on CBS which is also a sub-division of that same parent company, so all the cross-promotion only helps everybody's bottom line.

Though Driven From Within masquerades as an inspirational autobiography, it's essentially the literary equivalent of an infomercial, in this case designed to help launch Jordan XX, the latest sneaker created in conjunction with Nike. The generously illustrated opus features as many photos of Nike footwear and Nike logos as it does of Michael. The text, no doubt Nike-approved, was edited by Mark Vancii, a veteran sports ghostwriter who has previously collaborated with Michael on three other bios and

with other sports greats like Cal Ripken, Dan Marino and Ken Griffey, Jr.

Besides Michael's own pearls of wisdom, we hear from nine of the people closest to him, including his mother, Delores, his agent, David Falk, the designer of 14 of his 20 sneakers, Tinker Hatfield, his college coach, Dean Smith, and Howard White, his first friend at Nike.

As if those \$200 sneakers aren't expensive enough, now they expect you to pay another \$35 for a shameless, coffee table book full of colorful advertisements for the Air Jordan product line. I like Mike, but I still prefer Dr. J.

**About The Book**  
Driven From Within  
By Michael Jordan  
Edited by Mark Vancii  
Atria books  
208 pages, illustrated  
Hardcover, \$35.  
ISBN: 0-7432-8400-3

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All have sinned - Romans 3:23  
Jesus Christ died for our sins - 2 Cor 5:21; Acts 2:26  
We must do God's will and obey him to enter heaven - Matt. 7:21; Heb 5:9  
How do we obey him?  
Hear the gospel - Romans 10:17  
Believe Jesus Christ is the son of God - Mark 16:16  
Repent of your sins - Luke 13:3  
Confess - Romans 10:10  
Be baptized for the forgiveness of your sins - Acts 2:38  
Be faithful until death - Rev 2:10

For more information, call Charlie Carter at 555-7138  
ALL ARE WELCOME! PLEASE WORSHIP WITH US!

## Tech, A&M game set for 6 p.m. kickoff

Texas Tech's annual showdown with Texas A&M has been selected by FSN for its 6 p.m. CT national telecast Saturday from Jones SBC Stadium. The selection is part of the Big 12 television package and will be broadcast on the cable channel FSN, Cox channel 20 - Lubbock.

Texas Tech (7-1, 4-1 Big 12) enters the game with the Aggies (5-3, 3-2) seeking its best start in 29 years. The 1976 team posted an 8-1 mark during its first nine games of that season and went on to finish 10-2. The Red Raiders trail in the overall series against Texas A&M (34-28-1), but have won the last five meetings in Lubbock, dating back to the 1995 season. Tech also has won seven of the last 10 overall meetings.

The Red Raiders enter this weekend's game fresh off a 28-0 win at Baylor, Tech's first conference shutout since a 12-0 vs. in over A&M in 2001. The Aggies dropped a 42-14 decision to Iowa State in College Station. The game also is the fifth televised game of the season for Tech.

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## Spotlight On Health Test Your Knowledge of Jaw Pain

(NAPSA)—If your face hurts, this quiz may make you smile.

1. What is TMD? a) Trouble chewing; b) A disorder that may be from problems in the jaw muscles; c) A government agency.
2. Who suffers from TMD? a) Left-hand & chiropractors; b) Almost all women; c) 1 in 4 Americans.
3. What causes TMD? a) The way your teeth come together; b) A virus; c) A grapefruit to the face.
4. How can TMD be treated? a) Psychotherapy; b) Realignment by a neuromuscular dentist; c) Perhaps the condition is untreatable.

**ANSWERS**

1. b) TMD, or temporomandibular joint (TMJ) disorder, is a term used to describe the structural imbalance in the jaw to skull relationship, caused by the way your teeth come together. This can lead to a group of symptoms including headaches, facial pain, jaw pain; sore, chipped, broken, or worn teeth, clicking or popping in the jaw; and limited jaw movement. In many cases people suffering from TMD report chronic pain in the jaw, teeth, face, head, neck, shoulders, or back, or any combination of these areas. Snoring, grinding of teeth and restricted airway are other problems associated with TMD.



