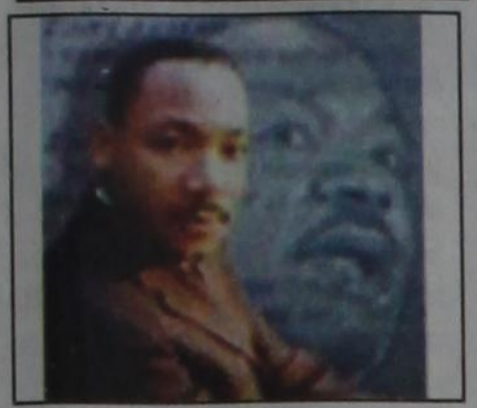




Southwest Digest



"A newspaper for 21st Century representing the Black Community's Ideas and Ideals since 1977"

Thursday, December 19, 2013
Vol. LII No. 19

75 Cents

Community Meetings

- * Lubbock Area Client Council meets on the 2nd Saturday, 1:00 pm at the Patterson Branch Library, 1836 Parkway Drive.
- * Hub City Kiwanis meets 1st & 3rd Tuesday of each month at 7 p. m., Mt. Vernon UMC, East 23rd & Cedar Avenue
- * Dunbar Alumni Association meets 2nd Saturdays, 4:00 pm.
- * Booker T. W Washington American Legion, Post 808, meets every 2nd Tuesday at 7:30 pm, American Legion Building in Yellowhouse Canyon.
- * Forgotten West Riders meets on the 1st & 3rd Mondays, 7:00 pm, Patterson Branch Library.
- * East Lubbock Chapter AARP meets every 1st Thursday at 1:00 pm, Mae Simmons Senior Citizens.
- * Lubbock Chapter of Black Alumni meets every 3rd Tuesday, 5:30 pm, TTU Market Alumni Center.
- * Dunbar Manhattan Heights Neighborhood Association meets every 1st Thursday at 7:00 pm and every 4th Thursday at 7:00 pm at the Dunbar Manhattan Heights Neighborhood Outreach Center, 1301 E. 24th Street.
- * West Texas Native American Association Pot Luck Supper meets on alternating months prior to meeting, meetings held on 2nd Saturdays of each month at 7:00 pm, Educational presentations and demonstrations.
- * The Unified Juneteenth Commission of Lubbock meets every Monday evening at Patterson Library, 1834 Parkway Drive, beginning at 6:00 p. m.
- * West Texas Chapter of 100 Black Men of West Texas meets 3rd Monday evenings at 7:00 pm at Lanier Center, 2nd Floor, TTU Law Center.
- * The Parkway & Cherry-Point Neighborhood Association meets the 3rd Tuesday evenings, 7:30 pm at Hunt Elementary School.
- * Chatman Hill Neighborhood Association meets 2nd Thursday of every month at 6:00 pm at Iles Elementary Cafeteria.

CITIS (Creating Inspirational Thoughts in Singles) meets 2nd & 4th Thursday at 2404 23rd near Avenue X at 7:00 pm

* If you have an announcement about your organization, please advise by calling (806) 762-3612 or e-mail swdigest@sbc-global.net.

If you have an announcement you want to appear in this paper, there are three ways to get information to us:

Southwest Digest Community Meetings
902 East 28th Street
Lubbock, Texas 79404
(806) 762-3612

Fax: (806) 762-4605
Email us at:
swdigest@sbcglobal.net
swdigest@yahoo.com

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MANDELA!!!! MANDELA!!!!

A Life and Legend Finally Free



Poverty is not an accident. Like slavery and apartheid, it is man-made and can be removed by the actions of human beings.

Photos courtesy of "Nelson Mandela: A Life in Photographs" author/editor David Elliot

"I have fought against white domination and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and for which I am prepared to die."

---NELSON MANDELA, from "An Ideal for Which I AM Prepared to Die" speech, April 20, 1964.

These are only a few of the great words of the legendary Nelson Rolihlahla Mandela. Born the son of a minor Xhosa royal, Mandela became a ward of the regent Xhosa king. His path brought him to his home land to be honored by the king of Xhosa with the feather of a blue crane to mark Mandela's royal lineage and achievements.

Mandela's life was filled with struggle, harsh and celebration, and he walked through and made pivotal advances that changed a country--and in so doing, changed the world forever.

The photos above are a mere glimpse and snapshots of the life and lives touched by the honorable Nelson R. Mandelas he walked his way on and to his path of freedom here on this earth and hereafter.

IN CHANGING HIMSELF, MANDELA CHANGED THE COURSE OF HISTORY!!

A Big Merry Christmas from a Sweet Little Angel



Photo courtesy of Avis Patterson

Merry Christmas and a Happy New Year!!! All the way from Toledo, Ohio, Layla Rose Williams sends out a small, but big in heart holiday greeting. Layla was born October 21, 2013 in Toledo, Ohio. She is the daughter of Marcus and Emmauella Williams, little sister to Nathan Williams, grand daughter of Avis Patterson, and great-grand daughter of Thomas James Patterson, Sr.

CONGRATULATIONS TO GWEN TITUS OF LUBBOCK

Gwen Titus is the winner of "Guess Who?" from the December 5, 2013 issue. Gwen guessed that the young child in the photos was young Rev. Zairreus D. Patterson, and that he was standing in front of the home of his grandparents, Thomas J. Patterson and the late, Bobbie Bailey Patterosn. Congratulaions Gwen and thanks for being a Southwest Digest supporter.

Keep looking for more "Guess Who?"

Lubbock City Council Gives Thumps Up to Tim Cole Memorial

It has been a long time coming, but the Lubbock City Council has finally given the nod to the naming of a memorial in recognition of Timothy Cole. A bronze relief sculpture and granite marker will pay permanent tribute to Timothy Cole, just blocks away from the Texas Tech bar district where he was arrested for a crime he was wrongfully accused of committing.

A word of thank you should be given to Lubbock City Councilman Todd Klein for his renewed proposal to the council to honor Cole with a memorial on city property.

And it was his brother, Cory Sessions, who helped sway the Lubbock City Council to support the memorial to his brother who died imprisoned in 1999 after being wrongfully convicted in the 1986 sexual assault of a fellow Tech student.

Sessions' words before the council spoke well of his brother. "Tim may be remem-

bered for things that happened after his life, but we remember him for what happened during his life." Sessions expressed to the council that, "The most important part of his headstone is the dash, and that's what we remember Tim by."

The council approved a renewed proposal and agreed to erect a sculpture on the city property to be designated as a park at 19th Street and University Avenue.

Klein designed the proposal with the help of attorney Kevin Glasheen, who has represented several wrongfully convicted people seeking compensation, including the Cole family.

He praised Cole for his demonstration of character throughout his trial and imprisonment, recalling how Cole would not admit guilt even if it meant he had a chance for parole.

The official name of the park and memorial will be determined at a later council meeting.

Lubbock Habitat for Humanity Reschedules Homebuyers Workshop

Cold and enlement weather was the cause for closures nad cancellations during the first week of December, including the scheduled Homebuyer Workshop for Lubbock Habitat.

Mark your calenders for the scheduled workshop for January 25, 2014. Again if you are in need of decent, affordable housing, or if you know someone else who is in need, mark your calender for this date.

Lubbock Habitat for Humanity is hosting a Homebuyer Workshop from 8:30 A.M. until 12:00 P.M. at the Byron Martin Advanced Technology Center at 34th and Avenue Q.

Habitat is excited and anxious to partner with members of the Lubbock County community. Remember to bring your identification to complete your registration.

