



We Salute These Black Educators, Dead or Alive, Every Week Of The Year!

Dorothy McKeever Mattie McKinney Voncile Middleton Dorothy Johnson Nora Hutchinson Drue Coleman Thelma Brown Clarissa Burrell
Birda Andrews Stacy Caviel-Watson David Anderson Phillip Alexander Marcia Holmes Ethel Ashbrooks Elurd Devenport Willie Deo Betty Dixon
Gracie Taylor Leta Collins Jimmy Moore Michael Kirkwood Caolyn Lawrence Lola McGee Joyce McCurdy Diana Morgan Opal Tucker

SOUTHWEST COLLECTION
Texas Tech University
LUBBOCK, TEXAS 79409



Community Meetings

- * Lubbock Area Client Council meets on the 2nd Saturday, 1:00 pm at the Patterson Branch Library, 1836 Parkway Drive.
- * Hub City Kiwanis meets 1st & 3rd Tuesday of each month at 7 p. m., Mt. Vernon UMC, East 23rd & Cedar Avenue
- * Dunbar Alumni Association meets 2nd Saturdays, 4:00 pm.
- * Booker T. Washington American Legion, Post 808, meets every 2nd Tuesday at 7:30 pm, American Legion Building in Yellow-house Canyon.
- * Forgotten West Riders meets on the 1st & 3rd Mondays, 7:00 pm, Patterson Branch Library.
- * East Lubbock Chapter AARP meets every 1st Thursday at 1:00 pm, Mae Simmons Senior Citizens.
- * Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Market Alumni Center.
- * Dunbar Manhattan Heights Neighborhood Association meets every 1st Thursday at 7:00 pm and every 4th Thursday at 7:00 pm at the Dunbar Manhattan Heights Neighborhood Outreach Center, 1301 E. 24th Street.
- * West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturdays of each month at 7:00 pm, Educational presentations and demonstrations.
- * The Unified Juneteenth Commission of Lubbock meets at Mae Simmons Community Senior Citizens Center every Monday at 6:00 p. m.
- * West Texas Chapter of 100 Black Men of West Texas meets 3rd Monday evenings at 7:00 pm at Lanier Center, 2nd Floor, TTU Law Center.
- * The Parkway & Cherry-Point Neighborhood Association meets the 3rd Tuesday evenings, 7:30 pm at Hunt Elementary School.
- * Chatman Hill Neighborhood Association meets 2nd Thursday of every month at 6:00 pm at Hles Elementary Cafeteria.
- CITIS (Creating Inspirational Thoughts in Singles) meets 2nd & 4th Thursday at 2404 23rd near Avenue X at 7:00 pm
- * If you have an announcement about your organization, please advise by calling (806) 762-3612 or e-mail swdigest@sbcglobal.net.

Thursday, May 3, 2012
Vol. XXXV No. 32

75 Cents

Local Girl Scouts Announce New Chairwoman and Members for Board of Directors

At the Girl Scouts Annual Council Meeting held last week in Amarillo, Texas, dozens of delegates from across the council (including girls and adults) gathered to celebrate the organization's historic 100th Anniversary, complete a service project (working in the community garden at the High Plains Food Bank), and vote on new Board members. All registered Girl Scouts, age 14 and up, were encouraged to complete a delegate referral form to be selected as a council delegate.

"We think it's vital that our volunteers and girls have a say in the governance of the organization," said Becky Burton, CEO of the Girl Scouts of Texas Oklahoma Plains council.

The delegates had an important role of voting in the new leadership for the Executive Board. Robert Palmer of Iowa Park, after four years of leading the Executive Council, officially handed the reins of the Council to the newly elected Chairwoman, Adrienne Cozart of Lubbock.

A new Executive Board will support the Chairwoman Cozart including First Vice Chair Rebecca Barksdale of Arlington, Second Vice Chair Scott Fisher of Fort Worth, Secretary Cathy Allen of Lubbock, and Treasurer Lois Weeks of Fort Worth. Seven members were added to the Board of Directors: Jimmy Bennett of Arlington; Sherry Cannedy, of Wichita Falls; Terri Hein of Dalhart; Risa Jones of Lubbock; Melinda Mitchell Jones of Lubbock; Judy Rupay of Arlington; and Libby Watson of Fort Worth.

The Girl Scouts of Texas Oklahoma Plains Centennial Celebration is sponsored in part by United Supermarkets. United Supermarkets, now in its 96th year of operation, is a Texas-



Adrienne Cozart of Lubbock, assumes chairmanship of Girl Scouts of Texas Oklahoma Plains Board of Directors.



Amarillo Girl Scouts perform at the Council's 2012 Annual Meeting. Future Texas Leaders learning at an early age!

based, family-owned grocery chain with stores in 30 markets across north and west Texas. A self-distributing company with its headquarters in Lubbock and distribution centers in Lubbock and Roanoke, United currently operates 51 stores under four distinct formats: United Supermarkets, Market Street, Amigos United and United Express.

Girl Scouts of Texas Oklahoma Plains serves more than 24,000 girls and 8,600 adult volunteers in 81 counties from Fort Worth up through the Texas and Oklahoma panhandles. The

Council has regional service centers located in Abilene, Amarillo, Fort Worth, Lubbock and Wichita Falls. Founded in 1912, Girl Scouts of the USA is the leading authority on girls' healthy development, and builds girls of courage, confidence, and character, who make the world a better place. For more information on Cookies, our 100th Anniversary or how to join, volunteer or donate to the Girl Scouts, call 800-582-7272 or visit www.gs-top.org.

LEARN Talent Search- Banquet "Rising to the Challenges of Life"

Learn Talent Search will celebrate the accomplishments of 7th and 8th grade middle school participants during its annual recognition banquet for the "LETS Go Advance" program. The banquet theme, "Rising to the Challenges of Life", celebrates the dedication and persistence of students who want to pursue a college education. The

banquet will be held Thursday, May 10, 2012, at the Legacy Event Center located at 14th Street and Avenue O

The "LETS Go Advance" program is an early intervention program designed to promote academic excellence and a 'college going' environment for select students enrolled at Cavazos Middle School and Dunbar Col-

lege Prep Academy. The program operates under the umbrella of LEARN Talent Search, a federally funded TriO program sponsored by a grant from the U.S. Department of Education.

During the banquet students and parents will be recognized and enjoy a motivational
Continue on Page 8

Community Baby Shower Celebrates 10 Years

The 10th anniversary of the Stork's Nest Baby Shower, hosted by the Texas Tech University Health Sciences Center Anita Thigpen Perry School of Nursing, took place on Friday, April 13, at the International Cultural Center, 601 Indiana Ave.

Prior to the event, donations of new baby items, auction items or money are collected for the Stork's Nest, a program sponsored by the March of Dimes and designed to encourage pregnant women and teens to receive regular prenatal care.

"This year's baby shower was so important because the new Lubbock Perinatal Coalition just received a \$200,000 grant to almost double the number of pregnant women and teens who will be involved in the Stork's Nest incentive program," said event organizer Linda Brice, R.N., Ph.D., associate professor in the School of Nursing. "This year's goal is to raise \$146,000 worth of new baby items or monetary

donations so that babies born in Lubbock are healthy, normal weight and carried to term."

Last year Brice and her students, with the help of the Lubbock community, raised \$101,300 in new baby items and monetary donations. The shower has raised more than \$354,000 for

pregnant women and teens in the community since it began a decade ago. Brice hopes to surpass \$500,000 for the event's 10th anniversary.

"We hope to continue to collect as many new baby items as possible," Brice said, "and with
Continue on Page 8



Sahari Freeman showing her medal she won during the meet.



Pictured above is a photo of the Estacado High School Matadors who won the Regional Track Meet held at Texas Tech on April 27-28, 2012

Regional 1 - 3A Regional Champions "The Estacado Matador Boys' Track Team"

Boys

- Team total - 105 pts (Double the 2nd place team)
- Long Jump - 1st place - Ti Russell - 23' 1 3/4"
- Triple Jump - 1st place - Ti Russell - 46' 8 1/2"
- High Jump - 1st place - Ti Russell - 6'4"
- Shot Put - 3rd place - Brandon Holmes - 50'0"
- 400 Relay - 2nd place - EHS - 42.41
- 800 meter - 1st place - Raymond Rios - 1:54.51 (3rd year champion)
- 800 Relay - 2nd place - EHS - 1:28.30
- 400 meter - 6th place - Raymond Rios - 51.45
- 200 meter - 1st place - Shaquille Bogus - 21.30
- 1600 Relay - 2nd place - EHS - 3:21.43

1st and 2nd place winners advance to the State Track Meet to be held in Austin on May 11 and 12, 2012

Girls

- 400 Relay - EHS - 3rd place - 49.12
- 800 Relay - EHS - 4th place - 1:43.29
- 400 meter - 1st place - Sahari Freeman - 57.32
- 200 meter - 6th place - Anatasia Mayes - 26.51

Sahari Freeman advances to the State Track Meet

The Southwest Digest wants to say Congratulations to the Boys and Girls Regional 1 - 3A Regional Champs. It proves that in the Lubbock Independent School District, we have some outstanding young people who can accomplish much. This was the case in the Regional Track Meet held on the campus of Texas Tech University April 27 & 28, 2012.

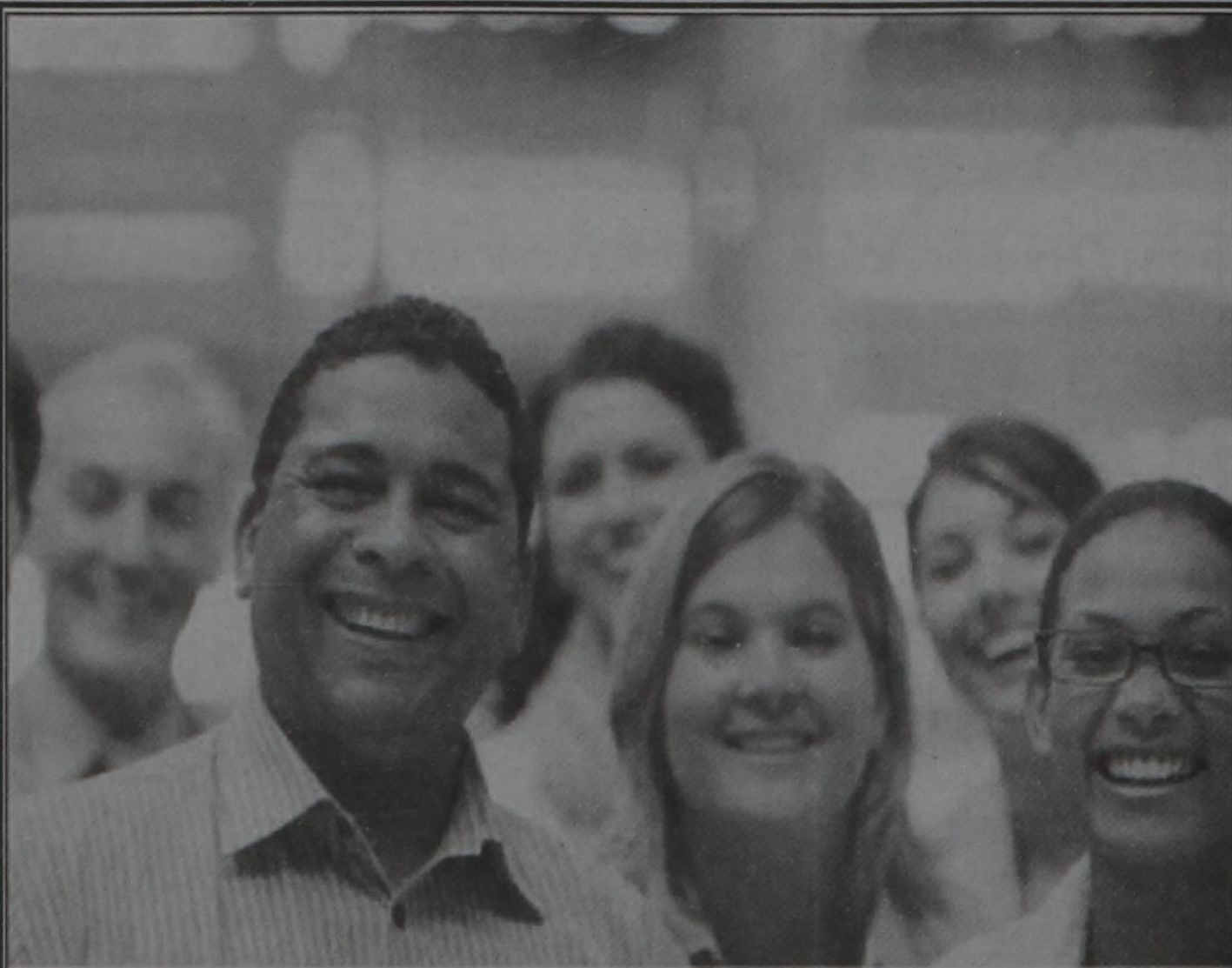
Young Matadors, you make all of us very proud of what you have accomplished as a team. Hopefully, you will continue to use these same principles when you graduate from Estacado High School.

