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Southwest Digest

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

December 15-21, 2005

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50¢
Worth More!

1302 Avenue Q
Lubbock, Texas 79401
Phone (806) 762-3612



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 MLK 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 AARP meets every 1st Thursday at 1:00 pm, Mae Simmons Community Center
- Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Market Alumni Center
- Dunbar/Manhattan Heights Neighborhood Association meets every 3rd Thursday at 6:00 pm 1303 East 24th St. (outreach center/party house)
- West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturday of each month at 7:00 pm, Educational presentations and demonstrations.
- Texas Twentieth 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.

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@shglobal.net

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Lubbock dancer returns to perform in *The Nutcracker*



Natalia Johnson

Ballet Lubbock's *Nutcracker* will be presented December 16, 17, and 18. Tickets are being sold by Select-a-seat for the holiday classic. Lubbock native Natalia Johnson, returns home as a guest artist along with Danny Tidwell.

Johnson joined Ballet Lubbock at the age of eight under the training of Suzanne Aker and at the age of 11 she began training with current artistic director, Yvonne Racz. Ms. Johnson was also a member of the Westerner Union Dance Troupe under Valerie Hill and a LEAP honors student at the Lubbock High School. After graduating she attended the Dance Theatre of Harlem's summer intensive dance program in New York City and before the end of the summer was asked to stay as a member of the Dancing

Through Barriers Ensemble.

In 2002 Ms. Johnson was asked to move to Los Angeles, starring in the title role in Debbie Allen's stage production of *Pearl*. Upon returning to New York City she was invited to join Dance Theatre of Harlem, touring nationally as well as internationally, including the United Kingdom and Greece. Ms. Johnson is thrilled to be back in her hometown and would like to thank Yvonne Racz, her family and the city of Lubbock for all their support. She said, "I feel honored to come back to Lubbock and perform. It's good to see family and friends and have them come see me dance. Instead of being nervous about the show, I am more excited."

Danny Tidwell was with the American Ballet Theatre's Studio Company for a year. He was featured as Dance Magazine's 25 to Watch and Pointe Magazine's TOP 10 VIP. He is a principal guest artist with dance companies throughout the United States including Urban Ballet Theater. He is now on the faculty of New York City Dance Alliance, and he is currently performing with Complexions Contemporary Ballet Company.

The Lubbock *Nutcracker* changes a little every year. This year, there are new characters



Natalia Johnson is shown here with dance partner Danny Tidwell. They will perform in Ballet Lubbock's production of *The Nutcracker* this weekend.

and lots of new costumes. Lauren Hogan in the evenings and Carleigh Latham, who is played by OL Slaton student, home-schooled, during matinees. Mike Morgan will play Clara's father, and Amy Cox plays Clara's mother.

Holiday announcements

American Legion sponsors annual Christmas party

The Booker T. Washington Post 808 of the American Legion will host its annual Christmas Party for the young people of the community on Sunday evening, December 18, 2005, beginning at 7:00 p. m. at the Post in Yellowhouse Canyon.

Frances L. Bell, secretary of Auxiliary Post 808, says, "Parents, please bring your children to this annual event."

Bicycles for the needy

New and reconstructed bicycles are available for the needy of the community. If your child needs a bicycle and you cannot afford to purchase one, then bring documentation showing the need to 1407 Avenue R, beginning at 2:00 p. m. on Sunday afternoon, December 18th, to Teen Publications.

In your documentation bring proof of the need for the bicycle. Bicycles will be given away as long as they last.

For more information, call Taylor Rudd at 749-5565.

Christmas donations to Women's Protective Services

There is only one week remaining for Christmas donations. The community is asked to donate new, unwrapped gifts to WPS. There are several ways to help. Individuals, businesses or organizations may Adopt-A-Family, woman or child, or donate gifts to the general client population.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp. The Camp is by Invitation Only. Boys and Girls ages 10 - 19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Anthony Jamison. Players from 50 states and 18 Foreign Countries attended the 2004 Camp. College Basketball Scholarships are possible for players selected to the All-

tion.

The drive ends Dec. 19. Donations will be collected at Dona Petra's Mexican Restaurant and Bodyworks Fitness locations at 50th and Slide, 82nd and Frankford Ave., 34th and Loop 289 and 5217 82nd Street.

Volunteers also are needed during the Christmas holidays to help with the drive or to host Christmas parties for the clients. WPS hopes will bring holiday cheer to all of its clients. Last year, WPS served more than 100 resident clients during the Christmas holidays as well as many non-resident clients. For more information on how you can help, please contact Hattie or Pache at (806) 748-5292.

Purpose of Women's Protective Services

Founded in 1978, Women's Protective Services of Lubbock, Inc. was established as a 501 (c) (3) - shelter program for victims of domestic violence. WPS has grown in strength and services over the past 27 years to become one of the three largest residential shelters in the state of Texas.

WPS is the only agency that provides crisis intervention, emergency shelter and support services to battered women and their children in a 10,500 square-mile region. This region has a population of 325,000 comprising the 12 West Texas counties of Bailey, Cochran, Crosby, Dickens, Garza, Hockley, King, Lamb, Lubbock, Lynn, Terry and Yoakum.

We need to talk...



Santa Claus arrived to cheer Saturday night at the opening of the 49th Annual Santa Land in Mackenzie Park. Heavenly Butler, age 5, and her sister, Christian Butler, age 3, were the first to greet Santa and tell him their Christmas wishes. Santa and Mrs. Claus will be at Santa Land each evening from 6:00 to 10:00 p.m. through December 23.

Have a safe and happy shopping season!

Notice to home delivery customers

If you fail to receive your paper, please call the Digest at 762-3612 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.



Chatman Hills Corner

By Doris Reynolds

With Christmas not far off, there may be a boy or girl who is in need of receiving a bicycle for the Christmas season. Because there are those who are in need, Teen Publications will be giving away new and reconstructed bicycles at their location at 1406 Avenue R beginning at 2:00 p.m. Sunday afternoon, December 18, 2005. Bicycles will be given out as long as they last. For more information, contact Taylor Rudd at 749-5569. Please bring documents which will show a need for the bicycles. "We want to help see that a deserving young person will receive a bicycle," says Rudd.

Don't forget the Annual Christmas Party, which is sponsored by the Booker T. Washington Post 808 of the American Legion, will be held Sunday evening, December 18, 2005, beginning at 7:00 p.m. at the Post in Yellowhouse Canyon. All children are invited to attend, according to Francis L. Bell, Secretary for Auxiliary Post 808. Alfred Caviel is Post Commander.

The Federation of Choirs will meet a week early due to the Christmas celebration. It will meet Sunday afternoon, December 18, 2005, beginning at 2:30 p.m. at St. Matthew Baptist Church, where host pastor is Rev. Edward Cenady. The

meeting is usually held on the fourth Sunday of each month. Sister Bennie Sims is president.

Young children are needed for participating in the upcoming Friendship Wedding which is set for February 19, 2006 at the Bethel African Methodist Episcopal Church, where Rev. Eddie L. Everline is pastor. For more information, contact either Sister Ruby Donaldson at 765-9277 or Sister ReJeanne Slyvester at 763-1339. The first meeting will be held January 4, 2006.

Let us not forget those who are sick and shut-in in our community. There are many among us who are shut-in. Remember, your precious prayers, visits and telephone messages are wonderful. It is especially important during the holiday season. God is able.

Among those ill include Brother Clarence Ervin who is a patient at Covenant Health System, Room 80 South, CCU.

Morning church services began at the New Hope Baptist Church, 2002 Birch Avenue, "The Church Where The People Really Care," where Rev. B. R. Moton is pastor, begun with Meditation and Prayer. After selections by the Praise Team, the morning scripture was read by Minister Martin and Minister

McCutcheon offered the morning prayer. Inspirational musical selections were given by the New Hope Choir. The morning sermon was delivered by Pastor Moton. His subject was "If You Stand Up For God, He Will Stand Up For You."

After an invitation to discipleship, the morning announcements were read by Sister Majorie Thomas. Sister Annetta Phillips welcomed all visitors.

If you or your family has news about events during the Christmas Holidays, let us know about it so we can advise our readers of what is going on. Let us hear from you.

Don't forget to attend the monthly meetings of the Chatman Hill Neighborhood Association. Your ideas are always welcome for the efforts of the organization. The meetings are held at Iles Elementary School on the third Thursday of each month. For more information, contact Carey Don Childers, president.

If you have a chance, why not visit Iles Elementary School which is an outstanding school in Chatman Hill Addition. Go by and let them know you appreciate what they are doing for our children. It's just nice to be nice to those who are doing nice things in our neighborhood.

In Remembrance

Vernice Norris, Sr.
Funeral services for Vernice Norris, Sr. were held Friday morning, December 9, 2005, at the 20th and Birch Church of Christ.



Norris

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

Mr. Norris died Sunday, December 4, 2005 at the University Medical Center. He was born October 19, 1921 in Paris, Texas to Calvin and Mollie Norris. In 1943, he married Jessie Juanita Craven in Lubbock.

