

THE Anchor News

Serving the Central Texas Community

Celebrating 12 Years!

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Free



Treston Womack's favorite things come together as one village

"It takes a village to raise a child," says the familiar adage. Treston Paul Womack learned this first hand when his village surprised him on November 14th for a 17th birthday celebration.

"We wanted to do something to show him just how special he is," said his mother Tomeka Womack. His parents surprised him with a formal dinner complete with the entire village of people who have had a major impact on his life.

The surprise birthday dinner's theme, Treston's Favorites, literally included his favorites. His father, Paul Womack, who lives in Temple, gladly helped plan the event. Womack has always made his father proud in that even as a young child, Womack knew exactly where he wanted to go in life, and since he is so family oriented and relationship driven, many family members and close friends attended this formal affair as they are among his favorites.



TRESTON WOMACK

Womack's walk with the Lord is very important to him. He is a young man of faith, one who seeks God and his righteousness first, knowing that all other things will be added. He is very involved

in his church, Church Alive. Thus, his church family attended the event, because they, too, are among his favorites.

Womack has been carrying a football since he started walking, explained his mother. He and his football team have won District every year since 7th grade, and Womack is now a starting player for the Midway Panthers. His team is currently undefeated going into the playoffs. Of course, his Midway team members were at the party because, yes, they are among his favorites. Football is so close to his heart that Womack coaches his very own pee wee football team and has been doing so for three years now, leaving his high school football practice then going to coach the younger kids, "all the while being a kid himself," his mother said, "and he does it so well." His mother contin-

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Rapoport's Blaine Listach signs letter of intent with Baylor

Rapoport Academy Meyer High School Senoir, Blaine Listach, signed his National Letter of Intent with Baylor University on Wednesday, November 12, 2014 at 10:00 a.m. at Doris Miller YMCA.

Listach will join the Baylor University Men's Track and Field Team in the fall of 2015. He is one of the top high jumpers in the nation, with a personal best of 7'2", standing only 5'9." Listach has made three appearances at the Texas state track and field



BLAINE LISTACH

meet in the boys' high jump event.

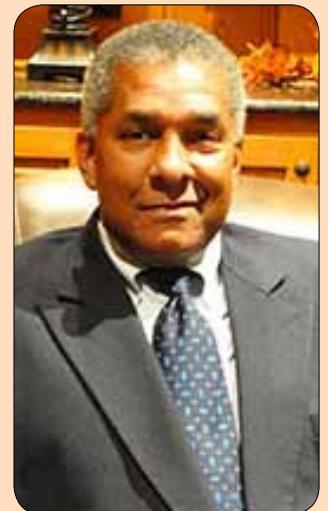
In 2013 Listach placed 3rd and in 2014, he was the state 1A boys high jump champion. Listach also won the boys high jump at the 2014 Texas Relays. In the 16 year history of Rapoport Academy, Listach Listach is only the second athlete to be offered an athletic scholarship to play sports at the college level. His older brother, Patrick Listach, was the first to sign in May of 2013 with the Texas Wesleyan

New trustee Earl Stinnett appointed at MCC

The McLennan Community College Board of Trustees have appointed Earl Stinnett, Sr. of Waco to the vacant District 2 position recently vacated by Mr. Don Hay, who resigned in September for health reasons and passed away on Sunday, October 25.

Stinnett works for the City of Waco. He is President of the Waco Basketball Officials Chapter, a member of the Texas Recreation and Parks Society, a Board member for the Texas Association of Sports Officials, and a member of the Waco Disproportionality Committee. He has been an advisor for the Waco Youth Council for the past 10 years and a member of the District Quality Improvement Council for La Vega ISD. He is a licensed childcare director and the recipient of the 2009 Frank Fallon Volunteer Award.

"I feel a need to give back to the Greater Waco community and to MCC. Both of my children, a sister, brother, and I have received degrees and/or taken classes at MCC. I understand the influence that MCC has on the lives of young people and how



EARL STINNETT

it impacts Waco's economy, workforce, and overall quality of life," states Stinnett.

District 2 includes precincts 55, 58, 64, 65, 66, 67, 68, 69, 70, 81, 83, 84, and 85. Don Hay was first elected to the Board on May 8, 1990. Stinnett will take the oath of office as a newly appointed Board member at 7 p.m. during a regular Board meeting at the Northwood House at McLennan Community College located at 1609 College Drive.

For more information, call 299-8640 or e-mail lwilhelmi@mclennan.edu.

Men's Basketball Team.

Rapoport has two other former athletes playing college basketball: 2013 Graduate, Alvin Daniliuc (Southwestern Assemblies of God University) and 2014 Graduate Devonte Henderson (Mountain View College).

Listach is the son of Lisa

and Melvin Carter, and is the youngest of four children. He has two sisters, Mariah Listach and Hollie Listach and one brother, Patrick Listach. For more information contact Rapoport Meyer High School Head Coach, Gil Beckham gbeckham@rapoportacademy.com 254.754.8000



J.L. AND LINDA CRAWFORD

A co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Independent Associate. Linda Crawford is co-owner and editor of *The Anchor News*. She is an instructor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker.

Honoring Our Veterans

**BY CONGRESSWOMAN
EDDIE BERNICE JOHNSON**

Every year on Veterans Day, Americans pause to salute the brave men and women who have given their lives for our country by serving under the banner of freedom and democracy. On this day, we renew our commitment to troops, reservists, families and the 22 million veterans across our country. Among those are more than 120,000 veterans who call Dallas County home.

America has a sacred trust in the men and women who serve our country in uniform. They protect our country, and it is our responsibility to do the same. As our troops return from Iraq and Afghanistan, more than two million have enrolled in the U.S. Department of Veterans Affairs (VA) health care system. Their sacrifices for our country have been great, and, in return, it becomes our

responsibility to ensure that they, along with those who served before them have access to quality healthcare.

In August, I was pleased to learn that the President signed the Veterans Access, Choice and Accountability Act into law after Congress demonstrated a strong bipartisan effort geared toward addressing the VA system's health care crisis. I strongly believe additional efforts are necessary to ensure that our veterans receive the best care possible from the VA in the future.

We also celebrated the 70th anniversary of the GI Bill this year. Since its passage in 1944, veterans and military families have benefitted from the opportunities provided by the GI Bill. Since the enactment of the Post-9/11 GI Bill, in 2008, more than one million veterans or eligible military family members have been able to continue their education.



**CONGRESSWOMAN
EDDIE BERNICE JOHNSON**

I believe that no veteran should have to fight for a job here at home. The president and my fellow democratic members of Congress have taken steps to assist veterans in their job search after separating from military service by either providing tax credits for businesses that hire veterans

or connecting veterans and military spouses with the Veterans Employment Center. We will remain committed to ensuring pathways to prosperous futures for our veterans.

In the last paragraph of his second inaugural address, President Abraham Lincoln uttered the words that would ultimately comfort veterans and their families for generations to come. Lincoln challenged the divided nation to "bind up its wounds; to care for him who shall have borne the battle, and for his widow, and his orphan." This is the test and measure of our nation.

On the battlefield, the military pledges to leave no soldier behind. As a nation, let it be our pledge that when they return home, we leave no veteran behind. Let us honor their service with actions that fulfill the commitment to our troops, their families, and our veterans.

From the editor...

Oh give thanks unto the Lord, for this is a good day, "the day that the Lord has made." No matter what the situation is, more than likely, and under normal circumstances, it is not a bad day, not if you write your blessings on one side of the paper and the "NOT SO GOOD" things on the other side. More than likely, under normal everyday conditions, the first list, for just one day, will be longer than the second list. Don't let the short list describe your long day. You can praise your way to the victory or whine to your defeat. I'm just saying.

ued, "Treston is absolutely in his comfort zone when he is coaching and says this is what he wants to do after college or after the NFL. He wants to coach college football.

