

Celebrating 10 Years In the Community



The

ANCHOR NEWS

Serving the Central Texas Community



Volume 10 Number 8

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FREE

Dr. Frances Worthey; A Worthy Name

Dr. Frances Craig Worthey was recently named Cen-Tex African American Chamber Commerce's Citizen of the Month. Worthey's drive to succeed had already solidified by the time she was just 15 and completed the 10th grade in high school. Today, as a community, state, national and international worker, and volunteer and community organizer, nearly everything she wanted to do with her life, she has done.

It started with an Upward Bound program at Baylor University. Worthey, then just 15, was selected for the program due to her determination, skills and desire to learn. She spent two years of Saturdays and summers at Baylor, exposed to an excit-



Dr. Frances Worthey

ing educational environment in a supportive atmosphere that helped shape her future and expose her to experiences she might otherwise have missed.

Her eagerness to learn, her drive to succeed and her natural desire to help others was ignited by the experience. It set the stage, Worthey noted, of her future life in education. That, combined with loving support from family and church, kept her on a straight course to success.

Worthey went on to climb to the top of the educational ladder, graduating from G. W. Carver High School before attending college. She earned her bachelor's degree in sociology and psychology from Texas Woman's University in Denton, her master's from Prairie View A&M University in guidance and

See WORTHEY, Pg. 5

Wacoan Isaiah Hicks shares story of struggle

Continued from the February Issue.

"It was the worst thing that could have happened to me at that time," admits Hicks.

With a torn hamstring, Hicks was forced to sit out his senior year. He was devastated. This stressful time resulted in his first B, but he admits that the experience changed him as a person.

Hicks learned many valuable lessons during this time. He learned how to be grateful for the sunshine and how to praise Him in the rain. Hicks learned how to put his trust in God and how not to take things for granted.

"I learned to not sweat the small things that I had been stressing over and letting ruin my day. Before my injury, I was taking life for granted and spending too much of my time being angry over small insignifi-



Isaiah Hicks

cant events, but my injury taught me that things can always be worse and that I shouldn't let the little things get me down." Hicks says now he has become a much happier person. Even though he would have loved to play during his senior year, he now sees the torn hamstring as a blessing in disguise.

During that time, Hicks discovered a true calling. He

was exposed to the coaching aspect of soccer, which led him to see coaching as something that he might want to do. He started talking to his coach about the possibility and the two of them agreed that after graduation, Hicks should try his hand at coaching. Who would know that he would become assistant coach for the team? He loves it and is convinced that coaching would not have been part of the equation had it not been for his sitting out the year before.

Like any other typical Hardin-Simmons student, Hicks made some bad decisions, but he made a lot of good decisions as well. He met some of his best friends for life, he experienced things he might not have experienced otherwise, he learned a lot about himself as a person, and most

See HICKS, Pg. 8

Rapoport Academy offers students Latin instruction

By Rapoport Staff Member

English essay, check. Science fair project, check. Latin book? For students at Waco's Rapoport Academy Public School, it's a check for that as well. The no-cost charter school, with campuses in East and North Waco, offers Latin instruction to students in fifth through twelfth grades, as well as enrichment lessons in Latin for third grade students. It is the only public school in McLennan County currently offering Latin classes.

"Many people may wonder why we're teaching Latin," says district Latin teacher Nathan Wade, "but a better question would be why isn't every other school. Latin is the foundation language for Spanish, French, Italian, Portuguese, and Romanian. It is also the root language for 60 percent of English words, including over 80 percent of the harder multi-syllable words. Plus, English grammar is based in large part on Latin grammar. By studying Latin our students improve their vocabulary and writing ability for all subjects."

Indeed, studies show that students of Latin score 140 points higher on the SAT, the major college entrance exam, than other students. Latin words are also found throughout the science fields. Last year, Rapoport teachers found that the students who took Latin made commended scores on their STAARS end-of-course science ex-



Fifth grade Latin student Amari Clayton.

ams; much of that was due to improved science vocabulary.

"As a STEM academy," says Wade, "our students experience an integrated science, technology, engineering, and math curriculum. Latin fits into that program because of the Latin roots to scientific vocabulary and because of the problem-solving and critical-thinking skills Latin teaches. And of course, in so many places that students may travel to use those science skills, romance languages descended from Latin are spoken today."

"It really helps," says sophomore Oscar Aquino-Moreno. "There are so many words that are similar to the Spanish I heard in my home growing up." Indeed, Rapoport has a large minority population in the secondary grades, with 37% of the students being African-American and 20% Hispanic. Both minority

See LATIN, Pg. 13



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 and a Bible teacher. Linda Crawford is co-owner and Editor of The Anchor News. She is also an instructor at McLennan Community College, is a Bible teacher and is a conference, workshop and motivational speaker.

**A note from
Linda Crawford...**

Your past is over!

"No turning back! Moving ahead! I'm here to declare to you, my past is over...I'm Moving Forward!" (Ricardo Sanchez, composer) Oh how I love that song. As we approach Good Friday and Resurrection Sunday, we are reminded of the sacrifice that Jesus made for us. Hanging on that cross, He said, "It is finished." We have all been taught that He died for "all" of our sins. Yet, we sometimes, hang on to the things that we have done or to things that have hap-

In Memory of Wendell Brown and Annie Norman

Wendell Willkie Brown

(August 31, 1947—January 1, 2012)

Wendell Willkie Brown was born in Pascagoula, MS on August 31, 1947. He was the youngest of four children born to Morris and Julia Brown, who preceded him in death. Two brothers, Morris Jr., and Turner Ray, along with a nephew Morris, III, also preceded him in death.

A military veteran, Wendell graduated from Carver High School (class of 65) and in 2010 at the age 62, he received his bachelor's degree, with honors, from William Carey University. At the time of his death, he was working on his MBA, with a concentration in Elder Care Management at Mt. Lyon Institute of Tiffin University. He had recently finished his first two graduate courses with a 4.0. His desire was to own and operate a nursing or retirement home.

A people person, Wendell loved laughing, singing, dancing, fishing, being with friends, talking politics, helping others, and life-long learning. He was very active in the PN/CHS alumni and other local organizations. He was very



excited to be back in his home church, had joined the men's choir, was recruiting more members, and had been appointed to teach a Sunday School class beginning with the New Year. Wendell loved people, and they loved him. He enjoyed life to the fullest and touched many, many lives.