He is survived by a son, Vernice Norris, Jr. of Lubbock; six daughters: Patricia Smith, Pat Norris of Lubbock, Margaret N. Sterling of Ft. Worth, Linda Patterson of Garland, Sandra N. Scott of Wiley, and Annita Barnes of Denver, Colorado; 32 grandchildren; 40 great-grandchildren; a brother, Lawrence Norris of Greenville; and two sisters, Jona Pitts of Lubbock and Gertrude Wiggins of Detroit, Michigan.

Funeral services for Vernice Norris, Sr. were held Friday morning, December 9, 2005, at the 20th and Birch Church of Christ. Burial was held at the City of Lubbock Cemetery under the direction of Ossie Curry Funeral Home of Lubbock. Mr. Norris died Sunday, December 4, 2005 at the University Medical Center. He was born October 19, 1921 in Paris, Texas to Calvin and Mollie Norris. In 1943, he married Jessie Juanita Craven in Lubbock. He is survived by a son, Vernice Norris, Jr. of Lubbock; six daughters: Patricia Smith, Pat Norris of Lubbock, Margaret N. Sterling of Ft. Worth, Linda Patterson of Garland, Sandra N. Scott of Wiley, and Annita Barnes of Denver, Colorado; 32 grandchildren; 40 great-grandchildren; a brother, Lawrence Norris of Greenville; and two sisters, Jona Pitts of Lubbock and Gertrude Wiggins of Detroit, Michigan.

Majority of African Americans report having very little savings

PROSPECT HEIGHTS, Ill. (PRNewswire) — Nearly 70 percent of African Americans say they would have less than three months of available cash to pay for living expenses if faced with a life crisis today, according to a new survey by financial services company HSBC - North America.

Additionally, nearly half of African Americans surveyed reported having no savings at all. The survey found that most consumers, regardless of race, are also worried about their level of savings.

HSBC's survey underscores the importance of budgeting and savings as a first step toward securing a successful financial future. The survey also revealed that:

- Only 25 percent of African Americans stick closely to budgets they set for themselves
- 87 percent are concerned about the level of their savings
- Only one-third of African Americans know their specific credit score, the three-digit number that creditors use to determine an individual's eligibility for loans and the interest rates they'll pay

To help consumers better understand and manage their finances proactively, HSBC today launched, for the third consecutive year, its "Your Money Counts" financial education campaign. HSBC's comprehensive financial education Web site, www.yourmoneycounts.com, provides consumers with a variety of valuable

tools and information about savings, budgeting, planning and credit management.

"One of the most effective ways to reach your financial goals is to make regular contributions to a savings or investment account. Without some savings, you might have to take on unplanned debt when an emergency strikes," says Loretta Abrams, vice president of community development and consumer advocacy, HSBC-North America. "The good news is that, armed with a solid financial plan, most people find ways to put aside a portion of their income for future needs and to meet long-term goals."

"Without a set plan, few consumers are able to make their financial goals a reality - whether it's peace of mind about being able to pay for unexpected expenses or having enough money set aside for retirement," says Abrams. "Yourmoneycounts.com offers information on starting or growing a savings plan."

"Planning your monthly spending should include setting aside money for your savings," adds Abrams. "Think of your savings as an expense and include it in your budget like groceries or a car payment."

At the above-listed website, consumers will find a variety of resources, including online calculators and worksheets that address specific financial questions to help consumers learn more about credit, budgeting, savings and planning.

Oprah Winfrey: Preacher, Pastor, Guru? New book gives ten reasons she is our spiritual teacher

Chicago, IL (BlackNews.com) — "Oprah Winfrey, committed to using her power for good, is America's most influential spiritual teacher," says journalist Marcia Z. Nelson in her new book, *The Gospel According to Oprah* (Westminster John Knox Press, \$14.95, October 2005). From her vast TV pulpit, Oprah gives millions of people what religious teachings are supposed to: a sense of values.



Oprah Winfrey

Using examples from Oprah's TV show, magazine, website and philanthropic efforts, Nelson identifies ten reasons why she is such a compelling spiritual guide. Oprah:

- is very human. She admits to struggling with temptations, like food.
- acknowledges the reality of suffering and wants to do something to relieve it.
- provides community.
- encourages self-examination.
- teaches gratitude.
- is easy to understand.
- listens.
- teaches generosity by highlighting and encouraging role models.
- explores forgiveness and demonstrates that it is possible.
- is a reminder service of what is good, what is important, what one person can do.

"Oprah has transformed herself into an exemplar of values, a shaper of tastes, and an entertainer. All these functions work together," Nelson says. "People wouldn't listen to her if she wasn't entertaining. Her influence would be smaller if she hadn't tackled basic issues of cultural values and tastes. She translates what religions would term transcendent into something that is inspiring but secular. She would call it a vision of possibilities."

The Gospel doesn't require doctrinal commitment to ensure that life-changing Aha moments of which she often speaks. It uses stories to teach that you live your best

life by being grateful, generous and honest with yourself and others. "Oprah's most important function may be to remind people of what they already know but sometimes forget," Nelson says, "helping people cultivate virtues such as generosity, gratitude, kindness, and patience."

Nelson shows how religious themes and language weave through Oprah's life and work: testimony, confession, redemption, healing, mission, forgiveness and community. "The African-American Christian tradition is Oprah's spiritual mother tongue," Nelson says, "and her teachings have a surprisingly traditional core. They are about everyday attitudes, responsible decision-making, sharing one's gifts."

Many of her roles take on a spiritual connotation. As encourager and fixer, Oprah goes beyond weight loss tips, relationship fixes and home makeovers to effect change on a much deeper level, fixing communities as well as individuals and families. Her effectiveness as the country's "inspirer-in-chief" as Nelson calls her, was seen in her response to Hurricane Katrina. She mobilized her Angel Network charitable organization and a cadre of celebrity friends to go down to the Gulf Coast, donating money and supplies. There, she broadcast a two-part special that did not flinch from the devastation, driving home the message that we are our brothers keepers.

"As in her shows on South Africa's AIDS orphans, her response to the hurricane exempli-

fies how Oprah informs viewers about suffering. For her, suffering is not a philosophical question, it is a particular condition being experienced by individuals," Nelson says. "The magnitude of the problem is scaled down and humanized into the stories of individuals. By scaling things down and providing how-to's, Oprah helps people avoid the feelings of frustration and powerlessness that result in compassion fatigue."

Oprah's critics may knock her promotion of consumer goods; call her an egomaniac for featuring herself on the cover of her magazine; belittle her simple communication as lightweight pop psych; and even dismiss her considerable philanthropy as self-serving. Nelson herself, after a year of watching the show, and finding herself surprised by how effective a spiritual teacher Oprah is, admits to discomfort with the almost compulsive excess and with the recent emphasis on celebrities. But over all, Oprah walks the walk. "She's got the power and she uses it. Her agenda is ambitious and commendable," Nelson says, citing Oprah's philanthropy, support of women's empowerment, advancement of African American cultural contributions, promotion of reading, and concern for children. "She is religion dressed in fashionable street clothes, meeting people where they are on weekdays, not Sundays, and talking to them in their language."

"Oprah's own religious beliefs appear to be a private matter. But it's clear from her own words that she believes in God and is grateful to God for her success," Nelson says. "Oprah is not God's gift to the culture, which her critics think she thinks. Rather, she is trying to say she has God-given gifts that she uses to influence the culture."

About The Book
The Gospel According to Oprah by Marcia Z. Nelson
Westminster John Knox Press
ISBN: 0-664-22942-5 \$14.95 paper
PUB DATE: October 2005

FASHION FUN

by Shirley Robinson

Topper Coat - A work of art

This lightweight coat is absolutely to die for, designed to then lead



to then lead wherever you go. A conversation piece indeed! If you are a person that appreciates great art, this is the coat for you. It is knee length, tweed, breath taking detailed floral background, beautiful rich vibrant colors selectively covers the entire coat. Ladies, I'm talking collar, button sleeves, front of coat and back of coat, an extraordinary brilliant work of art. You can wear this topper coat with so many things ... go ahead have fun and as you are walking, let your coat do the talking. BETTER DEPT. STORES... SOUTH PLAINS MALL.

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

WHAT CAN TRIGGER AN ASTHMA ATTACK MAY SURPRISE YOU

ATTACK ASTHMA. ACT NOW. 1-866-NO-ATTACKS WWW.NOATTACKS.ORG DON'T LET YOUR CHILD FEEL LIKE A FISH WITHOUT WATER.

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When your children are sick or injured, your top priority is making sure the right people are taking care of them. At Covenant Children's Hospital, that's what you get. Our nursing team recently was ranked in the top 5% of nurses in the nation. We are the region's major pediatric trauma center with the expertise of our ER physicians, two pediatric surgeons, a pediatric neurosurgeon and one of the best nursing teams in the country. Proven experts caring for your children. That's powerful medicine.

Covenant Children's Hospital
www.covenantchildrens.org

Lubbock, Texas

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Church News



We Thank God for Jesus Xmas Is Not For Christmas

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

Matthew 1:23 - Behold (look), a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is "God with Us."