His father agreed. "He is a very determined young man never letting anything stop him. The worst thing you can do to him is tell him what he "CAN'T DO" because he will prove you wrong every time," explained his father.

Womack is very involved at Midway High. He is in choir,

theater, and AVID, to name only a few of his memberships. His village also consists of Midway staff, teachers, coaches, and classmates, so of course, all were in attendance because they are among his favorites.

Womack is exceptionally talented. He has performed for America's Got Talent three times, Waco's local talent show and in his spare time, he shows off his fishing skills. He began participating in the Charlie Pack Fishing Tourna-

ment as early as 6 years old, catching so many fish that he amazed many of the fathers who were also there with their sons. Womack's big catch also landed him a feature story in the local newspaper.

Womack plans to play college football and go fishing on stressful days. "He is a very good kid! He's kind to others and very trust worthy and will help anyone in need," said Tomeka.

His mother continued that he is very committed to his

Church Alive family even encouraging her on days when she doesn't feel like attending church.

"He makes sure I'm there right along with him," she said, and those who know him are not a bit surprised by his actions. Some say Treston Womack is a 17-year-old who is old beyond his years. They say making mature, wise decisions is just part of his character. They are convinced that his village has done an excellent job.

WOMACK

Continued from page one

THE Anchor News



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PURPOSE

The Anchor News, dedicated to serving the community and surrounding areas, focuses on positive news and accomplishments of minorities.

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Anchored on the principles of scripture, *Anchor News* will at

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Signed opinion articles do not necessarily reflect the opinion of the editorial staff. Unsigned editorials reflect the opinions of the editor.

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The comments and opinions of our readers are welcomed. Letters

and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

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STASHA AUSTIN

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Public Relations

ARMANDO ARVIZU

Advertising

WANDA B. GUNTER

Contributing Writer

SCOTT KNAPEK

Design/Layout

STAFF

MCC's Shawn Trochim inducted into Waco ISD's Athletic Hall of Fame

McLennan Community College's athletic director, Shawn Trochim, was recently one of the 2014 Athletic Hall of Fame Inductees for Waco ISD. Trochim was inducted at half-time of the Waco High Lions versus University High Trojans football game.

Trochim, who is known throughout the community and within the Central Texas Community College athletics, has been with the college for over two decades. Her career has consisted of 10 years as an assistant coach for the women's basketball and 10 as the College's athletic director.

"However, something Shawn doesn't boast about is her career on the court," touts MCC President, Dr. Johnette McKown.

During her playing career at Waco High School, Trochim was named to the Super Centex and all-district teams twice. After graduating from Waco High in 1988, she played basketball at McLennan and twice nabbed NTJAC All-Conference and All-Region V honors, in 1989 and 1990. The Houston Chronicle named her the No. 2 junior college prospect in the state in 1990.

After graduating from McLennan, Trochim moved on to Texas A&M University, where she played for two



SHAWN TROCHIM

years and captured numerous other awards. She worked as a student coach at A&M for one year and received her bachelor's degree in recreation parks and tourism science in 1994. In 2001, she received her master's in education from Tarleton State University.

During her 10-year tenure as athletic director, McLennan teams have claimed nine conference championships, 15 national titles and have fea-

tured 55 All-Americans.

Trochim began her McLennan coaching career in 1994 as a volunteer assistant coach for the women's basketball team. A year later, she was hired as a full-time assistant and held that position for nine years, including a one-year stint as both assistant coach and associate athletic director.

"I'm always proud of our employees when they earn awards and community recognition," says McKown. "Shawn is usually in the background taking care of business on-and off-the-courts, so it is nice to see that Waco ISD is recognizing her contributions to their school."

Trochim is married to Ed Trochim, a football and softball coach at Midway High School. The couple has two daughters: Rhein, 16, and Kady, 14.

(Used from <http://www.mclennanathletics.com/>)

We will put your business in the streets!

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The purpose of 254UNITED is to support the local churches and student ministries across the 254 area. 254UNITED strives to cross cultural, denominational, traditional, and religious lines to better represent the body of Christ in our Community.



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Sept. 21st 2014
Church on the Rock
Goesbeck, Texas

Giant Killers
Nov. 7 & 8th 2014
Freedom of God Church
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Waco Convention Center

End Of School Bash
May 17th 2015
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West, Texas

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John Flewellan, the man in the driver's seat – literally

BY WB GUNTER

On Saturday, October 25, 2014, Digital gaming history was made at Fort Hood, TX. The big green assault vehicle, "WART HOG," was on display in a parking lot filled with game enthusiasts, families, and photo taking opportunities for all. As part of a Microsoft promotional event, the only vehicle of its kind in the US, made an unprecedented stop on Fort Hood for soldiers and families. The towering mobile unit is a concept vehicle that is well guarded, protected, and driven by one person. Its massive size was built to 7/8 scale, and is featured in the Microsoft game series, "HALO."

As onlookers observed, and photographers clicked away, one man stood on watch, answering questions, reminding visitors to enjoy the view from a distance, and on occasions, helping visitors preserve the moment with a snap shot. Jon Flewellan, who was working promotions for this special event was that man. Microsoft is launching its new products, like the X-Box 1, Surface, and other new games in the AAFES Post Exchange (PX) on base. Flewellan, an automotive expert from Dallas, answered the call to arrive at Fort Hood. He had no idea what to expect, and found the size of the base was larger than he imagined. The arrival of the Warthog had an overwhelmingly positive response on the base.

Flewellan spent years working in the automotive business. He's a self described, "gear head," someone who loves cars, hot rodding, building engines, and restoring cars. Flewellan said he could "fix any car sitting in the parking lot, and probably tell you the pretty and not so pretty about most cars."

He holds a memory bank of knowledge about how to pinpoint and diagnose most cars. At the age of 5, he learned how to start wrenching or "taking stuff apart" to see how it worked. Before the age of 8, he taught himself to drive a stick or manual vehicle. With a degree from a technical school in 2013, and with the right tools, he's

able to diagnose problems, program computers and test modules. Automotive is a passion, and that's why he enjoys his work.

"When the manufacturer launches a new automobile, I am one of a few people who gets to drive the pre and post production models before they make it to market."

A promotional event specialist, Flewellan must make sure they arrive to the client. For instance, before a new car is on the market, journalists provide reviews. That is where Flewellan comes in. His job is to make sure the automobile is delivered in a timely manner, so the journalist is able to write a review.

"In my line of work, we are the liaison between the manufacturer and the client."

In 2006, Flewellan saw an ad on Craigslist that said, "Drive our cars. Deliver them, and get paid for it." He answered the call, went to the interview, was hired, and reported on Monday, November 26th, 2006." He has never looked back. "There are only a select few companies doing what we do. I work for an independently owned business, that covers the North American continent."

He enjoys the freedom of driving the newest cars, meeting people, and being out of the office. "This line of work is seasonal, and it requires self motivation. Flewellan loves being outside and meeting new people. "With this particular assignment, I'm meeting soldiers and their families who can identify what it is. They are familiar with the product. The soldiers I meet are the people defending our country, and they respect what I do and the work that goes into it."

Flewellan has traveled through 34 states within a 4 month period. He has driven a circle around the United States in 41 days in a glass walled box truck with a mobile spa in the back. This travel included Toronto, Canada as well as Vancouver, BC.

"As a child I didn't travel much, but once I landed this job, that changed. I have met people from all over the world, from all walks of life, and doing this was on my bucket list, but I had no idea



Jon Flewellan and Aaron Hanson stand next to the "WART HOG."

I'd get paid for it."

Flewellan plans to post some of his adventures within the next few months. He has a few more Interstates to ex-

plore, and being on the road keeps his attention occupied. The next time you hear of a new car expo, read a car and truck review, car show

or watch a movie filled with fast cars, and high velocity mechanics, thank Flewellan, and others like him who make it possible.