Of course, your family members are just as proud! Those Matadors going to State in Austin, Texas, you, too, can do same. Bring it home!

Photos are compliments of Glen Cranford, Photographer / Owner

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Black Community of
Lubbock.



The Lubbock Alumnae Chapter of
Delta Sigma Theta Sorority, Inc.

Presents
Its Third Annual
Youth of the Year Program

"Excelling Through Scholarship & Service"

Saturday, May 12, 2012
Jay Gordon Room
LISD Central Office
5:00 P. M.

**Nominees For
Man & Woman of Year**

We the members of the Lubbock Alumnae Chapter of Delta Sigma Theta Sorority, Inc. are finalizing plans for our 39th Annual Community Service Awards Program. We are requesting that your organization nominate someone worthy of this great honor as Man or Woman of the Year, those that you feel work hard to make our community a better place to live. You may nominate as many people as you would like; previous nominees may be nominated again but previous recipients do not qualify. Please return the
Continue on Page 5

Living with diabetes?

Learn how to live well with diabetes by attending a series of free educational classes offered by Covenant Community Outreach for those who are uninsured or financially in need.

Four-week series that meets
Thursdays 9:30 - 11:30 a.m.

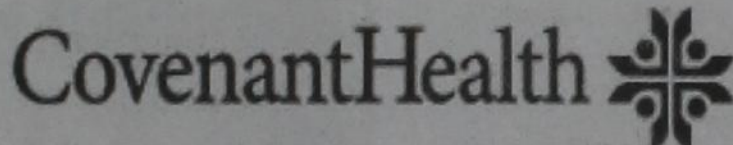
STARTING THURSDAY, MAY 10

Covenant Counseling Center, 1302 Broadway

- Nutrition education by a registered dietitian
- Diabetes management skills (including the emotional aspects of diabetes)
- Free glucometer
- Voucher to purchase 50 glucometer strips for \$5 or 100 for \$10

To see if you qualify for the class, call 806.725.5218.

*Restrictions apply.



Provided by Covenant Community Outreach

New Light Baptist Church News

On Sunday morning, April 30, 2012, church services got started at New Light Baptist Church, 3013 Idalou Road, where Rev. Kenneth O. Jackson is the pastor., with much inspiration.

Church School started at 9:45 a.m. with Rev. Jackson teaching the lesson entitled: "Blind Man Receives Sight" and its scripture text come from John 9: 1-17. Sister Brenda Manahan taught the youth class. Breakfast was served to those in attendance afterward.

Morning worship started at 11:00 a.m. with the Praise Team leading the way. What a time in the Lord!

Rev. L. C. Lee led the pulpit devotion. The choir sang "O, I Want To Him." Rev. Lee read the responsive reading which came from Psalm 23:1-6. Rev. Jackson led the altar prayer and the song "What A Friend" was sung.

Sister Lacey Thompson read all the morning announcements and told of all the up coming events that will be taking place. There was the pastoral period that was held by the pastor and then the offering was taken up.

The choir sang the following selections: "Call On The Lord" and "I'm On The Battlefield". The theme song of the church, "Amazing Grace" was sung before the sermon. Rev. Jackson preached the sermon "God Is Available" and its printed text come from Matthew 8:23-27. "What A Friend" was sung after a very strong sermon by Pastor

Jackson.

There was the invitation to discipleship which was extended and the Lord continue to add to the church as he sees fit.

Pray in the morning noon and night. It's hard to stumble when you are on your knees. Remember the battle is not yours it belongs to the lord. God said it and I believe it.

SCRIPTURE FOR THE WEEK: *The lord is my shepherd I shall not want.* Psalm 23: 1

COME ONE AND COME

ALL TO OUR 100 WOMEN IN WHITE CELEBRATION.
WHEN: MAY 20, 2012 beginning at 3:30 p.m.

COME AND BE BLESSED YOU WILL HAVE A SPIRIT FILLED TIME IN THE LORD.

IF YOU ARE A REGISTERED VOTER, THEN PLEASE GO AND VOTE IN THE SCHOOL & CITY ELECTIONS MAY 12, 2012!

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Emission Evaluator I/Engineer Specialist I
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All applications must be submitted by COB of the closing date to:
HRSD MC 116, TCEQ

P.O. Box 13087 Austin, Texas, 78711-3087.
Resumes will not be accepted in lieu of a completed application. State of Texas application forms and additional information are available at the TCEQ Lubbock Office located at:
5012 50th Street, Suite 100
Lubbock, Texas 79414-3421. (806) 796-7092
Or at the TCEQ Website:

<http://www.tceq.state.tx.us/adminservices/employ/jobs.html>

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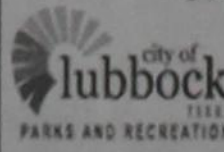
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Burial Insurance and Monuments are available.



**THE SOUL OF AFRICAN
African-American Cooking Series**
Saturday, April 28, 10 am-Noon
Learn to cook the afrocentric way with Jeanette Nathan and eat the food you make for lunch!
\$10/person Register by Thursday, April 26!



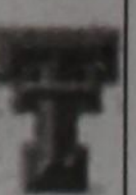
City of Lubbock
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Mae Simmons Community & Senior Centers
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School of Law**

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Church News



From the Desk of Parson D.A. Smith
"Hit The Road Newt!"
Don't Come Back No More! No More! No More!

The following are some comments on what went wrong with Newt Gingrich. Newt who? The guy who wanted to become president of the United States and take jobs away from lowly paid school janitors and give them to kids among other evil things.

Former member of Congress (R-Pa): Newt Gingrich ran an inventive guerilla idea-oriented campaign that captured the fancy of conservative primary voters looking for a home. The Speaker was at his best in debates, where a long career of inspirational presentations to grassroots audiences paid off. The Gingrich campaign cultivated the spirit of an insurgency, and attracted voters seeking to send an unambiguous message opposing the policies of President Obama and the governance model of recent Republican administrations.

Ultimately, the romance of a Gingrich candidacy was mooted by occasional message indiscipline and a failure to engage the GOP fundraising apparatus and build grassroots networks. New outperformed expectations, but was never able to completely

reinvent himself as an alternative to the Republican Establishment he once led. In the primary environment dominated by tea party sensibilities, a figure as storied and protean as the former Speaker was never able to lock in the activist base, nor fend off the disciplined Romney juggernaut. From here? An influential figure on the political stage, never to be underestimated; a major spokesman for a wing of Conservatism.

Democratic Consultant - Newt is what went wrong. He has always been an undisciplined, full-of-himself politico who's in love with the sound of his own voice and his brilliant extemporaneous musings, and that sort of self-indulgence doesn't work when you run for president.

Oh, that plus Mitt Romney dumping millions of dollars of trash on his head once he started his rise in the polls. At least Newt can now visit zoos without the encumbrance of Secret Service agents hovering around him at the monkey enclosure.

Professor of Political Science - Newt was never the frontrunner in the race. In fact, Gingrich stumbled out of the gate initially

with allegations of extravagant spending on his wife at Tiffany's. At one point, his campaign staff resigned because they said he would not discipline himself enough to do what they wanted him to do. However, like Phoenix, he rose from the ashes and caught fire during the debates largely by bashing the "mainstream media."

Republicans began to see him as intelligent, knowledgeable and someone who would effectively debate President Obama in the general election. Plus, the social conservatives saw him as a refreshing alternative to Mitt Romney, who they weren't attracted to. However, Rick Santorum began winning the social conservative vote. Gingrich decided to employ his "Southern Strategy" which was his big "comeback" attempt by winning the primaries in the Southern states. However, his "Southern Strategy" fizzled out when he only won his home state of Georgia and South Carolina. At that point, his campaign was effectively over because he knew it was impossible for him to win

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We Thank God for Jesus
"Jesus Is of God!"

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

Mark 1:11 -- There came a voice from heaven, saying, you are my beloved Son, in whom I am well pleased.

Many people **READ THE BIBLE**; and say they **BELIEVE** what it **SAYS**. That sounds very **SPERITUAL**; **BUT PRAY AND STUDY; IS THE WAY!!!**

II Timothy 2:15 -- Study to show yourself approved unto God, a workman that needs not to be ashamed, rightly dividing the word of truth. And when you **STUDY; PRAY FOR GOD'S SPIRIT OF WISDOM**.

He will give it to **ALL THAT STUDY; AND NOT JUST SOME!!!**

James 1:5 -- If any of you like wisdom, let him ask of God, that gives to all men liberally, and upbraides not; and it shall be given him.

(I was talking to two Brothers, R.B. AND J.W.; they were telling Me that **JESUS WAS GOD**; and for me to read John 10:30, where **JESUS SAID, I AND THE FATHER ARE ONE**. But I told them that **THEY WERE WORKING ON ONE ACCORD; AS ONE---** Brothers even **THE DEVIL KNOW!!!**)

Jesus is not **GOD**; because the **BIBLE SAID HE'S GOD'S SON**. Even **THE DEVIL** know who **JESUS IS; GOD'S HOLY ONE!!!**

Luke 4:33a-34 -- In the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice, Saying, Let us along; what have we to do with thee, you Jesus of Nazareth? Are you come to destroy us? I know thee who you art; the Holy One of God.

Jesus told us why he came; into **THIS SINFUL WORLD**. To **SAVE SOULS**; of every **MAN, WOMAN, BOY AND GIRL!!!**

Luke 4:18 -- Jesus Said, The Spirit of the Lord is upon me, because he have anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord. To save mankind from **THEIR SIN'S; JESUS IS THE LAMB OF GOD. HE DIED FOR MANKIND**; but you must; **LET HIM IN YOUR HEART!!!**

John 3:17, -- Jesus Said, for

God sent not his Son into the world to condemn the world; but that the world through him might be saved.

You see **JESUS CAN'T BE GOD; He has POWER; AND IS THE SON**.

Do you believe the **BIBLE**; and where the voice **CAME FROM???**

Matthew 3:17 -- And low a voice from heaven, saying, This is my beloved Son, in who I am well pleased.

(OH by the way, when God gave **MANKIND** the **GARDEN**; it belonged to **MAN**. But man gave it over to **THE DEVIL; AND TO TAKE IT BACK; GOD CAN'T COME TO THE EARTH; AND TAKE IT**. He would be what is called: **AN INDIAN GIVER**; One must be born on **THIS EARTH; TO TAKE IT FROM SATAN**. That's why **JESUS BORN ON THE EARTH**.)

Matthew 1:18 -- Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost.

(Now that's where the **THE** Continue on Page 4

St. Matthew's Baptist Church News

What a wonderful inspirational day of service held on Sunday morning, April 29, 2012, at the St. Matthew Baptist Church, 2020 East 14th Street, where the proud pastor is Rev. Edward Canady.

Sunday School started at 10:00 a. m. with Superintendent Sister Shirley Davis in charge. What a wonderful morning it was to learn about God's word.

The teacher for the morning's lesson was Sister Susie Davis. What a wonderful lesson it was.

It was reviewed by Pastor Canady.

The subject of the morning lesson was "What Comes First?" The Unifying Topic was "Healing The Blind Man."

The main thought was John 9:16. KJV.

The Sunday morning devotion was conducted at 11:10 a. m. with Sister Ethel Williams and Sister Shirley Canady in charge. The St. Matthew Baptist

Church Mission Sisters sung out of their hearts and souls.

Pastor Canady entered the sanctuary with singing of "Because of Who You Are!"

The morning sermon was delivered by Pastor Canady. His subject was "Seeing Yourself For What You Are." His scripture text was St. Luke 7:1-6.

Sister Canady spoke on the subject "The Ministry of Leadership." This was for the Mission program. Her scriptures were St. Luke 22:31-32; Acts

20:27-31; and Ephesians 4:11-15. What an inspirational program.

The weekly meetings held at St. Matthew Baptist Church are as follows:

Mission meets at 5:00 p. m. on Wednesdays.

Bible Study is held at 6:00 p. m. on Wednesdays.

Choir Rehearsal is held on Saturday afternoon at 2:00 p. m.

The Ushers meet on Saturday mornings at 11:00 p. m.