Walmart Makes Educational Donation to South Plains College-Plainview Center



Photo Courtesy of South Plains College

EDUCATIONAL DONATION – Dr. Kelvin Sharp, President of South Plains College (right), accepts a check for \$4,165.64 from Ted Baker, General Transportation Manager (left), representing the Wal-Mart Distribution Center. The check was presented following the groundbreaking ceremony held on December 12, 2013 for its new Technology Center which will be located at the college, 1920 W. 24th St. Also shown is Gracie Quinonez, Director of SPC Plainview Center. (SPC Photo/Wes Underwood)

SPC Development Office announces New Year's Eve hours

LEVELLAND – As the fall 2013 semester ends, the South Plains College Development Office announces special hours on New Year's Eve. The office will be open from 2:00 to 3:30 P.M. on December 31, 2013 to assist individuals, businesses and supporters that want to make end of the year donations. For more information, contact Julie Gerstenberger, director of Development, at (806) 716-2020.

IMMUNIZE!

Babies need shots at 2, 4, 6, and 12-15 months. Older children need shots at 4-6 years and then again at 11-14 years.

Adults need shots too! A flu shot yearly and other shots as recommended by your physician.

LOCAL HAPPENINGS

Santa Land Hosting Folks, Both Young and Young at Heart

Attendance has been good for Santa Land since opening. Lubbock City staff continue to invite both young and young at heart to come out and share in the holiday cheer. So, bring your children and grandchildren to Mackenzie Park and enjoy a long-time Lubbock tradition at Santa Land.

Lubbock Parks and Recreation have hosted Santa Land for the past 57 years, and admission for all ages is free. Santa Land will continue to be open every evening through December 23rd from 6:00 to 10:00 p.m. nightly. Between 38,000-41,000 people visit Santa Land each year to see the festive holiday village with its huge lighted Christmas tree, animated displays, bonfires, traditional holiday scenes, and of course, Santa and Mrs. Claus. Each evening at 6:00 p.m. during this 14-night event, a sleigh with tiny reindeer bring Santa and Mrs. Claus to Santa Land to hear the Christmas wishes of area children. Youth this year can look for Bo, Santa Land's very own Elf on the Shelf, and have a chance to win an iPad Mini sponsored by Betenbough Homes!

Enjoy live entertainment most evenings from 6:30-8:00 p.m. Hot chocolate and other refreshments are available for sale at the concession stand. Parents are welcome to bring cameras and video cameras to take photos of their children with Santa at no charge. For those who forget their cameras, keepsake digital photos may be purchased for \$5 each. The entrance to Santa Land is from the East Broadway entrance into Mackenzie Park just east of Avenue A and the South

Plains Fairgrounds.

Parks and Recreation is grateful to its sponsors and the Lubbock community for their help in underwriting some of the costs for Santa Land and for bringing this annual event to the children of West Texas at no charge. Sponsors include Betenbough Homes, David Drum Repair Service, Day-break Coffee, Superior Health Plan, Tom's Tree Place, Academy Sports and Outdoors, Joyland Amusement Park, South Plains Lanes, Latino Lubbock Magazine, Lubbock Fire Department and Lubbock Police Department. For more information, contact Lubbock Parks and Recreation at 775-2673 or 775-2687, visit our website at www.playlubbock.com or like us on Facebook!

Preparation Continues for MLK Celebration

The council continues to invite ALL who will to participate and become involved by sharing your time, gifts and talents. MLK Citywide Mass Choir is inviting all singers and musicians to come and be a part of this special occasion. The Mass Choir continues to rehearse on December 20th and 30th, 2013. January rehearsal dates are January 3rd, 6th, 10th and 13th, 2014. All rehearsals are being held at St. John Baptist Church, 1712 East 29th Street in Lubbock at 7:00 p.m. For more information, please call Brother Michael Horton (806) 466-1950.

MLK Youth Mass Choir continues to rehearse at St. John Baptist Church, 1712 East 29th Street in Lubbock. Please contact Sister Tracey Snell (806) 777-6017 or Sister Yolanda Jeffreys (806) 773-1625 with any questions or special needs.

If you have any youth wanting to be on a praise team, or any little ones (walking age) please bring them to rehearsals. January rehearsals will be announced later. All rehearsals will be held at St. John Baptist

Church, 1712 East 29th Street in Lubbock. For more information, please contact Sister Vera Coleman (806) 407-8435.

The Mass Choir will sing on Sunday, January 19th, 2014 at the Citywide Celebration Service (Lubbock Memorial Civic Center, 5:30 p.m.) and on Monday, January 20th, 2014 at Gospel Night (Greater St. James Baptist Church, 6:30 p.m.)

Join in and help to make 2014 Martin Luther King, Jr.

"Pancho Clos" Is Coming To Town

"Pancho Clos" will be arriving at the Maggie Trejo Super Center on Sunday, December 22, 2013 at 2:00P.M. He will be escorted by fifty bikers, Solitos Car Club and the Lubbock Hispanic Police Association. The ride will begin at the TNT Sports Bar parking lot and will end at the Trejo Super Center. "Pancho Clos" is sponsored by the American G.I. Forum. "Pancho Clos" will be celebrating his 42nd Anniversary since it originated here in Lubbock, Texas by three individuals (the late Bidal Aguero, Gus Medina and Jesse Reyes) who wanted to add a little bit of the Hispanic culture. A special "Thank You" goes out to the people, organizations and sponsors who have made this "Pancho Clos" Project a big success. Recognition goes to the Lubbock Area Foundation, United Supermarkets, The Hispanic Association of Women, LULAC Council #263, City of Lubbock, Maggie Trejo Super Center, Mario's Upholstery, Solitos Car Club, The Lubbock Hispanic Police Association, ALL bikers, Daniel Rey Social Security Services and the Girl Scouts Troop #6073 for being involved with the "Pancho Clos" Project for the past 15 years. A very, very special "Thank You" to all news media, El Editor, West Texas Hispanic News, Lubbock A-J, Latino Lubbock Magazine, Southwest Digest, Channels 11, 28 and 13, Univision, Telemundo, Magic 93.7 and Power 106.5.

Still Time to Enter Garden & Arts Exhibition

There is still time to make your work a part of the up and coming Garden And Arts Exhibition

The exhibition is being hosted by The Municipal Garden and Arts Center. The exhibit will explore a wide variety of visual artworks influenced by literary works. Literature and visual art share similar creative processes, and when combined, literature and art can yield wonderful pieces of art.

All work must measure no more than 48" in any direction or weigh more than 50 pounds. All 2 dimensional entries should be ready to hang. Content should be suitable for all ages. Work should arrive at the Center ready for installation. Work may be delivered to the Garden and Arts Center at 4215 University Avenue through December 23, 2013. There is no entry fee.

The exhibition will open for viewing Friday, January 3, 2014 through Thursday, January 30, 2014, with an opening reception during the First Friday Art Trail on Friday January 3, 2014 from 6:00 to 9:00 P.M.

All are invited to participate and enjoy the exhibition.

Pray Constantly

In my day, we couldn't afford shoes, so we went barefoot. In the winter we had to wrap our feet with barbed wire for traction.

Bil Flavin

Pray constantly that you will have the strength and the wits to make it through everything that's coming your way so you end up on your feet.

Luke 21:36

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Community and Senior Centers What's Happening This Month!