Wendell is survived by a devoted fiancée, Marlene Moore of Houston, TX; three sons—Andre Pitchford of Florida; Shumphurt Witherspoon of Ocean Springs, MS and Wendell Brown, Jr. (Mirian) of Palmdale, CA; two daughters—Michelle Brown of Los Angeles, CA and Melissa Harris of Atlanta, GA; two sisters—Gloria Brown Harris of Moss Point, MS and Linda Crawford (J.L.) of Waco, TX; 16 grandchildren, 4 great-grand children; and a host of nieces, nephews, other relatives, and friends.

pened to us. We allow the past to direct our destiny, but the truth is He died for everything that could possibly happen to us or that did happen to us or is happening to us or with us. Israel Houghton says in one of his recordings, that Jesus is the "Redeemer of our past and present wrongs." It is finished, Happy People. If you have a true relationship with the Lord, He loves you and that

settles it. It does not matter when people try to dig up your wrongs or stand in judgment of you now. A true relationship means you truly accepted Jesus as your Lord and Savior, and He loves you. Regardless of how others choose to judge you, if you have a relationship with Him, you will want to please Him, and He accepts you, even in

See OVER, Pg. 7

Annie Mason Norman

(March 12, 1934—March 20, 2012)

Annie was born to Jim Mason and Minnie Slaughter Mason on March 12, 1934 in Neshoba County. She recently celebrated her 78th birthday. In 1949, she married L.C. Norman, Jr. and to this union, one daughter was born.

Annie professed Christ at an early age, and for most of her 78 years, she was a member of Little Mountain M.B. Church. She was faithful in attendance until her health began to fail and faithful in her tithing until she went home to be with her Lord.

Annie could do just about anything. She was a seamstress, an upholsterer, and a gardener. She could change the oil in a car and fish all day. A bull's eye shooter, she could chase down any snake and shoot it from any range. Annie loved music, working puzzles, and Ray Charles. She also loved dressing up for Sunday service, complete with a hat, matching purse and matching shoes. And although she claimed to hate cooking, she always prepared a super feast for all of us. As the matriarch of the family, everyone bought her gifts for special occasions. She once said, "I like presents." For the family, she is most remembered for her nurturing spirit, for her ability to get everyone home in August for the Springhill Homecoming, and for having the home that was "the gathering place."

Annie is preceded in



death by her parents and siblings—Lessie Franklin, Eliza Amos, Emmer Gladney, James Arthur (Black Boy) Mason and a nephew who was like a brother, John L. Franklin.

She leaves behind many loved ones to cherish her life—daughters, Delois Norman Thames (Bertis) of Union and Linda Mason Crawford (J.L.) of Waco, TX; a baby brother, Willie Earl Mason (Mattie) of Saginaw, MI; grandchildren, Curtis Thames and Shawn Thames (Natasha), both of Union; Ray Austin (Jodie) of Colorado Springs, CO and Stasha Austin of Tulsa, OK (the great nephew and niece that she raised as her grandchildren); great-grandchildren, Darron, Derek, and Tashawn Thames and 6 great-great grandchildren, all of Union; an uncle, Walter Lee Slaughter of Flint, MI; sisters-in-law, Jannie Ruth Mason of Union and Mattie Stanton of Chicago; brothers-in-law, Rev. C.B. Norman of Jackson and J.B. Norman of Indianapolis, IN; and a host of nieces, nephews, other relatives and friends.



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.

POLICY

Anchored on the principles of scripture, Anchor News will at no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

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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.

LETTERS AND ARTICLES POLICY

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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Rest and relaxation should be planned

By Ron Oliphant

My wife has a hiding place for our vacation money that I can never seem to find. The family van suffered a flat tire and being a little low on cash I thought I might steal a few dollars from the money she has hidden. I looked inside old pill bottles and small gift boxes that used to contain jewelry and found nothing. I searched inside the pockets of some of her old coats and the only thing I found was an old candy wrapper. We have been married for over thirteen years, and I still cannot find her hiding places. She works hard but she is just as serious about vacations. She set up a plan in which we sock away twenty dollars per paycheck each and she puts the money somewhere I can't reach it. Her claim is that I have a money spending problem. I also am supposed to be a workaholic and must be forced to go on a vacation every year. I gave up on the search and grabbed my emergency fifty dollar bill from my secret hiding spot, a location of which she has no idea. Well, at least I don't think she knows. My tire will be fixed and although I will be living a little lean for the next few days, the vacation money will remain intact for spring break and the annual summer vacation. My questions for you are, "Where will you be going for your next vaca-



Ron Oliphant

tion? Have you set a plan in motion and started a savings for it?

A vacation plan is nothing more than knowing when you will be able to get away and where you would like to go. A head count on the number of people who will be traveling allows you to come up with the amount of money needed for travel and lodging expenses. Hey, don't act shocked because I am talking about travel and lodging expenses. This year we will not be painting and remodeling using vacation time. I don't want to hear about how you did nothing for a week but barbeque, drink beer and watch a lot of television. If you want to stay in Texas there is a website you can go to : www.tourtexas.com. This site will allow you to find beaches, museums,

wildlife parks, caverns and whatever you need to create a great itinerary. Our family enjoys Galveston and all that it has to offer. We just gas up the van and head to the beach with four kids bouncing off the walls.

We don't spend a lot of money; we pack a cooler with sandwiches, cookies, chips and drinks. We will pay for hotel stay just to spoil ourselves a little, but this was planned. We take a little out of each check until the time comes for a vacation. I have a good friend who spent one thousand dollars every year to go to Cancun, Mexico. He saved one hundred dollars per month and paid for and all inclusive stay and airplane ride. This may sound like a lot but it does not matter if you can only afford five dollars out of a weekly check. If it was done for a year you would have two hundred and forty dollars. I know that would at least pay for Six Flags and a Motel 6. The point is it only takes a little effort to plan a great time.

I believe in the family vacation. I heard someone say that families that pray together stay together. Well I think you should add that families that vacation together stay together and even if you don't have a large family, we all need a little rest and relaxation some time, so why not make vacation time a special time?

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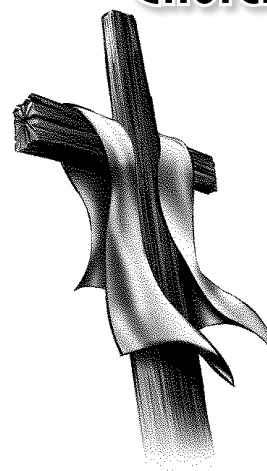
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Pastor Matthew Reed and Wife Helen



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Dinner done!

