

Chatman Hills Corner

By Doris Reynolds

Let us get ready for the Annual Martin Luther King, Jr. Day Celebration which will be held Friday night, January 14th; Saturday evening, January 15th; Sunday evening, January 16th; and Monday evening, January 17th. A new twist this year will be a special program by the young people. Their theme will be "Youth In Action." These young people will present a tribute to Dr. Martin Luther King, Jr., beginning at 5:00 p. m. at the Memorial Civic Center.

This year, there will be a Boys Choir. This should be a very exciting effort as those young fellows are between the ages of 5 and 18.

Hope we are all making preparations to attend one or all of these functions. If you have any questions call either Ms. Joan Y. Ervin, president, 763-0853, or L. V. Andrews, vice president, 765-5001.

Celebrating their 50th Wedding Anniversary are Fred E. Maden and Bobbie Maden on Saturday afternoon, January 15, 2005, at the Christ Temple Church of God in Christ, 2411 Fir Avenue, beginning at 2:00 p. m. A reception will be held at 4:00 p. m. at the Parkway Neighborhood Center. The couple married in 1955.

Mrs. Bobbie Geen Patterson, a patient at Covenant Lakeside Hospital, is doing much better at this report. She was admitted on Thursday, December 23, 2004. Her son and family, T. J. and Ursula Patterson and children of Mansfield, Texas and her grandson, Zairreus Patterson of Garden Cove, California, were here to visit with her. What a joyous time all had together, looking back over the years. She is the wife of T.J. Patterson, Sr.

The first Sunday in the year of 2005 was cloudy and foggy, but the morning services at the New Hope Baptist Church begun with prayer and thanking God for a New Year and songs. Let us cry out to the Father for help.

The morning scripture was read by Minister McCutcheon, and the morning prayer was offered by Minister Wilson. The New Hope Choir sang several selections for the morning services.

The morning sermon was delivered by Rev. B. R. Moton, pastor. His subject was "Prayer Prepares One For The Will Of The Father." His scripture text was St. Matthew 26:36-46. Pastor Moton advised those present to pray in time; prayer in the

right place; and no matter what prayer is life. Prayer will keep us in the will of God.

After the invitation to discipleship was extended, the morning announcements were made by Sister Glenda Mooney. Brother Virgil Johnson welcomed all visitors.

Let's keep praying for those who are sick and shut-in in our community. There are so many who are shut-in. Today, you may be well, but you could be one of the many who are shut-in. Your prayers are always wanted. God is able.

Also, let us not forget those who have lost loved ones. At this report, word comes that a long-time resident, Ms. Annie Mae Jones, passed away on Sunday, January 2, 2005. She was an outstanding worker for her community for many years.

If you have news about your family, church or organization, advise us so we can advise the community. Let us hear from you.

If you are unable to attend church services, remember the New Hope Baptist Church Broadcast over Radio Station KJAK, 92.7 FM each Sunday morning, from 11:30 a.m. until 12:30 p.m.

FASHION FUN

by Shirley Robertson

Bangs are in again!

There's right ladies, bangs are in, but with small changes that make them current for the latest look, check out a few of these hair fashion tips:

- DO WEAR BANGS ON THE LONG SIDE TO MAXIMIZE YOUR STYLING OPTIONS.
- DO ASK FOR A RAZOR CUT FOR POINTY, NOT PERFECT, SEXY STYLE.
- DO TRY BANGS IF YOU HAVE AN OVAL FACE OR LONG CHIN.
- DON'T GET BANGS IF YOU HAVE A STRONG COLLAR OR VERY CURLY HAIR UNLESS YOU'RE PREPARED TO BLOW DRY THEM EVERY DAY.
- DON'T WEAR FLAT BANGS ON YOUR FOREHEAD.
- REMEMBER LADIES, WEARING BANGS COULD PUT A BIG BANG IN YOUR LIFE! ... HOW GREAT IS THAT?

FASHION TIP: ALWAYS WEAR A SMILE!



Upcoming Library Events

Muggle Monday at the Godeke Branch Library

Harry Potter fans in middle school and up are invited to the Godeke Branch Library, 6601 Quaker, for "Muggle Monday" on Monday, January 3 at 7:00 p.m. This is an opportunity to discuss the Harry Potter books, movies, and websites with other fans. Refreshments will be served. For more information, call 792-6566.

Children's Reading Club at the Godeke Branch Library

The "Rocking Horse Reading Club" will meet at 2:00 p.m. on Thursday, January 6 at the Godeke Branch Library, 6601 Quaker. This is a reading club for children in preschool and elementary school. This month we will watch a film based on the children's classic about Charlotte, a truly extraordinary spider, and her web. Meetings are held the first Thursday of every month. For more information, call 792-6566.

Book Discussion at Groves Library

The Groves Branch Library, 5520 19th Street, will host a discussion of the book *The Good Earth* by Pearl S. Buck at 7:30 p.m. on Thursday, January 6. Refreshments will be served. Copies of the book are available for checkout at all Lubbock

Public Libraries. This program is made possible by the Friends of the Library. For more information, please call 767-3733.

Movie Night at Patterson Branch Library

The Patterson Branch Library, 1836 Parkway Drive, will present a film based on a play by Tyler Perry at 6:30 p.m. on Monday, January 10. Ages 16 and up are welcome. For more information, please call the library at 767-3300.

Kids' Jeopardy Tournament at Patterson Branch Library

Come to the Patterson Branch Library, 1836 Parkway Drive, and play Jeopardy. Grades 2 and 3 will play on Tuesday, January 11 at 4:15 p.m. Pre-K through 1st grade will play on Tuesday, January 25 at 4:15 p.m. For more information, contact the Patterson Branch Library at 767-3300.

James Bond Wednesdays at Mahon Library

The Mahon Library, 1306 9th Street, will be showing James Bond films on Wednesdays in January. The series kicks off on Wednesday, January 12 at 6:00 p.m. Admission is free, and there will be popcorn and door prizes. For film details or other information, please call 775-2835.

Harry Potter Movie Marathon at the Godeke Branch Library

The Godeke Branch Library, 6601 Quaker, will be showing all three Harry Potter movies back to back on a large screen on Saturday, January 15. We will serve pizza, drinks, and desserts, courtesy of the Friends of the Library. This program is for middle school and up. You must pre-register in person at the Godeke Branch Library! Seating is limited! The program will start at 5:00 p.m. and end at 1:30 a.m. For more information, call the library at 792-6566.

Teen Essay Contest at Lubbock Public Libraries

The Lubbock Public Libraries are having a teen essay contest in honor of Martin Luther King Day. Essays may be turned in at any of the four Lubbock Public Libraries. Please include your name, age, and telephone number with your entry. A winner will be chosen from each library.

