

Texas Tech Library
 Mrs. Marx
 Technical Services Process.
 Lubbock, Texas 79409
 0002

DATE
 U.S. POSTAGE
 PAID
 LUBBOCK, TEXAS
 PERMIT NO. 355

If you are a drug dealer, and you are poisoning the minds of our young people, and destroying their health and growth as well as their heritage, we (The Southwest Digest) will expose you.
WE ARE WATCHING YOU!

SUPPORT YOUR
 ADVERTISERS BECAUSE
 THEY SUPPORT YOU!

National
 Award
 of Merit

CPVS

Southwest Digest

50¢
 Worth More!

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

OSCA
 OIL STATES
 ASSOCIATION

December 30, 1999-January 5, 2000 VOL. XXII, No. 68

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

BUSINESS EXCHANGE

FREE LEONARD PELTIER PROTESTS END IN NATION'S CAPITAL

Standing in formation of the Sacred Circle at Ellipse Park in front of the White House, supporters of American Indian Movement activist Leonard Peltier held a prayer vigil on Thanksgiving day to culminate their month long worldwide demonstration for the release of the indigenous political prisoner Peltier was arrested in Canada on Feb. 6, 1976 and extradited a few months later to the United States for the June 26, 1975 murders of FBI agents Ronald Williams and Jack Coler during a shoot out on the Lakota Reservation in Pine Ridge, South Dakota. Canadian prosecutor Paul Halprin, who represented the U.S. in the extradition process, is accused by the pro-Peltier activists of manipulating testimony and fabricating evidence in the pursuit of Peltier. Since then, Halprin and several government officials have openly acknowledged Peltier's innocence, yet he has been repeatedly denied appeal, parole or pardon.

His next parole hearing is scheduled for December 2008 - 15 years away. Peltier, 55 is in poor health. He is currently suffering from complications related to two failed jaw surgeries, the last one almost killing him. The maxillofacial surgeries have resulted in his inability to bite or chew food.

NEW STEPS TAKEN TOWARD RACIAL EQUALITY IN KIDNEY TRANSPLANTATION

The Health Care Financing Administration (HCFA) recently announced that the Medicare program is taking new steps to ensure that all patients with renal failure, regardless of race or ethnicity, are evaluated for kidney transplantation. "Medicare rules require that all patients with kidney failure be evaluated and informed about transplantation," said HCFA administrator Nancy-Ann DeParle. "We want to be sure this is happening and be sure there is equal opportunity for transplantation when needed, regardless of a patient's race."

A recent New England Journal of Medicine study showed that racial differences were substantially great in rates of referral for transplant evaluation (50.4 percent for Black women vs. 70.5 percent for White men) and placement for Black women vs. 56.5 percent for White women and 35.3 percent for Black men vs. 60.6 percent for White men).

The program will include communication enforcement and technical assistance to dialysis centers, which are required by regulation to assure that all patients in the facility are assessed for and fully informed about their suitability for transplantation as part of the long-term care plan. Visit the website at 222.os.dhhs.gov/news/press/.

Pictures Of Tragedy On East 2nd Street

Here are some photos of the outcome of vandalism between 2713 and 2723 East 2nd Street. Unknown persons came on these properties. Several thousand dollars worth of damage was done to these properties. Richard Lopez, executive director of Guadalupe economic Services Corporation, said, "The people who are responsible for this destruction are merely hurting themselves. These properties were being remodeled for the homeless in the community."

According to Mr. Lopez, a \$200.00 reward has been available to give anyone who has information to those who were responsible for this act. Here are some of the photos:



Longtime Resident Johns Funeralized Here



A longtime resident, Williams Dudley Johns, who was remembered for his personality at Texas Tech University, was funeralized Thursday, December 23, 1999, at the Ossie Curry Funeral Home with Rev. Johnny Barnes officiating.

Born June 14, 1913 in Atiaola, Texas, he married Jessie Mae Stewart in 1943, in Atiaola, Texas. She passed away April 22, 1999.

He attended Marshall University. He also served in the U. S. Army. He was a mail carrier for Texas Tech University, and First Federal Savings and Loan.

He is survived by a sister, Hazel Duson of Lubbock, Texas; and two granddaughters.

Patterson's 74th March Against Drugs, Violence, and Gangs

You are invited to participate in Councilman Patterson's 74th March Against Drugs, Violence, and Gangs in our community. I hope that you will take time to join us for this important event.

Your participation makes a difference and sends a clear, strong message to the entire Lubbock community.

Friday, December 31, 1999
 12:00 p.m. (noon)

assemble at Memorial Circle on the Texas Tech Campus Broadway and University

LISD Offers Unique Challenges

As students and their parents are seeking the best educational experiences each year, it is important to research the choice available to them in the magnet schools of Lubbock Independent School District. In addition to the comprehensive programs at every Lubbock school insuring each student will have access to an excellent education, Lubbock ISD has eleven magnet schools that provide unique challenges and program. Students have special opportunities to develop talents, foster special interests, and learn through technology, field excursions, and mentoring programs.

There are five elementary magnet schools that serve children Kindergarten through Grade Six. Iles Elementary is a creative and expressive arts magnet; Ramirez Elementary, a science and technology center; Tubbs Elementary, a communications/technology magnet; Williams Elementary, an authentic learning center; and Roscoe Wilson Elementary, a magnet school with an emphasis on humanities and fine arts. Although each magnet campus has a specific focus, a student's basic education is never neglected. The basic elementary LISD curriculum is enhanced at each school with different programs such as Josten's computer labs, Structure of the Intellect, Reading Recovery, Suzuki Strings, Core Knowledge, and Early Literacy.

Qualified students are encouraged to make application. Students must have a 3.2 grade point average (LIS academic classes require a 3.5), have teacher and principal recommendation, and maintain good attendance and citizenship. Those children wishing to attend a magnet school during Kindergarten will be screened at the individual magnet school. Specific qualifications can be accessed in LISD publications and through the individual magnet schools. Further information is available in LISD's Schools of Choice Brochure, Information and Procedural Guidelines, and from the Assistant to the Superintendent's Office, 766-1134. Additionally, LISD TV, Channel 12, will be airing programs throughout the winter holidays that highlight each of the different schools. Between January 24th and February 18th, magnet secondary schools will be recruiting students to attend their campuses. Estacado High and Lubbock High will go to each individual junior high school campus to tell them about their programs. Junior highs will make presentations at the Civic Center January 24th, February 1st and 2nd. All sixth grade students will attend, and parents are encouraged to come to find out as much information as possible. Open houses will be scheduled during this time, and students and/or parents are invited to take tours of the different campuses. Applications are available at every school in Lubbock ISD and at the Assistant to the Superintendent's office. Elementary applications are accepted at any time throughout the year; however, secondary applications must be submitted no later than March 1st. Counselors at each campus will assist interested children and parents in the application process. Magnet schools offer students unique challenges and opportunities. These schools are located throughout the city and are accessed via district provided bus transportation. These schools of choice provide many learning experiences, one of which is the cosmopolitan atmosphere that abounds on these campuses. Magnet schools have great educational programs and invite Lubbock students to share in their exceptional experiences.

Ruby Jay's Corner



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

Services began last Sunday morning with Sunday School at 9:30 a.m. and Brother Virgil Johnson, superintendent, presiding. It was another informative Sunday School.

The morning devotional period began at 10:43 a. m. with the Praise Team at their post of duty with Deacon R. J. Givens in charge.

The Senior - Choir marched in the processional singing out of their hearts. Altar prayer was offered by Pastor Moton. A song, "What - The Lord Has Done", was sung. Scripture was read Quigley. Another song, "JESUS, Oh, JESUS, by Sister Lena Sheffield, and prayer was given by Sister Cleo Quigley. Her mother, if she lives to see January 1, 2000, will be 97 years old. She is blessed.

Responsive reading was done with the congregation standing - and led by Sister Clara Lee Blakemore. The morning hymn was "My God Is Real." Pastoral observations were given by Pastor Moton- who asked the question: "Is God real in your life?"

The morning sermon was delivered by Rev. Andrea Toines, grandchild of Mr. and Mrs. Harry Stokley. His subject was - "The Most Significant Gift." His- scripture text was II Chronicles 17: 6. It was a wonderful message. Although the attendance was small because of the Christmas holiday, Rev. Toines brought the spirit in the church. Several of his relatives were present.

An invitation to discipleship was extended and several came for prayer. Some were sad.

Among our bereaved - s- families include Sister Hazel Duson who lost a brother and son. Both were funeralized last week. Also, Mr. and Mrs. Vernon (Annie) Flowers lost a son, Arvis Flowers, who was funeralized Thursday, December 23, 1999, at St. John Baptist Church.

Bishop W. H. Watson had surgery last week. Rev. Homer Avery's wife is shut-in again--.

Sister Lena Sheffield lost a relative last week.

Sister Ruby Jay wants to thank everyone for her Santa Claus this year. She is most appreciative of you being so nice. "It was wonderful," she says. She advises that her niece, Lettie Farlow, came through her surgery. She is home. Thanks for your prayers.

Don't forget New Eve's Service at New Hope Baptist Church, beginning at 10:00 p. m. Friday evening, m December 31, 1999. Rev. Larry Brooks, pastor of Community Baptist Church, will bring the message. We have _ so much to be thankful for. We thank the Lord for being with us. Don't know how you feel, but this writer says: "Thank You Lord!"

Carolyn Rollison of Houston, Texas, spent the Christmas holidays visiting her parents, Mr. and Mrs. Richard Rollison, and Richard Rollison, and other relatives. She enjoys coming home!