WACO ISD

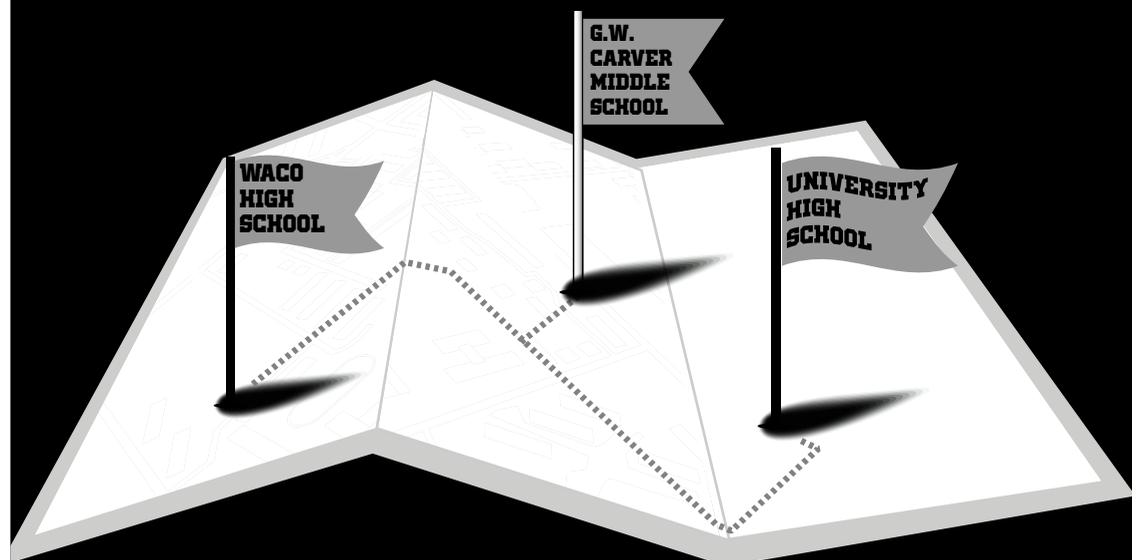
Tuesday, Dec. 2

6:30 to 8:30 p.m.

**J.H. HINES ELEMENTARY SCHOOL
301 Garrison Street**

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Seeking community input on proposed changes to the high school feeder pattern for students attending G.W. Carver Middle School.



Making something happen in your business

BY KENNY GRISHAM

A guy once prayed to God week after week to let him win the lottery. Week after week he never won. One evening, after his dismay that as usual, he did not win the lottery, a deep booming voice spoke to him. He shivered in his seat waiting to hear what the voice was telling him. As he set in anticipation, the voice of God spoke, "Ok, you're going to have to help me out here and at least buy a lottery ticket!"

And so it goes with us. We want something new in life, a change-- something new in business--growth. Perhaps we want an interesting adventure--excitement. So how do we achieve these things? Many of us sit and wait. If it falls in our lap and we have no need to do anything but pick it up, we feel satisfied. But how often does that happen? Rarely.

A change in your life starts with a change in your actions. You will have to do something! If you really want change, only you have the ability to make it happen. In your life you may need to join a club, go to a gym,



KENNY GRISHAM

learn a new skill, take a course. You have to do something different from sitting and waiting.

Your business needs the same attention. If you want to grow the business, yes you will have to do something! Get out and personally find new clients or hire sales staff. Remember though, that you are your best salesman. It is your business and no one looks out for it better than you. You may need to get creative with advertising—place and ad somewhere or wrap a vehicle. A new truck or a new desk in your office won't bring in one single client. If no

one knows you exist, how can you expect them to come to you when they need your skill.

Turn that vehicle into a rolling billboard, run a special on your services with an ad in a local paper. Spend your money wisely with trusted people that understand what it's like trying to start and run a business. Join a business networking organi-

zation. A networking organization is like hiring thirty or so people to work for you as sales people whom you don't have to pay. What better resource is there? Do something proactive to generate that desired outcome.

Making something happen isn't as hard as it seems. Sometimes it's harder. But if you

want something to happen, you'll have to use that ability in you to create the change you want.

Kenny Grisham is the owner of The Affordable Sign Guys. He can put a sign on anything—a bucket, a car, a T-Shirt. You name it. He can help you EXPOSE YOURSELF. Contact him at 254-300-1516.

Midway Extra Mile awardees announced

BY CHRISTINA HELMICK, BAYLOR UNIVERSITY PR INTERN

In a school district, there are many teachers and other school employees that go above and beyond of their required duties. In Midway ISD, two faculty members and one transportation driver have been awarded the Extra Mile Award! These three individuals have shown their care and commitment to the students by going above the call of what their positions require them to do.

Mr. Ronnie Wallace, a bus driver for South Bosque Elementary School, is one of the winners. Wallace was nominated for this award because he truly cares about each student that walks on and off his bus. Students are greeted with a friendly smile and a "Hello!" as they enter the bus, and encouraging words when the students exit the bus to go to school. David Everett, who nominated Wallace for this award, believes the students respect and understand Wallace's rules and expectations on the bus because Wallace respects each student. "He truly goes the extra mile in building relationships with his student riders and it is most appreciated," Everett wrote. Wallace gets to know each of the students that ride on his bus through conversations and even takes the time to each lunch with some of his students! By getting to know the students fairly well, Wallace is able to go to the teachers when he notices if a student is having an issue. If a student forgot something on the bus, Wallace will take the time to walk into the school's main office and let the secretary know which student left that item.

The second awardee of the Extra Mile Award is Mrs. Marva Harrison. Harrison has well surpassed the duties of working in the Success Lab/DAEP through



Midway Administrator stands with Extra Mile winners, Christe Hancock, Marva Harrison, and Ronnie Wallace as they receive their awards.

her continuous desire and compassion to help students. Harrison is mindful of her interactions with students, seeking to change their lives for the better while they are serving in a disciplinary placement. Harrison demonstrates the commitment beyond duties of a teacher. For example, Harrison has on multiple occasions assisted students in out-of-school situations. Not only was Harrison there for the students, but she was able to support the families as well. From finding local resources to help students, providing mentoring for students, and still going above and beyond in the classroom, Harrison does not stop being a teacher when the school day is over. Dr. Jeanie Johnson and Brad Shelton both nominated Harrison for this award. "Harrison demonstrates these caring attributes and commitment to improving student lives every day. I want to share and celebrate the contributions she makes to our students," Shelton wrote. When a student is in a delicate situation, Harrison steps in and gives assistance. "A student was in need of a fresh perspective, and to be surrounded by adult men who were productive citizens and leaders in the Waco area. She accompanied the student to an

area leadership conference on a weekend," Dr. Johnson wrote. Harrison is positively impacting each student that she comes in contact with.

At Speegleville Elementary School, Mrs. Christe Hancock is another awardee of the Extra Mile Award! Hancock is the librarian at the elementary school, but she isn't the average librarian. Bonnie Floyd, PE Teacher at Speegleville Elementary School, believes that the school revolves around the library activities and Hancock. "She wears so many hats and has so many different responsibilities, but does each one with dedication and enthusiasm," Floyd wrote. In addition to being the school's librarian, Hancock is the computer teacher, sponsors Library Lords and Ladies, PTA liaison, provides enrichment, and much more. Hancock has also created the atmosphere in the library to stimulate the mind and foster a desire to read and explore. Hancock, day in and day out, goes above and beyond to make sure students excel while at Speegleville Elementary School!

Midway ISD is so proud of these three awardees and is grateful to have many more like them throughout our entire school district!

Temple of Christ Church

Matthew Reed Ministries Inc.

609 N. 5th St., Waco, TX. 76701 • (254) 753-0772

Church Services

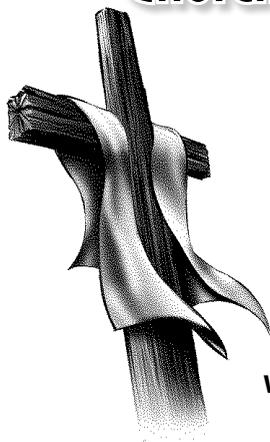
Sunday School
10:00 AM

Morning Worship
11:15 AM

Sunday Evening
6:00 PM

Monday Bible Study
7:00 PM – 8:30 PM

Wednesday Prayer Worship
7:00 PM



Pastor Matthew Reed and Wife Helen

Lifespan teaches de-escalation techniques



Lifespan instructs on how to de-escalate high stress situations.