- Ages 12 to 18 are eligible
- Essays should be no longer than 500 words
- Suggested topics include: Dr. King as a family patriarch, Dr. King as a preacher, or Dr. King as a peacemaker.
- The deadline for entry is Tuesday, January 18, 2005.

In Remembrance

ROY MANN

Funeral services were held for Roy Mann last Friday morning, December 31, 2004, at Friendship Holy Baptist Church with the Rev. Oscar Gentry officiating.

Burial was held in Westside Cemetery in Lorenzo, Texas under the direction of Ossie Curry Funeral Home in Lubbock.

He is survived by his wife of sixty years and eleven months; six sons: John (Lou), Daron (Vecelia), both of Lubbock, Texas; Walter (Paula) of El Paso, Texas; Roy (Gloria) of Waco, Texas; and Henry (of Abilene, Texas); nine daughters: Wanda (Billy), Myra (Paul), Barbara (Donald) all of Lubbock, Texas; Sandra (Tony) and Carol (James), both of Arlington, Texas; Wilma (Barneal), Tommie (Henry), Jeanette (Ronny), and Sharon (Charles), all of Teague, Texas; a brother, Bishop Forest Rayfos Mann, and a sister, Azelene Hendrix, both of Lubbock, Texas.

ADA "BIG MAMA" MORRIS-DAILEY

Funeral services for Ada "Big Mama" Morris-Dailey were held Thursday, December 16, 2004, at the Lyons Chapel Baptist Church.

Burial was held in the City of Lubbock Cemetery under the direction of Griffin Mortuary of Lubbock.

She passed away Sunday,

December 12, 2004, in her home.

She was born April 26, 1913 in Times, Texas to Robert and Harriett Buckley. She moved to Lubbock, Texas in 1963. After retiring from the Lubbock State School, she became a foster grandparent. An enjoyable effort in her life was working at the South Plains Food Bank where she assisted in the distributing of food for those in need.

Survivors include her husband, Jesse Dailey; her children: MARY Dean, Lee Morris, Joe Lynn Buckley, Louise Robinson, Hattie Watkins, Gladys Williams and Cerola Lewis; a host of grandchildren, great-grandchildren, great-great grandchildren and many friends.

FANCY "JUNE" RICHARDSON

Funeral services for Fancy "June" Richardson were held Saturday afternoon, December 18, 2004, at the Greater St. Luke Baptist Church with Rev. J. H. Ford, pastor, officiating.

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

Mr. Richardson passed away Wednesday, December 15, 2004,

at Covenant Medical Center.

He was born November 29, 1929 to Lillie Mae and Odell Richardson in Falls County, Texas.

He leaves to cherish his memory: a wife, Georgia Richardson of the home; three sons: LaCarl (Jean) and Dale Arness (Shirley), both of Lubbock, Texas; and Bernard (Shelia) of Grand Prairie, Texas; a daughter, LaFrances (Edward) of Lubbock, Texas; and four sisters: Valree Grandberry, Lola Faye Caraway (Robert James) and Cumie Morris, all of Grand Prairie, Texas; and Virola Lee Burrell (Willie James) of Albuquerque, New Mexico.


His parents, three brothers, and four sisters preceded him in death.

Manhattan Heights Church of Christ

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Sunday:
Bible Class - 9:00am
Worship - 10:15am
Evening Worship - 5:00pm
Wednesday:
Bible Class & Devotional - 7:00pm

God's Plan for Saving Man
All have sinned - Romans 3:23
Jesus Christ died for our sins - 2 Cor. 5:21, Acts 2:36
We must do God's will and obey him to enter heaven - Matt. 7:21; Heb. 5:9
How do we obey him?
Hear the Gospel - Romans 10:17
Believe Jesus Christ is the son of God - Mark 16:16
Repent of your sins - Luke 13:3
Confess - Romans 10:10
Be baptized for the forgiveness of your sins - Acts 2:38
Be faithful until death - Rev. 2:10



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



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Ten free flowering trees from Arbor Day Foundation

Ten free flowering trees will be given to each person who joins The National Arbor Day Foundation during January 2005.

The free trees are part of the nonprofit Foundation's Trees for America campaign. The ten trees are 2 White Flowering Dogwoods, 2 Flowering Crabapples, 2 Washington Hawthorns, 2 American Redbuds, and 2 Goldenrain trees.

"These compact trees were selected for planting in large or small spaces," John Rosenow, the Foundation's president, said. "They will give your home the beauty of lovely pink, white and yellow flowers — and also provide winter berries and nesting sites for songbirds."

The trees will be shipped postpaid at the right time for planting between February 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the Foundation's bimonthly publication, *Arbor Day*, and *The Tree Book* with information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 2005. Or go online to arborday.org.





Church News



We Thank God for Jesus

Fables on the bible

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

TIMOTHY 2:14. OF THESE THINGS PUT THEM IN REMEMBRANCE, CHARGING THEM BEFORE THE LORD THAT THEY STRIVE NOT AFTER WORDS TO NO PROFIT BUT TO THE SUBVERTING OF THE HEARERS. AS I WALK THIS CHRISTIAN WALK, I SEE AND HEAR MANY UNSCRIPTURE THINGS, BUT IT COMES FROM NOT STUDYING YOUR BIBLE: SHAME, SHAME, SHAME!!! 2 TIMOTHY 2:15, STUDY TO SHOW THYSELF APPROVED UNTO GOD, A WORKMAN THAT NEED NOT TO BE ASHAMED, RIGHTLY DIVIDING THE WORD OF TRUTH.

I'VE BEEN TOED: ELDER MORRISON, IF YOU HAVEN'T SPOKEN IN TONGUES, YOU ARE NOT SAVED, BUT I THANK GOD I DON'T SPEAK \$%#@&*&*, WORDS LIKE I DID IN THE OLD DAYS. MARK 16:15-17, JESUS SAID, GO YE INTO ALL THE WORLD, AND PREACH THE GOSPEL TO EVERY CREATURE. HE THAT BELIEVETH AND IS BAPTIZED SHALL BE SAVED; BUT HE THAT BELIEVETH

NOT SHALL BE DAMNED, AND THESE SIGNS SHALL FOLLOW THEM THAT BELIEVE: IN MY NAME SHALL THEY CAST OUT DEVILS, THEY SHALL SPEAK WITH NEW GOD'S WORD) TONGUES. ON THE DAY OF PENTECOST, THEY SPOKE A LANGUAGE, THEY KNEW NOT FROM, IT WAS NOT SOME SYJIDUD-HAB-BYI-UM, JENH-IT WAS A LANGUAGE OF A FOREIGN COUNTRY. (THE GREEK WORD FOR TONGUE IS GLOCE-SAH, MEANING: A LANGUAGE THAT IS UNACQUIRED; BUT IS GIVEN BY THE HOLY SPIRIT.)