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Fun and Fitness



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Monthly Activities

Look forward to our monthly events:
Ladies Tea Party, Genealogy Workshop
Senior Breakfast & more! Ages 50+



Follow Us! Lubbock Parks and Recreation

Mae Simmons Community & Senior Centers
Lubbock 2004 Oak Avenue 767-2700 or 767-2708



We Thank God for Jesus

Christmas, For Christ or Merchandise

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

Mark: 7:6, Jesus said, well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their hearts are far from me.

Jesus told his disciples, go into the world and let your light shine. But now the ungodly now runs Christmas, blind leading the blind.

Romans 1:21, 22, Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools.

The celebration of Christ's birth has lost the meaning of its intent. There is no speaking of Jesus; only where your money is to be spent.

Matthew 4:10, Jesus said, Get thee hence, Satan; for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

The world celebrates X-MAS, with Santa, trees, lights, parties and drinking. They are mocking the birth of God's Son without even thinking.

Galatians 6:7, Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

*****Your Christmas Robbing God?*****

Jesus was born into the world, and God gave him for one reason, Not to give gift or to show lights, but to die for

our sins: in due season.

John 3:17, Jesus said, For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

The world picked up X-MAS and added Santa Claus with rain deer in the sky. Telling children of the gifts the he is going to give: that is a lie.

I John 2:15, Love not the world, neither the thing that are in the world. If any man loves the world, the love of the Father is not in him.

Christians, if the angel came to Mary in the 6th month in Galilee, then nine months from that month.....then December 25th it can't be!!!!!!

Luke 1:26, And in the sixth month the angel Gabriel was sent from God unto a city of Galilee, named Nazareth

December 25th Robbing God*

Christians have gone along with the Santa game. Just as a sap, they take their children and grandchildren and put them on some pervert's lap!!

Isaiah 53:1 and 3, Who hath believed the report? And to whom is the arm of the Lord revealed? He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

The world wants X-MAS to be with drinking, doping, par-

ties and lights. And will get mad when you ask them to accept Jesus Christ into their lives.

John 15:19 Jesus said, If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.

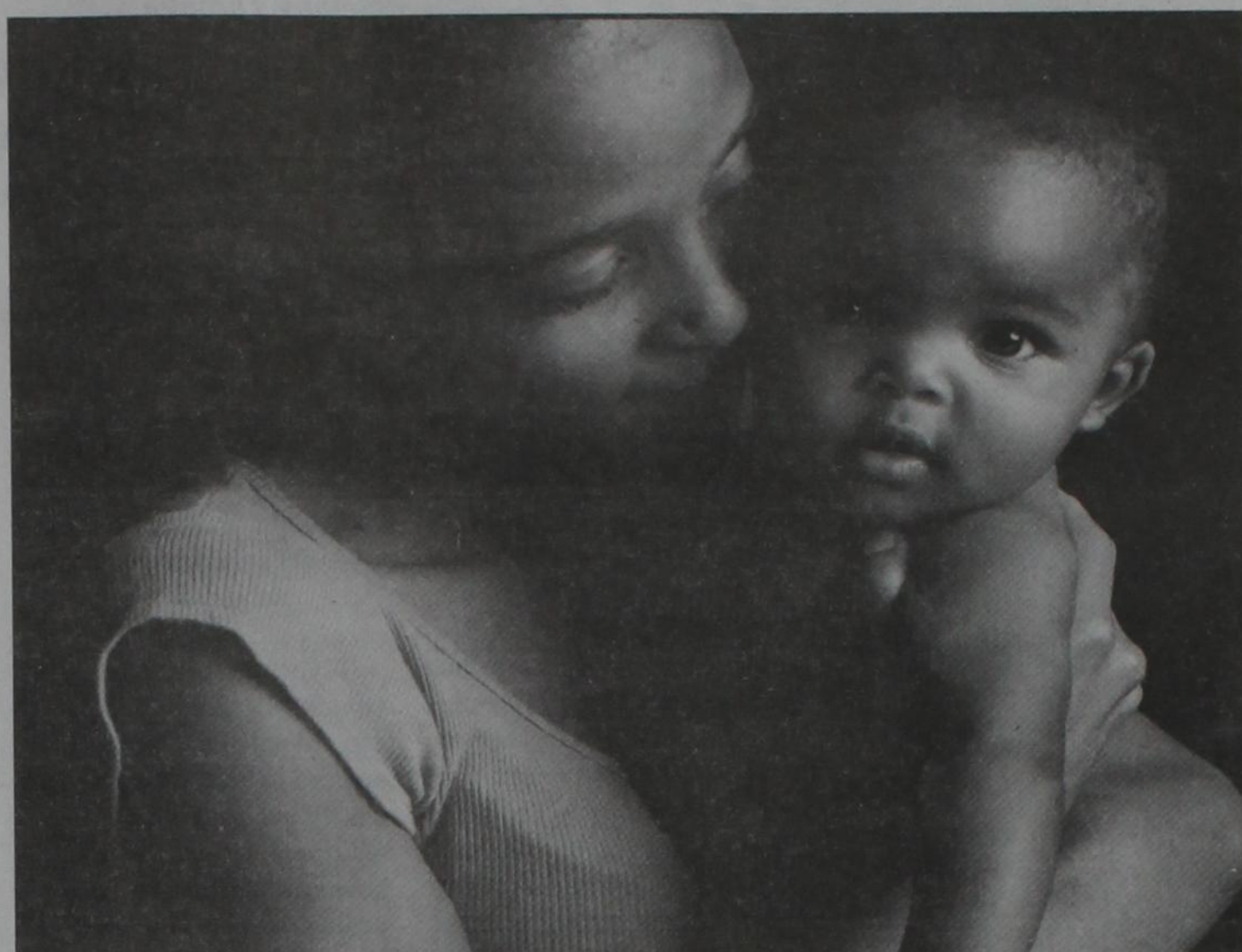
(THE WAY TO TELL ITS NOT OF GOD: IF THE WORLD WANTS TO BE A PART OF IT, THEY HATE GOD AND DON'T WANT ANY PART OF HIM.)

Jesus was not born on December 25th, into this sinful world. His birthday is now! It is when he comes into the hearts of men, women, boys and girls.

Galatians 6:14, But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world.

WRITTEN BY EVANGELIST BILLY "B. J." MORRISON, III, YOUR BROTHER IN CHRIST JESUS.

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John Morley



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St. Matthew's Baptist Church News

Again, church services were well attended at the St. Matthew Baptist Church, 2020 East 14th Street, on Sunday morning, December 15, 2013, where the proud pastor is Rev. Edward Canady.

Services begun at 10:00 a. m. with Sunday School. Sister Annie Onasanya, our Asst. Superintendent was in charge.

The teacher of the hour was Sister Shirley Davis. What a

wonderful lesson for all to hear.

The Sunday School lesson was entitled "Opening the Way" taken from Luke 1:26-40. The Unifying Topic was "Zechariah Prophesies About His Son John" The main thought was found in Luke 1:76-77 KJV.

The Sunday morning devotion was conducted by Deacon Edward Williams and Deaconess Sister Ethel Williams.

Pastor Canady and Rev. Lonnie Phenix entered the Church on "I'll Fly Away."

The morning sermon was delivered by Minister Rodrick Scott. His subject was "Set Me Free & Keep Me Free." His scripture text was Exodus 9:1, Galatians 5:1, and Colossians 1-13. What a wonderful message. It was enjoyed by all in attendance.

The morning announcements

were read by Our First Lady, Sister Shirley Canady.

The Weekly Meetings held at the St. Matthew Baptist Church are as follows:

Missionary Society meets on Wednesdays at 5:00 p. m.

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

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

It is of great importance for you to attend your meeting.