*** Is God in "The World's Xmas???" ***

The world celebrates Xmas with drinking parties, doping, and fights. When the world wants in on God's business, then you know it's not right!!!

1 Corinthians 3:17 - If any man defile (his body), the temple of God, him shall God destroy. For the temple of God is holy (your body). Which temple are you? Are you sick and tired of Santa, lights, reindeers, shopping, and buying things? Now America hates Christmas, and don't want Christ in it. Shame! Shame! Shame!

Matthew 11:28 - Jesus said, come unto me, all you that labour and are heavy laden, and I will give you rest.

*** America Robbing God???

When the world got into Xmas, Santa Claus, reindeers flying in the sky, and the churches went along with these games, knowing they were lies!!!

Romans 1:18, 21-22 - For the wrath of God is revealed from

heaven against all ungodliness and unrighteousness of men who (the churches) hold the truth in unrighteousness, because they when they (the churches) knew God, they glorified him not as God, neither were thankful, but became vain in their imaginations and their foolish heart was darkened, professing themselves to be wise. They (the churches) became fools.

The world has made Xmas the most hateful, harmful, dead less of all seasons. This is not about God's business, but this is the Devil's, and you know the reason!!!

John 10:10 - Jesus said, the thief (the Devil) came not, but for to steal, to kill, and to destroy. I have come that they might have life and they may have it more abundantly.

Many churches say, it is a good time to tell people about the Lord Jesus Christ. I read in the paper where a Jehovah's Witness was beaten with a butcher knife!!!

*** All Christians Should Be Jehovah's Witnesses!!! ***

John 15:18-19 - Jesus said, if the world hates you, you know that it hated me before it hated you. If you were of the world, the world would love his own. But because you are not of the world, but I

have chosen you out of the world. Therefore, the world hates you.

From the scriptures, many churches used Jesus' birth to celebrate Xmas. It was used to show how Jesus came, and gave his life to save us.

Luke 2:7 - And she (Mary) brought forth her first born son (Jesus), and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn.

The churches have plays of Shepherds in the fields with their sheep, and the Angels came into them saying: "There is one born who shall bring peace."

Luke 2:13-14 - And suddenly there was with the Angel a multitude of the heavenly host praising God, and saying "Glory to God in the highest, and on earth peace and goodwill toward men."

Jesus was born to me on November 23, 1979, in my heart. That was the time I let the Holy Spirit live in me. That was the day that I was born again. I thank God for the time He has given me to tell of the Lamb of God who died for all mankind's sins.

*** I'm Just A Nobody, Trying To Tell Everybody About Somebody Who Died On The Cross For Everybody!!! ***



From the Desk of Parson D.A. Smith Jackasses of Racehorses

Some years ago on the campus of Paul Quinn College, my former and late Presiding Elder and I engaged in a conversation as it pertained to the Presiding Elder who was at the time my presiding officer. During the conversation, I asked the late Presiding Elder why this preacher was giving me so much trouble. I said to him you must remember it was your recommendation to the Bishop that I would take the head church of the conference. You of all persons know that I live and breathe Methodism, however this guy still thinks he is a sergeant in the Air Force of the United States and one much follow his commands or else while bypassing the laws of the church. Intellectually we clash and are as different as day and night. You of all persons know I will not bow down to a black or white Baa! nor will I kiss his donkey.

The late Presiding Elder looked at me and pointed to a gentleman who was laughing with such fervor (among those whom he deem as important) that

thirty-two white pearly teeth and one gold tooth was showing. He said to me, "the man in the inner circle is known as a 'bul'oon' - a ridiculous, uneducated, a stupid, but nevertheless amusing person." However, you are dealing with a less than holy "jack-ass."

Jackass is a synonym for donkey. The term donkey, a.k.a. Asses (Equus asinus, hence also ass), is a domesticated animal of the horse family, Equidae. A donkey is not a "real" horse but he is in the family. The donkey is a hybrid and is usually sterile. A real horse has 64 chromosomes whereas a donkey have 62, producing offspring's with 63 chromosomes.

A donkey's behavior is different from a real horse. They have a high sense of self-preservation and a reputation for stubbornness. They always look out for their best interest.

The head officer at Smith Temple gives this analogy of the difference between a Jackass and a racehorse. He says when the

gate opens at the racetrack the thoroughbred will set his ears, prance, and stretch out his tail and dashed toward the finish line. The Jackass will drop his ears and tail and try to throw his rider from the saddle.

From a cultural aspect, the Jackass or donkey has a long history. The ass was a symbol of the Egyptian god, Seth. The ass was a symbol of the Greek god Dionysus. An Indian tale has an ass dressed in a panther skin gives himself away by braying. A German proverb claims a donkey can wear a lion suit but its ears will still stick out and give it away.

The question is whether we who are leaders (especially black pastors) in Lubbock are racehorses, buffoons, or jackasses. Does our life reflect by what we do and how we treat others the image that Jesus would want us to reflect? How will history view us? Will we be known as racehorses for humanity or Jackasses for selfish behaviors and self-preservation?

DSHS: Keep safety high on children's gift lists

The colorful ads are enticing, the lists long. Even children who have fought putting pencil to paper all year are spending hours revising and refining their wish lists.

It's the holiday gift-giving season.

Along with matching child to toy, the Texas Department of State Health Services (DSHS) urges those selecting gifts for children to keep safety in mind. "Just taking a few minutes to think about safety precautions could save a child from injury or death," said Tom Matherly of the DSHS environmental and consumer safety section.

Always read labels attached to toys or clothing, Matherly said, especially for age recommendations. A label will tell a consumer two critical things: if a toy is not safe for younger children and why it is not safe.

"Even the brightest child should not be given a toy labeled specifically for an older child," he said. "Toys meant for older children may have parts or strings that can choke or strangle a younger child."

A quick test will help determine if toy parts are a choking hazard, Matherly said. "Take the cardboard tube from a roll of toilet paper," he said. "If the part can pass through the tube, it could choke a child."

Matherly also suggests that shoppers buy the appropriate protective gear to complement sporting equipment. "Always give a safety helmet with a bicycle," he said. "Or if you give skates, be sure to include a helmet and pads for the wrists, elbows, knees and shins."

Other tips are:

- Be sure the instructions are understandable to the buyer and, when appropriate, the child.
- Look for sturdy construction such as tightly secured eyes, noses, buttons and other small parts.
- For an infant, buy large rattles, teething and squeeze toys that cannot get stuck in the child's throat.
- Do not buy toys with small parts or items such as marbles, small balls or balloons for children under 3.

• For children under 8, avoid electric toys with heating elements and toys with sharp edges and points.

• If you buy arrows or darts, be sure they have rubber suction cups or flexible, protective tips that stay secured when used. If your children receive arrows or darts, teach them how to play with them safely. Arrows and darts are not recommended for children under 5.

• Discard plastic wrappings on toys immediately, before they become deadly playthings. "Most of safe toy buying is common sense," Matherly said. "Make sure the toy is safe for the child's age, and that it is well constructed, durable and suited to a child's physical and mental development while still being appealing and interesting."

Additional information about toy and product hazards and safety is available on the DSHS Web site. Visit them online at www.idh.state.tx.us/bch/ps/child.htm.

Outreach Prayer Breakfast

Members of the Outreach Prayer Breakfast met in the home of Sister Dotsey McBride Saturday morning, December 3, 2005. It was the last meeting for 2005, and it was great! Devotions were led by Sister Burleson and Sister Crawford. A special scripture was read by Sister Annie day. We would like to specially thank all who were in attendance. Our special prayer was entitled: "Is there any sick among you?" We're still asking this question. "Is there?"

The morning scripture lesson was taught by Sister Elnora Jones.

"Jesus Is The Reason For The Season." Let us walk in Divine Health!

The basic of the 4 gospels was to present the good news of the Redeemer Saviour of the world, so that the readers and hearers would come to believe in Christ and have eternal life. John 3:16. The announcement ministry of Jesus - Luke 4:16.

So He came to Nazareth, where He had been brought up. And as his custom was, He went into the synagogue on the Sabbath day, and stood up to read.

"The Spirit of the Lord is upon me. Because He has anointed me to preach the gospel to the poor; He has sent me to heal the broken hearted, to proclaim liberty to the blind, to set at liberty those who

are oppressed, to proclaim the acceptable year of the Lord."

What does Jesus offer? First of all, a cancellation of - Spiritual debt of sin, a new beginning for those that accept him as their personal Saviour. In Third John, 1st chapter, 3rd verse reads: "Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth."

Question: As believers, are we walking in divine health? There are many sick in the body of Christ. John 10:10 reads: "The thief cometh not, but to steal, and kill, and to destroy; I am come that they may have life; and that they may have it more abundantly. What choices can we make to live an abundant life? To be fruitful, enjoy good health, so that we can reap the blessing of God.

Hosea 4:6 - "My people perish for the lack of knowledge."

Thomas Wilkes, in his book, reveals that God promises if an abundant life is directly tied into fulfilling your purpose; your purpose cannot be attained until you train your soul. A prosperous soul causes prosperity in every area of your life. Your soul is your mind, your will and emotions.