1 CORINTHIANS 14:18-20, I THANK GOD, I SPEAK WITH TONGUES MORE THAT YE ALL; YET IN CHURCH I HAD RATHER SPEAK FIVE WORDS WITH MY UNDERSTANDING, THAT BY MY VOICE I MIGHT TEACH OTHERS ALSO, THAN TEN THOUSAND WORDS I AN UNKNOWN TONGUE. BRETHREN, BE NOT CHILDREN I UNDERSTANDING, HOWBEIT IN MALICE BE YE CHILDREN, BUT IN UNDERSTANDING

BE MEN. ALSO THIS THING ABOUT WOMAN WEARING PANTS, ITS NOT IN THE BIBLE YOU SEE, THEN ITS GOT TO BE AN UN-TRUTH, PASSED DOWN TO YOU AND TO ME.

DEUTERONOMY 22:5, THE WOMAN SHALL NOT WEAR THAT WHICH PERTAINETH UNTO A MAN, NEITHER SHALL A MAN PUT ON A WOMAN'S GARMENT; FOR ALL THAT DO SO ARE ABOMINATION UNTO THE LORD THY GOD. ANOTHER FABLE IS, THAT A MAN SHOULDN'T HAVE LONG HAIR, BUT THING ABOUT JESUS' HAIR: THERE WAS BARBER SHOPS THERE!!! (YOU NEED TO READ ALL THE WRITING; AND LET IT TELL YOU WHAT IT IS SAYING PAUL HAVE NO SUCH CUSTOMS; NEITHER SO THE CHURCHES OF GOD. BUT WHAT ABOUT YOU? WHO'S HAIR IN YOUR CHURCH IS TOO LONG?)

1 CORINTHIANS 11:16, IF ANY MAN SEEM TO BE CONTENTIOUS, WE HAVE NO SUCH CUSTOM, NEITHER THE CHURCHES OF GOD.



From the Desk of Parson D.A. Smith

Drugs and Black males

Black men are sent to prison for using drugs far more than the rate of white men. When will black males wake up and "smell the coffee" so to speak? When will they learn they cannot beat the criminal justice system? When will black males come to realize that "prison is a legitimate criminal sanction" for participating in activities that are against the rules of society? When will black males learn that their freedom has far more restrictions than their white or Hispanic counterparts among conservatives? The American Civil Liberties Union reported on its Freedom Network the following several years ago:

Today, 1 in 4 black men aged 20 to 29 are in prison. Parole, probation, or imprisonment account for 1 in 3.

According to the National Institute of Drug Abuse (NIDA) 13% of all monthly drug uses in America are black. (That's about the same as the percentage of the population that's black.) But 35% of those arrested for drug

possession are black; 58% of those convicted of drug possession are black; and 74% of those imprisoned for drug possession are black.

There is a hundred-fold disparity between sentences for conviction of possession of equivalent amount of crack cocaine (a drug used primarily by blacks and Latinos) and powder cocaine (a drug used primarily by whites), despite the fact there is no pharmacological difference in the effects of the drugs on the body. Crack prosecution is 96% black or Latino. The prosecution of high-level dealers amounts to less than 2% of this.

Drug possession, without violence or third-party deaths, is almost always prosecuted as a felony. Two-thirds of those prosecuted are black or Hispanic. By contrast, drunk driving is an offense that resulted in 22,000 deaths last year, almost all of which were treated by fines and as misdemeanors. Mostly whites commit it.

46 out of 50 states have "felony disenfranchisement laws," which take away the voting rights of anyone serving time for a felony.

Because of unequal prosecution of blacks involved in drug offenses, the greater part of this burden falls on blacks. The statistics in 2004 may vary somewhat, however, the wheels of justice turn slow. The ACLU is right when it says "We have come a long way since slavery and Jim Crow ruled the South, but deeply entrenched discrimination, subjugation, racism, and racial violence are still with us and continue to effect every person of color in every state, North and South.

The prayers of most black leaders, parents, etc. is that young black males will realize that one slip-up in this white male conservative driven society will cost them their freedom forever. A drug conviction is a felony and a felony conviction means you become a slave to the "criminal justice system."

Outreach Prayer Breakfast

The members of the Outreach Prayer Breakfast want to share with you the New School Prayer. **The New School Prayer**

"Now I sit me down in school, where praying is against the rule, for this great nation under God, finds mention of his very odd. If scripture now the class recites, it violates the Bill of Rights. And anytime my head I bow becomes a federal matter now.

Our hair can be purple, orange or green. That's no offense, it's a freedom scene. The law is specific; the law is precise. Prayers spoken aloud are a serious vice. For praying in a public hall might offend someone with no faith at all.

God's name is prohibited by

the state. We're allowed to cuss and dress like freaks, and pierce our noses, tongues and cheeks. They've outlawed guns, but first the Bible. To quote the good book makes me liable. We can elect a pregnant Senior Queen, and the unwed daddy, our Senior King.

It's inappropriate to teach right from wrong. We're taught that such judgement do not belong. We can get our condoms and birth controls, study witchcraft, vampires and totem poles. But the Ten Commandments are not allowed. No word of God must reach this crowd. It's scary here I must confess, when chaos reigns the school's a mess. So, Lord, this silent plea I make should I be shot. My soul please take! AMEN."

This was written by a teen in Bagdad, Arizona.

Let's keep Christ in our lives and recognize that this is the Season of his birth. And there isn't much anyone can do about it. And he's no baby anymore and He will return with all power.

For all of you who are hurting. He, Jesus, came to heal all our sickness and diseases. Call Him up. Mark 11:22-26; II Chronicles 7:14.

Thank you so kindly for reading. Saints! May each of you have a most prosperous New Year, 2005!

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

City-Wide Ushers will meet Saturday

City-Wide Ushers are blessed to have completed another year. We have not lost that many members, so let's keep ushering for Him (Jesus) while we can.

This coming Saturday evening, January 8, 2005, beginning at 5:00 p.m. we will be meeting at Bethel African Methodist Episcopal Church, 2202 Southeast Drive, where the new pastor is Rev. Eddie L. Everline.

Ushers are asked to bring another Usher with you. Don't forget your

non-perishable canned goods for the needy in our community. Each Usher has a goal of 24 canned goods for this new year. We really appreciate those of you who made it possible for the Christmas food baskets.