Imagine your child or parent is in the care of a home care attendant -- you want someone who is trained in how to deal with high stress or potentially dangerous situations.

Texas-based home health agency, Lifespan, is training and certifying their personal care attendants in the "Right Response De-Escalation Training" program in many of Lifespan's markets, including Corpus Christi, El Paso, Waco and Beaumont.

Lifespan has helped a 70-year-old woman in El Paso who was the attendant for her 300-pound son. Her son becomes very angry due to a traumatic injury and will sometimes put his mother in a headlock. She was taught how to safely disengage the headlock by training with an attendant who was also a very large man, proving that the technique works.

If an elderly client becomes agitated and does not want to take necessary medication, an attendant can use the training to de-escalate the situation so that the client is calm enough to take his/her medication.

De-escalation skills involve the expertise to assess a situation, determine a supportive approach and implement the solution which successfully de-escalates the situation. De-escalation works because it trains people to adapt, in the moment, to the needs of the person they are assisting.

Lifespan's personal care attendants provide assistance with daily living activities for children and adults with disabilities as well as the elderly, providing these attendants with the tools necessary to properly handle the many types of conflict that inevitably arise with patients in the

home/healthcare industry.

De-escalation, in the simplest of terms, is "taking it down a notch." It is the ongoing process of calming both yourself and the other party down so that minimal damage -- be it verbal, emotional, or physical -- is inflicted. Vice President of Corporate Relations, Marjorie Costello says, "We serve a population that struggles with many different crises. There is the crisis of a chronic condition or disability. There is the crisis of income insecurity. There is the crisis of unsafe neighborhoods and broken families. We send our personal care attendants into the homes of people who are all wrestling with their own set of personal struggles and we say, 'deal with it.' However, that type of attitude is not setting them up for success. We want our attendants to go into their work environment with a toolbox full of options for not only delivering quality care, but also handling conflict," Costello explains.

Because of the universal principles this approach is based on, the RIGHT RESPONSE is equally applicable to assisted care facilities, camps and after-school programs, crisis residential centers, day care centers, detention centers, emergency shelters, foster homes, group homes, hospitals, and public and private schools.

Lifespan is a Medicare certified home health care agency with its headquarters in San Antonio. The programs Lifespan serves are Medicaid programs run by the State of Texas, and include the STAR+PLUS (adult) and PCS (pediatric) programs. For more information contact Lifespan at 877-434-3153 or visit www.lifespan.tx.com.

The Spirit of Thanksgiving

BY MONA DUNKIN

Thanksgiving ranks high among my favorite things. Of all the holiday celebrations, Thanksgiving remains unsullied with crass commercialism, sans Black Friday. Thanksgiving day is a fall harvest festival with its roots primarily in the United States. It is a day set aside to render thankfulness and gratitude to God for provision, safety and the many blessings of friends, family and life.

Develop a thankful spirit. Krish Dhanam, an immigrant from India, came to America under dire circumstances. He was disheartened with the pervading U.S. attitude of complaints and ingratitude. He is living the American dream as a motivational speaker. Not to devalue our less fortunate, but Krish assesses that a good eighty-percent of the world's population lives in worse conditions than America's poor. Developing a grateful heart renders overall health, relational and emotional benefits.

Haiti is a case in point. Haiti has experienced a crushing earthquake, storms, continuing food crisis and devastating cholera outbreak. Dr. Randy Veazey and his wife, Debra, are in Port-au-Prince volunteering weekly in a local clinic/hospital in Delmas. His recent e-mail stated:

"The Haitian people are very friendly and kind-hearted. They have an



MONA DUNKIN

abiding faith in God that is present everywhere from signs on the local busses to filling of the city streets on Sunday morning as they go to worship. Interestingly enough these people who have sustained so much loss and calamity in their lives are praying for the welfare of others rather than for themselves. But that is how they are."

Causes one to give pause, does it not.

Remember our veterans, past and present. America was built and is sustained on the backs of our freedom fighters. From the brave pilgrims who sailed perilous seas to our current military and homeland security, freedom never has been free. I love this definition of a veteran from an unknown source:

"A veteran -- whether active duty, retired, national-guard or reserve -- is someone who at one point in his or her life wrote a blank

check:

Made payable to: The United States of America.

For the amount of: Up to and including my life.

That is honor and there are far too many people in this country who choose to no longer understand it."

Life is about learning lessons. In the late 60's Sam the Sham and the Pharaohs (DeWayne Blackwell) sang a comical song entitled "Oh, That's Good. No That's Bad." It included a litany of favorable events and a friend encouraging, "Oh, that's good," to which Sam countered how the good had led to loss. And the friend intoned, "Oh, that's bad." Then Sam reiterated how the bad had turned out for good, and back and forth.

Rick Warren sees life's positives and negatives as a railroad track traversing both hillsides and valleys. They continually run parallel, never over-riding and never departing. I suggest the connecting ties between the rails act as an electrical arc that sparks energy either to be thankful and overcome or to be burned and stagnate. Whether it becomes blessing or curse depends upon our thankful or unthankful spirit.

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Wanda B. Gunter

Author, Artist,
Contributing Writer for
The Anchor News

Taking a holistic approach to fit living

(NewsUSA) - Is the holistic approach the way to go when it comes to your own and your children's health?

That's certainly the advice of a variety of experts who say that a more big-picture view of "fit living" -- meaning, beyond the usual warnings to, say, exercise more -- can actually help improve your overall quality of life.

Among the latest to weigh in: WebMD and Sanford Health, which recently unveiled their "Raising Fit Kids" informational guide that's replete with ideas on how "families can work together" to make positive behavioral changes in all aspects of their lives. "Being fit is about being healthy," says Dr. Chris Tiongson, a pediatrician with Sanford Health whose focus is childhood obesity. "It's a balance between mind, body and spirit, and having everything be in sync."

That same "balance," in fact, has long been advocated by doctors of chiro-



DR. SHAMONICA TRUNELL-MORGAN

practic -- the nation's third largest primary health care profession -- who, along with providing non-invasive relief from things like back and neck pain, are trained in a wide range of conservative treatment and preventive services centered around lifestyle and nutrition.

"A holistic approach to fit

living presents a great opportunity to improve overall health and well-being for a lifetime," says Gerard Clum, DC, of the not-for-profit Foundation for Chiropractic Progress.

High on every chiropractor's tip list:

- Take steps to manage stress.
- Make time for daily physical activity.
- Emphasize whole grains, fruits and vegetables in your diet.
- Maintain a healthy weight.

Need more convincing? Adopting a holistic strategy that includes chiropractic care, says Dr. Clum, "can help to successfully address consequential conditions such as diabetes, hypertension and heart disease, which are commonly associated with obesity and poor health."

For more information or to schedule an appointment with Dr. Trunell, call (254) 754-4000.

Tips for healthy, youthful skin

(NewsUSA) - With such a cluttered skin care market, it's pretty tough to figure out what would work best to keep your skin healthy and looking youthful. When it comes to skin, you really are as unique as a snowflake. No two people produce the same amount of oil, respond to heat in the same way or age identically.

But some advice applies to everyone. Here are some skincare tips to keep you glowing, no matter your age or skin type:

- Stay hydrated. Scientists debunked the old recommendation to drink eight glass of water a day, but that doesn't mean you shouldn't hydrate. Water aids every bodily system. It moisturizes your skin from the inside out, helping to flush away toxins and maintain a youthful appearance.