What choices can we make as Christians for our souls to prosper and be in good health? Romans

12:2 And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is good, acceptable, and perfect will of God.

First of all, we must change our way of thinking. If one keeps that same old pattern of thinking, and keep doing the same old thing over and over again, you are going to get the same results.

What choices can he make as Christians for our soul to prosper and walk in divine health?

Question: What are we nourishing our souls. Do we sit and watch soap operas all day ("Young and Restless" and etc.) What spiritual nourishment are you receiving? Let's not get caught up in the world schemes and become addicted. Proverbs 13:11. Wealth gotten by vanity shall be diminished; but he that gathered by labor shall increase. In other words, a quick scheme quickly disappears.

Continue Next Week.

Let us continue to pray for our sick and shut in citizens. For all of you are hurting, we are praying for all of you.

Thanks for reading, Saints, because you're the greatest.

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

St. Matthew's Baptist Church News

Last Sunday morning, December 11, 2005, was another exciting day in the Lord at the St. Matthew Baptist Church, 2020 East 14th Street, where Rev. Edward Canady is the proud pastor.

Services begun with Sunday School at 10:05 a.m. with Superintendent Luella Harris in charge. The morning lesson was taught by Sister Harris, and reviewed by Pastor Canady.

The morning devotion was led by Sister Annie Onasanya and Sister Christene Tullah. It was a spirit filled morning. The St. Matthew Baptist Church Senior Choir sang out of their hearts and souls. What a morning in the Lord!

Pastor Canady delivered the morning sermon. His subject was "You Can Run, But You Can't Hide." His scripture text was Jonah 1:1-3. What an inspiring message which brought a great lesson for all in attendance.

Let us not forget to pray for our sick and shut in members as well as all others. Among them include Sister B. Johnson who is home sick and Sister Louise Tillman who is a patient in the University Medical Center.

*** St. Matthew Baptist Church

will host the monthly meeting of the Federation of Choirs Sunday afternoon, December 18, 2005, beginning at 2:30 p.m. The public is invited to attend.

*** Thought for the Week:

"Gossip is what may be called ear pollution."

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Beloved Giant Pandas, a symbol of racial harmony, step into the spotlight

It has been said that that major historic events are often triggered by small seemingly acts that have far reaching affects. One example was in the early 1970's when President Nixon visited mainland China for the first time. Today, that may not seem like such a big deal. But back then, it was a major historic event. One of the outcomes of that visit was a gift from the Chinese government to the United States of an animal that was very rare. The Chinese gift was two Giant Pandas. Giant pandas are black and white bears that live in temperate-zone bamboo forests in central China. Among the best recognized, but rarest animals in the world, they have come to symbolize endangered species and conservation efforts. As few as 1,600 giant pandas survive in the mountain forests of central China. Another 120 are in Chinese breeding facilities and zoos, and about 20 live in zoos outside China.

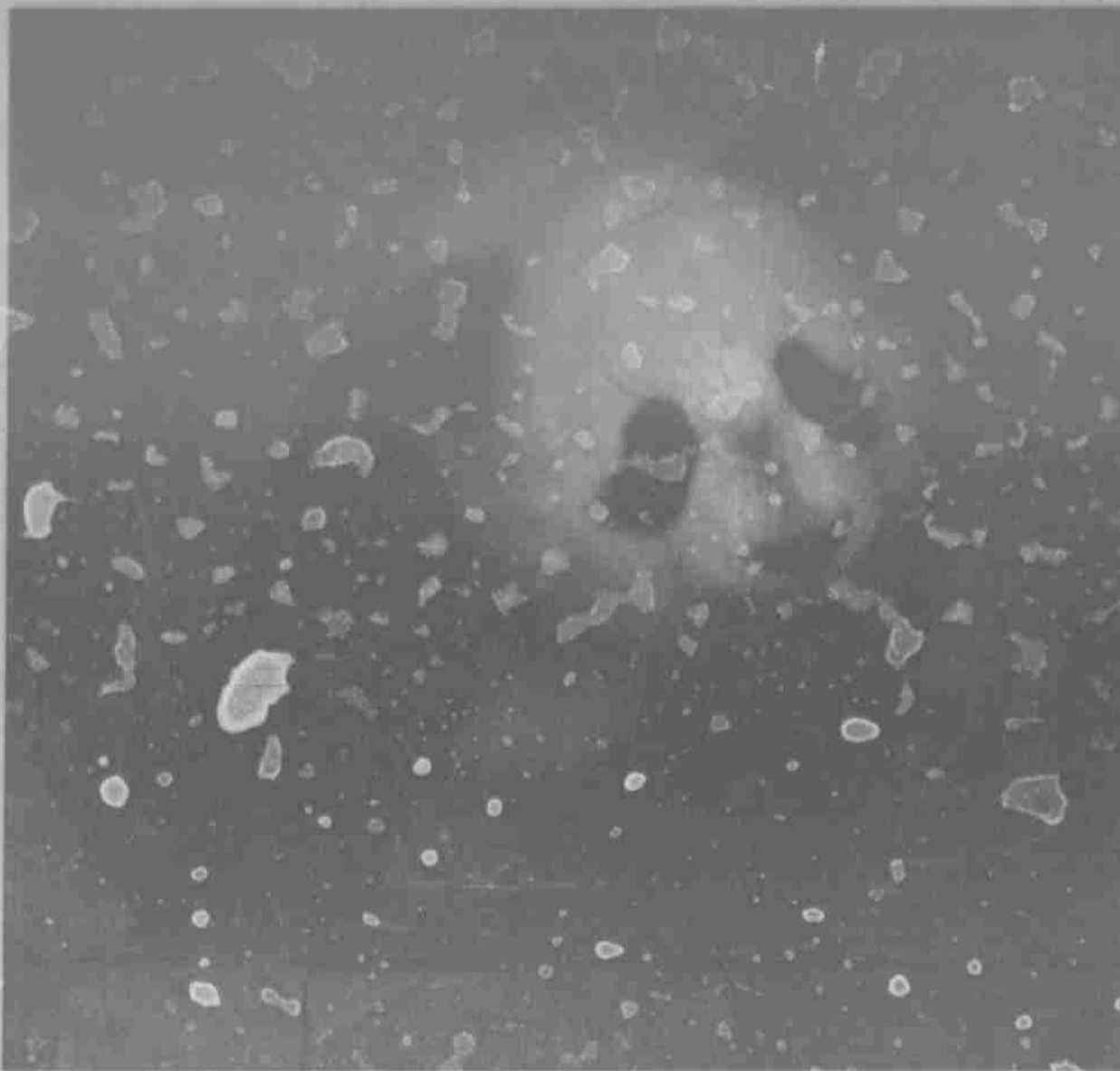
So what's happening now with the pandas in America? There are two baby panda cubs that have been born in recent months. One in California, and one in Washington, D.C. Recently, the D.C. bear has been getting a lot of attention. Tai Shan made his media debut just last week and millions from around the world are excited about him and his appearance in public.

The pandas that were given as gifts to the United States in 1972, were named Hsing-Hsing and Ling-Ling. They were the most popular attraction at the National Zoo in Washington, D.C. during their lifetime. The zoo scientists at the National Zoo have become leaders in the field of giant panda biology and conservation, in a large part due to the Chinese gift.

Below are updates from the staff at the National Zoo in Washington D.C. about Tai Shan and his progress.

November 29: Tai Shan's Media Debut

Tai Shan made his big media debut this morning. He was in high gear for about two hours, during visits by more than 50 media outlets and more than 100 reporters from as far away as China, Japan, and Russia. He showed off his new climbing skills and defied gravity over and over again as he walked along the edges of the rock ledges. Having discovered the trickle of water



Four days before the cub's ninth exam, on October 21, he turned 100 days old and was named Tai Shan, which means "peaceful mountain" in Chinese. At the exam, he was weighed at 14.1 pounds and measured 27.1 inches long.

that runs off of the rocks into the empty pool, Tai let the water trickle over his head and licked the droplets off his face. As if on cue, when the media group's time was up, he wandered into his den, only to return to the exhibit for the next group. A confident and assertive bear cub, when Tai is finished with our activities he protests by bobbing his head at us and lunging forward. If he barks or squeals, his solo time is over, for Mei Xiang is soon at the door ready to check in.

December 3: Leaves Are Tai Shan's Favorite Toys

We've noticed this week that, as each day passes, Tai Shan is more interested in the activities of the keepers as well as the features of his enclosure. Leaves are most fascinating to him. He can chew on them, and they will stick to his face and paws. He can make them rustle and skid across the floor, and then catch them again. Yesterday, he was given a pile of leaves, a cardboard box, and a

Kong toy to play with. He interacted with everything. The cardboard box became scary when it turned over on top of him. Tai had to scamper back to the den to regain his composure. He chewed on a kong toy—a black, rubber, Great Dane-sized dog toy. Tai even licked at a piece of cooked sweet potato left behind from the stuffed kong that Mei Xiang had been given earlier. It is fun to watch each new day of discovery.