We want to thank all of you who participated in the homegoing services for Brother Fancy Richardson at the St. Luke Baptist Church.

Sister Sarah Bunton, president; and Sister Minnie Darthard, reporter.

HAPPY NEW YEAR!

Some prayers went forth in 2004. We ask the Lord to help us do more in 2005. Now we are saying it will come alive in 2005. We believe the scripture Exodus 3:7 where the Lord said he heard our prayer and knows our affliction.



Rev. & Mrs. C. C. Peoples

LP&L bond rating outlook upgraded to stable

Standard & Poor's Rating Services revised its rating outlook for Lubbock Power & Light (LP&L), upgrading the utility's revenue bonds rating from negative to stable. S&P officials credit the upgrade to the "City's improved, although still weak financial performance and condition, coupled with reduced operating risks arising from a new long-term all-requirements contract for LP&L energy supply."

At the same time, S&P affirmed the BBB- rating that the service gave LP&L last year. The City's Chief Financial Officer Lee Ann Dumbauld said, "With continued good results during FY05, I believe there is a good chance to see the rating begin to improve, in addition to the outlook." S&P said LP&L's credit strengths include:

- The service territory economy is growing, anchored by the presence of Texas Tech University, although LP&L does not necessarily gain customers from all new economic growth.
- There is demonstrated support from the City of Lubbock's general fund. The City has exhibited a willingness to provide LP&L with financial relief through reduced trans-

fers interfund loans, and a pledge of backup tax support for a portion of LP&L-related debt.

Furthermore, recent changes to the City's charter should refocus management of the system.

"Management practices have improved, including the enactment of limits on transfers out of the electric system and increased oversight through the creation of an electric utility board." Standard and Poor's is one of three rating agencies that track the performance of LP&L bonds.

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St. Matthew's Baptist Church News

Happy New Year to everyone! Let us be thankful for the year 2005.

The doors of St. Matthew Baptist Church, 2020 East 14th Street, are always open for those who are looking for a church home. Again, we say come and visit with us, and meet our pastor, Rev. Edward Canady.

The St. Matthew Senior Choir will sponsor their Annual Program on Sunday afternoon, January 9, 2005, beginning at 3:00 p. m. Their theme is "Celebrate Songs To The Lord." Psalms 96:1-2. Special guest will be Sister Creola Lewis, Bethlehem Senior Choir, New

Light Baptist, Church Senior Choir, and St. Mark Baptist Church Senior Choir.

Everyone is invited to attend. Come and be blessed!

Thought of the Week: "Choosing to deaden bad feelings eventually deadens our ability to feel good."

The morning services began last Sunday morning, January 2, 2005, with Sunday School beginning at 10:15 a. m., with superintendent Sister Luella Harris in charge.

The morning Sunday School lesson was taught by Sister Harris, and was reviewed by Pastor Canady.

The morning worship service began at 11:15 a.m. The morning devotion was led by Deacon Edward Williams and Brother Gerald Jackson.

The Senior Choir did a wonderful job in singing God's praises. God is good, and we should always acknowledge his presence.

The morning message was delivered by Pastor Canady. His subject was "Standing On The Promises of God." His scripture text was Joshua 1:1-9. The message was again well received by all in attendance.

Musician Wanted!

The Bethel African Methodist Episcopal Church, 2202 Southeast Drive, is accepting applications for a musician through Wednesday, January 13, 2005. For more information, contact Pastor Eddie L. Everline at (806) 747-4370.

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Church of God in Christ

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Pastor William H. Watson, III, Sister Stacy Watson and the A.C. Family would like to extend a heartfelt welcome to come and worship with us.

Weekly order of Services:

- Sunday School - 9:45 am
- Sunday Morning Worship - 11:00 am
- Sunday Evening YPWW - 6:00 pm
- Tuesday Young Adult Study - 7:00 pm
- Wednesday Night Bible Study - 7:00 pm
- Thursday Praise Team & Choir Rehearsal - 7:00 pm

Bus ministry available. For college students, a meal will be provided.

May the God of hope fill you with a joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

Southern University agreement marks largest coaching contract in HBCU history

OAKLAND, Calif., Dec. 28 /PRNewswire/ — African-American-owned New Vision Sports Properties, LLC announced today that its client, Southern University, has agreed to terms with football coach Pete Richardson, making him the highest paid coach in Division I-AA and the highest paid coach in the history of Historically Black Colleges and Universities (HBCUs).

Per the contract, Richardson receives \$200,000 per year, plus incentives worth up to \$40,000, for the next three seasons. The incentives are based on awards, championships and graduation rates.

"I'm very excited to continue my relationship with Southern," says the 59-year-old Richardson. "I received security from the school and security for my family. Now I can move forward and build my program."

In 12 seasons at Southern, Richardson has captured four HBCU national titles and five Southwestern Athletic Conference (SWAC) titles. Richardson is 105-38 (73.4 percent) at Southern and

147-51-1 (74.1 percent) in 17 seasons as a head coach. He has never had a losing season.

This past season, Richardson



Richardson

guided an injury-plagued Jaguar squad to an 8-4 record en route to winning the SWAC's Western Division crown before falling 40-35 to Alabama State in the SWAC Championship Game on Dec. 11 in Birmingham, AL. The Jaguars are 25-6 in their last 31 games.

"It's a great day for the Jaguar Nation," Southern Athletic Director Floyd Key says. "Coach Richardson has been one of the most successful coaches in our institution's history. Both sides are pleased with this partnership. It means stability in the program. We have our coach in place and we have a newborn commitment to facilities. It is all part of making Jaguar athletics successful."

As part of Southern's commitment to its athletic programs, the university will create a state-of-the-art 40,000-square-foot sports complex in the North End Zone of A.W. Mumford Stadium slated for construction in March 2005. Southern also plans to add 5,000 new seats to enclose the North End Zone and to resurface the track surrounding the football field. Other improvements include creating a 10,000-13,000-square-foot clubhouse adjacent to Lee-Hines baseball stadium, which has already begun construction. In a separate naming rights project, Southern will construct a practice compound that will be utilized by all team sports as well as students involved in intramural athletic pro-

grams. For more information on Southern athletics, please log onto www.jagsports.net.

About New Vision Sports: New Vision Sports Properties, LLC of Oakland, California is a full-service sports marketing company that specializes in selling, executing and servicing major corporate partnerships. It has utilized its "One Vision" concept in representing the MEAC, SIAC and SWAC athletic conferences as a group, aggressively implementing a multi-faceted sports marketing program that has generated huge dividends for the conference's 32 universities, including a newly-created extensive television deal. In addition, New Vision Sports serves as the exclusive sports marketing agency for the NAIA and its nearly 300 universities. Further information is available at www.newvisionsports.net.