Let us remember and pray for our sick and shut-in citizens. Remember, your prayers are very important to us. God is able!

If you are looking for a Church Home, then come and visit with the members and Pastor Canady at the St. Matthew Baptist Church, 2020 East 14th Street.

Also, bring a family member with you. Come and praise the Lord with us! You'll be glad you did. Remember our doors are always open for you.

Thought For The Week:
The glory of life is love, not to be loved; to give, not to get; to serve, not to be served.

God Bless Each of You!!

Left-to-Right Celebrates 11th Yearand Still Reading

Left-to-Right Book Club will be celebrating their 11th Anniversary this Saturday, December 22, 2013 at the Bobbie Gean and Thomas J. Patterson, Sr. Branch Library.

This group of lovely ladies has been meeting at the Patterson Branch every month for discussion and has read over 95 books by various authors of color. Left-to-Right has also assisted with activities at the Patterson Branch. They will

meet Saturday to enjoy lots of food, fun, games and prizes. They will also discuss a recent read "Scorched" by Ashea S. Golden.

Left-to-Right also invites all who will come to join them in reading "The Great Divorce" for January 25, 2014. Patterson Branch Library is located at 1836 Parkway Drive in Lubbock, Texas. Come out and join them!!

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Sunday School	10:00 am
Morning Worship	11:30 am
Mission	Mon. 7:00 pm
Brotherhood	Wed. 6:00 pm
Prayer Meeting	Wed. 7:00pm

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Obsequies

DeAnn Deary



DeAnn Deary, 43, of Lubbock, passed away on December 7, 2013. DeAnn was born on April 30, 1970, to the parentage of Archie Nell and Wilbert Deary in Lubbock, Texas. She attended Estacado High School and graduated from Fremont High of Oakland, California. She was preceded in death by her grandparents; her mother, Archie Nell Deary; and one sister, Tredis Penny. She leaves to cherish



her memories: her father, Wilbert Deary; sisters, Cynthia Banks and Vida Penny; brothers, Willie Shed, Prentis Penny, Gregory Shed, Derrick Shed and Lucion Banks; daughters, TeKeyha and Corazana Lewis; and a host of other relatives, family and friends. Celebration of life services were held on Saturday, December 14, 2013, at 1:00P.M., in Griffin Mortuary Chapel, under the direction of Griffin Mortuary.

Long-time Lubbock Resident and Veteran Succumbs

Funeral services for Clarence Ervin, Sr. will be held on Monday, December 23, 2013 at 11:00AM at New Hope Baptist Church under the direction of Griffin Mortuary. Visitation for Mr. Ervin will be Sunday, December 22, 2013, from 3:00PM to 6:00PM. Mr. Ervin passed away on Monday, December 16, 2013, and was preceded in death by his wife of many years, Past Lubbock I.S.D. School Board President, Joan Y. Ervin.

The brokest man isn't the man without a dollar in his pocket. The brokest man is the man without a dream.

Getting Through

"The Most Stressful Time of the Year"

By Dr. Eudene Harry

What makes you anxious this season?

- Large family dinners?
- Shopping frenzy/financial issues?
- Thought of overextending?
- Weight gain that comes with holiday season?

If you are feeling like the Grinch who stole Christmas, you are not alone, but there is no need to be sucked into the misery loves company whirlpool. In fact, you may have noticed that the more you wallow, the worse you feel. Here are some simple steps that may help you to keep your spirits up during some of the more stressful events of the holiday season.

Family Dinners:

1. Manage expectations. Not the end of the world if things don't go perfectly. If you are going to spend time thinking about it why not make them optimistic thoughts. Anticipation of the events creates the same stress reaction as the event so why live through it longer than you have to.
2. Train like an athlete for that day. To enhance their performance athletes often times visualize the plays they want they want to make, the muscles they want to use. Build your own muscles.
3. In every large family gathering, there are people you want to avoid and people that you enjoy interacting with. Maximize time spent with people you enjoy, politely excuse yourself from those that drain your energy.
4. Dinner at your house- ask for help!

Shopping:

1. You make poor decisions when you are in that fight or flight warrior mode. Large crowds, pushing, long traffic lines all add up to induce this response. Your purchases can become more emotional and impulsive. So try to avoid that. Try shopping on the Internet. Shop early or late to avoid crowds. Be well rested and fed before you go. In the middle of crazy, take some time to decompress so your cognitive brain can start working with your emotional brain.
2. Budget and say no to additional credit cards that tend you to give you the illusion that you are starting with a clean slate and its piece a cake to pay off because this would be in addition to the other expenses that you have. So don't be seduced into financially over extending yourself. Remember, according to Thoreau, the price of anything is the amount of life we exchange for it. Holiday financial stresses can last a long time.

Overextended:

1. Just say no. You do not have to attend every function, say yes to all requests for baked good and yes to hosting family dinner. Before you automatically say yes to all incoming re-

quest, try: thank you for inviting me, I need to check my calendar to be sure there are no conflicts. Let me get back to you. Children need baked goods for school, hooray for supermarkets and specialty shops. Not rocking the boat at the expense of your well-being might leave you with lots of time (home sick with the flu) to think about what a crappy holiday you had. Stress affects immune system.

2. A lot to do- make a plan. Today you will grocery shop, tomorrow you will visit Aunt Mary, etc. Make a list. Today it is easier than ever to make list, after all there are several apps for that. When possible, delegate.
3. Get your useful 7-8 hours of sleep. Lack of sleep will leave you more prone to making poor decisions, dragging in energy the next day, not to mention more prone irritability and anxiety. Hello bah humbug!
4. Incorporate some relaxation time during the day. It can be as simple as taking 5 minutes to breathe in and out slowly and deeply. This type of breathing has been shown to decrease stress levels and heart rate and has been even associated with other benefits such as lowering blood pressure. In the mood for a more elaborate ritual, how about a bath with a magnesium salt and an essential oil such as

lavender. It can help to soothe those sore muscles and relax the mind. **Weight Gain:** The dreaded holiday weight gain of 5 to 15 pounds is on everyone's minds this holiday season. This is not the time to relinquish your power to all the holiday treats and excessive flow of alcohol. Start with the rules that have worked for you all year:

1. Start the day with a good breakfast to reduce temptation at work with all treats lying around.
2. Don't give up your other healthy eating habits such as vegetables, fruits, whole grains and lean proteins. Junk foods have been shown to negatively impact moods.
3. Before attending any function, eat a healthy snack so you are not starving. You make poor decisions if you are starving and will eat everything in sight.
4. Limit alcoholic beverages and try to stick to wines and champagnes with measureable calories. The calories and alcohol in mixed drinks can add up very fast. Eggnog- need I say more.
5. Finally, don't beat up on yourself if you slip up. That makes you feel bad about yourself and what do you do when you feel bad about yourself- That's right you eat high caloric, high sugar foods.

Holiday Blues:

1. Friends during this season are more important than ever. More and more studies show that people who have a network

of friends and a social support group not only handle stress better but they also live longer as well. One reason- the act of bonding and friendship causes the release of the bonding neurochemical Oxytocin in the brain. This substance has the ability to calm us and give us a warm fuzzy feeling synonymous with the Christmas spirit.

2. Keep up with your exercise routine. Even though the jostling and pushing at the mall left you feeling like you have been in championship playoff basketball game, it is not the exercise that your body needs to feel strong and rejuvenated. Try some yoga instead or walking or bike riding- anything that feels restorative.