December 4: Self-cleaning Pandas

Pandas are self-cleaning. The staff never bathes them. When provided large spaces, pandas usually will not urinate and defecate in the areas where they rest. They tend to be "spot defecators," returning to the same areas to deposit feces and urine. They also like to rest high in trees or on rock ledges. It is not unusual to see them back up to the edge of the rocks and let loose. Pandas rub and scratch as though they are itchy, but never seem to have problems with ectoparasites such as fleas and ticks. These pesky invertebrates are very species specific. The kinds that occur in our region apparently do not find pandas very tasty.

Pandas scent anoint themselves on occasion with select objects, getting very dirty in the process. One of their favorite ways to get dirty involves pieces of rotten willow wood. Oh, how they will roll, as well as pick up and rub the pieces over their face and body. When they are quite dirty, they then give a good shake and the pieces go flying like water droplets off a wet dog. Speaking



The cub was weighed on October 4. At 11.4 pounds, he had gained about four ounces in four days. We noticed that his markings are similar to Mei's. The black band across his back now looks more uniform, and he has a white patch at the back of his ankles, above his hind feet, just like mom.

December 5: Record-breaking Cuteness

The cute meter went completely off the scale yesterday! Two times! Tai Shan was given a small, hard, plastic ball, about ten inches in diameter. He played with it for the first time by grasping it between his legs and biting it. He then fell off of it, onto his back, as the ball shot out away from him. He then bounced himself back into the den! He looked like a big puff of popcorn as his rear hopped through the door.

Later, when Mei Xiang returned, he followed her up onto the rocks and sat beside her "cating" bamboo. What a little big boy, sitting like a tiny mirror image of his mother, pretending to eat bamboo. Mei had Mini Mei!

Animal Planet's "A Panda Is Born" Premieres December 10. Join Zoo staff behind the scenes to learn all about our pandas and see exclusive footage of Tai Shan, by tuning into the world premiere of "A Panda Is Born" on Animal Planet, December 10 at 7 p.m.



On August 2, Zoo staff got their first up-close look at the cub on August 2 and learned that it was a boy. Since his birth, he had developed distinctive dark markings, become hairier, and grown a lot. He weighed 1.82 pounds, and had a total body length of 12 inches.

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<p>Name: _____ Grade: _____</p> <p>Parents name: _____</p> <p>PARENT'S SIGNATURE: _____</p> <p>Parents Address: _____</p> <p>Daytime phone (parent): _____</p> <p>On a separate sheet of paper</p> <p>1) briefly tell us about your nominee and</p> <p>2) list the accomplishments of your nominee.</p>	<p>Name: _____</p> <p>Relationship to nominee: _____</p> <p>Daytime phone: _____</p> <p>Do you want your nomination to be anonymous? _____</p> <p>Did you include a good quality photo of the child? _____</p> <p>(Photos will be returned only if a self-addressed stamped envelope is included.)</p>
<p>SPOTLIGHT ON KIDS RULES</p> <p>1) No purchase necessary. Nominee names will appear periodically throughout the year in the Avalanche Journal and Make Kids Count sponsors business general issues. Prizes also are available at The A-1 Information Center, 710 Ave. J.</p> <p>2) Nominee names can be called by Spotlight On Kids, P.O. Box 491, Lubbock, TX 79408, or can be dropped off at the A-1 Information Center, 710 Ave. J.</p> <p>3) All information, including a reproducible photograph of the child, must be included. INFORMATION</p>	<p>AND HOW WE'LL NOT ARRIVE AT THE A-1 WITHOUT INFORMATION AND SIGNATURE FROM A PARENT OR LEGAL GUARDIAN. Photos will be returned ONLY if a self-addressed stamped envelope is included.</p> <p>4) Only one Spotlight On Kids nominee will appear in the A-1 each day.</p> <p>5) Selection will be made by A-1 personnel based on the completeness of information, parental approval and the needs of the program, including family social welfare, citizenship, education, classroom activities and accomplishments, good behavior, direct involvement, etc.</p> <p>6) All nominees agree to allow their names and photographs to be published in the Avalanche Journal without further compensation.</p> <p>7) The Avalanche Journal is not responsible for returned mail unless that you forwarded, lost, lost, undelivered, damaged, illegible, incomplete or postage due.</p> <p>8) By entering, each entrant or their representative or representative agrees to the rules and agrees to be bound to them.</p>

Vitamin D deficiency: A hidden health epidemic among African-American women

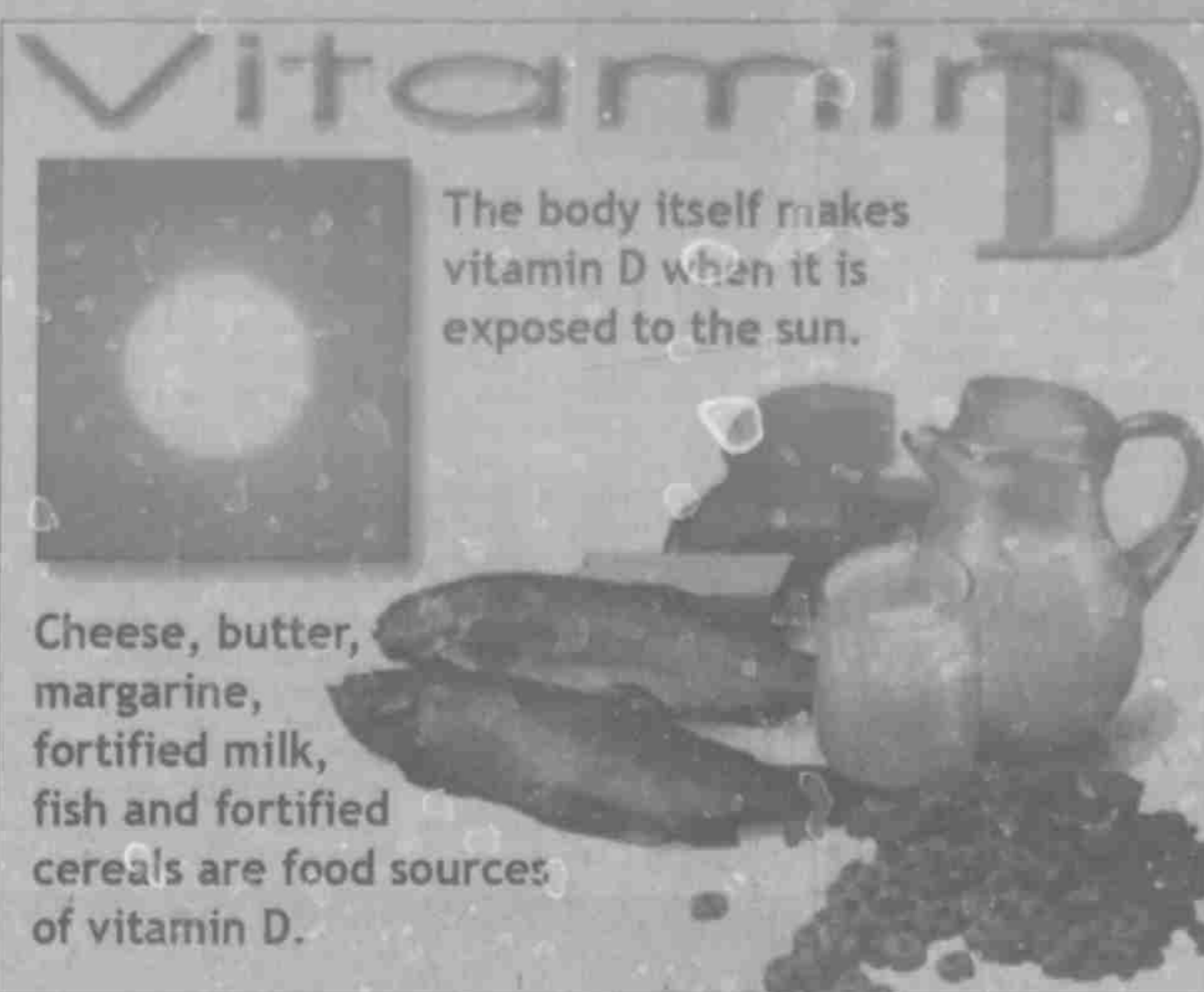
PITTSBURGH, /PRNewswire/ - A growing body of research supports the finding that vitamin D deficiency is a major health crisis for African-American women. While 70 percent of all women ages 51-70 and nearly 90 percent of women older than 70 aren't getting enough vitamin D, African-American women are at even greater risk. If they're between 19 and 49 years old, they have 10 times less vitamin D in their blood than their Caucasian counterparts.

Active, healthy lives depend on beautiful, healthy bones. Healthy bones depend on calcium, which in turn depends on vitamin D to help with calcium's absorption into the body. In addition to bone health, vitamin D is also important in building and maintaining healthy muscles. Vitamin D helps muscle cells mature and function and helps keep them active and strong enough to support the body. On the other hand, lack of vitamin D can make muscles weak, which may be why symptoms of aching bones and muscle discomfort, which are unexplained by any other illness, may be the symptoms of vitamin D deficiency.