Useful tips to help protect our seniors during cold weather months

by Lisa Carson, RN, BSN

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge, especially for elderly. There are several factors that can put the elderly at risk during winter storms and lengthy sub-zero periods such as unexpected power or heating system failure.

Exposure to cold temperatures, whether indoors or outdoors, can cause serious or life threatening health problems. Seniors are particularly at risk, but anyone can be affected. The U.S. Department of Health and Human Services and Comfort Keepers have provided these tips for seniors to remain safe during the cold weather season.

• Be Cautious with Space Heaters - Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater. In addition to being a fire hazard, space heaters may also increase the risk of carbon monoxide poisoning.

• Consistently Check the Temperature - Older adults often make less body heat because of a slower metabolism and less physical activity. When over 65 years of age, it is important to check home temperatures often especially during severely cold weather.

• Eat Nutritiously - Eating well-balanced meals will help seniors stay warmer. Do not drink alcoholic or caffeinated beverages—they cause body temperatures to drop more rapidly (regard-

less of age).

• Dress Appropriately - Be sure the outer layer of clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Using wool, silk, or polypropylene as the inner layers of clothing will hold more body heat than cotton.

• Keep a Water Supply - Have an extra supply of water stored in clean containers, or purchase bottled water (5 gallons per person) in case your water pipes freeze and rupture.

By preparing a senior's home for the winter months and taking the necessary safety precautions, we can reduce the risk of weather-related health problems.

If you know elderly persons who are unable, for any reason, to prepare for extreme cold-weather conditions, they should stay with family members or go to available shelter facilities, in addition to using shelters or family members, there are also companies that provide in-home services for seniors in these situations.

Comfort Keepers is a national franchise that offers companionship and other non-medical services for aging adults, new mothers and others needing assistance. Comfort Keepers of Lubbock has been serving the Lubbock area for over two years. For more information, call (806) 687-7800.

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Friday, January 28, 2005
9:00 - 10:00 a.m.

"Non-Surgical Treatment of Abdominal Aortic Aneurysm"

Presented by Ayman Karkoutly, M.D., F.A.C.C.

Covenant Medical Center-Lakeside
4000 24th Street
Arnett Room, 6th floor

Refreshments will be provided.
The Heart Matters Breakfast Club is open to the public and free of charge.

Please call (806) 725-1650 for more information.

Covenant Heart Institute
Lubbock, Texas

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Where: Knipling Education Center
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Lubbock, Texas

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For program enrollment, call:
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In Plainview, call (806) 296-3256

Covenant Center for Outpatient Diabetes Education
www.covenanthealth.org

The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

CHL All-Star game to feature best Cotton Kings staff and players

The Central Hockey League has finalized both the Southern and Northern Conference All-Star rosters for the 2005 Dodge CHL All-Star Game, scheduled for Wednesday, January 12th in Laredo, Texas. Lubbock's Chris Dashney will coach the Southern Conference and Colorado's Chris Stewart will coach the Northern Conference.

The starting line-ups were selected through balloting among CHL coaches, public relations/broadcasting staff and selected media members in each CHL market. The remaining roster was selected by All-Star Coaches Chris Stewart and Chris Dashney in conjunction with the CHL's hockey operations department. Each team will have a minimum of one representative appear on the All-Star rosters. The remaining roster consisted of an additional six forwards, four defensemen and two goaltenders from each conference. Each CHL club has a minimum of one representative.

Each member of the All-Star teams will also take part in the CHL Skills Competition on Tuesday, January 11th, featuring six different events, including the Fastest Skater, Hardest Shot, Accuracy Shootout, Rapid Fire, Pass & Score and the Breakaway Relay contests. Injury replacements for any CHL All-Stars unable to participate will be announced once determined.

The honors for the Lubbock team are dramatically different from last year's game, when only one Cotton Kings player was selected.

Coach Chris Dashney, Equipment Manager, Rusty Altridge and Trainer, Bobby Franco will all be present in Laredo and help lead the Southern Conference in operations.

Derick Martin (defense) was selected for the All-Star starting lineup and will be joined in the game by Anders Strome (forward) and Lance Leslie (goaltender).

#8 Derick Martin
Defense
Born Dec 17, 1981, Timmins, Ontario, Canada
5-11, 185-pounds, Shoots Left



Derick Martin was a free agent signing by the Cotton Kings for the 2004-05 season after attending the training camp for the Hamilton Bulldogs in the AHL. He has attended the Montreal Canadiens Rookie Camp the last two years. He played with fellow Cotton Kings player Bruno Lemire on the Hull Olympiques for two seasons from 1999-2001.

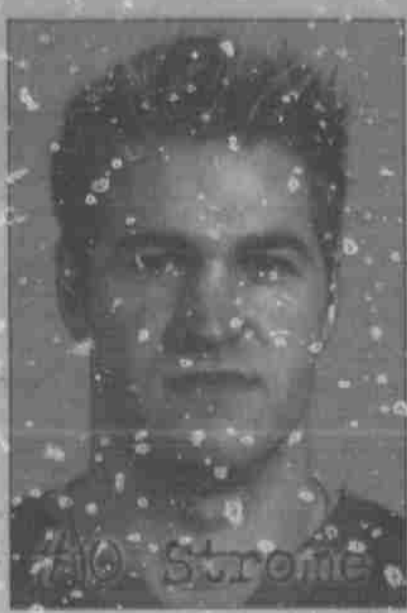
Derick is known as one of a powerful defenseman, checking opponents and stopping the puck before it gets into the King's goal. He is speedy and aggressive in his play, but is far from what many people call a "goon" in the hockey world. Hockey has its share of players who love to fight, and on occasion, it has its place, but Martin plays smart and fast without having to rely on sneaky tactics.

While defending the goal is Martin's primary task, he has also shown his ability to put the puck in the net. He has scored four goals so far this year and has assisted in 14 others, proving that his skill extends beyond defense.

One of the more exciting goals he scored this year was in a contest against Topeka. In the final minutes of the game, after the Tarantulas had pulled their goaltender in an attempt to score against the Kings, Martin fired a shot from the King's side of the rink and into the Tarantula's net

on the other end of the ice. Needless to say, the fans went wild after that shot, which helped the Kings seal a 2-0 victory in that game.

Anders Strome
Forward
Born Nov 23, 1981, Winnipeg, Manitoba, Canada
6-2, 210-pounds, Shoots Right



Anders Strome has been noticed multiple times this year for his skill on the ice and his leading numbers in hockey.