2. c) One in four Americans suffer from TMD to some extent. Although women report more pain from the condition, in men it causes as much or more damage to the teeth, gums, bones and joints. Children are especially susceptible and may show early signs with ear infections, mouth breathing, lip, cheek, or finger biting, sucking or chewing; headaches; snoring; or grinding of their teeth at night.

3. a) & c) In most cases, TMD stems from a condition called mal-

occlusion, which means having a "bad bite" or the way your teeth come together. It can also be due to accidents and trauma. Malocclusion means that your upper and lower teeth do not close together in the correct way causing strain on your muscles when you chew and swallow. These muscles are then forced into a strained position, resulting in pain throughout the head and upper body. Although a person may have beautiful teeth or had orthodontics to line the teeth up for aesthetic reasons, the muscles and joints may not be comfortable.

4. b) Neuromuscular dentists first measure the most relaxed position of your jaw to determine your normal jaw position. Then the dentist works to realign the way your teeth come together to position the jaw and joints in their optimal position. Once the bite is realigned and in place, pain that resulted from the imbalance disappears.

Visit [www.healingdentists.com](http://www.healingdentists.com) to learn more about eliminating jaw pain.

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Page 1 Of The A-J!

It's easy. Fill out the information below and mail to:  
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c/o Lubbock Avalanche-Journal  
PO Box 491  
Lubbock, TX 79408

**NOMINEE INFORMATION**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Parents name: \_\_\_\_\_  
Parents Address: \_\_\_\_\_  
Daytime phone (parent): \_\_\_\_\_  
On a separate sheet of paper:  
1) list all the accomplishments of your nominee and  
2) list one accomplishment of your nominee.

**NOMINATOR INFORMATION**

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

**SPOTLIGHT ON KIDS RULES**

- 1) No purchase necessary. Nomination forms will appear periodically throughout the year in the Avalanche-Journal and at State Kids Count sponsor businesses around town. Forms also are available at The Art Information Center, 710 Ave. 2
- 2) Nomination forms will be mailed by Spotlight On Kids, 80, Ave. 491, Lubbock, TX 79408, or can be dropped off at The Art Information Center, 710 Ave. 2
- 3) All entries, including a representative photograph of the child, must be included. NOMINEES AND PICTURES WILL NOT APPEAR IN THE A-J WITHOUT VERIFICATION AND SIGNATURE FROM A PARENT OR LEGAL GUARDIAN. Parents will be returned ONLY if a self-addressed stamped envelope is included.
- 4) Only one Spotlight On Kids nominee will appear in the A-J each day.
- 5) Selection will be made by A-J personnel based on the completeness of information, parental approval and the worth of the nominee, including family, social activities, citizenship, volunteerism, character activities and accomplishments, good behavior, etc.
- 6) All nominees agree to allow their names, and photographs to be published in the Avalanche-Journal without further compensation.
- 7) The Avalanche-Journal is not responsible for returned and unclaimed forms, including, but not, addressed, damaged, illegible, incomplete or postage due.
- 8) By entering, each entrant or their representative acknowledges acceptance of the rules and agrees to be bound to them.

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# Editorials • Comments • Opinions



## THIS N THAT

by T.J. Patterson

**KING'S DOMINION STILL ON SCHEDULE!** THIS N THAT was glad to see a positive solution has been reached to the continued development of the KING'S DOMINION. The King's Dominion is a plan by the North & East Lubbock Development Corporation to construct homes east of the Estacado High School. Due to a few problems with the project, action was taken last week, by the Lubbock City Council, to continue in a positive manner with the project. The City Council decided to make funding of the project a priority. This is good to know, and this will only enable the project to become a tremendous success. When this program is completed, and we are hoping it will be in the near future, **EAST LUBBOCK** will once again move to higher ground. There's no doubt about it. **LUBBOCK CITIZENS** will continue to tell the positive story of what is taking place in our city. Of course, things don't happen overnight, but when there is a positive movement, it gives people hope of better things to come! **THIS N THAT** believes this is what took place at the Lubbock City Council meeting last week, and it was a positive move on the part of our local officials. These homes will certainly help the area, and the entire City of Lubbock will benefit.