By Jennifer Snyder

How to know if you are disorganized? You have take out for dinner more than you cook...or for those budget conscious – Fend For Yourself. Fend for Yourself is what dinner is called at my house when you take care of it on your own. Dinnertime can be a terrible burden, especially when you work a full-time job and manage a family and home too. If you are like my family, cooking dinner isn't nearly as laborious as trying to decide what to make. Well, here it is, a basic guide to making your menus. Whether you stick to it is up to you, but I promise it will help!

Sunday – Familiar family favorite ---Sundays are typically days that we spend with our families. This is a great day to stick to fare that is tried and true.

Monday – Base the meal around an item in the pantry that might be close to expiring. By incorporating this step into your meal-planning you will also prevent loss of food from expiration. For example, if you have a bottle of fancy marinade left over from an unsuccessful recipe, research online to find another one. This also helps break up the monotony and hopefully find a new family favorite for an upcoming Sunday dinner.

Tuesday – Try a brand new meal! Trying something new, variety is the key to being healthy as well as making dinner-time more fun. A few great resources: crockpot-sisters.com, emeals.com, and recipes.com. You can find something for even the most discerning eater at any of these sites. (Bonus tip – if your family does not like a dish discard the recipe right away!)

Wednesday – Single dish dinner As you cross the hump onto the downhill slope of the week, meals should get easier. If your family attends church services a single dish meal is an excellent alternative to what I call “window food.” Wednesdays are ideal for dusting off the crock pot



Jennifer Snyder

and having a home cooked meal.

Thursday --Leftovers... that's right, I said it! Thursday is where you clean out the refrigerator from earlier in the week to make the most of the dollars spent on the ingredients. Use the time savings to implement family time together before the week-end!

Friday – Hooray for Pizza Night! Fridays don't have to necessarily be pizza but it is the one night to give yourself permission to eat window or delivery food. We are all entitled to that luxury – only in moderation.

Saturday – All about the kids--Saturdays are when you can teach the kids to cook if they are old enough. If not, have kid cuisine... think chicken nuggets with macaroni and cheese. No kids at home? Then it's date night. Either cook a romantic dinner together or go out on a date.

If you determine your menu in advance, go to the store once and only once during the week, you will save a lot of money as well as an insane amount of time! Mix up the days if necessary to accommodate changes in your schedule but stick to the seven day plan whenever possible. You will be glad you did!

Bon appétit and have a Neat day!

Get more information about Neat as a Pin Organizing Experts on the web by visiting www.neatasapin.net, on Twitter at @Neatasapin or on Facebook and Pinterest at Neat as a Pin Organizing Experts.

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BAYLOR
UNIVERSITY

WORTHHEY

Continued from page one



Dr. Frances Worthey

counseling, and her Doctor of Philosophy (PhD) in educational leadership from Prairie View.

A 37-year employee of Texas State Technical College, Worthey's determination and compassion for others have served her well. For 14 years she served as a student counselor. Because of her diligence and dedication, Worthey later became the Director of the award-winning Women's Resource Center, serving in that capacity 19 years. Recently, four years ago, Dr. Worthey's leadership expanded to include counseling, support services and women's programs under the umbrella of the Department of Student Life. Worthey oversees numerous programs and services that offer support, counseling, lending library, child care assistance and more. Students turn to the department for everything from career clothes from the Clothes Closet, to basic nutritious meals from the food pantry.

"Frances Worthey has dedicated her professional career to Texas State Technical College and has helped make this institution better," said Sarah Patterson, Associate Vice President of TSTC Student Development. "She is always upbeat, positive, and inspirational."

It is amazing how God intertwines or interlocks two aspects of one's life together. Worthey is a gifted leader and lover of people no matter what their station in life may be. She has the ability to 'walk with crowds, and keep her virtue, and talk with kings and not lose the common touch. She has distinguished herself in the Christian community as well as in civic and educational

responsibility.

Worthey also is a 50-year member of the Antioch Missionary Baptist Church where Reverend Delvin A. Atchison I serves as pastor. Presently, her responsibility at the Antioch Church speaks to her love for God and man. She currently is director of the Women's Ministry, the All Ministry Team, is principal of Vacation Bible School and serves in other servant-leadership capacities.

Highly regarded as a woman capable of leading at the district, state, national, and international levels in the Christian community, Worthey is director of the Women's Ministry of the Union Baptist District Association and the Missionary Baptist General Convention of Texas.

As director of the Women's Ministry at the state level, she organized the Women and Girls' Conference in 2003. Now in its 10th year, this model conference affords doctrinal studies, workshops geared toward current issues and crises that women and girls face and "Celebration Luncheons"

Worthey is past president of the Junior Women's Auxiliary, National Baptist Convention of America Inc. and National Missionary Baptist Convention of America. At the international level, she served as a delegate to the World Baptist Alliance five times. One of her momentous tasks was to successfully give international leadership to the development and implementation of an all-gender inclusive conference in Belize, Central America. Notably, Worthey has been invited to do a return foreign mission trip to Israel as a women's spiritual advisor in 2014.

Hence, she has received many honorary degrees, awards and accolades as she represents God in each area of her life. Among them are as follows: 2003 Spirit of Women, Austin Women's Chamber of Commerce of Texas Money and Power Conference; 1999 Hometown Heroes, Time Warner-Cablevision, Fox Sports Southwest, Baylor University; 1999 Women of Distinction, Bluebonnet Girl Scout Council; 1996 Leadership Texas Class; 1994 Leadership Waco Class; 1996 Volunteer Appreciation Award, EOAC Head Start; 1993 Employee of the Year, Texas State Technical College; Church Woman of the Year - Dallas Elite News, Dallas; and Texas U. S. De-

partment of Labor Women's Bureau Exemplary Program under the Clinton Administration.

She is a Bible teacher par excellence and has designed and delivered workshops with a holistic approach to meeting the practical needs of women and girls while empowering them towards self-sufficiency in their personal and spiritual development. "I incessantly marvel at the multiplicity of gifts that God has placed in Frances Worthey," said her pastor, Dr. Delvin A. Atchison.

"Her commitment to Christ, His Kingdom and His people are unparalleled. I am honored to be called her pastor. Every Pastor should

be so blessed to have at least one Frances during a pastoral career!"

If she could pinpoint one aspect of her job she loves most, it would be helping others to recognize and achieve their potential. Calling her a servant-leader, Rev. G. V. Clark, President, Missionary Baptist General Convention of Texas, says Worthey is a visionary, providing "leadership to the Women's Ministry of the Missionary Baptist General Convention of Texas as she follows the leadership of the convention administration in an unselfish fashion."