3. There is an increase rate of depression around the holiday season. If you are experiencing prolonged or excessive sadness or anxiety please do not hesitate to get help. If you have had a recent tragedy or major life event you may not be in a festive mood. You may need time and help to work through your feelings so take it.

Dr. Eudene Harry has practiced medicine for more than 20 years and is currently the medical director of Oasis Wellness & Rejuvenation Center, an integrative holistic lifestyle clinic. Dr. Harry is board certified in both emergency and holistic medicine. She completed her medical degree and residency at Thomas Jefferson University in Philadelphia, PA. Dr. Barry is the author of two books: Live Younger in 8 Simple Steps and Anxiety 101.

Stop Demonizing People Who Are In Need

By LZ Granderson, CNN Contributor



LZ Granderson

Editor's note: LZ Granderson is a CNN contributor who writes a weekly column for CNN.com. Follow him on Twitter @locs_nLaughs.

(CNN) -- If volunteer work is a requirement, is it really volunteer?

Of course not.

But that didn't stop Michigan state Sen. Joe Hune from writing a bill that would require certain welfare recipients to do community service in order to receive public assistance.

"The whole intention is to make certain folks have some skin in the game, and I don't feel that there's any problem with making folks go out and do some kind of community service in order to receive their cash assistance," Hune said. Now as a former welfare recipient, I don't have a problem with expecting people to work to earn money. But where I come from we call that a job, not volunteerism. Hune's bill bastardizes the word while positioning those who challenge it as pro-moocher. It's a political parlor trick designed to fire up the kind of voters who saw nothing wrong

with Mitt Romney's infamous statement that 47% of Americans are basically freeloaders. And it reeks of the Reagan Republican worldview that characterizes welfare recipients as parasites or inner-city welfare queens who vote Democratic -- even though seven of the 10 states the U.S. Department of Agriculture reports rely the most on food stamps have Republican governors.

The same misdirection applies to the sister bill Hune wrote, which requires drug testing. Reports such as the National Survey of Drug Use and Health suggest drug abuse among welfare recipients is hardly widespread. Many states have tried drug testing for welfare recipients with practically nobody testing positive. In Arizona, for example, in 2012, after three years and 87,000 screenings, one person had failed a drug test. Utah's drug screening program spent \$30,000 on testing and only 2.5% of recipients turned out positive for illicit drugs. Florida's program had the same results.

In all cases, the testing -- which assumes all welfare recipients are druggies -- cost much more than the savings in welfare payments.

And the United States Department of Agriculture found fraud -- selling food stamps illegally -- accounts for a little more than 1% of all food stamp spending nationally. But that doesn't matter. Arguing against testing makes it appear as if you're pro-illicit drug use.

Are there people who abuse the system? Yes. And growing up I saw them around me. As Paul Ryan once suggested, the safety net can become "a hammock that lulls able-bodied people into lives of dependency and complacency."

But it was my experience that people who were working but couldn't make ends meet far outnumbered the abusers. This is what happens when inflation outpaces wage growth for the better part of 40 years.

Continued on page 6

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In Cinque

By Renetta Howard



The propaganda in this country is rampant! It appears that whatever our President does, the propaganda makers jump on it and make it into something horrible, ugly, illegal, untoward or in some way, give the impression that he is unfit to be President.

A simple gesture of shaking hands with the President of Cuba, Raul Castro became a major 'no-no' at Nelson Mandela's memorable services. It appears that because the United States has not been on good terms with the Cubans, that President Obama should not have shaken hands with him. They could not see that this was an opportunity to make a friend. Hostility begets hostility. Exchanging courtesies is a virtue which could lead to many fruitful opportunities for both countries. President Obama is a man with a heart and an open mind.

Nelson Mandela was a true statesman and world leader worthy of praise. He spent more time doing hard labor in prison than most criminals and at the same time fought for freedom in his country. Heads of state from around the world attended his final ceremonies. Many of these heads of state would not ordinarily be in the same place at the same time and some of them took the opportunity to make 'selfies.' That too, became a point for bad publicity and propaganda for President Obama as if he was not getting enough about

the Affordable Healthcare Law.

Some institutes had done polls lately to prove that President Obama's rating is dropping. The people whom they poll cannot possibly reflect a true count of the pulse of America. I must admit, however, that with the constant fault finding of the Affordable Healthcare Law's rollout, and his critics seem to be more vocal than those individuals who are proud and happy for the opportunity to secure individual health care. It is time for them to toot their horns! Perhaps then, some of the naysaying can be put to rest.

Most of the fault finding and adverse propaganda is coming from the Republicans who cannot take credit for the law, as they felt that it would be a waste of money on people who do not deserve it. When President Clinton tried to get an affordable care law passed, the Republican blocked it on every angle. Feeling that it would never pass, it slipped through on them and all they can do now is try to kill it on every angle. So what if Mr. Obama's rating is plummeting? He cannot run for President again and being elected twice has really upset the Republican appercent, so they are working to make our President's life and that of needy American's miserable. Let us get 'in cinque' and voice the positive attributes of our President and the Affordable Healthcare Law.

Letter to the Editor

Letter to the Editor.

To the citizens and community of East Lubbock please do not waller in despair when those that are appointed to bring the community together as a whole neglect to recognize the importance of your value to the community. When things are not as you wish and you see that your area of concern is not progressing as others, ask questions. Are you aware that the original plans for the Marsha Sharp Freeway were to pass through your glorious community and the powers that be, decided that it was not important to include you in that endeavor? This sense of "they don't matter" burns in my soul. As I was leaving town on last weekend to attend my daughters graduation in San Angelo, I just happened upon the ribbon cutting ceremony of a Stripes in Southwest Lubbock area of 66th and Milwaukee. After eating their hor dourves(little finger snacks), I found the person that has operational control of the Stripes organization. I spoke with Sid(Retail Operational Manager) and Tony(Facilities Manager) for Stripes, LLC. They both welcomed the question of...Why there was not a Stripes location east of Avenue A. They both informed me that they are in the process of looking at land accusations for a location east of Avenue A. They informed me that their two-year plan includes a store east of Avenue A. They also wanted to let you know that your are not being slighted by the Company, your dollars mean a lot to their company and the only way to show that to you is to include a location east of Avenue A. On that note, we now have names that we can stay in contact with and get updates on the status of "our" Stripes.

Clinton D. Hobby, Jr.

We can't build a strong economy on a weak base

by Camille Moran

Let's bring the spirit of Christmas to Congress. The last time the minimum wage went up was in 2009, and, as the owner of a Christmas tree farm and other businesses, I think it's time for another raise.

Today's \$7.25 an hour minimum wage befits Scrooge - before he saw the error of his ways. It amounts to just \$15,080 a year for full-time

workers.

Workers shouldn't have to depend on food stamps or food banks to put Christmas Dinner on their tables.

In my state, Louisiana, which is not a high-cost state, a single adult needed income of \$19,256 to afford basic expenses such as food, housing, transportation, health care and taxes in 2012, according to the MIT Living Wage Calculator. That's \$9.26 an hour at 40 hours a week year-round, which is \$2 more an hour than the current minimum wage. McDonald's made waves

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Marian Wright Edelman's Child Watch Column



One Year Later!

"We owe our children - the most vulnerable citizens in any society - a life free from violence and fear."

-Nelson Mandela

"I've heard people say that the tidal wave of anguish our country felt on 12/14 has receded. But not for us. To us, it feels as if it happened just yesterday. And in the [months] since we lost our loved ones, thousands of other Americans have died at the end of a gun. Thousands of other families across the United States are also drowning in our grief."

"Please help us do something before our tragedy becomes your tragedy."