**WORKING HARD FOR A NEEDED PROGRAM!** **THIS N THAT** is happy to see the effort being made by a young lady who wants to help some young people. The young lady is **JUDITH STRUGGS**, who has been a Lubbock Independent School District educator, and is the daughter of the late E. C. & **LILLIAN STRUGGS**, who did

much for the betterment of our young people. **THE STRUGGS CHILDREN'S HOME** will be established to help young people in the community, and will be located at 2002 Cedar Avenue. There's no doubt about it... **JUDITH STRUGGS** has been working hard on this project, and is looking forward to opening in early 2006. If you ask her why she is doing this, she'll tell you that she wants to continue the effort. **MOM & DAD** began in the 1930's for the young people of Lubbock. **THIS N THAT** is wishing her the very best as she sets her goals high to reach young people in our community. She's working hard for a needed program in the community.

**PENNY HASTINGS THE BARBER CONTINUES TO SAY: "THE BEGINNING** doesn't really mean much, as it is the **END** which really counts in anything you do."

**OUR CHILDREN NEED TO SEE US ON CAMPUS!** **THIS N THAT** will continue to really believe our little people need to see us visiting their **SCHOOL CAMPUSES**. If you have enough time, please go by the schools and even just have lunch on campus. Make sure you check in with the school administration first! Our young people need all of us to show our concern for them and what they are doing in school. Will you join **THIS N THAT** in getting the word out for all of us to visit our school campuses? Our little people are so precious, and we need to continue to let them know how precious they really are.

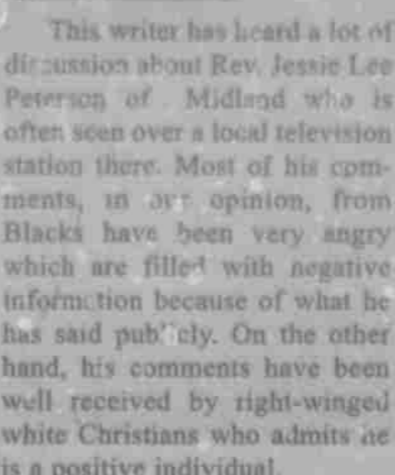
**EAST LUBBOCK COLLABORATIVE CLEAN UP!** **THIS N THAT** was glad to see citizens in the **EAST LUB-**

**BOCK COMMUNITY** join hands on Saturday morning, October 8th, and get their hands dirty by policing up the area. It may be tiring work, but it shows that when **PEOPLE** come together, many things will begin to happen. So thanks for **EAST LUBBOCK COLLABORATIVE CLEANUP DAY** for a job well done! Best of all, our young people saw this effort and they too, will believe things are happening in **EAST LUBBOCK!**

**THIS N THAT** gets frustrated sometimes and even wants to give up, but we must hang in there because **VICTORY** is not far away!!

**ESTACADO MATADORS, THIS IS FOR YOU!** **THIS N THAT** realizes that things haven't been the way you wanted them to be this year, but remember... all of that is behind each of you, **MATADORS!** In other words, **TODAY** is the **FIRST DAY OF THE REST OF YOUR LIVES**, and by being positive, many good things will happen in your life. This week you play the last game of the season against a strong opponent, Andrews High School, and if you really come out together, this could be an outstanding beginning for the **ESTACADO HIGH SCHOOL MATADORS FOOTBALL PROGRAM**. But in order for that to happen, **EVERYONE MUST BE ON THE SAME PAGE!** Young fellows, there is nothing you can't accomplish if you are all together! So as you get ready for the **BIG GAME**, just get it on... **TOGETHER!** Regardless of the outcome, all of you are still **ESTACADO HIGH SCHOOL MATADORS!** You see, this one is for you!