Try switching out alcoholic drinks, coffee and soda for water. If you find water hard to drink, take yours



KATHY WASHINGTON

warm with lemon or lime juice. Green tea the kind you make from a tea bag is another good choice, because it hydrates skin while also providing antioxidants, compounds known to help prevent cell damage.

- Eat a healthy diet. A diet heavy on cooked and raw plant-based foods think beans, tofu, fruits and veg-

etables can help you manage your weight and enjoy clearer skin. Healthy oils, like those found in olive oil, seeds, nuts and avocados, can also help protect skin. But avoid full-fat dairy products and excess meat consumption, which can cause wrinkles, according to the Mayo Clinic.

- Adopt a healthy skincare routine. Wash your face twice daily, and be sure to moisturize. Look for products that can help your skin repair itself.

- Exercise. Walking around your neighborhood might not give you washboard abs, but exercise can benefit your skin. Walking, running, yoga, sports whatever your activity of choice, it can help improve circulation to your skin, boosting elasticity and skin tone.

For more information, see the *BeautiControl* advertisement in this issue or call Kathy Washington, 254-498-6966.

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Will the real true Christian please stand up? Part 6

Continued from the October Issue of the Anchor News.

BY RUBY MCCRAY

As we continue this delicate series, I ask that you please not read it in a mean-spirited tone. If this is your first time reading this article, please visit: www.theanchornews.com, and click the archives for the previous ones.

God chose Israel as His chosen People, and made a covenant with their forefathers, Abraham, Isaac and Jacob, which He has not and will not provoke (Genesis 26:2-6). He fought many wars through Moses, Joshua and the men of battle as He took back the land from the wicked heathens to give to them (Deuteronomy 18:9-14; Joshua 12:1-24).

God (talking to Israel) said, "You must not worship any of the gods of neighboring nations, for the Lord your God who lives among you, is a jealous God. His anger will flare up against you, and he will wipe you from the face of the earth" (Deuteronomy 6:14, 15).

"If you refuse to obey all the words of instruction that are written in this book, and if you do not fear the glorious and awesome name of the Lord your God, the Lord will overwhelm you and your children with indescribable plagues. These plagues will be intense and without relief, making you miserable and unbearably sick. He will

afflict you with all the diseases of Egypt that you feared so much, and you will have no relief. The Lord will afflict you with every sickness and plague there is, even those not mentioned in this Book of Instruction, until you are destroyed. Thought you become as numerous as the stars in the sky, few of you will be left because you would not listen to the Lord your God.

"Just as the Lord had found great pleasure in causing you to prosper and multiply, the Lord will find pleasure in destroying you. You will be torn from the land you are about to enter and occupy" (Deuteronomy 28:58-63).

If God gave those warnings to his "Chosen People", what make us North Americans think that we can murder innocent babies in the womb (Proverbs 6:17), allow young and old to engage in sexual sins outside of marriage (Galatians 5:19-21; 1 Thessalonians 4:3-5; Revelation 21:8) and still escape His wrath? I do believe AIDS and Ebola are two of the diseases not written in the book that we are experiencing today. I also believe that ISIS/ISIL/IS will be a form of punishment (Deuteronomy 28:25, 26).

The former Governor Mike Huckabee is in hot water by comments, threatening to leave the GOP because of their weak opposition to gay marriage and abortion. The article is entitled, Deport Huckabee: Radicalize extrem-



EVANGELIST RUBY MCCRAY

ist? The article taunted Christians by saying, "Radicalism such as that is akin to radical Islam in that right-wing radical Christians are extremely intolerant and would put their beliefs ahead of Constitutional rights."

Christians, we had better stand up and be counted. Don't allow bullies to make you cow to comments like this. You must know who you are and WHOSE you are. You know that we follow the Constitution, but we have been too tolerant for way too long, trying not to offend. It's the Liberals that are intolerant. You're going to be hated either way, but I'd rather be hated in this life because I told the truth, and perhaps be able to cause some to find their way out of darkness, than to be hated by those burning in hell because

I wouldn't tell the truth—although I knew it.

That article further said, "Right-Wing Christians, Radical Islamic Fundamentalist – They're Pretty Much Exactly the Same." WOW! Evil has become good and good has become evil (Isaiah 5:20).

Perhaps we should be obeying Deuteronomy 13:1-18, which says that anyone who tries to turn an individual away from God should be killed—whether a prophet, your son, daughter, spouse or closest friend. It's a form of deterrent from idolatry. We would not be dealing with these issues had we followed those instructions. Please take the time to read that chapter. Just know that Jesus' return is sooner than any of us thinks. The Feast of Trumpets is the next feast on the agenda (1 Corinthians 15:50-55; 1 Thessalonians 4:13-18; Revelation 20:4-6). In the meantime, let us Christians occupy until that trumpet sound. I know that many of you are speaking out; but ALL of us should be speaking

out all of the time (Matthew 28:18-20). More and more are joining this band.

Be encouraged by this Yahoo article dated October 13, "Black leaders slam Supreme Court's 'cowardice' in marriage protection ruling". It stated, "The National Coalition of Black Pastors and Christian Leaders characterized the court's decision – 'not to hear the case' and send it back to the lower courts – as cowardice on the part of the nine members of the nation's highest court." This question was asked, "Has the Supreme Court become just another politically-motivated body of black-robed lawyers?" Those justices should read and obey Deuteronomy 16:18-20; 17:18-20. You may not believe me, but...just what if I'm right?

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments e-mail rubyacorm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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How to recognize and avoid identity theft scams

J. L. CRAWFORD,
LEGALSHIELD INDEPENDENT ASSOCIATE

(NewsUSA) - Across the nation, identity thieves are using legitimate information to scam honest taxpayers, and frequently posing as the IRS to do so. So, what can you do?

The IRS is taking this seriously, and has created the IRS Identity Theft Protection Unit to address the growing problem. However, being aware of some of the most common scams can help protect you from having your personal information used to commit fraud or other crimes.

Phony IRS emails. In a "phishing" scam, an official-looking email shows an IRS logo that lures the consumer to a website that requests personal and financial information, such as a Social Security number, bank account, or credit card numbers. In truth, the IRS does not send out unsolicited emails and does not use email to ask for detailed personal or financial information such as PIN numbers,



J.L. CRAWFORD

passwords or similar secret access information for credit cards or bank accounts. The only genuine IRS website is www.IRS.gov.

Refund scam. In a refund scam, a bogus e-mail tells the recipient that he or she is eligible to receive a federal tax refund for a given amount (often \$63.80) and sends the recipient to a website to complete a form to submit the tax refund request. The form then asks for personal and financial information. In fact, the IRS does not notify tax-

payers of refunds via e-mail. **Antifraud Commission scam.** In this case, the scammer sends an email stating the IRS "Antifraud Commission" has found that someone tried to pay their taxes through the Electronic Federal Tax Payment System, or EFTPS, using the email recipient's credit card. As a result, some of the recipient's money was lost and the remaining funds were blocked. The e-mail includes a link that sends the recipient to a website where he or she is directed to enter personal and financial information in order to unblock their funds. Don't take the bait! The IRS does not have an antifraud commission.

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We know when life begins. The real question is: When will love begin?

Source for statistics and more:
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by Fan Minnitt

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How to organize anything

BY JENNIFER SNYDER

One of my favorite things is to be and work in an organized space. It is peaceful, quiet, and can inspire amazing amounts of creativity. Clutter makes noise and can be a real distraction to not only your physical effectiveness but your mental effectiveness as well.

Each of us see being "organized" differently and are in different stages along the path to what we uniquely consider Neat as a Pin. That being said, regardless of your goal in organizing or how far along you are to reaching that goal, there are some very basic strategies that are the foundation of organizing. It doesn't matter if you are a Hoarder or the spouse of a gentleman that wants his half of the room to resemble is bachelor pad. Still not convinced, try it!

Ready, set, here we go!