Keep these meeting dates on your mind each week. Remember if you belong to any of these organizations, we will be expecting your presence. God bless you with all that you do for St. Matthew Baptist Church!

The morning announcements were read last Sunday morning by our First Lady, Sister Shirley Canady. She does a splendid job!

Remember our sick and shut-in members as others in the community. Among them in-

clude Sister Lorene Conaway.

Thought For The Week: God writes opportunity one one side of the door, and responsibility on the other side.

If you are looking for a Church Home, then do come and visit with us at the St. Matthew Baptist Church. Pastor Canady will be happy to extend to you and your family, with the assistance of our officers, the Right Hand of Fellowship

May God continue to bless each of you!

Outreach Prayer Breakfast

Thoughts for you to think about, like the Ten Virgins. If you think you have enough oil in your vessel. Just let the cry be made at midnight, and then you will know. Not by how you dress. Your ability to do great things. You can cook good pound cakes.

The cry was made and they had all these works behind them. So Saints, be sure it's your heart that counts. Five of them found out they were foolish. Dead works, No Oil!

If you think you are under pressure now, you die without God dear Brothers and Sisters!

There's eternal pressure you will never escape!

Christ never called us to a bed of roses, but the cross picks up your cross and follow Him daily.

Five fold Ministry of the Devil:

1. Disease
2. Deceived
3. Divide
4. Distrust
5. Discourage

The Devil's Ministry is expanding daily, so is God's!

II Chronicles 7:14 -- You can really pray until you humble yourself. You can say a lot of words. That sounds good, but

they don't reach Heaven! That's why he hasn't healed the land. Read this Scripture, Saints!

Also, Mark 11:22-26. Believe the scripture and let's Move Some Mountains out of our lives.

Thanks for reading our article each publication day.

The Bread of Life
John 6

An entire year elapsed between the healing of the lame man (John 5) and the feeding of the 5,000 (John 6). This would be two years after the first

cleansing of the temple and one year before the crucifixion. John explains that his Gospel contains only a limited number of the many miracles and teachings of the Lord (John 20:30, 31; 21:25).

Some observed that the feeding of the 5,000 was a "turning-point in Jesus' ministry. Its importance is emphasized by the fact that all four Gospel accounts record it. This is true of surprisingly few incidents."

Thousands were coming to Christ daily for healing and teaching. At the end of the day,

the crowd remained, but there was no place nearby where they could get food. With only five small barley loaves and two fish, Jesus fed more than 5,000 men—besides all of the women and children who were there!

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



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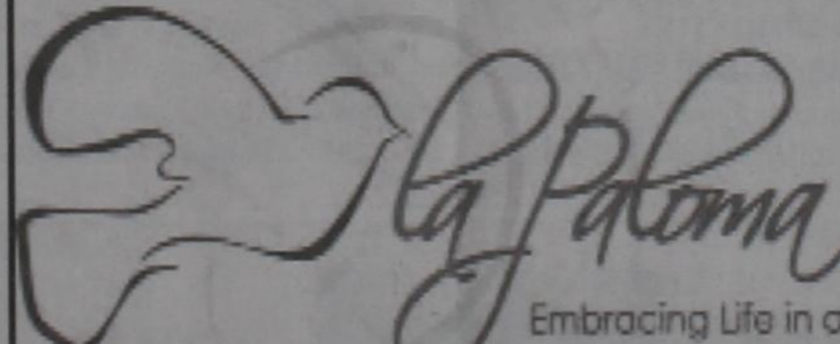
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 Grief Counseling & Christian Advisor

CITIS (Creating Inspirational Thoughts in Singles) meets 2nd & 4th Thursday at 2404 23rd near Avenue X at 7:00 pm.
 Creating Inspirational Thoughts * Personal Encouragement
 Bi-Weekly Group Meetings * Support Group Coaching

Rev. Glory Danford, BSW, MA Counseling
 4138 34th Street, #B
 Phone: 806-543-5098



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Embracing Life in a New Age

PACE (A Program of All-Inclusive Care for the Elderly) is designed to improve the quality of your life.

- ◆ Comprehensive medical services
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- ◆ All Hospitalizations
- ◆ All physician Services
- ◆ Transportation

- ◆ Home Health Care
- ◆ Activity Center
- ◆ Therapeutic pool
- ◆ Physical Therapy
- ◆ Wellness

Eligibility Requirements:

- 55 Years of Age or Older
- Live in Lubbock County
- Medical Needs determination
- Live Safely at Home

Payment information: Program is fully funded for individuals with both Medicaid & Medicare. Private pay is also available.

PACE participants may be fully and personally liable for the cost of unauthorized or out of the PACE program agreement services.

Obsequies

Cheryl K. Dailey

Funeral services for Cheryl K. Dailey were held on Friday morning, April 20, 2012, at Powerhouse Fellowship, 7111 Santa Fe Dr.

Interment will follow in Peaceful Garden Memorial Park under the direction of Griffin Mortuary & Funeral Services of Lubbock.

Dailey, 29, of Lubbock departed this life on Sunday, April 15, 2012.

She was born on June 3, 1982, to Craig and LaNell Beasley. She graduated from Lubbock High School in May 2000; in the same year, Cheryl joined the Marines, where she met David Hines. After military service, Cheryl became a CNA and worked at the Montford Corrections Unit in Lubbock.

She leaves to cherish her memory, sons, Donovan, Jordyn and Jaykob; parents, Craig and LaNell Beasley; brothers, Ron-



nie Dailey (Ashley), Michael Dailey (Valorie) and Rodney Craig Beasley II; and a host of other relatives and friends

If You're A Registered Voter, Please VOTE May 12, 2012

John Edward Gonzales

Lorenzo, Texas -- Funeral services were held for John Edward Gonzales Friday afternoon, April 20, 2012, at Mt. Pleasant

Interment will follow in Ralls Cemetery under the direction of Griffin Mortuary & Funeral Home of Lubbock.

Gonzales, 83, of Lorenzo departed this life on Saturday, April 14, 2012, at Vista Care.

He was born April 14, 1929, in Bastrop, Texas, to Mr. Manuel and Minnie Simms-Gonzales. He leaves to cherish his memory, wife of 62 years, Dorothy Gonzales; three daughters, Stella Farewell, Mae Clay and Carla Gonzales; six sons, Joe Gonzales, John Wayne, Jerry, Danny, Charles and Manuel; 33 grandchildren; 40 great-grandchild-



ren; two great-great grandchildren; one special friend, Fred Goldsmith; and a host of other relatives and friends

Dennis Doleman Saunders

Funeral services for Dennis Doleman Saunders were held on Wednesday morning, April 25, 2012 at St. Matthew Baptist Church, with Rev. Edward Canady, pastor, officiating.

Interment followed at Peaceful Garden Memorial Park under the direction of Griffin Mortuary & Funeral Home of Lubbock.

Saunders, 80, of Lubbock departed this life on Wednesday, April 18, 2012, at his residence.

He was born on June 11, 1931 to the parentage of Clara Moore-Saunders and Napoleon Saunders in Waxahachie, Texas.

He graduated from Dunbar High School. He was employed and retired from Lubbock International Airport where he worked as a Sky Cap.

He leaves to cherish his memory three sons, Gregory Darnell, Steve and Miree (Umi); one



daughter, Janice McCall (Danny); two sisters, Shirely Canady (Rev. Edward Canady), and George Ann Hereford (Ronald); two brothers, Eugene (Mary) and Lawrence; 23 grandchildren; 25 great grandchildren; 11 nieces and nephews; and a host of other relatives and friends.

African-American Breast Cancer Survivors Report Inadequate Information, Options

Researchers urge more patient-centered care

SACRAMENTO, Calif. — African-American breast cancer survivors were satisfied with their cancer treatment, but most were never offered clinical trials opportunities or support services during or after their treatment, according to a study by a UC Davis Comprehensive Cancer Center researcher and her com-

munity partner, Rev. Tammie Dymse.

The study, "The Unmet Needs of African-American Women with Breast Cancer," involved interviews with 137 African-American women who survived breast cancer. Researchers sought to assess patients' clinical experiences, concerns and needs, asking participants questions about their treatment, access to information, support services and clinical trials, insurance and employment status, general health and lingering effects of cancer treatment.

"Anyone who takes care of people with cancer should be aware of these concerns," said Marlene M. von Friederichs-Fitzwater, director of the UC Davis Comprehensive Cancer Center's Outreach Research and Education Program, principal investigator and lead author of the study, which was published online in *Advances in Breast Cancer Research* in April. "We know that one powerful factor in cancer outcomes is the extent to which patients obtain information and participate in their treatment decision-making."

African American women have the highest incidence of breast cancer of any population group in the United States, and the highest mortality rates, according to the National Cancer Institute. The death rate -- 33 per 100,000 -- is more than twice

that of Asian-American women and Hispanic women.

But while many studies have documented African American disparities in breast cancer screening, detection, mortality and disease staging, few have looked at the experiences from a patient's post-treatment and survivorship perspective.

For the study, von Friederichs-Fitzwater telephoned African-American women throughout the Sacramento region known to have been treated for breast cancer. The women were identified through support groups and advocacy organizations, survivorship events and other agencies.

A majority (90 percent) of participants reported that they were satisfied with their treatment, but nearly one-fourth of them were not satisfied with the information they received about breast cancer and treatment options from their doctors.

For example, more than 80 percent of respondents would have liked to have received information about complementary medicine options but did not, and 60 percent reported that they sought treatment information on their own. Seventy-eight percent of interviewees said their doctors did not talk to them about clinical trials, but the same percentage said they would have enrolled, if eligible.

Additionally, nearly half of the women (43 percent) said their doctor or other health-care provider did not provide information about support services, but 62 percent said they wanted such services.

Of the minority of women who did access support programs, about one-fourth of them said they were not at all satisfied. One respondent said she felt out of place at a support group meeting where she was the only African-American woman, and never returned after her first visit.

Funeral services for Erika Nicole Traylor were held Monday afternoon, April 23, 2012, at Mt. Gilead Baptist Church with Rev. J. J. Johnson, pastor, officiating.

Interment followed in Peaceful Gardens Memorial Park under the direction of Griffin Mortuary & Funeral Home of Lubbock.

Traylor, 27, of Lubbock departed this life on Friday, April 13, 2012, at University Medical Center.

She was born on May 18, 1984, to Ronald Traylor and Carla Mae Bush in Amarillo, Texas. She was employed at Lubbock State School, and later started CNA classes.

She was preceded in death by her mother, Carla Mae Bush

She leaves to cherish her memory: father, Ronald Traylor; two grandmothers, Darlene



Bradford and Georgia Traylor; one sister, Timisha Bush; two brothers, Ronald Bush and Byron Bradford; two special nieces, Davina Bush and Ambrosia Cole; boyfriend, Darrick Thompson; and a host of other relatives and friends.

The study also underscored the fact that many African-American women diagnosed with breast cancer perceive discrimination in the delivery of their care. Concerns included perceptions that information or certain types of treatment were being withheld because of their race or socioeconomic circumstances.

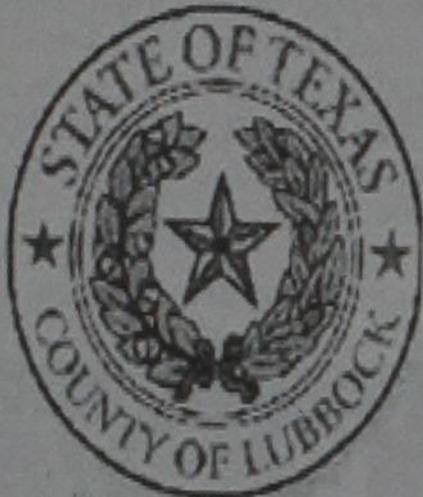
Study co-author Denyse, president and founder of Carrie's Touch, a Sacramento-area non-profit community organization for African-American women with breast and other cancers, said the findings confirmed many of the concerns that she had heard from individuals in the community.

"The experiences that these women encounter have a lot to do with a lack of trust of the medical professional community," said Denyse, herself a breast cancer survivor. "Our culture as a whole is very silent about breast cancer. When you find out a woman in the African-American community has had cancer, it's usually at her funeral."

Von Friederichs-Fitzwater said such perceptions -- whether based in reality or not -- can affect a patient's satisfaction and overall outcome. "This study points to the need to develop more patient-centered care that is culturally sensitive and to deliver comprehensive care that addresses the physical, mental, psychosocial and spiritual needs of patients," she said.