HUD Computer Systems Are Ready For Y2K

WASHINGTON - All HUD computer systems are fully tested and ready for the year 2000.

Services such as rental assistance subsidy payments, Federal Housing Administration mortgage insurance processing, and services for public housing residents and the elderly are expected to continue without interruption when the year 2000 begins. HUD has performed successful Year 2000 testing of these programs and has tested contingency plans to deal with problems that might arise.

HUD used Integrated Certification Testing (ICeT) to ensure that its business transactions and 50 critical automated systems will continue to operate. This was a complex testing process that took place from May through mid-October.

In addition to testing its own business systems, HUD also conducted four separate Year 2000 Status and Assessment surveys to assess the readiness of its business partners, with a special focus on the largest public housing authorities.

SPOT THE JÄGERMEISTER WINNEBAGO AND WIN A BAG O' PRIZES!

(New Rochelle, NY) - Calling all Jagermeister fans: Help! Someone's snatched our brand-new Jagermeister Winnebago! The 36 foot Winnebago was last seen in our parking lot in New Rochelle, New York, and rumor has it the thieving thugs are thinking of taking it across country!

Spot the Winnebago and report its whereabouts to us on www.jagermusic.com and you can Win A Bag O' Prizes!

The Winnebago should be easy to spot. At 36 feet long, it is decked in the Jagermeister colors, orange and black. Distinguishing marks include giant Jagermeister bottles and super-size shot glasses. If you see the stupendous stag, that's our Winnebago!

Witnesses say the Jagermeister Winnebago was last seen in New Rochelle, New York on December 1st and was heading south along I-95. According to sources, the hoodlums hope to head south towards Florida and then head west through the Lone Star State before reaching San Diego, California. They will be using major highways.



When you eyeball the behemoth, visit jagermusic.com and send us an e-mail. Include where you saw the Winnebago so we can track its whereabouts on the website and act accordingly. As no good deed goes unrewarded, you will Win a Bag O' Prizes including

Jagermeister t-shirts, hats, CD's, and other cool prizes.

Please join us in the chase! The sooner we find our Winnebago, the better! You must be 21 years of age or older to participate and a resident of the United States. No purchase necessary to enter. Relatives of Sidney

Frank Importing, All State Promotions, and/or

Jagermeister, their respective wholesalers and licensed retailers as well as all officers, representatives, or employees of same are not eligible. Void in California and where prohibited by law. See jagermusic.com for details.



WE GIVE EVERYONE A CHANCE. AFTER ALL, WE'RE THE LOTTERY.

A Texas Lottery vendor is currently searching for Historically Underutilized Businesses (HUBs) certified with the State of Texas and experienced in the following areas:

SHEET FED PRINTERS

Sheet fed printers with two-color, four-color and/or 6-color process capabilities. Also include pre-press capabilities. Please submit examples of work, a detailed company history and a descriptive equipment list. Prices must be competitive.

POINT OF PURCHASE PRINTING

Printers with capabilities to print four-color process or flat color onto static cling material, plastics and/or metal. Must also have die-cutting capabilities. Please submit examples of work, a detailed company history and a descriptive equipment list. Prices must be competitive.

Please respond in writing to:
 Minority Development Coordinator
 Texas Lottery - FK
 P.O. Box 16630
 Austin, TX 78761-6630



Magical Meals In Minutes Made Possible With Bush's Chili Magic Chili Starter

Just Add Meat And Tomatoes for Great Tasting Chili In A Snap!

Knoxville, Tenn., September 10, 1999 - As summer rolls into golden autumn, we're all looking for ways to add extra zing to our menus and spice to our meals. And for many families, this means only one thing... "Chill Season" is back!

Chill lovers have reason to celebrate with Bush's Chili Magic Chili Starter. No more wasted hours chained to the stove, stirring and measuring seasonings with eye droppers. Enjoy the taste of homemade chili without the hassle of making it from scratch by using Chili Magic Chili Starter.

About Chili Magic? What is Chili Magic? It's a chili starter from Bush Brothers, the same folks who bring you Bush's Baked Beans. Chili Magic Chili Starter has been called a "breakthrough" for those who love homemade chili but not the hassle of making it. Simply combine one pound of ground meat and one can of diced tomatoes with a can of Chili Magic, and in 20 minutes you've got great homemade-

tasting chili in a snap. Chili Magic Chili Starter makes chili preparation so quick and easy that "Chill Season" never has to end!

Chili Magic Chili Starter is the only product of its kind. The quality beans and carefully seasoned sauce guarantees the chili is made to perfection each time. Chili Magic Starter is available in all states except for California, Oregon and Washington. It can be found near the beans in the canned vegetable aisle at local grocery stores. As prepared, each 15.5 oz. can, with a suggested retail price of \$.89-\$.99, makes five 1-cup servings—an easy one pot meal. For larger batches, just double or triple the simple recipe for a taste like chili that took hours.

Something for Everyone Bush's Chili Magic Chili Starter is made by Chili Lovers, for Chili Lovers in four distinctive varieties. For the traditional...the Traditional Recipe has savory beans completely seasoned with chili powder, cumin, garlic, onion and oregano. The Texas Recipe isn't hot, but richly

spiced with a delicious blend of beans, mild green chilies, and rich, smoky chipotle peppers to give a true mesquite flavor. The mild Mexican Recipe offers an authentic "South of the Border" taste experience with savory beans in a milder, rich blend of oregano, garlic, plenty of cilantro and a dash of jalapeno and red peppers. Louisiana Recipe is a bolder, spicier blend of chili beans with generous portions of oregano, seasonings and aged red pepper sauce.

Come and Get It! Bush's Chili Magic Chili Starter offers an ideal meal on its own or as a main ingredient in several creative, tantalizing dishes. Enclosed, serving suggestions include: Hearty Chili Magic Stew with Pasta; Chicken Chili Magic Wraps; and 5 Minute Chili Con Queso Dip.

"Hearty Chili Magic Stew with Pasta: A wonderful mixture of turkey, vegetables and pasta mixed with the great homemade taste of Chili Magic. This is a magical meal the whole family will enjoy."

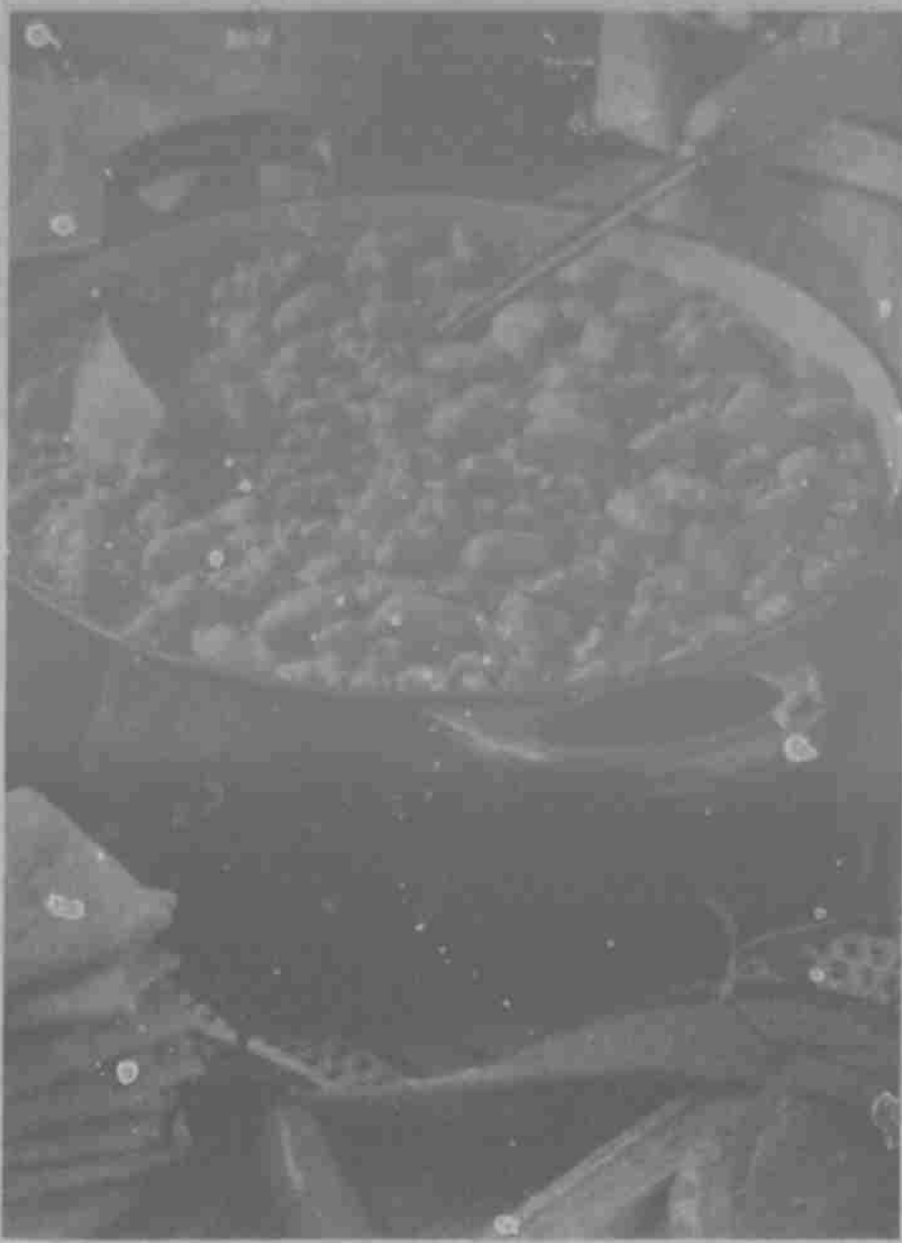
"Chicken Chili Magic Wraps: The mixture of chicken,

cheese and lettuce wrapped up with the seasoned flavor of Chili Magic in a tortilla is perfect for a delicious dinner that will "disappear" before your eyes.