Sort

Place like with like and this is not the time to get technical. I'm talking clothes with clothes and paper with paper (regardless of what is printed on it). You will get your OCD fix later. This is also the time to forego neatness. You actually have to make a bigger mess to get the original mess in order. Trust me. You can do this by making piles or using plastic containers. I only recommend purchasing plastic containers for this event if you are 100% certain you will be able to use them later. Please do not buy them for your sort with the intention of returning them. Not cool.

Process and Purge

Once you are sorted, it is time to give careful consideration to whether or not the sorted items still belong in your space. Get rid of anything that is broken, defective, stained beyond your cleaning capacity or chewed up by the puppy. Go ahead, toss it. It will be ok. Donate any items that are in good shape but that you haven't used in a while. Be realistic here. If it has more dust than the coffee table, you aren't using it. The exception is that if it has true



JENNIFER SNYDER

sentimental value, in which case it should go to long-term storage. Otherwise, toodles!

Assign a home

Assign a home...this might be the most difficult step for most people. Once you have processed and purged, you can see what is left. Think about who will be using the items (small children? guests?), where they will be used (laundry room? garage?), and how often they will be used (daily, weekly, yearly). Assign homes to items one at a time trying to keep the big picture in mind. If you assign a home to, say candles, and you have too many for the space it may be necessary to return to the Process & Purge step again specifically for candles.

Purchase

This is a very important and precarious step that should only be used if absolutely necessary and never done prior to the other

steps. This is where you purchase baskets, bins, shelves, buckets, etc. to store your items in. Take caution here... if you have a cabinet for your candles, put only the votives and/or plates in a basket. Trying to put everything in every cupboard in a basket will waste a lot of space. Determine what is more important, baskets or volume? Also, buy only what you need. Excess organizing tools are clutter too.

Keeping Up

Once everything has a home, things must return to those homes. Think of it as invisible magnets trying to suck the items back to where they belong. This is the number one most important step of the entire process as lack of maintenance will simply result in more of what you just cleaned up. If it takes less than 60-seconds to put something away, don't delay and do right away!

As simple as these steps seem, I would caution you against trying to tackle your entire home all at once. Doing so will result in frustration and disappointment. Getting organized is about feeling good and rejuvenated. One small area can make you feel fantastic. Give it a try!

Have a Neat day!

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Becoming one – a necessity for Christians

BY MATTHEW REED

Being one is God's desired end for the body of Christ and for this cause God gave us the doctrine of the Bible. We that operate in the gifts (Ephesians 4:11) apostles, prophets, evangelists, pastors and teachers} must understand why we've been given these gifts. Ephesians 4:12-16 gives us reasons and purpose for the gifts even to the edifying (proof in heaven, proof in the earth that we are the disciples of Christ) of the body.

We who operate in these gifts will be held accountable for what we intend with God's fruit for he has clearly made his intent known in the scripture. There can be no misunderstanding. Having made this statement we must address the division that is currently running rampant in the body of Christ. In John 17:14-23, we find that Jesus in talking to God speaks I have given them thou word and the world hate them because they are not of the world. Jesus prayed not that

God should take them out of the world but that he should keep them from the evil.

He is a witness for us that we are not of the world, because we have and keep His word. Thank God for the endorsement of Jesus. Jesus prays for our sanctification through the word that he has given us. Now we understand the importance of dispensing the words that Jesus has spoken or inspired through his apostles. We must be sanctified through God's word because as God has sent Him, Jesus has also sent us.

As Jesus Himself is sanctified in the word of truth, we also must become sanctified by or in the same word. Understand that Jesus wasn't praying for



PASTOR AND MRS. REED

those who were presently with Him only but also for those of us who would come later and believe on Him through their teachings. Know this, the Father always hears Him because Jesus does always those things that please Him (Him being Father God).

In addition, we can only

has sent Him and hast loved them, also that we be made perfect in one.

To sum up everything, I draw these conclusions: 1. We must understand that God has determined that for the world to know us as his disciples, to know that he loves them, to know that he has sent Jesus

be sanctified by God and before God by walking in the word of God. Jesus also states that the glory that God has given Him he has given us. Verse 22 (the power)The Purpose and desired end for all that I have written thus far is found in verses 21-23—that we may be one in God the Father, God the Son, God the Holy Ghost, that the world may believe that God

and for us to be perfect . We must be one . This cannot be disputed. 2. All of us who are saved must have the same word because He is no respecter of persons and what He says to one He says to all. Understand we can have different administrations and different gifts but only one God, one Lord, one spirit, one baptism, one faith. We must have the doctrine of the Bible for in the doctrine is the power to become one with each other and with God the father, God the Son and God the Holy Ghost.

Resolve this: We all are going to have to become one. I don't know what you're going to have to renounce to be one with the rest of the saints. I can only judge myself, repent of the things that are contrary to the doctrine that unifies us and continue in the word of unification that I've attained to. This I determined: I am going to do God's word that I might be one with the rest of the saints who have sanctified themselves in the word of God.

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McLennan Community Programs is delighted to offer a range of personal enrichment courses in the coming spring semester for senior adults. Meet new friends while discussing the book of the month in Book Talk with Gail Woodward, McLennan librarian.

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Learn to drive more efficiently and safely in AARP Driver Safety Course with Rose Moyer, Mature Driver Program Coordinator for Baylor Scott & White Hos-

pital. Ring in the New Year by meeting new friends, acquiring a new skill or discussing fascinating topics in McLennan's Community Programs. For more information or to register, call McLennan Continuing Education at (254) 299-8888.

Book Talk meets from 11 a.m. to 12 p.m. on Tuesdays from January 20 to May 19. Cost is free.

Great Decisions meets from 3:30 to 5:30 p.m. on Tuesdays from January 20 to March 3. Cost is \$20.

Social Media 101 meets on Saturdays (April 11 and 18) from 9 a.m. to 12 p.m. Cost is \$59.

AARP Driver Safety Course meets on Friday, March 20, from 9 a.m. to 1 p.m. Cost is \$15 for AARP members and \$20 for non-members.

Safety and Security Awareness for Seniors meets on Mondays (February 9 and April 13) from 3 to 4:30 p.m. Cost is \$10.

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Resolving to perform an insurance checkup

(NewsUSA) - Many people make New Year's resolutions to improve their health, such as snuffing a smoking habit, joining a gym or scheduling a checkup. But they rarely think about health insurance.

In 2013, you may want to preserve your financial health by making an "insurance checkup" one of your resolutions. Make certain you have the right type of coverage, because circumstances can change a lot in just 12 months. For instance, did you change jobs, decide to start a family or discover that your child may need braces? If so, your health plan may no longer be adequate, and a "checkup" may be in order.

But how do you evaluate your current coverage? It's a big responsibility, especially if you, rather than an employer, are selecting and paying for your insurance. There are so many choices, it's difficult to know which is best for you and your family.

"It's important for consumers to consider all their needs, budget and what fits their lifestyle," said Scott Krienke, senior vice president of product and marketing at Assurant Health. "Having a one-on-one ses-



RICHARD KRUGER

sion with an agent to walk through those considerations can be extremely valuable."

There are many types of health insurance available, including:

- Major medical plans, which can be offered by employers and generally have the broadest protection against large, unexpected medical expenses. Under the Affordable Care Act, these plans now cover 100 percent of many preventive services.

- High-deductible plans, a type of major medical plan, tend to have lower premiums because customers pay more medical costs up front.

- Fixed-benefit plans generally pay a set amount of cash when you have a cov-

ered medical service. They do not reimburse based on the cost of service.

- Supplemental coverage, which can provide add-on benefits to other health insurance plans and can include dental, accidents and critical illness coverage.

Here are some questions that can help determine the type of coverage you need.

- Am I happy with my current coverage? Why or why

not?

- Do I have assets, like a house and savings, to protect?

- What is my budget?

- What is the maximum out-of-pocket cost I will pay?

- Is my doctor in the network?

- What trade-offs am I willing to make to achieve a lower premium?