For example, von Friederichs-Fitzwater said African-American women could benefit greatly from a peer navigator program, in which specially trained breast cancer survivors would work one-on-one with newly diagnosed women, guiding them through the earliest, most difficult phases of diagnosis and treatment.

Lubbock County Employment



For the application process and job details visit:

www.co.lubbock.tx.us
Texas Public Information Act/ADA/EOE

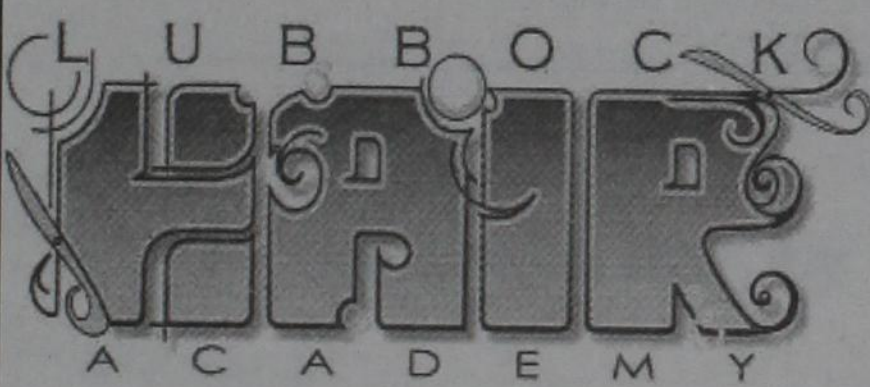
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Bible Class-9:00 a.m. All Have Sinned - Romans 6:23

Worship-10:15 a.m.

Evening Worship - 5:00 p. m. We Must Obey God's Will

Wednesday: To Enter Heaven!

Bible Class/ Devotional Matthew 7:21

7:00p. m. How Do We Obey Him?

Hear The Gospel - Romans 10:17

Believe - Hebrews 11:6

Repent of Our Sins - Acts 2:38

Confess that Jesus is the Son Of God - Act-8:37

Be Baptized- Mark 16:15-16

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ALL ARE WELCOME: COME AND WORSHIP WITH US!

In Cinque

By Renetta Howard

anything can tell you that cut the Medicare cost

I had the good fortune today to attend the Women's Day Service at the church for which I am a member. The speaker for the occasion was a learned lady named Dr. Keri Day. She made a dynamic speech based on the life of Ruth and Naomi and the loss they suffered. She spoke of "Coming Out of the Land of the Lost."

Losing someone or something dear to you, no matter what the reason, puts you in the 'land of the lost.' If we take inventory we can look around and add up our losses and if we so choose, we can have a pity party. Many of us do. We grieve; we moan and try to do other things that will take our minds off our losses. Sometimes it takes the help of someone else to direct our attentions in another direction. Sometimes we feel that we can overcome all by ourselves and work at it.

Personally, the foremost loss to me was when I lost my mother. Everyone told me how fortunate I was to have had her in my life for such a long time; that at her age, she had lived a full and fruitful life. That sounded good to the people saying that, but she had not lived long enough for me. I wanted her in my life longer. The walls of despair tumbled down upon me and after lingering there for a while, I decided that though I had a humongous loss, there were still some positive aspects of my life which I needed to pay attention to. I could not bring my mother back. That was a fact. I do not know how long I cried every time I had time alone, but in times of trouble, she came to me and helped me to work out my life's problems. After that, I felt that she was



with me and things started to look up again.

I thought I was out of the 'land of the lost' and then I lost my husband of thirty years and was in the process of moving to another state which had to be completed before I could say 'goodbye.' Once again, I was in the 'land of the lost.' I suppose I was really lost for about a year, living alone in a new city; two family members in town and no friends. During this time, I did take time to find myself a church home and I attended as regularly as I could so I could stay in touch with my God.

Looking back while listening to Dr. Day, I realized that I had come out of the 'land of the lost' with the guidance of the great God Almighty. I know that I am blessed and He keeps on blessing me. I realized that I have made some new friends and acquaintances; that I have enjoyed a reasonable portion of good health; I have had all of the worldly goods that I need; I have time to enjoy wholesome secular activities; I use my health, strength and knowledge to help others. I realize that I accomplished this because I put my hand in the hand of the man from Galilee. I have learned that, when you are 'in cinque' with God, everything will be alright! "I really... Can't Complain!"

The "Buffet Rule" For Prostate Cancer

Boston, MA -- Billionaire Warren Buffet, who is nearly 82 years old, announced that he was diagnosed with prostate cancer. "I discovered the cancer because my PSA level recently jumped beyond its normal elevation and a biopsy seemed warranted," Buffet explains. Diagnosed with Stage 1 prostate cancer, he has chosen radiation treatment five days a week for six weeks.

Mr. Buffet ignored the recommendations of the U. S. Preventive Services Task Force (USPSTF) in having the PSA test. The USPSTF recommends against men older than 75 having the test, and recently issued a draft recommendation against regular PSA testing for all men unless they experienced some "symptom" of prostate cancer. Mr. Buffet did not wait for symptoms, based upon news reports, and had he done so there is a good chance that early detection of his cancer at the Stage 1 level would have been greatly jeopardized.

While we are witnessing a push for the "Buffet Rule" to normalize the income tax rates between the rich and those not rich, I am in favor of the "Buffet Rule" for the early detection of prostate cancer using the PSA test.

The Buffet Rule for Prostate Cancer: "Men at all income levels should have the right to know and to choose how to manage their prostate health."

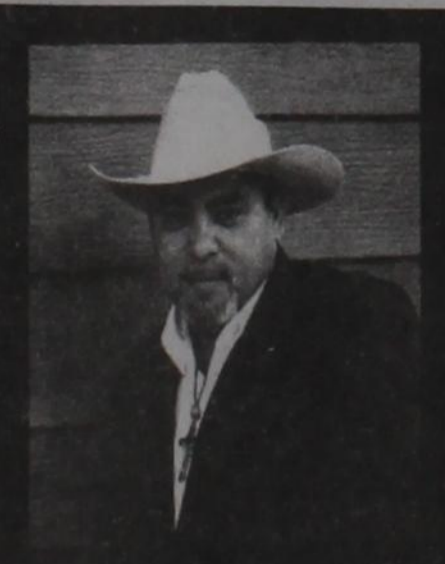
Ironically, this is the rule in our country today. However, if the current draft USPSTF recommendation is finalized then that right essentially goes away for some that may not have Mr.



By Thomas A. Farrington, PHEN Founder and President

Buffet's means. Why? It is almost certain that most insurance carriers will no longer cover the PSA test unless a man is visibly suffering from prostate cancer which is much too late for early detection of the disease. I believe this will have a negative impact on all men but could be devastating for those men at high risk for prostate cancer; Black men, men with a family history and Vietnam veterans exposed to Agent Orange.

Continue on Page 6



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Social Security Board of Trustees: Projected Trust Fund Exhaustion Three Years Sooner Than Last Year

The Social Security Board of Trustees on Monday, April 23, 2012, released its annual report on the financial health of the Social Security Trust Funds. The combined assets of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds will be exhausted in 2033, three years sooner than projected last year. The DI Trust Fund will be exhausted in 2016, two years earlier than last year's estimate. The Trustees also project that OASDI program costs will exceed non-interest income in 2012 and will remain higher throughout the remainder of the 75-year period.

In the 2012 Annual Report to Congress, the Trustees announced:

- The projected point at which the combined Trust Funds will be exhausted comes in 2033 – three years sooner than projected last year. At that time, there will be sufficient non-interest income coming in to pay about 75 percent of scheduled benefits.

- The projected actuarial deficit over the 75-year long-range period is 2.67 percent of taxable payroll -- 0.44 percentage point larger than in last year's report.

- Over the 75-year period, the Trust Funds would require additional revenue equivalent to \$8.6 trillion in present value dollars to pay all scheduled benefits.

"This year's Trustees Report contains troubling, but not unexpected, projections about Social Security's finances. It once again emphasizes that Congress needs to act to ensure the long-term solvency of this important program, and needs to act within four years to avoid automatic cuts to people receiving disability benefits," said Michael J. Astrue, Commissioner of Social Security.

Other highlights of the Trustees Report include:

- Income including interest to the combined OASDI Trust Funds amounted to \$805 billion in 2011. (\$564 billion in net contributions, \$24 billion from taxation of benefits, \$114 billion in interest, and \$103 billion in reimbursements from the General Fund of the Treasury—almost exclusively resulting from the 2011 payroll tax legislation)

- Total expenditures from the combined OASDI Trust Funds amounted to \$736 billion in 2011.

- Non-interest income fell below program costs in 2010 for the first time since 1983. Program costs are projected to exceed non-interest income throughout the remainder of the 75-year period.

- The assets of the combined OASDI Trust Funds increased by \$69 billion in 2011 to a total of \$2.7 trillion.

- During 2011, an estimated 158 million people had earnings covered by Social Security and paid payroll taxes.

THIS N THAT

by
T. J. Patterson

THANK YOU, COUNCILMAN KLEIN FOR THE PROPOSED TIM COLE FOUNTAIN! THIS N THAT..... along with hundreds of others in the Black Community ... as well as others are most appreciative for the efforts of LUBBOCK CITY COUNCILMAN TODD KLEIN for a resolution to construct a fountain in memory of TIM COLE..... to constructed in McKenzie Park..... At this timethe proposed project is on hold but Councilman

- Social Security paid benefits of \$725 billion in calendar year 2011. There were about 55 million beneficiaries at the end of the calendar year.

- The cost of \$6.4 billion to administer the program in 2011 was a very low 0.9 percent of total expenditures.

- The combined Trust Fund assets earned interest at an effective annual rate of 4.4 percent in 2011.

The Board of Trustees is comprised of six members. Four serve by virtue of their positions with the federal government: Timothy F. Geithner, Secretary of the Treasury and Managing Trustee;

Michael J. Astrue, Commissioner of Social Security; Kathleen Sebelius, Secretary of Health and Human Services; and Hilda L. Solis, Secretary of Labor. The two public trustees are Charles P. Blahous, III and Robert D. Reischauer.

The 2012 Trustees Report is posted at www.socialsecurity.gov/OACT/TR/2012/

Vote On Eletion Day, Saturday, May 12, 2012!

Klein is up beat about this project becoming a reality..... THIS N THAT supports with vigor the effort by Councilman Klein and is hoping it will become a reality...As many may be aware this young BLACK MAN was pardoned for an alleged act he was to have committed.... May God continue to be with the effort ofLUBBOCK CITY COUNCILMAN TODD KLEIN..... Hopefully he will take this proposed effort to the BLACK COMMUNITY by visiting as many BLACK CHURCHES as possible..... Among t he Black organizations be sure the FEDERATION OF CHOIRS becomes involved with this special effort.... Really as THIS N THAT sees this COST shouldn't be a factor.... You see ... a mother lost a son and he even was a veteran where he represented the United States of

America... THIS N THAT has learned that the approximately amount of money involved is approximately ... \$25,000.00..... Thanks CITY COUNCILMAN TODD KLEIN for standing tall in the saddle for human dignity!!!

Man & Woman of Year

Continued from Page 2

nominations to P.O. Box 12342 Lubbock, TX 79452 by June 1, 2012. A panel of independent judges will select the winners. Once again look among your membership and the community and join us in recognizing those individuals worthy of honor.

If you have any questions regarding this program please feel free to contact me at 806-535-3726

Sincerely,
D'Juana McPherson
Community Service Awards Chair

United Supermarkets Partners with Food 2 Kids to Support At-Risk Students

United Supermarkets (United) is teaming up with the Junior League of Lubbock to help food-insecure children throughout Lubbock Independent School District. From April 28 to May 12, United will host Junior League's annual Food 2 Kids Pop-Tarts® drive

Lubbock shoppers can donate toaster pastries at any of the city's nine United, Market Street and Amigos stores by purchasing and placing them in specially marked barrels at the front of each store.