With a special affinity for helping women and girls from all walks of life to be

and become, Worthey says "Life has afforded me the perfect setting, whether in the Christian or secular community, to help people discover their potential, achieve their goals and afford them the opportunity to become the better people"

"Life will have obstacles. It is the excellence you pursue in the midst of those obstacles that ultimately lead to success with unlimited possibilities. If I can do it, you can do it," she said, adding, "Together, we can achieve, remembering Whatever He wills, I will."

Dr. Frances C. Worthey--a woman worth knowing, a woman worthy of her calling.

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Seniors encouraged to incorporate needs and preferences into meals

HEWITT, TX (March 2013) March is National Nutrition Month, a time to focus on healthy eating and sound physical-activity habits. The theme of this year's National Nutrition Month, sponsored by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), is "Eat Right, Your Way, Every Day." All consumers, including seniors, are encouraged to follow a personalized nutrition plan that takes into account individual food choices and

preferences from a variety of foods.

"We're aware that our residents have a variety of nutritional needs and preferences," said Chelsea Haeffner for Stoney Brook. "Our goal is to serve healthy meals that are delicious. We offer a wholesome mixture of fruits, vegetables, whole grains, lean proteins and dairy throughout the day."

Seniors are advised to choose a balance of foods and beverages appropriate for their energy and health

needs, rather than continuously opting for one type of food or meal. Dietitians say that the overall pattern of food eaten is the most important focus of healthy eating. Most favorite foods can fit within this pattern if consumed in moderation with appropriate portion size and combined with physical activity.

"There can be a misperception that eating healthfully means giving up your favorite foods," said registered dietitian and Academy

President Ethan A. Bergman. "Our 'Eat Right, Your Way, Every Day' National Nutrition Month theme encourages consumers to include the foods they love as part of a healthful eating plan that is tailored for their lifestyles, traditions, health needs and, of course, tastes."

Seniors who have chronic health conditions can manage their symptoms and improve their health by following a planned diet. Even for seniors with no major health issues, food choices can have a significant impact on maintaining wellness throughout their lives. Here are a few tips for developing and following a healthful eating plan that is centered on managing common health concerns for seniors.

The 2010 Dietary Guidelines for Americans calls a healthy eating pattern "an array of options that can accommodate cultural, ethnic, traditional and personal preferences and food cost and availability." They advise making about half a plate fruits and vegetables; about one-quarter protein, such as lean meats, black beans and tofu chunks; and about one-quarter grains, preferably whole grains. With each meal, the Dietary Guidelines recommend fat-free or low-fat milk, yogurt



Chelsea Haeffner

or cheese.

About Stoney Brook of Hewitt

Stoney Brook of Hewitt provides the finest in senior living with assisted living and memory care options for residents in Hewitt, Texas. It is operated by Integral Senior Living, which manages independent living, assisted living, and memory care properties in nine states. ISL is founded on a care philosophy that fosters dignity and respect for residents and promotes their independence and individuality. The dedicated staff at each community is trained to maintain the highest standards of senior care services.

For more information about Stoney Brook of Hewitt visit www.stoneybrookhewitt.com, Chelsea Haeffner chelseyh@stoneybrookseniorliving.com, Office: 254-598-4043.

March 23
Waco, TX

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1-888-508-4429
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The Links, Inc. Waco Chapter

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11:30 a.m. Saturday, April 6, 2013

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Silent Auction • Entertainment

Uptown Chic Attire • \$35 Per Person
wacolinksinc.info

OVER

Continued from page one

your "failures." The Good News is He does not remember any wrongs associated with you--yesterday, today, or tomorrow--even if people do. This revelation just made me want to please Him even more.

As the Saturday morning speaker, at High Point Church's Annual Women's Conference—"Godly Women: Blessed Inside and Out," I will talk more about "disarming your past to empower your future." Scheduled for April 26th and 27th, the conference will be held at High Point Church, 4600 Sanger Avenue (Texas Christian Academy Building near Pep Boys), and REGISTRATION IS FREE. Con-

nie Smith will minister Friday night, 7:00, on "The Revelation of Who You Are." I will continue this Word, "Disarming Your Past to Empower Your Future" on Saturday morning, 9:00 a.m.

Our annual style show will follow, complete with a prom and full wedding scene. Our women's ministry team, Margie Chavez, Debbie Fredrich, and I, have worked hard to bring you one of the most memorable times of breakthrough and victory. Last year 9 other churches came together with the High Point ladies for a glorious time in the Lord.

Please SAVE THE DATE and join us for a time of fun, food, fellowship, praise and worship and the Word. And please, bring 20 women with you!

HICKS

Continued from page 8

ways challenged me to be the very best I can be, has led by example in so much of what he does and how he lives, and my little sister, who has been my best friend since the day she was born, is one of the most independent, big-hearted people I have ever known."

In a nutshell, Hicks declares, "My family is the single most important thing in the world to me and being able to make them proud makes every-

thing I am trying to accomplish worthwhile."

We would all love for everything to go our way in life, but when it doesn't we can make the best of the situation. Hicks graduated Summa-Cum-Laude with a 3.95 GPA, in the top five percent of his class.

Today, confidence is no longer an issue for this bright young man. His desire is to one day work as a financial advisor and eventually own his own company, but "for now," says Hicks, "I am happy with where I am, learning and living and trying to make the best of everything I do."

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HICKS

Continued from page one

important, his relationship with the Lord changed for the better.

"I grew in my faith especially since Hard-Simmons is a Baptist university. I learned how to live on a budget, as well as live with other people besides my family and take care of a house on my own. I learned to be responsible with my finances and that bills really are due every month. I

learned many of the typical life lessons characteristic of college students, and also had my own unique experiences."

Throughout his college days, he was very active in student life and organizations such as SAAC (Student Athletic Advisory Committee), Delta Mu Delta and Alpha Chi National College Honor Society, which are both academic based organizations that recognize outstanding academic achievement, and KCB, the business school's social club. He won a number of awards such as the Excep-

tional Campus Leadership Award 2012, HSU Business School's Recognized Scholar Award 2012, American Southwest Conference Scholar-Athlete Medal of Honor Award 2012, HSU Business School's Outstanding Management Award 2011, and HSU Business School's Endowed Scholarship Award 2011-2012. In addition, Hicks was named to either the President's or Dean's List every semester for his duration of stay at HSU. On the off-seasons of soccer and during the summers, he worked part or full time at various jobs, includ-

ing being a referee, a waiter, and a cashier.