"Healthy bones are essential for keeping women active, vibrant and mobile throughout life," says Dr. Michael Thomas, a nationally renowned women's health expert.

"Long after we've reached mid-life, it's our bones that help our bodies keep up with our attitudes."

More than two-thirds of African-American women mistakenly believe they are getting enough vitamin D. In addition,



Vitamin D

The body itself makes vitamin D when it is exposed to the sun.

Cheese, butter, margarine, fortified milk, fish and fortified cereals are food sources of vitamin D.

Critics now accept the sun as your healthiest source of Vitamin D, but there are many other places to get the necessary nutrients, including supplements.

African Americans typically have denser bones, so there is a false assumption that calcium and vitamin D deficiency bypasses this group. The reality is that when African-American women reach midlife, their risk of developing osteoporosis more closely resembles that of Caucasians, and if over the age of 65, between 80 percent and 95 percent of bone fractures among African-American women are due to osteoporosis.

"Simple changes in diet, exercise and mindset can be the difference between daily aches

and muscle discomfort and maintaining a vibrant, active lifestyle well past your prime," Dr. Thomas says. "The time is now to join the U.S. Surgeon General and other bone experts to help minimize the epidemic and join the quest to get women of color bone-healthy beautiful."

THE COLOR IN BONES - WHY BLACK WOMEN ARE AT HIGHER RISK

A variety of factors can cause calcium and vitamin D deficiency in African-American

women. The high melanin content in darker skin reduces the skin's ability to produce vitamin D from sunlight. In fact, experts note that people with darker skin may need 20 to 30 times as much exposure to sunlight as fair-skinned individuals to generate the same amount of vitamin D.

Inadequate intake of vitamin D in diet is another factor. Studies confirm that African Americans consume the lowest amount of vitamin D from food alone among different ethnicities. According to the

National Institutes of Health (NIH), as many as 75 percent of African Americans are lactose intolerant, possibly further limiting the consumption of calcium and vitamin D fortified dairy products.

Bone Straight... the Low-down on Supplements

More than 75 percent of Americans are not meeting the current calcium intake recommendation. And while some women may think they're receiving enough, most women in a recent study underestimated their daily calcium needs by at least half. Consequently, African-American women, who are at higher risk than the general population, should consider taking a calcium supplement with vitamin D to help make up for what is needed daily. Here are tips on choosing the right calcium and vitamin D supplement for you:

- **All Choked Up!...** Many women have problems swallowing calcium pills. Consider smaller, chewable tablets and those that are carbonate-based, which are more concentrated and allow you to take fewer pills.
- **The Host with the Most!...** Check for calcium supplements with at least 500mg per serving that are enhanced with 400 IU of vitamin D, like the chewable version made by Os-Cal, which has the most vitamin D.
- **Takers can be Choosers!...** Not all calcium supplements are the same. Calcium carbonate-based supplements are generally more economical per dose because the calcium is the most concentrated.

ed. They also are the most widely used so they're easily accessible over the counter at most major grocery and drug stores.

VITAMIN D MATTERS!

Living out its commitment to keeping America bone healthy, the Os-Cal Chewable We Matter, Vitamin D Matters! Forum is a series of educational events that will be held in churches across the country to help African-American women learn about the importance of maintaining their bone health - along with their inner spiritual beauty. The inaugural event kicked off July 29 in Washington, D.C., in conjunction with the National Urban League's annual conference. Each forum will feature "O," The Oprah Magazine's, "Dream Team of Health Experts" (Bylyc Avery, Dr. Janet Taylor and Dr. Susan Taylor) to inspire women to stay bone healthy.

"The first and most important step in preventing vitamin D deficiency is to become a catalyst for dispelling myths in the African-American community about bone health," Dr. Thomas says. "These events allow for open, honest discussion and create a platform to dispel myths that have circulated within the African-American community for years - such as we don't need supplements because of our higher bone densities. It's a chance to teach and - potentially - to make lives longer through beautiful, healthy bones."

Call 1-866-My-Bone-Health for a free guide about keeping your bones healthy, or visit www.oscal.com/champion for more information.

Sang honored by Big 12

Philistia Sang, a junior outside hitter on the Texas Tech volleyball team, was named as the Big 12 Newcomer of the Year, it was announced by the conference today.

Sang, a native of Nairobi, Kenya, ended the season with 500 kills, which led the team and listed at fourth on the all-time season kills list. Her kills per game average of 4.50 was also team leading. She tallied 1,376 attempts, good for second on the all-time season attempts.

Sang posted 4.22 kills per game in Big 12 play. She ranked third in kills in conference matches this season. Defensively, Sang averaged 2.40 digs for the Red Raiders and 2.29 during the conference campaign. A transfer from Indian Hills Community College, she becomes the second player in five years from Texas Tech to receive newcomer

honor (Kelly Johnson, 2001).

At Indian Hills C.C., she was named first-team All-America during 2004 season and received all-region and all-conference honors. Her team finished third in the nation in 2004 while winning the regional and district championship. She won the Top Gun Award for having the most kills on the team while also setting the record for kills.

Sang participated in the 2004 Athens Olympics as a member of the Kenyan national team. She also participated in the 2001 and 2002 World Championships as a member of the Kenyan national team and totaled the most kills for her team during World Championships.

Sang attended Kerotet Girls School in Kenya and recorded the most kills in the nation. She was named all-state during her stint at Kerotet. She was born in Jansin-Gishu, Kenya, to Magdaline Sang. She has six siblings, four sisters and two brothers. She is majoring in health science.

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Jesus Christ died for our sins - 2 Cor. 5:21; Acts 2:38
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
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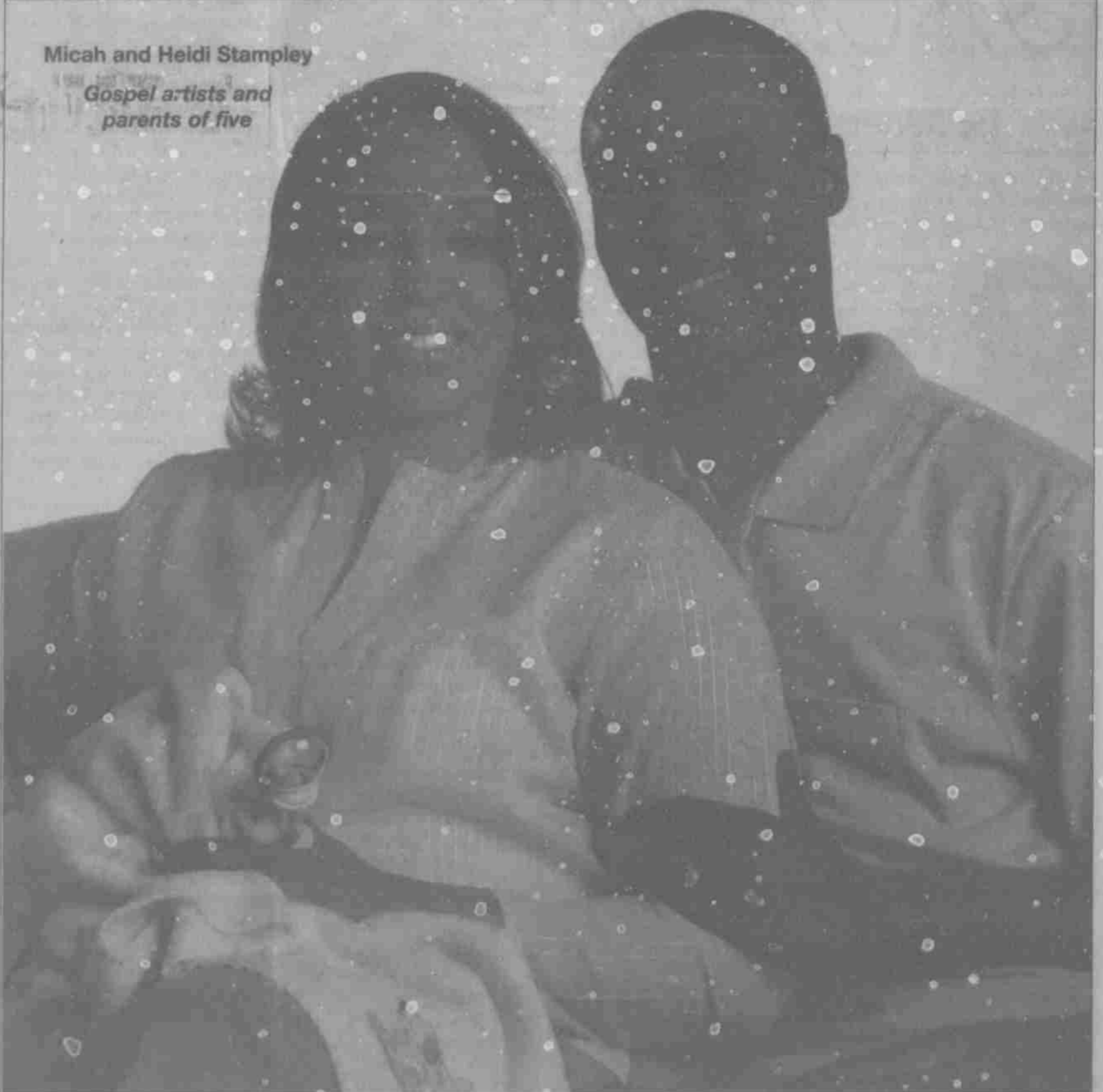
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- Micah Stampley