Strome is one of the three returning players from last season's Cotton Kings roster. He has attended two AHL camps in the last two seasons - one with the Manitoba Moose and one with the San Antonio Rampage. He

was a free agent signing by the San Diego Gulls this season and was waived. He joins the "new and improved" Cotton Kings meeting new management and coaching staff with improved skills and lots of energy.

This talented and determined player shows he has what it takes to help bring the Cotton Kings to more victories. He is currently one of the leading scorers for the Lubbock Cotton Kings, with 15 goals and 17 assists so far.

Lance Leslie
Goalie
Born Jun 21, 1974
Dawson Creek, BC, Canada
5' 10", 165-pounds
Catches Left



Lance was a veteran free agent signing by the Cotton Kings for the 2004-05 season. He previously played with the Lubbock Cotton King during the 2001-02 and 2002-03 seasons. He was enthusiastically welcomed back to Lubbock by fans who had watched him succeed in past years.

Noticeably quiet, Lance often humbly accepts his accolades, but is quick to credit his teammates with the success that they have had this season. He doesn't have much to say, and simply goes about his business of stopping pucks and denying attacking teams.

Despite being one of the older players on the King's bench, he proves over and over that he has the experience and leadership to help lead his teams on to victory.

Leslie spent last season with the Adirondack IceHawks of the UHL, having decisions in 23 contests. He returns to the Cotton Kings having previous experience in 2000-01 and '01-02. In '00-01, he led the Kings to the league championship where they lost to the Bossier-Shreveport Mudbugs.

This year, he has been recognized by the CHL twice and has won 15 games so far this year, two of which were in shootout contests.

After three game losing streak, Kings come back with a vengeance

The Cotton Kings started out the 2004-05 season much more smoothly than last year. Fans have become accustomed to celebrating wins and after winning 15 games this year, the Cotton Kings were stung by losing three games in a row at the end of 2004.

On New Year's Day however, the team returned to the coliseum in game against Topeka. Cotton Kings veteran Jan Melicherik turned the tide with a "hat trick", a hockey term for three goals scored by one player in a single game. In the end, the Kings squashed the Tarantulas with a final score of 7-4.

The Kings started from behind for the fifth straight game. Tab Lardner scored the first goal of the game for the Tarantulas off of a rebound in front of Lance

Leslie. The Kings Jan Melicherik fed Derick Martin at the top of the slot for a one-timer bomb to tie the game 11:53 into the first. Frederick Jobin gave Topeka the lead with an unassisted floating wrist shot from the left point that eluded Leslie low on the glove side. The Kings out-shot Topeka 18-8 in the first but were outscored 2-1. Neither team had a power play chance in the first period but both Paul Fioroni and Tyler Hanchuck had five minutes for fighting just under five minutes into the first.

Lubbock led the scoring in the second with two goals to Topeka's lone tally. Jeremy Kyte took a rebound off a Darren Shakotko chance and slipped the puck by Dwayne Bateman to tie the game. Melicherik gave the Kings their first lead since the 3-

2 win at home against Amarillo on Dec. 23. After a great keep at the point, Martin fed Melicherik in the slot for his fourth snipe of the season. Topeka's Garrett Cameron tied the game 3-3 on the power play, diving to deflect the puck by Leslie. The Kings had 13 of the 24 shots in the second period and had most of the quality chances. The Tarantulas had both power play chances in the second.

The Kings took control in the third period and asserted dominance with Melicherik finishing the hat trick with two goals in the third. The Kings ran up the score in the third with four goals starting with the co-captain, Matt Turek started the scoring with an inadvertent feed by Paul Fioroni off the back of the net. Turek swung out to the right side of the

net and squeezed the puck by Bateman. Mike Lukajic, the lone all-star for the Tarantulas, tied the game 4-4 beating Leslie's two-pad stack high. Melicherik scored two power play goals within five feet of the net on the right side with hard work on the first by Bruno Lemire and Anders Strome on the second. Justin Keller put the icing on the cake with his second empty net goal of the season.

The Kings won 7-4 outscoring Topeka 4-1 in the third. Lubbock led in the shot chart 45-29. Melicherik got the first hat trick of the season for the Kings and both he (3-1=4) and Strome (0-4=4) tied Emery Olauson for the season high in points. The Kings broke their three game losing streak with an old fashioned West Texas shootout.

Crafts Etc. Jewelry Workshops

Lubbock-The Buddy Holly Center invites you to participate in the annual Crafts Etc. exhibition by being part of a few workshops that will be offered in conjunction to the exhibition. Don't miss the opportunity to make ornamental hemp jewelry with art educator Kristi Holman on Saturday February 5th, 2005 from 1:00-3:00 pm. This "Natural Bling" Hemp Jewelry Making Class is for ages 8 and older and the cost is \$10 per person.

Join us on Saturday February 19th, 2005 from 1:00-3:00 pm for a Sterling Silver Ring Stamping Workshop. This is a great opportunity to learn the art of jewelry making from nationally recognized artist Robly Glover. Participants will create their own sterling silver ring using a stamping technique. No prior jewelry making experience necessary. For ages 12 and older, cost is \$12 per person.

Pre-registration is required for all classes. For more information or to register, please contact the Buddy Holly Center at (806) 767-2686. The Buddy Holly Center is located at 1801 Avenue G in the Depot District of Lubbock, Texas.

16 Lubbock ISD campuses given GPA awards

The Texas Education Agency has named sixteen Lubbock ISD campuses as Gold Performers. The Gold Performance Acknowledgement (GPA) recognizes districts and campuses for high performance indicators in areas other than those used to assign accountability ratings.

- Lubbock schools receiving GPA:
- Bowie Elementary**
Commended Performance
Reading, Math
 - Guadalupe Elementary**
Commended Performance - Reading
 - Hardwick Elementary**
Commended Performance
Reading, Writing, Science
 - Honey Elementary**
Commended Performance
Reading, Math, Writing
 - Maedgen Elementary**
Commended Performance - Reading
 - Murfee Elementary**
Commended Performance
Reading, Math, Writing, Science
 - Parsons Elementary**
Commended Performance - Writing
 - Smith Elementary**
Commended Performance
Reading, Math, Writing, Science
 - Wheelock Elementary**
Commended Performance
Reading, Writing
 - Whiteside Elementary**
Commended Performance
Reading, Math, Writing, Science
 - Williams Elementary**
Commended Performance
Reading, Math, Writing, Science
 - R. Wilson Elementary**
Commended Performance
Reading, Math, Writing, Science
 - Evans Junior High**
Commended Performance
Social Studies
 - Irons Junior High**
Commended Performance
Social Studies
 - Mackenzie Junior High**
Attendance (2002-2003)
 - Estacado High School**
Recommended High School Program
(class of 2003)