-Francine Wheeler, mother of first grader Ben murdered at Sandy Hook Elementary School

In the year since six-year-old Ben Wheeler was murdered by a gun in his classroom at Sandy Hook Elementary School in Newtown, Connecticut along with nineteen other first graders and six teachers, more than 30,000 other Americans have been killed by a gun—30,000 more families now drowning in the same grief.

Sometimes these gun deaths made headlines, as when 15-year-old drum majorette Hadiya Pendleton was killed in a Chicago park in January just days after she had performed in President Obama's inaugural parade, or when twelve people were killed at the Navy Yard in Washington, D.C. in September. Sometimes families and friends felt all alone in their pain. There were children like 6-year-old Brandon Holt, who was killed outside his New Jersey home in April when his 4-year-old playmate brought a rifle out of his own house and shot him in the head. Or 16-year-old Bryan Herrera, a straight-A student at his Florida school struck by a bullet while riding his bicycle to a friend's house to do homework three days before Christmas. Or Kentucky 2-year-old Caroline Sparks, whose 5-year-old brother shot her in April with a

this year by recommending a sample monthly budget to its employees - many of them earning at or near minimum wage - that assumed they needed a second job to make ends meet. Most McDonald's employees, like most minimum-wage workers, are adults. The budget had them working at McDonald's for \$1,105 a month after taxes, and then a second job for \$955 - for a total of \$24,720 yearly after taxes. McDonald's CEO Don Thompson, meanwhile, made \$13.8 million in 2012. That's \$37,808 a day, every day of the year.

Most Americans agree that if you work full time you should not be living in poverty. Today's miserly minimum wage doesn't just impoverish workers, it hurts our economy.

If I don't pay my employees a decent wage, they won't have money to spend at other businesses. And if other businesses don't pay their workers a decent wage,

Continued on page 7

THIS N' THAT

by T. J. Patterson

It's been more than five weeks sinceTHIS N THAT ... has had the opportunity to participate in writing this column....YOU SEE SINCE NOVEMBER 19TH, 2013 THIS WRITER HAS HAD TWO MAJOR SURGERIES. A removal of a mass and hernia repair surgery...During this time, it has allowed me to really understand WHO'S IN CONTROL It made me, as one of GOD's children...TO TAKE A HARD LOOK AT MY LIFE.....only because of that.. I QUICKLY UNDERSTAND WHAT CHRISTMAS REALLY MEANS TO ME....Let me share something with you... ..AFTER THE removal of the MASS....It was so sensitive and hurtful..... THAT.....THIS WRITER ASKED GOD TO JUST TAKE ME AWAY, BUT AT THE MOMENT I HEARD A STILL VOICE WHICH SAID, "HOLD ON"! I didn't

.22 caliber Crickett rifle marketed to children that he had been given as a birthday gift. Or 10-year-old Aaliyah Boyer, who was hit in the head by "celebratory gunfire" while watching fireworks in a relative's Maryland backyard on New Year's Eve. Seven children or teens are killed by guns every day in America—enough since the Newtown massacre to fill 134 more classrooms of 20 children each. A child is killed or injured by a gun in America every 30 minutes.

One year later, what has been done? Despite personal visits from Newtown families to Congress to ask for action, Congress has done very little at all. In April the Senate shamefully put political calculations over the will of the American people and voted down a package of common sense gun violence prevention provisions designed to prevent future tragedies and the everyday gun violence that saturates the lives of children in

understand at the time, BUT NOW I DO... I guess what I'm saying is THE GREATEST GIFT THAT GOD HAS GIVEN ALL OF US HAS BEEN THE BIRTH OF HIS SON JESUS CHRIST, AND FOR THAT REASON WE SHOULD BE EXCITED ABOUT HOLDING ON, OH yes my brothers and sister... WHEN THIS N THAT SAYS THANK YOU FOR YOUR PRAYERS, INQUIRERS....., it comes from the bottom of my heart...and as the old folks would say.... WE DON'T KNOW ABOUT TOMORROW, BUT WE KNOW HOW GOOD GOD IS TODAY....I want to thank my family, ESPECIALLY MY OLDEST DAUGHTER, AVIS AND MY YOUNGEST DAUGHTER SHELIA for carrying on the publishing and business of this newspaper....AS WELL AS MY SON T.J. JR.,

America. Despite polls at the time showing nearly 90 percent of Americans and 74 percent of National Rifle Association (NRA) members supported expanded background checks, the Senate failed to pass new requirements for checks for purchases at gun shows and online, and other common sense gun safety laws.


One year later, despite Congress's appalling lack of action there has been important progress in some areas and states. The White House has quietly delivered on most of the executive actions President Obama promised in the aftermath of the Newtown shooting. The Obama administration has strengthened state and federal agencies' mandatory reporting to the National Instant Criminal Background Check System (NICS). It has authorized the Centers for Disease Control (CDC) to research the causes of gun violence and what works to prevent it. The Obama adminis-

Of course there are other family members who have been there as well....I can't forget my church members...BETHEL A.M.E. Church, and other churches and organizations within the city of Lubbock....WELL I'M BACK IT APPEARS AND I HOPE THAT YOU WILL CONTINUE TO SUPPORT WHAT WE ARE ABOUT.....THIS N doesn't know all of the names, BUT WE KNOW THERE ARE A MULTITUDE OF THOSE THAT KNOW WHAT WE ARE ABOUT IN THE CITY OF LUBBOCK....So why not take time this season to let others know that we love them and care...AGAIN, may God continue to bless YOU AND YOUR FAMILY AND MAY CHRISTMAS, not just on DECEMBER 25TH BUT EACH AND EVERY DAY, BE SEEN IN YOUR LIVES.