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Editorials • Comments • Opinions



THIS 'N' THAT

by T.J. Patterson

WOULDN'T IT BE NICE? THIS 'N' THAT, like many of you are in the holiday hustle and bustle. As we go through this busy part of the year, one can't wonder why we are not in this mood of getting along during the end of the year. THIS 'N' THAT, while shopping one day last week in a local convenient store, observed a young fellow who was apparently hungry and was trying to make it. After observing him, THIS 'N' THAT began to wonder how many young people in our community who are hungry and are just trying to get by each day. It just makes one sit back and think what can be done during the entire year, instead of just on holidays. Have any of you asked yourself this question, and then answer it by asking yourself, "WHAT AM I DOING TO MAKE THIS COMMUNITY A MUCH BETTER PLACE FOR ALL OF US?" If you haven't done so, then why not begin today, making our community a much better place for all of us to live? In other words, wouldn't it be nice if we all would reach out and help someone? Again, THIS 'N' THAT will visit the LUBBOCK COUNTY JAIL, on Christmas Day, as has been the activity for twenty years or more. Those locked up in Lubbock County Jail need to know there are those who need to know there are those who are concerned about their welfare.

A SPECIAL THANKS TO PATTERSON LIBRARY STAFF! THIS 'N' THAT wants

to say THANK YOU to the director and staff of the BOBBIE GENE & T.J. PATTERSON LIBRARY, for such a positive TENTH BIRTHDAY CELEBRATION on Wednesday afternoon, December 7th. Because of your dedication, the library will continue to grow, and it will serve as a catalyst for our young people to continue to read and learn. Again, a special thanks to MRS. HELEN VICEER FITZGERALD & STAFF for a job well done! Just like the young lady from the Rise Academy said in her presentation of "STAND!" the library must continue to stand.

PENNY HASTINGS THE BARBER SAYS: "If you make a CHILD mad today, he will love you TOMORROW, but if you make him GLAD today, he will HATE you tomorrow!"

GRADUATION MAKES SENSE! THIS 'N' THAT was glad to see the GRADUATION CEREMONIES for a program called "FAMILIES AND SCHOOLS TOGETHER" (FAST) held at Wheatley Elementary School, Monday evening, December 12th. It was sponsored by Communities In Schools (CIS). These families participated in an eight week program to develop the school-parent-community-child partnerships. This program, FAST, enhances parents and builds parent support groups and ultimately builds community. CIS sponsors monthly activities for these families so they can continue to get together for friendship and support. TUBBS

ELEMENTARY SCHOOL also participated in this effort with graduation as well. Because of FAST, principals have seen tremendous positive changes in families and an increased level of families' involvement in schools and in the lives of their children.

ANNUAL CHRISTMAS PARTY FOR YOUTH! THIS 'N' THAT wants to remind the parents and young children about the ANNUAL CHRISTMAS PARTY, which will be held Sunday evening, December 18, 2005. This event is sponsored by the BOOKER T. WASHINGTON POST 808, AMERICAN LEGION, and will begin at 7:00 p.m. Parents, let's take our children to this annual party! It's all about our children!

LUBBOCK NEEDS TO HEAR ESTACADO'S VERSION OF "WIZ" THIS 'N' THAT is hoping other areas of the city would get an opportunity to hear the ESTACADO HIGH SCHOOL'S production of "THE WIZ". It would be a good feature for a presentation at the CACTUS THEATRE during Black History Month in February, 2006. These young people are very good in their presentation, and hopefully, this will become a reality. The entire City of Lubbock has so much talent. THIS 'N' THAT is hoping this will become a reality, and Sister Barbara Jackson can once again present these young people to many viewers. Don't you think this makes good sense? If so, let us hear from you!



Think About It!

As 2005 fades into the sunset...

In the year of 2005, there were some shining moments, mostly to have been taken away from East Lubbock for the Milwaukee Street area. The Metropolitan Planning Organization (MPO) proposed fly by at the southern end of MLK Blvd. and the Staton Highway would help tremendously the northern travel to Preston Smith International Airport. Even the proposed cul-de-sac for Williams Cntnken on Malou Road, which was a part of the deal to opening up the business in East Lubbock. The funds were in place, but can you guess where the funds ended up? Would it have been Milwaukee? Guess who's

District it is? Yes, you are correct. Mayor pro tem Tom Martin and a mayoral candidate. Come on Floyd Price, where are you at on this one? However, in defense of Floyd Price, when he ran for city council, he had not been active in District Two, but he should have learned by listening and communicating with his voters will really help his posture. This, in his writer's opinion, is the best medicine for learning the needs and wishes of the voters, regardless of the District.

The North and East Lubbock Development project took off with a bang, and I be darned, an oil well and politics entered into the picture with

some apparent inside interventions from within the system itself. What a shame that a program came in with such a bang and dwindled down because of not an energetic support of the city council!

Linda DeLeon and Floyd Price, if you can't get total support from the City Council, with them using and playing the majority vote thing, when you are a minority and politically right. Why not call a press conference and let your voters know what is going on? Then you will be in a posture to rally total city support from all voters. Really, the voters don't know how to act and vote if they do not know.

Letter to the Editor

Excellent production at Estacado!

I want to congratulate the Estacado High School Music Department for a very impressive production of "The Wiz" on December 1. The acting and singing performances were very

good. The costumes, set design, and special effects excellent. Ms. Brenda Jackson, the choral director at Estacado and production manager of the presentation, deserves many kudos for putting on not only the first musical ever at Estacado, but a very good one at that. Involving the music

departments from the elementary and middle schools in that LISD quadrant revealed her vision and creativity, as well. Those of us in the practically capacity audience that night enjoyed a very entertaining evening.

*Bobbie Snodgrass
Lubbock, TX*

New exhibit at the Buddy Holly Center features two Lubbock artists

The Buddy Holly Center is thrilled to announce its fourth biennial exhibition of Texas Works, a show that focuses on the creative talents and productions of Texas Artists. The exhibit celebrates the influence of the Texas environment, landscape, history, and experience on its artists, and subsequent artwork. For the past several years the exhibition has grown to include individuals with innovative styles and concepts. The featured artists provoke, challenge, and incite the viewers with unique perspectives and skill. Texas Works will be open for viewing December 13, 2005 - March 18, 2006 in the Fine Arts Gallery of the Buddy Holly Center.

Educational programs will include lectures and workshops at the Buddy Holly Center and within the West Texas Regional School Districts. The reception for Texas Works has been scheduled for March 3, 2006, in conjunction with the First Friday Art Trail that takes place the first Friday of each month. The reception will be from 6:00

9:00pm and will include a Cultural Conversation with each of the featured artists discussing the exhibit, as well as refreshments and a cash bar.

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.

For more information about this exhibit or other events, please contact the staff at the Buddy Holly Center at (806) 767-2686 or visit us online at www.buddyhollycenter.org. The Buddy Holly Center is located at 1801 Avenue G in the Depot District of Lubbock, Texas.

In Cinque

by Renetta Howard



The registration period for Medicare Plan D began on November 15, 2005 and extends through December 31, 2005, to be effective on January 1, 2006. Enrolling at a later date will cause a monthly 1% penalty for each month of delay in enrolling in a Plan D for subscription drug coverage. For individuals receiving Medicare coverage, the Plan D is optional. One does not have to purchase prescription drug coverage. If you do not have coverage and want it, you can buy it. If you have it and think something else is better than what you have, you can change. If you are enrolled in a plan that will change, you have a choice of purchasing a Plan D or not purchasing a Plan D.

Prescription Plan D companies have begun to bombard us with their versions of prescription drug coverage plans. They begin their messages to you by thanking you for being interested in their plans. The average one which I

have received is setting their lowest price at \$45.00 per month. When you add \$45.00 to the \$88.50 which will be deducted from your Social Security check for Medicare coverage, the total for medical care is \$133.40 per person without including the cost of a supplemental health insurance plan. Supplemental health insurance plans usually cost about \$146.00 per person per month and that would bring the out-of-pocket amount to at least \$191.00 per month plus the \$88.50 for Medicare and an individual will have spent at least \$279.50 for insurance without buying a single pill or seeing a single medical professional.

Two hundred seventy-nine dollars is a pretty big size of money sliced from the average Social Security check of about \$900.00 per month. That will leave an individual with about \$621.00 per month for food, housing, clothing, transportation, light, heat, medicine and doctor visits. Church donations and recreation are not included in the budget, nor is life insurance or any form of fiscal savings. These items would be prohibitive even if one's home is paid for. The taxes and insurance are tantamount to a house note.