Hicks credits his parents for his good grades, excellence in sports, and good work ethics. They always supported him financially, which was significant in his being able to put so much focus on his studies and soccer, but, explained Hicks, "They also believed that I shouldn't just have life given to me and if I wanted money for a social life and extra things, I should work for at least some of it. This is a lesson I cherish greatly and am so glad that I was taught the value of a dollar.

The last job I began during my undergraduate journey I continue today, which is working as a server at the local country club."

After Hicks graduated, he immediately began working on his masters' degree in business administration. As a full-time graduate student, he is busier now than ever before. "Time management and organization are by far the biggest struggles for me. I am a full-time graduate student, as well as assistant coach for the soccer program. I continue to work approximately 15 hours per week at the country club just for extra money to spend." As if that were not enough, Hicks actually has a third job as an adjunct professor for Hardin-Simmons, currently teaching a strength and flexibility class. "My days are very long and very busy, but all of the things that I do are very rewarding for me for different reasons and I enjoy staying busy. My parents still support me financially, but as I grow older it gets harder and harder for me to ask them for money." Hicks knows that he could very well give up one of his jobs, but he is trying to be more independent in supporting himself. "People ask me all the time how I can juggle everything and how I manage to be successful at the majority of the things that I do. I think the key to anything is balance, and I try to make sure I schedule time to have fun with friends or time to relax every once in a while to balance out the chaos of my everyday life."

Even more important, said Hicks, he strives to be the best that he can be, to do the best that he can every day, hoping to make his family as proud of him as he is of them, but according to his mother, he has already reached that goal.

Hicks touts the fact that his father has always been his biggest fan. "He supports me in every aspect of my life, and he is such a great role model for how to be hard-working and determined. My mom, who is my rock and gets me through the days that I think I should just give up, is one of the strongest, most-loving, caring people I have ever met, and I hope one day to live my life as passionately as she lives her. My older brother, who has al-



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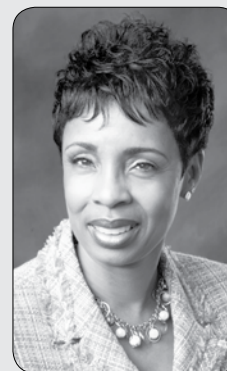
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Waco's Make Your Message Count teen conference scheduled for April 20

**By Tenina Stalling,
Public Relations
Director**

Imagine 400 excited teens in one place! It was about a year ago this coming April that a challenge went out to teens across Waco and Central Texas and the challenge was this: "If you had ten seconds to change the world with your message, how would you make your message count?"

From all across Central Texas, teens poured into the Waco Convention center for one reason and one reason only – to "make their message count!" More than 400 teens, their parents, teachers, community leaders, and sponsors came together for a power-packed day of learning, sharing, and fun.

Well, if you thought last year was exciting, don't you dare miss the second annual "Make Your Message Count" conference held at the Waco Convention Center, April 20, 2013. Expect twice as many students and twice the excitement, including a day of great workshops, wonderful entertainment, delicious food, and the opportunity for students to meet other outstanding teens from around the state.

Outstanding, highly trained professionals will be on hand to lead discussions on issues that are essential to our teens' successful navigation through life challenges. Break-out sessions will include topics such as bullying, anger management, peer pressure, adult / teen communications, managing relationships, and leadership skill development. The teens will love two special sessions designed specifically at their request: "man up," a session designed for the young men, and "the phenomenal woman," a session designed especially for the young ladies. These sessions, led by a panel of experts, are designed to engage teens in "real talk" about real issues. You don't want to miss it. Teens, ages 13 to 19, are encouraged to attend.

Back by popular demand will be gospel recording artists, SoulFruit, from Houston Texas and the dynamite percussionist ensemble, X8 interactive drumming (formerly known as ZaBoomBa) from Austin, Texas. The military drill squad from Greater Mt. Zion of Austin, Texas and



The scholarship winners MYMC 2012

the Tamberine Praise Dancers from Centro Evangelisto of Waco will be on hand to get us energized and ready for a day of learning.

The event culminates with a "speak out" competition, featuring top teen speakers from across the state. These teens, who demonstrate their ability to "make their message count," will compete for thousands of dollars in prizes and scholarship money. Contestants can deliver their messages in poetry, prose, spoken word, or rap format, but all messages must be positive and uplifting.

This second annual "Make Your Message Count" teen conference is sponsored by SIBSolutions, SIB Leadership Development Institute, and a host of local business and community organizations in Waco and surrounding areas. SIB Leadership Development Institute is a 501-C3 non-profit organization, whose mission is to provide enriching events and activities that isolate and develop leadership potential in teens and young adults. Their workshops and life-coaching sessions feature training in team development, communications, anger management, managed agreement, personal/professional goal-setting, and power presentation skills. Participants can attend sessions as a group / team or receive one-on-one coaching in stage presence, charisma, poise under fire, as well as confidence in conflict situations, interviews, and public performances.

SIB Solutions, L.L.C. was birthed by Waco's own Scheherazade Perkins, Dr. Shawneequa Harris, D.D.S., and the late Luther J. Mitchell, Jr. They are the children of Lu-

ther and Tommye Mitchell, distinguished educators and outstanding leaders within the Waco community. Together, these three siblings organized a company designed to address the leadership development needs of Waco and Central Texas teens. They pooled their talents, years of corporate and public service experience to found SIBSolutions, L.L.C. and to give leadership to the organization of the SIB Leadership Development Institute. During the past year, two additional outstanding professionals joined the team: Colbert Murphy, senior instructor and Tenina Stalling, Public Relations Director. Six premier professionals serve as members of the board of directors and advisors for this company: Dr. Ernest Benson, Dr. Brenda Atchison, Ms. Sheryl Chatham, Ms. Robyn Patterson, Mr. John Bradford and Ms. Laveda Brown. Be on the watch for many exciting things from this innovative new addition to the Waco business community.

For more information about the organization or the "Make Your Message Count" teen conference, go to their website, www.sibsolutions.org or dial 1866-611-1742 for more information or to register your teens for the event.

The response from teens – you guessed it – went viral. From Facebook to Twitter and from LinkedIn to YouTube, teens spoke their minds and shared their ideas. These messages culminated in a power-packed conference of teens from across Central Texas, who came together for one reason and one reason only – to change the world and "make their message count!"

Why do Christians celebrate Christ's death?