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<p>10\$10 FOR Keebler Zesta Saltines 15-16 oz. Assorted Varieties</p>	<p>10\$10 FOR Progresso Carb Monitor 18.5 oz. Assorted Varieties</p>	<p>10\$10 FOR Coke, Diet Coke or Sprite 2 lb. Bottle, Assorted Varieties</p>	<p>10\$10 FOR Oscar Mayer Lunchables 42-45 oz.</p>

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Editorials • Comments • Opinions



THIS N THAT

MAY EACH OF YOU HAVE A HAPPY NEW YEAR! THIS N THAT is praying each of you will have a HAPPY NEW YEAR. There are so many distractions in the world today ... and as a BLACK PEOPLE ... we must stay focused on what is fair in this world. There are so many of us believe we can SHORTCUT LIFE but life is not like that. It is ... must we do what is right ... and treat our fellow men and women ... as we would for them to treat us. As we've often said ... if we would pull off those ROSE COLORED GLASSES and see life the way it really is ... then a lot of things which are happening in our BLACK COMMUNITY we would no longer allow. So in 2005, why not more of us get on the same page and do more for our community? If we would do so ... it would be better for our children. Here is a word that THIS N THAT will be more concerned about in 2005 ... and that word is ... COMPASSION! Do you have a word? Hope so!

MADE 20TH VISIT TO LUBBOCK COUNTY JAIL CHRISTMAS DAY! THIS N THAT, ALONG with two ministers ... PASTOR RALPH MCCORMICK, who was in the city from Charlotte, North Carolina and MINISTER ZAIR-REUS PATTERSON, who was visiting from California, ISABEL LUNA, EDDIE P. RICHARDSON, SHELIA PATTERSON-

HARRIS ... visited the Lubbock County Jail ... which made it's 20TH VISIT on Christmas Day.

Over the years ... THIS N THAT has observed that there are different persons locked up ... all appear to have the same problem. THINKING THEY CAN GET BY BECAUSE THEY ARE SHARP! Hopefully ... some of them will awaken from this sleep ... and realize that life is for real, and there are opportunities for them in this world. Oh yes, we realize that all of them will not adhere to this belief ... but there are those who we believe will change for the better ... especially those who are mothers and fathers. THIS N THAT was moved by two young inmates who were in jail on Christmas Day. One was a young lady from Waco, Texas who was the mother of three. Having prayer with her brought about a sign of concern as she wept. Then, there was a young 17 YEAR OLD MALE who was locked up because of THIRTEEN CASES he has pending against him. It appeared as though life was funny to him ... and appeared not to be a bit concerned about his posture in life. Of course, there were others we could write about ... and on this Christmas Day ... there were more than 700 INMATES IN JAIL. THIS N THAT does not have the answer to this problem in Lubbock County and the United States of America, but let's hope there are others in the community

who will make this an opportunity in 2005 to reach some of these young men and women. THIS N THAT has learned over the years ... that some family members forget them when they are in jail. THIS N THAT is happy to note that PASTOR MCCORMICK will take this ministry back to his church.

BOYS CHOIR IS GOOD THING', THIS N THAT is glad to see a new twist in the annual MARTIN LUTHER KING, JR. CELEBRATION ... as there will be a BOYS CHOIR ... young fellows between 5 and 15 years of age. This is good ... and hope this will continue.

SPEAKING OF DR. MARTIN LUTHER KING, JR.! THIS N THAT received word that BARNES & NOBLE will sponsor APRIL ATKINSON in Storytime on Saturday morning, January 15, 2005 ... with the theme ... DR. MARTIN LUTHER KING, JR. She will be reading Martin's BIG Words, The Life of Dr. Martin Luther King, Jr. beginning at 11:00 a.m. This children's book received the CALDECOTT HONOR AWARD and the BEST ILLUSTRATED CHILDREN'S BOOK for the New York Times in 2001.

PENNY HASTINGS THE BARBER SAYS: "MAY each of you have a MOST PROSPEROUS NEW YEAR 2005, and that you stride to do more in the New Year!"



Think About It!

The unexpected can and will happen

by Eddie P. Richardson

Can you imagine the founder of Habitat International from Americus, Georgia could be on the hot seat? It happened to Millard Fuller.

It happened when Millard hitched a ride to the Atlanta airport with a female staff employee to save \$75 in shuttle fees.

The ride cost him and Habitat much, much more. She alleged inappropriate conduct which caused him temporary banishment from the Christian organization which builds homes for disenfranchised, poor people around the world. The organization was founded by Millard and his wife 28 years ago. Fuller said the board was in the process of firing him before he contacted former President Jimmie Carter, Habitat's most visible volunteer, to intervene. The board found there was insufficient evidence to substantiate the charges. Fuller says he agreed to step down as chief executive officer

to avoid an "unseemly" internal battle. He agreed to retain the largely ceremonial title "Founder and President".

It all started to the downfall when a 15 year employee said Millard acted inappropriately with her 13 months earlier. Millard, a millionaire in his own right, gave up his riches to help eradicate sub-standard housing in Cobb County, Georgia and later the world. Habitat is strong in Lubbock. On a typical full morning in Americus, Millard Fuller strolls down Church Street dressed in his trademark plaid shirt. The trip takes ages, because he picks up trash every few feet. I'll tell you a little secret.

There's a connection between trash and poverty housing is just an extension of a mentality that will allow trash on the street.

When the Fullers decided to give up their rich lifestyle to hold their family together, their mission led them from Alabama

to the southwest Georgia cotton and peanut center of Americus. It was there that Millard, his wife Linda and others developed the concept of no-interest housing, and of having the poor invest in "sweat-equity" into building their own homes. That would eventually become Habitat for Humanity International.

Since 1976, Habitat has blossomed into a worldwide network of 3,300 affiliates that has built 175,000 houses in 100 countries.

The 38 year old wife of a minister has since left Habitat and declined to comment about the issue.

From a personal level, I can see how Millard feels after all he has done, which creates envy and jealousy. I have had these experiences from a small level. New people or people on the outside always feel they have the answers and can do better. If they could, why haven't they?

Fuller and Habitat for Humanity receive award

Habitat for Humanity International and its founder/president Millard Fuller have been selected jointly as the



recipient of the World Methodist Peace Award for 2004. The award is presented annually by the World Methodist Council to groups who have contributed substantially to peace, reconciliation and justice around the world. Fuller will accept the award during a Dec. 8 ceremony at Emory University in Atlanta, Ga.