Many people are afraid of the Plan D programs because they do not understand them and it seems that agency representatives who should explain it, are not doing so, especially to the recipients of Medicaid who also receive Medicare coverage. Many of these individuals are interpreting the enrollment in Medicare Plan D as a means of losing their financial grants from Medicaid. They have not been made to understand that the check which they receive each month will not be cut off because they are switched to Medicare health coverage. Medicaid is the medical care coverage arm of SSI (Supplemental Security Income) and Aid to Families with Dependent Children. Under the new Plan D, SSI recipients and Medicare eligible SSI recipients will no longer receive Medicaid, but Medicare health coverage. Get 'in cinque' and call The Social Security Office near you to get the most accurate information.

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.

You can bring your letter to our office or send it through the mail to: Southwest Digest, Letter to the Editor, 1302 Avenue Q, Lubbock, TX 79401

You can also email us at: swdig_letters@globalnet.net or fax your letter to (806) 741-0000.

Howard

Howard



Southwest Digest

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

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

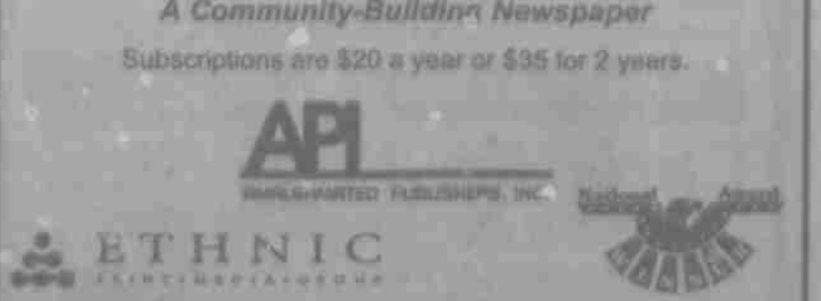
People will react to that which is precise, and we will publish these articles as precisely and factually as is humanly possible. We will also give credit and respect to those who are doing good things for the Lubbock Area and the people. We will be critical of those who are not doing as they have said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

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

This is not a propaganda sheet made to chastise or vilify. This is a newspaper made to educate and not to agitate.

The opinions expressed by guest columnists or editorials are not necessarily the opinions of the publishers/editors or those of the advertisers. Comments and pictures are welcome but the publishers are not responsible to return articles unless a self-addressed stamped envelope is submitted. All notices must be paid in advance. Story deadline is 5 p.m. on Friday. Advertising deadline is 12:00 pm on Monday, the week of publication.

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Stanley "Tookie" Williams, co-founder of Crips, executed after years on death row

SAN FRANCISCO (BlackNews.com) - Gov. Arnold Schwarzenegger refused to block the execution of Stanley Tookie Williams, rejecting the notion that the founder of the murderous Crips gang had atoned for his crimes and found redemption on death row.



Williams

With a federal court refusing to grant a reprieve, Williams, 51, died by injection at San Quentin Prison early Tuesday for murdering four people during two 1979 holocausts.

Williams' case became one of the nation's biggest death-row cause celebres in decades. It set off a nationwide debate over the possibility of redemption on death row, with Hollywood stars and capital punishment foes arguing that Williams had made amends by writing children's books about the dangers of gangs.

But Schwarzenegger suggested Monday that Williams' supposed change of heart was not genuine, noting that the inmate had not atoned for his crimes or shown any real remorse for the countless killings committed by the Crips.

"Is Williams' redemption complete and sincere, or is it just a hollow promise?" Schwarzenegger wrote less than

12 hours before the execution. "Without an apology and atonement for these senseless and brutal killings, there can be no redemption."

Williams' supporters were disappointed with the governor's refusal to commute the death sentence to life in prison without parole.

"The governor's 96-hour wait to give an answer was a cowardly act and was tortuous," said former "M*A*S*H" star Mike Farrell, a death penalty opponent. "I would suggest that had he the courage of his convictions he could have gone over to San Quentin and met with Stanley Williams himself

and made a determination rather than letting his staff legal advisers write this garbage."

Williams stood to become the 12th person executed in California since lawmakers reinstated the death penalty in 1977.

He was condemned in 1981 for gunning down convenience store clerk Albert Owens, 26, at a 7-Eleven in Whittier and killing Yen-I Yang, 76, Tsai-Shai Chen Yang, 63, and the couple's daughter Yu-Chin Yang Lin, 43, at the Los Angeles motel they owned. Williams claimed he was innocent.

Just before the governor announced his decision, the 9th U.S. Circuit of Appeals denied Williams' request for a reprieve, saying there was no "clear and convincing evidence of actual innocence."

The appeals court and Schwarzenegger declined requests to reconsider, and a last-ditch petition by the defense to the U.S. Supreme Court to stop the execution was rejected.

The last California governor to grant clemency was Ronald Reagan, who spared a mentally infirm killer in 1967. Schwarzenegger - a Republican who has come under fire from members of his own party as

too accommodating to liberals - rejected clemency twice before during his two years in office.

In denying clemency to Williams, Schwarzenegger said that the evidence of his guilt was "strong and compelling," and he dismissed suggestions that the trial was unfair.

Schwarzenegger also pointed out the brutality of the crimes, noting that Williams allegedly said about one of the killings, "You should have heard the way he sounded when I shot him." According to the governor's account, Williams then made a growling noise and laughed for five to six minutes.

In addition, the governor noted that Williams dedicated his 1998 book "Life in Prison" to a list of figures that included the black militant George Jackson - "a significant indicator that Williams is not reformed and that he still sees violence and lawlessness as a legitimate means to address societal problems."

Schwarzenegger also noted that there is "little mention or atonement in his writings and his plea for clemency of the countless murders committed by the Crips following the lifestyle Williams once espoused. The senseless killing that has ruined many families,

particularly in African-American communities, in the name of the Crips and gang warfare is a tragedy of our modern culture."

Williams and a friend founded the Crips in Los Angeles in 1971. Authorities say it is responsible for hundreds of deaths, many of them in battles with the rival Bloods for turf and control of the drug trade.

Among the celebrities who took up Williams' cause were Jamie Foxx, who played the gang leader in a cable movie about Williams; rapper Snoop Dogg, himself a former Crip; Sister Helen Prejean, the nun depicted in "Dead Man Walking"; and Bianca Jagger. During Williams' 24 years on death row, a Swiss legislator, college professors and others nominated him for the Nobel Prizes in peace and literature.

"If Stanley Williams does not merit clemency," defense attorney Peter Fleming Jr.

asked, "what meaning does clemency retain in this state?"

The impending execution resulted in feverish preparations over the weekend by those on both sides of the debate, with the California Highway Patrol planning to tighten security outside the prison.

A group of about three dozen death penalty protesters were joined by the Rev. Jesse Jackson as they marched across the Golden Gate Bridge after dawn Monday en route to the gates of San Quentin, where they were expected to rally with hundreds of people.

At least publicly, the person apparently least occupied with his fate seemed to be Williams himself.

"Me fearing what I'm facing, what possible good is it going to do for me? How is that going to benefit me?" Williams said in a recent interview. "If it's my time to be executed, what's all the ranting and raving going to do?"

Joyner remembers legendary comedian Richard Pryor

DALLAS (PRNewswire) - Tom Joyner, the nationally syndicated radio and TV personality, devoted segments of his radio show to remember Richard Pryor and today issued the statement below. To listen to highlights of the show and read more about Pryor, go to his website at BlackAmericaWeb.com



Pryor

white people and black/white relationships in an all black setting, it's another thing to do it in a mixed audience or on national TV. After he did it, all black comedians started doing it.

"I think most people know where they were when they heard their first Richard Pryor album. If you were underage, you probably had a cool uncle or older sibling that let you listen if you promised not to tell your parents.

"His comedy, his phrases, and his punch lines are a part of Black American life. A lot of people quote things Richard Pryor has said and don't even realize where it came from like "What kind of name is that for an N Word?" Or "What's wrong with your natural?"

Everybody black or white could relate to his stories and the characters he portrayed. By pointing out our differences, he actually pointed out a lot of our similarities and I guess that was the genius of his comedy.

"Even though I knew the day was coming, as it is when anyone you love dies, you're never ready for it when it actually happens. It caught me off guard and I had to figure out the right time to announce it as I hosted an audience of 10,000 at a Christmas concert in Detroit.

Richard Pryor's death reminds me of how important it

is to support the entertainers we really love. So many people will regret never having had a chance to see him perform live. I won't have that regret. I saw Ali box. I saw Luther Vandross and the Queen of Soul perform

live and I saw Richard Pryor do his thing at the Comedy Store in Hollywood. And just like everyone else there, I memorized everything he said and repeated it back to the first person I saw."

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the trumpet was a guest in a correctional home for wayward boys. If only today's schools were as enlightened and informed as that reformatory was.

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leaps were simply a matter of course for Satchmo. For no one has ever embodied the art form the way he did. It was he who helped make virtuoso solo a part of the vocabulary. It was he who was honored with the title "American goodwill ambassador" by the State Department. It was he who was the last jazz musician to hit #1 on the Billboard pop chart.

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