"It's important for consumers to take time to un-

derstand what a particular health plan covers and what it does not. They should be confident the plan will be a good fit -- one that provides real value by addressing their specific needs," Krienke says.

For more information, see the State Farm advertisement in this issue or call your local State Farm agent, Richard Kruger, at 254-776-4593.

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Spice up your wardrobe for the holidays

(NewsUSA) - Sure, the little black dress is a staple of holiday parties this time of year. It can be dressed up or down, and it is the epitome of understated elegance. But it's not the only option for fashionable women.

"This is the time of year that women can put some fun in their wardrobe," says Elliot Staples, whose fashion designs are featured at The Limited stores and the-limited.com. "It's as much a celebration of decorating yourself as well as celebrating the holidays."

It's also the time of year that many women need an outfit to play double duty by going from the office to a party.

Here's the fashion forecast for the upcoming holiday season.

- **Fancy That.** Focus on black and white trousers and pieces worn in sharp contrast to one another. A soft blouse tones down



MARILYN BANKS

what could be a too-severe look. This style works well for a dinner party, work event, or an upscale occasion.

- **Going Baroque.** Wear jewel tones in luscious greens and cobalt blues and jet black. This trend reflects a softer, more youthful look for going out -- be

it with the girls, a party, or a more casual event. This style is as easy as a special top with black jeans. Gold is a key accent color in printing, buttons, and accessories. To round out the look, pair with a clutch adorned with fabric or touches of sequins.

- **Skyles the Limit.** Sweaters and yarns take on a slightly rustic and darker mood and color this season. Pair them with simple skinny jeans, furry accents, and fringe inspired boho necklaces.

- **Grande Classique.** Pair lush fabrics and textures. Use grey prominently with shades of dark red or deep wine, along with cobalt blue and purple accents.

For that Grande Classique shopping experience, please visit Marilyn's Gift Gallery at 818 Elm Street in Waco.

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A life in Christ – God's true compassion

BY PAM TURNER

Have you ever been in a situation in your life where you needed someone's help? Maybe you broke down on the side of the road, had no cell phone service, and a feeling of desperation wanted to take over? At that moment you need someone to come to your rescue; you needed human compassion. Have you ever experienced heartache and lost? A broken marriage, the lost of a loved one, perhaps a job? A child you've loved and nurtured is now a teenager making bad decisions, and no matter how much advice you offer, or situations you have helped him or her get out of, the problems still persist.

I'd like to take a moment and share the good news that God

knows you, and whatever the problem may be He is full of compassion and wants to help. Just what is the meaning of the word compassion? The Internet has several explanations but this one seemed more in tune of what I think it means: "Deep awareness of the suffering of another with the wish to relieve it."

Anyone who has lived in Texas during the summer understands how miserable and hot it can get in July and August. A few years back we were experiencing a wave of 100 plus degree heat that had been the norm for several weeks. As I was coming home from a long day at work, and knowing my husband would be gone for the night, I stopped at a Chinese food drive through and purchased myself some supper.



PAM TURNER

When I was about ten miles from home, I passed a man with a sign asking for food. Even though I kept driving, I felt something inside me telling me to go back and give him my

supper. Just to make sure the something I was hearing was God, I drove 8 miles before I turned around and went back to offer him my meal. God was telling me to show this man some compassion.

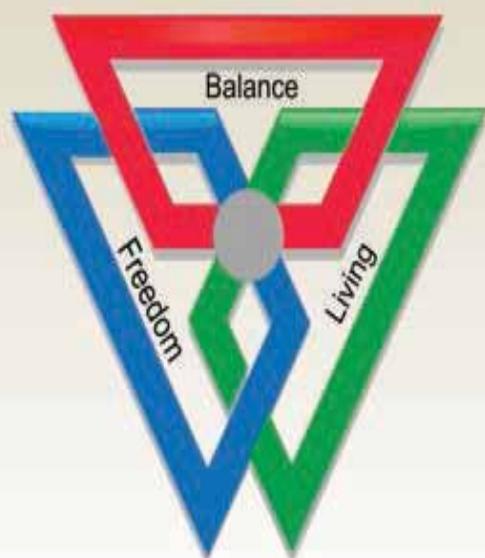
Before I drove off, he asked me would I mind going and buying him some water and baby wipes and he handed me several dollars. I was extremely tired and really wanted to get on home, but I agreed and came back shortly with his water and wipes. He had an accent but I was able to gather he was hitchhiking from Oregon and was on his way to Houston. I wished him good luck and drove off. Then something inside in a gentle voice told me, "This man is still 300 miles from Houston. You need to go back, take him to the bus

station and put him on a bus to Houston."

Again I drove 8 miles just to make sure I was hearing from God, and after ignoring God for 7 miles I turned around and went back. The poor guy had a very funny look on his face when I told him what God had sent me back to do, and he smiled when I made him promise he would not murder me. The thought of going back ten miles from the direction he had just come from did not appeal to him and he simply asked if I could take him to the next town on his map, which was about 25 miles. I agreed. I found out that his name was John, he was Vietnamese and in his early thirties. We had a nice 25 mile visit. I was able to tell him about Jesus, as he was not a Christian. Before he got out of my car, I was able to find out that a lot of Christians had given him a ride from Oregon to Texas. I wish I could say he accepted Christ that day, but I drove back home knowing I had taken the time to show just one form of God's compassion.

In the King James version of the Bible, the word compassion is mentioned 41 times, and it's safe to say the Bible is a book of compassion. Compassion can not only affect a person's mind and well-being; it can also have a positive effect on one's health. Because of God's covenant with Abraham we read in 2 Kings 13:23 where God showed grace and compassion on the nation of Israel. Jesus in Matt 9:36 had compassion for the crowd because they were harassed and helpless. Again in Matt. 14:14 he had compassion and healed the sick. Matthew writes in chapter 15:32 where Jesus showed compassion to the hungry, and again in chapter 20 verse 34, he had compassion and cured the blind.

These are just a few examples of God's compassion. Because of God's covenant or love for you, He will show grace and compassion for your troubled teen, or if you feel harassed or helpless, he will show you compassion. There's compassion for the hungry and thirsty hitchhiker, or that loved one who needs healing. Let me encourage you today; if you have a need for GOD'S COMPASSION, simply go to Him in prayer and He will meet your needs.



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Six Midway students recognized by National Merit Program

BY TRACI MARLIN,
MIDWAY ISD PIO

Midway High School students have a legacy of outstanding performance in standardized testing, ranking above both state and national averages on both the SAT and ACT. This year's seniors are no exception. ACT scores are the highest they have been in at least three years. 15 students received AP Scholar Awards for the junior year testing, with senior year testing still to come. Then just this month, six students have received notice of recognition through the National Merit Program. Congratulations to the following outstanding scholars!:

Monica Ann Corley was named a National Merit Commended Scholar for her score on the PSAT test, ranking in the top five percent of the nation. Monica is the daughter of Randal and Emily Corley of Woodway. She is Vice President of National Honor Society, Vice Chairwoman of Woodway Youth Commission, and a QuestBridge College Prep Scholar. Monica is in Goal Tenders, PALS, Link Crew, and National Honor Society. Upon graduation, she plans to attend Vanderbilt University and major in Psychology.

The College Board's National Hispanic Recognition Program (NHRP) identifies academically outstanding Hispanic/Latino high school students. Each year, the NHRP honors about 5,000 of the highest-scoring students from over 250,000 Hispanic/Latino juniors who take the PSAT/NMSQT. Four Midway High School students were named National Hispanic Recognition Scholars.

Jose A. Diaz Jr. is the son

of Jose and Bertha Diaz of Hewitt. He is an award-winning member of Business Professionals of America and A/V Production. Jose plans to attend Baylor University and major in neuroscience.

Samuel Francisco Diaz-Granados is the son of Dr. Jim and Lennie Diaz-Granados of Hewitt. He is captain of the MHS Water Polo Club Team and is a four-year varsity swimmer. Sam is a member of the National Honor Society and Spanish Club. He plans to attend The University of Texas Film School.