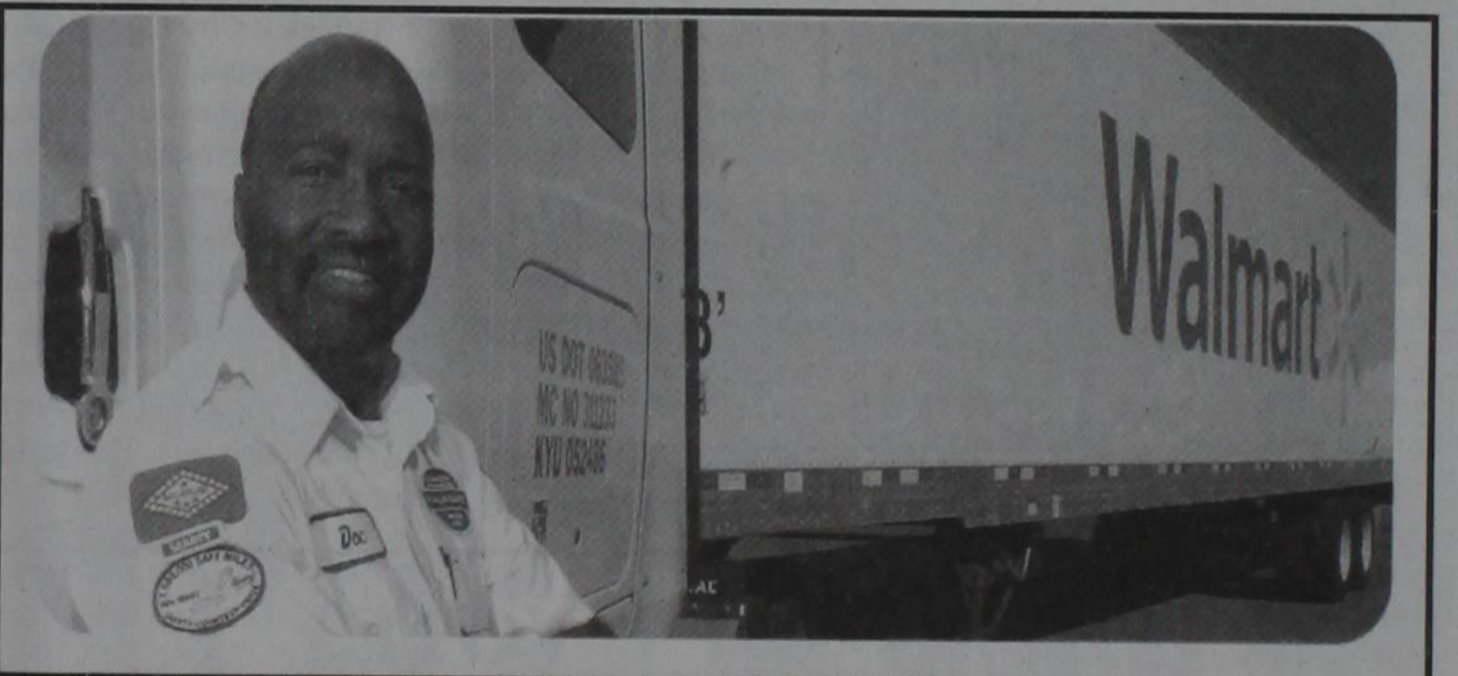
All donations will go toward providing food to children in LISD who are potentially at high risk of suffering from hunger over the weekends.

"Twenty-one of the 35 elementary schools in Lubbock have reported at least 75 percent of students qualify for free or re-

duced lunches," said Shelby Crews, community relations manager for United Supermarkets, LLC. "It is our goal to help provide meals to all students who would otherwise go without eating on weekends."

Currently, Food 2 Kids provides food sacks to 950 children in Lubbock County each weekend.

About United Supermarkets Now in its 96th year of operation, United Supermarkets, LLC, is a Texas-based, family-owned grocery chain with stores in 30 markets across north and west Texas. A self-distributing company with its headquarters in Lubbock and distribution centers in Lubbock and Roanoke, United currently operates 51 stores under four distinct formats: United Supermarkets, Market Street, Amigos United and United Express.



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VOTE ON SATURDAY, MAY 12, 2012! YOUR PRECIOUS VOTE IS VERY IMPORTANT FOR ALL OF US! PLEASE VOTE!!

Lubbock City Councilman Victor Hernandez Addresses Tim Cole's Mother, Mrs. Sessions

(Editor's Note: This speech was given by Lubbock City Councilman Victor Hernandez to the mother of Tim Cole, Mrs. Sessions on October 18, 2010. Hopefully, the Lubbock City Council will fund the waterfall in memory of Tim Cole. Ye Ed.)



**Victor Hernandez
Lubbock City Councilman**

Mrs. Session,
Good evening.
My name is Victor Hernandez. I am one of seven City of Lubbock councilmen.

I serve the citizens of District 1, my current four-year term having begun in June of this year. I had previously served in this same capacity from 1993 to 2004.

Tonight, I come into this house of worship at the invitation of Jeff Blackburn by letter dated October 6, 2010. I come tonight with open eyes and open ears. More importantly, I come tonight with an open mind and an open heart.

First and foremost, I wish to express my condolences to you on the death of your son Tim Cole. I also wish to express my condolences to all of Mr. Cole's family.

As a father of four children, I cannot fathom the idea of outliving any of my children under any circumstances, much less under the circumstances you have had to endure.

In addition to being a Councilmember, I have been a practicing attorney for 21 years. As such, I am familiar with the criminal justice system, having practiced criminal defense work the entire time.

As to Mr. Cole's case, I do not believe the following facts are in dispute: 1) Tim Cole was convicted of a crime he did not commit; 2) Tim Cole was exonerated; and 3) Tim Cole was granted a pardon by the Governor of Texas.

As a fellow veteran, I suspect that one of the reasons Tim Cole joined the military is because he believed in the United States, as I do. And in believing in this Country and what we as a People believe in, I'd venture to say that Tim Cole also believed in the words we have all repeated daily as children, "I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

I do not profess to speak on behalf of my fellow Councilmembers. However, I believe I am correct in saying that the entire City Council understands and supports the concept of "with liberty and justice for all" inasmuch as we recite those very words at the beginning of every City Council meeting.

Nonetheless, at this point, I think it prudent that my personal beliefs be understood clearly. And I think, that on the issue of Justice, my belief can be summed up best by looking at my City of Lubbock business card. On the front of the busi-

ness card is the usual information that any Councilmember would put: name, address and contact information. On the back of my business card is a quote from Pope John VI that reads, "If you want Peace, work for Justice." To me, to "work for Justice" means that you have to do the right thing, even though at times, it is uncomfortable or unpopular.

I would be remiss however, not to note that in my position as City Councilman, I also owe a fiduciary duty to the citizens of Lubbock as well. And in that respect, what this means is that I should not engage in conduct which places me at odds with that duty either.

However, and again to be clear as to my thought process, I do not believe that any efforts I may exert to "work for Justice" is contrary to those duties and responsibilities which I have been elected to carry out. In fact, it is those duties and responsibilities which I agreed to undertake when I raised my hand and took the oath of office, that compels me today.

As such, what comes to mind now, are previous actions taken by past and current Presidents including, Ronald Reagan, George Bush and Barack Obama in issuing formal apologies "on behalf of the people of the United States" to different ethnic and racial groups aggrieved in the past. These come to mind, not because I compare myself to any President, or the City of Lubbock to our Nation, but rather, because it is not unheard of for a Government to issue a formal apology for past wrongs.

I would like to partially quote from the letter written by President George Bush to Japanese Americans, or their surviving families, who were expelled from their homes and incarcerated in internment camps. It

states: "...words alone cannot restore lost years or erase painful memories; nor can they fully convey our Nation's resolve to rectify injustice and to uphold the rights of individuals. We can never fully right the wrongs of the past. But we can take a clear stand for justice....In [offering].... a sincere apology, your fellow Americans have, in a real sense, renewed their traditional commitment to the ideals of freedom, equality, and justice"

And in the Senate resolution which apologized for slavery, the following language was included, "DISCLAIMER - Nothing in this resolution - (A) authorizes or supports any claim against the United States; or (b) serves as a settlement of any claim against the United States."

Based on the following facts: 1) Tim Cole was convicted of a crime he did not commit; 2) Tim Cole was exonerated; and 3) Tim Cole was granted a pardon by the Governor of Texas, I do not personally believe it uncalled for that the City of Lubbock issue a sincere apology to you and Tim Cole's family, provided the aforesaid disclaimer be a part thereof.

In doing so, I believe this will fulfill my desire, and I hope that of the District that I represent as well, to seek justice as well as fulfill my fiduciary obligation to this City and all of its' citizens.

But more importantly, my heart tells me that this is the right thing to do, the moral thing to do. Let us not forget that a young veteran, innocent of the crime accused of, died in prison. Let us not forget that we, as Americans and as people of faith, have a duty to "rectify injustice,"...we have a duty to "take a clear stand for justice," and should also renew our traditional "commitment to the ideals of freedom, equality, and justice..." (George Bush).

In closing, it is my hope and prayer that you and your family can continue on your journey of healing.

Lubbock City Councilman Victor Hernandez, District 1, the Southwest Digest wants to take time and space to thank you for making such a dynamic speech to Mrs. Sessions about her son, Tim Cole. It is our hope the waterfall idea by Councilman Todd Klein will become a reality. It will not bring him, but it'll show people do care. This was a great affair for Lubbock.

One Little Known Condition That Causes Weight Gain In Women Over 35



JJ Smith

Nationwide -- Are you frustrated with extra fat and bloating around your waist and abdomen? You will be pleased to know that sometimes those extra pounds have little to do with how many crunches you're doing or how little calories you're eating and everything to do with a shift in hormones that happens with almost everyone over the age of thirty-five. Excess fat is often due to a hormonal imbalance called estrogen dominance, which can occur primarily in women but sometimes in men, also.

Estrogen dominance causes the body to store fat around the waist, hips and abdomen area. More specifically, in women, estrogen dominance causes fat to be stored around the stomach, waist, hips, and thighs, causing women to look round or pear-shaped once they get in their forties. For men, it causes them to have man boobs and belly fat that looks like a spare tire around their waist.

In my new book, Lose Weight Without Dieting or Working Out, I emphasize that if you don't address estrogen dominance, your stubborn fat will

Mrs. Session didn't get a chance to hear the speech by City Councilman Hernandez at the St. John United Methodist Church. This is the reason why this speech is being published. Hopefully, Mrs. Session will get a copy of this edition.

likely be impossible to lose no matter how much you cut down on calories or work out.

Estrogen is one of the two main hormones produced in the ovaries. The other, progesterone, is produced primarily in the second half of a woman's menstrual cycle. When women reach their thirties and forties, it is very common for the balance between the two hormones to shift heavily toward estrogen, causing the condition known as estrogen dominance, resulting in weight gain, night sweats, fatigue, anxiety, low sex drive, and dry skin and hair. Too much estrogen in the body also causes salt and water retention, which makes you look bloated, flabby, and soft. However, the estrogen and progesterone levels can be balanced to relieve these symptoms.

For a more detailed discussion of estrogen dominance, as well as 6 other hormonal imbalances (e.g., thyroid, cortisol, leptin) that can cause weight gain, visit my website at www.jjsmithonline.com/products/lose-weight.html.

Here are five tips to address excess fat caused by estrogen dominance:

1. Eliminate sugar and starch. Get sugar out of your diet if you want to lose body fat. This means cut out not only candy and sweets, but really any starchy, processed foods that cause insulin spikes resulting in excess fat in the body. Try to have no more than two servings of starchy carbohydrates - such as potatoes and corn - per day and avoid sugary sweets altogether.
2. Eat more fiber. Fiber from whole grains, fruits, and vegetables helps to move estrogen out of the body, which helps prevent

it from building up and creating a hormonal burden on your system.

3. Maintain regular bowel movements (at least once a day) to eliminate excess estrogen from the body.

4. Avoid alcohol. It spurs the production of harmful estrogen. In fact, even one glass of alcohol a day can raise estrogen levels.

5. Eat more detoxifying foods. Add plenty of detoxifying foods to your diet to help rid the body of excess estrogen, including broccoli, cauliflower, brussels sprouts, kale, cabbage, beets, carrots, apples, ginger, onions, and celery. Eat at least five servings of fresh fruits and veggies per day. In particular, dark leafy green veggies, such as spinach, collards, and kale, are ideal. Regarding fruit, the brighter and deeper the color the better; great choices are oranges, blackberries, and apples. The Good News: The good news is that estrogen dominance can be treated, and once your hormones have been properly balanced, the stubborn fat will begin to melt away within a few months.