## Think About It! Some Things Are Better Not Said Publicly!



This writer has heard a lot of discussion about Rev. Jessie Lee Peterson of Midland who is often seen over a local television station there. Most of his comments, in my opinion, from Blacks have been very angry which are filled with negative information because of what he has said publicly. On the other hand, his comments have been well received by right-winged white Christians who admit he is a positive individual.

We've had an opportunity to view him on television interviewing white Christians. Really, his comments were not well thought of by this writer. His interviews are too much one-sided. Just wasn't really impressed with his presentation and didn't like his style. In other words, the interview came across as anti-Black or African-American.

This writer watched his program last weekend when he was interviewing a Black Midland National Association for the

Advancement of Colored People (NAACP) official. The interview was totally insulting. The man is apparently against Black Preachers, Black Leaders and all Affirmative Action programs. He calls any group or organization which promotes the rights of disenfranchised, racial minorities, women, senior citizens, or any affected class citizen to be out of bounds.

This Brother, and I say it loosely, cannot in good faith, call him a Brother. Really, he, Jessie Lee Peterson, fails to realize if it had not been for Affirmative Action, he would not have his local television show in Midland. On the other hand, if I hadn't been for the late Rosa Parks, where would he be today?

He could possibly be on the back of the bus. Really, the things he says on how feelings should not be made publicly. If he feels the way he does, he should keep it to himself and let the Brother of Sister hear it from

him privately.

This fellow is originally from the state of Alabama, and he apparently has forgotten past history.

It's amazing how fast some of us forget from whence we come and how difficult it is to get going to where we are today. It appears as though this gentleman has forgotten the blood shed, beatings, hangings, segregation, discrimination that any had to travel through for all of us to enjoy the freedoms we now celebrate publicly.

So, Rev. Jessie Lee Peterson, don't you really think some of your so-called statements should be made private and not public? Hope you understand!

**Closing Thought: Freedom is not free, nor anything you pay for, it's what you pay for. You pay for what you get!**

Jessie Lee Peterson, your freedom was bought and paid for by going back to Jesus and many lives since then. Think about it!

## African American t-shirt company commits to donating profits to Katrina victims indefinitely

Detroit - UrbanProfile.com and Stephanie Carr Designs, an Internet-based T-shirt distributor and graphic design company, has created a T-shirt devoted to help provide immediate and long-term relief for people that were displaced by the recent storm. "I can't sit back, listen to the news, and do nothing," says Stephen Harvey, owner of Urban Profile T-shirts. "Relief efforts will take months, maybe even years. I will sell this T-shirt and donate the profits for as long as people are in need."

what she could. "I wanted to do more than just donate what I had in my pocket. I wanted to use the skill God gave me," says Carr.



UrbanProfile.com will donate 100% of the profits received from the sale of the "Hurricane Katrina Urban Relief" T-shirts to the NAACP and the National Conference of Black Mayors. "These organizations have cut the red tape and are getting help to people immediately. Many of the cities in Louisiana, Mississippi, and Alabama affected by the storm are headed by Black Mayors," says Harvey.

Harvey's company contracted services from Benjamin F.

Holloway, a metropolitan Detroit CPA. Mr. Holloway will oversee UrbanProfile.com's contributions to ensure that all of the money earned will be donated accordingly. To purchase a "Hurricane Katrina Urban Relief" T-shirt and contribute to the relief efforts, visit: www.UrbanProfile.com.

Urban Profile T-shirts is an internet based distributor of African American T-shirts, and is located in Detroit, Michigan. In business since 1994 and online since 2003, the company provides its customers with a large selection of T-shirts dedicated to Black culture. The company's strength rests with its alliance with fellow Black T-shirt designers and manufacturers. This alliance provides Urban Profile's customers with a one stop shopping experience. More information can be found at www.UrbanProfile.com.

Benjamin Holloway, CPA can be contacted at 1-248-557-7883.