"5 Minute Chili Con Queso Dip: Pull a snack out of your hat by simply adding a can of Chili Magic to your favorite cheese sauce. Just stir, microwave - and as easy as 1-2-3, you've got a great snack for surprise guests, parties, or just sitting back to watch the big game.

All In The Family Founded in 1908 by A.J. Bush, Bush Brothers & Co. is based in Knoxville, Tenn. The food company began with canned tomatoes and has grown to include 21 product lines including their popular secret family recipe baked beans. Three generations later, Bush Brothers & Co. is still family owned and operated, working for the same ideals that were set forth by A.J. Bush more than 90 years ago.

Bush's now has 75 percent of the U.S. market for baked beans, with annual sales of more than \$200 million, according to data from A.C. Nielsen.



Black Mayors Gather For Intensive Leadership Institute

The National Conference of Black Mayors Sets Stage for Give-And-Take Among Members

Atlanta, Georgia (12/10/99). The National Conference of Black Mayors, Inc. (NCBM) is holding its 12th Annual Leadership Institute for Mayors (LIM) from Friday, December 10th through Monday, December 13th at the Sheraton Ocean Front Hotel on Singer Island in Riviera Beach, Florida.

The LIM is held exclusively for 60 member mayors of NCBM and provides an interactive learning experience, which has consistently received high marks of praise for its content and networking opportunities. Members of NCBM who attend the Leadership Institute (LIM99) will take full advantage of leadership skills and techniques shared by other mayors as well as the team of corporate and governmental service professionals who gather

each year to participate in this learning experience.

Commenting on the LIM, NCBM's President, Mayor Jesse M. Norwood of Prichard, Alabama says, "Our Institute is the organization's most important training forum for newly elected and sitting mayors. We especially thank our host, Mayor Michael Brown of Riviera Beach, for his hospitality during our stay in his city."

Seminars and training sessions for LIM99 include presentations by Arthur Campbell, Deputy Under Secretary, Rural Department, US Department of Agriculture (Washington, DC); David Elam, Southeastern Regional Vice President of Fannie Mae (Atlanta); Erbin Keith, Executive Vice President and General Counsel of Semptra Energy Services (Dallas); Dr. Robert Ingram, former President of NCBM and former Mayor of Opa-locka, and currently Assistant to the President for Urban Affairs of

Florida Memorial College; Joseph F. Johnson, Corrections Corporation of America (Washington); W. Philip McLaurin, National Education Association (Washington); and many other notables.

Corporate sponsors including AT&T, Fannie Mae, and Philip Morris Companies providing funding for LIM99. Additional funding is provided by the Corrections Corporation of America, the National Education Association and the Jackson Convention and Visitors Bureau.

The National Conference of Black Mayors, Inc. is non-profit, nonpartisan organization that has provided technical and management assistance for its membership for more than twenty-five years. Headquartered in Atlanta, Georgia, NCBM has a membership of more than 472 mayors whose constituents include more than twenty-five million citizens.

NAACP Legal Defense Fund Champions Police Accountability In Los Angeles

Decrying the current state of corruption and misconduct among some units of the Los Angeles Police Department, the NAACP Legal Defense Fund (LDF) has joined forces with the American Civil Liberties Union, Police Watch, NAACP, National Lawyers Guild and others to form the Coalition for Police Accountability. Members of the group are outraged by recent acts of criminal behavior on the part of police and hope to stem the tide of law enforcement abuses against civilians.

Recent reports of corruption, intimidation and gross misconduct by the Los Angeles Police Department may have irrevocably damaged the public's trust in the Department, asserted Kimberly West-Faulcon, the Legal Defense Fund's Western Regional Counsel. "By joining the Coalition, LDF is putting the LAPD on notice that we will be monitoring them very closely on behalf of the community and working with others to demand systemic and cultural changes within the department." Field detentions, racial profiling, and the unnecessary use of deadly force are among the practices the Coalition intends to monitor. It plans to push for substantive reforms within the police department to address the erosion of civil liberties and police protections, particularly in poor and minority communities.

A press conference announcing the formation of the Coalition will take place on Thursday, December 16 at 10:00 am in front of Parker Center, 150 N. Los Angeles Street. The Coalition's formation comes in the wake of the LAPD's Rampart Division scandal. Officers in that division's CRASH unit have been accused of perjury, corruption, abuse of power and other criminal conduct.

Healthy Eating Made Delicious

You and your family have made it through the holidays—the parties, special desserts, family traditions, extra helpings. Now it's time to think about getting back to a healthier lifestyle. Exercise and overall increased physical activity can play an important role in a healthy lifestyle. So can increasing your daily intake of fiber and whole grains while decreasing calories and fat in your diet. The challenge is incorporating these elements into daily life. It can be easier than expected.

Today, more than ever, there are many ways to prepare healthy foods for your family without sacrificing great flavor. Incorporating vegetables, fruits and other low fat sources of fiber such as oatmeal into recipes can boost the nutritional value of main dishes.

While good tasting and hearty as part of a healthy breakfast, oatmeal is also a whole grain ingredient that can be a low fat source of soluble and insoluble fiber, adding great flavor, texture and nutrition to many recipes. The fiber in oatmeal can contribute to a fuller feeling often leaving less room for higher-fat foods, in addition to its overall health benefits. Oatmeal, a versatile ingredient, is great used in coating chicken, as a thickening agent, a ground meat extender and a flavor enhancer for chili, soups, stews and other dishes.

The following easy-to-make, nutritious recipes combine the goodness of a variety of readily-available ingredients such as vegetables, meat, cheese and oatmeal. They are lower in fat and calories and higher in fiber than their traditional counterparts, and your family will love them! Healthy eating can be satisfying and delicious.



Photo courtesy of 3 Minute Brand® Oats. Parmesan Chicken, Vegetable Chili and Broccoli-Stuffed Tomatoes are all healthier alternatives to their traditional counterparts.

VEGETABLE CHILI
Serve this slightly spicy and extra chunky chili with some hearty whole grain bread for an easy and satisfying meal. Low fat and high fiber, too!

- 1 tablespoon olive oil
- 2 cups zucchini, cut in 1/2-inch slices
- 1 cup each of chopped onion, chopped green bell pepper, chopped celery
- 1 can (28 oz.) whole tomatoes, undrained, chopped
- 1 cup sliced mushrooms
- 2 cups water
- 1 cup picante sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 can (16 oz.) navy beans, drained
- 1 can (10 oz.) kidney beans, drained
- 1 cup 3 Minute Brand® Quick Oats
- 1 cup (4 oz.) shredded low-fat cheddar cheese

Heat oil in large sauce pan. Add zucchini, onion, green pepper and celery. Cook 3 to 4 minutes or until crisp-tender. Stir in tomatoes, mushrooms, water, picante sauce, cumin and chili powder. Bring to a boil, reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir in navy beans, kidney beans and oats; cook until hot. Garnish individual servings with about 1/4 tablespoon cheese. Makes 10 (1 1/2 cup) servings. Nutrition information per serving: 188 calories, 21g carbohydrate, 11.5g protein, 1/2 fat (14% calories/fat), 1mg cholesterol, 582mg sodium, 7g dietary fiber.

GARDEN VEGETABLE MEATLOAF
Shredded vegetables give this low fat, meatless recipe an all-natural vegetable meatloaf.

- 1/2 pound ground turkey breast
- 1 cup 3 Minute Brand® Old Fashioned Oats
- 1 cup shredded carrot

- 1/2 cup each shredded zucchini, chopped onion, chopped green bell pepper
- 1/2 cup tomato paste
- 1/2 cup fat-free (skim) milk
- 1/2 cup cholesterol-free egg product or 1/2 egg whites
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon salt, optional

Preheat oven to 350°F. Combine all ingredients in large bowl until well mixed. Shape into loaf and place in 13 x 9 x 2-inch baking pan or press into 9 x 5 x 3-inch loaf pan. Bake 1 hour and 20 minutes. Cool 5 to 10 minutes before slicing and serving. Makes 6 (5 1/2 oz.) servings. Nutrition information per serving: 198 calories, 12g carbohydrate, 22.5g protein, 2.5g fat (11% calories/fat), 58mg cholesterol, 54mg sodium, 2g dietary fiber.

BROCCOLI STUFFED TOMATOES
This simple-to-prepare vegetable dish is a delightful complement to any meal or can be served as a light vegetarian main. And it's only 100 calories per serving.

- 6 medium tomatoes
- 1 package (10 oz.) frozen chopped broccoli
- 1/2 cup chopped onion
- 1 cup 3 Minute Brand® Quick Oats
- 1 cup low-fat cottage cheese
- 1 cup shredded part-skim mozzarella cheese
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese

Preheat oven to 350°F. Slice 1/2 inch from stem end of each tomato. Scoop out pulp and seeds; discard. Place tomatoes in 1-quart baking dish. Cook broccoli with onion according to package directions; drain well. Stir in rest of ingredients; mix thoroughly.