By Matthew Reed

In that Christ died for us, He suffered the death that sinners suffer—that is to be separated from God. Scripture says that “The wages of sin is death.” This is why Christ prayed, “Father remove this bitter cup from me.” He understood what it meant to have taken our sins upon himself. This he did so that we would not have to suffer the wages of sin, because he loves us. You see the wages of sin is death. So the death that Christ hated to have to go through was the death that God is trying to save us from—the death of being separated from God.

That is why in Matthew 27:46 the writer records that Jesus cried out, “My God, my God! Why hast thou forsaken me?” You see, Jesus paid the sin debt for you and me that have received him as our Lord and Savior. The wages of sin is death (being without God). That’s a reason to celebrate!

Another reason we celebrate is that from his death came his resurrection. We as believers believe in the resurrection. Having died, He was raised from the dead, giving us proof that God raises the dead. Now we can believe that we are eternal beings. This means that ac-



Pastor and Mrs. Reed

cording to scripture we are going to spend eternity in one of two places— heaven or hell. Now you know that heaven is going to be in the New Jerusalem. Hell is going to be in the lake of fire. Jesus’ death, his cross, his resurrection gives mankind a choice. You are making choices every day of your life on where you are going to spend eternity. Choose wisely! If you make the wrong choice in this life, you are going to be sorry in the next forever. There will not be any excuses.

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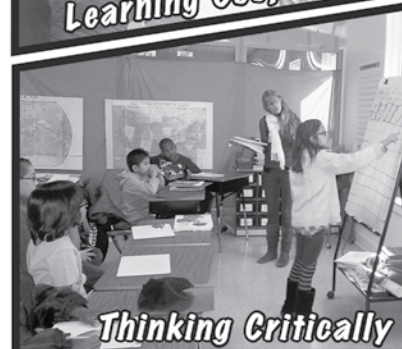
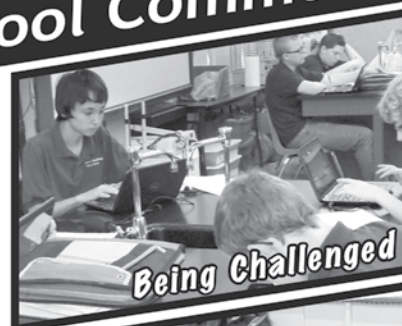
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Baylor announces establishment of "RG3" Quarterback Scholarship

AUSTIN, Texas (March 12, 2013) – Celebrated Baylor University alumnus, Washington Redskins quarterback and Heisman Trophy winner Robert Griffin III was honored today by both the Texas Legislature and his alma mater, which announced the establishment of the Robert Griffin III (RG3) Quarterback Scholarship during "RG3 Day" at the State Capitol.

With Baylor President Ken Starr looking on, Sen. Kirk Watson (D-Austin) –

himself a Baylor and Baylor Law alumnus – read the scholarship proclamation during a ceremony honoring Griffin III in the Texas Senate Chambers:

"On behalf of the Board of Regents, faculty, staff, students and alumni of Baylor University, we pay tribute to Robert Griffin III, for his unyielding dedication and selfless service as an ambassador of Baylor University. Achieving unprecedented success on the football field, in the class-

room and in his community, Mr. Griffin has demonstrated determination, scholarship, leadership and a commitment to excellence in all of his endeavors, and as such, is hereby recognized as an example to be noted and followed.

"The Robert Griffin III (RG3) Quarterback Scholarship at Baylor University will be awarded to a standout quarterback on the Baylor Football team. Bearing the name of Mr. Griffin, the scholarship will serve as a reminder to the recipient to exhibit the characteristics of a true leader and representative of Baylor University.

"In recognition of his embodiment of Baylor University's values and distinctive mission, and in celebration of 'RG3 Day' at the Texas Legislature, we honor Mr. Griffin on this 12th day of March in the year of our Lord 2013 and in the 168th year of Baylor University."

When fully funded, the RG3 scholarship will endow the quarterback position at Baylor, providing valuable assistance to deserving students who are participating in the football program and representing Baylor at the quarterback position.

Robert Griffin III, of Copperas Cove, earned his bachelor's degree in political science from Baylor in 2010, and was actively working on his master's



With Baylor President Ken Starr looking on, Robert Griffin III addresses Texas House members March 12 during "RG3 Day" at the State Capitol.

- Robert Rogers/Baylor Marketing & Communications

degree in communications when he was drafted in the first round of the 2012 NFL draft by the Washington Redskins. While his academic accomplishments are impressive, Baylor Nation will remember him as the transcendent quarterback of the Baylor Bears from 2008-2011.

During his career at Baylor, which included a sophomore season cut short by a knee injury, Robert became Baylor's all-time career leader in 14 statistical categories en route to winning the Heisman Memorial Trophy in 2011. Robert, known affectionately as "RG3," led Baylor football to heights not seen in decades, including Baylor's first bowl win since 1992: the 2011 Valero Alamo Bowl.

In the classroom, Robert

earned Academic All-Big 12 honors. In the local community, he volunteered for numerous charitable organizations, including the Special Olympics, Friends for Life and the Food for Families Food Drive, and was named to the 2011 All-state AFCA Good Works Team. In the national spotlight, he has continued to be one of the great ambassadors for Baylor University, through his character, integrity and talent. His leadership at Baylor has been transformative – as Sporting News said, "...all he has done is lead a culture change at Baylor."

To participate in this effort that will honor the lasting legacy of Robert Griffin III at Baylor University, visit www.baylor.edu/nation/rg3 to begin the secure giving process.

Thanks be to God

By Mona Dunkin

Life is filled with tension. What to do, not to do? What is too much, not enough? Knowing, not knowing, not caring. Emotional highs and lows and joys and disappointments – all at the same time. Thanks be to God for this Holy Easter Holiday that teaches us to die to live.

At the risk of being self-righteous, I share my Lenten sacrifice. This is a first for me. I am sad to say it had never seemed that important in preparation for Easter. How blind I have been. We must choose to be awake to receive the Son-rise.

At the risk of being petty, I choose to forgo the 2PM-4PM-half-price-drinks-run to Sonic. This is a habit I have fallen into that has taken on a life of its own. At 1:30 in the afternoon – I don't want to miss it - my attention is drawn to the senses.

Everything is spiritual. How is it that denying the self can be as fulfilling as satisfying the self? Lent is not about the ego-self (edging God out) but the true-self (centering God in). Self-control is an essential part of the spiritual life. As the appetite is tamed the soul flourishes.

This iota of surrender is making an enormous shift in my thinking. My afternoon attention is being refocused from Dr. Pepper to the Great Physician. My thirst is being translated from soda pop to Living Waters. And in the process every sense is becoming sharper. God's silence speaks volumes and my stillness listens and my wisdom heart hears.