## In Cinque by Renetta Howard



Many of us Americans who call ourselves Christians, are digging a little harder into the Bible these days as the disasters of the world are becoming too numerous for us to keep track. It was just a few months ago that the tsunamis grabbed our attention with lost of thousands of lives. We barely got over our grief before the storms Katrina and Rita made history of many bustling towns along the Gulf of Mexico. Flooding rains in the northwestern portion of the United States and the Atlantic Sea Coast raged as the citizens of New Orleans, Biloxi and other entities in the path of Katrina and Rita, struggle to find shelter and the necessities of life. In the wake of all this, earthquakes, heavy rains and landslides have taken the lives of over 54,000 people in Pakistan, while we brace for

another tropical storm, Wilma, in the Caribbean Sea. Record snowfall in Colorado in October and mudslides in California, coupled with the fighting in Iraq, Afghanistan, Iran and other countries in the world, frankly frightens us.

It is frightening to witness these natural occurrences on the earth around the world and the prophecies of the synoptic gospels of the Bible, and cause us to wonder, how do we measure time as it is spoken about in the Bible?

Students of the Bible are familiar with the writings in the books of Matthew, Mark and Luke attributed to the words spoken by Jesus wherein he said, "And ye shall hear of wars and rumors of wars; for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom; and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrow." (Matthew 24:6-8) "Now the brother shall betray the brother to death, and

the father the son; and children shall rise up against their parents, and shall cause them to be put to death." (Mark 13:12-13). Similar passages are found in the book of Luke.

The writings in the Bible are over 2000 years old, and too many of the prophecies cited in the passages stated above are definitely too close for comfort even when we take an objective view of what is happening. The daily crime around us is indicative of the relationships of children and parents, brothers and siblings.

These passages may mean nothing to people of religious orientations other than Christianity, but Christians are beginning to see some importance and even believe that it is truly time for us to get 'in cinque,' and pay attention to the Bible and begin to live like we believe.

### Letter Policy

The editors and publishers of Southwest Digest welcome your letters and encourage you to write to us. Share with us your concerns, praise, gripes and celebrations. It's what we want - to keep our Black community in Lubbock informed and in touch with one another. Your letter doesn't have to address something that's been in our paper, just what's been on your mind. Had an interesting discussion lately? Share it with us!

When you write to us, please provide your name and city so that we may know where you are from and so that our readers may see how far our publication reaches.

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

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Beautiful dining room set with black laquered chairs and table which has an unusual base and thick beveled glass. Also for sale, two antique, hanging Tiffany lamps - very old.  
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# The NBA dress code: It's not the dress, it's the stereotypes

By Earl Ofari Hutchinson,  
BlackNews.com Columnist

The NBA players that screamed racism when the NBA demanded that they dump their bling-bling chains, pendants, medallions, baggy pants, hang dog sweats and tee shirts when involved in team or league business, miss the point. The ban on their ghetto chic dress is not a denial of their right to personal expression, civil rights, a violation of their hip-hop lifestyle, or a racist ploy by the NBA to spruce up its image among white suburban fans, and its corporate backers.

Their dress, hip style, brash bravado, and the gangster rap that blare out of the NBA locker rooms and even through the PA systems at games reinforces the old stereotypes that young black

males are often, defiant, and eternally in rebellion against the established order, and that include the NBA. That has convinced even more Americans that the thug lifestyle is the black lifestyle.

The self-indulgent, pampered, overpaid, NBA guys that make 10 to 15 million dollar a year don't see it that way, and there's a reason. From the moment they put on uniforms, their super-talented athletes become the instant repository of the dreams, delusions and fantasies of a public desperately in need of vicarious escape. They are swooned, and fawned over by a star-struck media.

Though some have never set foot on a college campus, and the others that have never had a thought about getting a college degree, yet they are still paid a king's ransom for playing a kid's game, while demanding the right to dress like kids. It's their swagger, defiance, and dress that stirs the imagination

of many young black males. They identify with them because they believe that they are one of them.

That dress style, however, instantly profiles them. They are rammed unceremoniously against walls, and on street corner curbs, and fume while police run their whole life history through computers. They are subject to the gawking and prying eyes and stares of store clerks and shadowed by store detectives while they shop. Job interviewers summarily reject them. They are suspended or expelled from high schools in disproportionate numbers. Dress profiling is not reserved solely for the young black in tough inner city neighborhoods. Any young black male whether he's a Rhodes scholar, National Science Medal winner or junior achievement awardee, could find himself tagged as a gangster simply because of their dress.