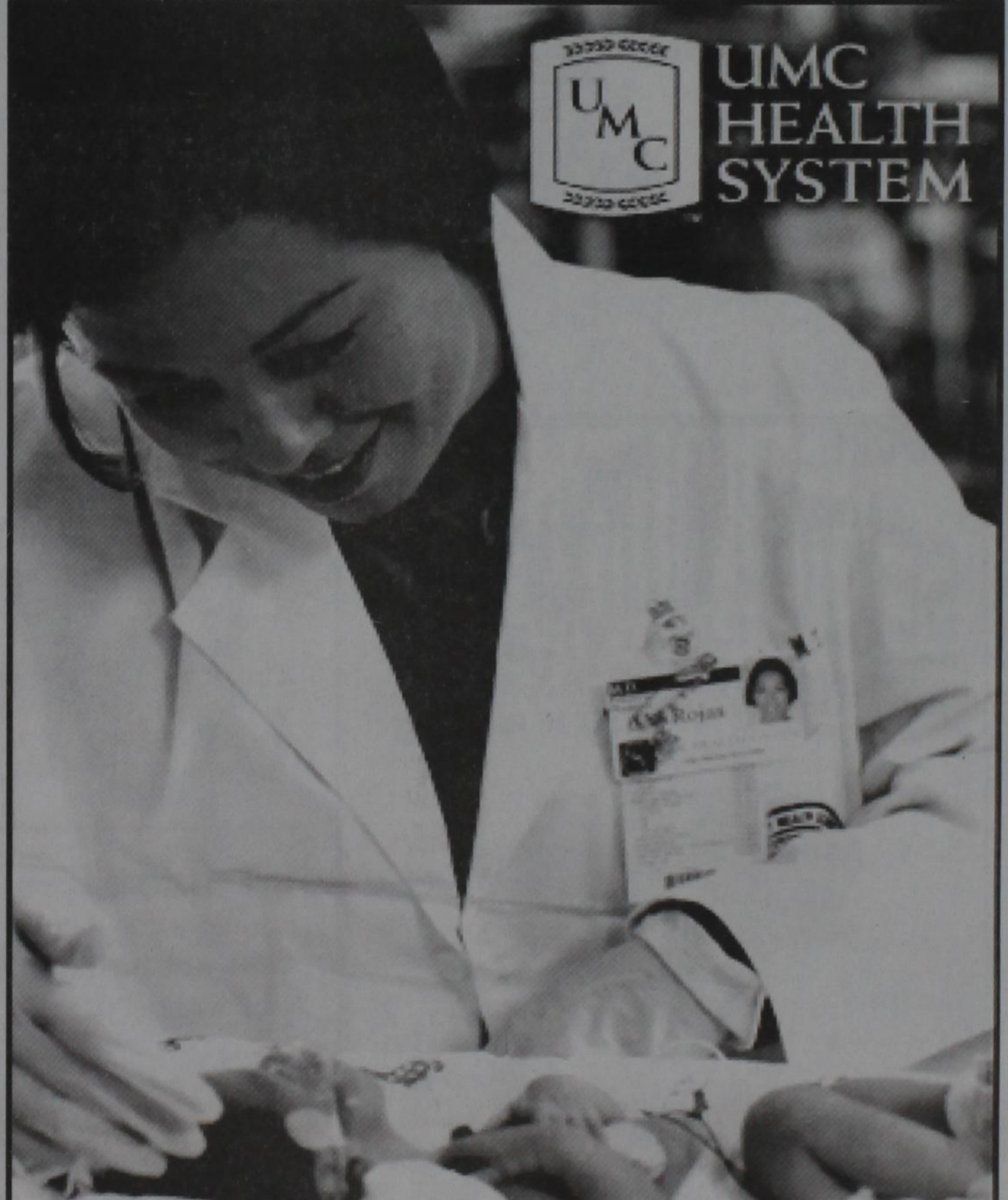
tration found \$100 million to dedicate to expanding access to mental health treatment for the millions of children, youth and adults who struggle daily with untreated mental illness. The administration has provided tools and resources to assist schools, universities, places of worship, and law enforcement officials in dealing with emergency active shooter situations. And the Senate - after much delay and obstruction by pro-gun lobbyists - finally confirmed a full-time director for the Bureau of Alcohol, Tobacco, Firearms and Explosives.

One year later, some states and localities have moved forward on their own to pass common sense gun violence prevention measures and stronger mental health laws. California, Colorado, Connecticut, Delaware, Illinois, Maryland, New Jersey, and New York have all passed

Continued on page 7



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Psalm 43:3



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Stop Demonizing People...

Continued from page 4

(The richest 20% of working families took home nearly half -- 48% -- of the income in 2011. The bottom 20% only took in 5%. These are the sort of details these faux fiscal hawks rarely, if ever, bring up. Which makes today's demonization and humiliation of poor people even more unethical than when Reagan did it. This characterization of poor people as lazy drug abusers is often cast in the narrative of Democrats representing urban areas with large minority populations fighting Republicans from predominantly white regions. It's impossible to ignore a racial component here that neither party should foster. There are ways to put people in a position to earn the aid they receive without trying to re-brand exploitation as volunteerism.

For example, establish a program similar to the work-study on college campuses, in which qualified people could have access to jobs designated specifically for them. Transportation for America reported that more than 13% of Michigan bridges are considered structurally deficient, nearly 40% of the roads are in poor or mediocre condition and 161 dams have been classified as "high hazard." There is work the state needs done, and not all of it requires a degree in civil engineering.

More important, polls indicate Michigan voters at least

are willing to support a tax increase to address some of the state's infrastructure needs. If politicians are committed to helping people who are struggling financially but want to discourage sloth, there are creative ways to do that without demonizing the folks who are struggling.

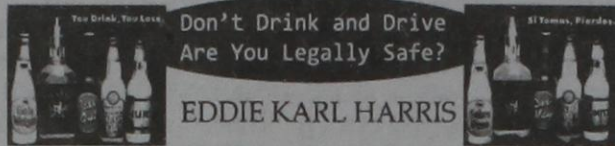
But let's not pretend that work in exchange for money is anything other than an employer-employee relationship. To do otherwise is dehumanizing.

Good things come to those who believe,

Better things come to those who are patient,

And the best things come to those who don't give up.

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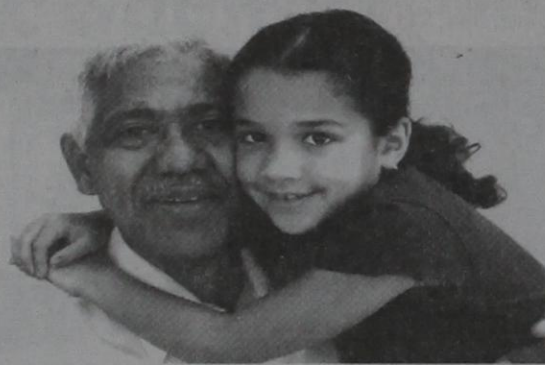


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To be without dreams is to be without hope; to be without hope is to be without purpose.

Do not run through life so fast that you forget not only where you have been, but also where you are going.

Life is not a race, it is a journey to be savored each step of the way.
Unknown

We Can't Build.....*Continued from page 5*

they can't afford to buy my trees, and I can't afford to hire more employees. That's a negative cycle, instead of a positive one.

At 4 Seasons Christmas Tree Farm, our lowest paid employees earn at least \$10 an hour and we provide a better product at competitive prices with big box stores. Raising the minimum wage makes good business sense.

A recent national poll shows that 67 percent of small-business owners support increasing the minimum wage and adjusting it yearly to keep pace with the cost of living. The small-business owners were predominantly Republican in the poll commissioned by Small Business Majority.

Sixty-five percent of small-business owners in the poll agreed that "Increasing the minimum wage will help the economy, because the people with the lowest incomes are the most likely to spend any pay increases buying necessities they could not afford before, which will boost sales at businesses. This will increase the customer demand that businesses need to retain or hire more employees."

That's right. Increasing the minimum wage will boost the sales that drive employment. And with increased wages, businesses also see lower costly employee turnover, increased productivity and better customer service.

No wonder the most rigorous studies of the impact of actual minimum wage increases show they don't cause job loss, reports Business for a Fair Minimum Wage. For example, the Institute for Research on Labor and Employment compared all neighboring counties (we call them parishes) located on different sides of a state border with different minimum-wage levels between 1990 and 2006 and found no adverse employment effects from higher minimum wages.

There's a proposal in Congress to raise the minimum wage by 95 cents a year for three years to \$10.10 an hour, and then adjust it annually to keep up with the cost of living.

If the minimum wage had kept up with the cost of living since 1968, it would already be over \$10. In case you're wondering, the unemployment rate was 3.6 percent in 1968 and 3.5 percent in 1969.

When families come to our farm looking for a Christmas tree, they seek out trees that have a strong, full base and are healthy from top to bottom.

Our minimum wage is the base of our economy. If it's weak, our economy will not be healthy.

At the end of "A Christmas Carol," Scrooge doesn't just give Tiny Tim's family a turkey. He gives his father a raise.

United Supermarkets Guests Donate More Than \$60,000 to Lubbock Meals on Wheels

(LUBBOCK, Texas) – United Supermarkets, LLC announced a donation of \$61,034 to Lubbock Meals on Wheels as a result of combined funds raised at Lubbock United Supermarkets, Market Street and Amigos locations through the 22nd annual "Easy As Pie" campaign.