JJ Smith is the author of the #1 Amazon Bestseller and USA Today Bestseller, Lose Weight Without Dieting or Working Out. She is a nutritionist and certified weight-loss expert who has been featured on The Steve Harvey Morning Show, The Montel Williams Show and The Jamie Foxx Show and on the NBC, FOX, CBS, and CW Network television stations, as well as in the pages of Glamour, Essence, and Ladies Home Journal. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, Smith has become the voice of inspiration to women who want to lose weight, be healthy, and get their sexy back! JJ may be contacted on the web at www.JJ-SmithOnline.com and by email at info@jjsmithonline.com and on Twitter: [jjsmithonline](https://twitter.com/jjsmithonline) and Facebook Page: RealTalkJJ

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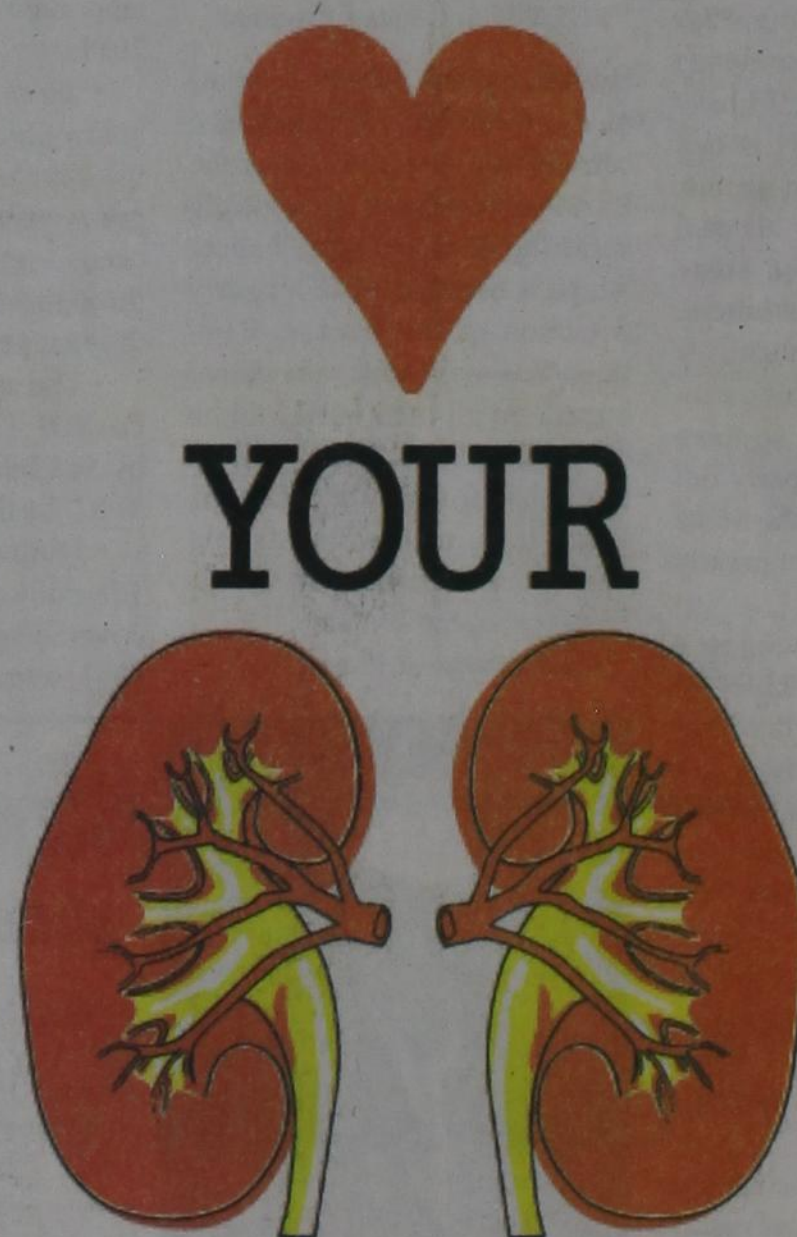


**Lubbock County Commissioner
Precinct 3
Democratic Primary
Tuesday, May 29, 2012
Early Voting
May 14 thru May 20, 2012**
Pd. for by Friends of Commissioner Gilbert Flores
EARLY VOTING
MONDAY, MAY 14, 2012 - FRIDAY, MAY 25, 2012

The Buffet Rule Continued from Page 5

When President Obama had his PSA test this past October I stated my fears that the USPSTF is driving government policies that will result in a two tiered system for prostate health management. The "Buffet Rule" for prostate cancer should be protected for all men, especially since the death rate from the disease has declined by 40% since the rule has been in effect. Why should our country take a step backwards in fighting the second leading cause of cancer deaths among men?

ATTEND CHURCH ON THIS COMING SUNDAY MORNING! YOU WILL BE GLAD YOU DID SO!!



Got high blood pressure, diabetes, heart disease or a family history of kidney problems? You need to get tested for kidney disease. So talk to your doctor today and visit LoveKidneys.com.



George Zimmerman Released From Prison Last Week In Florida

SANFORD, Fla. -- In a low-key event, George Zimmerman was released from a Florida jail on \$150,000 bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighborhood watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the jail around midnight Sunday. He was following another man and didn't look over at photographers gathered outside. The two then got into a white BMW scar and drove away.

No questions were shouted at Zimmerman from members of the news media at the scene, and he gave no statement.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m.-to-6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10%, or \$15,000, to make bail. His father had indicated he might take out a second mortgage.

Zimmerman worked at a mortgage risk-management company at the time of the shooting, and his wife is in nursing school. A website was set up to collect donations for Zimmerman's defense fund. It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and



George Zimmerman

legal experts had predicted it would be granted for Zimmerman because of his ties to the community, because he turned himself in after he was charged last week, and because he has never been convicted of a serious crime.

Prosecutors had asked for \$1 million bail, citing two previous scrapes Zimmerman had with the law, neither of which resulted in charges. In 2005, he had to take anger management courses after he was accused of attacking an undercover officer who was trying to arrest Zimmerman's friend. In another incident, a girlfriend accused him of attacking her.

Speaking Monday, April 23, 2012, on a CBS This Morning, Zimmerman's attorney, Mark O'Mara, said Zimmerman would not have apologized to the Martin family during Friday's bond hearing if O'Mara had known the family felt it was the wrong time.

Zimmerman's bond hearing Friday took a surprising turn when he took the witness stand and apologized to the slain teen's family for the loss of their son. But an attorney for Martin's family spurned the apology.

O'Mara told the network Monday that if he'd known the family felt the timing of the apology was wrong, it wouldn't have happened. O'Mara said Zimmerman simply wanted to reach out to the family.

Zimmerman, 28, fatally shot Martin, 17, during an altercation

on Feb. 26 inside the gated community where Zimmerman lived. Martin was unarmed and was walking back to the home of his father's fiancée when Zimmerman saw him, called 911 and began following him. A fight broke out and investigators say it is unknown who started it.

Zimmerman says Martin, who was visiting from Miami, attacked him. Zimmerman says he shot Martin in self-defense, citing Florida's "stand your ground" law, which gives broad legal protection to anyone who says they used deadly force because they feared death or great bodily harm.

Zimmerman was not charged for over six weeks, sparking national protests led by Martin's parents, civil rights groups and the Revs. Jesse Jackson and Al Sharpton. Martin was black; Zimmerman's father is white and his mother is from Peru.

Earlier Sunday, Zimmerman's attorney was working to secure the money for bail and a safe place for Zimmerman to stay. But residents in Sanford, where Martin was killed, didn't expect a ruckus once Zimmerman was released.

City commissioners said they hadn't received calls from nervous residents. Protesters didn't show up outside the jail. And talk at one local coffee shop seldom focused on the case.

"It's just kind of a non-issue now," said Michele Church, a server at Mel's Family Diner. "That's pretty much all anybody in Sanford wanted, was an arrest, so it could be sorted out in the court system."

On Friday, a Florida judge agreed to let Zimmerman out on \$150,000 bail. Defense attorney Mark O'Mara has said there are several options for where Zimmerman should go, but would not disclose any of them. Lester on Friday indicated Zimmerman would be allowed to leave the state if arrangements with law enforcement could be made for him to be monitored.

Continue on Page 9

Harris DWI Adult Education Program Designed To Help Youth In Lubbock

Eddie Karl Harris started the Harris DWI Adult Education Program October, 2010. He became a Licensed Instructor in January, 2008. Later in March 2011, he began an Alcohol Education Program for Minors.

As an instructor, he was approved by the Texas Department of Health Services. Today, he is also the administrator for this program which is certified by the State of Texas.

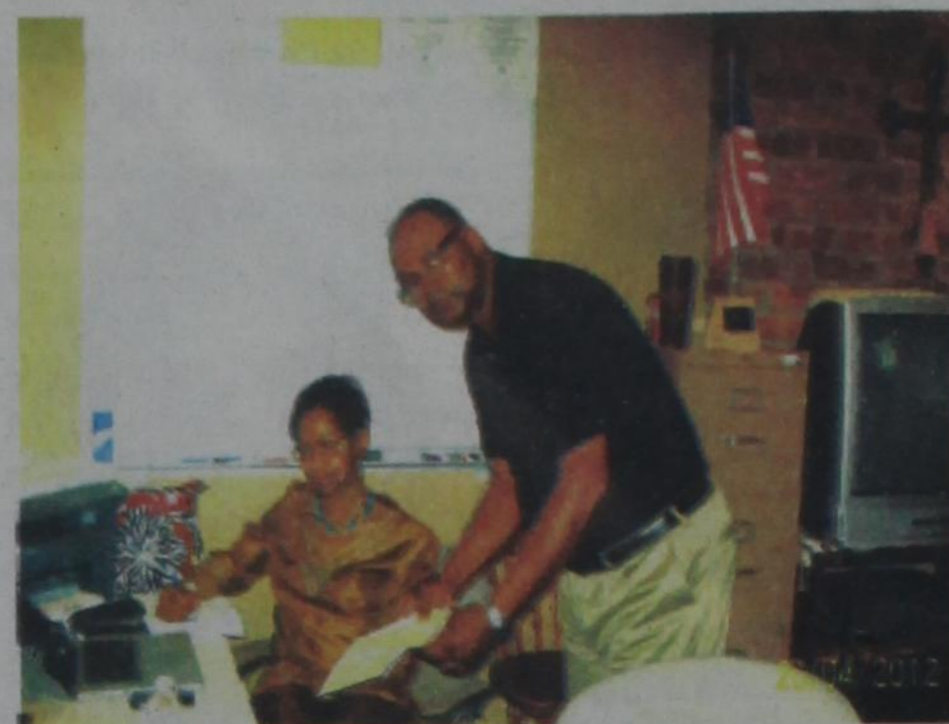
With the assistance of his wife, Natalie, who is an assistant at Parkway Elementary School, and an educator for more than 30 years. Both realized that due to a desire to offer educational services to the Lubbock community and adjacent counties which has allowed an opportunity in Littlefield.

The main objective of the education services is to offer quality education which encourages adults, and especially minors, in the cause and effects of alcohol and drug abuse with driving and possession.

Sources reveals that in Lubbock, there is a dire problem on universities, colleges, and local public school districts. According to our sources, there is a high percentage of students who are engaged in alcohol and drug abuse.

Harris DWI Adult Education desires to encourage students to become aware of the cause and effect of alcohol indulgence, whether in possession of substance and especially while driving. "Our children are especially prone to the peer pressures of alcohol, drugs, and other mind altering substances," said Harris. He continued, "Through education, our goal is to encourage students to become knowledgeable and make better and wiser decisions concerning drinking and driving abuse."

Harris DWI Adult Education Program offers a friendly atmosphere with a passion toward helping men, women, boys, and who are minors, to become more



GETTING READY FOR CLASS-- Mr. Eddie Karl Harris, instructor/administrator, is shown preparing for class. His wife, Mrs. Natalie Harris, an assistant principal at Parkway Elementary School, is shown taking notes for him.

(Photo by Hillary Hutchinson)



MR. EDDIE KARL HARRIS is shown making a presentation to students attending the Harris DWI Adult Education Program. More than 200 students have enrolled in the program since 2010.

(Photo by Hillary Hutchinson)

aware of their choices and consequences.

"Our young people need to know that a mankind mind is not fully developed or mature until a person reaches the age of twenty-five (25)," said Mr. Harris.

This program offers good prices, and honor all credit cards. Cash is also accepted for payment of the course.

From time to time, there will be opportunities for guest speakers to come and share life experiences in relations to driving and drinking. These individuals, in most cases, will be the individuals in law enforcement or educators in public safety.

During our one of our classes, Mayor Pro Tem Floyd Price was our initial speaker. He has been in the field of Law Enforcement for more than 33 years of experience.

At this time, Harris DWI Youth Education Program has

Continue on Page 9

Election Day May 12, 2012

VOTE FOR RUBY TANNER!