Mona Dunkin

How many times does God speak and we do not hear for our spiritual ear is dulled by the illusionary pleasures and pains of life? In The Liturgical Year, Sister Joan Chittister relates the story of a disciple who heard a voice calling, "Who is there?" Sensing a holy moment, she replied, "It is I, Lord." But there was only silence.

Years later she again heard the voice and again she answered, "It is I, Lord. It is I." But there was only silence.

In later years, the voice called a third time, "Who is there?"

This time she answered, "It is You, Lord, only You."

Apostle Paul expressed it as decreasing so that God might increase. Diane Bardwell sings, "Ever dying into You am I, until there is only You."

For counsel or speaking engagements, contact Mona at mona@solutionprinciples.com.

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"I wish I had his boldness and courage that brother is DEEP!" –L. Washington



Home Improvement Tips for Spring

By Linda McDonald

The winter is coming to an end and fresh air, warm winds and bright sunshine are on the way. The American Society of Home Inspectors (ASHI) has provided the following checklist to help homeowners figure out the areas to target for repair. You can run through these chores and be ready to bask in the sunshine in no time.

First, check the gutters. Check for leaky or loose gutters. A gutter that isn't draining correctly can cause water to enter a crawl space or basement. Ensure that all downspouts empty at least eight inches from the foundation and that they are free of any debris.

Of course the yard is important. Look for any low areas throughout your yard, and particularly near the foundation. If any are found, fill them with soil. Spring rain can cause a yard to flood, which may lead to foundation damage. Furthermore, when water gathers in a low area during the



Linda McDonald, ABR

summer, it makes a perfect insect breeding ground.


Be prepared to start trimming. Take a screwdriver and check the trim around your decks, railings, doors and windows. Spring rain can do significant damage, so now is the time to repair wood trim.

And finally what about the garage door? That's simple. Lubricate your garage door.

<http://houseandgardendiy.com/2012/03/9-quick-home-improvement-tips-for-spring/>

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LATIN

Continued from page one

ances are well represented in Latin classes. "I think it is exciting that we're exposing everyone to a language that on the East Coast, only elite families study," says Wade.

Rapoport students begin this instruction early. In conjunction with a social studies unit on ancient Rome, Wade conducts half-hour enrichment classes with third grade students once per week. "The third graders in my class look forward to our Latin lesson every Monday," says elementary teacher Sherri Henson. "They now greet me in the morning in Latin. Mr. Wade's lessons have helped my students understand that different people groups speak different languages. When we were researching ancient Rome, they felt more connected to the content due to their knowledge of some of the language. It almost made the ancient Romans come to life for them!"

Students in the fifth grade take a semester class called Introduction to Latin. It is a low-stakes, fun look at the language using cartoons, crafts, and

games. Students complete twelve chapters, in which they learn about ancient Roman geography, food, military, and religion, among other topics. Each chapter includes 15 new Latin vocabulary words, some language building activities, some cultural elements, a little history, and an ancient myth. At the completion of the course, students receive a certificate of achievement. "In Latin, our fifth graders are being exposed to a language that is the foundation for much of our world's classical thinking," says middle school teacher Kayla Kairis. "Due to this, our students are learning to make connections across many different subject areas.

In science, students recognize the Latin names used in our Linnaean nomenclature, and so they gain a deeper understanding of classification. In reading, our students are discovering that many of the words that they use today have their roots in Latin, which is helping to improve their vocabulary. Our students are beginning to see academics holistically, which motivates them to want to learn more." A follow-up course is published for sixth graders, and Wade hopes to add

that course next year.

All eighth grade students at Rapoport begin their high school foreign language classes, choosing from Latin, Spanish, or German. Rapoport offers a full program of Latin I through Advanced Placement Latin IV, in which students may obtain college credit in Latin. Last year was the first time Latin IV was offered at Rapoport; one student studied the course, and he earned a 5, the highest possible score, on the Advanced Placement exam. This year, three students are enrolled in the Latin IV course. "It's challenging, but fun," says senior Alice Yount. "You get to have the most interesting discussions about Roman culture that you otherwise would never have in high school."

With the program ever



On the front row (left to right) are Nathan Wade (Latin teacher), Aalante Strahan, Heighven Cloer, Meilyn Mejia and Amari Clayton. On the second row are Isaac Rios, Malik Ford-Hayden, Jonathan Thomas and Andrew Bar-Jona. On the back row are Michael Lambert, William Petty, Sheridan Gamble, Marissa Brown and Vyonce' Brantley. Not pictured are Maria Miner, Jonathon Martinez and Gabriel Cervantes.

expanding, students in seventh grade this year had the option of taking an elective course in introductory Latin. One-third of the seventh grade students chose the course over several other electives. They study thematic vocabulary units and translate fun stories that combine the vocabulary and cultural elements together.

For the fourth time this March, Rapoport middle and high school students will attend Baylor Latin Day, mingling with high school students from across Texas as well as college students of Greek and Latin. Cultural lectures and activities, Latin contests and games, and a performance of an ancient play are all part of the day's excitement. "I really like the play," says sophomore Ben Steiner. "It's fun to see cultural spoofs on classical mythology from the ancient Roman perspective." Rapoport students also enjoy entering the video contest, where schools produce short "commercials" for the study of Latin. Last year, Rapoport students entered a Latin parody of the popular "most interesting man in the world" commercials.

Not only do Rapoport students compete at Latin Day, but they also enter the National Latin Exam each year, competing with East Coast preparatory school students in grammar, culture, and read-

ing comprehension via a written exam. Each year, about one-third of Rapoport's Latin students win national awards from the exam. "I hope to win a scholarship as a senior," says Lawrence Scott, a sophomore who won a gold medal on last year's exam. Each year, 15 senior gold medalists are selected for a four-year college scholarship because of their consistent performance on the exam.

Fifth grade students at Rapoport Academy Quinn Middle School take a semester of introductory Latin. The course includes vocabulary, Roman culture, ancient mythology, reading/translation, and ancient crafts.

Students use the textbook *Minimus: Starting Out in Latin*, which focuses on an actual ancient family who lived in a fort in Roman Britain along Hadrian's Wall. The students are led on the journey by Minimus, a friendly mouse who lives in the family's home. Half of the fifth graders took the course during the fall semester and are shown in the photograph holding their Certificates of Completion. The other half of the students will take the course in the Spring semester.