Italian seasoning and garlic powder until well combined. Fill tomatoes with mixture; top each with 1 teaspoon Parmesan cheese. Bake 20 to 25 minutes or until heated through. Makes 6 (7 oz.) servings. Nutrition information per serving: 100 calories, 14g carbohydrate, 7g protein, 1/2 fat (27% calories/fat), 6mg cholesterol, 133mg sodium, 3.5g dietary fiber.

PARMESAN CHICKEN
Oatmeal in the coating adds wonderful flavor to this lighter version of an all-time favorite. It's great on its own or served on a bed of your favorite pasta.

- 4 boneless skinless chicken breast halves (1 to 1 1/2 pounds)
- 1/2 cup 3 Minute Brand® Old Fashioned or Quick Oats
- 1/2 cup Parmesan cheese
- 1/2 cup chopped fresh parsley or 1 tablespoon dried parsley
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 egg
- 1/2 teaspoon milk
- 1 tablespoon olive oil
- 1 cup shredded part-skim mozzarella cheese
- 1 cup prepared spaghetti sauce, heated

Pound chicken breasts to 1/2-inch thickness. Combine oats, Parmesan cheese, parsley, garlic salt and pepper in shallow dish. Lightly beat egg and milk in bowl until combined. Dip each piece of chicken in egg mixture and then coat mixture. In large skillet, heat oil. Cook chicken 8 to 10 minutes or until tender and no longer pink, turning once. Place chicken on serving plate. Drizzle spaghetti sauce over chicken; top each piece with 1/4 cup mozzarella cheese. Makes 4 (7 oz.) servings. Nutrition information per serving: 126 calories, 21g carbohydrate, 21g protein, 11g fat (35% calories/fat), 78mg cholesterol, 582mg sodium, 3g dietary fiber.

Think About This

Almost All Your Investments Are In Equities. You Need Some Liquid Investments.

Great, Another 2,000 Choices To Consider, Right?

Not if you invest in Series I Bonds. They're safe. They're guaranteed to stay ahead of inflation for 30 years. And you can get started with just \$50. Visit us at www.treasurydirect.gov to find out more.

www.treasurydirect.gov

A public agency of the U.S. Treasury

South Plains College

We're Looking for a New Way

LEVELLAND • LUBBOCK • REESE CENTER

A quality faculty, first-class facilities and innovative educational programs give South Plains College its reputation for guaranteeing student success. Whether it's starting work toward a bachelor's degree, preparing for a technical career, upgrading your job skills or taking a college class just for fun, South Plains College can help you be a success and reach your educational goal. If college is in your future, come see what a difference a little personal attention will make. To learn more, call us or visit our web site at www.spc.edu.

- Four Convenient Locations
- Small Classes
- Teacher's Who Care
- Academic Transfer Courses
- Technical Programs
- Flexible Schedules
- Affordable Tuition and Fees
- Financial Aid

Spring Registration Begins Jan. 10

Classes Begin Jan. 18
Late Registration Jan. 19 - 24

Call 805-894-9611 in Levelland or 806-747-0576 in Lubbock

FOR ENROLLMENT DETAILS
An Equal Opportunity Educational Institution



Editorials • Comments • Opinions



THIS N THAT

FINAL MARCH AGAINST DRUGS & GANGS FOR YEAR! THIS N THAT ... is asking that all who are CONCERNED ABOUT their community and want to see the elimination of DRUGS & GANGS to join us on FRIDAY NOON DECEMBER 31, 1999 on the campus of ... Texas Tech University at the MEMORIAL CIRCLE and will precede east on Broadway Avenue If you want to get involved then join ... THIS N THAT ... this Friday noon... Hope you will be present GOOD VISIT AT COUNTY JAIL! THIS N THAT ... along with wife grandsonZAIRREUS and Rev. Elliott C. Lambertvisited theLubbock County Jail last Saturday afternoon Christmas Day.... Wouldn't it be nice if we could KEEP THOSE YOUNG PEOPLE OUT OF JAIL but they still keep going Surely in the next year just maybe we can find a solutionto keep them out of those kind of places by working closer with them ~THIS N THAT believes ~- this can~ happen! A NEW PROGRAM SET FOR MLK CELEBRATION! THIS N THAT has learned from MS. JOAN Y. ERVIN president of the Martin Luther King, Jr. Celebration Committee that there will ~ be some changes in this year's celebration.... For one there will be a HIGH NOON PRAYER SERVICEset for Thursday noon January 13th at the New Hope Baptist Church... Also this year ~ several choir of various churches will be in charge of the special music More on this in PENNY HASTINGS THE BARBER SAYS: "WISDOM .is the reward you get for a LIFETIME OF LISTENING when you'd have WANTED TO TALK." TWO HUNDRED DOLLAR REWARD REMAINS! THIS N THAT learned from RICHARD LOPEZ EXECUTIVE DIRECTOR OF THE GUADALUPE ECONOMIC SERVICE CORP that the TWO HUNDRED DOLLAR REWARD still remains as there has been no one who had information as to who was responsible for the destruction of the homeless properties at 2713 to 2723 East 2nd Street Surely ,there are some people wh may have info about this event Really when the unknown persons destroyed this effort they were only making it difficult for someone who needs a DECENT _cc place TO LIVE Give BROTHER LOPEZ a call at (806) 744-4416 and do it now! JUST THINK A NEW CENTURY! THIS N THAT is happy to have been a POSITIVE FORCE .. with the Southwest Digest during this century and hopefully will attempt to do same in the new century Who would ahve have thought this would have been an opportunity~ ..For that we say THANK GOD! May each of you have a most PROSPEROUS & HAPPY NEW YEAR and may each of you look forward for some ~_ new and exciting things to do.... HAPPY NEW YEAR! Just think 2000!!

A Time To Reflect

by Eddie P. Richardson

As 1999 winds down and 2000 approaches, it is time for us to reflect and give thanks for what we have and the good that has happened to us. We need to stop complaining about what we do not have, and did not achieve.

If we go back in time and look at the beginning of Thanksgiving, we are a long ways from what is was, not a commercial event, but a blessed day of Thanksgiving for a successful crop. To some extent a settling of difference between the Indians and the Puritans.

Thanksgiving, Christmas (not XMAS), and Easter were chosen to be observed as a sacred and important day, but that all went down the drain with commercialization, being impressive, being phony, and I trying to out do thy neighbors, I friends, and others - making those days a show-piece.

The first Thanksgiving dinner was, as one can imagine, much different from what it is today. The possible meal not turkey, dressing, and the trimmings as we have today. My how things have changed and gotten out of hand. The true meaning has been overlooked and forgotten. The first Thanksgiving dinner was more than likely deer, goose, seafood - including lobster, shrimp and crab - because it was the area where seafood I was bountiful at that time. I There was also corn and other I vegetables grown in the area with a non-commercial flair. No matter what we do not' have, no matter the problems with America, no matter of our shortenings, we still live in the greatest country on the face of the earth. All of us owe to our country, state, county, and city what we can contribute to make things better for all, instead of begging,

complaining, moaning and groaning. It is important we come to the table and bring something. We are not poor. We have been made to believe that we are in order to keep us down and in our so called place. If we would pool our resources, work together, learn to love, respect and trust each other, we would see a major difference soon. We buy the best brands of everything we want. We spend over 400 billion dollars with others.

Why not with ourselves? We should all take' as our personal creed: "If it is to be; it is up to me." Live and believe it; live by it, and have faith in God and it will make a difference. It will make things better for America as well as take multitudes off the welfare and relief rolls and place them on the tax rolls. HAVE A HAPPY AND BLESSED NEW YEAR!

A Gold "Day" For Eric Benét

Burbank, California - (December 3, 1999) - A Day In The Life, the acclaimed new album from vocalist and songwriter Eric Benet, has been certified gold by the R.I.A.A., signifying sales in excess of 500,000 units. The album features the hit singles "George Porgy featuring Faith Evans," as well as Eric's latest release, "Spend My Life With You," featuring Tamia.

In other Eric Benet news, the artist recently garnered four prestigious nominations in the upcoming NAACP Image Awards, including Outstanding Male Artist, Outstanding Album (for A Day In The Life) and Outstanding Song, (for "Spend My Life With You" both in the songwriter and performance categories). Winners will be announced at the taping of the Image Awards ceremony at the Pasadena Civic Auditorium in February to be aired on the FOX Network in April.

Eric also recently made his acting debut on the WB Network show, For Your Love, and is slated to tape another episode in the near future. Plans are being made for Eric to embark on a domestic concert tour in February 2000.

Now available in trade paperback Includes new, exclusive interview with Tupac's mother...

Got Your Back: Protecting Tupac in the World of Gangsta Wrap

On September 13, 1996 Tupac Shakur was shot and killed in Las Vegas. His wrongful death was mourned by millions of fans, while critics claimed it was the inevitable result of a thugged-out lifestyle. A suspect has yet to be named, and rumors of gang wars and government conspiracies linger. Complete with an additional chapter of exclusive interview material with Tupac's mother, Afeni, GOT YOUR BACK: The Life Of A Body Guard In The Hardcore World Of Gangsta Rap is the most explicit, intimate account of Tupac Shakur's last year of life.

As a bodyguard for Tupac Shakur, Frank Alexander was essential to the daily welfare of hip hop's shining star. In this explosive book, he offers an upclose and personal depiction of a young man with great talent and ambition. Alexander takes the reader behind the scenes of Death Row Records, Hollywood, and fashion industry. No-holds-barred, he writes candidly (naming names) of the business dealings, loyalties, enemies, sex, drugs and violence that permeated this "glamorous" world. He explains how such strong individuals from Kidada Jones to Suge Knight to Tupac Shakur got caught up in the hysteria of it all.