With the award, the World Methodist Council honors Fuller and Habitat for Humanity for their work promoting dignity, self-respect and reconciliation in the lives of families across the globe. In Northern Ireland, for

example, Protestants and Catholics have set aside differences and picked up hammers to build simple, decent Habitat housing. In the Middle East, Muslims and Christians work side by side building in true partnership, and in the United States, volunteers from all races, religions, social and economic backgrounds unite daily on Habitat build sites. For nearly 30 years, Habitat for Humanity has torn down the walls of hate and divisiveness around the world and replaced them with bridges of tol-

erance, understanding, compassion and housing that is affordable for families who need it.

The World Methodist Council is a Christian World Communion composed of 76 member denominations in 132 countries. Begun in 1977, the council's annual peace award is its highest honor. Previous recipients include former U.S. President Jimmy Carter, former South African President Nelson Mandela, former Soviet President Mikhail Gorbachev and the late Egyptian President Anwar Sadat.

In Cinque

by Renetta Howard



Another year has rolled around and we feel blessed to witness it in view of the turmoil in this world. Most of us have plenty to be thankful for, and some of the things that we should be thankful for, we never give a thought or thanks.

The holiday season itself is something to be thankful for. Celebrating the birth of Jesus at Christmas and heralding the new year with a sound mind and body is another. We can be grateful for getting through the merriment with sobriety and focus on the 'doing the right things' as the spirit and 'spirits' envelope us.

Hopefully, we had the right mind to select a sober driver for

the season as the lives of many are put in jeopardy when someone full of the 'spirits' take to the highway. No one intentionally sets out to hurt anyone on the road, but too often, some of us do not know when we have had too much of the 'spirit' to drive a motor vehicle, and consequently, something disastrous takes place.

To avoid disasters, everyone who drinks alcohol, should take into consideration that they are not infallible, but the average drinker 'knows' he is able to drive and is not inclined to have someone drive for him. The true alcoholic will pass out before he will admit his weakness. This makes it very difficult for someone to help him. He will insist on driving, regardless. This is when his true friends must take action on his behalf. The answer may lie in confiscating his vehicle keys until such time that he is able to drive.

The sensible drinker will plan ahead and designate someone to drive him, and hopefully, not in his car. That way, one accident waiting to happen will not materialize. Drivers and riders who do not drink are still at risk from those who do drink and drive.

Riding in any vehicle is risky when there are drunken drivers on the road. The best defense from a drunken driver if you must drive or ride, is to buckle up the seatbelt and pray that a collision never occurs. Aside from that, one needs to be alert and drive defensively. You never know when you will come into close proximity to a drunken driver or a sleepy one for that matter, so you must stay alert and try to avoid a collision. Sleepy drivers as well as drunken drivers cause disasters. Let us get 'in cinque' this new year and try to save lives, because 'the life you save, may be your own'.

Texas pastor offers guidelines for everyday living in new book, *I'm A Christian, Now What?*

ROCKWALL, Texas - Once people begin new life in Christ, many struggle to follow through to experience the joys and blessings this new life is meant to bring, writes Robert A. Ingram in his new book, *I'm A Christian, Now What?* (now available through AuthorHouse). He offers every Christian biblical truth to enhance their spiritual growth, leading them to a more powerful and effective Christian walk.

"Christianity was never meant to be a lifestyle of the dull, boring and lifeless," Ingram writes. Without a clear understanding of biblical truth, however, "dull and boring can become the rule of the day." This powerful, compact book is a treasure trove of information for every follower of Christ which offers a tangible resource in their daily walk.

Ingram, a pastor, encourages people how to experience a more effective Christian walk through clear biblical truths of "who we are and what God has made available to us." He outlines a powerful description of true Christian love and pinpoints the stumbling blocks to growth in modern society. Ingram outlines the vital mission of being a Christian and discloses the importance of evangelizing, obeying God, making disciples and realizing God's presence every minute of the day. In conclusion, he warns Christians about the ways in which evil tempts the righteous to stray from Christ and offers tips on how to counteract "the strategies the enemy uses against us and how we can properly equip ourselves daily to be winners."

I'm A Christian, Now What? is a guidebook for helping one

navigate through this life in their Christian walk.

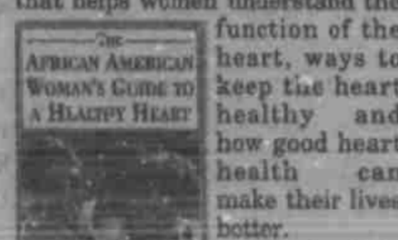
Ingram is currently pastor of a small church in Greenville, Texas, in the Dallas/Ft. Worth area. After his graduation from Howard Payne University and Southwestern Baptist Theological Seminary, he started his career in ministry which has extended more than 20 years. *I'm A Christian, Now What?* was written to help and encourage all Christians: "I pray this book will inspire and lead others to understand the value, blessing and joy in a lifestyle of living for God," he writes.

AuthorHouse is the world leader in publishing and print-on-demand services. Founded in 1997, AuthorHouse has helped more than 20,000 people worldwide become published authors. For more information, visit www.authorhouse.com.

BOOK NEWS & NOTES

African-American Women Have Everything To Live For

(NAPSM)—African-American women with good heart health may not only live longer lives, they may live happier ones. That's the news in a new book that helps women understand the



function of the heart, ways to keep the heart healthy and how good heart health can make their lives better.

The book is being called particularly timely, given that African-American women are at higher risk for death and disability from heart disease and stroke than any other group.

In "The African-American Woman's Guide To A Healthy Heart" (Hilton Publishing, \$16.95), editor Anne L. Taylor, M.D., Director of the Association of Black Cardiologists Center for Women's Health, gives important information covering such topics such as:

- How to assess your personal heart disease and stroke risk factors
- How to recover from heart disease or stroke
- The roles that high blood pressure, obesity, tobacco and diabetes play in the development of heart disease and stroke
- How to stay healthy if you don't have heart disease

Dr. Taylor says it's vital that African-Americans reduce the rates of cardiovascular disease within their community. To help, the book features a list of resources readers can use to find additional information about taking charge of their health.

For more information, visit www.hiltonpub.com.

Southwest Digest
We can help you reach your community! Want to place an ad or contribute? We are dedicated to the health and education of Lubbock's Black citizens! Input from our readers is welcome! Send us your letters, stories, photos, recipes, articles and more!
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The Southwest Digest is an independent newspaper serving the Lubbock, West Texas, South Plains of Texas and Eastern New Mexico areas printing the news impartially supporting what it believes to be right without opposing what it believes to be wrong without regard to party politics.

Devoted to the industrial, educational, social, political, and economical advancement of African-American people.

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

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

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

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

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"Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that." - Martin Luther King, Jr.