

Church Bible studies

New Covenant

New Covenant Church will offer a free areawide women's Bible study, "Nurture," by Lisa Bevere.

The seven-week DVD study will be each Monday at 6:30 p.m. beginning this Monday for women of all ages.

To nurture is to give tender care and protection or to encourage to grow, develop, thrive and be successful. This describes what God's daughters so desperately need, and in the course, Ms. Bevere explains how women of all ages must awaken and restore their capacity to give and receive nurture.

For more information, phone Mary at 556-6131. * * *

Two sessions

The new Beth Moore 10-week Bible study, "Esther: It's Tough Being a Woman," will be on Tuesdays from Jan. 13 to March 23.

The study offers an in-depth and personal examination of the story of threat and deliverance.

"Beth peels back the layers of history and shows how very contemporary and applicable the story of Esther is to our lives," said a study spokesman. "If you've ever felt inadequate, threatened or pushed into situations that seemed overpowering, this is the study

for you," she said.

The study is open to all women Tuesday mornings from 9:30-11:30 a.m. at First United Methodist Church or Tuesday nights from 6-8 p.m. at Grace Fellowship Church.

Please reserve a study booklet by phoning Becky Hart at 556-6889 or Kaye Walters at 556-2004.

The cost is \$21 per participant, which includes the book and spiral binding. * * *

First United Methodist Church

The Come Thirsty Class at First United Methodist Church will begin a study of the "Seven Sayings of the Savior on the Cross" by Dr. Arthur W. Pink on Sundays at 10 a.m. from Jan. 11 through Lent.

Books can be reserved by phoning the church office at 556-5513 or Larry Hart at 556-6889.

Pink clearly illustrates the lessons that can be drawn from Christ's word-lessons on forgiveness, salvation, affection, anguish, suffering, victory and contentment, said a group spokesman.

The book also is useful for personal study, said a spokesman.

Each chapter has its own seven-fold expression, and Pink organized the text under seven main headings.

Vitamin C provides benefits for season

Cold and flu season is here, and chilly weather drives people indoors where they're apt to spend more time in close proximity with others and whatever sneezes and sniffles they may have.

Plus, the school season is in full swing, where children bring home more than just popsicle art projects and homework; they're also bringing home a host of germs.

All it takes is brief contact to a cold or flu virus to push a person under the weather.

While people can't avoid every germ, they can prepare their body to fight the cold and flu viruses and potentially lessen the duration of sickness.

With a bevy of over-the-counter drugs promising relief, many overlook the one thing that can work hard against colds and the flu -- vitamin C.

Vitamin C has a number of benefits for the body. It assists in the production of collagen, an important structural element in the walls of blood vessels, gums and bones. But perhaps what vitamin C is best known for is its antioxidant properties.

Vitamin C, among other nutritional elements, finds and destroys potentially harmful molecules known as free radicals.

Lately there has been much research into the efficacy of vitamin C in boosting immune function, which means it may be effective in helping to treat everything from cancer to cardiovascular disease to

macular degeneration in the eyes.

Studies have shown that higher levels may help the heart function properly, help to lower bad cholesterol, increase alertness, energy and mental clarity and lower blood pressure.

Vitamin C also could be the first line of defense when colds or the flu strike, though studies vary to its efficacy.

In one recent study, children regularly taking vitamin C had cold symptoms for 14 percent fewer days. For adults, days with cold symptoms fell 8 percent with regular vitamin C use.

Many believe that taking high levels of vitamin C at the onset of symptoms can shorten colds. And the immune-boosting power of vitamin C can make a body less susceptible to falling hard to the flu virus.

Many vitamin C products on the market offer the bare minimum of the vitamin, which will do little to boost the immune system. Nutritional experts offer that the recommended daily allowance of vitamin C -- 60 milligrams -- is barely enough to stave off scurvy. Higher optimum levels of vitamin C are recommended to be somewhere between 4,000 to 6,000 mg per day.

And because vitamin C is water-soluble, it is often flushed from the system every 12 hours, and there are no side effects to taking high amounts of vitamin C, nutritionists say.



Christmas visit

Classics at the Classic visited Keystone Square Museum at its December gathering, browsing everything from the Christmas tree exhibit to gingerbread houses. The group posed for a photograph in front of one of the decorated trees and included Jamie Key, Johnathon Alvear, Conan Magilke, Mr. and Mrs. John Alvear, Scott and Sharon Carrigan and Jerry and Pat Hunt. After visiting the museum, the group traveled to the recently opened Cracker Barrel in Harker Heights. Classics at the Classic will meet Saturday at 3 p.m. at the back parking lot of Storm's Drive-In. Everyone is invited to attend the free event. For information, phone Mrs. Carrigan at 556-5265 or 734-5180.

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Project Grad meeting on tap at intermediate school library

The Project Graduation Committee for the Lampasas High School Class of 2009 will meet Jan. 12 at 6 p.m. at Hanna Springs Intermediate School

Library. Parents of graduating seniors are encouraged to attend the meeting to plan the all-night, drug-free, alcohol-free party.

Driver education to begin

Classroom instruction for the next driver education program at Lampasas High School begins Jan. 12. Classes meet Monday through Thursday from 3:45 to 5:45 p.m.

Class is limited to the first 30 paid students. Pick up registration forms outside the high school main office.

For more information, phone 556-4807 or 556-3991.

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