Previous books have memorialized Tupac to almost mythic proportions but GOT YOUR BACK pulses with honesty. As the one daily fixture in Tupac's life, Frank ultimately provides the clear and rational voice to describe what happened that night in Las Vegas. Some may not agree with the choices that Tupac made or may dislike some of his exploits; but you cannot deny the truth told by Frank Alexander. GOT YOUR BACK

is an insider's harrowing story about life in the very fast lane. About the Authors:

Frank Alexander, an ex-marine and professional bodyguard, grew up on the south side of Chicago. He served 11 years in the Marines and worked as a prison guard before becoming a professional bodyguard. He currently lives in California where he

works with urban youth to encourage them to avoid the "thug life". He was saved one year ago.

Heidi Siegmund Cuda is a freelance writer and the co-author, with rapper Ice-T, of The Ice Opinion. They both live in California.

SOUTHWEST DIGEST

National Advertising Representative
Black Resources, Inc.

231 W. 29th Street, Suite 1203

New York, N.Y. 10001

Telephone (212) 967-4000

P.O. BOX 2553—LUBBOCK, TEXAS 79408

EDITORS/PUBLISHERS

T.J. PATTERSON—EDDIE P. RICHARDSON

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.

Devoted to the Industrial, Educational, Social, Political, and Economical Advancement of African-American People.

We 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 columns 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 envelope is submitted. All notices must be paid in advance. Story deadline is 12 p.m. Monday. Advertisement deadline is Monday 5 p.m. the week of publication.

Member A.O.L.P. (Assn. for Literacy Program)
A Community-Building Newspaper

\$20.00 per year—\$35.00 a year



Greater St. James Baptist Church

Presents

Rev. Mark A. Williams

REVIVAL

Jan. 17-22, 2000

7:30 p.m.
Nightly



7:30 p.m.
Nightly

Pastor, New Spirit Church, Santa Ana, CA

Greater St. James Baptist Church
117 N. Mulberry Ave.
Lubbock, Texas 79403

Rev. E.L. Harris, Pastor

The people to worry about are not those who openly disagree with you, but those who disagree with you and are too cowardly to let you know.

texas tech university health sciences center school of nursing

WELLNESS CENTER



Primary Care Center

Complete Health Care for Adults and Children
By School of Nursing Family Nurse Practitioners and Faculty

Consultants

Physicians from Department of Family and Community Medicine

Call (806) 747-2102

For an Appointment
Walk-ins Welcome

- Texas Health Steps Medical Check-ups (formerly Z1807)
- Nurse Case Management
- Outreach Services
- Medicaid/Medicare Providers
- Sliding Fee Scale

Convenient Eastside Location

3703 Avenue A • Lubbock, Texas 79404



VIRGIL JOHNSON

the

D.J. - 1590 AM

9 - Noon M - F

HELP HAS JUST ARRIVED!

FOR YOU OR SOMEONE YOU KNOW THAT'S BEEN DENIED SOCIAL SECURITY DISABILITY

Our team of Registered Nurses can help you receive your benefits. If you've been denied benefits for the first time or have a hearing before the judge, or skilled medical professionals can and will represent you so that you can get the benefits you deserve.



WHO BETTER TO HELP YOU GET MEDICAL BENEFITS THAN MEDICAL PROFESSIONALS?

ALSO CONTACT

MARI JOHNSON AT:

1-800-249-3169 or (806)780-8685

2315 50th St., Suite E

Mari Johnson

Twentieth Century in CP Time:

1900-1949
It All Started with a Dream

At the start of the twentieth century, our nation was well into a new age of mechanization. As the United States burst into industrial leadership, African Americans were at the forefront of advances in science, medicine and business. Despite progress in many technical areas, forty years out of slavery, black codes remained in the body of many state laws, segregation was a nationwide fact of life, and discrimination in jobs all abounded to restrict competition from minority citizens in this great land. Yet, none of these restrictions stopped George Washington Carver and other Black Americans from setting their sights higher. Although it may have taken them longer, Black American laborers, like Lewis Howard Latimer, also filled gaps with innovative thinking and business development. Whether an academic scholar or the product of life-lessons, the contributions of both groups of Blacks followed a common cause to improve our quality of life. This is the first of a series of articles to give due homage to Black Americans during the twentieth century. In this article, you will read about Black scientists, medical practitioners and business persons who started with a dream.

George Washington Carver rose from slavery to become world renowned for agricultural research and plant chemistry at Tuskegee University. Countries as distant as China and India adopted his agricultural techniques. With work that extended two centuries, his ability to invent over four hundred household products from organic materials such as sweet potatoes, peanuts, soybeans, red clay and other raw materials propelled many southern farmers to new found wealth. No doubt a former president of the United States, Jimmy Carter, continued to benefit from George Carver's inventions well after Carver's death.

In 1918, Lewis Howard Latimer, a northern contemporary of Carver, was honored for his lifetime achievements by being named a charter member of the distinguished Edison Pioneers, twenty-eight men who helped Thomas Edison bring electrical appliances to the world. Lewis Latimer was the son of fugitive slaves, who during his elementary school years, became unable to afford further formal education. Instead, Latimer taught himself aspects of art, math, science and the French language to advance his career and his life. This hard work put him in a position to make vital contributions to the inventions of Alexander Graham Bell, Hiram S. Maxim and Thomas Alva Edison, three respected scientists of Latimer's time. In addition to his work as a draftsman for patent applications of the aforementioned inventors, he solved the critical problem of an inexpensive filament, needed to last long enough to make the electric lamp a practical tool. Then under the auspices of a Mixim company, Latimer brought electric lights and power plants to cities across the United States, Canada and England, starting with New York City and Philadelphia.

U.S. Diversity in More Than Black and White

If the United States is a "melting pot," it could be getting harder to stir. Racial and ethnic minorities now account for one-fourth of the U.S. population. By 2015, projections indicate that minorities now account for one-fourth of the U.S. population. By 2015, projections indicate that minorities will make up one-third of all Americans - a phenomenon already seen among children and youth.

At the beginning of the century, only one-eighth of Americans were ethnic or racial minorities. The composition of this rapidly growing minority population is changing as the century draws to a close. Hispanics will soon replace blacks as the country's largest single minority group.

The 1999 United States Population Data Sheet, just published by the Population Reference Bureau, focuses on diversity. In addition to providing state-by-state demographics such as resident population, age structure, and median household income, the publication lists the population of racial and ethnic groups by state, discusses their educational attainment, and charts their concentration on a map of the United States. The data sheet also compares the percentages of nonwhite residents and foreign-born residents a century ago and today.

Some State Specifics

*Nevada remains the fastest-growing state during the 1990s, with an average growth rate of 4.5 percent per year since the 1990 census. The other four fastest-growing states between 1990 and 1998 are also in the West: Arizona, Idaho, Utah, and Colorado. By contrast, the District of Columbia, Rhode Island, Connecticut, and North Dakota have all lost population since 1990.

*Infant mortality in 1996 ranged from 4.4 infant deaths per 1,000 births in Maine to 14.9 infant deaths per 1,000 births in the District of Columbia.

*At \$50,829, Alaska had the highest median household income for the three-year period

between 1995 and 1997. Households in New Jersey and Maryland ranked second and third, at \$47,612 and \$44,970 respectively. West Virginia's median household income of \$26,505 was the lowest.

New York, Texas, California Home to High Numbers of Minorities Non-Hispanic blacks are currently the single largest minority in the United States, numbering 32.3 million in 1997. New York is home to the most blacks - 2.6 million - followed by Texas, California, Florida, and Georgia. Each of the 16 states with at least 1 million non-Hispanic blacks in 1997 were either southern states or states outside the South that have at least one large urban center.

Four-fifths of the nation's 29.3 million Hispanics live in seven states - California, Texas, New York, Florida, Illinois, Arizona, and New Jersey.

Most of the 9.4 million Asians and Pacific Islanders live in just three states in 1997 - California, New York, and Hawaii. California, with 3.5 million Asians, was itself home to more than one-third of the Asian and Pacific Islander population.

Nearly half of the 2 million American Indians, Eskimos, and Aleuts resided in five states - Oklahoma, Arizona, California, New Mexico, and Alaska.

Children Reflect Diversity Today's children (those ages 18 and under) are more diverse than the population in general. One-third of children (34 percent) were nonwhite in 1997, compared to one-fourth (25 percent) of adults. In Vermont, Maine, New Hampshire, West Virginia, and Iowa, however, non-Hispanic whites made up more than 90 percent of the 18-and-under population. On the other hand, minority children and youth are in the majority in the District of Columbia, Hawaii, New Mexico, California, and Texas.

The largest concentrations of individual groups vary among the states. For example, black children are at least 30 percent

of the child population in the District of Columbia and six southern and border states. In New Mexico, California, Texas, and Arizona, at least 30 percent of the children are Hispanic. More than 10 percent of Hawaii's and California's children are Asian and Pacific Islander, and at least 10 percent of the children in Alaska, South Dakota, New Mexico, Oklahoma, and Montana are American Indian, Eskimo, and Aleut.

Hispanics Will Replace Blacks as Largest U.S. Minority Group By 2015, Hispanics are expected to have surpassed non-Hispanic African Americans as the country's largest minority group. In 1997, Hispanics already were the largest minority in 17 states - mostly in the West. In California and New Mexico, Hispanics are projected to surpass non-Hispanic whites as the largest racial/ethnic group by 2015. Non-Hispanic blacks in 2015 are still expected to remain the largest minority in 24 states and the District of Columbia. Most of these states are in the South, although some are large industrial states, such as Ohio and Michigan.