School Board At-Large

Pd. for by Friends to Elect Ruby Tanner
LISD School Board At Large



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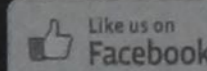
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RE-ELECT



Tom Martin
for Mayor



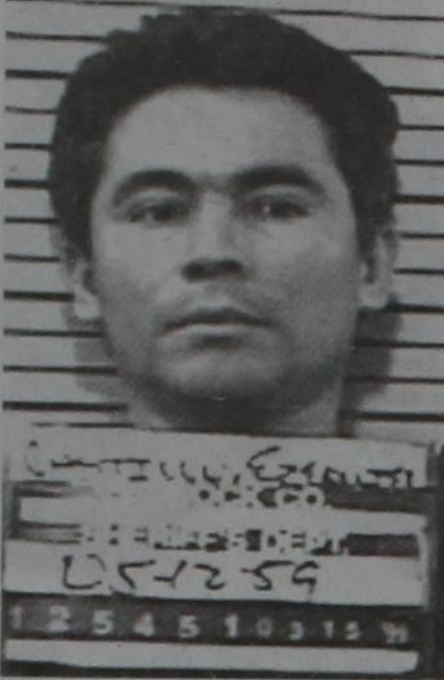
Karen, Tom & Max

Pol. Adv. Paid For By The Tom Martin Campaign, Karen Martin, Treasurer, 4814 99th Street, Lubbock Texas 79424

Fugitives Wanted!

The persons below are wanted by the Lubbock Sheriff's Department. If you know of their whereabouts, contact: Cpl. Jeff Scott, Warrant Division, Lubbock County Sheriff's Office, Office-(806) 775-1461, Fax-(806) 775-1438.

Ashley Kainer has been arrested, and is replaced by Kimberly Phillips. This has become a reality, because citizens like you are helping. Keep up the good work!!



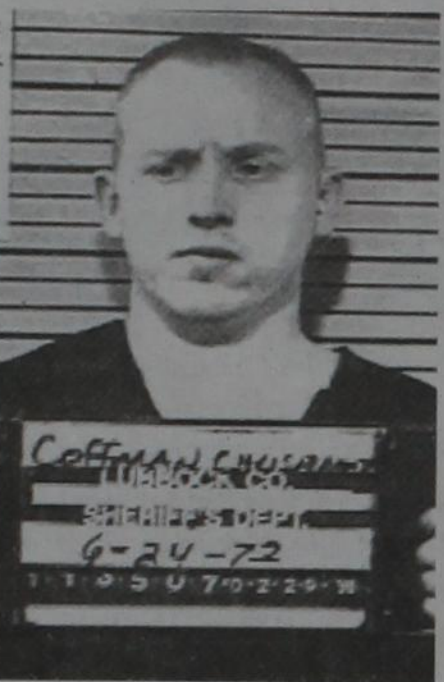
Castillo, Ezequiel
Hispanic, Male, 5'08", 145 lbs., Hair- Black, Eyes- Brown.
Charge- Sexual Assault (MPAG)
Warrant #- 2000434805



Butler, James
Black, Male, 5'07", 150 lbs., Hair- Black, Eyes- Black
Charge- PCS PGI W/Int. Del. 4-200G (BNDF)
Warrant #- 2009424522



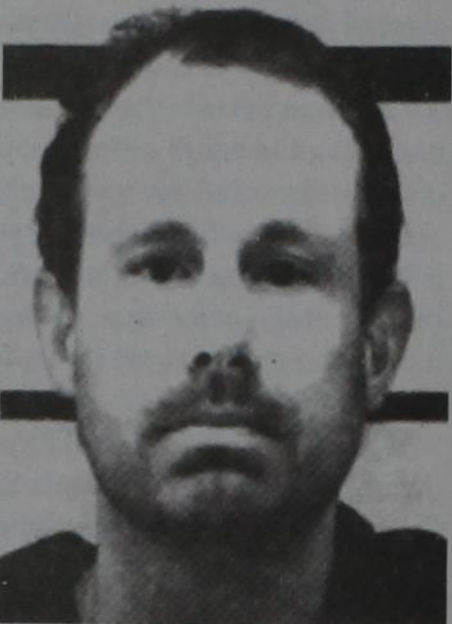
Cabrera, Mario
Hispanic, Male, 5'05", 135 lbs., Hair- Black, Eyes- Brown
Charge- Injury To Elderly BI (BNDF)
Warrant #- 200842027



Coffman, Christopher Walter
White, Male, 5'11", 160 lbs, Hair- Blond
Eyes- Blond
Charge- Burglary Of A Building (MPAG)
Warrant #- 96423235



Norbeck, Kristin
White, Female, 5'03", 120lbs-
Hair: Brown, Eyes: Brown
Charge: Fraud
Warrant#: 2010427851



Shriver, Aaron
White, Male, 5'07", 157 Lbs., Hair - Brown - Eyes - Green.
Charge - DWI 3rd or more (ARP)
Warrant: #2010428



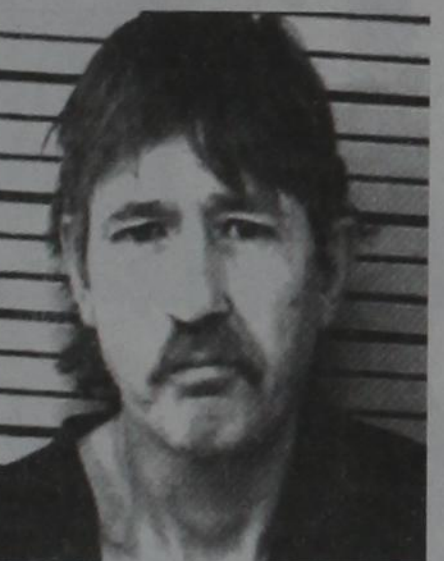
Thomas, Lakeithrea
Black, Female, 5'01", 110 lbs-
Hair- Black, Eyes- Brown
Charge- Robbery (BNDS)
Warrant #- 2010426980



Sigala-Ortiz, Concha
Hispanic, Female, 5'01", 123 lbs, Hair—Brown, Eyes- Brown.
Charge- PCS PGI W/INT DEL > 400G(BNDF)
Warrant #- 2009423825



Caffey, Jennifer J
White, Female, 5'09", 125 lbs - Hair- Blond, Eyes- Blue
Charge- PCS PGI <1G
Warrant #- 2010426171



Jackson, Jerry D
White, Male, 6'02", 165 lbs, Hair- Brown, Eyes- Blue
Charge- DWI 3rd Or More (BNDS)
Warrant #- 2011430372

Community Baby Shower

Continued from Page 1

the grant money and some of the proceeds from the baby shower, we will be able to expand the Stork's Nest staff."

The Stork's Nest is a national cooperative project of the March of Dimes and Zeta Phi Beta Sorority Inc. The project is also part of the Larry Combest Community Health & Wellness Center, a nonprofit nurse managed primary health care center operated by the School of Nursing.

The public enjoyed the event, which will included refreshments, along with live and silent auctions and door prizes. Donations of baby items or monetary donations now are being accepted. For more information, contact Brice at (806) 241-3652.

VOTE
MAY 12, 2012!!

Deion Sanders' Wife ARRESTED After Domestic Incident

Deion Sanders' wife has got into trouble for allegedly attacking him. Pilar Sanders was arrested on domestic violence charges in Dallas, Texas on Monday, April 23. According to the Colin County Jail website, she was charged with a Class C misdemeanor for "assault family violence" offense.

News of Pilar's arrest came just hours after Deion took to his Twitter account to reveal that he's filing a police report against her after she jumped him in front of their two sons. "Pray for me and my kids now! They just witnessed their mother and a friend jump me in my room," he first tweeted. "She's going to jail n I'm pressing charges!"

In a following tweet, the former NFL star wrote, "I'm sad my boys witnessed this mess but I warned the police department here that she was gone try n harm me and my boys. This is on my mama!" He then posted a photo of him filing out the police report. In the caption, he noted, "Thank God for this platform to issue the Truth."

Shortly after Pilar was taken into police custody, Deion posted a new message on his account. "God is faithful! Thank u all for your prayers, support n Love," so the 44-year-old tweeted. "A testimony only comes after a test. Truth."

Deion filed for divorce from Pilar in December 2011. In a statement about the split, he said, "Pilar and I have decided to end our marriage and move on to the next phase of our individual lives with mutual respect. We are friends and our top priority has and will continue to be the well-being of our children."

Pilar then fought back with her divorce filing. In her papers, she claimed that the former NFL star "has been guilty of unkind, uncaring, insensitive, cruel and unusual treatment of [Pilar] ... as well as physical, mental and emotional abuse of [Pilar] and the parties' children." Deion later

Celeste Contreras Memorial Scholarship, the Cecyle Marrow Scholarship and others offered by community partners with LEARN will be presented to worthy student.

"You Are Somebody!!"

Prayer Vigil Set For May 8th

Ms. Blanchie Swisher, President of the Prayer Vigil, is announcing the upcoming program on Saturday afternoon, May 8, 2012, at the Greater St. Luke Missionary Baptist Church, 306 East 26th Street, where the proud pastor is Rev. J. H. Ford.

The program will begin at 12:00 noon until 2:00 p. m.

A delicious lunch will be served prior to the services.

"We thank God for this opportunity each year, and we really appreciate those who are always in attendance," says Ms. Swisher.

The public is invited to attend this spirit filled service.



Pilar Sanders

fought back, saying that his wife for the past 12 years tried to extort money from him.

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2012 TAME Statewide Math & Science Competition Name Two Estacado High School Students

College Station, Texas – The 27th annual TAME Statewide Math & Science Competition was held at Texas A&M University on Saturday April 14, 2012. The event, held free of cost to participants, brought together more than 300 winners of regional competitions from across Texas. The 6th-12th grade students from 11 TAME regional chapters competed in individual math and science tests and participated in an engineering team design challenge. The top 5 students from each test and the top 5 teams & 3 Judge's Choice Teams from the Team Design Challenge were honored with trophies and medals. Sponsoring organizations provided a variety of door prizes and giveaways to all participants.

The Statewide Math & Sci-

ence Competition is organized by The Texas Alliance for Minorities in Engineering (TAME), a statewide 501(c)(3) non-profit organization that enables Texas students to pursue careers in Science, Technology, Engineering and Math (STEM). In addition to testing student knowledge of math and science concepts, the competition promotes teamwork, leadership, and academic achievement.

We are thrilled to announce that the following students from Estacado High School placed in the competition:

Kelvin Cassity- Comprehensive Math- 1st Place; Physics- 5th Place

Dominique Scott- Comprehensive Math- 3rd Place, Anatomy & Physiology- 4th Place.

Congratulations!

Parson Smith Continued from Page 3

a majority of the delegates but he vowed to continue on to Tampa. Romney's sweep of five Northeastern primary states all but wrapped up the nomination. Moreover, Gingrich's campaign was in debt and there was no

path to victory. The people had spoken and Gingrich had no choice but to suspend his campaign. But as a history professor, he gave it the "ole college try." What did the singer Ray Charles say? Oh yes my memory is coming back. He said: "Hit the road Jack and don't come back no more." Goodbye Newt!

Harris DWI

Continued from Page 7

taught more than 200 adults and 40 minors in both combined locations in Lubbock on Broadway Avenue and Phelps Street and in Littlefield.

At this time, Harris DWI Education Program now offers Anger Management. The hope of this program offers typical ways for both men, seven to eight weeks; women, six weeks courses that are court ordered mandated to better understand their personal needs related to their feelings and emotions with anger.

Mr. Harris advises that anger is such a problem with our youth today, not just in high school or middle school, but especially in elementary school.

"We, Harris DWI/Youth Education and Anger Management Programs are always available to share educational resources to encourage and empower our Youth and Adults to make better choices and become productive citizens in our society and community," said Mr. Harris.

For more information about the Harris DWI Education Program, call: Cell: (806) 559-9464 or office: (806) 771-6734.

George Zimmerman

Continued from Page 7

He was fitted with an electronic device when he was released Sunday, according to a statement from the Seminole County Sheriff's Office.

About a half-dozen photographers and cameramen camped outside the Sanford jail Sunday, focused on the door marked "Bonds Rooms," where other people who had been arrested and released on bail exited. Zimmerman had entered the jail about a week earlier after more than a month of nationwide protests calling for his arrest.

"The mood in Sanford has calmed down tremendously," said Sanford Commissioner Patty Mahany, whose district includes the neighborhood where Martin was killed. "I think now that people are able to see the justice system taking place, even though they understand it's going to be quite slow, people are willing to just remain calm and really we're all getting back to our daily routines."

A spokeswoman for the Seminole County Sheriff's Office declined to release any information about whether they were increasing patrols or security.

Defense attorneys for other high-profile clients who awaited trial on bail have said Zimmerman should leave Florida and refrain from going out in public. Sanford residents say they aren't expecting to see him around the neighborhood anytime soon.