"Our Latin program is exciting, dynamic, and relevant," says Wade. "People should sign up while they can. I tell students all the time 'Take Latin now; avoid the rush later.'"



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We are living in dangerous times! Part 5

Continued from the February issue of The Anchor News.

By Ruby McCray

"What is this world coming to?" I've heard that question time and time again. The answer is simple; it's coming to an end! Precious Ones, Jesus is soon to return. Yes, we have heard this since day one, and He hasn't returned yet (2 Peter 3:1-18). Even if it's five or ten years from now, if you are not ready to meet Him when He returns, that day will be too soon.

I beg you, don't put off another day! Ask the Father, God in Jesus' name to forgive you of your sins; then turn away from them to totally live for Him. Be baptized in water, read your Bible daily and talk to the Father through Jesus (John 14:13-14; 15:16; 16:23-24). Visit Christian churches and pray about which one you are to connect yourself. Although you don't have to be baptized in the Holy Ghost (Spirit) to go to heaven, it certainly will help you while living here in this world (Acts 19:1-7).

As you see, part one of this article began in November. If you've not read parts one through four, I strongly recommend that you visit www.theanchornews.com, click on "archives," go to the year and month. Take your time to read them over a period of days, and search the Scriptures in your Bible. Jesus promised that He would return when the things about which I am writing begin to escalate; one good barometer is the land of Israel. Begin to watch diligently and pray about what's happening in Israel. Keep an open eye to see how our current administration is and will treat that small nation—the apple of God's eye (Genesis 13:1-3; Zechariah 2:8). The Palestinians and others in the Middle East are trying mightily to take Jerusalem and wipe Israel off of the map. God said that He'll never allow that to happen (Isaiah 29:7). Israel is still God's chosen people (see The Anchor News: May through October 2012).

On February 5, around



Evangelist Ruby McCray

8:30 pm, I went on line to YouTube to check out some of the works by a gospel recording group, "Take 6." After listening, I looked to the right for another work of art when I saw that an eleven year-old boy had died, gone to heaven and returned. I clicked on that to find that he was only three years old at the time; and he along with his parents have been telling that experience ever since. They are warning people to repent of their sins and turn to Jesus, the Messiah.

Although the doctors had pronounced him dead, his dad prayed fervently and even told God that He had treated him unfairly. He had been a faithful pastor, so why should his son die?

After the child returned from heaven, he spoke of things that he never knew. He talked about his great grandfather, by name, who died when his dad was six years old. He talked about his sister, by name, who had died before his birth. She kept kissing him, which he didn't like. He kept talking about the markers that Jesus had. His dad finally realized that he wasn't talking about magic markers; he asked, "Where were the markers?" His son pointed to each one of his own hands, then bent down and touched his feet. They had always believed that heaven is a real place, but now have documented proof.

After one clicks on a particular subject, other like subjects appear in the columned list. I wanted to see what some had to say about dying and going to hell. Precious people, it was 5:45 am the next morning, February 6, when I was finally satisfied enough to quit. I

knew that most of it, if not all, had to be true because people, who had never been to church, never heard the names, God or Jesus, except in profanity, described too much of what's in the Bible. I've studied the Bible from Genesis to Revelation several times for years, and am still studying. They talked about what I've read, especially in Revelation. Some were medical doctors, university professors, scientists, Muslims, Atheists, decent and wicked people; but all are running with the same message (repent and turn

from sin).

These people saw so many pastors, priests, church-goers, those listed in Parts 1-4 of this series, people addicted to nicotine, even an eight-year-old rebel who was hooked on video games and hit by a car. There were degrees of punishment, with pastors and other leaders tormented worse. They would beg for another chance with Jesus telling them with tears rolling down his face that He could do nothing. Individuals that we know, were called by name. I made my own compiled list of the

You Tube out-of-body experiences that I plan to share in the April article. If you'd like to have it before then, I'll email it at your request.

Pastors, leaders, we had better live holy lives and tell people the truth. 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 write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703 or e-mail rubbyacorm@yahoo.com.







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Texas college students' first mandatory test: Get meningitis

By Jacqueline Walker

As Texas students prepare for college, it's critical they get vaccinated against meningococcal disease — more commonly called bacterial meningitis.

A new, stronger state law requires any college student who lives on or off campus in Texas to get the meningitis vaccine. It applies to students under age 30 who will attend

classes on campus. New college students will not be able to attend school if they don't receive the vaccine.

College students especially are vulnerable to the disease

because new students are coming together from different places and share close living quarters. The only other patient group at a higher risk of contracting meningococcal disease is preschool children.

Meningococcal disease is a deadly bacterial infection that spreads through coughing and sneezing, sharing drinks or utensils, and kissing or other person-to-person contact.

Symptoms of the disease show up initially as the flu. However, the disease spreads so quickly that about 10 percent of sufferers die from it, often within hours of the onset of symptoms even if they have begun to receive treatment. The threat is greater in adolescents and young adults. As many as 15 college students die each year from meningitis. Some 1,500 cases of meningococcal disease are diagnosed annually in the United States. Texas had 341 confirmed cases of bacterial meningitis in 2007 (patients of all ages).

The disease also can be devastating to its survivors. Otherwise-healthy students can end up in a hospital intensive care unit with severe bloodstream infection and meningitis in a matter of hours. In some cases patients lose fingers, toes, arms, and legs with this infection in the bloodstream. Those who recover from meningococcal disease also endure blindness, deafness, or brain or kidney damage.

Jamie Schanbaum suffered similar effects. She contracted

the disease in 2008 while attending The University of Texas. She survived but spent more than six months in the hospital. Ultimately she lost her legs and most of her fingers because of the disease.

Two years ago, the Texas Legislature passed the first Jamie Schanbaum Act, requiring new or transfer students planning to live on campus to get a meningococcal vaccine. This year legislators strengthened the law by requiring students who live off campus to be vaccinated as well. The move was prompted by the death of Nicolis Williams in February 2011. Mr. Williams was a Texas A&M student who lived off campus and contracted the disease. Because he lived off campus, current Texas law did not require him to be vaccinated, and he was unprotected. The new law is named the Jamie Schanbaum and Nicolis Williams Act in honor of Jamie and in memory of Nicolis.

The good news is that meningococcal disease is preventable through vaccination. Doctors believe that as many as four out of five of the adolescents and young adults who contract the infection could have avoided it, had they been vaccinated. The meningococcal vaccine protects against four of the five common strains of the disease. Therefore, the best thing anyone can do to avoid contracting meningitis or any other infectious disease is to ensure their vaccinations are up to date.

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