In five states, neither blacks nor Hispanics are the largest minority group: Asians and Pacific Islanders long have been the majority in Hawaii, and American Indians, Eskimos, and Aleuts were the largest minority group in Alaska, Montana, North Dakota, and South Dakota.

Foreign-Born Americans at Record Numbers At 8 percent in 1990, the share of foreign-born Americans is at its highest level since 1950. However, it was even greater in 1890, when 15 percent of Americans were foreign-born. In 16 states and territories - mostly in the Northeast and West - at least 25 percent of residents were born outside the United States at the end of the 19th century. By contrast, 22 percent of Californians were foreign-born in 1990, making California the state with the highest percentage of foreign-born residents.

END OF GAME NOTICE

HURRY AND SCRATCH 'EM. BEFORE WE DO.



Come January 30, 2000, three Texas Lottery instant games will close - Super Lucky 7's, Coyote Cash and Break The Bank. You have until July 28, 2000, to redeem any winning tickets for these games. You can win up to \$50,000 playing Super Lucky 7's, win up to \$10,000 playing Coyote Cash and win up to \$30,000 playing Break The Bank. You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 24 Texas Lottery claim centers or by mail. Questions? Just call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).



Overall odds of winning Super Lucky 7's, 1 in 3.22. Overall odds of winning Coyote Cash, 1 in 4.01. Overall odds of winning Break The Bank, 1 in 4.94. Must be 18 years or older to purchase a ticket. ©1999 Texas Lottery.

Are You Prepared for the Unexpected?

It can happen to you!

Is the burden relieved from your family today?

Will they have peace of mind tomorrow?

Are you prepared today To spare your family from unexpected Expenses tomorrow?

Are your children, grandchildren and great-grandchildren protected today?

Tragedy Can Strike At Any Time Without Warning.

The Second Tragedy Is being Totally Unprepared.

The advantages of advance funeral planning can help.

Please call us for a pre-arrangement consultation in your home or at our funeral home.

Jamison's Funeral Home

1522 East Main St

Lubbock, Tx. 79403

(806) 765-7908

J. Jerome Johnson, Agent



CHURCH DIRECTORY



IN JESUS NAME

"The Millennium Revival Prayer"

2 TIMOTHY 3:1,2, THIS KNOW ALSO, THAT IN THE LAST DAYS PERILOUS TIMES SHALL COME. FOR MEN SHALL BE LOVERS OF THEIR OWN SELVES, COVETOUS, BOASTERS, PROUD, BLASPHEMERS, DISOBEDIENT TO PARENTS, UNTHANKFUL, UNHOLY.

LORD, I PRAY FIRST FOR THE PREACHERS, THAT THEY BE NOT LOVERS OF GOLD; BUT LOVE YOUR BUSINESS: THE WINNING OF THE LOST SOULS!!!

MARK 11:17, JESUS SAID, IS IT NOT WRITTEN, MY HOUSE SHALL BE CALLED OF ALL NATIONS THE HOUSE OF PRAYER? BUT YE HAVE MADE IT A DEN(HIDE OUT) OF THIEVES. ***** WILL THE PREACHERS ROB GOD????***** AND I'M PRAYING FOR THE DEACONS: BEING SETTING IN CHURCHES TO LONG; AND DON'T SPEAK OUT: WHEN YOUR WORD'S SAY: THE CHURCH IS GOING WRONG!!! MATTHEW 23:26, JESUS SAID, THOU BLIND PHARISEE(DEACONS), CLEANSE FIRST THAT WHICH IS WITHIN THE CUP(THE CHURCH) AND PLATTER THAT THE OUTSIDE(THE WORLD) OF THEM MAY BE CLEAN ALSO. ***** WILL DEACON ROB GOD????*****

LORD, I'M PRAYING FOR THE MISSIONARYS, ALWAYS THINKING FOREIGN LAND; AND HAVEN'T DONE THEIR FIRST-WORKS: AT HOME: WHERE CHARITY BEGINS!!!

OH! I'M REMINDED OF THE BOY FOUND IN THE OCEAN, IN A CUBAN BOAT; HIS FATHER WANTS HIM BACK HOME; BUT HYPOCRITE AMERICA SAY: NO!!!

MATTHEW 23:15, JESUS SAID, WOE(CURSED) UNTO YOU, SCRIBES AND PHARISEES, HYPOCRITES! FOR YE COMPASS(MAP OUT) SEA AND LAND TO MAKE ONE PROSELYTE(CHRISTIAN), AND WHEN HE IS MADE, YE MAKE HIM TWOFOLD(TWICE) MORE THE CHILD OF HELL THAN YOURSELVES. ***** WILL THE MISSIONARYS ROB GOD????*****

(LORD, I PRAY THE LEADERS OF THE CHURCHES, WHEN SOMEONE GET SAVED: BEING IN CHURCH ON SUNDAY IS NOT THE IMPORTANT THING, BUT IT IS TO LOVE THE LORD GOD WITH ALL YOUR HEART. IF ONE CAN'T GO TO CHURCH ON SUNDAY, BECAUSE OF THEIR JOB; THEN GO SUNDAY NIGHT, WEDNESDAY NIGHT, OR FRIDAY NIGHT; IS NOT THE WORD OF GOD GOOD ON THESE NIGHTS? AND IF YOU QUIT YOUR JOB; AND ASK THE CHURCH TO HELP WITH YOUR BILLS; YOU ARE OUT OF LUCK. THEY BELIEVE IN GIVING; WHEN IT IS FOR THEM!!! IF YOU LOVE GOD; LOVE HIM SEVEN DAYS A WEEK!!!)

JOHN 4:23,24, JESUS SAID, THE HOUR COMETH, AND NOW IS, WHEN THE TRUE WORSHIPPERS SHALL WORSHIP THE FATHER IN SPIRIT AND IN TRUTH: FOR THE FATHER SEEKETH(LOOKING FOR) SUCH TO WORSHIP HIM. GOD IS A SPIRIT; AND THEY THAT WORSHIP HIM MUST WORSHIP HIM IN SPIRIT AND IN TRUTH. LORD, I PRAY FOR THE CHURCH MEMBERS;WHO TRY TO PAY FOR HIS SIN: WITH GOLD; HE PAYS HIS TITHES AND OFFERINGS; AND HAVEN'T GIVEN UP THE SINS OF HIS SOUL!!!

MICAH 6:8, HE HATH SHEWED THEE, O MAN, WHAT IS GOOD; AND WHAT DOETH THE LORD REQUIRE OF THEE, BUT TO DO JUSTLY, AND TO LOVE MERCY, AND TO WALK HUMBLY WITH THY GOD? ***** WILL A CHURCH MEMBER ROB GOD????*****

LORD, I'M PRAYING FOR THE CHOR MEMBER;SATURDAY NIGHTS: HE SING ROCK & ROLL;

AND SUNDAY MORNINGS; HE SING ZION SONGS: IN THE CHOIR ROBE!!! MATTHEW 23,13b, -ESUS SAID, FOR YE SHUT UP THE KINGDOM OF HEAVEN

AGAINST MEN: FOR YE NEITHER GO IN YOURSELVES, NEITHER SUFFER YE THEM THAT ARE ENTERING TO GO IN. ***** WILL A CHOIR MEMBER ROB GOD????*****

1 PETER 4:17, FOR THE TIME IS COME THAT JUDGMENT MUST BEGIN AT THE HOUSE OF GOD: AND IF IT FIRST BEGIN AT US, WHAT SHALL THE END BE OF THEM THAT OBEY NOT THE GOSPEL OF GOD? GOD IS NOT THROUGH WITH US YET. SO LETS PRAY FOR ONE ANOTHER ALWAYS. WRITTEN BY EVANGELIST BILLY B.J. MORRISON,III YOUR BROTHER IN CHRIST JESUS!!!



from the Desk of Parson D.A. Smith "On Being Compassionate"

Jesus was always master of every situation. The peace and serenity of His character was never disturbed. When He touched a person's life something good always happened and that person was never the same again. When Jesus heard the cry of a blind beggar, he stopped when he drew near and restored his sight.

The man's life was completely changed. When Jesus saw a demon possessed man among the tombs, He immediately delivered him from his pitiful state. People were amazed to find the man in his right mind and sitting at the feet of Jesus. Matthew left his tax-collector's table. Peter, James, and John left their fishing boats when Jesus passed their way and followed Him. Even the Pharisees and scribes felt the power of His divine presence.

In the 14th chapter of Luke we discover that Jesus was well along in His earth ministry, and reaction to Him had polarized, with a growing number of ordinary people supporting Him while the opinions of His detractors hardened against Him. For a long time the behavior of His opponents had been designed to catch Him in His words or actions so that He might be denounced. But, Jesus had refused to be intimidated by these legalists. Jesus was in Jerusalem and He pressed His sorrow over her pending doom. While there He was invited into the home of one of the chief Pharisees for a meal. He knew the motive

for being invited. It was not one of friendship, but rather a desire to find something for which to condemn Him, for the Pharisees as a class hated Jesus. Jesus had a kind and social heart. He came to instruct, bring prosperity, and redeem humankind. It was a pleasure for Him to socialize with people. With all His holiness, majesty, and glory, He was meek and worthy of all admiration and imitation. However, His visit at the Pharisee house was to end in profound embarrassment for the "Jesus haters" assembled. For whatever reason, there stood a man in the Pharisee house that had dropsy. The man was a victim of one of the host of illnesses for which there was little or no cure in ancient times. If he was going to get relief, it would have to be supernatural. And that is exactly what happened, healed him and told him he could leave. This left the Pharisees with "egg face" and in a quagmire resentment burned and host raged toward Jesus for make look bad in the eyes of the people who normally looked up to people with respect. It would do us well to remember as Christians and especially members of the "Quit Avenue Name Change Committee" I have helped change the lives many this week, that it may t our deeds of kindness toward people may produce positive re but it may be that some of our of kindness toward people from us may produce negative- results. Humble gratitude will some to rejoice. Rebellion against God will cause others to disa prove. However, we must respond to the end results in a compassionate and positive manner.