Benjamin Joel Tandy is the son of Jim and Norma Tandy of McGregor. Ben is a three-year recipient of the Spirit of Midway Award, and he is involved in PALS, National Honor Society, Link Crew, and MHS Young Republicans. He plans to attend Baylor University and major in computer science.

Jesse E. Watters is the son of Steve and Jean Watters of Woodway. Jesse played in the England tour of the 2013 Super Clubs National Soccer Team, and serves as Woodway's Youth Commission Chairman. He is on the Waco Texans 97B Select Soccer Team and is a member of National Honor Society. Jesse plans to attend Baylor University as a University Scholar with a focus in physics and philosophy.

The National Achievement® Scholarship Program is an academic competition established in 1964 to provide recognition for outstanding Black American high school students. Of the more than 160,000 students who entered the 2015 National Achievement® Program, over 4,700 are honored. Congratu-



Pictured left to right are Ian McLean, Jose Diaz Jr., Ben Tandy, Monica Corley, Sam Diaz-Granados, and Jesse Watters.

lations to Ian McLean, Midway High School's National Achievement Scholar.

Ian Wesley McLean is the son of John and Trina McLean of Woodway. Ian has lettered in Orchestra and Academics, earned an AP Scholar Award and recognition of

distinguished achievement in WordWright, and he is the President of UIL Academics and Captain of the Spelling Team. He is involved in Varsity Orchestra, UIL Academics (Spelling, Ready Writing, Editorial Writing, and L-D Debate), "Panther Post" News-

paper, French Club, National Honor Society and the Student Advisory Council for an International Teen Leadership Summit, Adventures of the Mind. Ian is considering multiple colleges and plans on majoring in Anthropology or Creative Writing.

Thanksgiving recipes

BY RON OLIPHANT

I am getting ready for Thanksgiving by going on a diet. "Why would you do that?" you ask. I must lose five pounds because I need to make room for my momma's sweet potato pie and my aunt Jean's dirty rice. I know you probably thought I was walking in the evenings and eating raw carrots for a snack because I was trying to be healthy, but no, I am preparing for Thanksgiving like the heavy weight champ prepares for a title bout.

I also like to cook certain dishes and so I drag out old recipes that have been handed down through the family. Grandma Daisy has passed and can no longer be with us at Thanksgiving, but she left behind her recipe for homemade plum jelly. Plum jelly is what we use to make a jelly cake. If you have never had jelly cake you have not lived, my friend. Now, where are you going to eat and what are you going to eat?

Some people love to cook and some just love to eat.



RON OLIPHANT

When the two combine on a national eating holiday such as Thanksgiving, there is something beautiful that takes place. My wife's side of the family eats at Aunt Faye's house and so that normally is one of my places to go on my food stop map. My mother is cooking with my sisters in Dallas and if you every bore witness to how she seasons a turkey, you would understand why there is a star next to

my sister's house on the food map. Both of my sisters cook well enough to own a restaurant and so I visit their kitchens whenever possible.

I expect turkey and dressing with gravy, ham and pork ribs, brisket, green bean casserole, deviled eggs, dirty rice, potato salad, cakes, pies and gumbo to be on the table for us to enjoy. A thought just came to me. What happens if God forbid, one of the cooks were put out of the game on the sidelines... injured. Someone should have the recipes and the hands on training to cook this wonderful, delicious, cornucopia.

Cooks all over the world should teach food preparation to their children and any willing soul that dare put on an apron in the kitchen. I can cook gumbo but I cannot seem to match the flavor my grandmother Queen Ann puts in hers. I tried to make pecan candy and it never turns out like mom's. I am missing an ingredient obviously and no one wants to tell me what it is. Oh well, once a year I get to try out all the recipes and it is almost like my ancestors are still with us. We should teach the young and pass good cooking down to future generations.

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Entrepreneurial boot camp for disabled vets leads to small business success

BY YOLANDA
GARCIA OLIVAREZ

Seven years ago Marine Corps veteran John Raftery was starting a contracting

firm in Dallas when he read an article about a small business training program for veterans with disabilities.

That's when the trajectory of his two-person company,

Patriot Contractors, Inc., took a fortunate left turn. "I applied immediately for the EBV program," Raftery said. The Entrepreneurship Bootcamp for Veterans with Disabilities (EBV) program had just started at Syracuse University in New York, and Raftery was part of the inaugural EBV class in August 2007.

Thanks to the EBV program, Raftery said, the first critical steps toward building a successful construction firm were smart ones. "I don't think the business would have grown as quickly if not for the EBV program," he said. In 2012, Patriot Contractors, Inc. was on the Inc. (magazine) 500 list of the fastest growing U.S. companies, earning annual revenues of \$5.3 million.

The U.S. Small Business Administration's Office of Veterans Business Development has partnered with several top universities to offer the EBV course. Since the program began at Syracuse University in 2007, more than 700 wounded warriors have completed the nine-day training course. The program focuses on helping transitioning veterans with disabilities make the shift to self-employment, develop professional networks, and start and grow sustainable businesses.

Raftery, whose company does interior renovations for clients that have included



YOLANDA
GARCIA OLIVAREZ

Camp Pendleton in Oceanside, California, and Ft. Hood in Killeen, Texas, said that reconnecting with veterans was the initial benefit of the EBV course. "By that time I had been out of the service four years.

This was the first time in years that I had been around so many vets. We spoke the same language. The camaraderie helped a lot with the final piece of the transition back to civilian life." The training course, Raftery added, also instilled in him the confidence to plan for success. "At first I didn't know how to start a business but I had the desire. The folks at the EBV program explained how my military experience plays a huge role in entrepreneurship, and they gave us a great blueprint for bridging the gap between serving in the Marines and establishing a profitable business."

Learning the practical aspects of getting a small business off the ground, said Raftery, was the most useful part of the training. "I had questions, like 'how do I write a business plan? What's a good business concept? How do I get startup capital?' I found that the course provided a good foundation for me to build on, from the startup phase to growing the business. The teaching was phenomenal." Patriot Contractors, Inc. is now based in Waxahachie, Texas, and has landed contracts with military installations nationwide. Patriot was part of the award winning team led by Clark McCarthy HealthCare Partners at Naval Hospital Camp Pendleton where they installed building specialties throughout the million square foot new hospital. The overall project

was completed six months early, and \$100 million under budget.

His competitive drive keeps him focused on getting to the next step. "I don't feel I've arrived yet. I know I'm blessed to be an entrepreneur, to be able to drive change in the world." That drive, he said, is a quality he shares with most veterans. "And when I talk to vets who are thinking about starting a small business, and they ask me about EBV, I tell them the most important thing I learned in the program was to take more time to plan. If you spend more time planning, you'll be more successful in the long run.

"If you think running your own company is something you might want to do," Raftery continued, "explore EBV." The Department of Defense designated November as Warrior Care Month, making it a time to honor the courage and sacrifices made by service members, while increasing public awareness of the various programs that help these veterans make the transition to civilian life.

Each year SBA helps more than 200,000 veterans, service-disabled veterans and reservists start and grow their small businesses. To learn more about additional opportunities for veterans available through the SBA, visit www.sba.gov/vets.

For more information about the Entrepreneurship Bootcamp for Veterans with Disabilities, visit <http://ebv.vets.syr.edu/>

Another resource for veterans is the SBA Learning Center, which offers online training courses.

"Contracting Opportunities for Veteran Entrepreneurs" is a general introduction to Veteran contracting programs

"Veteran Owned Small Business - Contracting Programs" provides a more specific look at two Veteran contracting programs, the Service Disabled Veteran Owned Small Business Procurement Program and the Veterans First Contracting Program

To see the entire list of courses visit www.sba.gov/learning.

Yolanda Garcia Olivarez is the South Central Region Administrator for the U.S. Small Business Administration.

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