The players protest that how

they dress is their business and they are not role models for anyone. NBA legend Charles Barkley some years back loudly railed against having the role model burden shoved onto his shoulders. But the players are, and even Barkley belatedly admitted as much in a recent interview. Barkley also acknowledged that many black youth who don't make the millions that NBA superstars are paid still must bear the consequences of the negative racial typecasting.

The players that complained they're targets of NBA officials trying to spiff them up to please the league's corporate boosters don't have a free pass from the negative typecasting that they've generously contributed to either. When the final buzzer sounds, and they step out into the streets, they can also get the dress profiling treatment. There are more than a few cases where pro athletes have been spread eagled by police beside their

expensive Mercedes, BMW, SUV, or Hummer. If the cop stops an NBA player and is not a basketball buff all their protests about their name, money and fame won't mean much. They're still just another black suspect.

Indiana Pacers guard Stephen Jackson who publicly yelled that the dress code is racist, found that out the hard way. When he sprinted into the stands in Detroit last November to slug it out with Gas along with teammate Ron Artest, he wasn't simply reviled for his rash and mindless act. He and sometime rapper Artest, brought the wrath of the public down on the league.

The "thug athlete" label which legions of NBA watchers had murmured privately for years, now thundered across the public's lips. Legions of sportscasters lambasted the players as vicious, violent, and out of control hooligans. They dredged up stats that played hard on the arrest records of some of the

players, and always they pointed to their dress to prove that the NBA was a din of gangsters.

It was a bum rap, of course, the majority of NBA players off not violent criminals, and many quietly and selflessly donate to charities, participate in education programs, perform community service and endow programs at their alma maters. The Washington Wizards' Etan Thomas participated in the September anti-war march in Washington D.C. and has spoken out against the Iraq war, and Bush's policies. Yet, the exemplary, and thoughtful behavior and good deeds of these players can't erase the perception that NBA players are overpaid, spoiled malcontents.

Clothes may not make the man, but they sure make the stereotypes. NBA officials recognized that even if some players don't.

Earl Ofari Hutchinson is a columnist for BlackNews.com, an author and political analyst.

## Researcher says supplements could help prevent avian flu mutations

As world health officials scramble to prepare for what many increasingly fear could become a worldwide bird flu pandemic, Texas Tech University researcher Dr. Julian Spillholz is working with governments in Southeast Asia to help ensure the avian influenza virus does not mutate into a form that can easily jump between humans.

Fears of a bird flu outbreak were stoked this week when scientists linked H5N1, otherwise known as avian flu, to the devastating 1918 Spanish flu outbreak that killed as many as 50 million people across the globe.

Spillholz believes fortifying chicken and other animal foods in Southeast Asia with selenium might prevent a re-occurrence of the 1918 influenza pandemic. An essential trace mineral with antioxidant qualities, selenium could hinder the virus' mutation into a more virulent form that could pass between humans.

Based upon the work of Melina Beck of the University of North Carolina at Chapel Hill and Orville Levander of the United States Department of Agriculture in Beltsville, Md,

viral mutations are thought to emerge from selenium-deficient regions of the world, such as Africa, China and Southeast Asia. Selenium can be added, fairly easily and inexpensively, to animal feed as a supplement to help prevent the mutation of the bird flu virus.

"A lot of these viral mutations that end up in the human population come from areas that probably have selenium-deficient soils," Spillholz said. "This is the natural melting pot for these viral evolutions that take place. Raising the levels of selenium may reduce the frequency of these viral mutations."

Selenium could also be attached at the molecular level to existing viral drugs in order to make them more lethal to bird flu viruses. Selenium, an essential trace mineral with antioxidant qualities, is supplied to people through the food chain of animals mostly through plant foods.