Schedule Set For MLK Celebration

The schedule for the Martin Luther King, Jr. Celebration 2000 has been set, according to Ms. Joan Y. Ervin, president. The theme will be: "After All We've Been Through - Still Standing." Ephesians 6:13. This year, theme song will be: "Joy, Joy, Still Have Joy."

A High Noon Prayer will take place on Thursday, January 13th, with the MLK Committee and Franklin Graham Prayer Committee at the New Hope Baptist Church, 2002 Birch Avenue. Here is the five day schedule: Thursday, January 13th - 7:00 p.m. Lakeridge United Methodist Church - Rev. Nathan Johnson, guest speaker.

Friday, January 14th - 7:00 pm - Community Baptist Church Youth Night - Sister Mary White, Chairperson.

Saturday, January 15th - 7:00 pm Lyons Chapel Baptist Church Gospel Extravaganza - Brother Samuel Curtis Chairperson.

Sunday, January 16th, 5:00 pm Lubbock Civic Center City Wide Celebration Dr. Ralph Douglas West, Houston, Texas Guest Speaker.

Monday, January 17th- 7:00 pm St James Baptist Church.

Individual Church Choirs who will be providing musical selections each night are as follows:

Thursday, January 13th: New Hope Baptist Church, Second Baptist Church, Lakeridge United Methodist Church, Choir- Host Choir.

Friday, January 14th: All Mass-Youth Choir-

Sunday, January 16th: Mt. Olive Baptist Church - Slaton, Texas Community Baptist Church.

Monday, January 17th: St. John Baptist Church, St. Luke Baptist Church, St. James Baptist Church- Host Choir Rev. Kevin and Tracey Snell Jackson.

For more information, call Ms. Ervin at 806-763-0853.

The Outreach Prayer Breakfast

The members of the Outreach Prayer Breakfast will take this opportunity to ask what you did for others on Christmas? Were you a blessing to someone?

Another year is almost gone, and you still have time to repent. If you're into any of the following life styles, we will you a few serious questions.

Ate you a trailblazier? Gossiper? Lover of money? Peace breaker? Fornicator? Adulterer? Do you lie for no reason? Do you cover your brother's house? Do you envy your Christian Sister or Brother's gift? Do you do good deeds for someone so you can get the praise?

Do you hide the real you? Do you have one face for church and another one for home? Are you hiding behind your godo works? Do you know a lot of good work will be burned up?

If none of these apply to your life, you're in pretty good shape.

Are you nice to those over you? Such as your pastor and others who are over you? Do

you speak kind words about them?

We're hoping noen of these apply to anyone, but if so, let's come together as a people. Pull together in the year 2000. This may be our only hope. Let's leave those elementary principles and mature in our understanding. Go into the New Year injection and lasting value that God expects of us. Our Lord needs strong soldiers today in his army. We're engaged in Christina warfare. The world's system is not designed that we be victorious, but God's system says, I wish above all things that you prosper and be in health even as your soul prospers. Also, read II Chronicles 7:14. Keep smiling and loving your neighbor, regardless. Keep praying for all our people. Write to us: Outreach Prayer Breakfast, P. o. Box 1223, Lubbock, Texas 79408.

Sister Dorothy Hood, president; Sister Christene Burleson, vice presidnet; Sister Ernestine Fraizer, secretary; and Sister Elnora Jones, acting secretary.

Keeping an eye on Texas

Help keep young Texans safe and happy

April is Child Abuse Prevention Month. The Texas Department of Protective and Regulatory Services has prepared an information kit detailing how Texans can help prevent child abuse in their communities. The kit can be downloaded free of charge at: <http://www.tdprs.state.tx.us>, or call 1-800-862-5252. Below are some suggestions for parents



Ways to Show Your Children You Care About Them

- Talk with them.
- Listen to what they have to say.
- Read to them.
- Include them in family decisions and experiences.
- Play a game together.
- Take time to laugh together.
- Tell them you love them every day.

Report child abuse 1-800-252-5400

SOURCES: Texas Comptroller of Public Accounts (<http://www.tdprs.state.tx.us>), Texas Department of Protective and Regulatory Services, Children's Trust Fund of Texas, and Prevent Child Abuse Texas



HATS FOR SALE!

2002 East Broadway Avenue (806) 763-5705

Open: Tuesday thru Saturday
9:30 a.m. until 5:30 p.m.

"Come and Choose a Hat for the New Millennium!!"

Mrs. Vinnie Hibbler - owner

Come! join us as we sing for joy to the Lord; help us shout aloud to the rock of our salvation.

Bethel African Methodist Episcopal Church
2202 Southlawn Drive • Lubbock Texas 79404

Sunday School 9:30a.m. - Sunday Worship Service: 10:45a.m.
Bible Study: Wednesdays at 7:30 noon & 7:00 p.m.

Metropolitan Community Church

A Christian Ministry for the Gay and Lesbian Community
Spreading God's Love with a Rainbow of Inclusion

Weekly Services
Sundays 11:00 AM & 6:00 PM
Wednesdays 7:00 PM

4501 University Avenue
Lubbock, Texas
(806) 792-5562

www.mccoklubbock.org

Reverend Renzo Phillips, Pastor

Ossie Curry Funeral Home
1805 Martin Luther King Blvd.
Lubbock, TX 79403
1212 West 14th Street
Plainview, TX 79072

- Pre-Need Counseling
- Burial Insurance
- Notary Public

Lubbock (806)765-6711
Plainview (806)216-7999
Pager - 788-9105

OSSIE CURRY
Director/Mortician

Southwest Digest

"the newspaper of today with and ideals for the 90's and beyond"
Your weekly community newspaper with YOU, the people, in mind
Serving you since 1977

Subscribe today to the southwest digest and never miss a single issue. Good gift for students, Military or out of town relatives.

Name _____

Address _____

City _____

State _____ Zip _____

One Year.....\$20.00 (Save \$5.00) Renewal

Two Years.....\$35.00 New Subscription

902 E. 28th Street, Lubbock, Texas 79404

This Business is Local Minority Owned

STOP worrying about how you *can't* get HIV/AIDS and other sexually transmitted diseases, and find out how you *can!*
CALL:

Inside Out Community Outreach

1409 23rd Street
Lubbock, TX 79405
(806)744-8633

Other Services Provided:

HIV Prevention Education Free, Confidential Testing
Substance Abuse Counseling Daily Support Groups
Food Pantry Clothes Closet G.E.D. Classes

Hours Of Operation: Mon.- Fri. 10 a.m.-3:00 p.m.

"Real Change Takes Place From The Inside Out!"

NNPA: Credo of the Black Press

The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no persons, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.



Q. Dwight McDonald
Attorney-at-Law
(806) 744-9671

1604 Ave. M, Lubbock, TX
Divorce Criminal
Child Support Wills
Not Certified by any Board of Specialties

Classified Ads



The Southwest Digest's Low Cost Want Ads Work Hard For You

Want To Buy, Sell or Trade?
Need a Job or
Someone to Work?
CALL:
762-4805
Southwest Digest
Classifieds Results
Guaranteed!

Covenant Health System



For employment information contact:

Human Resources
(806) 725-8283

Equal Opportunity Employer

Repair & Install
Heating & Air Conditioning Units

PLANKS A-C & Refrigeration

Ph: (806) 745-5456

State License:
(TACL B00 1472)



Charles Planks

The DMG Company

"Affordable Rental Properties"
STEPHANIE HILL - President

Ofc 806/762-5377
Fax 806/767-9921
Mobil 806/777-8755

2412 Cedar Ave
Lubbock TX 79404

LORD'S WILL I WILL

Handyman for almost any kind of work; chauffeur, carpenter, yard man, clean up & haul, landscape, biblical plaque maker, welding, cut lots, burglary bars fence repairing, painting, photography, and many more. Working with God's talents!!! Matthew 25:14-21, "Blessed Hands" Call Billy B. J. Morrison, III 806/762-2886 Mobile 806/789-0895



RAY LOGGINS HOME IMPROVEMENT

Reliable Christian carpenter with 25 years experience in all phases of home repairs, room additions, remodeling, storages, houses, fencing, roofing, doors, cabinets, patios, decks, windows, painting, sheet rock, floors, small cement jobs, sign making, draw blue prints, handi cap ramps, and other areas.
Will give Senior Discounts. References upon request. Free estimates. Work Guaranteed! Also plumbing and electrical.
Please call Ray: (806) 749-4114 or 749-4014 and leave messages!