"They've already said they're going to move him to a safe place," Church said. "Everyone has calmed down. That's all anyone in Sanford wanted, an arrest."

Meanwhile, Martin's parents published a "Card of Thanks" in the Miami Herald obituary page Sunday. The note says Sybrina Fulton and Tracy Martin express their appreciation for all the public's support since their son's

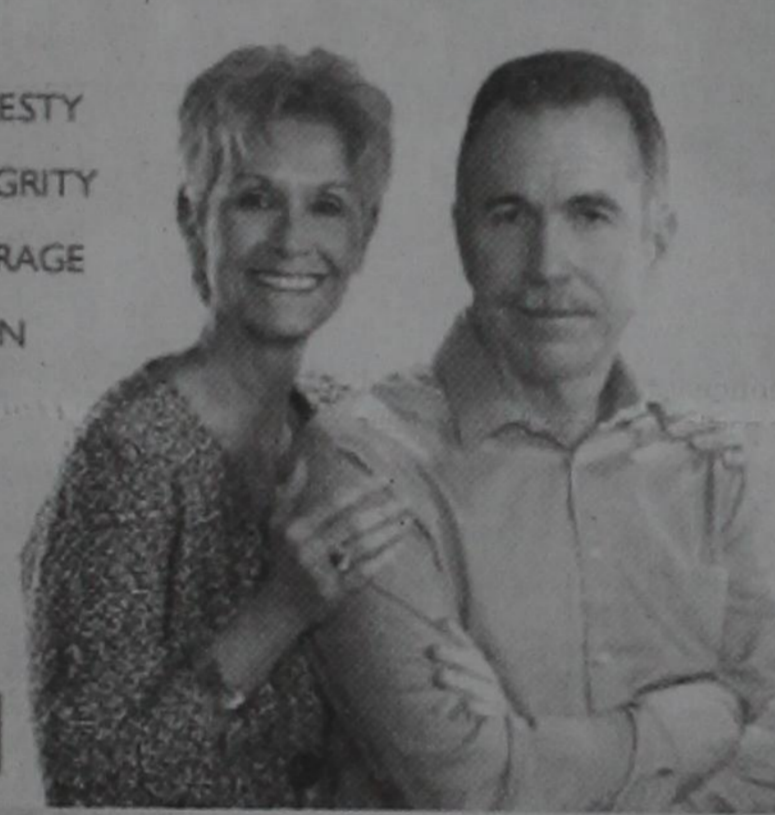
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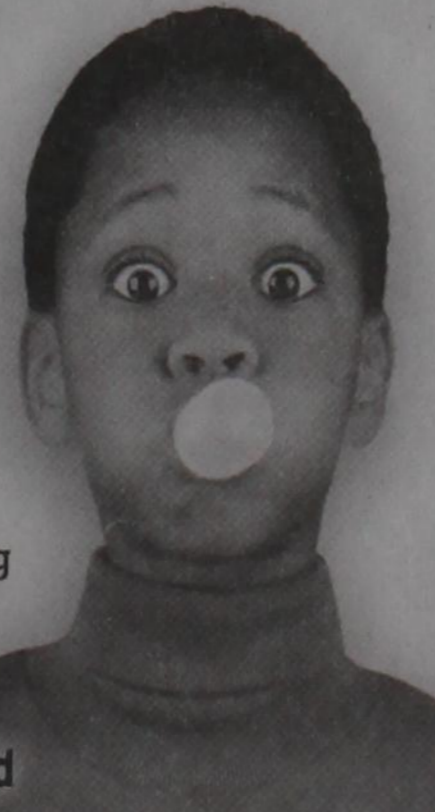
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2012 ALL CLASS REUNION X

THURSDAY, JULY 12TH TO SUNDAY, JULY 15TH

SCHEDULE OF EVENTS

THURSDAY, JULY 12, 2012	SATURDAY, JULY 14, 2012
9am - 3pm Registration, Dunbar Middle School 2010 E. 26th St.	7am Golf, Meadowbrook
6pm-7pm Late registration American Wind Power Center 1701 Canyon Lake Drive	11am-1pm Mad Hatter's Luncheon, TBA (dress for brunch tea and wear your grandest hat)
6pm-11:30pm Reception American Wind Power Center sponsored by the Classes of '65 & '66	2-3:30pm Men's & Women's Basketball Iles Elementary - 2401 Data Ave.
	4-4:30pm Alumni Meeting Dunbar Alumni Bldg. 1502 E. 27th St. (MLK & E. 27th)
FRIDAY, JULY 13, 2012	7pm-1am Elections of officers by ballot
7am Golf, Meadowbrook Golf Course 601 Municipal Dr	Banquet/Dance Lubbock Civic Center semi formal/coat & tie (No Children Please)
9am-12 noon Late registration Dunbar Middle School	
1-3pm Talent Show, Dunbar	SUNDAY, JULY 15, 2012
4-6pm Barbecue, Lubbock Civic Center 1501 Mac Davis Drive - Casual attire (additional cost for child plate)	8:30-10am Farewell Breakfast Memorial Service Lubbock Civic Center (additional cost for child plate)
9pm-1am Hawaiian Night Lubbock Civic Center Tropical attire. Dance, Contests... (No Children Please)	

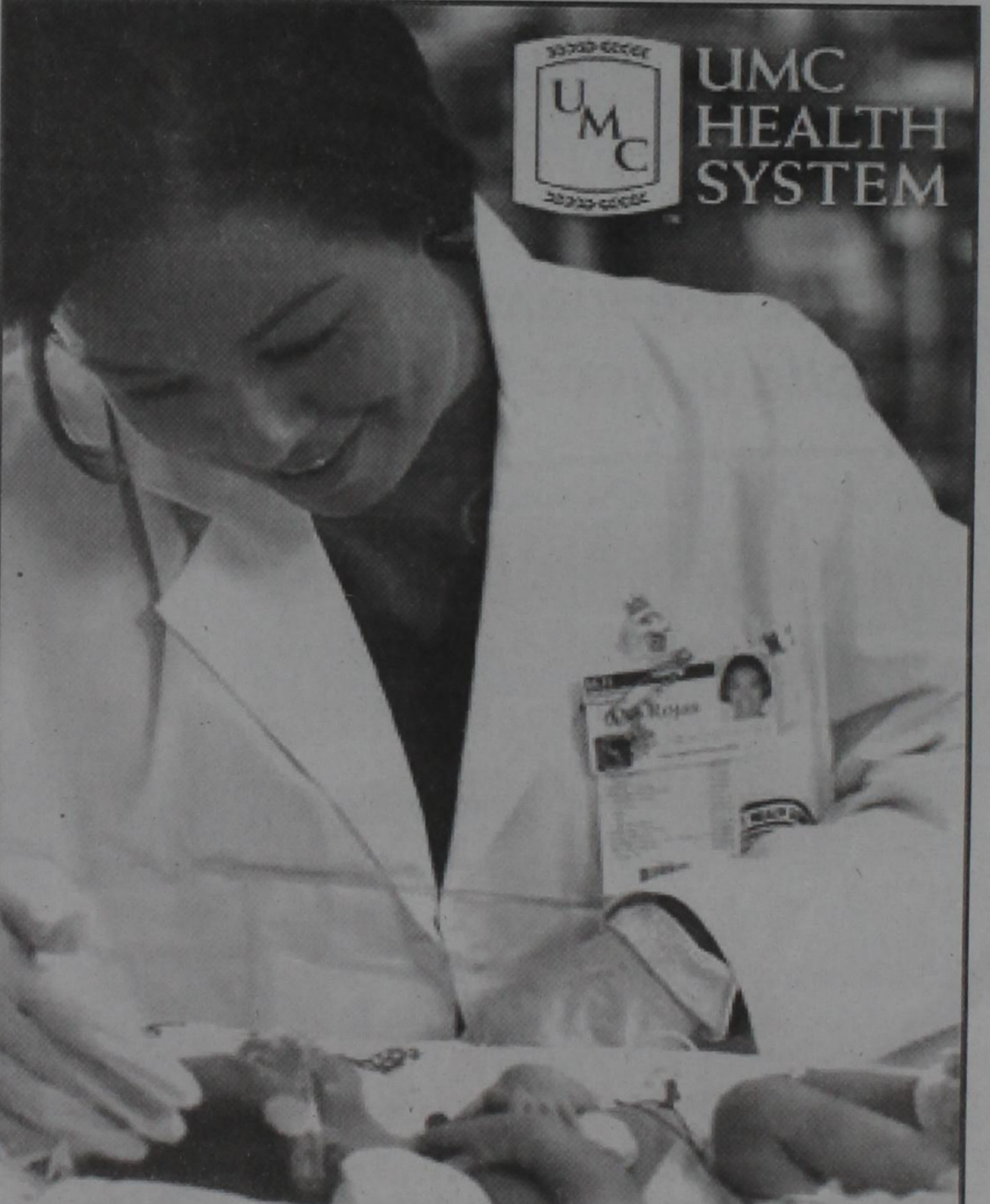
COST: Single - \$100, Couple - \$170 **LIFETIME MEMBER COST:** Single - \$60, Couple - \$100*
*for the Lifetime Member Couple discount, both must be lifetime members

REGISTRATION CARD - PLEASE RETURN WITH FEES BEFORE MAY 31, 2012
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Alumnus Full Name _____ Graduation Class _____
Guest name (s) _____
Mailing address _____
City, State Zip _____
E-mail _____ Total \$ Amount Sent _____

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(continue on back)



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Brother Norman Trent Cox Preaches His First Sermon

Anton, Texas -- Brother Norman Trent Cox preached his first sermon Sunday afternoon, April 22, 2012, at the Macedonia Baptist Church, Pastor R. E. McDowell. His subject was "The Stick," Psalm 118:24.

Pastor McDowell served as Master of Ceremonies. A welcome was given by Sister Carrie F. Cox. Two selections were sung by Clara Gillan and Erkia & Nikko.

The scripture was read by Evangelist Peggy Adams. Prayer was offered by Pastor C. Hankson.

In attendance were family of Brother Cox who traveled from Mississippi, Arizona and Texas.

Brother expressed his appreciation for those who were in attendance.

He was born in Harlingen, Texas to the late Bessie & Bon-



Bro. Norman Trent Cox

nie Cox. The family moved to Earth, Texas, and then to Lubbock. He graduated from Dunbar High School in 1968.

After moving to San Diego, California, he and his wife, Carrie, moved back to Lubbock.



President Obama

Expect A Check: President Obama's Health Care Rebates To Top \$1 Billion

Washington, DC -- More than 3 million health insurance policyholders and thousands of employers will share \$1.3 billion in rebates this year, thanks to President Barack Obama's health care law, a nonpartisan research group said Thursday, April 2, 2012.

The rebates should average \$127 for the people who get them, and Democrats are hoping they'll send an election-year message that Obama's much-criticized health care overhaul is starting to pay dividends for consumers. Critics of the law call that wishful thinking.

The law requires insurance companies to spend at least 80 percent of the premiums they collect on medical care and quality improvement or return the difference to consumers and employers. Although many large employer plans already meet that standard, it's the first time the government has imposed

such a requirement on the entire health insurance industry.

"This is one of the most tangible benefits of the health reform law that consumers will have seen to date," said Larry Levitt, an expert on private insurance with the Kaiser Family Foundation, which analyzed industry filings with state health insurance commissioners to produce

its report. Kaiser is a nonpartisan information clearinghouse on the nation's health care system.

Still, with employer coverage averaging about \$5,400 a year for an individual, \$15,100 for a family, \$127 isn't a whole lot of money. It amounts to 2 percent of an individual plan, and a little less than 1 percent of the family premium.

Lubbock Resident Succumbs Here

A longtime Lubbock resident, Ms. Edna Green, passed away Sunday morning, April 29, 2012, in her residence at 2407 Globe Avenue.

She was the sister of Ms. Pearlene Scott of Lubbock. She was 95 years of age.

Former President Bush Riding Bike



Former President George W. Bush leads the way along one of the many biking trails at Palo Duro Canyon State Park during the first day of the second-annual W100 Wounded Warrior mountain bike ride. The three-day ride event also featured 20 U.S. servicemen and women who were wounded during battles in Iraq and Afghanistan.

For more information about the W100, contact State Parks Public Affairs Rep. Bryan Frazier at (512) 826-8703, or visit

www.w100k.com.

ELECT RICHARD MENDEZ FOR LUBBOCK COUNTY CONSTABLES PRECINCT 3



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Primary voting date is May 29, 2012

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FOR LUBBOCK COUNTY COMMISSIONER
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