For more information, contact Julian Spillholz, professor of nutrition and biochemistry, College of Human Sciences, Texas Tech University, (806) 742-3068 or email him at [julian.spillholz@ttu.edu](mailto:julian.spillholz@ttu.edu).

## Feast on food safety during the holiday season

Holiday season is right around the corner, and there are going to be a lot of hungry mouths to feed. To help you satisfy them all, the Federal Citizen Information Center and the U.S. Department of Agriculture (USDA) have put together a handy, free package of publications full of food preparation and storage tips.

When cooking for a large group, it's especially important that the food is safely prepared, stored, and transported. If it's mishandled, you may have an uninvited guest at your reunion. Although invisible, bacteria can cause serious food-borne illnesses.

However, there are clear-cut steps you can take to make your kitchen safe. To stop bacteria from spreading from the cutting boards to utensils, sponges, and counter tops, wash your hands and kitchen surfaces often. Avoid cross-contamination by separating raw meat, poultry, and seafood from other foods in the refrigerator.

Just because your burgers and steaks look done on the outside, doesn't mean they are. Make it a habit to check all of your favorite foods, not just your holiday turkey, with a food thermometer. The Food Safety package has a handy chart of the USDA's recom-

mended internal temperatures for meat, poultry, and egg dishes, along with guidelines for serving and storage times.

When transporting food, keep your cold foods cold—you don't want Aunt Millie's famous deviled eggs to go bad! For your hot dishes, it's a good idea to wrap and place them in an insulated container. And as soon as your meal is over, put all remaining leftovers in shallow containers and refrigerate or freeze them immediately.

Be prepared with the free Food Safety package. There are three easy ways to get your free publications:

Visit their website at: [www.pueblo.usa.gov/ro/n28food-safety.htm](http://www.pueblo.usa.gov/ro/n28food-safety.htm) to place your order online or to read or print out this and hundreds of other federal publications for free.

Call toll-free 1 (888) 8 PUEBLO. That's 1 (888) 878-3256, and ask for Food Safety.

Get even more information and take advantage of federal online resources at [www.FirstGov.gov](http://www.FirstGov.gov).



## IT'S A BLAST FROM THE PAST!

The DUNBAR HIGH SCHOOL CLASS OF 1975 WILL HOST ITS 30TH YEAR CLASS REUNION. FRIDAY, NOVEMBER 25 - SUNDAY, NOVEMBER 27, 2005.

ACTIVITIES WILL BEGIN WITH A: "MEET & GREET" Re-acquaintance & Tour - Friday, November 25th at the Dunbar Alumni Building at 29th & MLK Blvd. from 5:00-6:30 p.m.

Saturday, November 26th - LADIES "PANTHER PAMPERING" from 10:00 a.m.-2:00 p.m. Followed by a BANQUET and a DANCE from 7:00 p.m. -Midnight at K.N. CLAPP PARK PARTY HOUSE.

Sunday, November 27 will conclude with Q CLASS WORSHIP SERVICE at the LYONS CHAPEL BAPTIST CHURCH at 11:00 a.m.

REGISTRATION FEES VARY. DEADLINES: November 8, 2005. FOR MORE INFORMATION, PLEASE CONTACT: Jacquelyn Anderson-Clay at 741-1936

## WE ARE PLEASED TO WELCOME

Dr. Patricia C. Hood is a long time resident of Lubbock. She received both her Ph.D. and M.D. degrees from Texas Tech University Health Sciences Center in Lubbock. She also completed her residency in Family Medicine at Texas Tech University Health Sciences Center.

Dr. Hood has been in medical practice in the Lubbock community since completing her medical training in 1999.

Patricia C. Hood, MD, Ph.D.  
Family Medicine



Recently, Dr. Hood joined the Texas Tech University Health Sciences Center School of Medicine as an Assistant Professor in the Department of Family Medicine. She sees all ages of patients from newborns to adults and has a special interest in children's and women's health.

Dr. Hood is currently accepting patients at her new practice in the Medical Office Plaza, Suite G-10.

Most common insurances are accepted.

Please call 743-1177.



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# Cardiac Care

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