COMPLETE HAIR STYLING
For Men & Women
CAT'S HAIR CORNER
MANICURES • COMPLETE FOOT CARE
762-1897/744-5050

1716 E. Broadway • Lubbock, Texas
Mary
We work by appointment only

Booth Rentals Available I Need Barbers

**SPORTS FANS FIND OUT
NOW UP-TO-DATE
SCORES/SPREADS
AND MUCH MORE!!**

1-900-226-7451 EXT. 3222
\$2.99 Per Min. Must be 18 yrs.
serv-U (619) 645-8434

Auto/Tire Repair

GLYNN MORGAN **UNIROYAL**
RUFUS M. MARTINEZ
Service Center

Your Uniroyal, Michelin & BF Goodrich Dealer
Break & Complete Auto Service

1414 Avenue L Lubbock, Texas (806) 762-6307

CAVIELS PHARMACY

Workman's Compensation Charge Accounts
#PCS & PRO-SERV
SENIOR CITIZENS DISCOUNT
MEDICAL
GENERIC DRUGS
COMPENSATION
PRESCRIPTION PRICES



Open: 9 a.m. - 7 p.m.
Monday thru Saturday
Closed on Sundays!

1719 Avenue A 765-5311 or 765-7560

Office Space

Fields's Building
1946 Avenue Q

3rd Floor - Very nice, affordable, ample office space available. Good location of Central Lubbock Business District. Call (806) 894-5104 for viewing appointments.

Place Your Ad In The "Southwest Digest"

AD DEADLINE: FRIDAY 12 NOON

No Ad Cancellations Or Changes
After Monday 5 PM

Office Hours: 9:00 A. M. -
5:00 P. M. Mon. - Fri.

Payment by check or money order
must accompany all mail in ads.

"We Will Help You Sell Your Goods
Or Services"

AD RATES

10 Words
ONLY!! **\$2.00**

10¢ PER WORD THEREAFTER
ADDITIONAL \$2.25 FOR BORDER

COMMERCIAL RATES

10 Words
ONLY!! **\$3.00**

10¢ PER WORD THEREAFTER

Place Your Ad
Today!!

Southwest Digest

902 East 28th
Lubbock, Texas 79404

(806) 762-3612

Mail Coupon With Payment To:

Southwest Digest Want Ads: P. O. Box 2553, Lubbock, Tx 79403



United
Supermarkets

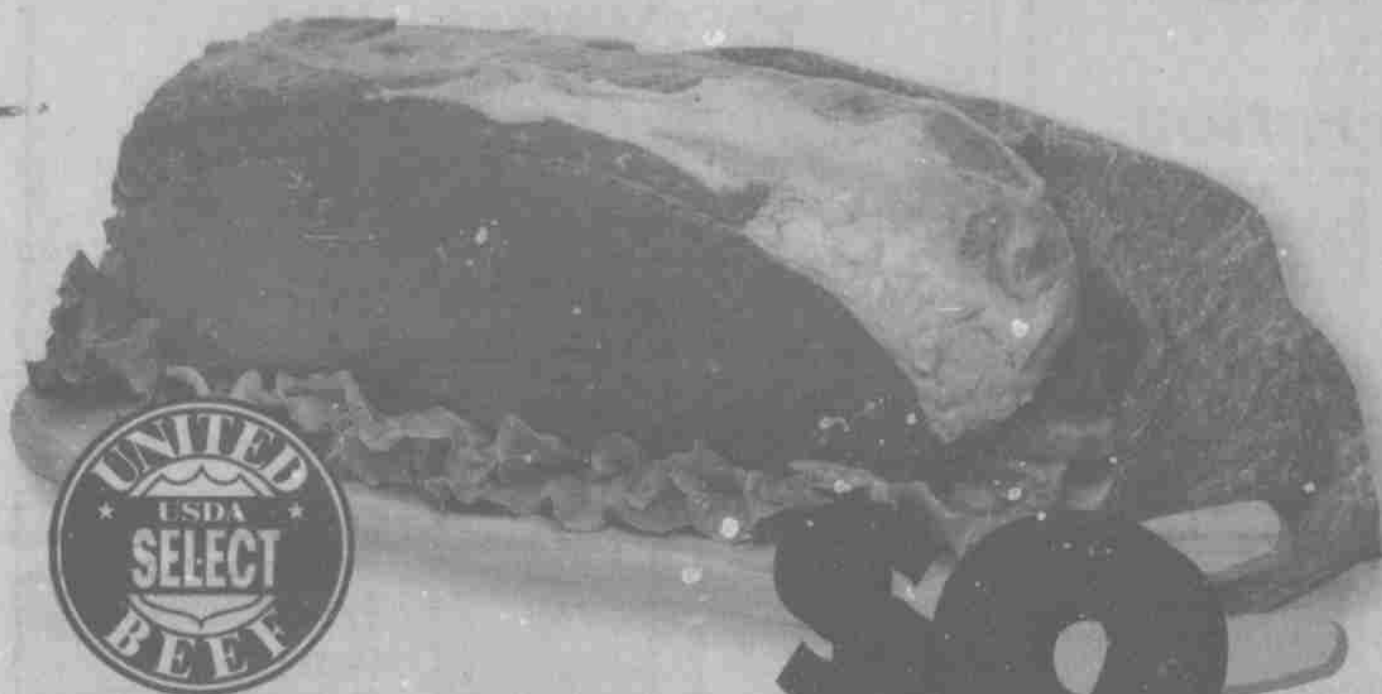


Dollar Days!



**Lay's or Wavy Lay's
Potato Chips**
All Varieties, 13.25 oz.
Pre-Priced \$2.99

\$1



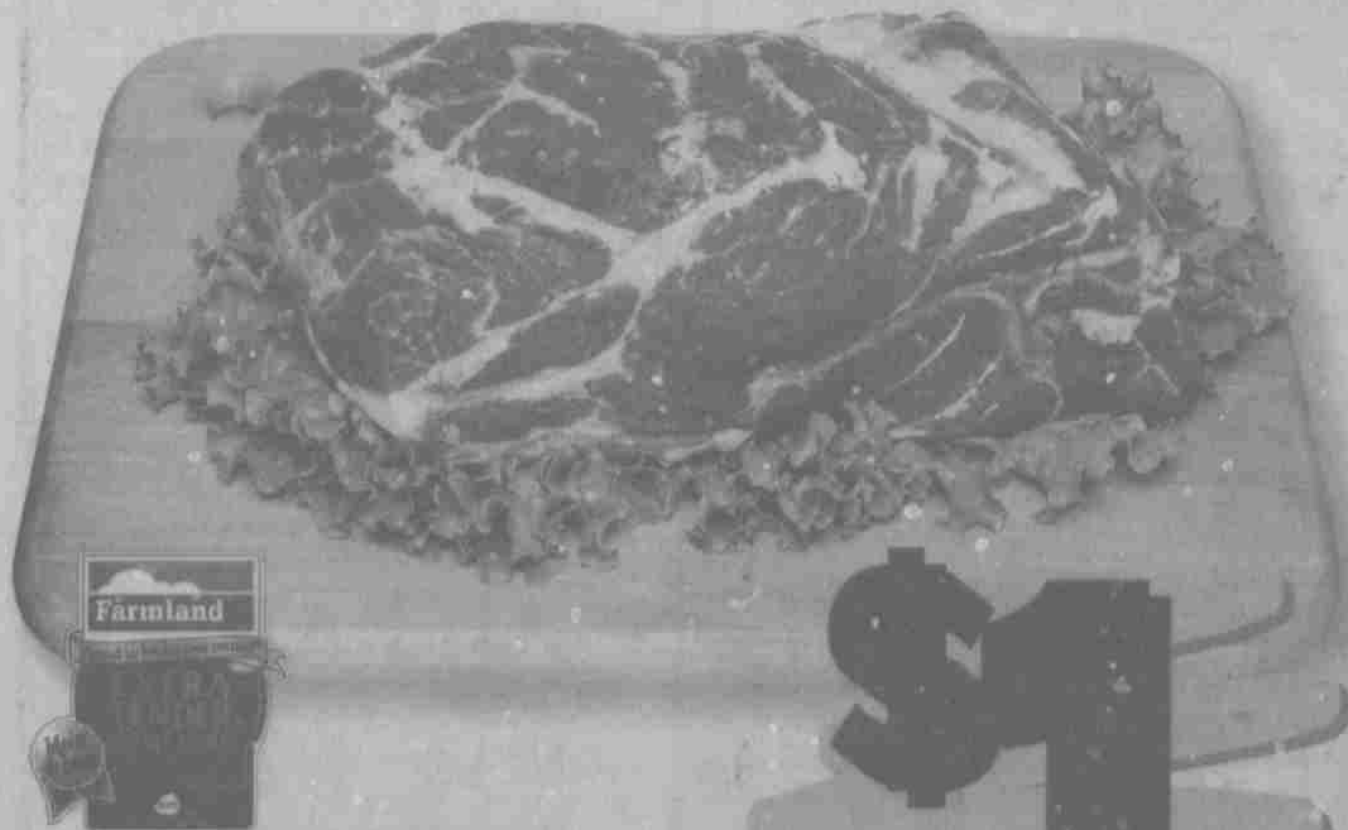
**Boneless
Top Round Roast**
London Broil

\$2 lb.



**HY-TOP
Premium Quality
Canned
Vegetables**
Selected Varieties
14.5 - 15 oz.

3 for \$1



Pork Roast
Boston Butt

\$1 lb.



**Texas Rio Star
Grapefruit**

3 lbs. for \$1



**Chicken
of the Sea
Chunk
Light Tuna**
In Spring Water
or Canola Oil
6 oz.

2 for \$1



Prices effective Dec. 31 - Jan. 6, 2000
We reserve the right to limit quantities

© 1999 United Supermarkets, Inc.

We Accept All Major Cards
Specialty Departments Available at Selected Locations