An additional \$14,039 was raised by locations in Brownfield, Lamesa, Levelland, Littlefield, Lubbock, Muleshoe, Plainview, Post, Slaton and Snyder. These funds were donated to their respective local Meals on Wheels organizations.

During the fundraiser, which ran Nov. 15-23, guests could make a \$5 donation and receive one coupon for a free Sara Lee pie. Guests will have until Dec. 31, 2013 to redeem their coupons.

Lubbock Meals on Wheels prepares and delivers more than 550 meals daily to Lubbock's homebound community.

One Year Later*Continued from page 5*

significant new gun violence prevention legislation. In each of these states, ordinary citizens have said no more and lawmakers have displayed the courage to listen and lead and to stand up for child and public safety.

Ordinary citizens continue to join together by the thousands to say no more and to pledge along with the community members who formed the non-profit Sandy Hook Promise: I promise this time there will be change. In honor of the anniversary of the Newtown massacre, groups including Moms Demand Action for Gun Sense and their "No More Silence" campaign have been holding events across the country to remind our elected leaders that their work is not done—and until their work is finished, neither is ours.

The next step we all must take is to demand that we see and name this huge public health epidemic that continues to kill more than 30,000 Americans every year and a child or teen every three hours and fifteen minutes and that is the second leading cause of death among all children and teens and the leading cause of death among Black children. Pediatricians and their American Academy of Pediatrics are leading the way by correctly approaching child gun violence as a major public health crisis, researching effective ways to protect children from gun violence, and urging the passage of common sense gun safety laws including universal background checks and safe storage for all guns. Now that the administration has ordered the Centers for Disease Control to resume the gun violence prevention work blocked by the NRA for many years, we must demand that it be fully funded so that the truth can be found and shared. We must demand that scholars be finally

allowed to use the power of science and evidence-based research – the same tools we brought and bring to other public health concerns like auto safety – to impede and end the relentless and terrible toll of gun violence in America.

It is unbelievable one year and thousands of gun deaths later that it has been so hard to achieve major progress at the national level and in many states in protecting children instead of guns. We must never tire of the really hard work demanded to transform the pervasive culture of violence and pervasive presence of guns in America.

There's a Biblical story about a judge who neither feared God nor had respect for people. In his city there was a widow who kept coming to him saying, "Grant me justice against my opponent." For a while he refused; but later he said to himself, "Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continuously coming." And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them." (from Luke 18:1-7). All of us must persevere, persevere, persevere and like that persistent widow never lose heart.

We must love our children more than the gun manufacturers and some NRA members love their guns. We must love our country enough to ensure the safety of our children and of all of us. President Mandela is right: "We owe our children – the most vulnerable citizens in any society – a life free from violence and fear."

**The First Day of Winter,
The Longest Night of the Year**

LUBBOCK, Texas – Communities throughout the country will mark the deaths of homeless people during 2013 with a memorial service on Saturday, December 21st - the first day of winter and the longest night of the year.

To honor the homeless who have died this past year and to remember those still struggling simply to find a place to sleep, the Community Health Center of Lubbock (CHCL) has partnered with Salvation Army, National Coalition for the Homeless, local churches and community organizations to host National Homeless Persons' Memorial Day.

CHCL is hosting a candlelight vigil on Saturday, December 21st, starting at 3:00 p.m. at Dave Freriks Park located on 16th and Ave K, in downtown Lubbock.

Speakers at the memorial will include Mayor Pro Tem Karen Gibson; Aida Martinez, President of South Plains Homeless Consortium; and CHCL staff, Michael Sullivan, CEO; Claudia Bustos, Outreach Coordinator; and Dr. Xochitl Anderton, DDS.

Additional events at the candlelight vigil include readings of the names of those who have died, proclamation by Mayor Pro Tem, public discussions and a prayer service. Hot chocolate, coffee, and donuts will be served at the Salvation Army Canteen after the Vigil.

National Homeless Persons' Memorial Day is organized each year by the National Health Care for the Homeless Council (NHCHC) and the National Coalition for the Homeless. Every year, some 100 communities conduct Memorial Day events.

"Mortality rates for homeless people are three times the rate for others, and life expectancy is around fifty years – about what it was for everyone in 1900," said John Lozier, Ex-

ecutive Director of NHCHC. "These high death rates point to the terrible conditions of homelessness, and to serious problems of health care access in America."

"In addition to the ongoing, unnecessary deaths from disease and exposure, a wave of cruel and senseless murders of homeless people is emerging throughout the country," said Michael Stoops, Acting Executive Director of NHCHC.

"Homeless Persons' Memorial Day is in part a call for America to come to our senses and to treat homeless people with kindness rather than unprovoked beatings."

NHCHC is a home for those who work to improve the health of homeless people and who seek housing, health care and adequate incomes for everyone. In the NHCHC, agencies and individuals, clinicians and advocates, homeless people and housed people come together for mutual support and learning opportunities and to advance the cause of human rights.

Additional information regarding National Homeless Persons' Memorial Day can be found at <http://www.nhchc.org>. For more information on Lubbock's National Homeless Person's Memorial, please contact Claudia Bustos at (806) 765-2611, ext. 1024.

Homeless people die from illnesses that affect everyone, frequently without health care. Homeless people die from exposure, unprotected from the heat and cold.

Homeless people die from violence, often in unprovoked hate crimes.

Health care is a human right.
Housing is a human right.
Physical safety is a human right.

Remember our neighbors and friends who have died without homes.

Remember why they died.

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WAY TO GO MATADORS!!!

Congratulations to the Estacado Matador Volleyball and Chess Team Members
Photos courtesy of Estacado High School



TOP PHOTO:

A portion of the Estacado Matador Knights Chess Team competed at the Ascension Fall Chess Tournament in Amarillo, Texas. They competed well as individuals. Keosha Jackson finished 10th in the Unrated Division. Zan Twon Cook finished 3rd in the Rated Division.

Elijah McFarland finish 7th in the Unrated Division, and Jesus Tafoya finished 2nd in the Rated Division.

BOTTOM PHOTO

Coach Weaver stressed volleyball basics and playing as a team throughout the season. The team's play improved throughout the fall and ended

with five players receiving individual honors. The recognition included JT Johnson, 1st Team All-District; Sahari Freeman and Je'Nell Tyson, 2nd Team All-District; Kyanna Walton, Academic All-District, and Neke Hardick and Adrianna Zaragoza, Honorable Mention All-District.

12x18 posters will be here in 2 weeks - \$3.00 each!
Contact Glen Cranford
(806 698-1203)



Extended Clinic Hours Now Available

Parkway Community Health Center

406 MLK Boulevard

Monday, Tuesday, Wednesday

8 am to 12 pm and 1 pm to 10 pm

Thursday, Friday

8 am to 12 pm and 1 pm to 5 pm

Saturday 9 am to 5 pm

Sunday 12 pm to 5 pm

Appointments and Walk-Ins Welcome



To schedule an appointment for:

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Well check-up

Flu shot

or if you need a medical home

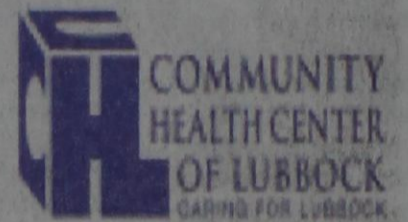
Please Call

806-765-2611

For Parkway after hours & weekends

call 806-767-9744

We would like to wish you and yours a very Happy New Year!



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