

GREENSBORO TO HOST WATCHFUL NETWORK'S 11TH ANNUAL BUSINESS EXPO

The Watchful Network's Business Expo is an annual event held each year during the month of February in celebration of Black History Month. The event will be held at the Greensboro Coliseum - Special Events Center on Friday February 10th from 10:00 a.m. to 10:00 p.m. This is the organization's major event of the year where small business owners and entrepreneurs come out to showcase their products and services to the consumer. The Expo has been a tremendous success, so please come out and participate in this historic event," said President and Founder, Tyrone Smith.

The Watchful Network, Inc. was founded in 1994 through the determination of a group of pro-



Founder Tyrone Smith

professionals to build an alliance amongst black business owners and the community through networking. It is estimated that African Americans now earn in

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A NEW YEAR, A NEW YOU!



Nina Shay

For millions of women New Year's Resolutions have long been a traditional aspect of ringing in the New Year. Whether it's making promises to lose weight, exercise more or start a new career, the inten-

tions are always good at the turn-of-the calendar but for many, the path to self improvement is not an easy one. Procrastination, family obligations, work demands and lack of time and energy are just a few of the roadblocks to stop the best of resolutions in their tracks, no matter how resolute you are at the start of the New Year.

More than half the women who will make health-related resolutions in the beginning of the year will start to show signs of failure as early as late February or by mid-March.

Better health and an improved appearance are at the top of the list for 2 out of 3 women each year but for most women the culprit is the "all or nothing approach". Just as it took you some 20, 30, 40 or 50 years to develop your eating habits and settle into your present style, it will take time, patience and a customized plan to adopt a new lifestyle.

Unrealistic expectations are a

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TRYING TO MAKE A DIFFERENCE



Lexington Community Minister's Conference

By Herbert Miller II

On December 9, 2005, the Lexington Community Minister's Conference met for its annual Holiday Dinner. Every year the members of the conference and their spouses come together for a time of fun, fellowship, and celebration of the Christmas Holiday. An added bonus this year was the presence of many persons who were not members of the conference. The conference extended an invitation to pastors and ministers in the community who were not members, but had a desire to be a part of the fellowship. Indeed, it was a joyous occasion.

The Lexington Community Minister's Conference was started five years ago by a group of local ministers who desired to make a difference in the community. Over the past five years the conference has slowly become youth oriented. In the past year, the organization has been involved in the push for a community center for youth. It also adopted local education, and mentoring as its main focus for the immediate future. Many members of the conference are mentors. Some churches have adopted schools, focusing on mentoring, maintaining a presence in schools, and helping out wherever they can.

The current president is Rev. Derrick Kelly, pastor of New Faith Full Gospel Fellowship, and serves on various boards and community groups. His term ends on December 31, 2005. Rev. Kelly says, "This conference is

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HAPPY HOLIDAY!